



**BRITISH TAEKWON-DO FEDERATION**

# **2023 UK CHAMPIONSHIPS**

**SUNDAY 15TH OCTOBER**

**NORTH SOLIHULL  
SPORTS CENTRE  
SOLIHULL, B37 5LA**

**START 9.30 AM**

**GRAND  
CHAMPION  
EVENT!**

**£800 PRIZE POT!**  
for 18+ yrs Red & Blackbelts  
Open Patterns and  
Open Weight Sparring



**PATTERNS  
SPARRING  
SPECIAL TECHNIQUE  
POWER  
PRE-TAEKWON-DO**

**ENTRY FEE £30 | SPECTATORS FREE**

**ONLINE ENTRY**



**BTF.WIREDMA.COM**



# 2023 UK CHAMPIONSHIPS

Sunday 15<sup>th</sup> October

North Solihull Sports Centre  
Conway Road, Solihull, B37 5LA

Entry fee: £30

Spectators: FREE

Doors Open: 8:30 am

Competition Starts: 9:30 am

Online entry: <http://btf.wiredma.com>

Deadline for entry: Sunday 8<sup>th</sup> October

## Contents

1. Registration	5
1.1 Registration for Competitors	5
1.2 Registration for Instructors & Coaches	5
2. The Venue	6
2.1 Directions	6
2.1.1 By car	6
2.1.2 By train	6
3. Categories	7
3.1 Pre-TKD	7
3.1.1 Dress code for Pre-TKD	7
3.2 Children, Juniors, Adults and Veterans	7
** NEW FOR 2023 **	8
** NEW FOR THE 2023 UK CHAMPIONSHIPS **	8
3.2.1 Dress Code for Children, Juniors, Adults and Veterans	8
4. Pre-TKD	10
4.1 Pre-TKD Patterns	10
4.1.1 Mode of Competition	10
4.2 Dragon's Tail Sparring	11
4.2.1 Mode of Competition	11
4.2.2 Allowed techniques	11
4.2.3 Fouls / Warnings	11
4.2.4 Deduction of Points for serious fouls (Yellow card)	12
4.2.5 Disqualification (Red card)	12
4.3 Special Technique	13
4.3.1 Mode of Competition	13
5. Patterns	14
5.1 Mode of Competition	14
5.1.1 Colour Belts	14
5.1.2 Black Belts	14
6. Point-Stop Sparring	15
6.1 Mode of Competition	15
6.2 Allowed hand and foot techniques	16



6.3 Target Areas	16
6.4 Scoring Criteria	16
6.5 Fouls / Warnings	17
6.6 Deduction of Points for serious fouls (Yellow card)	18
6.7 Disqualification (Red card)	18
7. Continuous Sparring	20
7.1 Mode of Competition	20
8. Permitted Sparring Equipment	21
8.1 Example equipment	21
9. Special Technique & Power	22
9.1 Special Technique	22
9.2 Power	22
10. Grand Champion	23
10.1 Mode of Competition	23
10.2 Patterns Grand Champion	23
10.3 Sparring Grand Champion	24
11. Contact	25



## 1. Registration

Entry can be found online via <http://btf.wiredma.com>

**Deadline for entry: Sunday 8<sup>th</sup> October**

Entry Fee: £30

Spectators : FREE

### 1.1 Registration for Competitors

Competitors (or their parents\*) can enter online at <http://btf.wiredma.com>

Please ensure that your details are entered correctly as incorrect entries may result in disqualification or there will be a £10 charge to change categories on the day (if this is possible).

*\*Parents need to only to create one account where they can register multiple children*

### 1.2 Registration for Instructors & Coaches

Instructors can choose to register some or all of their students themselves via:

<http://btf.wiredma.com>

If instructors choose not to register students themselves, we recommend that still they create their own account as they will be able to see all competitor registrations for their school - even if the competitor has entered individually.



