

## Instructor's Pack Content list

Dear Instructor,

Please find in this pack all the forms and information for this year's championships. Most of the forms can be filled in on your computer using the Official TAGB Schools Programme, or you can print off and hand write the samples here.

The contents of the pack are as follows:

- 1. This List.**
- 2. Grand Master Sergiew's Welcome Letter.**
- 3. Championship Rules** (*Please read carefully as these differ from the TAGB National championships rules*).
- 4. Executive Event Rules** (*This is completely different to the TAGB National Championship event*).
- 5. Ultimate Striker Event Rules** (*These events are using the Strike Pad*).
- 6. Flying Side Kick Event Rules** (*junior event only*).
- 7. Speed Kicking Event Rules** (*junior event only*).
- 8. Tag Team Sparring Event Rules** (*This is like the TAGB national events, entry on the day only*).
- 9. Team Pattern Event Rules** (*entry on the day only*).
- 10. Student's Entry Form** (*This is the blank form for you to print off and then write on*).
- 11. School Entry Listing Form** (*This is the blank form for you to print off and then write on*).
- 12. Officials Application Listing** (*Please enter your Black Belt Officials that will be attending. This form can be posted or emailed to [t.coleman@nmtkd.org.uk](mailto:t.coleman@nmtkd.org.uk)*).

## Grand Master Sergiew's Welcome letter

Dear Instructor,

I would like to welcome you and your students, along with the North Midlands Instructors, to come along, take part and enjoy our North Midlands Championships 2022.

The Championships have taken place in Derby & Notts for over 20 years, and are viewed as one of the "friendliest" events in the TAGB Calendar, and an event where new competitors can sample the competition arena through a number of tailored events.

This year's North Midlands Championships are on Sunday 10th July 2022 at the Wildcats Arena, Nottingham.

Please note: **DO NOT USE** the standard T.A.G.B. championships entry form, the North Midlands Championship has different weight divisions to a national championship, so please use the entry form enclosed.

**Please note the strict closing date will be Wednesday 6<sup>th</sup> July.** Only postal entries are accepted, please send to TAGB Admin Services, PO Box 16641, Tamworth, Staffs B77 9NA, please make cheques payable to R Sergiew.

Students can also fill in and print off the Student's Entry Form on the North Midlands website [www.nmtkd.org.uk](http://www.nmtkd.org.uk), after that all they have to do is hand it to their Instructor with the entry fee. Please note: Only instructors can enter students, students will not be allowed to enter themselves.

The Instructor's commission is £1 for each event entered and £1 for each adult spectator ticket paid for in advance. Children under sixteen can only pay half price on the door and this will be at the organiser's discretion. Instructors please enter each school on separate School Entry Lists. A blank schools list is available in the pack, or you can enter students online via the Official TAGB Schools Programme.

Each school Instructor is asked to provide qualified officials if possible. All officials are appreciated, without your support there would be no event.

Once again, we are including the Ultimate Striker power and reaction time competition, and the North Midlands special Executive Black Belt Event combining patterns, sparring and power test. We also have two events specially for juniors, Speed Kicking and Flying Side Kick!

I look forward to you joining us for an enjoyable 2022 Championships.

Regards,

Grand Master Sergiew 9th Dan

## Championship Rules

**Date:** 10/07/22

**Doors Open** 9.00am

**Starting at** 09.30 am.

**Venue:** Wildcats Arena, Greenwood Rd, Nottingham NG3 7FJ

**Competitors:** Per event £15.00p (3 or more events £40.00)

**Spectators:** Adults £10.00p under sixteen half price; under-five's free  
(Under sixteen to pay on the door, half price fee will be at the organiser's discretion).

**(TAGB white suits or club suits ONLY to be worn at this event, no International TAGB suits)**

STRICT CLOSING DATE for postal entries to be received by TAGB Admin is Wednesday 6<sup>th</sup> July 2022.

**Categories:** **Adults:** Male and female separate

**Children (under 16's):** Male and female separate. (Please note there is NO CADETS category).

**Executive:** Male and female separate. (Black Belts only).

**All sparring point stop:** Yellow (including yellow stripe), Green, Blue, Red and Black belt. Belt divisions are by belt colour (e.g. green belt includes blue stripe).

