



# TCUK Scottish Open

## Saturday 15th June 2024

**Venue :** Craigswood Sports Centre, Craigshill, Livingston, EH54 5EH

**Door Open** 9am

Officials to Arrive by 9.15am

Colour belts to arrive by 9.30am

Black belts to arrive by 12.30pm

**Poster:** <http://tkdngb.co.uk/wp-content/uploads/2024/05/Poster.jpg>

### **EVENT VENUE INFORMATION**

**Google Map:**

[https://www.google.com/maps?sca\\_esv=e95759a7a4ff9902&output=search&q=xcite+craigswood&source=lnms&entry=mc&ved=1t:200715&ictx=111](https://www.google.com/maps?sca_esv=e95759a7a4ff9902&output=search&q=xcite+craigswood&source=lnms&entry=mc&ved=1t:200715&ictx=111)

**TCUK Rule Book:** <http://tkdngb.co.uk/wp-content/uploads/2024/05/Competition-Rule-Book-TCUKmar-24.pdf>

**Car Parking:** There is ample free parking at the venue. There are some disabled spaces available – please ensure you display a blue badge.

**Public Transport:**

Nearest bus stop - Craigswood, Grange Road - 3 min walk away.

Nearest train station - Kirknewton, EH27 8BP - 10 Minute Drive, Livingston South, EH54 9AP - 8

Minute Drive, Livingston North, EH54 7EE - 9 Minute Drive

Nearest Airport - Edinburgh Airport, EH12 9DN - 20 Minute Drive

**Hotels:**

The nearest hotels are:

Premier Inn Livingston (M8, Jct3) hotel, [www.premierinn.com](http://www.premierinn.com) , 03333211238

Mercure Livingston Hotel, <https://all.accor.com> , 01506551950

Travelodge Livingston, [www.travelodge.co.uk](http://www.travelodge.co.uk) , 08719846288

Chain Runner by Marston's Inns, [www.marstonsinns.co.uk](http://www.marstonsinns.co.uk) , 01506243991

**Facilities at the venue:**

- The venue doesn't have a cafe so please bring lunch with you, tea, coffee, water, soft drinks and snacks are available from vending machines.
- The nearest supermarket is Aldi which is 5-minute drive away.

- There is a water fountain where bottles may be refilled (in the gym)
- There are toilets, disabled toilets and changing facilities at the venue.
- Seating at this venue is limited, in the main hall behind a barrier.
- There is level access for the disabled.

## **DIVISIONS AT THIS COMPETITION**

JUNIORS - Up to & including 17 years old (note patterns will be split to under 13's/13-17)

ADULTS - 18 years & over

CLOSING DATE FOR ENTRIES FRIDAY 14TH JUNE 2024

## **Students Guide to Entering TCUK Competitions**

BEFORE ENTERING: - Please make sure that:

- You have a current TaeKwon-Do Licence (eCard) with TCUK or any other TaeKwon-Do organisation or National Governing Body.
- You are training regularly and understand what is expected of you.
- You are wearing a TaeKwon-Do Suit (dobok) and belt (no t-shirts) which is approved/awarded by your coach or instructor.
- You have a full set of correctly fitting sparring equipment which meets the criteria set out in the
- TCUK Rules for competition i.e. boots, shin guards, groin guards (for men and boys) gloves (with enclosed fingers and tethered thumb), head guard and gum shield – all with no rips or tears.
- You have transport to the venue, and you arrive on time.
- All junior (aged under 18) competitors must be accompanied by a responsible adult.

Note: All sparring competitors may wear forearm protectors in addition to their regulation sparring equipment.

**All competitors make sure you are the correct grade as stated on your entry form. If you have been promoted since entering, you must compete as your previous grade shown on entry form.**

## **HOW TO ENTER**

All competitors (juniors or adults) can enter online (using card payment) via the following link:

<https://ma.blackculm.com/comp/24cb22e2284/tcuk-scottish-open-2024/>

\*\* Please note that TCUK students may have received an individual entry link in an email from your instructor – it is preferable to use this instead as it links to your eCard number. If you have not had an email, please ask your instructor for your eCard number to obtain the discounted entry fee. Instructors wishing to do block entry (minimum 5 students), please use the block entry form which can be obtained by emailing [events@tkdngb.co.uk](mailto:events@tkdngb.co.uk). Payment can then be made using BACS using the details on the block entry form.

### **PRICES:**

**TCUK eCard Holder £22.00**

**Non eCard Holder £27.00****ENTRY FEES ARE NON-REFUNDABLE**

This includes entry into: Individual patterns, sparring and speed kick/destruction.  
Fees to be paid in advance with entry, no entries will be accepted on the day.

**Team Patterns:** £5.00 per competitor. Teams of 3, to 5 be entered & paid on the day. Note: If you only wish to compete in team Patterns you will need to pay the £5 spectator fee to gain entry to the event (no pre-registration necessary).

