

**2023 AN/CM Regionals FAQ’s**

***Frequently Asked Questions***

Please do not leave registrations to the last minute because you need to leave time for your instructor to sort out any problems before the cut off date.

***What are the age divisions?***

Mini-Kids 5-8 years old

Peewee 9-10 years old

Pre-junior 11-14 years old

Junior 15-17 years old

Senior 18-35 years old

Advanced Senior 36-45 years old Veterans 46 years old +

***What events can I enter in?***

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| **Age/Division** | **Rank** | **Patterns** | **Sparring** | **Specialty** | **Power** |
| Mini-kids (5-8yo) | 10th gup white belt - 10th gup first blue stripe | Fundamentals | Non-contact | High kick on pad | Power punch on pad |
| Mini-kids (5-8yo) | 10th gup first red stripe - 10th gup first black stripe | Saju Jirugi and Saji Makgi | Non-contact | High kick on pad | Power punch on pad |
| Mini-kids (5-8yo) | 9th gup yellow stripe - 9th gup black stripe | Saju Jirugi, Saji Makgi and Chon-Ji | Non-contact | High kick on pad | Power punch on pad |
| Mini-kids (5-8yo) | 8th-5th gup | Patterns | Non-contact | High kick on pad | Power punch on pad |
| Mini-kids (5-8yo) | 4th-1st gup | Patterns | Non-contact | High kick on pad | Power punch on pad |
| Peewee (9-10yo) | 10th gup white belt - 10th gup first blue stripe | Fundamentals | Kiss contact | High kick on pad | Power punch on pad |
| Peewee (9-10yo) | 10th gup first red stripe - 10th gup first black stripe | Saju Jirugi and Saji Makgi | Kiss contact | High kick on pad | Power punch on pad |
| Peewee (9-10yo) | 9th gup yellow stripe - 9th gup black stripe | Saju Jirugi, Saji Makgi and Chon-Ji | Kiss contact | High kick on pad | Power punch on pad |
| Peewee (9-10yo) | 8th-5th gup | Patterns | Kiss contact | High kick on pad | Power punch on pad |
| Peewee (9-10yo) | 4th-1st gup | Patterns | Kiss contact | Gup specialty (3) | Power punch on pad |
| Peewee (9-10yo) | Black belt | Patterns | Sparring | Dan specialty (5) | Boards – side piercing and turning kick only |
| Pre-junior (11-14yo) | 10th-9th gup | Patterns | n/a | n/a | n/a |
| Pre-junior (11-14yo) | 8th-5th gup | Patterns | Sparring | n/a | n/a |
| Pre-junior (11-14yo) | 4th-1st gup | Patterns | Sparring | Gup specialty (3) | Boards – 3 kicking techniques only |
| Pre-junior (11-14yo) | Black belt | Patterns | Sparring | Dan specialty (5) | Boards – 3 kicking techniques only |
| Junior (15-17yo) | 10th-9th gup | Patterns | n/a | n/a | n/a |
| Junior (15-17yo) | 8th-5th gup | Patterns | Sparring | n/a | n/a |
| Junior (15-17yo) | 4th-1st gup | Patterns | Sparring | Gup specialty (3) | Boards – 3 kicking techniques only |
| Junior (15-17yo) | Black belt | Patterns | Sparring | Dan specialty (5) | Boards – 3 kicking techniques only |
| Senior (18-35yo) | 10th-9th gup | Patterns | n/a | n/a | n/a |
| Senior (18-35yo) | 8th-5th gup | Patterns | Sparring | n/a | n/a |
| Senior (18-35yo) | 4th-1st gup | Patterns | Sparring | Gup specialty (3) | Boards – 5 techniques |
| Senior (18-35yo) | Black belt | Patterns | Sparring | Dan specialty (5) | Boards – 5 techniques |
| Advanced Senior (36-45yo) | 10th-9th gup | Patterns | n/a | n/a | n/a |
| Advanced Senior (36-45yo) | 8th-5th gup | Patterns | Sparring | n/a | n/a |
| Advanced Senior (36-45yo) | 4th-1st gup | Patterns | Sparring | Gup specialty (3) | Boards – 5 techniques |
| Advanced Senior (36-45yo) | Black belt | Patterns | Sparring | Dan specialty (5) | Boards – 5 techniques |
| Vet (46yo +) | 10th-9th gup | Patterns | n/a | n/a | n/a |
| Vet (46yo +) | 8th-5th gup | Patterns | Sparring | n/a | n/a |
| Vet (46yo +) | 4th-1st gup | Patterns | Sparring | Gup specialty (3) | Boards – 5 techniques |
| Vet (46yo +) | Black belt | Patterns | Sparring | Dan specialty (5) | Boards – 5 techniques |

***What time do I have to be at the venue?***

Forms with the divisions you have entered in and ring assignment will be available from 8.15am, Form Up is at 8.45am.

***What do I use as my age on the entry form?*** Your age is your age on the day of tournament

***What grade do I use on the entry form?***

Your grade is your grade on the day of the tournament

***What are the rules?***

They are the ITFNZ rules found here 2020 Tournament Rules Note amendments are listed on the ITKD website

***Can I enter after the cutoff date?***

The region has decided that late entries will no longer be accepted

***Can I cancel my entry?***

Yes, up to the cutoff date. There will be no refunds after entry closeoff date.

***How do I know which ring I’ll be competing in?***

A few days before the tournament all competitiors will be emailed information about the divisions you are entered into and approximately what time and ring they will be held in. Please check in with the ring marshal closer to the time for more detailed times on the day.

Minikids & Peewees will be in the morning.

Prejunior and above mill be from mid morning onwards. Will advice once the draw & schedule are completed.

***What time will the tournament end?***

We aim to finish by 4pm. However the last event you are entered into may finish earlier.

***Patterns***

10th gups will do Saju maki (both sides) and Saju jirugi (both sides) as your 2 patterns.

9th gups will do Chon- ji and Saju jirugi (both sides). In case of a draw Saju makgi

Yellow to red belt - highest pattern of the lower grade of both competitors, second pattern will be random Black - one of three current patterns, second pattern at random

***Sparring***

Sparring will be 2 x 2 minute rounds.

 ***Contact level***

Peewees “kiss” contact (tag contact or light touch). All others – touch contact

***Safety Equipment***

All protective gear must be ITF Approved.

Head gear will be provided for all competitors (you can optionally use your own but must be an approved brand and clearly marked red or blue as determined by your bout)

Gloves and foot protectors of approved type. ***These will be provided for mini-kids and pewees only***.

Competitors must provide their own mouth guard (clear only). **All males must have a groin guard (except for non-contact sparring)**. Padded shin guards are allowed but will not be provided.

***Where do I buy gear from?*** Please consult your instructor.

***Team Patterns (5 per team)***

Divisions will be broken divided by age for Coloured Belts into:

Minikids & Peewees (up to 10 years)

Pre-junior and Junior (up to 17 years)

Seniors (18 years +)

Black belt (any age but all team members must be black belt)

Each division is mixed rank and gender but all team members must be in the set age group. One optional pattern only