

TAGB
WELSH CHAMPIONSHIPS
2024



SUNDAY 19TH MAY

CYNGOED CAMPUS, CARDIFF,
METROPOLITAN UNIVERSITY,
CYNGOED ROAD, CARDIFF, CF23 6XD

WHO WILL STAND AS CHAMPION?



Information Pack Index

Page	Description
1	Information Pack Index
2	Dear Instructor
2	Entry Fees
3	Instructors Information
3	Officials
3	Welfare Officers
3	First Aid
3	Photography
3	Competitors
4	Black Belt Weigh In
4	Closing Dates
4	Entry Postal Address
5	Pattern Divisions
6	Team Patterns
7	Junior Sparring Divisions
7	Cadet Sparring Divisions
8	Adult Sparring Divisions
9	Executive Sparring Divisions
9	Destruction
10	TAG Team
11	Student Guide to Entering TAGB Competitions
12	Individual Competition Entry Form

WELSH CHAMPIONSHIPS 2024

CYNCOED CAMPUS CARDIFF

Metropolitan University, Cyncoed Rd. CF23 6XD

Sunday 19th May 2024



Dear Instructor.

You and your students are invited to attend the above event.

JUNIORS

Coloured Belts Up to & including 15 years old.

Black Belts Up to & including 14 years old.

CADETS (Black Belts Only)

15 years up to & including 17 years old.

ADULTS

Coloured Belts 16 years & over

Black Belts (Female) 18 years old to 34 years old

Black Belts (Male) 18 years old to 39 years old

EXECUTIVE MALE (Black Belts Only)

40 years old & over (patterns & sparring)

EXECUTIVE FEMALE (Black Belts Only)

35 years old & over (patterns & sparring)

ALL Competitors to arrive by 9.00 A.M.

ENTRY FEES:

Competitor: £15.00 per event (i.e., 3 events £45.00)

Spectators: £10.00 (5 years old & under FREE)

Team Events: £15.00 per 3 person team. To be paid & entered on the day.

Please use the entry forms at the back of this information pack.

INSTRUCTORS INFORMATION:

All instructors who have competitors taking part in these championships should attend themselves or delegate a senior person who is a competitor or official to assist their students in the event of any problems that may arise on the day, this is usually the children. Also, please check that the forms are filled in correctly. This causes a lot of the problems.

Please remind all spectators that they **ARE NOT ALLOWED** onto the competition area.

Only Officials and competitors (who must be wearing their dobok) are allowed on the competition area. Failure to adhere to these rules could result in them being asked to leave the tournament venue.

OFFICIALS.

Officials must be Black Belts who have attended at least part 1 of the TAGB umpire's course.

Officials must wear the official t-shirt with smart grey or black trousers and sports shoes.

DO NOT WEAR A SHIRT & TAGB TIE. Officials' t-shirts can be obtained by emailing GM Donnelly on donnelpaul@btopenworld.com, before the event.

All officials **MUST** register **BEFORE THE TOURNAMENT** by entering their name and qualification on the officials form at the rear of this pack.

This form **MUST** then be submitted to the TAGB along with your competition entries.

All officials **MUST** bring their Black Belt licence book for stamping to record their attendance.

**** YOU MUST ARRIVE BY 8.30 A.M. OTHERWISE YOU WILL BE ASKED TO PAY TO ENTER****

WELFARE OFFICERS:

Any official wishing to attend this competition as a Welfare Officer should apply by completing this [ONLINE Registration form](#) or on your mobile scan the QR code.



FIRST AID:

The TAGB Medic Team will be available in the competition area.

In line with TAGB inclusive policies, **emergency** sanitary products can be obtained from the Medic Team this includes replacement clothing if required.

PHOTOGRAPHY:

NO PUBLIC PHOTOGRAPHY IS PERMITTED ANYWHERE ON THE COMPETITION AREA. OTHER THAN THE OFFICIAL MEDIA TEAM STAFF.