**Spectators** £5 (Under 5's Free) - Payable on the day

**PLEASE NOTE**

Registrations that require a VISA application will not be accepted. We will not comply with such. If you still insist on registering while you need a VISA and you make payments, these payments will not be refunded, and this will be at your own risk.

**JUNIORS** (17 and under): Make sure you are the correct height for your division. You will be height tested on the day and if you are not in the correct height division you may be disqualified from that division.

**ADULTS** (18 years +): Make sure that you are the correct weight for the division you want to compete in. You may be weighed in on the day, and if you are not within your entered weight division you may be disqualified from that division.

**ALL COMPETITORS:** Upon entry to the venue, you will be given a wristband. This must be visible to enable entry onto the competition floor. Juniors will be height tested upon entry – please be ready to remove your shoes!

**SPECTATORS:** Spectator's tickets are purchased at the door (£5 cash or card payment accepted). You will be given a spectator wristband to wear – this allows entry into the venue BUT YOU ARE NOT PERMITTED ONTO THE COMPETITION FLOOR.

**OFFICIALS:** Those wishing to officiate: All officials must have a TCUK recognised qualification.

- Ring Assistant must be Blue Belt age 14+ or Red Belt age 12+, Umpires must be black belt and 14 years +, Referees must be black belts and 18+.
- YOU MUST ARRIVE BY 9.15 A.M. OTHERWISE YOU WILL BE ASKED TO PAY TO ENTER.
- Please register at the official's desk upon entry, to gain your officials wristband.
- Please wear dark trousers or skirt with a white or blue shirt. Ties and Blazers are optional.
- Lunch will be provided.

**COACHES**

Clubs sending multiple students will be allocated one coach pass per five students entered. If you have less than 5 students entered, you will need to pay £5 fee to enter. Coaches must register at the door to obtain your coaches wristband – this will allow you entry onto the competition floor. Instructors: please consider officiating – the more officials, the smoother the competition will run!

## **PHOTOGRAPHY**

There will be official TCUK photographers present on the day. Spectators are not allowed onto the competition floor to take photographs. There will be an area provided where photos can be taken.

## **ON THE DAY OF THE COMPETITION**

**NO SPECTATORS ARE ALLOWED AROUND THE COMPETITION AREAS – THEY MUST REMAIN BEHIND THE BARRIER, OR THEY MAY BE ASKED TO LEAVE THE HALL.**

**NO VIDEO/CAMERAS PERMITTED ANYWHERE ON THE COMPETITION AREA (OTHER THAN OFFICIAL TCUK REGISTERED PHOTOGRAPHERS).**

- The competition will start with the patterns events, starting with the juniors.
- Each competition area will be allocated with an area number that will be indicated by the number on the tablecloth.
- Listen out for an announcement for the start of your division on an allocated area over the public address system. You can also check the running order, which will be published before the event and will be available on social media/the event page on the [tkdngb.co.uk](http://tkdngb.co.uk) website.
- All juniors will be height tested upon entry into the hall.
- You must make sure that you are in the right competition area at the right time; if you are unsure, then you must ask your instructor, a wellbeing officer or an official.

Please note that there will be wellbeing officers present whose role is solely to care for any competitor in distress or needing help. Competitors or spectators may request the help of a wellbeing officer.

Any spectator or competitor queries regarding entries, divisions, expected division start times etc. should be directed to one of the floor security officers who will be stationed by the barriers to the competition floor. They will then liaise with the top table to answer your query. Alternatively, you can approach any official who is not currently helping judge a competition, and they will attempt to answer your query (again liaising with the top table)

## Patterns

All competitors may only perform a pattern of their grade (not above).

Combined Hip Twist and Sine Wave Divisions. Patterns will be judged using the Pyramid Method.

JUNIORS - Up to & including 12 years old. Divisions are White, Yellow, Green, Blue, Red, Black Belts all Dan grades together. Males and females in combined divisions.

CADETS – 13 – 17 years old. Divisions are White, Yellow Green, Blue, Red, Black Belts all Dan grades together. Males and females in combined divisions.

ADULTS – 18+ (no executive divisions) Divisions are White, Yellow, Green, Blue, Red, 1st Degree, 2nd and 3rd Degree, 4th Degree +. Males and females in combined divisions.

