



IRISH NATIONAL TAEKWON-DO ASSOCIATION (I.N.T.A.)

National Championships

Saturday 22nd October 2016

Gormanston Park, Gormanston, Co. Meath

Invitation

Dear Masters, Instructors,

It is with great pleasure that, on behalf of the I.N.T.A., I would like to invite you and your students to the 2016 I.N.T.A. National Championships.

All events for colour belts and black belts will be held on Saturday 22nd October. I hope that you can join us in Gormanston for this event.

The competition will be run under I.T.F. rules, with divisions for male and female, senior and junior, colour belt and black belt.

Please send competition applications and queries to jeroen.wezelman@inta.ie

Looking forward to seeing you in October.

On behalf of Master Brendan O'Toole 8th Degree,

Yours in Taekwon-Do,

Jeroen Wezelman

Tournament Director



- 1 - The Irish National Taekwon-Do Association (I.N.T.A.) is an Allied Association in Ireland for the International Taekwon-Do Federation (I.T.F.). Senior Instructors: Master Brendan O'Toole 8th Degree, Master Val Douglas 8th Degree, Master Gerry Martin 7th Degree. WWW.INTA.IE





DETAILS



INTA National Championships 2016

Venue: Gormanston Park (Franciscan College), Gormanston, Co. Meath

Date: Saturday the 22nd October 2016

Time: Saturday 10:00 AM sharp (9.00 AM for Referees)

Fee:

	9th Kup	8th Kup – 1st Kup	I – VI Degree
Senior (18+)	€15	€30	€35
Junior (6 – 17)	€10	€25	€25

Closing date for entries via Soft Copy is 30 September.

All Hard Copy entry forms & fees must be returned by 5 October.

Although we have been lenient in the past, entries past these dates will not be accepted!

Any entry unpaid by 5 October 2016 will be removed from the competition.

Soft copy address: jeroen.wezelman@inta.ie

Hard copy and fees address: Jeroen Wezelman,
175 Monread Heights
Naas
County Kildare
W91 A5YF

(All postal orders, cheques or bank drafts to be made payable to I.N.T.A.. **NO CASH!**)

Rules: I.T.F. Competition Rules

Trophies: 1st 2nd & Joint 3rd

Entries to: All entries must be returned to the tournament director, using only the attached spread sheet to jeroen.wezelman@inta.ie.

All competitors must have full insurance cover for this competition and will be only allowed to compete in official ITF dobuks and approved safety equipment: head guard, hand pads covering fingers, foot pads covering all toes and gum shield; men must wear a groin guard.



- 2 - The Irish National Taekwon-Do Association (I.N.T.A.) is an Allied Association in Ireland for the International Taekwon-Do Federation (I.T.F.). Senior Instructors: Master Brendan O'Toole 8th Degree, Master Val Douglas 8th Degree, Master Gerry Martin 7th Degree. WWW.INTA.IE





UMPIRES & COACHING



Coaching

- Dress code is sports attire, Track pants, T-Shirt, training shoes & Towel (no dobuks, shorts nor umpire attire will be permitted).
- Please inform your coaches regarding rules and regulations.

Umpires (I to VI degree)

- Umpire meeting 9 AM sharp!
- All umpires must sign in and must attend the umpire meeting.
- Only umpires of 16 years and older will be considered valid in relation to the umpire to competitor ratio for the clubs' minimum requirement for providing.
- Each School must have one umpire for every ten competitors, i.e. 1-10 competitors = 1 umpire, 11-20 competitors = 2 umpires, etc.
- If a club/school cannot send a referee then a surcharge of €50 must be paid, otherwise the entries cannot be accepted.



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ACCOMMODATION



For those travelling from afar, there is an option to enjoy the newly refurbished rooms at the Franciscan College in Gormanston Park.

€40 pppn b&b double, en suite.

€55 pn single b&b, en suite.