THIS RULE ALSO APPLIES TO OFFICIALS ON THE COMPETITION AREA.

COMPETITORS:

All competitors are permitted to only wear standard white TAGB doboks, the most recent national doboks or TAGB Tiger dobok. **(No club doboks).**

All sparring competitors may wear forearm protectors in addition to their regulation TAGB sparring equipment.

BLACK BELT WEIGH IN:

All Black Belt Divisions (Adults, Cadets & Executives Only) **MUST** weigh in before the closing time or they will be withdrawn from the competition.

The weigh in will close at 10.30am

ENTRY CLOSING DATES: Please see your TAGB Instructor

ENTRY POSTAL ADDRESS:

Send your entries in early to avoid disappointment.

ENTRIES MUST BE SENT TO: Your TAGB Instructor

Thank you for your support

Yours in Tae Kwon-Do

TAGB Council

PATTERN DIVISIONS

Juniors

All junior pattern divisions are as follows.

Yellow	(9 th Kup to 7 th Kup)
Green	(6 th Kup to 5 th Kup)
Blue	(4 th Kup to 3 rd Kup)
Red	(2 nd Kup to 1 st Kup)
Black	(All grades together)

Boys & Girls in separate divisions

Cadets

Cadet pattern divisions are as follows.

Black Belt Only
(All Dan Grades together)

Male & female in separate divisions.

Adults

All adults pattern divisions are as follows.

Yellow	(9 th Kup to 7 th Kup).
Green	(6 th Kup to 5 th Kup)
Blue	(4 th Kup to 3 rd Kup)
Red	(2 nd Kup to 1 st Kup)
Black (1)	(1 ST Dan Only)
Black (2+3)	(2 nd & 3 rd Dan)
Black (4+)	(4 th Dan and above)

Male & Female in separate divisions

EXECUTIVE

(Black Belt Only) All grades together.

Male & Female in separate divisions

Patterns						
All Coloured Belt competitors must perform a pattern up to their grade from their grade group below.						
All Black Belt competitors must perform a pattern of their grade from their grade group below.						
BLACK (4+)	BLACK (2+3)	BLACK (1)	RED	BLUE	GREEN	YELLOW
4th DAN	2nd DAN	Choong Moo	Toi Gye	Yul Gok	Do San	Chon Ji
Tong Il	Ko Dang	Kwang Gae	Hwa Rang	Joong Gun	Won Hyo	Dan Gun
Ul Ji	Choong Jang	Ge Baek	Choong Moo	Toi Gye	Yul Gok	Do San
Se Jong	Eui Am	Po Eun				
5th DAN	3rd DAN					
Yon Gae	Sam Il					
Moon Moo	Yoo Sin					
So San	Choi Yong					

Medals awarded 1 x Gold 1 x Silver 1 x Bronze

TEAM PATTERN COMPETITION

Divisions

Juniors - Boys and Girls in same divisions

Three competitors in a team

Split as follows

9th Kup to 7th Kup

6th Kup to 4th Kup

3rd Kup to 1st Kup

All Dan Grades

Adults - Males and Females in same division

Three competitors in a team

Split as per junior divisions

RULES OF THE COMPETITION

Each team to perform a pattern unison.

Pattern to be scored in the same way as in individual pattern events.

The pattern to be relevant to the most junior grade in the team.

(e.g. A team with a 9th Kup in can only perform Chon Ji and a team with a 3rd Kup in can perform any pattern up to and including Toi Gye)

Scoring to be based on the following: -

1. The correctness of the pattern moves
2. Power, balance, focus, fluidity etc. As per individual pattern competition.
3. Synchronisation of all members when performing the pattern.

Cost £5.00 per competitor. Same as TAG team event.

