



**Saturday March 30th 9:00am – 5:00pm
SA Sports Institute (“SASI”)
27 Valetta Road, Kidman Park SA 5025**

Sparring | Poomsae | Jump Kick | Speed Kick

ENTRIES CLOSE:

Sunday 11:59pm March 24th
Early Bird Closes 11:59pm Feb 29th

All entries to be completed online at:
<https://internetentries.com/aei>

Enquiries to:
events@adelaidetkd.com.au



2024 Adelaide Easter Invitational



Dear Esteemed Taekwondo Enthusiast,

We are thrilled to extend a warm invitation from our club, the Adelaide Taekwondo Academy, for our community friends to join the first **Adelaide Easter Invitational**. This exhilarating event is set to unfold in the dynamic arena of the South Australian Sports Institute (“SASI”) gymnasium, marking a significant occasion in the Taekwondo calendar.

This invitational is designed with a vision to enrich the National Taekwondo Community:

- Deliver a welcoming stage where newcomers and emerging talents, regardless of their current level, can spark their enthusiasm, refine their foundational skills, and embark on an inspiring path of growth and discovery in the world of Taekwondo.
- Craft an elite competitive stage for Open Black Belt players, providing the ultimate battleground to showcase their prowess, elevate their performance, and set new benchmarks in the art.
- Infuse the spirit of Taekwondo with exhilarating challenges like the Jumping Front Kick and Speed Kick competitions, adding a zestful twist to traditional martial arts competition.

As we gear up for what promises to be a memorable and invigorating event, we eagerly anticipate your participation and the vibrant energy your club will bring to the Adelaide Easter Invitational.

With heartfelt enthusiasm and best wishes for a landmark event,

Ruth & Ben Hock
Adelaide Taekwondo Academy
events@adelaidetkd.com.au





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General Information

Eligibility: All ages are at 31st December 2024

CHILD	YOUTH	CADET	JUNIOR	OPEN
4-7	8-11	12-14	15-17	18+
Born 2017 to 2020	Born 2013 to 2016	Born 2010 to 2012	Born 2007 to 2009	Born 2006 or earlier

Registration: All competitors and coaches MUST register by the deadline and present their competition entry form for confirmation upon entry.

Registration is online at
<https://internetentries.com/aei>

10% Early Bird Discount until – Thursday, February 29th
Registration Closes – Sunday, March 24th (11:59pm)

Competition Schedule:

7:30 am	Officials and Volunteers Arrive Weigh In
7:30 am	Setup court and desks Athletes warm up area available
8:30 am	Competition starts as follows
9:00 am	– Cr1: All Poomsae events, all colour belt sparring – Cr2: All black belt sparring
1:00pm	Referee lunch break
1:00pm	Jump Kick & Speed Kick Events
5:00 pm	Competition Finish (subject to entries)

Indemnity: All participants in the tournament take part at their own risk with club coaches taking full responsibility for their players. The organiser can under no circumstances be held responsible for any damages, injuries, or loss to individuals or equipment.

Privacy: Personal details collected are solely for the purpose of the competition involved. Health information (regarding existing conditions/allergies etc) is for our records only and will only be disclosed to first-aid personnel on a need to know basis.

Entry Fees:	Fee	Early Bird
Sparring - (Child)	\$55	10% Discount On All Fees
Sparring - Colour Belts (Youth +)	\$80	
Sparring - Black Belts (Youth +)	\$90	
Sparring - Extra Division	\$40	
Individual Poomsae	\$85	
Pairs / Teams / Family Poomsae	\$45 ea	
Jump Kick	\$30	
Speed Kick	\$30	

Spectators: To encourage audience and atmosphere spectators will be permitted for free to this event.

Draw: The draw will be posted online through our Facebook page [HERE](#) the day before competition

Food: There is no café available on the day, please bring your own food and drink supplies. A water fountain is available at the venue.

Awards: All events recognise 1st and 2nd and (equal) 3rd place with Gold, Silver and Bronze medals.



