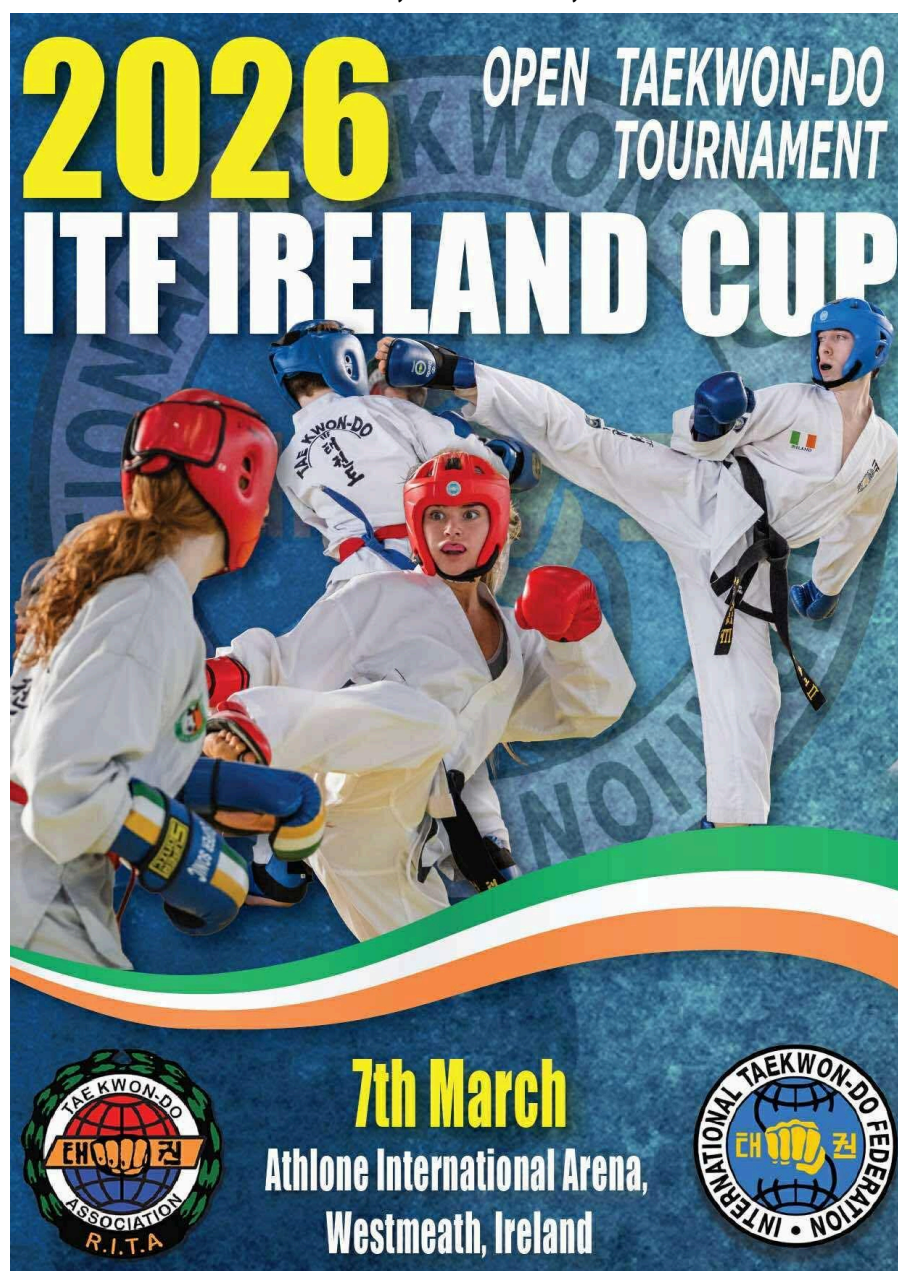


**REPUBLIC OF IRELAND TAEKWON-DO ASSOCIATION  
(R.I.T.A. Est. 1972)**

**ITF IRELAND CUP 2026**

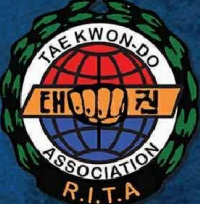

**SATURDAY, 7TH MARCH, 2026**

**Athlone International Arena, Technological University of the Shannon:  
Midlands Midwest Athlone Campus, University Road, Bunnavally, Athlone, Co.  
Westmeath, N37 A3W4, Ireland**

The poster features a dynamic action shot of four Taekwon-Do athletes in white uniforms and protective gear (helmets and gloves) sparring. One athlete in a blue helmet is performing a high kick towards another in a red helmet. A third athlete in a red helmet is in the foreground, and a fourth in a blue helmet is in the background. The background is a dark blue with a faint circular logo. A wavy Irish tricolor (green, white, orange) banner runs across the bottom of the image.

