

IMPACT OPEN 26

OPEN TO ANY ITF MEMBER
ORGANISED BY
TAEKWON-DO IMPACT
CELEBRATING 30TH ANNIVERSARY



SPORTSDOCK
UNIVERSITY OF EAST LONDON
4-6 UNIVERSITY WAY
LONDON E16 2RD

4TH JULY 2026

OPEN TO ALL ITF PRACTITIONERS
ALL AGES
YELLOW BELT (8TH KUP) TO
BLACK BELT (6TH DEGREE)

EARLY BIRD

OPENS: 1ST MARCH
DEADLINE: 31ST MAY
£40 – COLOUR BELT
£50 – BLACK BELT

EVENTS

PATTERNS
SPARRING
SPECIAL TECHNIQUE
POWER

LATE ENTRY

DEADLINE: 21ST JUNE
£50 – COLOUR BELT
£65 – BLACK BELT

CONTACT

☎ 0800 772 3233
✉ EVENTS@TKDIMPACT.CO.UK



REGISTRATION

[HTTPS://BIT.LY/IMPACTOPEN2026](https://bit.ly/impactopen2026)

Impact Open 2026

Celebrating 30 Years of Taekwon-Do Impact

Dear all,

Taekwon-Do Impact is delighted to invite you to the Impact Open 2026! This year is a momentous one for our association, as we will be celebrating the organisation's 30th anniversary in November!

To mark the occasion, this year's Impact Open will be one of the biggest in recent memory, with a larger and more modern venue, more rings, and more disciplines available to adult competitors! For a smoother competition experience, we have also migrated to Sportdata to manage the draws and timetables, both of which will be visible to the public before the competition.

Coming off of our successful Impact Invitational competition, we know that these changes will allow competitors to compete without with no confusion about timings or ring assignments, no stress about missing your division, and no waiting 'til the late evening to compete. We also hope that offering Special Technique and Power to more divisions than ever will allow competitors to gain more experience in disciplines they may not have had the opportunity to compete in before!

The event will be held in Sports Dock, University of East London, a fantastic modern venue in the heart of the Docklands, just a half hour's walk from London City Airport, the gateway to London! Doors will open at 08:30 on 4th July 2026, and we hope to see you there!

Yours in Taekwon-Do,

Donato Nardizzi IX



Director of Taekwon-Do Impact



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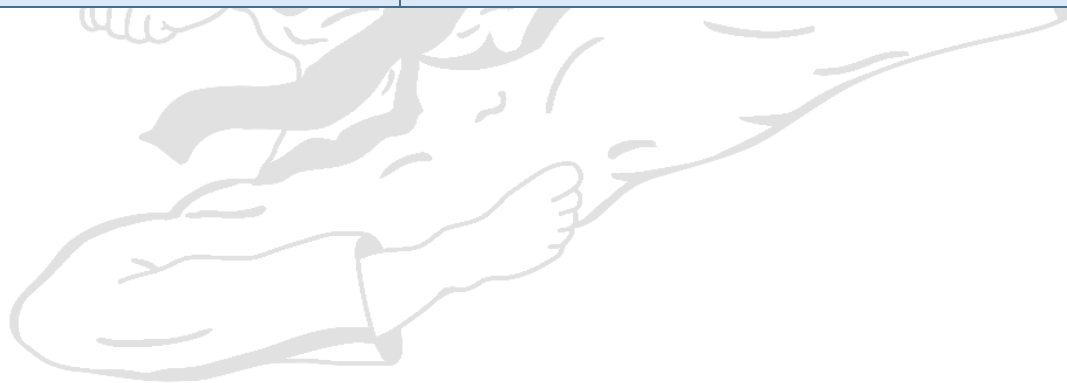


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1. Dates and Times

1.1. Important Dates

Sun 1st Mar	<u>Entry opens via Sportdata</u>
Sun 31st May	<u>Deadline for Early Bird entry</u>
Sun 21st June	<u>Deadline for standard entry</u>
Sun 28th June	<i>Provisional draws and timetable released</i>
Tue 30th June	<i>Early check-in online (slot #1)</i>
Thu 2nd July	<i>Early check-in online (slot #2)</i>
Fri 3rd July	<i>Early check-in at SportsDock</i>
Sat 4th July	<u>Day of competition</u>



1.2. Timetable

All timings are approximate and may be subject to change. Final timetable will be published on Sportdata.

08:30	<i>Arrival time for umpires, helpers and coaches</i>
08:40	<i>Umpire & coach meetings</i>
08:45	<u>Arrival time for all Black Belts</u>
08:55	<i>Opening ceremony</i>
09:00	<u>Competition begins for all Black Belts</u> <i>Check-in opens for all Pre-Cadets & Cadets</i>
10:20	<i>Check-in closes for all Pre-Cadets & Cadets</i>
10:30	<u>Competition begins for Pre-Cadets & Cadets</u>
11:30	<i>Check-in opens for Adult & Veteran Colour Belts</i>
11:55	<i>Check-in closes for Adult & Veteran Colour Belts</i>
12:00	<u>Competition begins for Adult & Veteran Colour Belts</u> <i>Check-in opens for Pre-Junior & Junior Colour Belts</i>
12:25	<i>Check-in closes for Pre-Junior & Junior Colour Belts</i>
12:30	<u>Competition begins for Pre-Junior & Junior Colour Belts</u>
14:00	<i>Umpire lunch breaks start (staggered)</i>
18:30	<u>End of competition</u>

2. Key Information

2.1. Venue

Impact Open 2026 will be held at SportsDock, located the Docklands, East London. The competition will take place in the spacious main hall just opposite the entrance. The hall has a large set of stands for parents and spectators, and there is a café on site for refreshments!