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Sparring (Kyorugi)

Age Divisions: Child (-8), Youth (8-11), Cadet (12-14), Junior (15-17), Senior (18+)

Weight Divisions: Players may compete in 2 weight divisions in the SAME AGE category provided their weight meets the requirements of BOTH divisions. E.g. if a Senior male weighed 68.4kg, they could enter both 63-68kg and 68-74kg.

Belt Divisions: Yellow, Blue, Red, Black

Weigh In: Sparring athletes are to weigh in as follows (no weigh in for Child divisions):

- **Good Friday March 29th:**
6pm to 7pm - Adelaide Taekwondo Academy (25 Sydenham Road, Norwood) (first preference)
- **Easter Saturday March 30th:**
7:30 – 8:00am at the competition venue

Weigh in will be conducted in minimum dress of shorts and t-shirt for ALL athletes. A 500g allowance will be provided and a maximum of 2 attempts within the weigh-in time.

There will be NO weigh in for CHILD (4-7yrs) divisions.

Head Kicks: No head kicks for 11 and under, Yellow Belts (all ages), and Blue Belt Cadets (12-14).

Format: The most recent World Taekwondo (WT) sanctioned sparring rules and regulations in effect from September 2023, including the “Best of 3” rounds format.

The **KPNP PSS** will be used at this event. Please ensure players 8yrs+ have E-socks.

Round Times:

Age Group	Belt	Rounds
Child 4-7 (manual scoring)	All Belts	3x 1min rounds
Youth 8-11 (No head kicks)	All Belts	3x 1min rounds
Cadet 12 -14 (No head kicks)	Yellow - Blue	3x 1min rounds
Cadet 12 -14 (Head kicks)	Red - Black	3x 1.5min rounds
Junior 15-17 (Head kicks)	All Colour	3x 1.5min rounds
Junior 15 – 17 (Head kicks)	Black	3x 2min rounds
Senior 18+ (Head kicks)	All Colour	3x 1.5min rounds
Senior 18+ (Head kicks)	Black	3x 2min rounds
<i>Round times may change due to number of entries received</i>		

Safety Equipment: Sparring competitors must wear WT approved equipment -

- Trunk protector – the full colour style (KPNP fights provided)
- Groin protector, Shin and Arm guards
- Head guards (matching colour or white, (KPNP fights provided))
- E-foot protector (all players 8yrs and above required to provide their own)
- Gloves - Compulsory for athletes 12 years and over
- Mouth guards are compulsory and must be **white or clear** (to ensure blood is visible).



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Weight Divisions

Child (-8)

Divisions will be developed based on closest matching weight, belt and age.

Youth (8-9 and 10-11) – all divisions shown in minimum to maximum Kilograms (kg)

Male	<19	19-22	22-25	25-28	28-31	34-38	38-42	42-46	46-50	50-55	55-60	60-65	65-70	70+
Fem.	<19	19-22	22-25	25-28	28-31	34-38	38-42	42-46	46-50	50-55	55-60	60-65	65-70	70+

Cadet (12 – 14) – all divisions shown in minimum to maximum Kilograms (kg)

Male	<33kg	33-35kg	37-41kg	41-45kg	45-49kg	49-53kg	53-57kg	57-61kg	61-65kg	65+kg
Female	<29kg	29-33kg	33-37kg	37-41kg	41-44kg	44-47kg	47-51kg	51-55kg	55-59kg	59+kg

Junior (15 – 17) – all divisions shown in minimum to maximum Kilograms (kg)

Male	<45kg	45-48kg	48-51kg	51-55kg	55-59kg	59-63kg	63-68kg	68-73kg	73-78kg	78+kg
Female	<42kg	42-44kg	44-46kg	46-49kg	49-52kg	52-55kg	55-59kg	59-63kg	63-68kg	68+kg

Senior (18+) – all divisions shown in minimum to maximum Kilograms (kg)

Male	<54kg	54-58kg	58kg	63-68kg	68-74kg	74-80kg	80-87kg	87+kg
Female	<46kg	46-49kg	49-53kg	53-57kg	57-62kg	62-67kg	67-73kg	73+kg



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Individual Poomsae

- Gender:** Male, Female
- Belt Ranks:** Yellow, Blue, Red, Black
- Age Division:** 6 – 8, 9 – 11, 12 – 14, 15 – 17, 18 – 30, 31 – 39, 40+
- Attire:** Regular white Taekwondo dobok and belt (WT uniform OK and optional; but if worn must be complete and correct to WT specification). Cho Dan Bo players must wear a plain red belt with white/black tape stripes (i.e. no half red/black belts).