**2026** OPEN TAEKWON-DO  
TOURNAMENT  
**ITF IRELAND CUP**

**7th March**  
Athlone International Arena,  
Westmeath, Ireland

The logo for the Republic of Ireland Taekwon-Do Association (R.I.T.A.) is a circular emblem. It features a globe in the center with the letters 'EH' and 'Z' on either side. The text 'TAE KWON-DO' is at the top, 'ASSOCIATION' is at the bottom, and 'R.I.T.A.' is at the very bottom.The logo for the International Taekwon-Do Federation (ITF) is a circular emblem. It features a globe in the center with the letters 'EH' and 'Z' on either side. The text 'INTERNATIONAL TAEKWON-DO' is at the top and 'FEDERATION' is at the bottom.



Dear Grand Masters, Masters, Instructors and Competitors,

On behalf of the R.I.T.A. Tournament Committee, I would like to invite you to the ITF Ireland Cup 2026, which will be hosted at the **Athlone International Arena, Technological University of the Shannon: Midlands Midwest Athlone Campus, University Road, Bunnavally, Athlone, Co. Westmeath, N37 A3W4, Ireland**

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The individual events will include:

- Patterns and Sparring for all Junior, Senior, and Veteran competitors.
- Inclusive Sections available - please contact [tournaments@rita-itf.org](mailto:tournaments@rita-itf.org)
- Special Technique will only be open to Junior and Senior competitors.
- Power will only be open to Senior and Veteran competitors.

Please note that this is a [pre-register blue event](#). All entries should be made using Kihapp website no later than **Sunday, 1st March 2026, 11.59 pm**. Please remember that accurate information is the responsibility of the instructor, any errors cannot be amended on the day. If you have any questions in relation to this event, please do not hesitate to contact us at [tournaments@rita-itf.org](mailto:tournaments@rita-itf.org).

Further details of the event and Link to the application form are available on [www.rita-itf.org](http://www.rita-itf.org)  
Link to ITF Ireland Cup 2026 registration website:  
<https://www.kihapp.com/tournaments/23318-itf-ireland-cup-2026>

It is the participants' responsibility to have full insurance coverage for all eventualities. The organising committee will not be responsible for any injury or loss for participants before, during, and after the Tournament howsoever arising.

We look forward to seeing you at the event.

*RITA Tournament Committee*



### Amendment to the Sparring rules

We would like to bring your attention to the following amendment to our RITA Tournament sparring rules.

#### **Change in rules for Sparring divisions in RITA tournaments**

Introduced in 2015, the ITF rule regarding **compulsory technique** for sparring will be implemented for all junior and Senior Sparring divisions in both RITA tournaments, RITA Irish Open and ITF Ireland Cup. Please note, it will not apply to Veteran colour or black belt divisions.

The rule states as follows:

***56.2.3 2 points should be deducted from a competitor's score if he or she fails to execute at least midair kick (180' or more) in each round of competition. Only the midair kick (180' or more) which are performed in time of attack and defence or while in contact with the opponent should be recognized as valid points. The midair kicks which are blindly performed in the air should not be recognized.***

This rule stipulates that 2 points will be deducted if a competitor fails to execute a midair 180 kick. This will be implemented by starting all competitors with -2 points and adding back the points once the kick is executed. The centre referee will indicate that the kick has been performed to the Jury President who will cancel the point deduction if they agree that the compulsory kick has been performed.

#### **SAFETY EQUIPMENT AND PROTECTIVE WEAR**

Please note that all competitors must wear head guards as per Official ITF Rules of Competition.

We believe that by bringing our tournaments in line with International events we will further raise the standard of our competitors and events.



### **Tournament Details**

- Saturday, 7th March 2026
- Doors Open at 8.30am
- Umpire Meeting at 8.45am sharp
- Competition starts at 9am sharp
- **Provisional Competition Schedule**

Please note that the following schedule is **provisional** and subject to change.

It is currently projected that **all Black Belt and Red Belt divisions** (Seniors, Veterans, and Juniors where applicable) will commence at **9:15 am**, along with **Under 10 and 11–13 years colour belt divisions**.

