

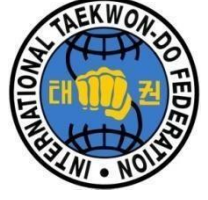


INTERNATIONAL TAEKWON-DO FEDERATION UGANDA ASSOCIATION

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RE: INVITATION TO THE 3RD EAST AFRICAN TAEKWON-DO CHAMPIONSHIPS IN KAMPALA UGANDA.

ITF Uganda Association which is a national Association recognized by the government of Uganda and ITF headquarters Spain hereby cordially invite all East Africa ITF Association Member Countries for the above mentioned event due to take place at the Pearl of Africa Hall Kabalagala on 28th – 30th December in Kampala Uganda.

The Following countries and their representation are invited:-

1. Burundi - Nitunga Dieudonne
2. D.R. Congo - Teddy Salamu
3. Kenya - John Gathaiya
4. Rwanda - Allan Irene Bagire
5. South Sudan - David Karanja
6. Somaliland - Mustafe Abdi
7. Tanzania - Said Kennedy Said
8. Uganda - Alboho Eddy Newton
9. Zanzibar - Maximilian Kailangana
10. Ethiopia - Shiferaw Getachew
11. Sweden - Master Niklas Enander
12. Ethiopia - Tamrat Feyessa (president ATF)

The tournament will comprise the following categories: - sparring, patterns, special techniques and power breaking.

Participants will include:-

Kids 7 – 13 years paying \$ 2 each and they should be Yellow belts and above. Juniors 14 –

17 years paying \$ 4 each and they should be Yellow belts and above.

Seniors 18 Years and above paying \$ 6 each and should be from Green belts and above. ITF

rules will be used during the competition based on single elimination mode.

The East African ITF Executive agreed that an Official who will come with more than 3(three) competitors will be accommodated during the days of the tournament.

List of Officials and participants should be forwarded not later than 20th December 2022 and it should include Name, Age, Weight and event(s) entered for.

Emulu Francis
Xavier Organizing
Secretary

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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This list will be confirmed on the 28th December when the draws will be made and those whose names will not have been received will not be considered.

There will be awards of certificates, medals and trophies accordingly.

The participants who are coming for sparring should come with their own protective gear

Hotel fees \$12 per night, not far from the competition hall

EAST AFRICAN TAEKWON - DO CHAMPIONSHIPS

KID'S, PRE-JUNIORS & JUNIORS PATTERNS

Male and female will compete together

Category	Grade	Pattern
7 - 11 yrs	Yellow belt up to First degree	2 designated patterns
12 - 14 yrs	Yellow belt up to First degree	2 designated patterns
15 - 17 yrs.	Yellow belt up to First degree	2 designated patterns

KID'S & PRE-JUNIORS SPARRING

(From Yellow Belt)

1st 2nd and 3rd places

Weight	Male	Female
Micro	-40 kg	-40 kg
Light	-45 kg	-44 kg
Middle	-50 kg	-48 kg
Light heavy	-55 kg	-52 kg
Heavy	-60 kg	-56 kg
Hyper	-65 kg	-60 kg
Heavy Hyper	+65 kg	+60 kg

JUNIORS SPARRING

(From Yellow Belt)

1st 2nd and 3rd places

Weight	Male	Female
Micro	-50 kg	-45 kg
Light	-55 kg	-49 kg
Middle	-60 kg	-53 kg
Light heavy	-65 kg	-57 kg
Heavy	-70 kg	-61 kg
Hyper	-75 kg	-65 kg
Heavy Hyper	+75 kg	+65 kg

JUNIORS' SPECIAL TECHNIQUE

Female and male compete separately.

Twimyo Nopi Ap Cha Busigi – Flying High Front

Kick Starting height; Female 190 cm, Male 220 cm

SENIOR PATTERNS

1st 2nd and 3rd places

Category	Grade	Designated pattern
18 yrs & over	Yellow & Green Belt	2 designated patterns
18 yrs & over	Blue & Red belt	2 designated patterns
18 yrs & over	First degree	Chon - Ji to Ge - Beak
18 yrs & over	Second degree	Chon - Ji to Juche
18 yrs & over	Third degree	2 designated patterns

SENIOR SPARRING

(From Yellow Belt)

1st 2nd and 3rd places

Weight	Male	Female
Micro	Up to 57 kg	Up to 50 kg
Light	Over 57 –63 kg	Over 50 to 56 kg
Middle	Over 63 - 70 kg	Over 56 - 62 kg
Light heavy	Over 70 - 78 kg	Over 62 - 68 kg
Heavy	Over 78 - 85 kg	Over 68 - 75 kg
Hyper	Over 85 kg	Over 75 kg

ADVANCED SENIOR SPARRING

Over 36 years. 1st 2nd and 3rd places

Weight	Male	Female
Light	Up to 68 kg	Up to 55 kg
Middle	Over 68 –78 kg	Over 55 kg
Heavy	Over 78 kg	

POWER BREAKING

1st, 2nd and 3rd places.

Seniors and Advanced Seniors only – competing together.

Korean	English	Number of boards	
		Male	Female
Ap Joomuk Jirugi	Forefist Punch	2	
Sonkal Taerigi	Knife Hand Strike	2	1
Yopcha Jirugi	Side Piercing Kick	2	1
Dollyo Chagi	Turning Kick	2	1
Bandae Dollyo Chagi	Reverse Turning Kick	2	1
Ap Palkup Taerigi	Front Elbow Strike		1

SENIOR SPECIAL TECHNIQUE

Female and male compete separately. Seniors and Advanced Seniors compete together.

Twimyo Nomo Yop Cha Jirugi – Flying Overhead Side Kick Starting height; Female 90 cm, Male 110 cm

Two Dolmyo Yop Cha Jirugi – 360 Mid Air Kick Starting height; Female 150 cm, Male 190 cm

Please observe that in all sparring categories, if in any weight class less than 3 competitors is registered, the organizer has the right to put that weight class together with another appropriate weight class.

Mouth guards, head gears, gloves, foot guards are mandatory for sparring competitions and groin guards must be worn by male competitors during sparring. Each club is responsible to bring gear for their competitors. ITF Uniforms are mandatory.

NB: Special techniques and power breaking is specifically for seniors.

Every club must submit one official to be allowed to participate.

Every Country must supply one official.