SportsDock

University of East London
4-6 University Way
London, E16 2RD
United Kingdom



2.2. Travel

The venue is well connected by both road and public transport, allowing for easy access.

	Transport Type	Availability
	Car	Ample parking space available
	London Buses	UEL Docklands Campus (Routes 474 & SL2) Devalls Close (Routes 366 , 376 & 678)
	Docklands Light Railway (DLR)	Gallions Reach (Beckton branch)
	Elizabeth Line	Custom House (change for DLR)
	Airport	London City Airport (30 min walk) London Heathrow (via Elizabeth Line) Gatwick, Luton, Stanstead & Southend via National Rail

2.3. Hotels & Accommodation

Impact Open 2026 has no official affiliated accommodation providers, but there are numerous hotels serving the nearby Excel London exhibition centre and London City Airport. Many are just 25-30 mins away by foot, and even less by public transport, including:

- **Holiday Inn Express – London Excel** (2.0km by foot)
- **Travelodge – London Excel** (2.1km by foot)
- **Premier Inn – London Docklands** (2.4km by foot)
- ... and numerous others; see Google Maps for more.

2.4. Rules

Except where otherwise specified in this document, scoring and procedure will be in accordance with the rules laid out by the ITF Umpire Committee in the ITF Rules of Competition 2026 document, version 1. This document can be found on the ITF website:

<https://itftkd.sport/wp-content/uploads/2026/01/Official-ITF-Rules-of-Competition-Version-2026-1.pdf>

Grades will be split into three “classes”, which will determine the match format:

Grade	Grade Class	Rules
Yellow Belt (8 th Kup)	C-Class	House rules (1x optional pattern, 1x sparring round, etc)
Green Tag (7 th Kup)		
Green Belt (6 th Kup)		
Blue Tag (5 th Kup)		
Blue Belt (4 th Kup)	B-Class	World Cup format (1x designated pattern, 1x sparring round, etc)
Red Tag (3 rd Kup)		
Red Belt (2 nd Kup)		
Black Tag (1 st Kup)		
Black Belt (1 st Dan)	A-Class	World Championship format (2x designated patterns, 2x sparring rounds, etc)
Black Belt (2 nd Dan)		
Black Belt (3 rd Dan)		
Black Belt (4 th Dan)		
Black Belt (5 th Dan)		
Black Belt (6 th Dan)		

2.5. Entry & Prices

Entry will open on 1st March 2026 and will remain open until the 21st June, but will be subject to an increased entry fee from 31st May.

Type	Competitor (Colour Belt)	Competitor (Black Belt)	Coach	Spectator
Early Bird (until 31 st May)	£40	£50	£10	£5
Standard (until 21 st June)	£50	£65	£10	£5
At the Door	-	-	-	£5

In order to qualify for Early Bird fees, the fees must be paid by the 31st May deadline!

Entries must be made by club instructors, using the Sportdata system. A link to the entry form can be found below. All entries can be modified up until the entry deadline.

[Enter Impact Open 2026 via Sportdata ↗](#)

No refunds will be issued, even for competitors who can no longer make it to the event.

All details entered must be accurate – they will be verified at check-in and **there will be a £15 fee charged to competitors for any resulting division amendments.**

If you need any further help registering, please contact us at open@tkdimply.co.uk.

2.6. Check-In/Weigh-In

All competitors must check in before they are able to compete. At the check-in, the registration information provided by each competitor will be verified, including gender, grade and height/weight. **If any details are found to be incorrect, there will be a £15 fee charged for division amendments**, otherwise the competitor will not be able to compete in the affected division.

If you fail to check in or are late, you may miss your divisions or be unable to compete. We will not issue refunds for competitors who are unable to compete for these reasons.

There will be four days available for check-in:

- 30th June – Early check-in #1 (online, via Zoom)
- 2nd July – Early check-in #2 (online, via Zoom)
- 3rd July – Early check-in #3 (in-person, at SportsDock)
- 4th July – On-the-day check-in (SportsDock)

Black Belts must do their check-in early, either online or at the venue the day before. Black Belts will compete starting at 09:00 on the day, and **there will be no on-the-day check-in for Black Belts.**



2.7. Divisions

2.7.1. Age Categories

All disciplines will be divided into the following age categories.

Category	Age Range
Pre-Cadet	8 years old and below
Cadet	9 to 11 years old
Pre-Junior	12 to 14 years old
Junior	15 to 17 years old
Adult	18 to 35 years old
Senior	36 years old and above*

**Those aged 36yrs+ may opt to enter the Adult category instead of Veteran, if they prefer.*

2.7.2. Grade Divisions

Grade divisions will vary by discipline. Please see each respective discipline's divisions section for further information: [4.1 Patterns § Divisions](#); [4.2 Sparring § Divisions](#); [4.3 Special Technique § Divisions](#) and [4.4 Power Breaking § Divisions](#).

2.7.3. Height Divisions

For Pre-Cadet and Cadet competitors, Sparring and Special Technique will be split into height categories. Please see [4.2 Sparring § Divisions](#) and [4.3 Special Technique § Divisions](#) for further information.

2.7.4. Weight Divisions

For all competitors aged 12 or older, the Sparring discipline will be split into weight categories. Please see [4.2 Sparring § Divisions](#) for further information. Patterns, Special Technique and Power will not be divided by weight.