**Colour belt divisions for 14–17 years, Seniors, and Veterans** are projected to take place in the **afternoon**.

Final start times and division schedules will be confirmed **after registration closes on 1 March**, once competitor numbers are finalised. An updated schedule will be communicated via email to all instructors at that time, who will be asked to inform their competitors accordingly.

Competitors should be advised to **arrive in advance** of their scheduled start time, as divisions may move forward depending on the flow of the event.

**Venue:** Athlone International Arena, Technological University of the Shannon:  
Midlands Midwest Athlone Campus, University Road, Bunnavally, Athlone, Co.  
Westmeath, N37 A3W4, Ireland



<b><u>Medals:</u></b>	Patterns:	1st, 2nd, Joint 3rd
	Sparring:	1st, 2nd, joint 3rd
	Special Technique:	1st only
	Power Test:	1st only

**Awards:**

Overall Juniors:	<ul style="list-style-type: none"><li>• Under 10 years - male and female</li><li>• 11 - 13 years - male and female</li><li>• 14 - 17 years - male and female</li></ul>
Overall Senior	<ul style="list-style-type: none"><li>• Male and female</li></ul>
Overall Veteran	<ul style="list-style-type: none"><li>• Male and female</li></ul>
Overall School	<ul style="list-style-type: none"><li>• 1st, 2nd, 3rd place</li></ul>

**Age:**

- 'Junior' refers to any competitor aged 17 years or under on 07/03/2026
- 'Senior' refers to any competitors aged 18 years or over on 07/03/2026



## Fees

### Individual Fees

Section	Fees
9th Kup – Juniors	€10
9th Kup – Seniors & Veterans	€15
Juniors - Colour & Black Belt	€30
Seniors – Colour & Black Belt	€35
Veterans – Colour & Black Belt	€35

### Family Rates

1. The first family member pays full price
2. The second family member is discounted by €5
3. The third family member is discounted by €5
4. Any additional family members are free

Please note this applies to immediate family members only (ie brothers/sisters/parents) which must be verified by their Instructor.

**Instructors please email [tournaments@rita-itf.org](mailto:tournaments@rita-itf.org) to receive a discount code that can be used at the checkout on Kihapp should you need one.**

**NB. Please note that it is the lowest price entry fees that will be waived.**

Examples:

Family with 1 Adult & 2 Juniors

€35+€30+€30 = €95 less family Rate (€10) = €85.

Family with 1 Adult & 3 Juniors (same price as above)

€35+€30+€30+free Junior = €95 less family Rate (€10) = €85.

Family with 2 Adults & 2 Juniors

€35+€35+€30+Free Junior = €90 less family Rate (€10) = €80.





## **Payment Options**

Please complete all payments via one of below available payment methods.

### **• Card on Kihapp website during the registration**

Visa, Mastercard and American Express are accepted. A receipt will be issued to your email once the payment has been completed. Competitors will be automatically entered after payment has been processed.

### **• EFT / Online Banking / Bank Transfer**

Fees can be transferred into the bank account details below.

Please email a copy of the receipt or proof of payment to [tournaments@rita-itf.org](mailto:tournaments@rita-itf.org) by Sunday, 1st March 2026.

Competitors will not be entered until the entry fees have been received.

**Fees & entries must be received by Sunday, 1st March 2026.**

Bank Account Details are as follows:

- **Bank Name:** Permanent TSB
- **Account Name:** RITA No. 1 Account
- **Account Number:** 28279895
- **Sort Code:** 990624
- **IBAN:** IE76IPBS99062428279895
- **BIC:** IPBSIE2D
- Please include your shopping cart number (from Kihapp) in the message / reference section and "ITF Ireland Cup" where possible.



### General Information

- This tournament is only open to ITF style members (9th Kup to 6th Dan)  
**(4th Dan – 6th Dan members can wear stripes while competing)**
- 9th Kup members may compete in the patterns division and special technique
- Full white TKD Dobok must be worn by all competitors
- For Sparring, approved **hand and foot pads** must be worn. Black Belts may use 10-ounce gloves if they wish to do so (10oz must be displayed on the gloves). **Mouth guards and head guards** are mandatory for all competitors, and groin guards (worn inside the Dobok) are mandatory for male competitors. Chest protectors (worn inside the Dobok) are optional for female competitors but highly recommended.
- **One qualified Umpire (Age 18+) for up to and including every 10 Competitors **MUST** be supplied. This rule will be enforced and schools without the required amount of umpires will not be allowed to compete (Schools can share Umpires to make the numbers)**

