

OPEN BRITISH

TAEKWONDO
CHAMPIONSHIPS



INVITATION & INFORMATION PACK

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September 2026

Dear Grand Masters, Masters and Instructors,

It is with great pleasure to invite you, and your students to the **2026 ITF Open British Championships** on **Saturday 21st & Sunday 22nd November 2026**, at **Ravenscraig Regional Sports Facility, 1 O'Donnell Way, ML1 2TZ**

Please find attached the necessary information for you, your competitors and supporters.

We look forward to meeting and welcoming you to Motherwell this November.

ITF Open British Championships Team

Grand Master Alexander Dunbar IX
Master Philip Lear VIII
Master John McIlvaney VII
Master Neil Ernest VII
Ms. Gillian McIlvaney VI

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[2026 ITF Open British Registration Link](#)

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INFORMATION

The Open British Championships will be held this year on **Saturday 21st & Sunday 22nd November 2026**, at **Ravenscraig Regional Sports Facility, 1 O'Donnell Way, ML1 2TZ**.

- Saturday 21st November
 - Youth up to 8 years (all Grades)
 - Cadet 9 – 11 years (all Grades)
 - Pre-Junior 12 – 14 years (**coloured belts**)
- Sunday 22nd November
 - Pre-Junior 12 – 14 years (**black belts**)
 - Junior 15 – 17 years (all grades)
 - Senior 18 – 35 years (all grades)
 - Adv. Senior 36 years & over (all grades)
 - Additional Support Needs (all grades)
 -

The tournament will start at 08:30hrs each day. Height / Weight registration is detailed further down. Please note registration is **not available** on the day of the event.

The competition is open to all ITF Taekwon-Do students 10th Kup to 6th Degree. And will run according to ITF rules & regulations.

AGE CATEGORIES & BELTS

8 years & under	Youth	White/Yellow/Green/Blue
9 years – 11 years	Cadet	White/Yellow/Green/Blue/Red/Black
12 years – 14 years	Pre-Junior	White/Yellow/Green/Blue/Red/Black
15 years – 17 years	Junior	White/Yellow/Green/Blue/Red/Black
18 years – 35 years	Senior	White/Yellow/Green/Blue/Red/Black
36 years & over	Adv. Senior	White/Yellow/Green/Blue/Red/Black

Competitors must compete in the age category according to their date of birth.

EVENTS

- Pattern
- Sparring
- Special Technique
- Power (18 years & over only)

There must be at least two (2) competitors in any division and or category. In case of only one (1) competitor, the organising committee reserve the right to merge the competitor to another appropriate category.

PATTERN

Colour Belts will perform one optional pattern up to their respective grade.

e.g.	10 th – 9 th Kup:	Saju Jirugi / Saju Makgi / Chon-Ji
	8 th – 7 th Kup:	Chon-Ji to Do-San
	6 th – 5 th Kup:	Chon-Ji to Yul-Gok
	4 th – 3 rd Kup:	Chon-Ji to Toi-Gye
	2 nd – 1 st Kup:	Chon-Ji to Choong-Moo

Example: 4th Kup's can only perform Joong-Gun, whereas 3rd Kup's have the option to perform either Joong-Gun or Toi-Gye.

Black Belts in the initial rounds will perform one designated pattern from their respective degree grade. In the Semi-Finals and Final they will perform one designated pattern from their respective degree grade, and one designated pattern from Chon-Ji to their respective degree grade, excluding the one they have already performed.

e.g.	1 st Degree	Kwang-Gae / Po-Eun / Ge-Baek
	2 nd Degree	Eui-Am / Choong-Jang / Juche
	3 rd Degree	Sam-Il / Yoo-Sin / Choi-Yong
	4 th – 6 th Degree	Yong-Gae / Ul-Ji / Moon-Moo

ASN Competitors will perform one optional pattern up to their respective grade.