Entry forms can be downloaded and completed prior to the event and then submitted on the day

ENTRY IS ON THE DAY AT THE TAG TEAM DESK

Medals awarded 1 x Gold 1 x Silver 1 x Bronze

SPARRING DIVISIONS

Junior Sparring Divisions (Boys & Girls Separate Divisions)				
BLACK Continuous	RED Point Stop	BLUE Point Stop	GREEN Point Stop	YELLOW Point Stop
			TINY TOTS Up to & inc 122cm	TINY TOTS Up to & inc 122cm
PEE WEE Over 122cm up to & inc 137cm	PEE WEE Over 122cm up to & inc 137cm	PEE WEE Over 122cm up to & inc 137cm	PEE WEE Over 122cm up to & inc 137cm	PEE WEE Over 122cm up to & inc 137cm
LIGHTWEIGHT Over 137cm up to & inc 152cm	LIGHTWEIGHT Over 137cm up to & inc 152cm	LIGHTWEIGHT Over 137cm up to & inc 152cm	LIGHTWEIGHT Over 137cm up to & inc 152cm	LIGHTWEIGHT Over 137cm up to & inc 152cm
MIDDLEWEIGHT Over 152cm up to & inc 168cm	MIDDLEWEIGHT Over 152cm up to & inc 168cm	MIDDLEWEIGHT Over 152cm up to & inc 168cm	MIDDLEWEIGHT Over 152cm up to & inc 168cm	MIDDLEWEIGHT Over 152cm up to & inc 168cm
HEAVYWEIGHT Over 168cm	HEAVYWEIGHT Over 168cm	HEAVYWEIGHT Over 168cm	HEAVYWEIGHT Over 168cm	HEAVYWEIGHT Over 168cm

All the above divisions 1 x 1.5 minute rounds. Medals awarded 1 x Gold 1 x Silver 2 x Bronze

Cadet Female Sparring Divisions (Black Belts Only)
BLACK Continuous
LIGHTWEIGHT Up to & inc 50kg
MIDDLEWEIGHT Over 50kg up to & inc 55kg
LIGHT HEAVY Over 55kg up to & inc 60kg
HEAVYWEIGHT Over 60kg

All the above divisions 1 x 2 minute rounds. Medals awarded 1 x Gold 1 x Silver 2 x Bronze

Cadet Male Sparring Divisions (Black Belts Only)
BLACK Continuous
LIGHTWEIGHT Up to & inc 55kg
MIDDLEWEIGHT Over 55kg up to & inc 65kg
LIGHT HEAVY Over 65kg up to & inc 75kg
HEAVYWEIGHT Over 75kg

All the above divisions 1 x 2 minute rounds. Medals awarded 1 x Gold 1xSilver 2xBronze

Adult Female Sparring Divisions				
BLACK Continuous	RED Continuous	BLUE Continuous	GREEN Point Stop	YELLOW Point Stop
LIGHTWEIGHT Up to & inc 55kg	LIGHTWEIGHT Up to & inc 55kg	LIGHTWEIGHT Up to & inc 55kg	LIGHTWEIGHT Up to & inc 55kg	LIGHTWEIGHT Up to & inc 55kg
MIDDLEWEIGHT Over 55kg up to & inc 61kg	MIDDLEWEIGHT Over 55kg up to & inc 61kg	MIDDLEWEIGHT Over 55kg up to & inc 61kg	MIDDLEWEIGHT Over 55kg up to & inc 61kg	MIDDLEWEIGHT Over 55kg up to & inc 61kg
LIGHT HEAVY Over 61kg up to & inc 67kg	LIGHT HEAVY Over 61kg up to & inc 67kg	LIGHTHEAVY Over 61kg up to & inc 67kg	LIGHT HEAVY Over 61kg up to & inc 67kg	LIGHT HEAVY Over 61kg up to & inc 67kg
HEAVYWEIGHT Over 67kg	HEAVYWEIGHT Over 67kg	HEAVYWEIGHT Over 67kg	HEAVYWEIGHT Over 67kg	HEAVYWEIGHT Over 67kg

All the above divisions 1 x 2 minute rounds.