### Umpires:

- For up to and including every 10 competitors entered, you must provide one qualified **non-competing** umpire. (Example; 6 Competitors = 1 Umpire, 12 Competitors = 2 Umpires)
- **Non-RITA schools should enter their umpires through Kihapp when registering their competitors**
- A qualified umpire is a black belt, over 18 years, who has successfully completed a recognised umpire course
- Umpires must wear the approved umpire's uniform with white running shoes
- Umpires must sign in and attend the Umpires' meeting in the morning and be available to umpire for the whole day. Even if your school is only entering senior competitors. This will help to keep the whole day on schedule
- Schools whose umpires are not present at the Umpire meeting will have their competitors removed from the tournament
- For further information in relation to umpires please contact the R.I.T.A.'s Chief Umpire Grand Master John Jacob ([john.jacob@rita-itf.org](mailto:john.jacob@rita-itf.org))

### Disputes:

Protests must be made on the official form to the Chief Umpire and be accompanied by a protest fee of €100 which will be refunded only if the protest is upheld. Any protest must be made observing the correct courtesies and protocols. Protests not made in the correct manner will not be entertained.





### **Competition Divisions/Sections**

Each section must consist of two or more competitors. If there is only one competitor in a section, he/she will compete in a higher or lower section as deemed appropriate.

**Please note that sparring sections may be subject to adjustments depending on the number of registered competitors. Sections may be merged to ensure adequate competition opportunities for all participants.**

#### **Patterns - Colour Belts – Junior, Senior and Veteran:**

- Competition will be in the form of a pyramid system.
- Competitors will be asked to perform one optional pattern of their choice. This can be any pattern from Chon-Ji to the pattern of their grade.
- In the event of a draw, competitors will be asked to perform another pattern.

#### **Patterns – Black Belts – Junior, Senior and Veteran:**

- Competition will be in the form of a pyramid system.
- Competitors will be required to perform 2 patterns, optional and designated.
  - Optional patterns must be from their Dan Patterns, **with exception of 5th and 6th Dan members, their optional pattern must be a 4th Dan Pattern.**
  - Designated patterns will be any pattern from Chon-Ji up to and including their Dan Patterns (4th Dan Patterns being the highest).

#### **Sparring – Colour Belts:**

- Children Sparring (up to 10 yrs) – All bouts will be 1 X 1 minute rounds
- Junior Sparring:
  - a) 11-13 yrs - All bouts will be 1 X 1.5 minute rounds
  - b) 14-17 yrs (Yellow, Green and Blue Belts) – All bouts will be 2 X 1.5 minute rounds with 30 seconds in between rounds
  - c) 14-17 yrs (Red and Black Belts) – All bouts will be 2 X 2 minutes rounds with 60 seconds in between rounds
- Senior Sparring (18 - 39 yrs)
  - a) Yellow, Green and Blue Belts – All bouts will be 1 X 2 minute round
  - b) Red and Black Belts – All bouts will be 2 X 2 minutes rounds with 60 seconds in between rounds
- Veteran Sparring (40yrs +) – All bouts will be 1 X 2 minute rounds
- All competitors **MUST** wear Head Safety Equipment



### **Power/Special Technique:**

- Junior Colour, Senior Colour and Black Belt – Special Technique
- Senior Colour, Veteran Colour and Black Belt – Power Only

### **Power**

- White Focus Boards will be used for the Power Sections
- 3 points will be awarded for a Clean Break, and 1 point for a bent board
- ITF procedures regarding measuring, the ready position, etc., must be strictly followed
- Eliminators will take place in all sections

### **Special Technique**

- Special Technique will operate with a minimum starting height for all techniques as the 1st round eliminator. This will then increase during each subsequent round
- Black/Red Belt competitors must successfully perform one of the designated techniques as their eliminator in order to proceed to the next stage
- ITF Procedure as regards to measuring, ready position etc must be strictly followed



## Patterns

### **Junior Colour and Black Belt**

(Male and Female will compete separately)