Power Punch; is a new category for those under 8 years, who do not yet know Saju-Jirugi, and therefore would be unable to compete in a traditional pattern category. This event comprises of 4 punches forward & 4 punches backward in a walking stance.

All categories will compete in the traditional pyramid system.

SPARRING

Male and Female competitors will compete separately.

All competitors will compete in light continuous sparring.

Competitors aged 11 years and under will be split according to grade and subsequently by height. Competitors aged 12yrs+ will be split according to grade and subsequently by weight.

- All coloured belt categories will compete in the traditional pyramid system.
- All black belt categories 12 years & over will compete in league format.

Age 8 years & under

GRADES	HEIGHT CATEGORIES				
10 th – 9 th Kup (White)	Up to 110cm	110.1cm - 120cm	120.1cm - 130cm	130.1cm – 140cm	140cm & over
8 th – 7 th Kup (Yellow)	Up to 110cm	110.1cm - 120cm	120.1cm - 130cm	130.1cm - 140cm	140.1cm & over
6 th – 5 th Kup (Green)	No event	No event	Up to 130cm	130.1cm - 140cm	140.1cm & over
4 th – 3 rd Kup (Blue)	No event	No event	No event	Up to 140cm	140.1cm & over

All competitors 8 years & under: All bouts are one (1) round of 60 seconds, up to and including final.

Age 9 – 11 years

GRADES	HEIGHT CATEGORIES			
10 th – 9 th Kup (White)	Up to 140cm	140.1 to 150cm	150.1 to 160cm	160.1cm & over
8 th – 7 th Kup (Yellow)	Up to 140cm	140.1 to 150cm	150.1 to 160cm	160.1cm & over
6 th – 5 th Kup (Green)	Up to 140cm	140.1 to 150cm	150.1 to 160cm	160.1cm & over
4 th – 3 rd Kup (Blue)	No event	Up to 150cm	150.1 to 160cm	160.1cm & over
2 nd – 1 st Kup (Red)	No event	Up to 150cm	150.1 to 160cm	160.1cm & over
1 st Degree (Black)	No event	No event	Up to 160cm	160.1cm & over

All competitors 11 years & under: All bouts are one (1) round of 90 seconds, up to and including final.

Age 12 – 14 years Male

GRADES	WEIGHT CATEGORIES				
10 th – 7 th Kup (White & Yellow)	< 45kg	<55kg	<65kg	>65kg	- - -
6 th – 3 rd Kup (Green & Blue)	< 45kg	<55kg	<65kg	>65kg	- - -
2 nd – 1 st Kup (Red)	< 45kg	<55kg	<65kg	>65kg	- - -

Black Belts	< 40kg	< 45kg	< 50kg	< 55kg	< 60kg	< 65kg	>65kg
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Age 12 – 14 years Female

GRADES	WEIGHT CATEGORIES						
10 th – 7 th Kup (White & Yellow)	< 44kg	<52kg	<60kg	>60kg	-		
6 th – 3 rd Kup (Green & Blue)	< 44kg	<52kg	<60kg	>60kg	-		
2 nd – 1 st Kup (Red)	< 44kg	<52kg	<60kg	>60kg	-		
Black Belts	< 40kg	< 44kg	< 48kg	< 52kg	< 56kg	< 60kg	>60kg

All coloured belt competitors 12 – 14 years: All bouts are one (1) round of 120 seconds, up to and including final.

All Black belt competitors 12 – 14 years: All bouts will be one (1) round of 120 seconds, the Semi-finals and Finals will be two (2) rounds of 120 seconds.

