



L.T.S.I. VII SOUTH EAST OPENS CHAMPIONSHIPS 2010



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Dear Instructor,

On behalf of the 'Board of Control' for the United Kingdom Lions Tae Kwon Do Schools Independent (UK-L.T.S.I.), we would like to invite you and your members to take part in the 2010 7th South East Opens T.K.D. Championships.

VENUE AND DATE

VENUE:	DATE:
Marlborough School Sports Complex, Watling Street, St. Albans, Herts. AL1 2QA	Sunday 7 th March 2010

START TIMES

DOORS OPEN:	START	RUNNING ORDER:
8am	9am	12's and under until 12 noon, 13's and over until 6pm

ENTRY INFORMATION

ENTRY TYPE	COST	DUE DATE:	PAYMENT METHOD:
Competitors	£15	Friday 26 th February 2010	Cheques payable to 'L.T.S.I.' (Instructors cheques only)
Competing Officials	£15	Friday 26 th February 2010	
Spectators	£5	Payable on the door	Cash only on the door

ENTRY METHODS

ENTRY METHODS:	DETAILS
Post	Entries to L.T.S.I. H.Q. 14 Collyer Road, London Colney, St. Albans, Herts. AL2 1PD
Web	Via PDF form available at WWW.ltsi-tournaments.co.uk (post payment to above address)

OFFICIALS / REFEREES INFO

This year, the arena will host five matted rings.
All schools **MUST** provide officials, as by not doing so the proceedings will not run to plan. All officials should wear blazer, shirt, trousers and tie. The centre refs will wear the official L.T.S.I. polo shirts. We will provide a free buffet and refreshments for officials. Please do not pay on the door to enter, as NO refunds will be given - please ensure your names are sent in, so cards can be ready for you at the door.

PROJECTION OF FILM

The L.T.S.I. projects films and all results from their events onto a 10 foot by 10 foot screen. Images shown are those caught from previous events that we host. Therefore, anyone that enters our events **MUST** understand that in signing our entry form, they are also giving permission to be filmed / photographed by the L.T.S.I. staff – any video / film content may appear on the events website the U.K.'s official Tae Kwon Do information resource website www.uk-ltsi.com.

We thank all instructors and their members for supporting the VII U.K.- L.T.S.I. South East Opens and wish you and your school the best of luck.

Should you need any further assistance, please do not hesitate to contact the tournament host Mr. Snow on 07960 476124 – if you need to contact the L.T.S.I. Head Office, please call 01727 827624.

We look forward to seeing you at the championships.

Mr. Chris Snow, 5th Degree
L.T.S.I. Chairman
Tournament Host



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SPARRING DIVISIONS

PLEASE TICK RELEVANT DIVISION FOR SPARRING			
10 th to 7 th Kups	6 th to 4 th Kups	3 rd to 1 st Kups	1 st Dans & Above
<input type="checkbox"/> 5 to 7's mixed <input type="checkbox"/> 8's and 9's mixed <input type="checkbox"/> 10 to 12's Males <input type="checkbox"/> 10 to 12's Females <input type="checkbox"/> 13 - 15's Males <input type="checkbox"/> 13 - 15's Females <input type="checkbox"/> 16+ Males <input type="checkbox"/> 16+ Females	<input type="checkbox"/> 5 to 7's mixed <input type="checkbox"/> 8 and 9's mixed <input type="checkbox"/> 10 to 12's Males <input type="checkbox"/> 10 to 12's Females <input type="checkbox"/> 13 - 15's Males <input type="checkbox"/> 13 - 15's Females <input type="checkbox"/> 16+ Males <input type="checkbox"/> 16+ Females	<input type="checkbox"/> 8 and 9's mixed <input type="checkbox"/> 10 to 12's Males <input type="checkbox"/> 10 to 12's Females <input type="checkbox"/> 13 - 15's male <input type="checkbox"/> 13 - 15's Females <input type="checkbox"/> 16+ Males <input type="checkbox"/> 16+ Females	<input type="checkbox"/> 10 to 12's Males <input type="checkbox"/> 10 to 12's Females 13 + 14 Males <input type="checkbox"/> -58kg <input type="checkbox"/> -60kg <input type="checkbox"/> +60kg 13 + 14 Females <input type="checkbox"/> -45kg <input type="checkbox"/> -50kg <input type="checkbox"/> +50kg 15 - 17 Males <input type="checkbox"/> -58kg <input type="checkbox"/> -63kg <input type="checkbox"/> +63kg 15 - 17 Females <input type="checkbox"/> -48kg <input type="checkbox"/> -53kg <input type="checkbox"/> +53kg 18+ Males <input type="checkbox"/> -67kg <input type="checkbox"/> -75kg <input type="checkbox"/> +75kg 18+ Females <input type="checkbox"/> -57kg <input type="checkbox"/> -65kg <input type="checkbox"/> +65kg
PLEASE TICK RELEVANT DIVISION FOR VETERANS (OVER 35's) DIVISION			
<input type="checkbox"/> Males - All Colours	<input type="checkbox"/> Females - All Colours	<input type="checkbox"/> Males - Black Belts	<input type="checkbox"/> Females - Black Belts

