



Acestes Taekwon-Do Clubs

PO Box 39047, Faerie Glen, 0043

Elardus Park Dojang

Barnard Street,
Designer Physique Gym,
Elardus Park Shopping Centre
Elardus Park, Pretoria.

Affiliated to the SA-ITF & ITF

31 March 2011

10th ATC Invitational Tournament 7th May 2011, Pretoria

1. Invitation

It is with great excitement that the Acestes Taekwon-Do Clubs (ATC) invites you to the 10th anniversary of the Annual ATC Invitational Tournament.

Tournament details:

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| Date: | Saturday 7 th May 2010 |
| Venue: | Northern Gauteng Wrestle Hall, 26 th Street, Menlo Park, Pretoria (Just off the N1 at the Atterbury offramp – See map attached) |
| Entrance fee: | R170 per participant (On or before 15 April 2011) R200 per participant (After 15 April 2011) Final day for entries – <u>Friday 29 April 2011</u> <u>NO ENTRIES ON THE DAY</u> |
| Registration: | 7h30 – 8h30 |
| Opening ceremony: | 9h00 |
| Prize giving: | 18h00 |

We encourage all instructors to register their students as soon as possible before the Tournament, so students can benefit from the lower entry fee, and further to enable the organizers of the event to finalize bracketing before the start of the Tournament. This in effect will mean that the Tournament will run more smoothly and end at the scheduled time. Your cooperation will be greatly appreciated.

The trademark tournament **Medals** for 1st, 2nd and 3rd positions will be handed out at the tournament on the day. The customary floating replacement trophies will also be handed out at the event but the tournament floating trophies, which will be engraved afterwards, remain with the Tournament Organizers. We encourage you to bring your friends and family to support you on the day.

2. Events

The ATC Tournament will consist of **sparring, patterns, power breaking** and **special techniques**. It is our aim to cater for all ages and belt levels, including black belts up to and including IV Degrees.

a) Patterns:

- 1 Optional pattern during preliminary rounds & 1 optional pattern as well as 1 designated pattern in the final round.

b) Sparring:

- The ATC Invitational Tournament will follow the rules of the International Taekwon-Do Federation (ITF) (This includes point scoring, warnings and fouls).
- Once an entrant has been called upon by the table to be present in the ring, a maximum of 2 minutes will be allowed to find that person before he/she will be disqualified.
- Elimination rounds are 1 x 2-minute round, and the final consist of 2 x 2-minute rounds. Veteran and Tiger sparring rounds will be 1 x 1,5-minute round, and the final will be 2 x 1,5 minute rounds.
- Full sparring gear (including groin guard for males, mouth guards for both genders and head gear for all Tigers) is COMPULSORY. Please ensure that gloves used by participants cover all fingers, and foot gear used cover the toes and back of the heel.
- The ATC Invitational Tournament will cater for categories in the following divisions:

Tigers - 13 years and younger,

Juniors - 14 to 17 years,

Seniors - 18 years to 34 years,

Veterans - 35 years and older.

- All Yellow stripes to IV Degree Black belts are welcome to enter.
- The number of categories will depend on the number of entrants and will only be finalized on the day. A category must have at least 3 participants. Categories may be combined if need be, at the discretion of the Tournament Organizers.

- For sparring events only one (1) coach per participant is allowed next to the ring. He/she is the only one allowed to present an official protest within 5 minutes after the result was announced.
- In order to prevent any bias decisions and keeping the Tournament as fair as possible, we request Black belt and Black stripe students from the various clubs participating to assist during the tournament with “Corner judging”.
- A “Corner judging crash course” will be given before start of the tournament.

c) Power breaking:

- Power breaking will be contested in the Novice (Yellow belt – Green belt), Intermediate (Blue stripe to black stripe) and Advanced (1st – 4th Degree) divisions for both males and females.
- The ATC Invitational Tournament will cater for categories in the following divisions:

Seniors - 18 years to 34 years,

Male Novice: Knife-hand strike (2 boards)
 Turning kick (2 boards)
 Side piercing kick (3 boards)

Male Intermediate: Front punch (2 boards)
 Knife-hand strike (2 boards)
 Turning kick (2 boards)
 Side piercing kick (3 boards)
 Reverse turning kick (2 boards)

Male Advanced: Front punch (2 boards)
 Knife-hand strike (2 boards)
 Turning kick (3 boards)
 Side piercing kick (3 boards)
 Reverse turning kick (2 boards)

Female Novice: Knife-hand strike (1 board)
 Turning kick (2 boards)
 Side piercing kick (2 boards)

Female Intermediate: Knife-hand strike (1 board)
 Elbow strike (2 boards)
 Turning kick (2 boards)
 Side piercing kick (2 boards)

Female Advance: Knife-hand strike (1 board)
 Elbow strike (2 boards)
 Turning kick (2 boards)
 Side piercing kick (2 boards)
 Reverse side kick (2 boards)

Veterans - 35 years and older.