Medals awarded 1 x Gold 1 x Silver 2 x Bronze

Black Belt Final 2 x 2 minute rounds.

Adult Male Sparring Divisions				
BLACK Continuous	RED Continuous	BLUE Continuous	GREEN Point Stop	YELLOW Point Stop
FLYWEIGHT Up to & inc 58kg	LIGHTWEIGHT Up to & inc 64kg	LIGHTWEIGHT Up to & inc 64kg	LIGHTWEIGHT Up to & inc 64kg	LIGHTWEIGHT Up to & inc 64kg
LIGHTWEIGHT Over 58kg up to & inc 64kg	WELTERWEIGHT Over 64kg up to & inc 72kg	WELTERWEIGHT Over 64kg up to & inc 72kg	WELTERWEIGHT Over 64kg up to & inc 72kg	WELTERWEIGHT Over 64kg up to & inc 72kg
WELTERWEIGHT Over 64kg up to & inc 70kg	MIDDLEWEIGHT Over 72kg up to & inc 80kg	MIDDLEWEIGHT Over 72kg up to & inc 80kg	MIDDLEWEIGHT Over 72kg up to & inc 80kg	MIDDLEWEIGHT Over 72kg up to & inc 80kg
MIDDLEWEIGHT Over 70kg up to & inc 76kg	HEAVYWEIGHT Over 80kg	HEAVYWEIGHT Over 80kg	HEAVYWEIGHT Over 80kg	HEAVYWEIGHT Over 80kg
LIGHT HEAVY Over 76kg up to & inc 82kg				
HEAVYWEIGHT Over 82kg				

All the above divisions 1 x 2 minute rounds.

Medals awarded 1 x Gold 1 x Silver 2 x Bronze

Black Belt Final 2 x 2 minute rounds.

Executive Female Sparring Divisions (Black Belts Only)	
BLACK	
Point Stop	
Light: Up to & inc 55kg	
Middle: Over 55kg up to & inc 62kg	
Heavy : Over 62kg	

All the above divisions 1 x 2 minute rounds. Medals awarded 1 x Gold 1 x Silver 2 x Bronze

Executive Male Sparring Divisions (Black Belts Only)	
BLACK	
Point Stop	
Light: Up to & inc 70kg	
Middle: Over 70kg up to & inc 80kg	
Heavy: Over 80kg	

All the above divisions 1 x 2 minute rounds. Medals awarded 1 x Gold 1 x Silver 2 x Bronze

DESTRUCTION (BLACK BELTS ONLY)

Competitors may enter hand, foot or both

Destruction (Black Belts Only)			
MALE HAND	MALE FOOT	FEMALE HAND	FEMALE FOOT
Forefist Punch Or Knifehand Stike	Turning Kick Or Reverse Turning Kick	Any hand technique (Including elbow)	Any foot technique (Standing only)

Medals awarded 1 x Gold Foot destruction

1 x Gold Hand destruction

RULES OF TAG TEAM SPARRING

ALL TEAM EVENTS TO START AFTER THE INDIVIDUAL COMPETITION.

Teams will consist of a 3-person team; bouts will be for 4 minutes. Each time the bout is stopped you can change with a member of your team by tagging your team member's glove. All 3 members must fight at some stage during the bout. All team matches will be point stop.

The same 3 fighters must compete for the duration of event.

Teams who do not have 3 fighters will not be allowed to continue in the competition.

No substitutions due to injury or disqualification.

TAG TEAM SPARRING DIVISIONS

MALE:

3 person team. White/Yellow/Green belts together. No weights.

3 person team. Blue/red belts together. No weights

3 person team. Black belts. No weights.

FEMALE:

3 person team. White/Yellow/green belts together. No weights.

3 person team. Blue/red belts together. No weights.

3 person team. Black belts. No weights.

JUNIOR'S

3-person team. White/Yellow/Green belts together. Must all be from the same division.