<b>Sparring</b>	Ladies	Males	Children
Tiny Tots: (yellow & green belts only, minimum of 4)			up-to 122 cm
Pee Wee:			up to 137 cm
Lightweight:	up-to 55 kg	up-to 67 kg	up to 152 cm
Middleweight	up-to 60 kg	up-to 77 kg	up to 168 cm
Heavyweight	over 60 kg	over 77 kg	over 168 cm

<b>Patterns</b>		
Yellow belt:	Chon-Ji, Dan-Gun, Do San	
Green belt:	Do-San, Won-Hyo, Yul Gok	
Blue belt:	Yul-Guk, Joong-Gun, Toi Gye	
Red belt:	Toi-Gye, Hwa-Rang, Chung Moo	
Black belt:	<b>Adults</b> any Black Belt pattern (including Chung Moo). <b>Juniors</b> any Black Belt pattern for their next grading	

<b>Destruction</b>	Hand	Foot
Men	Choice (including elbow on black boards)	Choice
Ladies	Choice (including elbow on black boards)	Choice

**Executive Pattern & Sparring Knock-out** (students entering this event can also pay & enter other black belt events).

**Ultimate Striker**

**Flying Side Kick & Speed Kicking** (junior events only)

**Tag Team Sparring & Team Patterns** (can only be entered & paid for ON THE DAY).

## Executives Event Rules

The Executive event will be open to Black Belts, Ladies 35 and over and Men 40 and over.

### **THIS IS A COMBINED PATTERNS, SPARRING AND STRIKE PAD EVENT.**

Ladies and Men will compete separately with no weight divisions. Entrants in this event may also compete in the traditional Black Belt divisions if they wish.

The Pattern section will be run under European pattern knock-out rules, where two competitors will at the same time perform a pattern STRICTLY taken from the three for their next grading, the pattern considered the best performed by the judges, is awarded 2 Points.

In the Sparring section the winner of each 2 min bout will be awarded 2 Points, (1 point to each competitor in the event of a draw).

The event-draw will be made on the day. Each competitor will compete in a minimum of 2 bouts of sparring and patterns.

The final placings will be based on the overall points accumulated for wins in the Sparring and Patterns sections, based on 2 Points for every bout won of Patterns or Sparring. Any competitor receiving a bye will also receive 2 points.

The total pattern points and sparring points, earned for each bout won, will be added up to give the 1st or 2nd, and 3rd highest placed scores for Gold or Silver and Bronze.

The two highest scores will compete a final bout of each, sparring + patterns +power strike pad consecutively (the order decided by the toss of a coin). Highest points of the 3 disciplines the winner. (In the event of a tie, the finalists will be weighed and the lightest awarded the win).

## The Ultimate Striker Event Rules

### Ultimate Striker: Hand Power Test

Competitors must strike using a back-fist.

The right or left hand may be used.

Each competitor has three attempts.

All three attempts must be made with the same hand.

Competitors may measure before striking; the measure must not touch the target.

The height of the target will be set by the referee, according to the height of the competitor.

The best of the three strikes will be recorded.

<b>Junior Hand Power Test (Up to and inc. 16 - All belts)</b>	
<b>Girls</b>	<b>Boys</b>
LIGHT: Up to & Including 35Kg	LIGHT: Up to & Including 35Kg
MIDDLE: Over 35 up to & Including 55Kg	MIDDLE: Over 35 up to & Including 55Kg
HEAVY: Over 55Kg	HEAVY: Over 55Kg

All the above divisions - Best of 3 back-fist strikes. Medals awarded 1 x Gold 1 x Silver 1 x Bronze

<b>Senior Hand Power Test (Over 16 - All belts)</b>	
<b>Ladies</b>	<b>Men</b>
LIGHT: Up to & including 65Kg	LIGHT: Up to & including 65Kg
MIDDLE: Over 65 up to & including 85Kg	MIDDLE: Over 65 up to & including 85Kg
HEAVY: Over 85Kg	HEAVY: Over 85Kg

All above divisions - Best of 3 back-fist strikes. Medals awarded 1 x Gold 1 x Silver 1 x Bronze

### Ultimate Striker: Foot Power Test

Competitors must strike using a turning kick.

The ball or instep of the foot may be used.

The right or left foot may be used.

Each competitor has three attempts.

All three attempts must be made with the same foot.

Competitors may measure before striking; the measure must not touch the target.

The height of the target will be set by the referee, according to the height of the competitor.

The best of the three strikes will be recorded.