## 2. The Venue

North Solihull Sports Centre  
Conway Road  
Solihull  
B37 5LA

<https://goo.gl/maps/4VGe2Tsktzhv43KQ7>



### 2.1 Directions

#### 2.1.1 By car

from the North

Leave the M6 at Junction 7A (for the A446 towards Lichfield), then follow the A452 towards Chelmsley Wood

from South Wales and the South

Leave the M42 at Junction 6 (Birmingham Airport/NEC), follow the B4438 Coleshill Road then Chelmsley Road

from the East

Leave the M6 at Junction 4 (for the A446 towards Lichfield), then follow the A452 towards Chelmsley Wood

#### 2.1.2 By train

The North Solihull Sports Centre is 3 miles from Birmingham International train station. There are usually taxis waiting at the station entrance and a direct bus line which stops outside the centre (X12 Platinum).



### 3. Categories

Competitors can enter the following categories at BTF Championships:

#### 3.1 Pre-TKD

Categories for competitors aged 9 and under who do not hold a recognised Taekwon-Do grade:

- [Patterns](#)
- [Dragon's Tail](#)
- [Special Technique](#)

##### 3.1.1 Dress code for Pre-TKD

Pre TKD competitors must not wear a recognised belt colour shared by the ITF Taekwon-Do syllabus (with the exception of White Belt) and can compete in their Pre-TKD uniform which must be dobok style wrap over or V neck etc.

#### 3.2 Children, Juniors, Adults and Veterans

**Children** – competitors aged 13 and under on the day of the Championships

**Juniors** – competitors aged 14 to 17 on the day of the Championships

**Adults** - competitors aged 18 to 39 on the day of the Championships

**Veterans** - competitors aged 40 and over on the day of the Championships

Categories for Child, Junior, Adult and Veteran competitors:

- [Patterns](#) (for 8<sup>th</sup> gup and above)
- [Point-Stop Sparring](#) (for 8<sup>th</sup> gup to 5<sup>th</sup> gup)
- [Continuous Sparring](#) (for 4<sup>th</sup> gup and above)
- [Special Technique](#) (Children & Juniors 8<sup>th</sup> gup and above)
- [Power](#) (Adults & Veterans 8<sup>th</sup> gup & above)
- [GRAND CHAMPION PATTERNS](#) (for Adults & Veterans 2<sup>nd</sup> gup and above)
- [GRAND CHAMPION SPARRING](#) (for Adults & Veterans 2<sup>nd</sup> gup and above)

**\*\* NEW FOR 2023 \*\***

Please note the following changes to our competition format from 2023:

1. From 2023, BTF Championships will be open for competitors 8<sup>th</sup> gup and above **or** those on a Pre-TKD (Little Warriors, Kiddie Kwon, Little Dragons etc.) syllabuses
2. Pre-TKD and Junior competitors will compete in Special Technique and not Power Pad

**\*\* NEW FOR THE 2023 UK CHAMPIONSHIPS \*\***

We are pleased to invite all over 18s Red & Blackbelts to enter the **UK Grand Champion Patterns & Sparring** (open weight) events.

- **The winner of each division will receive a trophy and cash prize of £150**
- **The runner up of each division will receive a cash prize of £50**

Further details for these events [can be found on page 23](#).

### 3.2.1 Dress Code for Children, Juniors, Adults and Veterans

Child, Junior, Adult and Veteran competitors will compete in a white dobok.

**Please note that for 4<sup>th</sup> Dan and above competitors, instructor “stripes” are not permitted in accordance with ITF rules.**

For information on permitted Sparring Equipment, [please see Section 8](#).



### 3.2.2 Dress Code for Coaches

Please note, Coaches will only be allowed to coach in appropriate sports clothing. This means:

- t-shirt or tracksuit top
- joggers or tracksuit bottoms, no jeans or shorts permitted
- trainers, no bare feet or flip flops / sliders permitted
- no doboks

The Umpires Committee and/or the Tournament Committee reserves the right to remove any coaches from the ring side if they are not appropriately dressed.