Age 15 – 17 years Male

GRADES	WEIGHT CATEGORIES						
10 th – 7 th Kup (White & Yellow)	< 55kg	< 65kg	< 75kg	> 75kg	-		
6 th – 3 rd Kup (Green & Blue)	< 55kg	< 65kg	< 75kg	> 75kg	-		
2 nd – 1 st Kup (Red)	< 55kg	< 65kg	< 75kg	> 75kg	-		
Black Belts	< 50kg	< 55kg	< 60kg	< 65kg	< 70kg	< 75kg	>75kg

Age 15 – 17 years Female

GRADES	WEIGHT CATEGORIES						
10 th – 7 th Kup	< 49kg	< 57kg	< 65kg	> 65kg	-		

(White & Yellow)							
6 th – 3 rd Kup (Green & Blue)	< 49kg	< 57kg	< 65kg	> 65kg		- - -	
2 nd – 1 st Kup (Red)	< 49kg	< 57kg	< 65kg	> 65kg		- - -	
Black Belts	< 45kg	< 49kg	< 53kg	< 57kg	< 61kg	< 65kg	>65kg

All coloured belt competitors 15 – 17 years: All bouts are one (1) round of 120 seconds, up to and including final.

All Black belt competitors 15 – 17 years: All bouts will be one (1) round of 120 seconds; the Semi-finals and Finals will be two (2) rounds of 120 seconds.

Age 18 – 35 years Male

GRADES	WEIGHT CATEGORIES						
10 th – 7 th Kup (White & Yellow)	< 63kg	< 75kg	< 87kg	> 87kg		- - -	
6 th – 3 rd Kup (Green & Blue)	< 63kg	< 75kg	< 87kg	> 87kg		- - -	
2 nd – 1 st Kup (Red)	< 63kg	< 75kg	< 87kg	> 87kg		- - -	
Black Belts	< 57kg	< 63kg	< 69kg	< 75kg	< 81kg	< 85kg	>85kg

Age 18 – 35 years Female

GRADES	WEIGHT CATEGORIES						
10 th – 7 th Kup (White & Yellow)	< 55kg	< 65kg	< 75kg	> 75kg		- - -	
6 th – 3 rd Kup (Green & Blue)	< 55kg	< 65kg	< 75kg	> 75kg		- - -	
2 nd – 1 st Kup (Red)	< 55kg	< 65kg	< 75kg	> 75kg		- -	

					-		
Black Belts	< 50kg	< 55kg	< 60kg	< 65kg	< 70kg	< 75kg	>75kg

All coloured belt competitors 18 – 35 years: All bouts are one (1) round of 120 seconds, up to and including final.

All Black belt competitors 18 – 35 years: All bouts will be one (1) round of 120 seconds; the Semi-finals and Finals will be two (2) rounds of 120 seconds.

Age 36 years & over Male

GRADES	WEIGHT CATEGORIES		
10 th – 5 th Kup (White-Green)	<75kg	<87kg	>87kg
4 th – 1 th Kup (Blue-Red)	<75kg	<87kg	>87kg
1 st – 6 th Degree (Black)	<75kg	<87kg	>87kg

Age 36 years & over Female

GRADES	WEIGHT CATEGORIES		
10 th – 5 th Kup (White-Green)	<65kg	<75kg	>75kg
4 th – 1 th Kup (Blue-Red)	<65kg	<75kg	>75kg
1 st – 6 th Degree (Black)	<65kg	<75kg	>75kg

All coloured belt competitors 36 years & over: All bouts are one (1) round of 120 seconds, up to and including final.

All Black belt competitors 36 years & over: All bouts will be one (1) round of 120 seconds; the Semi-finals and Finals will be two (2) rounds of 120 seconds.

ASN Categories

GRADES	
White-Green Belt Mixed up to 14 years	Height / Weight will be split accordingly
Blue-Black Belt Mixed up to 14 years	Height / Weight will be split accordingly
White-Green Belt Mixed over 15 years & over	Height / Weight will be split accordingly

Blue-Black Belt Mixed over 15 years & over	Height / Weight will be split accordingly
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All ASN competitors: All bouts are one (1) round of 90 seconds, up to and including final.

SPARRING RULES

TARGET AREA

1. Head at the front, sides and top of the head but not at the back.
2. Trunk of the body from shoulder to navel vertically and from a line drawn from the armpit vertically down to the waist on each side (that is frontal area only, excluding the back).

