



Northern Open

hosted by the great
Roger Lawrence

VENUE

10th March 2024

Oldham Leisure Centre
Middleton Road
Oldham
OL9 6AD

- **DOORS OPEN 8:30am**
- **FIRST PATTERN 9:15am**
- **ITC MEMBER £23.00**
- **NON ITC MEMBER £28.00**
- **SPECTATORS £5 (Payable on day)**
- **TEAM PATTERNS & TAG TEAM SPARRING
£5 PER PERSON (Payable on day)**



**SCAN FOR MORE INFO
& TO ENTER**



TAE KWON-DO

CONTACT

Email: events@tkdngb.co.uk

Telephone: 07825 433487

visit: tkdngb.co.uk/events

NORTHERN OPENS 2024

Sunday 10th March 2024

Oldham Leisure Centre, Middleton Road, Oldham OL9 6AD



DOORS OPEN 8.30 AM

OFFICIALS TO ARRIVE BY 8.45 AM

COLOURED BELT COMPETITORS TO ARRIVE BY 9.00 AM

BLACKBELT COMPETITORS TO ARRIVE BY 12.30 PM

EVENT VENUE INFORMATION

Google Map Link to Venue: <https://maps.app.goo.gl/zd3Cf2k1qtmoE1A78>

Car Parking: There is ample **free** car parking available at the venue. If the barrier is down, take a ticket and get your ticket verified at reception before exiting. There are 8 disabled car parking spaces available.

Public Transport: Nearest tram stop is Oldham Barn Street – 3 minute walk from centre, or Oldham King Street - 5 minute walk from centre. Oldham bus station is a 2 minute walk. Nearest train station is Manchester Piccadilly (approximately 50 minutes by tram).

Hotels: The nearest hotels are: [247Hotel](#), Manchester St, Oldham OL8 4AS Tel: 0161 620 9875.

[Premier Inn Oldham Central](#), Westwood Leisure Park, Westwood Way, Chadderton Way, Oldham OL1 2NA Tel: 0333 321 1382.

[Travelodge Oldham Chadderton](#), Burnley Ln, Chadderton, Oldham OL1 2QS Tel: 0871 559 1836

Nearest Supermarket: Sainsbury's, 60 Union St, Oldham OL1 1DJ

Facilities at the venue:

- The venue has a café offering light refreshments and beverages. Please avoid bringing food onto the competition area.
- There is a water fountain where bottles may be refilled.
- There are toilets, disabled toilets and changing facilities at the venue.
- Seating in the venue is on bleachers (tiered seating). Additional floor level seating will be provided for the disabled.

DIVISIONS AT THIS COMPETITION

JUNIORS - Up to & including 17 years old (note patterns will be split to under 13's/13-17)

ADULTS - 18 years & over

BLACK BELT EXECUTIVES - 35+ years (sparring only, optional)

CLOSING DATE FOR ENTRIES FRIDAY 8TH MARCH

Students Guide to Entering TCUK Competitions

BEFORE ENTERING: - Please make sure that: -

- You have a current TKD Licence with TCUK or any other TaeKwon-Do organisation or National Governing Body.
- You are training regularly and understand what is expected of you.
- You are wearing a Tae Kwon Do Suit (dobok) and belt (no t-shirts) which is approved/awarded by your coach or instructor.
- You have a full set of **correctly fitting** sparring equipment which meets the criteria set out in the TCUK Rules for competition. (i.e. boots, shin guards, groin guards (for men and boys) gloves (with enclosed fingers), head guard and gum shield) **with no rips or tears.**
- You have transport to the venue and you arrive on time.

Note: All sparring competitors may wear forearm protectors in addition to their regulation sparring equipment.

HOW TO ENTER

All competitors (juniors or adults) can enter online via the following link:

<https://ma.blackculm.com/comp/fb459BE8269/northern-open-2024> Using card payment. Alternatively visit the TCUK website at tkdngb.co.uk and select the competition from the events page.

** Please note that TCUK students may have received an individual entry link in an email from your instructor – it is preferable to use this instead as it links to your eCard number. If you have not had an email please ask your instructor for your eCard number to obtain the discounted entry fee.

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 can then be made using BACS using the details on the block entry form.

PRICES - **ENTRY FEES ARE NON REFUNDABLE

COMPETITORS - (Adults & Juniors) TCUK eCard holders £23.00/Non eCard £28.00

This includes entry into: Individual **patterns** and **sparring, speed kick** for all juniors and **destruction** for blue/red/black belt adults.

Fees to be paid in advance with entry. Please note that no entries will be accepted on the day.

Team Patterns: £5 per competitor. Teams of 3-5, to be entered & paid on the day.

Tag Team Sparring: £5.00 per competitor. Teams of 3, to be entered & paid on the day.

Note: If you only wish to compete in team events, you will need to pay the £5 spectator fee to gain entry to the event (no pre-registration necessary).

All competitors make sure you are the correct grade as stated on your entry form. If you have been promoted since entering you must compete as your previous grade shown on entry form.