## 4. Pre-TKD

Pre-TKD is only for those competitors aged 9 years and younger who at the time of entry **DO NOT** hold a recognised Taekwon-Do grade and must be enrolled in a Pre-TKD system within their school/club. Students entered in Pre-TKD cannot compete in the Children's categories.

Please note the dress code for Pre-TKD students in [Section 3.1.1](#).

### 4.1 Pre-TKD Patterns

#### 4.1.1 Mode of Competition

- The format and scoring criteria shall be the same as the Patterns format for Taekwon-Do students.
- Two competitors will compete side-by-side with the judges declaring a winner who will progress through to the next round.
- Pre-TKD competitors can only perform Saju-Jirugi or Saju-Makgi exercises only - (one direction or both directions are acceptable).
- Any Pre-TKD competitor who performs a Taekwon-Do tul shall score zero (0) points.

## 4.2 Dragon's Tail Sparring

### 4.2.1 Mode of Competition

- Competitors will compete to grab the most tags (Dragon's Tails) from their opponent's belt.
- Duration of each bout shall be 1m 30s (including stoppages)
- Competitors will compete against each other in designated age/weight/height categories.
- Draws shall be in a pyramid or round-robin system subject to numbers in the groups.
- Head guards (of an approved type) must be worn / will be provided.
- Competitors who receive the most points shall be declared the winner of the bout.
- In the event of a draw, the competitor with the FEWEST warnings will be declared the winner of the bout.
- In the event that both competitors have the same score and the same number of warnings, then an additional round of 30 seconds shall be run.
- In the event that both competitors have the same score and the same number of warnings, AFTER the additional round of 30 seconds, then a third round (GOLDEN POINT) shall be run.

#### Golden Point

The first competitor to score a valid point shall be the winner OR in the first case of a competitor receiving a warning, the opposing competitor shall be deemed the winner.

### 4.2.2 Allowed techniques

Only a grab/removal of the Dragon's tail ribbon with the left or right hands shall be allowed.

### 4.2.3 Fouls / Warnings

A Warning will be given for the following:

- Attacking opponent with a Taekwon-Do technique.
- Stepping completely out of the ring (both feet).
- Part of the body, other than the feet, touching the ground.
- Holding or grabbing (except for the Dragons Tail ribbon)
- Pushing with hands or body.
- Intentionally avoiding opponent.

No deduction of points or disqualification will result from warnings.

#### 4.2.4 Deduction of Points for serious fouls (Yellow card)

One (1) Point shall be deducted for each yellow card offence:

- Insulting an opponent in any way.
- Biting.
- Uncontrolled contact.
- Attacking with head, elbow or knee.
- Intentional sweeping or tripping.
- Deliberately running out of the ring.

In case of point deduction Centre Referee will raise a yellow card to indicate the one point deducted.

#### 4.2.5 Disqualification (Red card)

Competitors will be disqualified for the following offences:

- Misconduct against umpires.
- Ignoring the Centre Referee's instructions.
- Causing an opponent to be unable to compete as a result of heavy contact.
- Receiving 3 deductions (yellow card) in the same competition.

The Centre Referee will raise a red card to indicate a competitor disqualified.

## 4.3 Special Technique

### 4.3.1 Mode of Competition

- Competitors will compete to kick at target at height (flying high kick) and/or at distance over an obstacle (flying side kick)
- Competitors must start and finish in palmok daebi makgi / forearm guarding block.
- Only Taekwon-Do techniques will be valid.

*Specified techniques will be advised to instructors before the competition.*





## 5. Patterns

### 5.1 Mode of Competition

For Children, Juniors, Adult and Veteran competitors 8<sup>th</sup> gup and above.

Patterns for Children, Juniors, Seniors & Veterans will follow the normal ITF Tournament rules:

<https://www.itf-tkd.org/rules-and-forms/>

- Two competitors will compete side-by-side with the judges declaring a winner who will progress through to the next round.

