

FAQ

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?

Peewee	5-10 years old
Pre-junior	11-14 years old
Junior	15-17 years old
Adult	18+
Veterans	35+

What events can I enter in?

Grade	Patterns	Sparring	Special Technique	Power
White Belt - Yellow Stripe	Yes	No	No	No
Yellow - Blue Stripe	Yes	Yes	No	No
Blue - Black Stripe	Yes	Yes	Yes	Yes
Black Belt	Yes	Yes	Yes	Yes

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 tournament date, 23rd May

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 IFTNZ rules found here [2020 Tournament Rules](#)
Note amendments are listed below.

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.

What is the schedule of events?

Team patterns will be first.

Individual patterns next.

Sparring, Power & Specialty from mid morning onwards.

Team Pre-arranged is yet to be determined

Team Sparring last..

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 - highest pattern of the lower grade of both competitors, second pattern will be random

Black - one of 3 current patterns, 2nd pattern at random

Sparring (Yellow belt and above only)

Sparring will be 2 x 2 minute rounds.

Contact level

Peewees "kiss" contact (tag contact or light touch).

All others - Touch

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 a 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 *pewees only*.

Competitors must provide their own mouth guard (clear only). Males must have a groin guard.

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 :

Peewees (under 10years)

Pre-junior & Junior (11 - 17 years)

Adults. (18years +)

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.

Pre-arranged Sparring

Your routine must be between 45 and 60 seconds. Divisions will be broken down into

Peewees/Intermediate

Juniors/Adults

Black Belts

All team members must be in the same age divisions. Mixed gender

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

This will be restricted to adults.

Divisions will be male and female.

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.

Power Requirements

MALE DAN		PUNCH /ELBOW	KNIFEHAN D	SIDEKICK	TURNING	Reverse Turning
9 & 10	Peewee	N/A	N/A	0.5	0.5	N/A
11 to 14	Pre Junior	N/A	N/A	1.5	1	1
15-17	Junior	1	1	2.5	1.5	1.5
18-35	Senior	2	2	3	2	2
36-45	Adv Senior	1.5	1.5	2.5	1.5	1.5
46-55	Vet	1	1	2	1	1
56+	Adv Vet	0.5	0.5	1.5	0.5	0.5

FEMALE DAN		PUNCH /ELBOW	KNIFEHAN D	SIDEKICK	TURNING	Reverse Turning
9 & 10	Peewee	N/A	N/A	0.5	0.5	N/A
11 to 14	Pre Junior	N/A	N/A	1	0.5	0.5
15-17	Junior	0.5	0.5	1.5	0.5	0.5
18-35	Senior	1	1	2	1	1
36-45	Adv Senior	0.5	0.5	1.5	0.5	0.5
46-55	Vet	0.5	0.5	1	0.5	0.5
56+	Adv Vet	0.5	0.5	0.5	0.5	0.5

MALE GUP		PUNCH /ELBOW	KNIFEHAN D	SIDEKICK	TURNING	Reverse Turning
9 & 10	Peewee	N/A	N/A	N/A	N/A	N/A
11 to 14	Pre Junior	N/A	N/A	1	0.5	0.5
15-17	Junior	N/A	N/A	2	1	1
18-35	Senior	1.5	1.5	2.5	1.5	1.5
36-45	Adv Senior	1	1	2	1	1
46-55	Vet	0.5	0.5	1.5	0.5	0.5
56+	Adv Vet	0.5	0.5	1	0.5	0.5

FEMALE GUP		PUNCH /ELBOW	KNIFEHAN D	SIDEKICK	TURNING	Reverse Turning
9 & 10	Peewee	N/A	N/A	N/A	N/A	N/A
11 to 14	Pre Junior	N/A	N/A	0.5	0.5	0.5
15-17	Junior	N/A	N/A	1	0.5	0.5
18-35	Senior	0.5	0.5	1.5	0.5	0.5
36-45	Adv Senior	0.5	0.5	1	0.5	0.5
46-55	Vet	0.5	0.5	0.5	0.5	0.5
56+	Adv Vet	0.5	0.5	0.5	0.5	0.5

Special Technique Requirements

Male Dan	Age	High	Turning	Reverse Turning	Midair	Side
Pee Wee	9-10	1.9	1.7	1.6	1.6	0.9
Pre-Junior	11-14	2.1	1.9	1.8	1.8	1.1
Junior	15-17	2.2	2.0	1.9	1.9	1.2
Senior	18-35	2.3	2.1	2.0	2.0	1.3
Advanced Senior	36-45	2.2	2.0	1.9	1.9	1.2
Veteran	46-55	2.0	1.8	1.7	1.7	1.0
Advanced Veteran	56+	1.8	1.6	1.5	1.5	0.8

Female Dan	Age	High	Turning	Reverse Turning	Midair	Side
Pee Wee	9-10	1.9	1.7	1.6	1.6	0.9
Pre-Junior	11-14	1.9	1.8	1.7	1.7	1.0
Junior	15-17	2.0	1.8	1.7	1.7	1.1
Senior	18-35	2.1	1.9	1.8	1.8	1.2
Advanced Senior	36-45	2.0	1.8	1.7	1.7	1.1
Veteran	46-55	1.8	1.6	1.5	1.5	0.9
Advanced Veteran	56+	1.6	1.4	1.4	1.4	0.7

Male Gup	Age	High	Turning	Reverse Turning	Midair	Side
Pee Wee	9-10	1.8	1.6	1.5	1.5	0.8
Pre-Junior	11-14	2.0	1.8	1.7	1.7	1.0
Junior	15-17	2.1	1.9	1.8	1.8	1.1
Senior	18-35	2.2	2.0	1.9	1.9	1.2
Advanced Senior	36-45	2.1	1.9	1.8	1.8	1.1
Veteran	46-55	1.9	1.7	1.6	1.6	0.9
Advanced Veteran	56+	1.7	1.5	1.4	1.4	0.7

Female Gup	Age	High	Turning	Reverse Turning	Midair	Side
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Pee Wee	9-10	1.7	1.5	1.4	1.4	0.8
Pre-Junior	11-14	1.9	1.7	1.6	1.6	0.9
Junior	15-17	2.0	1.8	1.7	1.7	1.0
Senior	18-35	2.1	1.9	1.8	1.8	1.1
Advanced Senior	36-45	2.0	1.8	1.7	1.7	1.0
Veteran	46-55	1.8	1.6	1.5	1.5	0.8
Advanced Veteran	56+	1.6	1.4	1.4	1.4	0.6