



ATKDA UK Open 2026 Information Pack

Event Details

Date: Sunday 1st March 2026

Venue: Cocks Moors Woods Leisure Centre
Alcester Road South, Kings Heath, Birmingham, B14 6ER

Google Maps:

<https://www.google.com/maps/search/?api=1&query=Cocks+Moors+Woods+Leisure+Centre+B14+6ER>

TCUK Rule Book:

<https://tkdngb.co.uk/wp-content/uploads/2024/05/Competition-Rule-Book-TCUKmar-24-May.pdf>

Schedule

- **Doors Open:** 9:00 AM
 - **Officials to Arrive by:** 9:15 AM
 - **Colour Belts to Arrive by:** 9:30 AM
 - **Patterns Begin:** 9:45 AM
 - **Black Belts Arrival:** 12:00 PM (Midday)
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How to Get There

 **By Train**

- Travel to Birmingham New Street Station (direct trains available from most UK cities).
- From the station, take **Bus 50, 35, or 76** to Kings Heath, or a **15-minute taxi ride**.

 **By Car**

- Use postcode **B14 6ER** in your sat nav.
- Accessible from **M5 (Junction 4)** and **M6 (Junction 6 – A38(M))**.
- **Free on-site parking**, including **9 disabled spaces**.

 **By Bus**

- **Bus 50** (towards Druids Heath) – Moor Street Queensway
- **Bus 35** (towards Hawkesley) – outside New Street Station
- **Bus 76** (towards Solihull) – Moor Street Queensway

- Journey time: **Approximately 20–30 minutes**

By Air

- Arrive at **Birmingham Airport (BHX)**
 - Train from Birmingham International to Birmingham New Street (~10 minutes)
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Venue Facilities

<https://www.birminghamleisure.com/cocks-moors-woods-leisure-centre>

Divisions

- **JUNIORS:** Up to & including **12 years old**
 - **CADETS:** **13–17 years old**
 - **ADULTS:** **18 years & over**
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Closing Date for Entries

Tuesday 24th February 2026

Student Guide to Entering ATKDA Competitions

Before Entering – Please Ensure:

- You hold a **current Taekwondo Licence (eCard)** with TCUK or another recognised Taekwondo organisation or National Governing Body.
- You are training regularly and understand what is expected of you.
- You wear a **Taekwondo dobok and belt** approved by your instructor (**no T-shirts**).
- You have a **full set of correctly fitting sparring equipment** meeting TCUK rules:
 - Boots
 - Shin guards
 - Groin guard (mandatory for males)
 - Gloves (enclosed fingers with tethered thumb)
 - Head guard
 - Gum shield
 - *All equipment must be free from rips or tears.*
- You have transport arranged and arrive on time.
- All junior competitors (under 18) **must be accompanied by a responsible adult**.

Note: Forearm protectors are permitted in addition to regulation sparring equipment.

All competitors must ensure they are the **correct grade** as stated on their entry form.

If promoted after entering, competitors must compete at the **grade shown on the entry form**.

SEN & Additional Support

Students with **Special Educational Needs (SEN)** are **welcome and encouraged to enter**.

If a competitor requires **reasonable adjustments or additional support**, please contact us **before the event** so arrangements can be discussed.

Telephone: 07825 433487

Email: events@tkdngb.co.uk

We are committed to ensuring a **safe, inclusive, and fair competition** for all participants.

How to Enter

Online entry (card payment):

<https://ma.blackculm.com/comp/ba436c18308/atkda-uk-open-2026/>

Early Bird Price: £30 per student - Until **15th February 2026**

After **15th February 2026:** £35 per student

ENTRY FEES ARE NON-REFUNDABLE.

Entry fee includes entry into: Individual patterns and sparring.

Instructors Offer: Enter 5 students and get the 6th FREE! (All students must be on the same block entry form to qualify). **Offer ends on 15th February 2026.**

Instructors wishing to do block entry (minimum 5 students), please use the block entry form which can be obtained by emailing events@tkdngb.co.uk

Payment via **BACS** (details on block entry form)

Entry & Payment Information

All individual entries (Patterns and Sparring) must be completed and paid for in advance.

No individual entries or payments will be accepted on the day of the competition.

Team Patterns

- **Additional event**
- **Entered on the day**
- **Paid for on the day**
- **£5 per person**
- Subject to time availability
- Run under **TCUK Rules**

Spectators: FREE

Coaches: FREE

VISA NOTICE

International competitors are welcome to enter this competition.