2.7.1. Strategy for Merges

We will avoid merging divisions wherever possible, but reserve the right to amalgamate or split divisions where required, in order to ensure each division is competitive and the competition can run smoothly. Small divisions are likely to be amalgamated, and extremely large divisions may be subdivided where it makes sense to do so.

We will only amalgamate divisions where one or both has four (4) or fewer competitors, and only where the difference in height, weight or grade is not large enough to be significantly unfair, as determined by the Impact Open Organising Committee. Outside of Patterns, age and gender divisions will never be merged (excluding for Pre-Cadet competitors, who will compete in mixed-gender divisions).

2.8. Dress Code

2.8.1. Competitors

Competitors must dress in an ITF dobok. Traditional doboks and ITF-approved doboks are both permitted, provided they meet the following requirements:

- Dobok must be white
- Dobok must have the ITF badge on the left side of the chest
- Dobok must have the Taekwon-Do tree on the back of the top
- Dobok must have the letters "ITF" on the outsides of the trouser sleeves
- Black trim around the lower hem of the top is only allowed for Black Belts
- Black stripes along the sleeves are only permitted for 4th Dan Black Belts and above
- Double black stripes along the sleeves are not permitted for any competitor.

2.8.2. Coaches

Coaches must wear tracksuits, and soft-soled trainers to avoid damaging the mats. To avoid confusion, competitors doubling as coaches must remove their belts and cover their doboks with tracksuits, while they are coaching.

Coaches must wear their coaching lanyard at all times while on the mats.

2.8.3. Umpires

Umpires must wear the official ITF umpire uniform, which consists of:

- Navy blue or black suit (trousers and blazer)
- White shirt
- Blue tie
- White, soft-soled shoes

2.9. Coaches

Clubs are welcome to bring coaches for their students, but they are not mandatory. All coaches must be ITF Taekwon-Do practitioners, and must have ordered a coaching pass in advance of the competition. This coaching pass must be worn and visible at all times while the coach is on the mats.

Coaches will be expected to abide by the tenets of Taekwon-Do, and conduct themselves with respect and good sportsmanship for competitors and fellow coaches. If a coach breaches these values, they may be asked to leave the competition.

Parents and spectators are not allowed to coach, and must stay in the spectator areas.

Register a coach via Sportdata [↗](#)



2.10. Umpires

Participating clubs are required to provide a number of umpires depending on the number of competitors submitted. Failure to do so will result in a £100 fine per missing umpire, which must be paid in order to allow the competitors to compete. Additionally, clubs or associations which do not supply the required umpires will be ineligible to receive the overall trophy for best club or association.

[Register an umpire via Sportdata ↗](#)

Number of Competitors	Domestic Clubs (UK)	International Clubs
1-3 competitors	None	None
4-9 competitors	One (1) umpire	None
10-14 competitors	Two (2) umpires	One (1) umpire
15-19 competitors	Three (3) umpires <i>(including a centre referee)</i>	One (1) umpire
20+ competitors	Four (4) umpires <i>(including a centre referee)</i>	Two (2) umpires <i>(including a centre referee)</i>

2.11. Spectators

Friends and family are encouraged to come and spectate the competitors! Spectator tickets will be available both in advance and at the door, for a price of £5. Children aged 5 or below may spectate for free, but must be accompanied by an adult with a ticket.

2.1. Sponsors

Impact Open is proudly sponsored by Azura Sports, who have kindly supplied the mats for the competition, and will be selling equipment at the event. If your company would like to sponsor Impact Open this year or in future, we would gladly consider an offer – please get in contact so we can discuss arrangements.

2.2. Protests and Appeals

Protests or appeals can only be made by coaches. They must be made directly to the Jury President of the relevant ring, before the commencement of the next match or performance. The Jury President will then issue the coach with an appeal form to fill out.

To resolve a protest, the Jury President will contact a member of the Impact Umpire Committee, who will speak with the umpires on the ring for an account of the situation. They will resolve it in accordance with the ITF Rules of Competition, or failing that, by applying their own judgement. In some circumstances, the Committee member may ask that the scores be reset and the performance repeated. Their decision will be final.