<b>Junior Foot Power Test (Up to and inc. 16 - All belts)</b>	
Girls	Boys
LIGHT: Up to & including 35Kg	LIGHT: Up to & including 35Kg
MIDDLE: Over 35 up to & including 55Kg	MIDDLE: Over 35 up to & including 55Kg
HEAVY: Over 55Kg	HEAVY: Over 55Kg

All above divisions - Best of 3 turning-kick strikes. Medals awarded 1 x Gold 1 x Silver 1 x Bronze

<b>Senior Foot Power Test (Over 16 - All belts).</b>	
Ladies	Men
LIGHT: Up to & including 65Kg	LIGHT: Up to & including 65Kg
MIDDLE: Over 65 up to & including 85Kg	MIDDLE: Over 65 up to & including 85Kg
HEAVY: Over 85Kg	HEAVY: Over 85Kg

All above divisions - Best of 3 turning-kick strikes. Medals awarded 1 x Gold 1 x Silver 1 x Bronze

**Ultimate Striker: Grand Champ**

Competitors may strike using any Tae Kwon Do technique.

Each competitor has five attempts.

Techniques may not be repeated, e.g.

Left hand back-fist and right-hand back-fist are permitted.

Left hand back-fist twice is not permitted.

Competitors may measure before striking; the measure must not touch the target.

The height of the target will be set by the referee for each strike, according to the height of the competitor.

The total of all five strikes will be recorded.

<b>Grand Champ Power Test (All belts)</b>			
Girls	Boys	Ladies	Men
ALL WEIGHTS	ALL WEIGHTS	ALL WEIGHTS	ALL WEIGHTS

All above divisions - Total of 5 strikes.

Medals awarded 1 x Gold

**Ultimate Striker: Team Power Test**

Teams must include three members, one in each of the following weight divisions:

1. Light: Up to and including 40Kg
2. Middle: Over 40Kg up to and including 80Kg
3. Heavy: Over 80Kg

Each team member must perform three strikes of a different type:

1. Linear technique: Punch, sidekick, front-kick
2. Rotational technique: Back-fist, knife-hand, turning-kick
3. Flying technique

The team can choose which member performs which type of technique.

Competitors may measure before striking; the measure must not touch the target.

The height of the target will be set by the referee for each strike, according to the height of the competitor.

The total of all fifteen strikes will be recorded.

<b>Team Power Test (All belts)</b>
All Teams
1 x LIGHT: Up to & including 65Kg
1 x MIDDLE: Over 65 up to & Including 85Kg
1 x HEAVY: Over 85Kg

Total of 15 strikes (3 for each team member). Medals awarded 1 x Gold



**Ultimate Striker: Fight-Fit**

Competitors may strike using any combination of Tae Kwon Do techniques.

Competitors have one minute to perform any number of strikes.

The height of the target will be set by the referee for each strike, according to the height of the competitor.

The total of all strikes will be recorded.

<b>Junior Fight-Fit Power Test (Up to and Including 16 - All belts)</b>	
Girls	Boys
LIGHT: Up to & including 35Kg	LIGHT: Up to & including 35Kg
MIDDLE: Over 35 up to & including 55Kg	MIDDLE: Over 35 up to & including 55Kg
HEAVY: Over 55Kg	HEAVY: Over 55Kg

All above divisions – Total score for 1 minute. Medals awarded 1 x Gold

<b>Senior Fight-Fit Power Test (Over 16 - All belts)</b>	
Ladies	Men
LIGHT: Up to & including 65Kg	LIGHT: Up to & including 65Kg
MIDDLE: Over 65 up to & including 85Kg	MIDDLE: Over 65 up to & including 85Kg
HEAVY: Over 85Kg	HEAVY: Over 85Kg

All above divisions – Total score for 1 minute. Medals awarded 1 x Gold

## Flying Side Kick Event Rules; Juniors Only

Up to and including 16 years – girls and boys separate divisions

### Grade Divisions (As Per Patterns, enter Code Fsk)

Yellow Stripe to Green Stripe  
Green Belt & Blue Stripe  
Blue Belt & Red Stripe  
Red Belt & Black Stripe  
Black Belts

All pads will be provided on the day.

The pads will be held by the area officials, at the competitor's SHOULDER HEIGHT

Each competitor will be given the opportunity of one line-up.