PATTERN DIVISIONS

PLEASE TICK RELEVANT DIVISION FOR PATTERNS	
<input type="checkbox"/> 10 th Kup to 7 th Kup 12's and under <input type="checkbox"/> 10 th Kup to 7 th Kup 13's and over <input type="checkbox"/> 6 th Kup to 4 th Kup 12's and under <input type="checkbox"/> 6 th Kup to 4 th Kup 13's and over <input type="checkbox"/> 3 rd Kup to 1 st Kup 12's and under <input type="checkbox"/> 3 rd Kup to 1 st Kup 13's and over	<input type="checkbox"/> Black Belts 1 st to 3 rd Dan 12 and under <input type="checkbox"/> Black Belts 1 st to 3 rd Dan 13 to 17 Males <input type="checkbox"/> Black Belts 1 st to 3 rd Dan 13 to 17 Females <input type="checkbox"/> Black Belts 1 st to 3 rd Dan 18+ Males <input type="checkbox"/> Black Belts 1 st to 3 rd Dan 18+ Females <input type="checkbox"/> Black Belts 4 th Dans and over mixed

DESTRUCTION AND HEIGHT

PLEASE TICK RELEVANT DIVISION FOR BREAKING	
<input type="checkbox"/> Special 8 to 9's Turning Kick (Electronic Kick Shield) <input type="checkbox"/> Special 10 to 12's Turning Kick (Electronic Kick Shield) <input type="checkbox"/> Special 13 to 15's Back Kick (Electronic Kick Shield) <input type="checkbox"/> 10 th to 7 th Kup 16's + Turning Kick <input type="checkbox"/> 6 th to 1 st Kup 16's + Reverse Turning Kick	<input type="checkbox"/> 18's + Male Black Belts - Multi technique <input type="checkbox"/> 18's + Female Black Belts - Multi technique <input type="checkbox"/> 13 to 18 Female Black Belts - Multi technique <input type="checkbox"/> 13 to 18 Male Black Belts - Multi technique

EVENT RULES

- The organisers reserve the right to amalgamate any sections, if there are not enough competitors.
- All rings will be manned by independent referees and judges, where possible (one rep from each group).
- 10th to 7th Kups point sparring only - first to 10 points wins, or best of 90 second round.
- Continuous sparring for 6th Kups and above - 90 second round, finals 1 x 120 second rounds.
- Full sparring equipment must be worn - hands / foot / head (groin guard for males).
- I.T.F. format event, so the rules will be the same.
- Excessive contact will result in instant DQ.
- Please note, 'Team Challenge' points DO NOT count towards the County title.
- The County title is won by amount of medals picked up by each school team during the day.
- ALL Schools MUST be divided into teams of a maximum of 20 and a name given i.e. 'Luton Warriors'
- Patterns - these are split into two groups. Two competitors at a time will compete, best performance wins.
- In signing this form, all applicants have agreed they understand that L.T.S.I. staff will be filming during the day and photos of them may be used in the National Martial Arts Press to promote future events.
- All rules made and decisions on the day are FINAL - once you have signed this form, you agree to these terms.

APPLICATIONS TO BE RETURNED BY 19TH FEBRUARY 2010

Disclaimer:

By giving my details on this form, I understand that I cannot hold the L.T.S.I. responsible for any injuries I may sustain during the day of competing. I currently hold a valid association / group membership that has insurance attached to it. I hereby state that I am physically fit to take part and do not know of any reason why I should not be allowed to participate - furthermore, I understand that the event is semi contact.

Applicants Name.....Signature.....Grade..... D.O.B.....
(Parent to sign if under 18 years of age)

I am the Instructor of T.K.D. School. I have ensured this person holds current membership with me via our National organisation and certify that all their details are correct.