3 person team: Blue/Red belts together. Must all be from the same division.

3 person team: Black belts. Must all be from the same division.

* There will be four junior divisions

1. Pee wee.
2. Lightweight.
3. Middleweight.
4. Heavyweight.

* Boys and Girls separate teams

** There are no separate team events for Executive Male & Executive Female or Cadet Male & Cadet Female.

All junior teams are under 16 years old

All senior teams are 16years and over

Students Guide To Entering TAGB Competitions

BEFORE ENTERING: - Please make sure that: -

- You have a current T.A.G.B. / B.T.C. Licence.
- You are training regularly and understand what is expected of you.
- You are wearing a White TAGB suit, a current TAGB 'National' suit or a TAGB Tiger suit.
- You have a full set of TAGB sparring equipment. (i.e., boots, shin guards, groin guards (for men and boys) gloves, headguard and gum shield).
- You have transport to the venue, and you arrive on time.

HOW TO ENTER: - Competitors

All competitors, juniors or adults, whether competing in sparring or patterns or both, must complete a competition entry form. The forms can be obtained from your instructor and must be completed as requested and handed over to your instructor before the closing date stated on the competition information or announced in your class.

PRICES

COMPETITORS (Adults & Juniors) £15 per event **Make sure you are the correct grade as stated on your entry form.**
SPECTATORS £10 **ENTRY FEES ARE NON-REFUNDABLE**

JUNIORS (under 15)

Make sure you are the correct height for your division. You will be height tested on the day and if you are not in the correct height division you will be disqualified from that division.

CADETS (15 – 17 years)

ADULTS (18 years +)

EXECUTIVES (male 40 years +, female 35 years +) Black Belt only patterns & sparring)

Make sure that you are the correct weight for the division you want to compete in. You will be weighed in on the day, and if you are not within your entered weight division you will be disqualified from that division.

In tournaments where there are no cadet divisions, junior divisions are up to 15 years old, and Adults are from 16 years and above.

You will receive a competitor's ticket from your instructor which must be taken to the competition. **Do not forget or lose this ticket.** If you forget or lose this ticket, you will have to pay the spectators fee of £10 to gain access to the competition.

SPECTATORS

You may purchase a ticket from your instructor on request, or you may pay on the door at the competition. There will be a separate queue for spectators. All spectators who purchased a ticket beforehand will generally be allowed into the competition hall before those who are paying on the day.

ON THE DAY OF THE COMPETITION

NO SPECTATORS ARE ALLOWED AROUND THE COMPETITION AREAS – THEY MUST BE SEATED IN THE SEATS PROVIDED, OR THEY MAY BE ASKED TO LEAVE THE HALL.

- 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 high 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 (i.e. all yellow belt boys, all heights).
- All cadets & adults 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 not being entered for the sparring event (if they are competing in the sparring event).

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

COMPETITION ENTRY FORM

(Filled in by the student, KEPT by the Instructor)

TAGB SCHOOL..... INSTRUCTOR.....

LICENCE No.....EXPIRY DATE.....ID No.....

SURNAME..... INITIAL.....

STATUS

ENTER IN THE BOX ABOVE

- B for BOY
- G for GIRL
- CM for CADET MALE
- CF for CADET FEMALE
- M for MALE
- L for LADIES
- EM for EXECUTIVE MALE
- EF for EXECUTIVE FEMALE

DIVISION

ENTER IN THE BOX ABOVE

- YE for YELLOW
- GR for GREEN
- BU for BLUE
- RE for RED
- BK for BLACK

WEIGHT

ENTER IN THE BOX ABOVE

- T for TINY TOTS
- P for PEEWEE
- F for FLY
- L for LIGHT
- W for WELTER
- M for MIDDLE
- X for LT / HEAVY
- H for HEAVY

PATTERNS (ENTER P)	BLACK BELTS (ENTER DAN GRADE)	DESTRUCTION: BLACK BELTS ONLY
<input type="text"/>	<input type="text"/>	<input type="text"/>
ENTER: H FOR HAND or F FOR FOOT B FOR BOTH		

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 context of a 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.