The kick can be performed with choice leg and will be judged on:

**Presentation**  
**Technique**  
**Balance**  
**Power**  
**Foot-Shape**

The competitor can perform the kick from STANDING OR WITH A RUN UP but must not step out of the ring area.

Judges will score using the pattern score cards.

DEDUCTIONS will be made for:

**Loss of balance**  
**Stepping out of the ring area before or after the kick**  
**Missing the focus pad completely**  
**The balancing foot must be off the floor at the point of impact on the pad**

In the event of a play off for 1st, 2nd, 3rd, places, each competitor will be required to perform the kick with the opposite leg.

AWARDS = 1 X GOLD; 1 X SILVER; 1 X BRONZE

## Speed Kicking Event Rules; Juniors Only

How many kicks can the competitor complete in 30 seconds?

Up to and including 16 years – girls and boys separate divisions

### Three Grade Divisions Only (Enter Code Sk)

Yellow Stripe to Blue Stripe

Blue Belt to Black Stripe

Black Belts

All pads will be provided on the day.

The pads will be held by the area officials, at the competitor's CHEST HEIGHT

### RULES:

**The attempt can be with a choice leg (l or r)**

**All kicks must be with the same leg**

**The kicks must be with the instep**

**The kicking foot must touch the floor between each kick**

**Competitors will be discouraged from kicking with impact force**

**Kick deductions will be made for:**

**Any kick missing the pad**

**The kicking foot not touching the floor between kicks.**

**In the event of a play-off competitor will perform A SECOND ROUND using the opposite leg**

AWARDS = 1 X GOLD PER DIVISION

## Tag Team Sparring Event Rules

Teams will consist of a 3-person team.

Bouts will be for 4 minutes.

All team matches will be point stop.

When a bout is stopped, team members can touch gloves to change.

All 3 members must fight at some stage during the bout.

### **Adult Three Person Team.**

Please note there are no weights.

### **Team Gender & Ranks.**

MALE               BLACK BELTS.  
                      RED & BLUE BELTS.  
                      GREEN & YELLOW BELTS.

FEMALE           BLACK BELTS.  
                      RED & BLUE BELTS.  
                      GREEN & YELLOW BELTS.

### **Children Three Person Team.**

Please note children must be at least 122 cm, also there are only two height divisions.

From 122 cm to under 152 cm

Over 152 cm

### **Gender Team Ranks.**

BOYS               BLACK BELTS.  
                      RED & BLUE BELTS.  
                      GREEN & YELLOW BELTS.

GIRLS              BLACK BELTS.  
                      RED & BLUE BELTS.  
                      GREEN & YELLOW BELTS.

PLEASE NOTE: ENTRY TO THIS EVENT IS ON THE DAY, £15 PER TEAM

## Team Pattern Event Rules - 2 Members Per Team

### Categories

<b>JUNIORS</b>	Any mix of belts, and mix of boys and girls, BOTH team members must be UNDER 16.
<b>ADULTS</b>	Any mix of belts, and mix of male and female, BOTH team members must be OVER 16.
<b>MIXED JUNIOR + ADULT</b>	Any mix of belts, and mix of men and ladies. One team member MUST be under 16 years & One team member MUST be over 16 years.

Both Team Members – MUST perform the same pattern in unison, from the traditional TAGB patterns list below.

Yellow and Green Belt	Patterns Chon-Ji to Yul Gok.
Blue and Red Belt	Patterns Yul-Gok to Chung Moo.
Black belt	Any Black Belt Pattern (including Chung Moo).

Both team members perform the pattern applicable to the lowest grade in the team.

A competitor can compete in 2 SEPARATE categories but only in ONE TEAM per category

ALL TEAMS TO REGISTER ON THE DAY, £10 PER TEAM.

IF THERE IS ONLY ONE TEAM IN ANY CATEGORY, THEY WILL BE AWARDED GOLD.