Male Novice: Knife-hand strike (2 boards)
 Reverse side kick (2 boards)
 Side piercing kick (2 boards)

Male Intermediate: Knife-hand strike (2 boards)
 Reverse side kick (2 boards)
 Side piercing kick (3 boards)

Male Advanced: Knife-hand strike (2 boards)
 Reverse side kick (2 boards)
 Side piercing kick (3 boards)

Female Novice:
 Knife-hand strike (1 board)
 Elbow strike (2 boards)
 Side piercing kick (2 boards)

Juniors - 14 to 17 years

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| Male (Novice/Intermediate): | Flying high kick (2.30m) Flying turning kick (2.00m) 180° side kick (1.90m) |
| Male (Advanced): | Flying high kick (2.40m) Flying turning kick (2.10m) 180° side kick (2.00m) Flying reverse turning kick (2.10m) |
| Female (Novice/Intermediate): | Flying high kick (1.90m) Flying turning kick (1.85m) 180° side kick (1.80m) |
| Female (Advanced): | Flying high kick (2.00m) Flying turning kick (1.90m) 180° side kick (1.85m) |

- Seniors - 18 years to 34 years**

| | |
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| Male Novice: | Flying high kick (2.40m) Flying turning kick (2.20m) Flying 180° side kick (2.10m) |
| Male Intermediate: | Flying high kick (2.45m) Flying turning kick (2.25m) Flying 180° side kick (2.15m) Flying reverse turning kick (2.25m) |
| Male Advanced: | Flying high kick (2.45m) Flying turning kick (2.30m) Flying 180° side kick (2.20m) Flying reverse turning kick (2.30m) |
| Female Novice: | Flying high kick (1.95m) Flying turning kick (1.90m) Flying 180° side kick (1.85m) |
| Female Intermediate: | Flying high kick (2.00m) Flying turning kick (1.95m) Flying 180° side kick (1.90m) Flying reverse turning kick (1.95m) |

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|------------------|---|
| Female Advanced: | Flying high kick (2.05m) Flying turning kick (2.00m) Flying 180° side kick (1.95m) Flying reverse turning kick (2.00m) |
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- Once an entrant has been called upon by the table to be present in the ring, a maximum of 2 minutes will be allowed for the participant to report to the table before he/she will be disqualified.
- Each entrant in the division will be given a qualification break with a technique of his or her own choice in order to qualify to continue to the next round.

3. Results

The result is final. No changes will be considered afterwards. The Jury President with the assistance of the Centre Referee remains the master of the floor. The Tournament Organizers' or Tournament Directors' decision in any contested result will be final.

Only a coach can lodge a protest of result within 5 minutes from the end of the match. Each protest must be completed in writing on the Official Protest form and presented to the Tournament Director. The protest needs to be finalized before the 2 competitors may continue to participate. A protest fee of R200 payable to the Tournament Director must accompany the protest. If the protest is valid then the fee will be returned to the coach.

4. Registrations and Payment

The full amount of each clubs' participants must be paid into the following bank account and proof of payment together with the participants' information be faxed or e-mailed to the following number or address:

K Wethmar
NEDBANK Menlyn
Branch code: 16 05 45
Account number: 1605 125 199

Fax number: 086 689 7173
E-mail address: kwethmar@yebo.co.za

Participation fee is R200 per participant, but all students that enter through their Club and where the club has registered with the Tournament Organizers and paid their entry fees before Friday 15 April 2011, will only pay R170 per participant. NO Entries will be accepted on the day.

Entries can be submitted on the attached Excel spreadsheet.

We further request that all clubs enter at least 2 Umpires (Black stripe to IV Degrees) per dojang to assist with the umpiring on the day, to ensure that the tournament runs smoothly and ends at the projected time.

5. Indemnity

Taekwon-Do is a contact sport. Any student entering a sparring division does so at his/her own risk and neither the Tournament Organizer nor the SA-ITF can be held liable for any injury sustained no matter what the circumstances. Medical personnel will be on duty in the odd case of an injury. Find attached an indemnity form to be completed by each participant and to be handed in at registration on the morning of the Tournament.

The ATC Invitational Tournament Organizers are looking forward to hearing from you. Please feel free to contact us for more information, updates, directions and any queries.

Yours in Taekwon-Do!

Karel Wethmar (SA-4-18)

Chief Instructor: ATC

Cell: 083 236 3545

kwethmar@yebo.co.za

Annari Wethmar (SA-4-20)

Chief Instructor: ATC

Cell: 083 231 2228

ATC Invitational Tournament
Competitor Entry and Indemnity Form

First Name: _____

Last Name: _____

Club/Dojang: _____

Instructor's name: _____

Address: _____

Phone number: _____

Date of birth: _____

Age: _____

Events competing in:

| | |
|--------------------|-----|
| Patterns | ___ |
| Sparring | ___ |
| Special techniques | ___ |
| Power breaking | ___ |

Belt: _____

Weight: _____ kg

Height: _____ m

Gender: Male _____ Female _____

Consent of Risk:

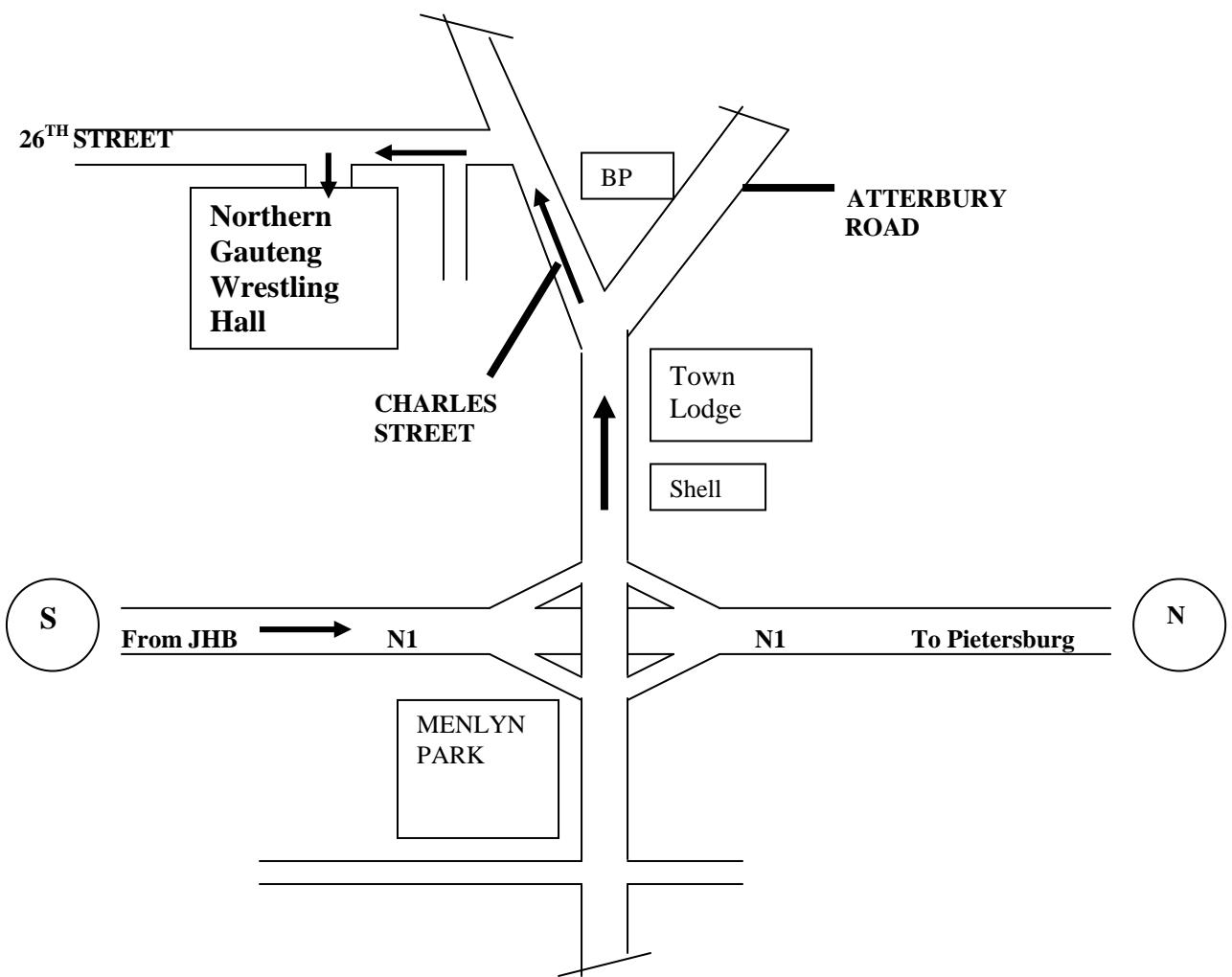
I the undersigned, understand and agree:

1. That there may be a risk in competing in the ATC Invitational Tournament which may result in serious or fatal injuries.
2. That I understand the risk and agree not to hold ATC, the SA-ITF, any of its Dojangs' Instructors or students liable for any injury whatsoever, that I may sustain while competing.
3. That I agree to abide by the rules and regulations of the SA-ITF.
4. That I understand that pictures of me participating in the said tournament may be used for publicity without compensation.
5. That I have read and understand the tournament rules as set out in the Tournament and Judges Rules document, as prescribed by the SA-ITF.

Signature of student: _____ **Date:** _____

Signature of parent/guardian if student is under age of 18 years: _____

ATC Invitational Tournament
Roadmap and directions to Northern Gauteng Wrestle Hall



Roadmap not to scale.

Directions:

From Johannesburg, take the N1 towards Pietersburg past Centurion, pass Rigel Avenue, take Atterbury Offramp, turn left into Atterbury Road. First street left (road splits to your left) into Charles Street, at first robot turn left into 26th Street. Approx. 200 meters down 26th Street on the left hand side, find the Northern Gauteng Wrestle Hall.