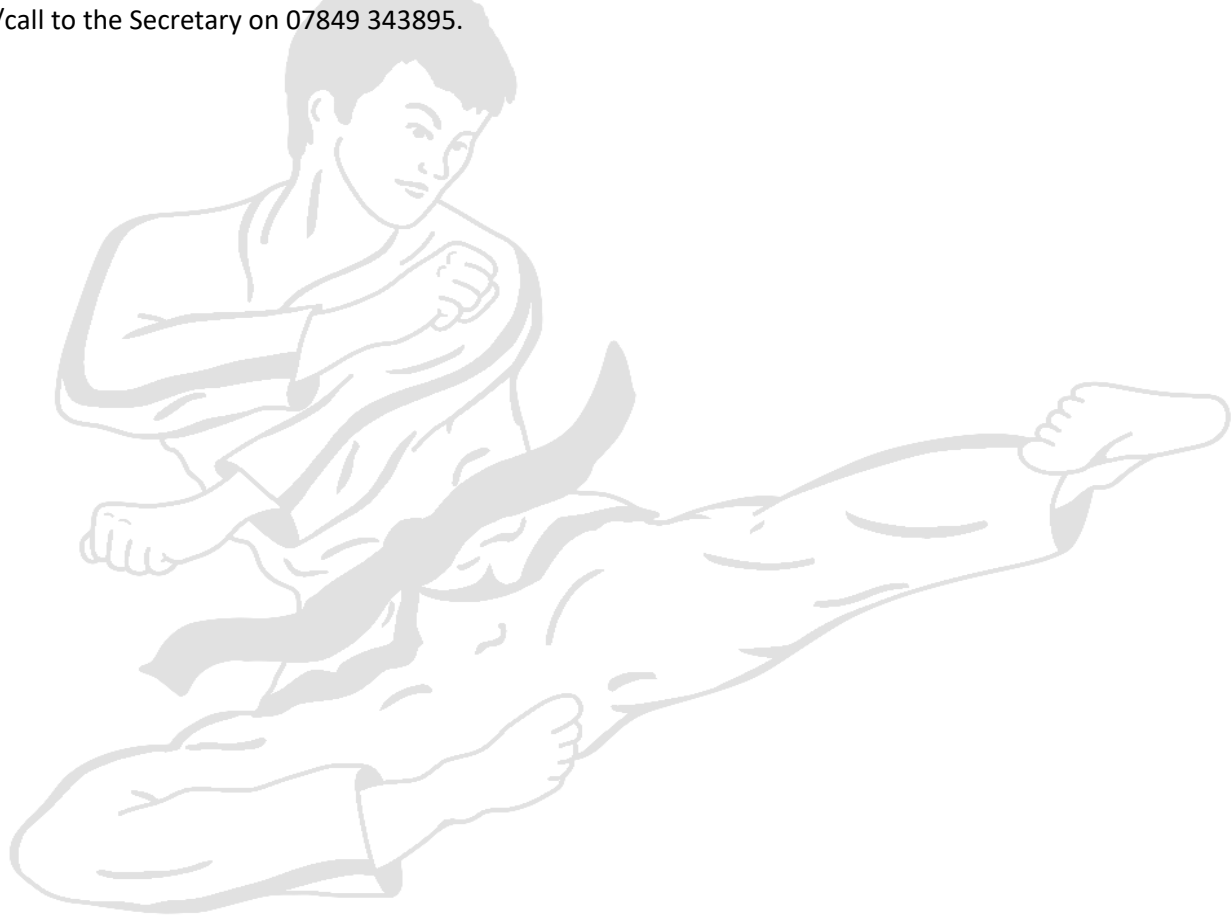
2.3. Disclaimer

Photography and video recording will be in use at the event, and the footage will be used by Taekwon-Do Impact Ltd to promote future events and competitions. If you object to the use of photography in this manner, please inform us via open@tkdimplyct.co.uk.

Competitors accept that there is an inherent risk of injury associated with participating in any martial arts tournament. Taekwon-Do Impact will provide trained referees to minimise the chance of injury, and qualified paramedics to treat any that do occur, but will not accept liability for any injuries that occur during the event.

2.4. Contact

For any further information or clarification, please contact Taekwon-Do Impact via open@tkdimplyct.co.uk or text/call to the Secretary on 07849 343895.



3. Rewards and Prizes

3.1. Medals

Each division will award exactly three medals: Gold, Silver, and Bronze. These will be issued to the competitors who rank in 1st, 2nd and 3rd place respectively. There will be no ties for any medal, except where several extra rounds fail to break a tie.

In some disciplines, competitors must meet a certain requirement in order to qualify for a medal. In Power Test, competitors must fully break at least one board to earn a medal. In Special Technique, they must strike at least one target successfully and with force. Competitors who do not will not receive a medal, even if they place in the top three.

3.2. Overall Prizes

In total, 21 overall trophies will be awarded at the Impact Open 2026. These will be awarded based on the medal tallies after all relevant divisions have been completed. Medal tallies will be calculated as the total score across all divisions, based on the following formula:

$$\text{Score} = \text{Base Medal Score} \times \text{Division Size Modifier}$$

Medal	Gold		Silver		Bronze
Base Medal Score	5		3		1
Number of Competitors	1-2	3-4	5-7	8-15	16+
Division Size Modifier	0.50	0.75	1.00	1.25	1.50

3.2.1. Clubs and Associations

Two trophies will be awarded to organisations rather than individuals:

- Overall Club/School Champions
- Overall Association Champions

These will be awarded to the Taekwon-Do club/school and association who top the medal table. For clubs within ITF England, they must represent their affiliate association in the medal table. Clubs outside of England may choose to represent their National Association (NA) if they would prefer.

3.2.2. Individual Champions

For each age category, four overall trophies will be awarded to the individuals who top the medal rankings:

- Overall Black Belt Female Champion
- Overall Black Belt Male Champion
- Overall Colour Belt Female Champion
- Overall Colour Belt Male Champion

This excludes Cadets and Pre-Cadets, who will have the following overall trophies:

- Overall Cadet Female Champion
- Overall Cadet Male Champion
- Overall Pre-Cadet Champion



4. Disciplines

4.1. Patterns

4.1.1. Rules

Competitors will be called up together and will perform their patterns simultaneously. There will be two different formats depending on the competitors' grades:

- **Optional** – Competitors may select any grade-appropriate pattern to perform.
- **Designated** – Umpires will select pattern at random for competitors to perform.

All performances will be judged in accordance with official ITF rules. Minor mistakes will result in a single deduction from the score, whereas major mistakes, such as pausing for more than two (2) seconds, will result in the pattern scoring zero. Each umpire will vote for the competitor whom they scored highest, after both have completed their patterns.

To win a match, a competitor must secure a majority of the umpire votes, and must have a minimum of two (2) votes in their favour. In the case of a tie, the competitors will be asked to perform one (1) additional designated pattern.

