

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

**IRISH OPEN 2026**

**SATURDAY, 21st NOVEMBER, 2026**

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





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 Irish Open 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 only event**. All entries should be made using Kihapp website no later than **Sunday, 15th November 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 Irish Open 2026 registration website:

<https://www.kihapp.com/tournaments/25115-rita-irish-open-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*



### **Tournament Details**

- Saturday, 21st November 2026
- Venue: Athlone International Arena, Technological University of the Shannon:  
Midlands Midwest Athlone Campus, University Road, Bunnavally, Athlone, Co.  
Westmeath, N37 A3W4, Ireland
- Doors Open at 8.30am
- Umpire Meeting at 8.45am sharp
- Competition starts at 9am sharp
- **Provisional Competition Schedule**

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

It is currently projected that Black Belt and Red Belt divisions for Adults and Veterans, along with Under 10 and 11–13 years colour belt divisions, will commence at 9:15 am. Competitors participating in these morning divisions are advised to arrive before 9:15 am.

Colour belt divisions for 14–17 years, Seniors, and Veterans, along with Junior Black Belt divisions, are projected to take place in the afternoon. Competitors participating in these divisions are advised to arrive before 12:30 pm.

Final start times and division schedules will be confirmed after registration closes on 15 November, once competitor numbers have been finalised. An updated schedule will be communicated via email to all instructors, who will be asked to inform their competitors accordingly.

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



|                       |                    |                     |
|-----------------------|--------------------|---------------------|
| <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 21/11/2026
- 'Senior' refers to any competitors aged 18 - 39 years on 21/11/2026
- 'Veteran' refers to any competitors aged 40 years or over on 21/11/2026



## **Competition Dress Requirements**

- Full white TKD Dobok must be worn by all competitors.
- 4th Dan – 6th Dan members can wear stripes while competing

## **Safety equipment and protective wear**

- For Sparring, approved **hand and foot pads** must be worn. Competitors ages 14+ may use 10-ounce gloves if they wish to do so (10oz must be displayed on the gloves).
- Mouth guards are mandatory for all competitors.
- Head guards are mandatory for all competitors.
- Groin guards (worn inside the dobok trousers) are mandatory for male competitors.
- Chest protectors (worn inside the dobok) are advised for female competitors.

## **Umpires**

**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)**

- 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:**  
<https://www.kihapp.com/tournaments/25115-rita-irish-open-2026/referees>
- 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.

## **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, 15th November 2026.

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

**Fees & entries must be received by Sunday, 15th November 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 “Irish Open” where possible.



## **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.**

9th Kup members may compete in the Patterns division and Special Technique only.

### **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, one optional and one designated.
  - **Optional Pattern:** The optional pattern must correspond with the competitor's Dan grade. For 5th and 6th Dan competitors, the optional pattern must be a 4th Dan pattern.
  - **Designated Pattern:** The designated pattern may be any pattern from Chon-Ji up to and including the competitor's Dan pattern, with 4th Dan patterns being the highest permitted.

### **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



## **NO COMPULSORY TECHNIQUE FOR ANY COMPETITOR REQUIRED**

The compulsory midair kick requirement has been removed. Competitors will no longer start their bout with a –2 point deduction for failing to perform a midair kick of 180° or more.

The Centre Referee will also no longer be required to assess or score this technique during competition.

### **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
- 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



## 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<br>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<br>Designated Pattern |
| 40yrs +    | I & II Degree         | Optional Pattern<br>Designated Pattern |
| 18 - 39yrs | III, IV, V, VI Degree | Optional Pattern<br>Designated Pattern |
| 40yrs +    | III, IV, V, VI Degree | Optional Pattern<br>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 belts | Twimyo Nopi Ap Chagi (Jump High Kick) <b>(210cm)</b>                                                                                                                                                                                |
| 14 – 17yrs (Female)  | Yellow, Green & Blue belts | Twimyo Nopi Ap Chagi (Jump High Kick) <b>(200cm)</b>                                                                                                                                                                                |
| 14 – 17yrs (Male)    | Red and Black Belts        | 1) Twimyo Nopi Apcha Busigi <b>(220 cm)</b><br>2) Twimyo Dollyo Chagi <b>(200 cm)</b><br>3) Twimyo Bandae Dollyo Chagi <b>(200 cm)</b><br>4) Twimyo 360 Yopcha Jirugi <b>(200 cm)</b><br>5) Twimyo Nomo Chagi <b>(70cm x 200cm)</b> |
| 14 – 17yrs (Female)  | Red and Black Belts        | 1) Twimyo Nopi Apcha Busigi <b>(200 cm)</b><br>2) Twimyo Dollyo Chagi <b>(190 cm)</b><br>3) Twimyo Bandae Dollyo Chagi <b>(190cm)</b><br>4) Twimyo 360 Yopcha Jirugi <b>(190 cm)</b><br>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<br>(Jump High Kick) <b>(200cm)</b>                                                                                                                                                                              |
| 18 - 39yrs | Red & Black Belts                | 1) Twimyo Nopi Apcha Busigi <b>(220 cm)</b><br>2) Twimyo Dollyo Chagi <b>(200 cm)</b><br>3) Twimyo Bandae Dollyo Chagi <b>(200 cm)</b><br>4) Twimyo 360 Yopcha Jirugi <b>(200 cm)</b><br>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<br>(Jump High Kick) <b>(190cm)</b>                                                                                                                                                                              |
| 18 - 39yrs | Red & Black Belts                | 1) Twimyo Nopi Apcha Busigi <b>(200 cm)</b><br>2) Twimyo Dollyo Chagi <b>(200 cm)</b><br>3) Twimyo Bandae Dollyo Chagi <b>(200 cm)</b><br>4) Twimyo 360 Yopcha Jirugi <b>(200 cm)</b><br>5) Twimyo Nomo Chagi <b>(70 cm x 200cm)</b> |



## **Power Test**

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

#### **Male Sections**

| Section    | Grade             | Technique            | Boards (White) |
|------------|-------------------|----------------------|----------------|
| 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**

| <b><u>Kilograms</u></b> | <b><u>Stones</u></b> | <b><u>Kilograms</u></b> | <b><u>Stones</u></b> |
|-------------------------|----------------------|-------------------------|----------------------|
| 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 CENTIMETERS**

| <b><u>Feet/Inches</u></b> | <b><u>CM</u></b> | <b><u>Feet/Inches</u></b> | <b><u>CM</u></b> | <b><u>Feet/Inches</u></b> | <b><u>CM</u></b> |
|---------------------------|------------------|---------------------------|------------------|---------------------------|------------------|
| 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, November 21, 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



### **How to use Kihapp Effectively**

Coaches will be able to access their school's running order via Kihapp. Go to Draws and search for your school.

We also recommend opening a separate tab and searching for each competitor by name. This will show their individual draw and when they are due to be next on the mats, making it easier to keep track of their schedule throughout the competition.

Coaches are responsible for ensuring their competitors are ready at the mat on time.

If a competitor is not at the mat when they are expected to compete, their name will be called over the microphone. They will then have 60 seconds to report to the ring and be ready to compete.

## **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