



ATHERSTONE CASTLE
BROMWICH TAEKWONDO

UNIVERSITY OF
WORCESTER

ENGLISH

2025

CHAMPIONSHIPS



MARCH 23RD

Entry requirements

- Current TAGB / BTC licence
- Training regularly
- Wear a white TAGB dobok or national suit
- Full set of standard TAGB sparring gear (forearm protectors allowed)
- You agree to follow the rules on the day
- Arrive on time and attend the correct 'area' when your category is called
- Make sure you are the correct age, height and weight for your division
 - This is **your** responsibility, not your instructor's
 - You will be measured and/or weighed on the day of the event

Competitors
£15 per event
(£5 each for tag team & team
patterns)

Spectators
£10
Free for under 5s

Final entry to this competition is **February 23rd**.
Payment to Simon Loveland must be made in full with belt, age, height and/or
weight, and what you would like to enter (patterns and/or sparring).



Sparring equipment



Categories

Age categories

Juniors

- Coloured belts - up to & including 15 years old
- Black belts - up to & including 14 years old

Cadets

- 15 - 17 years old (black belts only)

Adults

- Coloured belts - 16 years & over
- Black belts (male) - 18 to 39 years old
- Black belts (female) - 18 to 34 years old

Executive

- Black belts (male) - 40 years+
- Black belts (female) - 35 years+



Patterns



Individual pattern divisions

Juniors - male & female

- Yellow belt - 9th to 7th Kup
- Green - 6th to 5th Kup
- Blue - 4th to 3rd Kup
- Red - 2nd to 1st Kup
- Black - all grades

Cadets - male & female

- Black belts - all grades together

Adults - male & female

- Yellow belt - 9th to 7th Kup
- Green - 6th to 5th Kup
- Blue - 4th to 3rd Kup
- Red - 2nd to 1st Kup
- Black 1 - 1st Dan only
- Black 2/3 - 2nd & 3rd Dan
- Black 4 - 4th Dan & above

Executive - male & female

- Black belts - all grades together

What pattern can I perform?

Yellow stripe & yellow belt	Chon Ji	Dan Gun	Do San			
Green stripe & green belt	Do San	Won Hyo	Yul Gok			
Blue stripe & blue belt	Yul Gok	Joong Gun	Toi Gye			
Red stripe & red belt	Toi Gye	Hwa Rang	Choong Moo			
1st Dan	Choong Moo	Kwang Gae	Ge Baek			
2nd & 3rd Dan	Ko Dang	Choong Jang	Eui Am	Sam Il	Yoo Sin	Choi Yong
4th Dan & above	Tong Il	Ul Ji	Se Jong	Yon Gae	Moon Moo	So San





Individual Sparring Divisions

Junior (male & female)

Point stop	Point stop	Continuous	Continuous	Continuous
Tiny tots Up to & including 122cm	Tiny tots Up to & including 122cm			
Pee Wee Over 122cm up to & including 137cm	Pee Wee Over 122cm up to & including 137cm	Pee Wee Over 122cm up to & including 137cm	Pee Wee Over 122cm up to & including 137cm	Pee Wee Over 122cm up to & including 137cm
Lightweight Over 137cm up to & including 152cm	Lightweight Over 137cm up to & including 152cm	Lightweight Over 137cm up to & including 152cm	Lightweight Over 137cm up to & including 152cm	Lightweight Over 137cm up to & including 152cm
Middleweight Over 152cm up to & including 168cm	Middleweight Over 152cm up to & including 168cm	Middleweight Over 152cm up to & including 168cm	Middleweight Over 152cm up to & including 168cm	Middleweight Over 152cm up to & including 168cm
Heavyweight Over 168cm	Heavyweight Over 168cm	Heavyweight Over 168cm	Heavyweight Over 168cm	Heavyweight Over 168cm

Sparring Division: Cadets

Male	Female
Lightweight Up to & including 55kg	Lightweight Up to & including 50kg
Middleweight Over 55kg up to & including 65kg	Middleweight Over 50kg up to & including 55kg
Light Heavy Over 65kg up to & including 75kg	Light Heavy Over 55kg up to & including 60kg
Heavyweight Over 75kg	Heavyweight Over 60kg

Sparring Division: Executives

Male Point Stop	Female Point Stop
Lightweight Up to & including 70kg	Lightweight Up to & including 55kg
Middleweight Over 70kg up to & including 80kg	Middleweight Over 55kg up to & including 62kg
Heavyweight Over 80kg	Heavyweight Over 62kg

Weigh in closes at 10:30am





Sparring Divisions

Weigh in closes at 10:30am

Adult (Male)				
Point stop	Point stop	Continuous	Continuous	Continuous
				Flyweight Up to & including 58kg
Lightweight Up to & including 64kg	Lightweight Up to & including 64kg	Lightweight Up to & including 64kg	Lightweight Up to & including 64kg	Lightweight Over 58kg up to & including 64kg
Welterweight Over 64kg up to & including 72kg	Welterweight Over 64kg up to & including 72kg	Welterweight Over 64kg up to & including 72kg	Welterweight Over 64kg up to & including 72kg	Welterweight Over 64kg up to & including 70kg
Middleweight Over 72kg up to & including 80kg	Middleweight Over 72kg up to & including 80kg	Middleweight Over 72kg up to & including 80kg	Middleweight Over 72kg up to & including 80kg	Middleweight Over 70kg up to & including 76kg
				Light Heavy Over 76kg up to & including 82kg
Heavyweight Over 80kg	Heavyweight Over 80kg	Heavyweight Over 80kg	Heavyweight Over 80kg	Heavyweight Over 82kg