SPECTATORS £5 (Under 5's Free)

JUNIORS (17 and under)

Make sure you are the correct height for your division. You will be height tested on the day and if you are not in the correct height division you may be disqualified from that division.

ADULTS (18 years +)

Make sure that you are the correct weight for the division you want to compete in. You will be weighed in on the day, and if you are not within your entered weight division you may be disqualified from that division.

ALL COMPETITORS: Upon entry to the venue you will be given a wristband with your competitor number. This must be visible to enable entry onto the competition floor and to check your competitor number. Juniors will be height tested upon entry – please be ready to remove your shoes!

SPECTATORS

Spectator's tickets are purchased on the door (£5 cash or card payment accepted). You will be given a spectator wristband to wear – this allows entry into the venue BUT YOU ARE NOT PERMITTED ONTO THE COMPETITION FLOOR.

OFFICIALS

Those wishing to officiate: All officials must have a TCUK recognised qualification;

- **Ring Assistant** must be Blue Belt age 14+ or Red Belt age 12+, **Umpires** must be black belt and 14 years +, **Referees** must be black belts and 18+.
- YOU MUST ARRIVE BY 8.45A.M. OTHERWISE YOU WILL BE ASKED TO PAY TO ENTER. Please register at the official's desk upon entry, to gain your officials wristband.
- Please wear dark trousers or skirt with a white or blue shirt. Ties and Blazers are optional.
- Lunch will be provided.

COACHES

Clubs sending multiple students will be allocated one coach pass per five students entered. If you have less than 5 students entered you will need to pay £5 fee to enter. Coaches must register at the door to obtain your coaches wristband – this will allow you entry onto the competition floor. Instructors: please consider officiating – the more officials, the smoother the competition will run!

PHOTOGRAPHY

There will be an official TCUK photographer present on the day. Spectators are not allowed onto the competition floor to take photographs. There will be an area provided where photos can be taken.

ON THE DAY OF THE COMPETITION

NO SPECTATORS ARE ALLOWED AROUND THE COMPETITION AREAS – THEY MUST BE SEATED IN THE SEATS PROVIDED, OR THEY MAY BE ASKED TO LEAVE THE HALL.

NO VIDEO/CAMERAS PERMITTED ANYWHERE ON THE COMPETITION AREA (OTHER THAN OFFICIAL TCUK REGISTERED PHOTOGRAPHERS).

- The competition will start with the patterns events, starting with the juniors.
- Each competition area will be allocated with an area number that will be indicated by the number on the tablecloth.
- **Listen out for an announcement for the start of your division on an allocated area over the public address system.** You can also check the running order, which will be published before the event and will be available on social media/the event page on the tkdngb.co.uk website.
- All juniors will be height tested upon entry into the hall.
- **You must make sure that you are in the right competition area at the right time;** if you are unsure, then you must ask your instructor, a wellbeing officer or an official.

Please note that there will be wellbeing officers present whose role is solely to care for any competitor in distress or needing help. Competitors or spectators may request the help of a wellbeing officer.

Any spectator or competitor queries regarding entries, divisions, expected division start times etc. should be directed to one of the floor security officers who will be stationed by the barriers to the competition floor. They will then liaise with the top table to answer your query. Alternatively you can approach any official who is not currently helping judge a competition, and they will attempt to answer your query (again liaising with the top table).

PATTERNS

All competitors may only perform a pattern of their grade (not above).

Separate Sine Wave and Hip Twist Divisions. If any numbers are low we reserve the right to merge categories – keeping sine wave and hip twist separate where possible.

Split by the following:

JUNIORS - Up to & including 12 years old. Divisions are White and Yellow together, Green, Blue, Red, Black Belts all Dan grades together. Males and females in combined divisions.

CADETS – 13 – 17 years old. Divisions are White and Yellow together, Green, Blue, Red, Black Belts all Dan grades together. Males and females in combined divisions.

ADULTS – 18+ (no executive divisions) Divisions are White and Yellow together, Green, Blue, Red, 1st Degree, 2nd and 3rd Degree, 4th Degree +. Males and females in combined divisions.

PATTERN CHOICES

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

MEDALS AWARDED: 1 x Gold, 1 x Silver, 1 x Bronze.

SPEED KICK – JUNIORS (under 18s) ONLY

Divisions are White and Yellow, Green, Blue, Red, Black

Males and females in combined divisions.

Competitors have 30 seconds to perform the most turning kicks using the front leg onto a paddle/button. Paddle is held at competitor's shoulder height. **Competitor's foot must touch the floor between kicks.**

MEDALS AWARDED: 1 x Gold, 1 x Silver, 1 x Bronze.

SPARRING

All divisions other than juniors may be weighed on the day and if you are not within your entered weight division you will be disqualified.

JUNIORS - Up to and including 17-year-olds. Boys and girls separate (with possible exceptions, see below).