COMPETITORS SIGNATURE.....

PARENTS SIGNATURE.....

CLUB INSTRUCTORS SIGNATURE.....

(Tick the box to confirm that the above information is correct before entering onto competition listing)

JUNIORS: Coloured Belts Up to & including 15 years old. **Black Belts** Up to & including 14 years old.

CADETS: (Black Belts Only) 15 years up to & including 17 years old.

ADULTS: Coloured Belts 16 years & over

Black Belts (Female) 18 years to 34 years. **Black Belts (Male)** 18 years to 39 years

EXECUTIVE (Black Belts Only) (sparring only no patterns)

Male: 40 years & over

Female: 35 years & over

CATEGORY	WEIGHTS	WEIGHT DIVISION	CODE
JUNIORS	Up & Inc 122cm	TINY TOTS (YE & GR ONLY)	T
JUNIORS	Over 122cm up to & inc 137cm	PEE WEE	P
JUNIORS	Over 137cm up to & inc 152cm	LIGHTWEIGHT	L
JUNIORS	Over 152cm up to & inc 168cm	MIDDLEWEIGHT	M
JUNIORS	Over 168cm	HEAVYWEIGHT	H
LADIES	Up to & inc 55kg	LIGHTWEIGHT	L
LADIES	Over 55kg up to & inc 61kg	MIDDLEWEIGHT	M
LADIES	Over 61kg up to & inc 67kg	LIGHT HEAVY WEIGHT	X
LADIES	Over 67kg	HEAVYWEIGHT	H
MENS COLOUR	up to & inc 64kg	LIGHTWEIGHT	L
MENS COLOUR	above 64kg to & inc 72kg	WELTERWEIGHT	W
MENS COLOUR	above 72kg to & inc 80kg	MIDDLEWEIGHT	M
MENS COLOUR	above 80kg	HEAVYWEIGHT	H
MENS BLACK	up to & inc 58kg	FLYWEIGHT	F
MENS BLACK	above 58kg to & inc 64kg	LIGHTWEIGHT	L
MENS BLACK	above 64kg to & inc 70kg	WELTERWEIGHT	W
MENS BLACK	above 70kg to & inc 76kg	MIDDLEWEIGHT	M
MENS BLACK	above 76kg to & inc 82kg	LIGHT-HEAVYWEIGHT	X
MENS BLACK	above 82kg	HEAVYWEIGHT	H
CADET MALE	up to & inc 55kg	LIGHTWEIGHT	L
CADET MALE	above 55kg to & inc 65kg	MIDDLEWEIGHT	M
CADET MALE	above 65kg to & inc 75kg	LIGHT-HEAVYWEIGHT	X
CADET MALE	above 75kg	HEAVYWEIGHT	H
CADET FEMALE	up to & inc 50kg	LIGHTWEIGHT	L
CADET FEMALE	above 50kg to & inc 55kg	MIDDLEWEIGHT	M
CADET FEMALE	above 55kg to & inc 60kg	LIGHT-HEAVYWEIGHT	X
CADET FEMALE	above 60kg	LIGHT-HEAVYWEIGHT	H
EXECUTIVE MALE	Up to & inc 70kg	LIGHTWEIGHT	L
EXECUTIVE MALE	Over 70kg up to & inc 80kg	MIDDLEWEIGHT	M
EXECUTIVE MALE	Over 80kg	HEAVYWEIGHT	H
EXECUTIVE FEMALE	Up to & inc 55kg	LIGHTWEIGHT	L
EXECUTIVE FEMALE	Over 55kg up to & inc 62kg	MIDDLEWEIGHT	M
EXECUTIVE FEMALE	Over 62kg	HEAVYWEIGHT	H