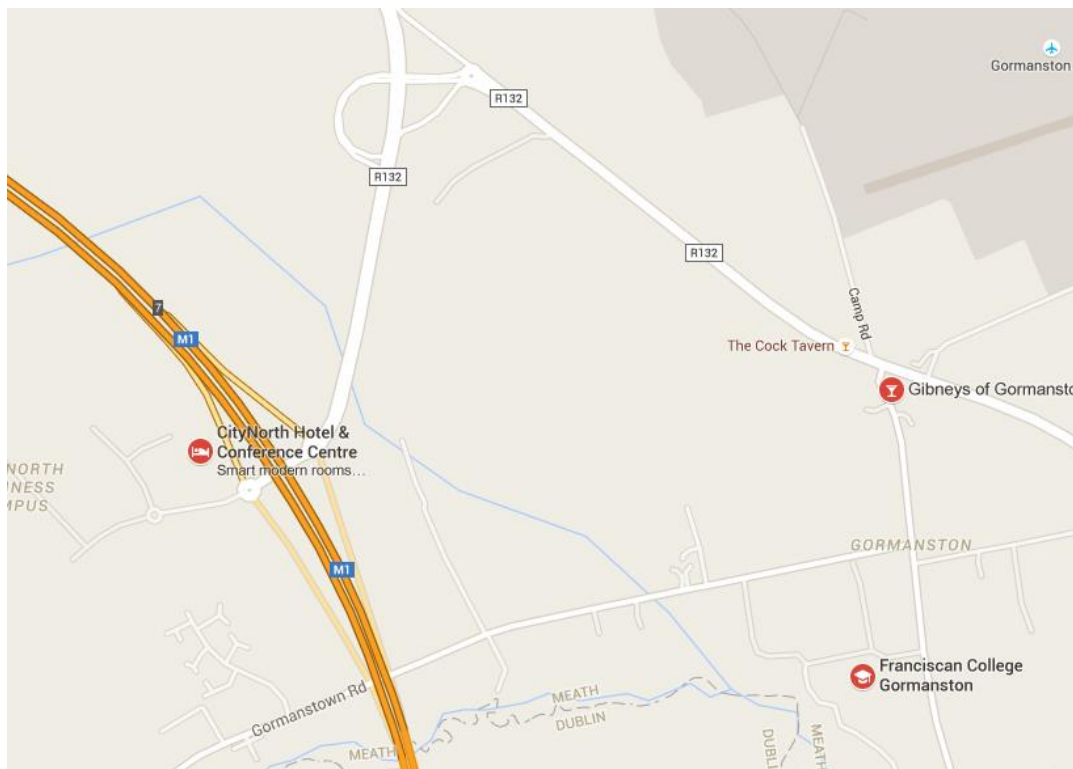
€35 pn b&b single, dorm.

Please send to bookings through jeroen.wezelman@inta.ie.

We need a minimum of 20 people to stay to avail of this service.

Further information at www.gormanstonpark.ie

LOCATION



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Junior Patterns



1st 2nd & Joint 3rd PLACES
(Male and Female will compete together)

Category	Grade	Pattern
8 years & under	Yellow Tip	Pattern of choice
8 years & under	Yellow Belt	Pattern of choice
8 years & under	Green Belt	Pattern of choice
8 years & under	Blue Belt	Pattern of choice
9 to 11 years	Yellow tip	Pattern of choice
9 to 11 years	Yellow Belt	Pattern of choice
9 to 11 years	Green Belt	Pattern of choice
9 to 11 years	Blue Belt	Pattern of choice
11 years & under	Red Belt	Pattern of choice
12 to 15 years	Yellow tip	Pattern of choice
12 to 15 years	Yellow Belt	Pattern of choice
12 to 15 years	Green Belt	Pattern of choice
12 to 15 years	Blue Belt	Pattern of choice
12 to 15 years	Red Belt	Pattern of choice
15 years & under	Black Belt	2 Designated
16 to 17 years	Yellow tip	Pattern of choice
16 to 17 years	Yellow Belt	Pattern of choice
16 to 17 years	Green Belt	Pattern of choice
16 to 17 years	Blue Belt	Pattern of choice
16 to 17 years	Red Belt	Pattern of choice
16 to 17 years	Black Belt	2 Designated

**Categories may be split or amalgamated depending on competitor numbers*



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Junior Sparring

1st 2nd & Joint 3rd PLACES
(Separate categories for male and female)

8 to 13 years: 2 Height Divisions
14 to 17 years: 2 Weight Divisions
(Weight & Height Divisions to be decided)

Category	Grade
8 years & under	Yellow Belt
8 years & under	Green Belt
8 years & under	Blue belt
9 to 10 years	Yellow Belt
9 to 10 years	Green Belt
9 to 10 years	Blue belt
10 years & under	Red Belt
11 to 13 years	Yellow Belt
11 to 13 years	Green Belt
11 to 13 years	Blue Belt
11 to 13 years	Red Belt
13 years & under	Black Belt
14 to 15 years.	Yellow Belt
14 to 15 years	Green Belt
14 to 15 years	Blue Belt
14 to 15 years	Red Belt
14 to 15 years	Black Belt
16 to 17 years	Yellow Belt
16 to 17 years	Green Belt
16 to 17 years	Blue Belt
16 to 17 years	Red Belt
16 to 17 years	Black Belt

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Special Technique

Colour belts, 12 years and under)
1st Place

Category	Techniques
Female 8 years and under	Overhead Kick
Male 8 years and under	Overhead Kick
Female 9 to 10 years	Overhead Kick
Male 9 to 10 years	Overhead Kick
Female 11 to 12 years	Overhead Kick
Male 11 to 12 years	Overhead Kick



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Senior Patterns

1st 2nd & Joint 3rd PLACES



Black belt competitors must perform two designated patterns; the first designated pattern must be a pattern of their grade, e.g. 2nd Degrees must perform Eui-Am, Choong-Jang or Juche.

