

ST MARK'S TAEKWON-DO SCHOOL

EST. 1982



Team Challenge 2017

Celebrating 35 years of General Choi's

Taekwon-Do

8th October 2017 at 10.00am SHARP

TEAM STRUCTURE FOR DIVISIONS

- All Teams can have 3 to 5 Students for a complete Team.
- All members **MUST** be 40yrs & over (Veteran), 18yrs & **OVER** (SENIOR), 17yrs & **UNDER**(JUNIOR), 12yrs & under (Bigger Giants) & 8yrs & under (Little Giants) on the day of the tournament.
- 3 Members must be above **8th Kup** (*For Power*) **Seniors (Including Veterans) ONLY**
- 3 Members must be above **8th Kup** (*For Sparring*)
- Maximum 1 Black Belt allowed per Team (*Except Veterans & Self Defence routine*)
- Maximum 2 Red Belts with **NO** Black Belts (*Except Veterans & Self Defence routine*)
- Any other combination of members can make a team (See Examples below) (*Except Veterans & Self Defence routine*)
- Veteran's **CAN** be on a Senior team for Patterns, Sparring, Power and Obstacle course

Team "A" OR Team "A" OR Team "A"

EXAMPLES: 1X 9th Kup

1 X Yellow Belt

1 X Green Belt

1 X Red Belt

1 X Black Belt

1X Yellow Belt or 9th Kup

1 Blue Belt

2 Red Belts

3 X Blue Belts

ETC.....

PATTERNS

The Pattern performed will be **Chon-Ji Tul** for any team that has a member **7th Kup** or below.

If not then the team **MUST** perform pattern **Won-Hyo Tul** (3 to 5 member Teams) **

LITTLE GIANTS PATTERNS (Tigers, 8yrs & Under)

The team must perform either an official ITF Pattern or a sequence of moves made by the team. It must be performed as a team, (walk on, Bow etc)

(Teams can be from 3 to 5 competitors aged 8 years and under, any grade)

BIGGER GIANTS PATTERNS (Dragons, 9 – 12 yrs)

The team must perform either an official ITF Pattern or a sequence of moves made by the team. It must be performed as a team, (walk on, Bow etc)

(Teams can be from 3 to 5 competitors aged 12 years and under, any grade)

VETERAN'S PATTERNS

Same rules as mentioned above **

(3 to 5 member Teams 40yrs & above with NO grade restriction)

Members of: The Republic of Ireland Taekwon-Do Association,
Affiliated to: The International Taekwon-Do Federation (ITF). Europe ITF Taekwon-Do Federation (EITF)

Closing date 2nd October 2017 for forms and fee's

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SPARRING

Team Sparring will consist of **8th Kup** members or Higher. Only **3** Members on this Team & must be selected from the **Team** (Any **3** as long as they are Yellow Belt or Higher) each round will be 2 Minutes long (1 ½ Mins for Juniors & Veterans & 1min for Little & Bigger Giants). If one Team wins the first two matches (Bouts) then that Team will be the Winner. *(Note: This is open to all Teams)*

POWER (SENIORS & VETERANS ONLY)

3 Techniques for Power.

Yop Cha Jirugi	2 White Boards
Bandae Dollyo Chagi	1 White Boards
Sonkal Taerigi	1 White Boards

Any **3** members form the Team **8th Kup** and above can perform these.

Official I.T.F. Rules apply Guarding, Measure, Guarding, Break, and Guarding.

The quantity can be increased these are minimum amounts, 3 Points per broken board.

SPECIAL TECHNIQUE for JUNIORS (U17YRS) ONLY

3 Techniques

- Jump High Kick (Overhead)
- Mid Air Kick (Jump Back Kick) 180°
- Fly-Over Side Kick

Any **3** members form the Team can perform these.

Official I.T.F. Rules apply Guarding, Measure, Guarding, Break, and Guarding.

3 Points per Successful Technique (Heights will be decided on the day based on heights of competitors)

SELF DEFENCE ROUTINE

1 Person V's upto 6 people (Minimum of 3)

The defender will perform a **defence routine** with the other students acting as attackers. Must last 40 Seconds but no more than 60 Seconds. All members will be in official **DOBOK**

Team can be mixed with male/female, with any members from any Team.

The better the story line the better chance of winning.

Please note Veteran, Senior & Junior members

CAN be on the same Team!

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LITTLE GIANT'S OBSTACLE COURSE

Team of 3 members 8 years and under (ANY GRADE)

There will be an obstacle course that will be performed in a relay with the 3 members, consists of jumping over, crawling under, punches, kicks and finish with a break (Easy white board)

Teams can be mixed with male/female, with any members from any Team. Each member on the team must perform. The fastest team will win.

BIGGER GIANT'S OBSTACLE COURSE

Team of 3 members 12 years and under (ANY GRADE)

There will be an obstacle course that will be performed in a relay with the 3 members, consists of jumping over, crawling under, punches, kicks and finish with a break (Easy white board)

Teams can be mixed with male/female, with any members from any Team. Each member on the team must perform. The fastest team will win.

JUNIOR OBSTACLE COURSE

Team of 3 members 17 years and under

There will be an obstacle course that will be performed in a relay with the 3 members, consists of jumping over, crawling under, punches, kicks and finish with a break (white board in the holder)

Teams can be mixed with male/female, with any members from any Team. Each member on the team must perform. The fastest team will win.

SENIOR OBSTACLE COURSE

(As above but finish with a Red Breaker board break in the holder)

Teams can be mixed with male/female, with any members from any Team. Each member on the team must perform. The fastest team will win.

**CONTACT MASTER FLOYD KEANE @ 086-8541889
SHOULD YOU NEED ASSISTANCE WITH THE TEAM STRUCTURE**

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TEAM Details

(Please complete the form in block capitals and tick the relevant boxes below)

(All sections **MUST** be complete including date of birth and grade)

SCHOOL: _____ TEAM NAME: _____

Category: LG BG Jnr Snr Vet

Sections: Patterns Sparring Special Tech / Power Obstacle C

TEAM MEMBER NAME'S:	GRADE	DOB	RITA Membership No.
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1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____
4. _____	_____	_____	_____
5. _____	_____	_____	_____

I agree to abide by the Rules and Regulations and accept the Judge's decision as Final.
All Sparring Equipment must be worn: Groin Guards and Gum Shields are Compulsory.

Instructor's Signature: _____ Date: _____

Fee's: 17 years & under €25 - Adults 18 years & above €30

Closing Date: Sunday 2nd October 2017

St Mark's Community School, Tallaght, Dublin 24

**Return to Master Valerie Keane, (secretary@rita-itf.ie)
32 Alderwood Ave, Springfield, Tallaght, Dublin 24.**

Cheques made payable to St. Mark's Taekwon-Do

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