4.1.2. Format

C-Class (Yellow & Green Belts)

Competitors will perform one (1) optional pattern, appropriate to their grade. Matches will be judged using flags, to avoid shorter patterns being favourable over longer ones where there is more opportunity for mistakes. Each umpire will use their best judgement to determine which performance to vote for, according to the ITF rules but also factoring in the length/difficulty of the patterns chosen.

If there are only two in a division, the competitors will also perform one (1) designated pattern, selected from all remaining patterns appropriate to both competitors' grades.

B-Class (Blue & Red Belts)

Competitors will perform one (1) designated pattern, selected from the highest three patterns of the least senior competitor in the match; for instance, a match between a Blue Belt (4th Kup) and Red Tag (3rd Kup) could feature Won-Hyo, Yul-Gok and Joong-Gun.

For the finals (including straight finals), a second designated pattern will be performed, selected from the set of all remaining patterns appropriate to both competitors' grades.

A-Class (Black Belts)

Competitors will perform two (2) designated patterns. The first will be selected from the three patterns associated with the least senior competitor's grade. The second will be selected from the set of all remaining patterns appropriate to both competitors' grades.

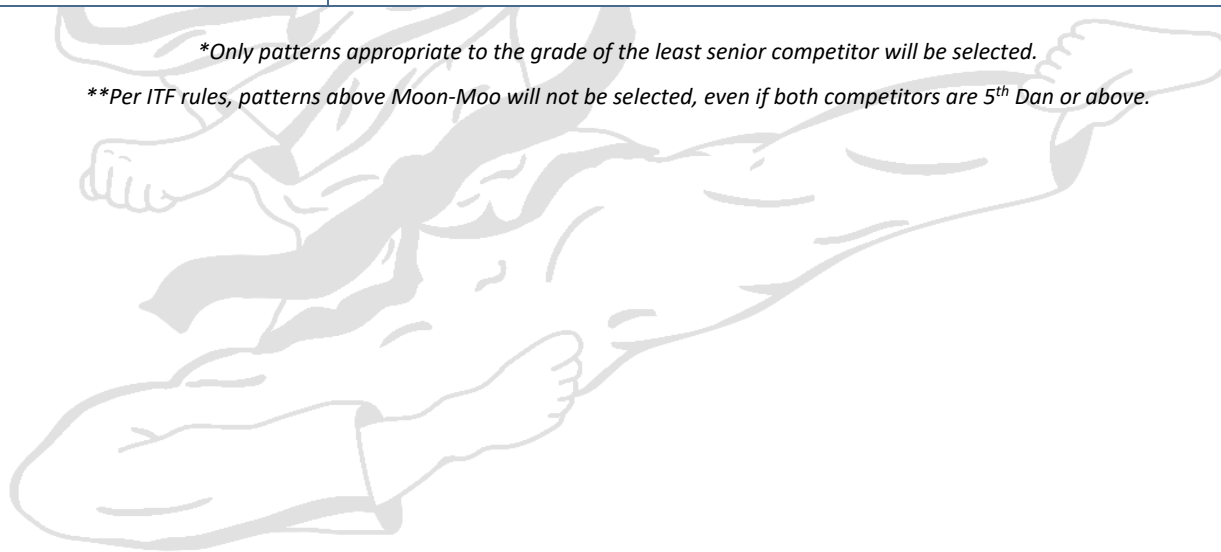


4.1.3. Pattern Selection

Grade Division	Match Format
Yellow Belt (8th & 7th Kup)	1x optional pattern, appropriate to grade <i>Straight Finals: + 1x designated pattern, up to Do-San*</i>
Green Belt (6th & 5th Kup)	1x optional pattern, appropriate to grade <i>Straight Finals: + 1x designated pattern, up to Yul-Gok*</i>
Blue Belt (4th & 3rd Kup)	1x designated pattern, from Won-Hyo to Toi-Gye* <i>Finals: + 1x designated pattern, up to Toi-Gye*</i>
Red Belt (2nd & 1st Kup)	1x designated pattern, from Joong-Gun to Choong-Moo* <i>Finals: + 1x designated pattern, up to Choong-Moo*</i>
Black Belt (1st Dan)	1x designated pattern, from Kwang-Gae to Ge-Baek 1x designated pattern, from Chon-Ji to Ge-Baek
Black Belt (2nd Dan)	1x designated pattern, from Eui-Am to Juche 1x designated pattern, from Chon-Ji to Juche
Black Belt (3rd Dan)	1x designated pattern, from Sam-Il to Choi-Yong 1x designated pattern, from Chon-Ji to Choi-Yong
Black Belt (4th to 6th Dan)	1x designated pattern, from Yong-Gae to Moon-Moo** 1x designated pattern, from Chon-Ji to Moon-Moo**

**Only patterns appropriate to the grade of the least senior competitor will be selected.*

***Per ITF rules, patterns above Moon-Moo will not be selected, even if both competitors are 5th Dan or above.*



4.1.4. Divisions

Patterns will be divided by age and grade, as outlined below. Each combined age and grade category will have separate male and female divisions excluding Pre-Cadet categories.

