***Frequently Asked Questions***

Please do not leave registrations to the last minute because you need to leave time for your instructor to sort out any problems before the cut off date.

***What are the age divisions?***

Mini-Kids 5-8 years old

Peewee 9-10 years old

Pre-junior 11-14 years old

Junior 15-17 years old

Senior 18-35 years old

Advanced Senior 36-45 years old

Veterans 46 years old +

***What events can I enter in?***

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| --- | --- | --- | --- | --- | --- |
| **Age/Division** | **Rank** | **Patterns** | **Sparring** | **Specialty** | **Power** |
| Mini-kids (5-8yo) | First Yellow – First Blue Stripe | Fundamentals | Non-contact or Kiss contact | High kick on pad | Power punch on pad |
| Mini-kids (5-8yo) | First Red Stripe, 10th gup | Saju Jirugi & Saju Maki | Non-contact or Kiss contact | High kick on pad | Power punch on pad |
| Mini-kids (5-8yo) | 9th gup | Chon-ji & Saju Jirugi | Non-contact or Kiss contact | High kick on pad | Power punch on pad |
| Mini-kids (5-8yo) | 8th-5th gup | Patterns | Non-contact or Kiss contact | High kick on pad | Power punch on pad |
| Mini-kids (5-8yo) | 4th-1st gup | Patterns | Non-contact or Kiss contact | High kick on pad | Power punch on pad |
| Peewee (9-10yo) | 10th | Saju Jirugi & Saju Maki | Kiss contact | High kick on pad | Power punch on pad |
| Peewee (9-10yo) | 9th | Chon-ji & Saju Jirugi | Kiss contact | High kick on pad | Power punch on pad |
| Peewee (9-10yo) | 8th-5th gup | Patterns | Kiss contact | High kick on pad | Power punch on pad |
| Peewee (9-10yo) | 4th-1st gup | Patterns | Kiss contact | Gup specialty (3) | Power punch on pad |
| Peewee (9-10yo) | Black belt | Patterns | Sparring | Dan specialty (5) | Boards – side piercing and turning kick only |
| Pre-junior (11-14yo) | 10th Gup | Saju Jirugi & Saju Maki | n/a | n/a | n/a |
| Pre-junior (11-14yo) | 9th gup | Chon-ji & Saju Jirugi | n/a | n/a | n/a |
| Pre-junior (11-14yo) | 8th-5th gup | Patterns | Sparring | n/a | n/a |
| Pre-junior (11-14yo) | 4th-1st gup | Patterns | Sparring | Gup specialty (3) | Boards – 3 kicking techniques only |
| Pre-junior (11-14yo) | Black belt | Patterns | Sparring | Dan specialty (5) | Boards – 3 kicking techniques only |
| Junior (15-17yo) | 10th gup | Saju Jirugi & Saju Maki | n/a | n/a | n/a |
| Junior (15-17yo) | 9th gup | Chon-ji & Saju Jirugi | n/a | n/a | n/a |
| Junior (15-17yo) | 8th-5th gup | Patterns | Sparring | Gup specialty (3) | Boards – 3 kicking techniques only |
| Junior (15-17yo) | 4th-1st gup | Patterns | Sparring | Gup specialty (3) | Boards – 3 kicking techniques only |
| Junior (15-17yo) | Black belt | Patterns | Sparring | Dan specialty (5) | Boards – 3 kicking techniques only |
| Senior (18-35yo) | 10th gup | Saju Jirugi & Saju Maki | n/a | n/a | n/a |
| Senior (18-35yo) | 9th gup | Chon-ji & Saju Jirugi | n/a | n/a | n/a |
| Senior (18-35yo) | 8th-5th gup | Patterns | Sparring | Gup specialty (3) | Boards – 3 kicking techniques only |
| Senior (18-35yo) | 4th-1st gup | Patterns | Sparring | Gup specialty (3) | Boards – 5 techniques |
| Senior (18-35yo) | Black belt | Patterns | Sparring | Dan specialty (5) | Boards – 5 techniques |
| Advanced Senior (36-45yo) | 10th- gup | Saju Jirugi & Saju Maki | n/a | n/a | n/a |
| Advanced Senior (36-45yo) | 9th gup | Chon-ji & Saju Jirugi | n/a | n/a | n/a |
| Advanced Senior (36-45yo) | 8th-5th gup | Patterns | Sparring | Gup specialty (3) | Boards – 3 kicking techniques only |
| Advanced Senior (36-45yo) | 4th-1st gup | Patterns | Sparring | Gup specialty (3) | Boards – 5 techniques |
| Advanced Senior (36-45yo) | Black belt | Patterns | Sparring | Dan specialty (5) | Boards – 5 techniques |
| Vet (46yo +) | 10th gup | Saju Jirugi & Saju Maki | n/a | n/a | n/a |
| Vet (46yo +) | 9th gup | Chon-ji & Saju Jirugi | n/a | n/a | n/a |
| Vet (46yo +) | 8th-5th gup | Patterns | Sparring | Gup specialty (3) | Boards – 3 kicking techniques only |
| Vet (46yo +) | 4th-1st gup | Patterns | Sparring | Gup specialty (3) | Boards – 5 techniques |
| Vet (46yo +) | Black belt | Patterns | Sparring | Dan specialty (5) | Boards – 5 techniques |