Adult (Female)				
Point stop	Point stop	Continuous	Continuous	Continuous
				Lightweight Up to & including 55kg
Lightweight Up to & including 55kg	Lightweight Up to & including 55kg	Lightweight Up to & including 55kg	Lightweight Up to & including 55kg	Lightweight Up to & including 55kg
Middleweight Over 55kg up to & including 61kg	Middleweight Over 55kg up to & including 61kg	Middleweight Over 55kg up to & including 61kg	Middleweight Over 55kg up to & including 61kg	Middleweight Over 55kg up to & including 61kg
Light Heavy Over 61kg up to & including 67kg	Light Heavy Over 61kg up to & including 67kg	Light Heavy Over 61kg up to & including 67kg	Light Heavy Over 61kg up to & including 67kg	Light Heavy Over 61kg up to & including 67kg
Heavyweight Over 67kg	Heavyweight Over 67kg	Heavyweight Over 67kg	Heavyweight Over 67kg	Heavyweight Over 67kg



Sparring: Scoring System



+3 points
Kick to the head



+2 points
Kick to the
stomach/chest



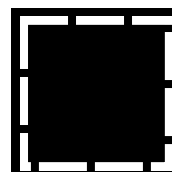
+1 point
Hand technique to the
stomach, chest or head



-1 point
Performing any hand
technique more than
twice in a row



-1 point
Loss of balance
(unless pushed)



-1 point
Stepping out of the
arena twice

Point stop sparring

A referee, mirror referee and line judge. When the referees believe a point may have been scored, the head referee will stop the fight and award points where necessary.

What happens if the score is tied after the time runs out?

Sudden death! The next person to score a point wins.

Continuous sparring

4 corner judges and one referee. The sparring is not stopped when a point is scored. The decision is based on majority votes from the corner judges.

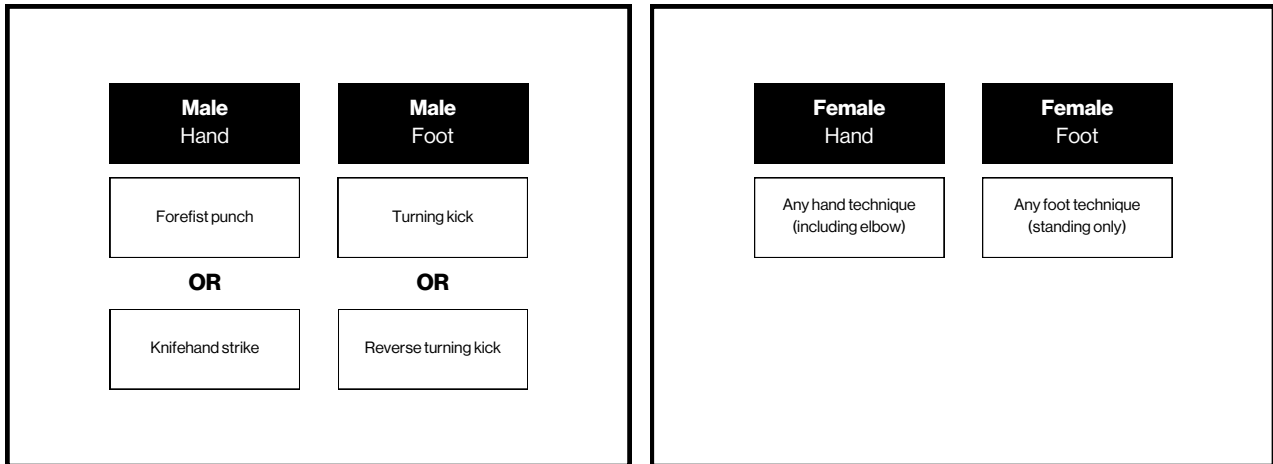
What happens if the score is tied after the time runs out?

The time will be extended by 50% of the original time (e.g. extra 1 minute in a 2 minute round). It will be extended again if needed. If a decision is not reached, the head referee will decide the winner.





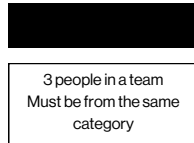
Destruction - Black Belts Only





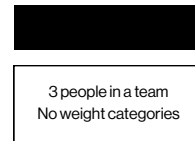
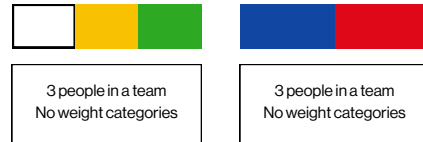
Tag team sparring divisions

Juniors (Male & Female), under 16



- Junior divisions**
1. Pee wee (over 122cm up to & including 137cm)
 2. Lightweight (over 137cm up to & including 152cm)
 3. Middleweight (over 152cm up to and including 168cm)
 4. Heavyweight (over 168cm)

Adult (Male & Female), 16+

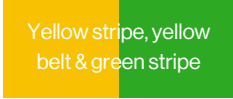


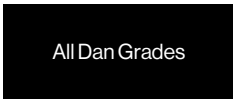


- Entry is done on the day at the Tag Team Desk**
- There are no separate categories for cadets and executives**
- All fights are point stop sparring**
- Every team member must fight**
- Substitutions are not allowed**





Team pattern divisions

	Chon Ji	Dan Gun	Do San
	Won Hyo	Yul Gok	Joong Gun
	Toi Gye	Hwa Rang	Choong
	Any black belt pattern		

Junior boys & girls are in the same division

Patterns must be performed in unison

The pattern must be relevant for the lowest grade team member

