

2023 AN/CM Regionals FAQ's



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?

Age/Division	Rank	Patterns	Sparring	Specialty	Power
Mini-kids (5-8yo)	10th gup white belt - 10th gup first blue stripe	Fundamentals	Non-contact	High kick on pad	Power punch on pad
Mini-kids (5-8yo)	10th gup first red stripe - 10th gup first black stripe	Saju Jirugi and Saji Makgi	Non-contact	High kick on pad	Power punch on pad
Mini-kids (5-8yo)	9th gup yellow stripe - 9th gup black stripe	Saju Jirugi, Saji Makgi and Chon-Ji	Non-contact	High kick on pad	Power punch on pad
Mini-kids (5-8yo)	8th-5th gup	Patterns	Non-contact	High kick on pad	Power punch on pad
Mini-kids (5-8yo)	4th-1st gup	Patterns	Non-contact	High kick on pad	Power punch on pad

Peewee (9-10yo)	10th gup white belt - 10th gup first blue stripe	Fundamentals	Kiss contact	High kick on pad	Power punch on pad
Peewee (9-10yo)	10th gup first red stripe - 10th gup first black stripe	Saju Jirugi and Saji Makgi	Kiss contact	High kick on pad	Power punch on pad
Peewee (9-10yo)	9th gup yellow stripe - 9th gup black stripe	Saju Jirugi, Saji Makgi and Chon-Ji	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-9th gup	Patterns	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-9th gup	Patterns	n/a	n/a	n/a
Junior (15-17yo)	8th-5th gup	Patterns	Sparring	n/a	n/a
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-9th gup	Patterns	n/a	n/a	n/a
Senior (18-35yo)	8th-5th gup	Patterns	Sparring	n/a	n/a
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-9th gup	Patterns	n/a	n/a	n/a
Advanced Senior (36-45yo)	8th-5th gup	Patterns	Sparring	n/a	n/a
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-9th gup	Patterns	n/a	n/a	n/a
Vet (46yo +)	8th-5th gup	Patterns	Sparring	n/a	n/a
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 is at 8.45am.

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](#)

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. There will be no refunds after entry closeoff date.

How do I know which ring I'll be competing in?

A few days before the tournament all competitors will be emailed 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.

Minikids & Peewees will be in the morning.

Prejunior and above will be from mid morning onwards. Will advise once the draw & schedule are completed.

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

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 peewees 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)

Divisions will be broken divided by age for Coloured Belts into:

Minikids & Peewees (up to 10 years)

Pre-junior and Junior (up to 17 years)

Seniors (18 years +)

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