Section	Grade	Pattern
Up to 10yrs	Yellow Tag	Pattern of Choice
11 – 13yrs	Yellow Tag	Pattern of Choice
14 – 17yrs	Yellow Tag	Pattern of Choice
Up to 10yrs	Yellow Belt	Pattern of Choice
11 – 13yrs	Yellow Belt	Pattern of Choice
14 – 17yrs	Yellow Belt	Pattern of Choice
Up to 10yrs	Green Belt	Pattern of Choice
11 – 13yrs	Green Belt	Pattern of Choice
14 – 17yrs	Green Belt	Pattern of Choice
Up to 10yrs	Blue Belt	Pattern of Choice
11 – 13yrs	Blue Belt	Pattern of Choice
14 – 17yrs	Blue Belt	Pattern of Choice
Up to 10yrs	Red Belt	Pattern of Choice
11 – 13yrs	Red Belt	Pattern of Choice
14 – 17yrs	Red Belt	Pattern of Choice
Under 18yrs	Black Belt	Optional Pattern Designated Pattern



## Patterns

### **Senior / Veteran Colour and Black Belt**

(Male and Female will compete separately (numbers permitting))

Section	Grade	Pattern
18 - 39yrs	Yellow Tag	Pattern of Choice
18 - 39yrs	Yellow Belt	Pattern of Choice
18 - 39yrs	Green Belt	Pattern of Choice
18 - 39yrs	Blue Belt	Pattern of Choice
18 - 39yrs	Red Belt	Pattern of Choice
40yrs +	All Colour Belts	Pattern of Choice
18 - 39yrs	I & II Degree	Optional Pattern Designated Pattern
40yrs +	I & II Degree	Optional Pattern Designated Pattern
18 - 39yrs	III, IV, V, VI Degree	Optional Pattern Designated Pattern
40yrs +	III, IV, V, VI Degree	Optional Pattern Designated Pattern



## Sparring

### Junior Colour and Black Belt

\*Sections may be merged depending on registration numbers.

#### Male Sections:

Section	Grade	Height / Weight
Up to 10yrs	All colour belts	-129.9 cm
Up to 10yrs	All colour belts	130 cm – 139.9 cm
Up to 10yrs	All colour belts	140 cm – 149.9 cm
Up to 10yrs	All colour belts	+150 cm
11 – 13yrs	Yellow & Green Belt	-139.9 cm
11 – 13yrs	Yellow & Green Belt	140 cm – 149.9 cm
11 – 13yrs	Yellow & Green Belt	150 cm - 159.9 cm
11 – 13yrs	Yellow & Green Belt	+160 cm
11 – 13yrs	Blue, Red & Black Belt	-139.9 cm
11 – 13yrs	Blue, Red & Black Belt	140 cm – 149.9 cm
11 – 13yrs	Blue, Red & Black Belt	150 cm - 159.9 cm
11 – 13yrs	Blue, Red & Black Belt	+160 cm
14 – 17yrs	Yellow, Green & Blue Belt	- 55 kg
14 – 17yrs	Yellow, Green & Blue Belt	55 kg - 62.9 kg
14 – 17yrs	Yellow, Green & Blue Belt	63 kg - 69.9 kg
14 – 17yrs	Yellow, Green & Blue Belt	+70 kg
14 – 17yrs	Red & Black Belt	- 45 kg
14 – 17yrs	Red & Black Belt	45 kg - 50.9 kg
14 – 17yrs	Red & Black Belt	51 kg - 56.9 kg
14 – 17yrs	Red & Black Belt	57 kg - 62.9 kg
14 – 17yrs	Red & Black Belt	63 kg - 68.9 kg
14 – 17yrs	Red & Black Belt	69 kg - 74.9 kg
14 – 17yrs	Red & Black Belt	+75 kg



## **Sparring**

### **Junior Colour and Black Belt**

\*Sections may be merged depending on registration numbers.

#### Female Sections:

Section	Grade	Weight / Height
Up to 10yrs	All colour belts	-124.9 cm
Up to 10yrs	All colour belts	125 cm – 134.9 cm
Up to 10yrs	All colour belts	135 cm – 144.9 cm
Up to 10yrs	All colour belts	+145 cm
11 – 13yrs	Yellow & Green Belt	-134.9 cm
11 – 13yrs	Yellow & Green Belt	135 cm – 144.9 cm
11 – 13yrs	Yellow & Green Belt	145 cm – 154.9 cm
11 – 13yrs	Yellow & Green Belt	+155 cm
11 – 13yrs	Blue, Red & Black Belt	-134.9 cm
11 – 13yrs	Blue, Red & Black Belt	135 cm – 144.9 cm
11 – 13yrs	Blue, Red & Black Belt	145 cm – 154.9 cm
11 – 13yrs	Blue, Red & Black Belt	+155 cm
14 – 17yrs	Yellow, Green & Blue Belt	- 50 kg
14 – 17yrs	Yellow, Green & Blue Belt	50 kg - 56.9 kg
14 – 17yrs	Yellow, Green & Blue Belt	57 kg - 63.9 kg
14 – 17yrs	Yellow, Green & Blue Belt	+64 kg
14 – 17yrs	Red & Black Belt	- 40 Kg
14 – 17yrs	Red & Black Belt	40 kg - 45.9 kg
14 – 17yrs	Red & Black Belt	46 kg - 51.9 kg
14 – 17yrs	Red & Black Belt	52 kg - 57.9 kg
14 – 17yrs	Red & Black Belt	58 kg - 63.9 kg
14 – 17yrs	Red & Black Belt	64 kg - 69.9 kg
14 – 17yrs	Red & Black Belt	+70 kg





