

3rd NW CHAMPIONSHIPS, LIVERPOOL 27th Jan 2024
Greenbank Sports Academy, Greenbank Lane, Liverpool L17 1AG

- Arrive at 9.15am for a 9.30am start. The competition will be finished before 5pm
- Parking is in the college car park next door. There is also free parking all around the perimeter of Sefton Park next to the venue.
- Full white doboks to be worn
- For sparring, males must wear a groin guard, all students must wear a gum shield, gloves, head guard, & shin pads. Optional chest guard for females but recommended
- Free entry for Spectators
- **Categories below are approximate and may be changed according to numbers.**

Patterns

Open to all grades including white belts. White belts choose from sajo jirugi or sajo magki

Coloured belts choose their current grade pattern or the previous one (e.g. Green stripes do Dan Gun or Do San)

Black belts do an optional pattern from their current grade, and designated a pattern from Chonji to 1 grade below the lowest grade. (E.g if a 1st & 2nd Dan compete, the designated pattern will be no higher than Choong Moo)

Age groups for patterns:

- Under 10 white belts & yellow stripes
- Under 10 yellow & green

- 10 to 13 years white belts & yellow stripes
- 10 to 13 years yellow & green belts
- Under 14 blue & red belt

- 14 to 17 white belts & yellow stripes
- 14 to 17 yellow & green belts
- 14 to 17 blue & red belt

- 11 to 15 black belts

- Adults 18+ white belts & yellow stripes
- Adults 18+ yellow & green belts
- Adults 18+ blue & red belt

- Adults 40+ yellow to red

- 16+ black belts (1st to 3rd Dan)
- 16+ black belts (4th to 6th Dan)
- 40+ black belts (all grades)

Males and females will be separated out in any large enough division but combined in smaller ones.

Categories will be merged or altered if insufficient numbers

Umpires' decisions are final

Sparring

- Under 10 white belts/ yellow stripes do tag sparring.
- Under 10 yellow belts & green stripes, can choose **either** Tag sparring **or** sparring.
- Under 14 green belt or below do point stop sparring

Groups for sparring

Tag sparring under 10', Girls & boys mixed

- Taller
- Smaller
- Medium group if sufficient numbers

Sparring Under 14'S

- -130cm yellow & green, (male & female combined)
- -130cm blue & red (male and female combined)
- -140cm Male yellow & green
- -140cm Female yellow & green (point stop)
- -140cm Male blue & red
- -140cm female blue & red
- -150cm male yellow & green (point stop)
- -150cm female yellow & green (point stop)
- -150 male blue & blue stripe (continuous)
- -150 female blue & blue stripe (continuous)
- -150cm male red & black (continuous)
- -150cm female red & black (continuous)
- +150 male yellow & green (point stop)
- +150 male blue & blue stripe (continuous)
- +150 male red & black (continuous)
- +150 female yellow & green (point stop)
- +150 female blue & blue stripe (continuous)
- +150 female red & black (continuous)

Ages 14 to 17

- Males yellow & green
- Females yellow & green
- Males blue & red
- Females blue & red
- Males black belt
- Females black belt

Ages 18 – 39

- Males yellow & green
- Females yellow & green
- Males blue & red
- Females blue & red
- Male black belts

<p>Power breaking (over 18s)</p> <ul style="list-style-type: none"> • Coloured belt – green belts & above, male & female categories • Black belt – male & female categories • Techniques for coloured belts: sonkal, ap kumchi, Balkal, dwitchook. • Techniques for black belts: ap joomuk, sonkal, ap kumchi, Balkal, dwitchook. • The eliminator will be sonkal or balkal for all divisions. • Once through the eliminator techniques can be selected in turn or passed. Increasing the number of boards will gain more points. No technique can be repeated. 	<ul style="list-style-type: none"> • Female black belts <p>Age 40+</p> <ul style="list-style-type: none"> • Males yellow to red • Females yellow to red • Male black belts • Female black belts <p>Weights divisions to be determined according to entries and will be circulated ahead of the event. Where possible we will try to keep these in line with UKTA National competition divisions</p> <p>Special technique (under 18s)</p> <ul style="list-style-type: none"> • 13 and under flying side kick - height divisions according to entries, male & female categories • 14 to 17 flying high kick - height divisions according to entries, male & female categories
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Sparring rules

- **Children 130cm and under are not to make head contact, children 140cm and under can only make head contact to the headguard not the face.**
- Compulsory techniques apply to all sparring divisions except 40+
- refer to ITF rules for additional information on scoring

There will be a surprise extra event on the day, which will be pay on the day to enter, so bring some cash if you think you might fancy it! (£3 a go with multiple attempts allowed)

Entry deadline 4th April

Late entries will only be accepted if it doesn't disrupt categories and will incur an £8 late fee

Instructors, please make bulk payments for your students to: Wirral UKTA, 30-15-52, 00026207 with 'Liv comp' as the reference. Check student entry forms, photo them and email to instructor@wirraltaekwondo.com by the deadline.

If a student is likely to be grading before the competition date, please can you indicate with a note on the top of their entry form what their probable grade on the day will be if different from the grade they put on their form.

Please advise parents, spectators & coaches from your school to abide by the code of conduct provided.