

The divisions are as follows:

JUNIORS	up to and incl 14 years old
CADETS	15 years up to and incl 17 years old
SENIORS	18 years and over
EXECUTIVE MALE	40 years and over (all belts)
EXECUTIVE FEMALE	35 years and over (all belts)

**THE COST OF THE COMPETITION IS £10 PER EVENT (E.G. IF YOU WISH TO DO PATTERNS, SPARRING AND DESTRUCTION IT WILL COST £30!)**

May I remind all spectators, you are not allowed onto the competition area. Failure to adhere to these rules could result in you being asked to leave the tournament venue.

To compete, you must have a current T.A.G.B. licence – if you are not sure if yours is up to date check with Mr Martin, the licence is your insurance cover – without it, you will not be allowed to compete. To compete in sparring you must have a full set of sparring gear (head, hands, shins, feet, and GUM SHIELD, and for men and boys groin guard). The sparring gear **MUST** be T.A.G.B. only – if you're not sure if yours is acceptable, check with Mr Martin **NOW!** If you need to order replacement sparring equipment, please do so in enough time before the competition. Please note, white doboks only, no club suits – kids tiger's suits allowed.

**A Brief Guide to the day:**

- The competition will start with the pattern events first, with the juniors and some designated cadet and adult divisions.
- Each competition area will be allocated with an area number that will be indicated by the number on the tablecloth and a numbered signpost. There will also be a coloured sign, signifying the belt colour and category of the current division, situated underneath the numbered signpost at head level.
- Listen out for an announcement of the start of your division on an allocated area over the Public Address System. You can also check the running order, which may be displayed on a plasma screen somewhere in the hall, when available.
- All juniors will be height tested before the sparring competition starts at an allocated area (ie, all yellow belt boys, all heights).
- All seniors and cadets will be weighed in before they spar at the allocated area for that division.

Failure to be height tested/weighed in will result in a competitor who has entered the sparring event not being allowed to take part.

You must make sure that you are in the right competition area at the right time. If you are unsure, then you must ask Mr Martin or an official.

# SPARRING

Please note this is a generic form produced for downloading from the website, it does not contain specific information regarding the competition you are entering – if you require more information please see Mr Martin for an information pack for that competition.

All divisions other than juniors (see below) and executives (who are weighed on the day) will be weighed on the day and if you are not within your entered weight division you will be disqualified.

## BLACK BELT MEN Continuous

FLYWEIGHT	Up to and including 58KG
LIGHTWEIGHT	Over 58KG and including 64KG
WELTERWEIGHT	Over 64KG and including 70KG
MIDDLEWEIGHT	Over 70KG and including 76KG
LIGHT HEAVYWEIGHT	Over 76KG and including 82KG
HEAVYWEIGHT	Over 82KG

## COLOURED BELT MEN

LIGHTWEIGHT	Up to and including 64KG
WELTERWEIGHT	Over 64KG and including 72KG
MIDDLEWEIGHT	Over 72KG and including 80KG
HEAVYWEIGHT	Over 80KG

## BLACK BELT LADIES Continuous

LIGHTWEIGHT	Up to and including 52KG
MIDDLEWEIGHT	Over 52KG and including 57KG
LIGHT HEAVYWEIGHT	Over 57KG and including 62KG
HEAVYWEIGHT	Over 62KG

## COLOURED BELT LADIES

LIGHTWEIGHT	Up to and including 56KG
MIDDLEWEIGHT	Over 56KG and including 60KG
HEAVYWEIGHT	Over 60KG

## CADET FEMALE 15 – 17yrs

LIGHTWEIGHT	Up to & incl 50kg
MIDDLEWEIGHT	Up to & incl 55kg
HEAVYWEIGHT	Over 55kg

## CADET MALE 15 – 17yrs

LIGHTWEIGHT	Up to & incl 55kg
MIDDLEWEIGHT	Up to & incl 65kg
LIGHT HEAVYWEIGHT	Up to & incl 75kg
HEAVYWEIGHT	Over 75kg

## EXECUTIVE MALE & FEMALE

To be weighed on the day & split into 2 equal groups.

Point stop sparring. Yellow & green belts together. Blue/red belts together. Black belts separate.

**JUNIORS Up to and incl 14yrs. All Point stop, all belt colours separate, boys and girls separate.**

TINY TOTS	Up to & incl 4' (yellow and green only)
PEE WEE	Over 4' and including 4'6"
LIGHTWEIGHT	Over 4'6" and including 5'
MIDDLEWEIGHT	Over 5' and including 5'6"
HEAVYWEIGHT	Over 5'6"

**N.B. Juniors will be height tested on the day and if you are not in the correct height division you will be disqualified.**

And now, for all those times we get asked...

<b>KILOGRAMS</b>	<b>STONES/LBS</b>	<b>LBS.</b>
48	7.8	106
50	7.12	110
52	8.3	115
54	8.7	119
55	8.9	121
56	8.11	123
58	9.2	128
60	9.6	132
62	9.11	137
64	10.1	141
65	10.3	143
66	10.6	146
68	10.10	150
70	11.00	154
72	11.5	159
74	11.9	163
75	11.11	166
76	12.00	168
78	12.4	172
80	12.8	176
82	12.13	181

# T.A.G.B. COMPETITION ENTRY FORM



1) NAME OF TOURNAMENT: \_\_\_\_\_ DATE: \_\_\_\_\_

2) SURNAME: \_\_\_\_\_ INITIAL: \_\_\_\_\_

Enter the surname and initial of the competitor.

