

STOMP Competition

Regional Taekwon-Do competition for children aged 4-17yrs

Sunday 17th November 2024

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

Venue: Plumpton 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) |
| | 6-7 yrs (Gen X/Juniors) | | | | OR Shoulders & knees touch sparring (no kit required) |
| | 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 2024

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 2024: ENTRY FORM

Please complete & return this form to your instructor by **Wednesday 30th October** with your £20 competitor's fee.

Student name: _____

UKITF Membership #: _____ Age on 17/11/24 (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 your child would like 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: _____