Patterns:

Belt Level	1 st Pattern	2 nd Pattern	Format
Yellow	Taeguk 1	Taeguk 2	Scoring
Blue	Taeguk 3	Taeguk 4	
Red (inc Cho Dan Bo)	Taeguk 6	Taeguk 7	
1 st Dan and above	Taeguk 8	Koryo	

Pairs Poomsae

- Gender:** Any gender combination is permitted
- Belt Ranks:** Yellow, Blue, Red, Black. Pairs compete in the division of the HIGHEST belt level.
- Age Division:** 6 – 8, 9 – 11, 12 – 14, 15 – 17, 18 – 30, 31 – 39, 40+
Both members of the pair **MUST** be in the **same age division**
- Attire:** Regular white Taekwondo dobok and belt (WT uniform OK and optional; but if worn must be complete and correct to WT specification). Cho Dan Bo players must wear a plain red belt with white/black tape stripes (i.e. no half red/black belts).

Patterns:

Belt Level	Choose 1 Pattern from
Yellow	Taeguk 1, 2 or 3
Blue	Taeguk 3, 4 or 5
Red	Taeguk 6, 7 or 8
Black	Taeguk 8, Koryo or Keumgang

** Players may only be part of 1 Pair combination. **



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Teams & Family Poomsae

- Gender:** Any gender combination is permitted
- Belt Ranks:** Yellow, Blue, Red, Black. All Teams and families compete in the division of the HIGHEST belt level.
- Age Division (TEAM)** 6 – 8, 9 – 11, 12 – 14, 15 – 17, 18 – 30, 31 – 39, 40+
All members of the team **MUST** be in the **same age division**
- Age Division (FAMILY)** Members may be mixed age divisions.
- Attire:** Regular white Taekwondo dobok and belt (WT uniform optional; but if worn must be complete and correct to WT specification). Cho Dan Bo players must wear a plain red belt with white/black tape stripes (i.e. no half red/black belts).

Patterns:

Belt Level	Choose 1 Pattern from
Yellow	Taeguk 1, 2 or 3
Blue	Taeguk 3, 4 or 5
Red	Taeguk 6, 7 or 8
Black	Taeguk 8, Koryo or Keumgang

** Players may only be part of 1 Team combination **

Jump & Speed Kick

- Gender:** Mixed
- Belt Ranks:** Yellow and above
- Divisions:** Divisions will be split by colour belt and black belts, as well as the appropriate Child, Youth, Cadet, Junior and Senior divisions.
- Structure of Events:** **Jump Kick – Single elimination.**
Must kick the bottom of the target and land on your feet. A fall upon the end of the kick constitutes as a miss. A second attempt will be granted before the height is advanced and those that miss sit down.
- Speed Kick – Highest number of kicks in the timeframe wins.**
Two people will face off for a 20 second round to achieve their best score. The top two in each division play off for first and second place. Bronze medals awarded to 3rd and 4th top scores. Every division will complete their initial rounds, and final plays offs for each division will commence at the end.

To complete entry process please proceed to:

<https://internetentries.com/aei>

Checklist

- Entered online
- Planned to weigh in at the nominated venues and times
- Ensured you have KPNP e-socks for KPNP divisions
- Ensured you have ALL sparring gear for CHILD divisions
- Ensured your coach(es) and club volunteers have registered

VENUE:
SA Sports Institute
27 Valetta Road, Kidman Park SA 5025