Grade	Pre-Cadet (8 yrs & below)	Cadet (9 to 11 yrs)	Pre-Junior (12 to 14 yrs)	Junior (13 to 17 yrs)	Adult (18 to 35 yrs)	Veteran (36 yrs & above)
Yellow Belt (8 th Kup)	Yellow Belts	Yellow Belts	Yellow Belts	Yellow Belts	Yellow Belts	Yellow Belts
Green Tag (7 th Kup)	Green Tags					
Green Belt (6 th Kup)	Green Belts	Green Belts	Green Belts	Green Belts	Green Belts	Green Belts
Blue Tag (5 th Kup)						
Blue Belt (4 th Kup)	Blue & Red Belts	Blue Belts	Blue Belts	Blue Belts	Blue Belts	Blue Belts
Red Tag (3 rd Kup)						
Red Belt (2 nd Kup)		Red Belts	Red Belts	Red Belts	Red Belts	Red Belts
Black Tag (1 st Kup)						
Black Belt (1 st Dan)	-	-	1 st Dan	1 st Dan	1 st Dan	1 st Dan
Black Belt (2 nd Dan)	-	-	2 nd & 3 rd Dan	2 nd Dan	2 nd Dan	2 nd Dan
Black Belt (3 rd Dan)	-	-		3 rd Dan	3 rd Dan	3 rd Dan
Black Belt (4 th Dan)	-	-	-	-	4 th -6 th Dan	4 th -6 th Dan
Black Belt (5 th Dan)	-	-	-	-		
Black Belt (6 th Dan)	-	-	-	-		



4.2. Sparring

4.2.1. Rules

Competitors will be called up two at a time, to participate in free sparring bouts. As per the ITF rules, points will be awarded for the following attacking techniques:

- Three (3) points for a kick to the front or side of the head
- Two (2) points for a kick to the front or side of the torso
- One (1) point for a punch to the front or side of the head or torso

To score, techniques must be correctly executed and retracted, and must be dynamic but controlled so as not to injure the opponent. Techniques to any other target such as the arms will not score, and techniques to illegal targets will be subject to warnings or fouls.

Sparring will be light contact, and heavy or excessive contact will result in fouls or disqualification respectively. Punches to the head will be permitted for all age groups, including Pre-Cadets and Cadets, but contact will be carefully controlled in all cases.

All warnings and fouls will be issued according to the official ITF rules. Competitors will receive one minus point for every three warnings, and for each foul. Any competitor who receives 3 fouls in a single match will be disqualified.

To win a match, a competitor must secure a majority of the umpire votes, and must have a minimum of two (2) votes in their favour. In the case of a tie, there will be a second round of one (1) minute. If this is also a tie, a final round of “golden point” will be determine the winner, where the first scored point observed by a majority of the umpires wins.

4.2.2. Format

B-class & C-Class (Colour Belts)

Each match will consist of one round, the length of which will depend on age and grade.

A-Class (Black Belts)

Each match will consist of two rounds, each two (2) minutes long.

4.2.3. Round Lengths

Grade Class	Age Division					
	Pre-Cadet (Up to 8 yrs)	Cadet (9 to 11 yrs)	Pre-Junior (12 to 14 yrs)	Junior (13 to 17 yrs)	Adult (18 to 35 yrs)	Veteran (36 yrs & up)
C-Class (Yellow & Green)	1x 60 secs	1x 75 secs	1x 90 secs	1x 120 secs	1x 120 secs	1x 90 secs
B-Class (Blue & Red)	1x 75 secs	1x 90 secs	1x 120 secs	1x 120 secs	1x 120 secs	1x 120 secs
A-Class (Black Belts)	-	-	2x 120 secs	2x 120 secs	2x 120 secs	2x 120 secs

4.2.4. Required Equipment

Competitors must have the following equipment to take part in sparring:

- Head guard - **mandatory**
- Mouth guard/gumshield – **mandatory** (must be transparent)
- Closed fingered gloves – **mandatory** (must have open palms)
- Foot pads – **mandatory** (must cover the toes and heel)
- Groin guard – **mandatory** (male competitors only, worn on the inside of the trousers)
- Shin pads – *optional* (but recommended)
- Breast protectors – *optional* (female competitors only)

Dipped foam equipment is not permitted, except for head guards. All equipment must fit the competitor properly, and be in good condition, with no tears, rips or other significant damage.

Competitors without appropriate equipment will be automatically disqualified if they cannot find the missing equipment within three (3) minutes.

4.2.5. Divisions

Sparring will be divided by age, grade, gender, and weight or height. Adjacent weight, height or (in rare cases) grade divisions may be merged to ensure all divisions are competitive.

Grade Categories

Grade	Pre-Cadet (8 yrs & below)	Cadet (9 to 11 yrs)	Pre-Junior (12 to 14 yrs)	Junior (13 to 17 yrs)	Adult (18 to 35 yrs)	Veteran (36 yrs & above)
Yellow Belt (8 th Kup)	Yellow Belts	Yellow & Green	Yellow & Green	Yellow & Green	Yellow & Green	Yellow & Green
Green Tag (7 th Kup)						
Green Belt (6 th Kup)	Green, Blue & Red	Blue & Red	Blue & Red	Blue & Red	Blue & Red	Blue & Red
Blue Tag (5 th Kup)						
Blue Belt (4 th Kup)						
Red Tag (3 rd Kup)						
Red Belt (2 nd Kup)	-	-	Black Belts	Black Belts	Black Belts	Black Belts
Black Tag (1 st Kup)			-	-		
Black Belt (1 st to 3 rd Dan)	-	-	-	-	-	-
Black Belt (4 th to 6 th Dan)	-	-	-	-	-	-

Height Divisions (Pre-Cadet & Cadet)

Pre-Cadet and Cadet competitors will also be split into the following height divisions, as well as the above listed grade divisions.

Age Division	Gender	Height Divisions				
		Tot	Low	Medium	High	Tall
Pre-Cadet (8 yrs & below)	Mixed	-123cm	-127cm	-131cm	-135cm	135cm+
Cadet (9 to 11 yrs)	Female	-	-138cm	-145cm	-152cm	152cm+
	Male	-	-137cm	-143cm	-149cm	149cm+

There will be a tolerance of up to 0.5cm above the maximum height limits to account for growth.