Signature Print Name Date.....



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SPARRING RULES

- ⌚ All competitors to wear the red and blue velcro belts provided.
- ⌚ Hand, foot, head guard and groin protectors MUST be worn (ONLY SEMI CONTACT EQUIPMENT ALLOWED, NOT FULL CONTACT).
- ⌚ 10th to 7th Kup sections are point sparring only - one x 90 second round or first to 10 points.
- ⌚ 6th Kup and above continuous sparring - one x 90 second round, final 120 second round.
- ⌚ Black Belts - one x 120 second round, final 2 x 90 second round.
- ⌚ All centre referees to wear the official polo shirt provided by L.T.S.I. (to be returned at the end of event).
- ⌚ All supplied officials MUST wear blazer, shirt, tie, slacks and white trainers.
- ⌚ Veterans division will be touch sparring (very light contact) only.

POINT SCORING

- ⌚ 10th to 7th Kups - 1 point for every technique.

CONTINUOUS

- ⌚ 1 point - hand attack to mid or high section both feet on floor, jumping punch to mid section.
- ⌚ 2 points - foot attack to head, jumping kick to mid section or jumping punch with both feet off floor to head.
- ⌚ 3 points - flying kick to head with both feet off ground (N.B. a flurry of punches will only result in one point being awarded).
- ⌚ Example 1 – Competitor uses flurry of eight punches - only 1 point awarded, unless different heights.
- ⌚ Example 2 – Competitor uses flurry of four punches and executes back fist, both to face- a total of 2 points is gained. This means that separate techniques score more points.
- ⌚ Targeting – All shots MUST be to front of body areas and above waist height.
- ⌚ Contact – Will be semi contact. Any competitor seen using hard contact that is deemed to be excessive will be penalised and disqualified if they continue to do so. The Arena ring supervisor has the right to stop any match and change the referees in extreme situations.
- ⌚ Blood – In the case of blood being drawn, the competitor who is bleeding MUST get another Do-Bok top before the match can continue (Health and Safety measure).
- ⌚ Kicking or punching to the back will result in warnings. Loss of balance, turning away or stepping out of the ring will also result in warnings being given.

PATTERNS

- ⌚ All competitors will be called up in sets of two.
- ⌚ Team challenge must be 5 competitors (Tul must be lowest grades current pattern) Team coach will call the name of the pattern and start and finish commands.
- ⌚ The three or five judges will award a score on the score cards between 1 and 9 points.
- ⌚ The highest three scores of the division will win, or in the case of a draw, there will be a second round to find the winner.
- ⌚ Example: Blue gets a 3,3,5 Red gets a 4,3,3 - **Blue is the winner by one point.**

BREAKING

(Start and finish position forearm guarding block, or fault to be given on all breaking).

- ⌚ Colour Belts Special 8 to 9's Turning Kick (Electronic Kick Shield)
- ⌚ Colour Belts 10 to 12's Turning Kick (Electronic Kick Shield)
- ⌚ Special 13's+ Back Kick (Electronic Kick Shield)
- ⌚ 10th to 7th Kup (16's +) – Side Kick.
- ⌚ 6th to 1st Kup (16's +) – Back Turn Kick
- ⌚ 13 to 18 Black Belts Males – Multi Technique 1 white board (Back kick & knife hand)
- ⌚ 13 to 18 Black Belts Females – Multi Technique 1 white board (Back kick & elbow)
- ⌚ 18+ Black Belts Males – Multi Technique 1 new red board (Turning kick, side kick, back kick & reverse knife hand)
- ⌚ 18+ Black Belts Females – Multi Technique 1 worn red board (Back Kick & elbow)

Best Performing School Title:

Points awarded towards title:

- ⌚ Gold 3 points – Silver 2 Points – Bronze 1 Point. ⌚



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No.	PATTERN TEAM CHALLENGE:	NAME	
1		4	
2		5	
3		6	Team Captains Name (not competing)

TEAM LIST

No.	TEAM NAME :		
1		9	
2		10	
3		11	
4		12	
5		13	
6		14	
7		15	
8			

TEAM LIST

No.	TEAM NAME :		
1		9	
2		10	
3		11	
4		12	
5		13	
6		14	
7		15	
8			

UMPIRE LIST

No.			
1		6	
2		7	
3		8	
4		9	
5		10	

INSTRUCTORS RETURN ADDRESS FOR TICKETS

NAME:	SCHOOL