#### 5.1.1 Colour Belts

- Competitors will perform their “Optional” pattern from their current grade or previous grade.
- On reaching the final, competitors will perform their “Optional” pattern plus a judges “Designated” pattern up to their current grade.

#### 5.1.2 Black Belts

- Blackbelts must perform one of their three patterns for their “Optional” pattern and one “Designated” pattern up to their current grade per round.
- Ko-Dang tul is not permitted and any competitor performing this pattern will score zero (0) points.



## 6. Point-Stop Sparring

Children, Junior, Adult and Veteran competitors who are 8<sup>th</sup> gup to 5<sup>th</sup> gup will compete in Point-Stop Sparring.

### 6.1 Mode of Competition

- Competitors will compete against each other and the competitors who receive the most points will proceed to the next round.
- The competitors shall compete in one (1) round of 1 minute and 30 seconds.
- The Centre Referee shall stop the bout when he/she considers a valid scoring attempt has been made.
- The Centre Referee shall ask the Line Judges to validate the attempt based on their opinion. One or more line judge(s) shall raise the corresponding flag colour to indicate the point is valid.
- The Centre Referee shall indicate the number of points awarded for the scoring technique based on the scoring criteria.
- The winner shall be the competitor to score the most points within the time limit.
- Should the score be equal after the allotted time has elapsed, then both competitors shall continue into an extra round of 1 minute.
- Should the score and number of warnings be equal after both rounds, then the competitors shall continue to a Golden Point round. The first competitor to score a valid point shall be declared the winner.

- In the case that a competitor receives Three (3) warnings in the Golden Point round before a valid scoring technique has been performed, then the opposing competitor shall be declared the winner.

## 6.2 Allowed hand and foot techniques

### Hand parts

- Forefist (Ap Joomuk)
- Backfist (Dung Joomuk)
- Sidefist (Yop Joomuk)
- Knifehand (Sonkal)

### Foot parts

- Ball of the foot (Apkumchi)
- Instep (Baldung)
- Footsword (Balkal)
- BackHeel (Dwitchook)
- Sole of the Foot (Balbadak)

## 6.3 Target Areas

- The face front and sides (excluding the back, nape and the neck).
- Frontal area of trunk of the body from a line drawn from the armpit vertically down to the waist on each side (excluding the back).
- When the arm, from the elbow to the fingers, is in contact with the body, then this is regarded as part of the body, by which the opponent can therefore score points.

## 6.4 Scoring Criteria

All attacks must be controlled at the point of contact.

One (1) point will be awarded for:

- Hand attack directed to mid or high section.

- Foot attack directed to mid-section.
- Perfect defence.
- Hand attack directed to the mid-section with both feet off the ground.

Two (2) points will be awarded for:

- Foot attack directed to high section.
- Hand attack directed to the high section with both feet off the ground.
- Flying foot attack directed to mid-section.

Three (3) points will be awarded for:

- Flying kick directed to high section.
- Mid-air kick (180°) to mid-section
- Mid-air hand attack (180° or more) directed to high section.

Four (4) points will be awarded for:

- Mid-air kick (180°) directed to high section.
- Mid-air kick (360° or more) to mid-section.

Five (5) points will be awarded for:

- Mid-air kick (360° or more) to high section.

When flying 2 or 3 hand and foot attacks are counted as points, the respective points should be awarded for each technique.

## 6.5 Fouls / Warnings

A Warning will be given for the following

- Attack to an illegal target.
- Stepping completely out of the ring (both feet).
- Any part of the body, other than the feet, touching the ground.
- Holding or grabbing.

- Pushing with hands or body.
- Pretending to be injured.
- Intentionally avoiding sparring.
- More than two punches to the face or any part of the body.
- Repeatedly pretending to have scored by raising the arm.
- Turning the back intentionally to avoid combat.
- Unnecessary speaking during competition.
- Paying no attention to the instructions of the Centre Referee.