3) DATE OF BIRTH: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

4) EMERGENCY CONTACT NAME/PHONE NO.: \_\_\_\_\_

(This should be someone we can contact if there is a medical emergency during the competition.)

5) T.A.G.B. SCHOOL: \_\_\_\_\_

This should be either 'Bristol North' or 'Bristol South'.

6) DIVISION CODE: \_\_\_\_\_

Enter just the division code the competitor will be competing in, these are:

**B** – Junior Boy (children are juniors up to and including age 14), **G** – Junior Girl, **CM** – Cadet Male (Cadets are age 15 – 17),

**CF** – Cadet Female, **M** – Adult Male, **L** – Adult Lady, **EF** – Executive female (Age 35+ - optional), **EM** – Executive male

(Age 40+ - optional)

**Please note:** if you are a boy or girl (14 years and under) at the time of the competition, you CANNOT enter as a cadet,

likewise, if you are of cadet age (15 up to and including 17 years old) you MUST enter as a cadet, you CANNOT enter as an adult. Executive is optional however.

7) BELT COLOUR CODE: \_\_\_\_\_

Enter colour code of belt in following format:

**YE** – yellow stripe, yellow belt **and yellow belt green stripe**, **GR** – green belt, green belt blue stripe,

**BU** – blue belt, blue belt red stripe, **RE** – red belt, red belt black stripe, **BK** – black belt

8) ONLY IF YOU WISH TO ENTER FOR SPARRING:-

SPARRING HEIGHT (for boys or girls up to and incl 14yrs) \_\_\_\_\_ (in feet and inches please)

WEIGHT (for cadets and adults): \_\_\_\_\_ (in kilograms ONLY please!)

**SPARRING HEIGHT/WEIGHT CODE:** \_\_\_\_\_

Please see separate sheet for full breakdown of height and weights categories. Codes are – **T** – Tiny tot, **P** – Peewee,

**F** – Flyweight, **L** – Lightweight, **W** – Welterweight, **M** – Middleweight, **X** – Light/Heavy weight, **H** – Heavyweight **EF** –

Executive Female, **EM** – Executive Male.

**Please note:** Students who have entered the incorrect height or weight category will be charged a £10 re-entry fee on the day of the competition, in order to change to the correct category. You will be weighed or measured on the day to confirm you are in the correct category!! Please also remember which category you have entered, so you know when to fight on the day!

9) DO YOU WISH TO ENTER FOR PATTERNS?: \_\_\_\_\_ (Yes or No!)

10) BLACK BELTS ONLY: DESTRUCTION: \_\_\_\_\_

Black belts ONLY please enter either **H** for hand destruction or **F** for foot (NOT BOTH). If you do not wish to enter for destruction please leave blank.

11) NUMBER OF SPECTATOR TICKETS REQUIRED (£7 each) \_\_\_\_\_

12) TOTAL ENCLOSED: £ \_\_\_\_\_ CASH/CHEQUE (Delete as appropriate) please staple multiple applications

13) NAME ON CHEQUE IF DIFFERENT FROM THAT OF COMPETITOR: \_\_\_\_\_

#### Declaration

I understand that there is an inherent risk of physical injury in the practice and learning of a contact sport such as Tae Kwon-Do. Whilst the TAGB and Association schools and instructors will take all reasonable steps to minimise the likelihood of an accident, the risk of physical injury cannot be eliminated. There is particular risk in the context of competitions and grading exercises which by their nature are likely to result in an individual approaching and potentially exceeding the limits of their skills and physical ability. The acceptance of an individual's application to participate in a competition or to undertake a grading exercise does not constitute and should not be considered as constituting any form of confirmation or assurance by the TAGB or any Association School or Instructor to the effect that individual has the necessary skill or physical ability to safely complete such competition or grading exercise, it being the individual's sole responsibility to judge such matters for themselves. If an individual has any doubt whatsoever as to their ability to safely complete any exercise in the competition, grading exercise or otherwise it is the responsibility of the individual to withdraw from the same. The TAGB, and Association schools and instructors accept no liability for injuries sustained in the course of practicing and learning of Tae Kwon-Do save for injuries attributed to negligence of the TAGB, and Association schools and instructors. Insurance in respect of such risks is included in your annual membership. In signing this declaration I accept the above recited disclaimer of liability and also agree to abide by the rules of the TAGB as amended from time to time should I be accepted as a participant of this competition.

I clearly understand that my participation in the event is entirely at my own risk, I certify that the facts stated are correct and I am fit to take part in the event. I understand that all children under the age of 16 must be accompanied by a responsible adult throughout the event.

COMPETITORS SIGNATURE \_\_\_\_\_

PARENTS SIGNATURE \_\_\_\_\_ (if under 16)

CLUB INSTRUCTORS SIGNATURE \_\_\_\_\_