### PATTERN CHOICES

WHITE	10 <sup>th</sup> kup	Sajo Jirugi
YELLOW	9 <sup>th</sup> , 8 <sup>th</sup> , 7 <sup>th</sup> kup	Chon Ji, Dan Gun, Do San
GREEN	6 <sup>th</sup> , 5 <sup>th</sup> kup	Do San, Won Hyo, Yul Gok
BLUE	4 <sup>th</sup> , 3 <sup>rd</sup> kup	Yul Gok, Joong Gun, Toi Gye
RED	2 <sup>nd</sup> , 1 <sup>st</sup> kup	Toi Gye, Hwa Rang, Choong Moo
BLACK 1	1 <sup>st</sup> Dan	Choong Moo, Kwang-Gae, Po-Eun, Ge-Back
BLACK 2+3	2 <sup>nd</sup> , 3 <sup>rd</sup> Dan	Kwang-Gae, Po-Eun, GeBack Ko-Dang, Choong Jang, Eui-Am, Sam-il, Yoo-Sin, Choi Young
BLACK 4+	4 <sup>th</sup> Dan +	Sam-il, Yoo-Sin, Choi Young, Tong-Il, Ul-Ji, Se-Jong, Yon Ge, Moon Mo, So San

**MEDALS AWARDED:** 1 x Gold, 1 x Silver, 1 x Bronze.

## **Sparring**

### **Juniors**

Will be height tested on the day to ensure entry is correct, if an amendment is required, this may be chargeable (£5 per amendment)

Up to and including 17-year-olds. Boys and girls separate (with possible exceptions, see below).

White/Yellow/Green belts together – Point Stop - 1.30-minute rounds

Blue/Red belts together – Continuous - 1.30-minute rounds

Black belts, All Dan grades together. – Continuous - 2-minute rounds

PEE WEE ..... up to and including 135cm (may mix sexes)

LIGHTWEIGHT ..... Over 135 and including 152cm.

MIDDLEWEIGHT ..... Over 152cm and including 170cm

HEAVYWEIGHT ..... Over 170cm

Please note that weight divisions may be merged if there are too few entries.

N.B. Juniors will be height tested on entry to the venue – please ensure your juniors do not skip past height testing by accident, so that all juniors are placed into the correct division on the day.

### **Men (18+)**

White/Yellow/Green belts together – Point Stop - 1.30-minute rounds

Blue/Red belts together – Continuous - 1.30-minute rounds

Black belts, All Dan grades together. – Continuous - 2-minute rounds

LIGHTWEIGHT ..... up to & incl. 70kg

MIDDLEWEIGHT ..... over 70kg up to & incl. 85kg

HEAVYWEIGHT ..... over 85kg

### **Ladies (18+)**

White/Yellow/Green belts together – Point Stop - 1.30-minute rounds

Blue/Red belts together – Continuous - 1.30-minute rounds

Black belts, All Dan grades together. – Continuous - 2-minute rounds

LIGHTWEIGHT ..... up to & incl. 65kg

MIDDLEWEIGHT ..... over 65kg up to & incl. 75kg

HEAVYWEIGHT ..... over 75g

## **Speed Kick**

### **Divisions**

Juniors and Cadets

White, Yellow, Green, Blue, Red, Black

Males and females in combined divisions.

### **Basic Rules (see full rule book for more information)**

Competitors have 30 seconds to perform the most turning kicks using the front leg onto a paddle/button. Paddle is held at competitor's shoulder height.

Competitor's foot must touch the floor between kicks.

**MEDALS AWARDED:** 1 x Gold, 1 x Silver, 1 x Bronze

## **Destructions**

BLUE/RED/BLACK BELTS ADULTS ONLY

The destruction event will take place at the end of the competition.

### **TECHNIQUES**

- Side Kick,
- Turning Kick,
- Either Reverse Side Kick (foot sword) or Back Kick (sole of the foot),
- Inward Knife Hand Strike,
- Elbow Strike or Palm.
- 

Separate Male and Female divisions.

Holder may be adjusted for your height.

White Boards Only - 1, 2 or 3 Boards, 1 point per board broken

1 Measure Allowed, NO TOUCH as this will count as your attempt if you do.

No step through is allowed.

Only clean breaks are counted; bent boards are not.

In the event of a draw, all techniques are repeated on the other side, if a further draw occurs the competitors will be weighed, and the result awarded to the lightest competitor.

**MEDALS AWARDED:** 1 x Gold, 1 x Silver, 1 x Bronze.

## **Team Patterns**

ALL TEAM EVENTS WILL START AFTER THE INDIVIDUAL COMPETITIONS.

Entries are made on the day at the Team Entry Desk.

### **RULES:**

Teams will consist of 3-5 competitors. Patterns may be performed as hip-twist or sine-wave mixed divisions). The pattern performed must be relevant to the most junior grade in the team, e.g., a team with a 9th Kup in can only perform Chon Ji and a team with a 3rd Kup in can perform any pattern up to and including Toi Gye. Each team should perform a pattern in unison (though certain artistic licence is given for short sections of the pattern to be performed individually).

Scoring to be based on the following: -

1. The correctness of the pattern moves
2. Power, balance, focus, fluidity etc. (as per individual pattern competition).
3. Synchronisation of all members when performing the pattern.

### **DIVISIONS:**

Mixed Genders and Ages

White/Yellow/Green/Blue together

Red/Black together

MEDALS AWARDED: 1 x Gold, 1 x Silver, 1 x Bronze.