Weight Divisions (Pre-Junior, Junior, Adult & Veteran)

All other competitors will be split into weight divisions as opposed to height divisions. These categories are listed below:

Age	Gender	Weight Divisions						
		Micro	Feather	Light	Middle	Cruiser	Heavy	Hyper
Pre-Junior (12 to 14 yrs)	Female	-40kg	-44kg	-48kg	-52kg	-56kg	-60kg	60kg+
	Male	-40kg	-45kg	-50kg	-55kg	-60kg	-65kg	65kg+
Junior (15 to 17 yrs)	Female	-45kg	-49kg	-53kg	-57kg	-61kg	-65kg	65kg+
	Male	-50kg	-55kg	-60kg	-65kg	-70kg	-75kg	75kg+
Adult (18 to 35 yrs)	Female	-50kg	-55kg	-60kg	-65kg	-70kg	-75kg	75kg+
	Male	-57kg	-63kg	-69kg	-75kg	-81kg	-87kg	87kg+
Veteran (36 yrs & above)	Female	-57kg	-	-64kg	-69kg	-	-75kg	75kg+
	Male	-63kg	-	-70kg	-77kg	-	-84kg	84kg+

There will be a tolerance of up to 0.5kg above the maximum weight limits to account for clothing.

4.3. Special Technique

4.3.1. Rules

Special Technique will be run as a high score tournament, where competitors compete to score the most points and the three highest scores are awarded the corresponding medals. Points are awarded as follows:

- Three (3) points for each target hit with force (sufficient to flip the target fully back)
- One (1) point for each target touched without force

Points will only be awarded for techniques executed correctly, with the correct attacking tool and posture, and without losing balance. No points will be scored for Flying Side Kick if the hurdle is knocked over. To receive a medal, competitors hit at least one target.

4.3.2. Format

B-Class and C-Class (Colour Belts)

Each round, competitors will perform both Flying Side Kick and Flying High Kick. Their scores for both kicks will be totalled to give their overall score for the round.

In the case of a tie, the targets will be raised slightly, and the tied competitors will perform the techniques again, repeating until the tie is decided. If the tie is not decided after three (3) tiebreaker rounds, the tied competitors will each be awarded the medal they tied for.

A-Class (Black Belts)

Competitors will perform all five (5) techniques, as per ITF rules. Their total score across these techniques will be summed to give their score for the round.

In the event of a tie, the tied competitors will perform a technique designated by the umpires, at a target height of the umpires' choosing, repeating until the tie is decided. If the tie is not decided after three (3) tiebreaker rounds, the tied competitors will each be awarded the medal they tied for.

4.3.3. Starting Target Heights

Pre-Cadets and Cadets

Age Division	Gender	Technique	Height Division				
			Tot	Low	Medium	High	Tall
Pre-Cadet (8 yrs & below)	Mixed	Fl. Side Kick	44cm	48cm	52cm	56cm	64cm
		Fl. High Kick	125cm	130cm	135cm	140cm	145cm
Cadet (9 to 11 yrs)	Female	Fl. Side Kick	-	64cm	68cm	72cm	76cm
		Fl. High Kick	-	139cm	146cm	153cm	160cm
	Male	Fl. Side Kick	-	75cm	80cm	85cm	90cm
		Fl. High Kick	-	150cm	160cm	170cm	180cm

Pre-Junior, Junior, Adult & Veteran

C-Class (Yellow & Green Belts)

Gender	Technique	Pre-Junior (12 to 14 yrs)	Junior (13 to 17 yrs)	Adult (18 to 35 yrs)	Veteran (36 yrs & above)
Female	Flying High Kick	160cm	175cm	185cm	165cm
	Flying Side Kick	80cm	90cm	95cm	70cm
Male	Flying High Kick	185cm	200cm	210cm	195cm
	Flying Side Kick	95cm	105cm	110cm	90cm

B-Class (Blue & Red Belts)

Gender	Technique	Pre-Junior (12 to 14 yrs)	Junior (13 to 17 yrs)	Adult (18 to 35 yrs)	Veteran (36 yrs & above)
Female	Flying High Kick	165cm	180cm	190cm	170cm
	Flying Side Kick	85cm	90cm	100cm	70cm
Male	Flying High Kick	190cm	205cm	215cm	200cm
	Flying Side Kick	100cm	105cm	115cm	95cm

A-Class (Black Belts)

Gender	Technique	Pre-Junior (12 to 14 yrs)	Junior (13 to 17 yrs)	Adult (18 to 35 yrs)	Veteran (36 yrs & above)
Female	Flying High Kick	175cm	195cm	200cm	180cm
	Flying Turning Kick	160cm	175cm	185cm	165cm
	Fl. Reverse Turning Kick	150cm	160cm	165cm	155cm
	Mid-Air Kick	150cm	160cm	165cm	155cm
	Flying Side Kick	90cm	95cm	105cm	75cm
Male	Flying High Kick	200cm	220cm	230cm	215cm
	Flying Turning Kick	185cm	200cm	210cm	195cm
	Fl. Reverse Turning Kick	165cm	185cm	195cm	175cm
	Mid-Air Kick	165cm	185cm	195cm	175cm
	Flying Side Kick	105cm	115cm	125cm	100cm

4.3.4. Divisions

Special Technique will be split into age, grade and (excluding Pre-Cadets) gender divisions. Furthermore, for Cadets and Pre-Cadets, it will also be divided by height.