AWARDS – 1 x GOLD; 1 X SILVER; 1 X BRONZE (Per Team Member)

## North Midlands Area COMPETITION ENTRY FORM

SCHOOL _____	INSTRUCTOR _____
LICENCE NO _____	LICENCE EXPIRY DATE _____
SURNAME _____	INITIAL _____

STATUS	COLOUR DIV	WEIGHT	EXECUTIVE
ENTER IN THE BOX ABOVE	ENTER IN THE BOX ABOVE	ENTER IN THE BOX ABOVE	ENTER IN THE BOX ABOVE
L for LADY	YE for YELLOW	T for TINY TOTS	EM for
M for MEN	GR for GREEN	P for PEE WEE	EXECUTIVE MALE
G for GIRLS	BU for BLUE	L for LIGHT	EL for
B for BOYS	RE for RED	M for MIDDLE	EXECUTIVE LADY
	BK for BLACK	H for HEAVY	

PATTERNS	DESTRUCTION	STRIKE PAD	SPEED KICKING	FLYING SIDE KICK
ENTER P for PATTERN	H for HAND F for FOOT H&F for BOTH	H for HAND F for FOOT H&F for BOTH	JNR ONLY ENTER SK	JNR ONLY ENTER FSK

COMPETITORS SIGNATURE \_\_\_\_\_

PARENTS SIGNATURE \_\_\_\_\_

SCHOOL INSTRUCTOR SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

THE CODE ON THE RIGHT IS TO BE INSERTED IN THE BOX "WEIGHT" ON THE OTHER SIDE OF THIS FORM

CATEGORY	WEIGHTS	CODE
LADY	Up to & Inc 55kg LIGHTWEIGHT	L
LADY	Above 55kg to & inc 60kg. MIDDLEWEIGHT	M
LADY	Above 60kg HEAVYWEIGHT	H
CHILDREN	Up & Inc 122cm TINY TOTS	T
CHILDREN	Above 122cm to & inc 137cm PEE WEE	P
CHILDREN	Above 137cm to & inc 152cm LIGHTWEIGHT	L
CHILDREN	Above 152cm to & inc 168cm MIDDLEWEIGHT	M
CHILDREN	Above 168cm HEAVYWEIGHT	H
MENS	Up to & Inc 67kg LIGHTWEIGHT	L
MENS	Above 67kg to & Inc 77kg MIDDLEWEIGHT	M
MENS	Above 77kg HEAVYWEIGHT	H

I wish to enrol as a competitor in the forthcoming championships and accept that if this application is partially or incorrectly completed, that I may forfeit my right to compete, and state that I will accept the result of the official board. I clearly understand that my participation in the event is entirely at my own risk. I certify that the facts stated are correct and I am fit to take part in the event.

This form must be handed to your Instructor with the appropriate fee. The Instructor should not send off this form; instead the details should be entered on the ENTRY LIST, which then should be sent to the competition organiser.

Please note: Students can pay and enter both the hand & foot in Destruction and also Strike Pad; if you enter the executive event you can also pay and enter other Black Belt events.

# NORTH MIDLANDS T.A.G.B. COMPETITION ENTRY LISTING

Send to: TAGB Administration Services P.O.Box 16641 TAMWORTH Staffs B77 9NA

Cheques made payable to "R.Sergiew"

Send this form only. Do-not send individual entry forms.

School: \_\_\_\_\_

Instructor: \_\_\_\_\_

To enter someone into Sparring AND Executive Sparring please enter the same persons details on two rows. Directly after each other.	Sex	Belt	Sparring	Patterns	Destruction	Strike Pad
	M - Male	BK - Black	T - Tiny-Tot	P - Patterns	F - Foot	F - Foot
	L - Lady	RE - Red	P - Pee-Wee		H - Hand	H - Hand
	B - Boy	BU - Blue	L - Light		B - Both	B - Both
	G - Girl	GR - Green	M - Middle		FSK - Fly SKick	
	EM - Ex Male	YE - Yellow	H - Heavy		SK - Speed K	
	EF - Ex Female		EX - Exec		BK - Both kick	

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Your Return Address

Number of events		Cost =	
Number of Competitors Tickets			
Number of Spectator tickets		Cost =	
		<b>Total :</b>	

Please remeber to fill in your RETURN ADDRESS so we can send you your tickets

**STRICT CLOSING DATE:** entries to be received by Grand Master Sergiew (TAGB Admin) by  
 Wednesday 6<sup>th</sup> July 2022

# NORTH MIDLANDS T.A.G.B. OFFICIALS Application List

Send to: TAGB Administration Services P.O.Box 16641 TAMWORTH Staffs B77 9NA

Please Note: ONLY Instructors with students entering the event may submit officials

School: \_\_\_\_\_ Instructor: \_\_\_\_\_

	Initial	Surname	TAGB ID Number	Most Recent Qualification ie REF / UMP, Cert Number & Date obtained		
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