Coloured belts: 1.30 minute rounds

White/Yellow/Green belts together, point stop sparring. Blue/Red belts together, continuous sparring.

Black belts: 1.30 minute rounds. All Dan grades together, continuous sparring.

TINY TOTSUp to & including 122cm (may mix sexes)

PEE WEE.....Over 122cm and including 137cm (may mix sexes)

LIGHTWEIGHTOver 137cm and including 152cm

MIDDLEWEIGHTOver 152cm and including 168cm

HEAVYWEIGHTOver 168cm

Please note that weight divisions may be merged if there are too few entries.

N.B. Juniors will be height tested on entry to the venue – please ensure your juniors do not skip past height testing by accident, so that all juniors are placed into the correct division on the day.

MEN (18+)

Coloured belts: 1.30 minute rounds

White/Yellow/Green belts together, point stop. Blue/Red belts together, continuous sparring.

Black belts: 2 minute rounds, final 2 x 2 minute rounds.

All Dan grades together, continuous sparring.

LIGHTWEIGHTup to & incl. 67kg

WELTERWEIGHTover 67kg up to & incl. 76kg

MIDDLEWEIGHTover 76kg up to & incl. 85kg

HEAVYWEIGHTover 85kg

LADIES

Coloured belts: 1.30 minute rounds

White/Yellow/Green belts together, point stop. Blue/Red belts together, continuous sparring.

Black belts: 2 minute rounds, final 2 x 2-minute rounds.

All Dan grades together, continuous sparring.

LIGHTWEIGHT up to & incl. 60kg

MIDDLEWEIGHT over 60kg up to & incl. 70kg

HEAVYWEIGHT over 70kg

EXECUTIVE BLACK BELTS (optional – sparring only) Age 35+ (can be entered in addition to adult division)

All dan grades together, 1.30 minute rounds. Point stop sparring.

To be weighed on the day and split into groups. Please note that if there not enough executive entries you will be offered entry into the adult division instead.

All divisions medals awarded – 1 X Gold, 1 X Silver, 1 X Bronze

TAG TEAM SPARRING

ALL TEAM EVENTS WILL START AFTER THE INDIVIDUAL COMPETITIONS.

Entries are made on the day at the Team Entry Desk.

RULES OF TAG TEAM SPARRING:

Teams will consist of 3 competitors; bouts will last for 4 minutes. The team with the most points will be the winner. Each time the bout is stopped you can change with a member of your team by tagging your team member's glove. All team members must fight at some stage during the bout. All matches will be point stop.

DIVISIONS IN TAG TEAM SPARRING:

MEN: No Weights. YELLOW-GREEN-BLUE Belts together, RED-BLACK Belts together

WOMEN: No Weights. YELLOW-GREEN-BLUE Belts together, RED-BLACK Belts together

JUNIORS: BOYS & GIRLS SEPARATE TEAMS.

- YELLOW-GREEN-BLUE Belts together. Peewee/Light together, Middle/Heavy together.
- RED-BLACK Belts together. Peewee/Light together, Middle/Heavy together.

MEDALS AWARDED: 1 x Gold, 1 x Silver, 1 x Bronze.

TEAM PATTERNS

ALL TEAM EVENTS WILL START AFTER THE INDIVIDUAL COMPETITIONS.

Entries are made on the day at the Team Entry Desk.

RULES:

Teams will consist of 3-5 competitors. Patterns may be performed as hip-twist or sine-wave (mixed divisions). The pattern performed must be relevant to the most junior grade in the team, e.g., a team with a 9th Kup in can only perform Chon Ji and a team with a 3rd Kup in can perform any pattern up to and including Toi Gye. Each team should perform a pattern in unison (though certain artistic licence is given for short sections of the pattern to be performed individually).

Scoring to be based on the following: -

1. The correctness of the pattern moves
2. Power, balance, focus, fluidity etc. (as per individual pattern competition).
3. Synchronisation of all members when performing the pattern.

DIVISIONS:

Mixed Genders

White/Yellow/Green/Blue together, Red/Black together

MEDALS AWARDED: 1 x Gold, 1 x Silver, 1 x Bronze.

DESTRUCTION – BLUE/RED/BLACK BELTS ADULTS ONLY

The destruction event will take place at the end of the competition.

TECHNIQUES

- Side Kick,
- Turning Kick,
- Either Reverse Side Kick (foot sword) or Back Kick (sole of the foot),
- Inward Knife Hand Strike,
- Elbow Strike or Palm.

Separate Male and Female divisions.

Holder may be adjusted for your height.

White Boards Only - 1, 2 or 3 Boards, 1 point per board broken

1 Measure Allowed, NO TOUCH as this will count as your attempt if you do.

No step through is allowed.

Only clean breaks are counted; bent boards are not.

In the event of a draw, all techniques are repeated on the other side, if a further draw occurs the competitors will be weighed and the result awarded to the lightest competitor.

MEDALS AWARDED: 1 x Gold, 1 x Silver, 1 x Bronze.