



# INTERNATIONAL TAEKWON-DO FEDERATION UGANDA ASSOCIATION

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## OFFICE OF THE PRESIDENT



Our Ref No: ITFUG-251117

Date 17<sup>th</sup> November, 2025

Your Ref No:.....

Dear ITF Club Coaches,

### REF: INVITATION TO EAST AFRICA ITF OPEN CHAMPIONSHIP

Your attention is drawn to the above subject matter. We bring you warm greetings from ITF Uganda Association, and we hope this letter finds you well.

We are privileged to invite your National Association to the above event which will be held on 4<sup>th</sup> December to 7<sup>th</sup> Dec, 2025 at Pearl of Africa School – Kabalagala, Kampala Uganda.

### Eligibility for competition:

- a) **Kids** – From 6 to 13 years (Rank Yellow belt and above)
- b) **Juniors** – From 14 to 17 years (Rank Green belt and above)
- c) **Seniors** – From 18 years. (Rank Blue belt and above)
- d) **Veterans**- From 45 and above (Rank Yellow belt and above)

### SEMINAR AND GRADING

The seminar will be on 4<sup>th</sup> – 5<sup>th</sup> December 2025 from 10;00 am - 16;00 pm at Pear of Africa School. The seminar will cover fundamental movements, patterns, self-defense, promotion demands and procedures, organization developments, mental and physical preparedness, release from grabbing, punching and kicking exercises, vital sports and dirty tricks, release from sexual assault and ground techniques.

### FEE

- a) Participation fee for competition is 15,000 Ugx (Juniors & Seniors).
- b) Participation fee for competition is 10,000 Ugx (Kids).
- c) Belt Grading fee varies according to belt levels, reference is made to the letter dated 1<sup>st</sup> July 2025 (Extracted below)

OFFICIAL INVITATION

## BELTS GRADING FEES

| Belt                                                          | New Fee (Ugx) |
|---------------------------------------------------------------|---------------|
| Each Colour Belt (10 <sup>th</sup> Gup – 1 <sup>st</sup> Gup) | 20,000        |
| 1 <sup>st</sup> Dan                                           | 45,000        |
| 2 <sup>nd</sup> Dan                                           | 60,000        |
| 3 <sup>rd</sup> Dan                                           | 75,000        |
| 4 <sup>th</sup> Dan                                           | 100,000       |

**NB:** All those who are interested in grading should WhatsApp their names to 0779253031 not later than 30<sup>th</sup> November 2025 (Include your current belt level)

### Awards

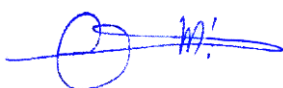
Awards will be Medals, Certificates and Trophy and each participant will receive a Participation Certificate.

### Events Categories for Competition are:

- Patterns: (Male and Female) -Kids, Junior ,Senior and Veterans
- Sparring: (Male and Female) – Junior, Seniors and Veterans
- Special Technique: (Male and Female) – Kids, Junior and Senior
- Power Breaking: (Male and Female) – Veterans, Junior and Senior

Sincerely,

Best Regards



**DAVID OWORI**

PRESIDENT ITF UGANDA

Tel: 0757048696, 0778491986



CATEGORY: .....

## ITF EAST AFRICA OPEN CHAMPIONSHIP

6<sup>th</sup> – 7<sup>th</sup> DECEMBER 2025

Club Name:.....Coach:.....

Tel:.....District:.....

| S/N | Participants' Names | Gender | Age | Kg | Grade | Pattern | Sparring | P. Brk |
|-----|---------------------|--------|-----|----|-------|---------|----------|--------|
| 1.  |                     |        |     |    |       |         |          |        |
| 2.  |                     |        |     |    |       |         |          |        |
| 3.  |                     |        |     |    |       |         |          |        |
| 4.  |                     |        |     |    |       |         |          |        |
| 5.  |                     |        |     |    |       |         |          |        |
| 6.  |                     |        |     |    |       |         |          |        |
| 7.  |                     |        |     |    |       |         |          |        |
| 8.  |                     |        |     |    |       |         |          |        |
| 9.  |                     |        |     |    |       |         |          |        |
| 10. |                     |        |     |    |       |         |          |        |
| 11. |                     |        |     |    |       |         |          |        |
| 12. |                     |        |     |    |       |         |          |        |
| 13. |                     |        |     |    |       |         |          |        |
| 14. |                     |        |     |    |       |         |          |        |
| 15. |                     |        |     |    |       |         |          |        |
| 16. |                     |        |     |    |       |         |          |        |
| 17. |                     |        |     |    |       |         |          |        |
| 18. |                     |        |     |    |       |         |          |        |
| 19. |                     |        |     |    |       |         |          |        |
| 20. |                     |        |     |    |       |         |          |        |
| 21. |                     |        |     |    |       |         |          |        |
| 22. |                     |        |     |    |       |         |          |        |
| 23. |                     |        |     |    |       |         |          |        |
| 24. |                     |        |     |    |       |         |          |        |
| 25. |                     |        |     |    |       |         |          |        |
| 26. |                     |        |     |    |       |         |          |        |
| 27. |                     |        |     |    |       |         |          |        |
| 28. |                     |        |     |    |       |         |          |        |
| 29. |                     |        |     |    |       |         |          |        |
| 30. |                     |        |     |    |       |         |          |        |
| 31. |                     |        |     |    |       |         |          |        |
| 32. |                     |        |     |    |       |         |          |        |
| 33. |                     |        |     |    |       |         |          |        |
| 34. |                     |        |     |    |       |         |          |        |
| 35. |                     |        |     |    |       |         |          |        |
| 36. |                     |        |     |    |       |         |          |        |