One (1) point will be deducted for every 3 warnings. No disqualification will result from 3 points deductions or more from warnings.

## 6.6 Deduction of Points for serious fouls (Yellow card)

One (1) Point shall be deducted for each yellow card offence:

- Insulting an opponent in any way.
- Biting.
- Attacking a fallen opponent or an unready opponent when the referee has already stopped the competition.
- Uncontrolled contact.
- Attacking with head, elbow or knee.
- Intentional sweeping or tripping.
- Deliberately running out of the ring.

In case of point deduction Centre Referee will raise a yellow card to indicate the one point deducted.

## 6.7 Disqualification (Red card)

Competitors will be disqualified for the following offences:

- Misconduct against umpires.
- Ignoring the Centre Referee's instructions.
- Causing an opponent to be unable to compete as a result of heavy contact.





- Any competitor suspected of being under the influence of alcohol or drugs.
- Receiving 3 deductions (yellow card) in the same competition.

The Centre Referee will raise a red card to indicate a competitor disqualified.

Where possible categories will mirror those used in international competition though categories may be combined where there are insufficient competitors in a division.



## 7. Continuous Sparring

### 7.1 Mode of Competition

For Children, Juniors, Adult and Veteran competitors 4<sup>th</sup> gup and above.

Continuous Sparring for Juniors, Seniors & Veterans will follow ITF Tournament rules:

<https://www.itf-tkd.org/rules-and-forms/>

Where possible categories will mirror those used in international competition though categories may be combined where there are insufficient competitors in a division.



## 8. Permitted Sparring Equipment

Competitors must have the following sparring equipment:

- Headguard
- Mouthguard
- Gloves
  - Points gloves (not boxing gloves) for Children aged 13 and under - fingers must be enclosed
  - 10oz gloves are permitted for Juniors aged 14 and over, Adults and Veterans
- Foot pads
- Shin pads
- Groin guard (males) – must be worn on the inside of the trousers
- Chest guard (females) - for those aged 12 years and above or when development has started

### 8.1 Example equipment





## 9. Special Technique & Power

### 9.1 Special Technique

For Children and Juniors (8<sup>th</sup> gup and above)

Special Technique will follow the normal ITF Tournament format for Special Technique.

*Specified techniques will be advised to instructors before the competition.*

### 9.2 Power

For Adult & Veterans 8<sup>th</sup> gup and above.

Power for Adults & Veterans will follow ITF Tournament rules:

<https://www.itf-tkd.org/rules-and-forms/>



## 10. Grand Champion

### 10.1 Mode of Competition

For Adults & Veterans 2<sup>nd</sup> gup and above.

Competitors 18 and over, and a red belt (2<sup>nd</sup> gup) or higher, may enter the new 2023 UK Grand Champion events.

- The winner of each division will receive a trophy and cash prize of £150
- The runner up of each division will receive a cash prize of £50

Entry for the Grand Champion events is via the online entry form.

Cost for entry is £15 for the first event, and an additional £10 for the second event.

### 10.2 Patterns Grand Champion

In the new Patterns Grand Champion (Male) and Patterns Grand Champion (Female) events, all grades (red belt and above) will compete together to be crowned the **2023 UK Grand Champion**.

Two competitors will compete side-by-side, performing both Optional and Designated Patterns, with the winner will being decided as per normal ITF Tournament rules:

<https://www.itf-tkd.org/rules-and-forms/>



## 10.3 Sparring Grand Champion

In the new Sparring Grand Champion (Male) and Sparring Grand Champion (Female) events, all grades (red belt and above) will compete in an **Open Weight** event to be crowned the **2023 UK Grand Champion**.

This will be a Continuous Sparring format and will follow ITF Tournament rules:

<https://www.itf-tkd.org/rules-and-forms/>



## 11. Contact

For any queries, please contact the BTF tournament committee: [btftkd.events@gmail.com](mailto:btftkd.events@gmail.com)