***What time do I have to be at the venue?***

Forms with the divisions you have entered in and ring assignment will be available from 8.15am, Form Up for minikids – prejunior is at 8.45am.

**Mini-kids – Prejunior will be scheduled for before lunch**

**Juniors and older including Blackbelts will be after lunch.**

**The exactly timetable will be confirmed a few days after the close off date.**

***What do I use as my age on the entry form?***

Your age is your age on the day of tournament

***What grade do I use on the entry form?***

Your grade is your grade on the day of the tournament

***What are the rules?***

They are the ITFNZ rules found here [2020 Tournament Rules](https://members.itkd.co.nz/reference/documents/tournament/iTKD National Tournament Rules 2020.pdf)

Note amendments are listed on the ITKD website

***Can I enter after the cutoff date?***

The region has decided that late entries will no longer be accepted

***Can I cancel my entry?***

Yes, up to the cutoff date. All cancellations after that date will be refunded less a $10 admin fee per person.

***How do I know which ring I’ll be competing in?***

When you enter in the morning a sheet will be given to all competitors with information about the divisions you are entered into and approximately what time and ring they will be held in. Please check in with the ring marshal closer to the time for more detailed times on the day.

***What time will the tournament end?***

We aim to finish by 4pm. However the last event you are entered into may finish earlier.

***Patterns***

10th gups will do Saju maki (both sides) and Saju jirugi (both sides) as your 2 patterns.

9th gups will do Chon- ji and Saju jirugi (both sides). In case of a draw Saju makgi

Yellow to red belt - highest pattern of the lower grade of both competitors, second pattern will be random

Black - one of three current patterns, second pattern at random

***Sparring***

Sparring will be 2 x 2 minute rounds.

***Contact level***

Minikids will be non contact or optionally “kiss” contact (tag contact or light touch).

Peewees “kiss” contact (tag contact or light touch).

All others – touch contact

***Safety Equipment***

All protective gear must be ITF Approved.

Head gear will be provided for all competitors (you can optionally use your own but must be an approved brand and clearly marked red or blue as determined by your bout)

Gloves and foot protectors of approved type. ***These will be provided for mini-kids and pewees only***.

Competitors must provide their own mouth guard (clear only). **All males must have a groin guard (except for non-contact sparring)**. Padded shin guards are allowed but will not be provided.

***Where do I buy gear from?***

Please consult your instructor.

***Team Patterns (5 per team)***

There will be 2 coloured belt divisions and one black belt division.

Pre-junior and below (up to 14 years)

Junior & Seniors (15 years plus)

Black belt (any age but all team members must be black belt)

Each division is mixed rank and gender but all team members must be in the set age group.

One optional pattern only

***Pre-arranged Sparring***

Your routine must be between 45 and 60 seconds. Divisions are mixed gender and will be broken down into:

Colour belts

Black Belts

***Team Sparring Black belts (3 per team) limited to 1 male team and 1 female team per club.***

There are four divisions:

* Male junior black belts
* Female junior black belts
* Male senior black belt
* Female senior black belts

3 x 2 minute rounds.

Different team members to compete in each round. Winner of the most rounds wins.

In the event of a draw the 4th round will be sudden death, first point to score wins.