The second designated pattern being from Chon Ji to the highest pattern within the grade category.

Category	Grade	Designated Pattern
18 years and over	Yellow tip	Pattern of choice
18 years and over	Yellow Belt	Pattern of choice
18 years and over	Green Belt	Pattern of choice
18 years and over	Blue Belt	Pattern of choice
18 years and over	Red Belt	Pattern of choice
18 years and over	I Degree	Chon-Ji – Ge-Baek
18 years and over	II Degree	Chon-Ji – Juche
18 years and over	III Degree	Chon-Ji – Choi-Yong
18 years and over	IV – VI Degree	Chon Ji – Moon-Moo

**Categories may be amalgamated depending on competitor numbers*



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Senior Sparring Colour Belts

1st 2nd & Joint 3rd PLACES

Male

3 weight divisions: -70kg -85Kg, 85+Kg

Category	Grade
18 years and over	Yellow Belt
18 years and over	Green Belt
18 years and over	Blue Belt
18 years and over	Red Belt

Female

2 weight division; -62kg, 62+kg

Category	Grade
18 years and over	Yellow Belt
18 years and over	Green Belt
18 years and over	Blue Belt
18 years and over	Red Belt

**Categories may be amalgamated depending on competitor numbers*



- 9 - The Irish National Taekwon-Do Association (I.N.T.A.) is an Allied Association in Ireland for the International Taekwon-Do Federation (I.T.F.). Senior Instructors: Master Brendan O'Toole 8th Degree, Master Val Douglas 8th Degree, Master Gerry Martin 7th Degree. WWW.INTA.IE





Senior Sparring Black Belts

Weigh in for Black belts:
Saturday 10.00 AM

Weight Divisions

Male: 3 weight divisions: -70kg -85Kg, 85+kg

Female: 2 weight division; -62kg, 62+kg

**Categories may be amalgamated depending on competitor numbers*

Senior Male over 40 years Black Belt

(1 weight division)

Category	Grade
40years. and over	I Degree – VI Degree

Senior Female over 40 years Black Belt

(1 weight division)

Category	Grade
40years. and over	I Degree – VI Degree



- 10 - The Irish National Taekwon-Do Association (I.N.T.A.) is an Allied Association in Ireland for the International Taekwon-Do Federation (I.T.F.). Senior Instructors: Master Brendan O'Toole 8th Degree, Master Val Douglas 8th Degree, Master Gerry Martin 7th Degree. WWW.INTA.IE





Irish National Taekwon-Do Association 2016 National Championships



(Franciscan College) Gormanston Park, Gormanston, Co. Meath
Saturday October 22nd 2016 - 10:00 AM

Competitor Application Form

First Name: _____ Family Name: _____

Date of Birth: _____ Age (on 22/10/16): _____ Sex (M / F): _____

Rank: _____ KUP/DEGREE Height: _____ cm Weight: _____ kg INTA Membership No: _____

ITF Certificate Number (Black Belts Only): _____

Name of TKD School: _____

Association Name: _____

Instructor's Name: _____

I wish to participate in (please 'X' clearly):

Patterns

Sparring

40+ Black Belt Sparring

LIABILITY WAIVER/CONTRACT: I the undersigned, do hereby waive any and all claims against any and all persons and groups associated with the INTA Open, I agree to hold harmless, all persons and groups including the event promoter and organisers, Irish National Taekwon-Do Association, the Arena and its representatives, all persons and groups associated with the INTA Open, for any injuries or damages sustained by me in connection with my participation at this event, whether accidental or intentional. I understand and am fully aware that I am participating in a contact sport and may in the normal course of events sustain an injury while competing. Therefore I assume full responsibility for all of my actions during and connected with this event. I also agree that my attendance and or performance may be photographed, filmed or taped and used by the promoter and its agents, I waiver any compensation thereof. I further agree to abide by ITF Anti-Doping Policy rules and agree to be tested if requested to do so. This document will form the basis of my contract with the Organiser/Promoter and all its associates/servants/agents.

I confirm that all information given above is true and correct and I agree to abide by the tournament rules and accept the Chief Umpire's decision as final.

I confirm that I am physically fit to participate in this event.

Competitor's Signature: _____ Date: ____/____/2016
(Parent/Guardian if the competitor is under 18 years)

Instructor's Signature: _____ Date: ____/____/2016

Closing date for completed entries **plus fees** to be returned is **28 September 2016**.

All cheques and postal orders must be made payable to "INTA".

Note: Groin guards (males) and mouth guards (all competitors) as well as fitting head gear, hand and foot pads are mandatory for sparring competition. No exceptions will be made to this rule. No metal or hard plastic hair clips are allowed.



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