Age and Grade Divisions

Grade	Pre-Cadet (8 yrs & below)	Cadet (9 to 11 yrs)	Pre-Junior (12 to 14 yrs)	Junior (13 to 17 yrs)	Adult (18 to 35 yrs)	Veteran (36 yrs & above)
Yellow Belt (8 th Kup)	Yellow Belts	Yellow & Green	Yellow & Green	Yellow & Green	Yellow & Green	Yellow & Green
Green Tag (7 th Kup)						
Green Belt (6 th Kup)	Green, Blue & Red	Blue & Red	Blue & Red	Blue & Red	Blue & Red	Blue & Red
Blue Tag (5 th Kup)						
Blue Belt (4 th Kup)						
Red Tag (3 rd Kup)						
Red Belt (2 nd Kup)						
Black Tag (1 st Kup)	-	-	Black Belt	Black Belt	Black Belt	Black Belt
Black Belt (1 st to 3 rd Dan)			-	-		
Black Belt (4 th to 6 th Dan)	-	-	-	-		

Height Divisions (Pre-Cadet & Cadet)

Pre-Cadet and Cadet competitors will also be split into the following height divisions, as well as the above listed grade divisions.

Age Division	Gender	Height Division Cutoff				
		Tot	Low	Medium	High	Tall
Pre-Cadet (8 yrs & below)	Mixed	-123cm	-127cm	-131cm	-135cm	135cm+
Cadet (9 to 11 yrs)	Female	-	-138cm	-145cm	-152cm	152cm+
	Male	-	-137cm	-143cm	-149cm	149cm+

There will be a tolerance of up to 0.5cm above the maximum height limit to account for growth.



4.4. Power Breaking

4.4.1. Rules

Power Breaking will be run as a high score tournament, where competitors compete to score the most points and the three highest scores are awarded the corresponding medals. Points are awarded as follows:

- Three (3) points for each board successfully broken (fully separated into two halves)
- One (1) point for each board bent (displaced but not fully separated)

Points will only be awarded for techniques executed correctly, with the right attacking tool and without losing balance. To earn a medal, competitors must break at least one (1) board.

In the case of a tie, umpires will designate a technique and number of boards for the tied competitors to break, repeating until the tie is decided. If the tie is not decided after three (3) tiebreaker rounds, the tied competitors will each be awarded the medal they tied for.

4.4.2. Format

B-Class and C-Class (Colour Belts)

Competitors must perform one hand and one foot technique of their choice from a set list, and can choose the number of boards they attempt. All competitors will privately inform the umpires of their chosen techniques and number of boards, before any breaking attempts. Then, all competitors will attempt their breaks, and the scores will be counted.

A-Class (Black Belts)

Competitors must perform all five (5) designated techniques, against a specified number of boards. They may choose to make no attempt for certain techniques if they wish, in which case they will score zero (0) for that technique. After all competitors have attempted all their breaks, the scores will be totalled to determine the winners.

4.4.3. Techniques & Boards

B-Class & C-Class (Colour Belts)

Competitors must choose their techniques and number of boards from the following list:

Tool	Valid Techniques	Number of Boards
Hand	<ul style="list-style-type: none"> • Forefist Front Punch • Knifehand Strike • Front Elbow Strike (female competitors only) 	Competitor choice <i>(minimum 1 board)</i>
Foot	<ul style="list-style-type: none"> • Side Piercing Kick • Turning Kick • Reverse Turning Kick 	Competitor choice <i>(minimum 1 board)</i>

A-Class (Black Belts)

Competitors must perform all five (5) of the following techniques, against the given number of boards:



Gender	Technique	Junior (15 to 17 yrs)	Adult (18 to 35 yrs)	Veteran (36 yrs & above)
Female	Front Elbow Strike	½ board	1 board	1 board
	Knifehand Strike	½ board	1 board	1 board
	Side Piercing Kick	1 board	2 boards	1½ boards
	Turning Kick	½ board	1 board	1 board
	Reverse Turning Kick	½ board	1 board	1 board
Male	Forefist Middle Punch	1 board	2 boards	1½ boards
	Knifehand Strike	1 board	2 boards	1½ boards
	Side Piercing Kick	2 boards	3 boards	2½ boards
	Turning Kick	1 board	2 boards	1½ boards
	Reverse Turning Kick	1 board	2 boards	1½ boards

4.4.4. Divisions

Power breaking will only be available to Adults and Veterans of all grades, and Junior Black Belts. It will be divided by age, gender and grade.

Merges may be made between adjacent grade divisions where required, but gender and age divisions will never be merged.

Grade	Pre-Jnr & Below (14 yrs & below)	Junior (15 to 17 yrs)	Adult (18 to 35 yrs)	Veteran (36 yrs & above)
Yellow Belt (8 th Kup)	-	-	Yellow & Green (8 th Kup to 5 th Kup)	Yellow & Green (8 th Kup to 5 th Kup)
Green Tag (7 th Kup)	-	-		
Green Belt (6 th Kup)	-	-		
Blue Tag (5 th Kup)	-	-		
Blue Belt (4 th Kup)	-	-	Blue & Red (4 th Kup to 1 st Kup)	Blue & Red (4 th Kup to 1 st Kup)
Red Tag (3 rd Kup)	-	-		
Red Belt (2 nd Kup)	-	-		
Black Tag (1 st Kup)	-	-		
Black Belt (1 st to 3 rd Dan)	-	Black Belts (1 st Dan to 3 rd Dan)	Black Belts (1 st Dan to 6 th Dan)	Black Belts (1 st Dan to 6 th Dan)
Black Belt (4 th to 6 th Dan)	-	-		