

Ilyo Taekwondo Club - Parents, Students and Instructors Guide to Competition's

Preface

This guide has been put together to prepare all parents, students and Instructors for competition day for either Poomsae (Patterns) or Kyrougi (Sparring). Always remember all the Volunteers, Instructors, Referees, Corner Judges and Coaches are Voluntary and offer their free time to prepare your competition and must be treated with the upmost respect through all the time in the competition and outside the competition. Please read the tenants of Taekwondo below:

여의

Courtesy: To be thoughtful and considerate of others. Taekwondo students and instructors should be polite, and show consideration for others.

염치

Integrity: To be honest and good. Taekwondo practitioners should live by a code of moral values and principles.

인내

Perseverance: To never give up in the pursuit of one's goals. Students should welcome challenges, because challenges cause us to grow and improve.

극기

Self-Control: To have control of your body and mind. A Taekwondo student should practice controlling his actions and reactions.

백절불굴

Indomitable Spirit: To have courage in the face of adversity. A Taekwondo student should never be dominated by, or have his spirit broken by another.

PRE - Planning Before and after the competition

Students

- ✓ Do Bok (Uniform)
- ✓ Hogu (Body Armour)
- ✓ Gum Sheild
- ✓ Fore arm guards
- ✓ Shin Guards
- ✓ Head Gear
- ✓ Groin Guard (Remember must be under your uniform before you fight)
- ✓ Belt
- ✓ Towel for the Ring
- ✓ Water for Hydration Before, During and After the fight
- ✓ Know your fight number, Ring numbers and when you should be warming up. If you don't know ask your Instructor / Parent
- ✓ Some Nutritional Food for before and after the fight and remember to have a proper breakfast the morning of the fight, bring fruit for intermissions between the fight and avoid junk food on the day of fight.

Parents

- ✓ It is important that you know where your children are at all time safety is our number one goal
- ✓ Make sure you have a copy of fight sheet or numbers which are on the walls or with your Instructors for your child.
- ✓ Maintain courtesy and respect to all players and participants "Fair Play" is our main aim to our competitions
- ✓ Refrain from abusive comments to corner judges and referees as they are only doing the job to the best of their ability
- ✓ Make sure your children are fully equipped on the day of the fight through the check list above
- ✓ Arrive on Time and prepared for the day

Coaches

- ✓ Make sure your players are ready for all fights
- ✓ Your own First aid Kit is essential i.e. freeze spray, bandages, Tissue and swabs
- ✓ Know and Circulate your players numbers to parents
- ✓ Focus pads for warm up's, contact numbers for Emergency Situations

Rules of Competition

Kyrougi / Sparring Rules made simple

- Body shot 1 point
- Head Shot 3 points
- Back Kick 2 points
- Spinning Kick 2 points
- Punch 1 point
- etc

Warning +0.5 point awarded to opposite player

- 1) Kicking below the belt/waist
- 2) Pretending Injury
- 3) Butting or Attacking with the knee
- 4) Stepping outside the boundary area
- 5) Turning the back
- 6) Avoiding the match
- 7) Dropping to the floor deliberately
- 8) Pushing & Pulling & Grabbing
- 9) Checking with Leg or knee to impede the progress of attack
- 10) Hitting the oppanants face with the hand
- 11) Uttering undesirable remarks or any misconduct on the part of a contestant or a coach.

Full Point Deduction

- 1) Attacking after the break of play or attacking a fallen opponent
- 2) Throwing down the opponent by grappling the opponent's attacking foot in the air with the arm or by pushing the opponent with the hand.
- 3) Intentionally attacking the opponent's face with the hand
- 4) A coach or contestant interrupting the progress of the match.
- 5) Violent or extreme remarks or behaviour

Enjoy the Competition

▶ Above all we hope that all players , parents and Instructors enjoy the competition's provided by the Irish Taekwondo Union and its Instructors

▶ If at any time you feel that there is an issue at any of our competition's please email the secretary on secretary@taekwondoireland.ie, your comments and valuable feedback is vital to making our competitions a success

▶ Volunteers , we are always looking for volunteers for competition if you would like to volunteer for corner judging, logistics , security or any area of the competition organisation don't hesitate to email the secretary and the competition committee will contact you.

▶ Final we wish you, your student or son or daughter the best of luck on competition day.