



INTERNATIONAL TAEKWON-DO FEDERATION UGANDA ASSOCIATION

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P.O BOX 34459 KAMPALA



Email: ugita516@yahoo.com | Website: www.itf-uganda.com

16th June, 2022

Dear coaches

RE: Invitation for ITF Uganda Heroes Cup and Referees seminar 29th-30th July 2022

Regards to you all. Hope that this letter finds you well.

This serves to invite you for the above mentioned subject scheduled 29th – 30th July 2022 in Kampla. The competition will include Patterns and Sparring. Participation fee Ugx 10,000 per individual.

Competition weight category Juniors and Seniors

S/No.	Junior male	Junior female	Senior male	Senior female
	14 – 17 years		18 years and above	
1.	Up to 50 kgs	Up to 45 kgs	Up to 57 kgs	Up to 50 kgs
2.	Over 50 to 56 Kgs	Over 45 to 50 kgs	Over 57 to 63 kgs	Over 50 to 56 kgs
3.	Over 56 to 62 Kgs	Over 50 to 55 kgs	Over 63 to 73 kgs	Over 56 to 62 kgs
4.	Over 62 to 68 Kgs	Over 55 to 60 kgs	Over 70 to 78 kgs	Over 62 to 68 kgs
5.	Over 68 to 75 Kgs	Over 60 to 65 kgs	Over 78 to 85 kgs	Over 68 to 75 kgs
6.	Over 75 kgs	Over 65 kgs	Over 85 kgs	Over 75 kgs

Patterns

Individual junior pattern from Chon-ji to 1 Dan pattern both male and female

Individual senior pattern from Chon-ji to 1, 2, 3 Dan for both male and female

ALBOHO EDDIE
PRESIDENT
0702-415964

OWOR DAVID
V/PRESIDENT
0757048696

BUCHUNJU SEDULAKI
GENERAL SECRETARY
0701-820203

OCHWO MICHEAL
ASST/GEN SECRETARY
0757-249783

SSEBIRAGALA EDDY
TREASURER
0701271218

FRANCIS EMULU
ORGAN/SECRETARY
0702-304688

Program for the competition

Date	Time	Event
Friday 29 th July, 2022	8:00 am – 8:30am	Arrival and introduction of members
	8:30am – 12:30pm	Umpires Seminar
	2:00pm – 4:00pm	Umpires Seminar Continues
	4:00pm-5:30pm	Weight Confirmation
Saturday 30 th July, 2022	8:00 am	Competition starts
	8:00 am – 1:00 pm	Seminar continues
	1:00 pm – 2:00 pm	Lunch break
	2:00 pm – 5:30 pm	Competition continues
Sunday 31 st July, 2022	8:15 am – 12:00pm	Seminar
	2:00 pm – 4:30 pm	Grading
	4:30 pm – 5:30 pm	AoB

Competition details should be sent not later than 20th July, 2022 to the WhatsApp account of the organizing secretary Emulu Francis contact: 0702304688 or Vice President on 0757048696 or Chairman Technical Khaukha Aramadhan contact: 0706181565. For more details, don't hesitate to contact any of the

above

Thanks.

Cc. Uganda Taekwon-Do Federation

Cc. National Council of Sports

ALBOHO EDDIE PRESIDENT 0702-415964	OWOR DAVID V/PRESIDENT 0757048696	BUCHUNJU SEDULAKI GENERAL SECRETARY 0701-820203	OCHWO MICHEAL ASST/GEN SECRETARY 0757-249783	SSEBIRAGALA EDDY TREASURER 0701271218	FRANCIS EMULU ORGAN/SECRETARY 0702-304688
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