However, **we are unable to assist with VISA applications or provide supporting documentation.**

Competitors requiring a VISA must ensure appropriate permissions are obtained **before entering.**

Entries submitted without a valid VISA are **non-refundable** and entered at the competitor's own risk.

Height & Weight Requirements

JUNIORS (12 and under)

- Must be the correct height for their division
- Height tested on the day
- Incorrect height may result in **disqualification**

CADETS (13-17)

- Height tested on the day
- Incorrect height may result in **disqualification**

ADULTS (18+)

- Must be the correct weight for the entered division
 - Weigh-ins may take place on the day
 - Incorrect weight may result in **disqualification**
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Venue Entry Rules

- Wristbands issued on entry (must be visible)
 - Juniors will be height tested on entry – footwear must be removed
 - **Spectators are NOT permitted on the competition floor**
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Officials

- All officials must hold a **TCUK-recognised qualification**
- **Ring Assistants:** Blue Belt (14+) or Red Belt (12+)
- **Umpires:** Black Belt (14+)
- **Referees:** Black Belt (18+)

Officials MUST arrive by 9:30 AM or may be asked to pay to enter.

Dress code: dark trousers or skirt, white or blue shirt

Ties and blazers optional

Lunch will be provided

Coaches

- **Coach entry is FREE**
- Coaches must register on arrival
- Wristbands allow access to the competition floor

Instructors are encouraged to officiate.

Photography

- Official photographers may be present
 - Spectators are not permitted on the competition floor to take photographs
 - **No video or cameras** permitted in competition areas except registered official photographers
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Patterns

- Competitors may only perform a **pattern of their grade** (not above)
- Combined **Hip Twist and Sine Wave** divisions
- Judged using the **Pyramid Method**

Pattern Divisions

JUNIORS (Up to 12)

White, Yellow, Green, Blue, Red, Black Belts (all Dan grades together)
Males and females combined

CADETS (13–17)

White, Yellow, Green, Blue, Red, Black Belts (all Dan grades together)
Males and females combined

ADULTS (18+)

White, Yellow, Green, Blue, Red
1st Degree, 2nd–3rd Degree, 4th Degree+
Males and females combined

Pattern Choices

- **WHITE (10th–9th Kup):** Sajo Jirugi, Chon-Ji
- **YELLOW (8th–7th Kup):** Chon-Ji, Dan-Gun, Do-San
- **GREEN (6th–5th Kup):** Do-San, Won-Hyo, Yul-Gok
- **BLUE (4th–3rd Kup):** Yul-Gok, Joong-Gun, Toi-Gye
- **RED (2nd–1st Kup):** Toi-Gye, Hwa-Rang, Choong-Moo
- **BLACK 1st Dan:** Choong-Moo, Kwang-Gae, Po-Eun, Ge-Baek
- **BLACK 2nd–3rd Dan:**
Kwang-Gae, Po-Eun, Ge-Baek, Ko-Dang, Juche, Choong-Jang,
Eui-Am, Sam-Il, Yoo-Sin, Choi-Yong
- **BLACK 4th Dan+:**
Sam-Il, Yoo-Sin, Choi-Yong, Tong-Il, Ul-Ji, Se-Jong,
Yon-Gae, Moon-Moo, So-San

Medals: 1 × Gold, 1 × Silver, 1 × Bronze

Sparring

JUNIORS (Up to & including 12 years)

CADETS (13–17 years)

Juniors and Cadets will be **height tested on the day**.

If an amendment is required, a **£5 fee** may apply (donated to **Marie Curie**).

Boys and girls compete separately where possible.

Belts & Rounds

- White / Yellow / Green – Point Stop – **1.30-minute rounds**
- Blue / Red – Continuous – **1.30-minute rounds**
- Black Belts – Continuous – **2-minute rounds**
(*Final: 2 × 2 minutes*)

Height Divisions

- **Pee Wee:** Up to & incl. **135 cm** (may mix sexes)
 - **Lightweight:** Over **135 cm** up to **155 cm**
 - **Middleweight:** Over **155 cm** up to **175 cm**
 - **Heavyweight:** Over **175 cm**
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MEN (18+)

Weight Divisions

- **Lightweight:** Up to & incl. **70 kg**
 - **Middleweight:** Over **70 kg** up to **90 kg**
 - **Heavyweight:** Over **90 kg**
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LADIES (18+)

Weight Divisions

- **Lightweight:** Up to & incl. **65 kg**
- **Middleweight:** Over **65 kg** up to **75 kg**
- **Heavyweight:** Over **75 kg**

Divisions may be merged if there are insufficient entries.

Medals: 1 × Gold, 1 × Silver, 1 × Bronze