## Sparring

### Senior / Veteran Colour and Black Belt Sparring

\*Sections may be merged depending on registration numbers.

#### Male Sections:

Section	Grade	Weight
18 - 39yrs	Yellow, Green & Blue Belt	-65 kg
18 - 39yrs	Yellow, Green & Blue Belt	65 kg - 74.9 kg
18 - 39yrs	Yellow, Green & Blue Belt	75 kg - 84.9 kg
18 - 39yrs	Yellow, Green & Blue Belt	+85 kg
18 - 39yrs	Red & Black Belt	-52 kg
18 - 39yrs	Red & Black Belt	52 kg - 57.9 kg
18 - 39yrs	Red & Black Belt	58 kg - 63.9 kg
18 - 39yrs	Red & Black Belt	64 kg - 70.9 kg
18 - 39yrs	Red & Black Belt	71 kg - 77.9 kg
18 - 39yrs	Red & Black Belt	78 kg - 84.9 kg
18 - 39yrs	Red & Black Belt	85 kg - 91.9 kg
18 - 39yrs	Red & Black Belt	+92 kg
40yrs +	Yellow, Green & Blue Belt	- 80 kg
40yrs +	Yellow, Green & Blue Belt	+ 80 kg
40yrs +	Red & Black Belt	- 80 kg
40yrs +	Red & Black Belt	+ 80 kg



## Sparring

### Senior / Veteran Colour and Black Belt Sparring

\*Sections may be merged depending on registration numbers.

#### Female Sections:

Section	Grade	Weight
18 - 39yrs	Yellow, Green & Blue Belt	- 57 kg
18 - 39yrs	Yellow, Green & Blue Belt	57 kg - 63.9 kg
18 - 39yrs	Yellow, Green & Blue Belt	64 kg - 70.9 kg
18 - 39yrs	Yellow, Green & Blue Belt	+71 kg
18 - 39yrs	Red & Black Belt	- 47 kg
18 - 39yrs	Red & Black Belt	47 kg - 51.9 kg
18 - 39yrs	Red & Black Belt	52 kg - 56.9 kg
18 - 39yrs	Red & Black Belt	57 kg - 61.9 kg
18 - 39yrs	Red & Black Belt	62 kg - 66.9 kg
18 - 39yrs	Red & Black Belt	67 kg - 71.9 kg
18 - 39yrs	Red & Black Belt	72 kg - 76.9 kg
18 - 39yrs	Red & Black Belt	+77 kg
40yrs +	Yellow, Green & Blue Belt	- 70 kg
40yrs +	Yellow, Green & Blue Belt	+ 70 kg
40yrs +	Red & Black Belt	- 70 kg
40yrs +	Red & Black Belt	+ 70 kg



## Special Technique

### Junior Colour and Black Belt Special Technique

Section	Grade	Technique
Up to 10yrs (Male)	All belts	Twimyo Nomo Yop Chagi (Flying Kick) <b>(50x100cm)</b>
Up to 10yrs (Female)	All belts	Twimyo Nomo Yop Chagi (Flying Kick) <b>(50x90cm)</b>
11 – 13yrs (Male)	All belts	Twimyo Nomo Yop Chagi (Flying Kick) <b>(50x120cm)</b>
11 – 13yrs (Female)	All belts	Twimyo Nomo Yop Chagi (Flying Kick) <b>(50x110cm)</b>
14 – 17yrs (Male)	Yellow, Green & Blue Belt	Twimyo Nopi Ap Chagi (Jump High Kick) <b>(210cm)</b>
14 – 17yrs (Female)	Yellow, Green & Blue Belt	Twimyo Nopi Ap Chagi (Jump High Kick) <b>(200cm)</b>
14 – 17yrs (Male)	Red and Black Belt	1) Twimyo Nopi Apcha Busigi <b>(220 cm)</b> 2) Twimyo Dollyo Chagi <b>(200 cm)</b> 3) Twimyo Bandae Dollyo Chagi <b>(200 cm)</b> 4) Twimyo 360 Yopcha Jirugi <b>(200 cm)</b> 5) Twimyo Nomo Chagi <b>(70cm x 200cm)</b>
14 – 17yrs (Female)	Red and Black Belt	1) Twimyo Nopi Apcha Busigi <b>(200 cm)</b> 2) Twimyo Dollyo Chagi <b>(190 cm)</b> 3) Twimyo Bandae Dollyo Chagi <b>(190cm)</b> 4) Twimyo 360 Yopcha Jirugi <b>(190 cm)</b> 5) Twimyo Nomo Chagi <b>(70 cm X 150cm)</b>



