



ITFNZ
Taekwon-Do
0800 800 495
www.itfnz.org.nz

1 September 2009

National Championships – Christchurch 26 & 27 Sep 2009

The 2009 ITFNZ Taekwon-Do National Championships are to be held in Christchurch on the 26th and 27th of September at QEII stadium, with over 300 competitors. ITFNZ Taekwon-Do is the largest single martial arts organisation in New Zealand, with over 80 Martial Arts Schools and thousands of members nationwide.

Shaun Tolley, V Dan

Chief Executive Officer

PO Box 38-842
Howick
Auckland

Email: secretary@itfnz.org.nz

New Zealand is ranked third in the world and our top athletes will be competing at the event. These include Mark Trotter, Carl van Roon, and Luke Thompson who are the Senior World Champions in patterns, specialty breaking, power breaking and pre-arranged sparring.

The Championships include five disciplines which are:

- patterns – the technical aspect of Taekwon-Do where competitors perform set routines of movements demonstrating skill and strength;
- sparring – an exciting and fast paced event where competitors try to score points by making controlled contact with their opponent using skilful kicks and punches;
- specialty breaking – showcasing the amazing flying kicks that Taekwon-Do is known for and competitors kick targets that are over 2 metres in height or distance;
- power test – athletes show the true power of Taekwon-Do as they use 5 techniques to break multiple boards; and
- prearranged sparring – showing athlete's skilled combinations of kicks, punches, blocks and dodges along with acrobatics.

Event Organiser Kris Herbison says "This Nationals will be really exciting – there'll be hundreds of competitors to watch, including current World Champions. The various aspects of our art make for great spectator viewing, and provide an excellent opportunity for people to experience the full range of our competitive events"

The Championships start at 9am on Saturday 26th September and everyone is invited to come along.

Yours truly,

Shaun Tolley
CEO

