

STOMP Competition

Regional Taekwon-Do competition for children aged 4-17yrs
 Sunday 19th November 2023

Join young students from across the East Midlands for a great day of taekwon-do at our annual STOMP competition!

Venue: Plumptre Hall (behind St Mary's Church), Church Street, Eastwood, NG16 3BP
 Competitor fee: £20/ competitor (spectators free)

Competitors may choose any 3 of the following events to enter, as follows:

Time (TBC)	Age / Categories	Event 1	Event 2	Event 3	Event 4
Morning	4-5 yrs (Gen X/Juniors)	Timed assault course	30sec "Bash" (30 seconds freestyle taekwondo techniques and exercises)	Speed Test (using following techniques: Back fist/ rear leg 45 kick / lead leg side kick tiebreak)	Sparring (full kit required) OR Shoulders & knees touch sparring (no kit required)
	6-7 yrs (Gen X/Juniors)				Sparring
	7-8 yrs (Gen X or Cadets learning ITF syllabus)	Timed assault course	Saju Jirugi OR Saju Makgi	Flying side kick	Sparring
Afternoon	9-11 yrs female / male	Patterns	Sparring	Flying side kick	Static high kick
	12-13 yrs female / male	Patterns	Sparring	Power break	Static high kick
	14-15 yrs female / male	Patterns	Sparring	Power break	Flying front kick
	16-17 yrs female / male	Patterns	Sparring	Power break	Flying front kick

IMPORTANT NOTES:

1. Students may choose up to 3 events from their age category - **THESE CAN NOT BE SWAPPED ON THE DAY**
2. Age groups under 9 years may be mixed or separate male/female (TBC on the day)
3. Speed test can be a points system or, if we have many entries, may be split into separate events
4. Grades/heights/weights splits will be confirmed on the day
5. Power breaking: student may choose one hand and one foot technique
6. Entry fee and form must be handed in to your instructor by **Sunday 5th November**

CODE OF CONDUCT FOR STUDENTS AND SPECTATORS

STOMP 2023

Expectations of Students:

- Arrive for competition in good time to prepare thoroughly
- Learn and play by the rules
- Abide by the instructions of the instructor/coaches/staff and officials provided they do not contradict the rules
- Do not argue with competition officials and/or the instructor/coach - use your energies for playing better
- Recognise and applaud all good play
- Be a good sport - win with modesty, lose with dignity
- Respect opponents, instructors/coaches, club officials and competition officials - treat them as you would wish to be treated
- Co-operate with instructor/coach, fellow students and opponents
- Inform the instructor/coach or official of any injury as soon as possible
- Inform the instructor/coach or official if you need to leave the event early
- Thank officials and opponents after competition

Expectations of Spectators:

- Must treat everyone fairly and sensitively regardless of their Age, Disability, Gender reassignment, Marriage and civil partnership, Pregnancy and maternity, Race, Religion and belief, Gender, Sexual orientation or Ability
- Spectators should not enter the field of play/activity unless authorised otherwise
- Do not use foul, sexist or racist language or harass students, instructors/coaches, officials, staff or volunteers
- Condemn the use of violence and verbal abuse in all forms
- Respect officials' decisions. Remember they are human with the same feelings as you, they are volunteers and, like you, sometimes makes an honest error
- Do not ridicule participants who make mistakes
- Do not over-emphasise the importance of winning
- Remember the participants are taking part for their enjoyment, not yours: they are not professional athletes

The following statements should be adhered to:

- I confirm that my child has current UK ITF membership (which includes BTC insurance)
- I confirm that my child will wear the approved protective equipment if sparring (head, foot and shin guards, gloves, gum shield; groin guard for boys)
- I understand that, subject to entries and risk assessment, divisions may be merged to provide the best competition and experience for participants

STOMP Competition 2023

ENTRY FORM

Please complete & return this form to your instructor by **Sunday 5th November** with your £20 competitor's fee.

Student name: _____

UK ITF Membership #: _____ Age (yrs): _____

Height (cm): _____ Weight (kg): _____

Grade/ Belt: _____

Please list any special needs or additional requirements for your child below:

Please tick as appropriate:

- | | |
|---|------------------------------------|
| <input type="checkbox"/> 4-5 yrs Gen X or Junior | <input type="checkbox"/> 9-11 yrs |
| <input type="checkbox"/> 6-7 yrs Gen X or Junior | <input type="checkbox"/> 12-13 yrs |
| <input type="checkbox"/> 7-8 yrs Gen X or Student following main syllabus (Cadet) | <input type="checkbox"/> 14-15 yrs |
| | <input type="checkbox"/> 16-17 yrs |

Please tick as appropriate:

- Female Male Prefer not to say

Please list which 3 events you wish to compete in:

- 1) _____
- 2) _____
- 3) _____

I have read and agree to the Code of Conduct for Competitors & Spectators (please tick):

I consent to having photos taken of my child for promotional use by the clubs & UK ITF (please tick):

Agree Disagree

Signed (Parent): _____ Date: _____