## Special Technique

### Senior Colour and Black Belt Special Technique

#### Male Sections:

Section	Grade	Technique
18 - 39yrs	Colour Belts (9th Kup - 3rd Kup)	Twimyo Nopi Ap Chagi (Jump High Kick) <b>(200cm)</b>
18 - 39yrs	Red & Black Belt	1) Twimyo Nopi Apcha Busigi <b>(220 cm)</b> 2) Twimyo Dollyo Chagi <b>(200 cm)</b> 3) Twimyo Bandae Dollyo Chagi <b>(200 cm)</b> 4) Twimyo 360 Yopcha Jirugi <b>(200 cm)</b> 5) Twimyo Nomo Chagi <b>(70 cm x 200cm)</b>

#### Female Sections:

Section	Grade	Technique
18 - 39yrs	Colour Belts (9th Kup - 3rd Kup)	Twimyo Nopi Ap Chagi (Jump High Kick) <b>(190cm)</b>
18 - 39yrs	Red & Black Belt	1) Twimyo Nopi Apcha Busigi <b>(200 cm)</b> 2) Twimyo Dollyo Chagi <b>(200 cm)</b> 3) Twimyo Bandae Dollyo Chagi <b>(200 cm)</b> 4) Twimyo 360 Yopcha Jirugi <b>(200 cm)</b> 5) Twimyo Nomo Chagi <b>(70 cm x 200cm)</b>



## **Power Test**

### **Senior / Veteran Colour and Black Belt Power**

#### **Male Sections**

<b>Section</b>	<b>Grade</b>	<b>Technique</b>	<b>Boards (White)</b>
18 - 39yrs	Green & Blue Belt	Knife Hand	1.5 Boards
		Front Elbow	1.5 Boards
		Side Piercing Kick	2 Boards
		Turning Kick	2 Boards
40yrs +	Green & Blue Belt	Knife Hand	1.5 Boards
		Front Elbow	1.5 Boards
		Side Piercing Kick	2 Boards
		Turning Kick	2 Boards
18 - 39yrs	Red & Black Belt	Punch	2 Boards
		Knife Hand	2 Boards
		Side Piercing Kick	3 Boards
		Turning Kick	3 Boards
		Reverse Turning Kick	3 Boards
40yrs +	Red & Black Belt	Punch	2 Boards
		Knife Hand	2 Boards
		Side Piercing Kick	3 Boards
		Turning Kick	3 Boards
		Reverse Turning Kick	3 Boards



## Power Test

### Senior / Veteran Colour and Black Belt Power

#### Female Sections

Section	Grade	Technique	Boards (White)
18 - 39yrs	Green & Blue Belt	Knife Hand	1 Board
		Front Elbow	1 Board
		Turning Kick	1.5 Boards
		Side Piercing Kick	1.5 Boards
40yrs +	Green & Blue Belt	Knife Hand	1 Board
		Front Elbow	1 Board
		Turning Kick	1.5 Boards
		Side Piercing Kick	1.5 Boards
18 - 39yrs	Red & Black Belt	Knife Hand	1.5 Boards
		Front Elbow	1.5 Boards
		Turning Kick	2 Boards
		Side Piercing Kick	2 Boards
		180 Side Kick	2 Boards
40yrs +	Red & Black Belt	Knife Hand	1.5 Boards
		Front Elbow	1.5 Boards
		Turning Kick	2 Boards
		Side Piercing Kick	2 Boards
		180 Side Kick	2 Boards





