

4th Senior National Taekwon-Do (ITF) Championship

Weight Categories for Male and Female For Sparring

➤(For Individual Sparring)

<u>Division A (Male Senior)</u>	<u>Division B (Female Senior)</u>
45-50 kg	40-45 kg
51-55 kg	46-50 kg
56-60 kg	51-55 kg
61-65 kg	56-60 kg
66-70 kg	61-65 kg
71-75 kg	66-70 kg

➤(For Team Sparring)

- Male Team Sparring (5 players in a team)
- Female Team Sparring (5 players in a team)

➤(For Patterns)

- Individual Pattern (male)
- “ Pattern (female)

BELTS:- **Yellow** **Green** **Blue** **Red** **I Dan** **II Dan**

- Team Pattern (male)
- “ Pattern (female)

Note:-

- For team pattern there must be at least 4 players in a team.

➤(Power Breaking)

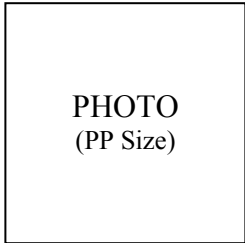
<u>For Male:-</u>	i) Ap Jirugi (Punch)
	ii) Yop Chagi (Side Piercing Kick)
<u>For Female:-</u>	i) Yop Taerigi (Knife hand strike)
	ii) Yop Chagi (Side Piercing Kick)

➤(Special Techniques)

- I) Jump Front Kick (Twimyo Ap Chagi)
- II) Flying Kick (Twimyo Yop Chagi)

Participant's Registration Form

NAME :-



SEX:- Male Female

ZONE/DISTRICT:-

COACH NAME:-



WEIGHT:-kg

EVENTS:- (please tick)

- Individual Sparring
- Team Sparring
- Individual Pattern
- Yellow Green Blue Red I Dan II Dan
- Team Pattern
- Power Breaking
- Special Techniques



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Coach Signature

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Guardian's Signature

NOTE: The entry fee of the championship shall be Rs. 250 per participant; entries should be submitted (with extra auto size photo) before 1st September, 2006. Later submission of the form will not be able to take part in the championship.