**PLEASE NOTE ALL WEIGHTS MUST BE GIVEN IN KILOGRAMS**

<u>Kilograms</u>	<u>Stones</u>	<u>Kilograms</u>	<u>Stones</u>
27	4.3	72	11.3
28	4.4	74	11.7
30	4.7	78	12
32	5	80	12.6
34	5.4	82	13
36	5.7	84	13.2
38	6	88	13.8
40	6.3	90	14
42	6.6	92	14.4
44	6.9	94	14.8
46	7.2	96	15
48	7.6	98	15.4
50	7.9	100	15.7
52	8.2	101	16
54	8.6	102	16.06
56	8.9	103	16.21
58	9.3	104	16.4
60	9.5	105	16.6
62	9.8	106	16.7
64	10.1	107	16.9
66	10.4	108	17
68	10.7	109	17.2
70	11	110	17.3



**PLEASE NOTE THAT ALL HEIGHTS MUST BE GIVEN IN CM's**

<u>Feet/Inches</u>	<u>CM</u>	<u>Feet/Inches</u>	<u>CM</u>	<u>Feet/Inches</u>	<u>CM</u>
4 ft 0 Inches	122	5 ft 0 Inches	152	6 ft 0 Inches	182
4 ft 1 Inch	124	5 ft 1 Inch	155	6 ft 1 Inch	185
4 ft 2 Inches	127	5 ft 2 Inches	157	6 ft 2 Inches	188
4 ft 3 Inches	130	5 ft 3 Inches	160	6 ft 3 Inches	190
4 ft 4 Inches	132	5 ft 4 Inches	163	6 ft 4 Inches	193
4 ft 5 Inches	135	5 ft 5 Inches	165	6 ft 5 Inches	195
4 ft 6 Inches	137	5 ft 6 Inches	168	6 ft 6 Inches	198
4 ft 7 Inches	140	5 ft 7 Inches	170	6 ft 7 Inches	200
4 ft 8 Inches	142	5 ft 8 Inches	172	6 ft 8 Inches	203
4 ft 9 Inches	145	5 ft 9 Inches	175	6 ft 9 Inches	205
4 ft 10 Inches	147	5 ft 10 Inches	178	6 ft 10 Inches	208
4 ft 11 Inches	150	5 ft 11 Inches	180	6 ft 11 Inches	210



(Optional Form for Instructors to Collect Competitor Information for Kihapp.com  
Registration)

**Athlone International Arena, Technological University of the Shannon:  
Midlands Midwest Athlone Campus, University Road, Bunnavally, Athlone, Co.  
Westmeath, N37 A3W4, Ireland  
Saturday, March 7, 2026**

**Competitor Application Form**

First Name: \_\_\_\_\_ Family Name \_\_\_\_\_

Taekwon-Do School: \_\_\_\_\_ Association: \_\_\_\_\_

Sex: \_\_\_\_\_ (Male/Female) Date of Birth (DD/MM/YYYY): \_\_\_\_\_ Age: \_\_\_\_\_

**Sections to compete:**

Grade: \_\_\_\_\_ (Kup / Dan)

☐ Patterns

Weight: \_\_\_\_\_ kg

☐ Sparring

Height: \_\_\_\_\_ cm

☐ Special Technique

☐ Power

I confirm that all the information given 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 fully insured to take part in this event and understand that the organising committee will not be responsible for any injury or loss for participants before, during, and after the Tournament howsoever arising.

I confirm that I can be given Medical/First Aid treatment if required and that I may be photographed and videoed at the event which may be used for Taekwon-Do promotional purposes.

**Signature:** \_\_\_\_\_ (If under 18 Years Parents or Guardians signature)

Please return to your instructor to have your name included on the application form.

**Fees:**

9th Kup – Juniors : €10

9th Kup – Seniors : €15

Juniors - Colour & Black Belt : €30

Seniors – Colour & Black Belt : €35

Veterans – Colour & Black Belt : €35



## ACCOMODATION OPTIONS

[Creggan Court Hotel](#)

[Arch House B&B and Apartments](#)

[Radisson Blu Hotel, Athlone](#)

[Bastion B&B](#)

[Sheraton Athlone Hotel](#)

[Athlone Springs Hotel](#)

[Hodson Bay Hotel](#)

[Shines Guesthouse](#)

[Shamrock Lodge Hotel](#)

## HOW TO ARRIVE

[Nearest airports to Athlone](#)

Dublin Airport (129 km)

Shannon Airport (142 km)

Cork Airport (214 km)

Ireland West Airport Knock (103 km)

[Buses from Dublin](#)

Bus 720 (leaves from Dublin Airport Zone 11)

Bus 763 (leaves from Dublin Airport Zone 11) - towards Galway Coach Station