LIGHT CONTACT

In competition a technique is valid according to a light contact system and if:

1. Executed correctly.
2. Dynamic, that is to say it is delivered with strength, purpose, speed and precision.
3. Controlled on the target.

POINT AWARDS

1. One (1) point will be awarded for:
Hand attack directed to mid or high section.
Hand attack while in air (both feet must be off the ground) directed to mid and/or high section.
2. Two (2) points will be awarded for:
Foot attack directed to mid-section.
Jumping or flying kick directed to mid-section.
3. Three (3) points will be awarded for:
Foot attack directed to high section.
Jumping or flying kick directed to high section.

WARNINGS will be assigned for the following offences:

1. Pretending to have scored a point by raising one or both arms.
2. Stepping completely out of the ring (both feet).
3. Falling down, whether intentional or not (it means any part of the body, other than the feet, touching the ground).
4. Faking a blow, pretending to be injured to gain an advantage.

5. Intentionally avoiding sparring.
6. Adjusting equipment during the bout without the consent of the Centre Referee.
7. Unintentional attack to an illegal target

FOULS will be assigned (one point will be deducted) for the following offences:

1. Heavy contact.
2. Attacking a fallen opponent.
3. Leg sweeping.
4. Holding/grabbing.
5. Intentional attack to a legal or illegal target
6. Unsportsman like conduct

DISQUALIFICATION can occur in the following circumstances:

1. Misconduct against officials or ignoring instructions.
2. Uncontrolled or excessive contact.
3. Receiving three (3) minus points/fouls directly given by the Centre Referee.
4. Being under influence of alcoholic beverages or drugs.
5. Loss of temper.
6. Insulting an opponent, coach and or official.
7. Biting, scratching.
8. Attacking with the knee, elbow or forehead.
9. Causing a KO

SPECIAL TECHNIQUE

This event is available for all competitors. And will be split by male & female and according to the following:

<8's	White & Yellow Belts	(<110cm, <120cm, <130cm, <140cm, >140cm)
	Green & Blue Belts	(<130cm, <140cm, >140cm)
9-11's	White & Yellow Belt	(<140cm, <150cm, <160cm, >160cm)
	Green & Blue Belts	(<140cm, <150cm, <160cm, >160cm)
	Red & Black	(<150cm, <160cm, >160cm)
12-14's	White – Green Belts	
	Blue – Red Belts	
	Black Belts	

15 – 17's	White – Green Belts Blue – Red Belts Black Belts
18 – 35's	White – Green Belts Blue – Red Belts Black Belts
36 years +	White – Green Belts Blue – Red Belts Black Belts

The technique will be Flying High Front Kick (Twimyo Nopi Ap Cha Busigi).

The target will be raised until there is a clear winner, in the case of a draw (only if the height has been cleared and the target hit correctly) will there be the possibility of 1 silver and 2 bronzes.

Minimum heights will be in place for each division. These will be published in advance of the event.

POWER TEST

This event is only open to 18-35yrs Colour Belts and Black Belts and 36yrs+ Colour Belts and Black Belts.

It will be split into Male and Female White/Green, Blue/Red & Black Belts categories.

White/Green competitors can only perform Ap Palkup Taerigi (Front Elbow Strike) and Yop Cha Jirugi (Side Piercing Kick).

Competitors must choose the number of boards they want to break in advance of the round secretly. In the case of a draw the Centre Referee will choose one of the used techniques at random and the number of boards to be broken.

Blue/Red & Black Belt competitors will choose **one** hand and **one** foot technique out of the two technique options. Competitors must choose the number of boards they want to break for each technique in advance of the round secretly.

There is a time limit of 90 seconds to complete both breaks.

In a tie break situation, the other hand or foot technique will be used (So you must practice all four). In the case of a further draw the Centre Referee will choose one of the used techniques at random and the number of boards to be broken.

There must be a clear winner, in the case of a draw (only if boards are broken) there will be the possibility of a silver and two bronzes.

TECHNIQUES FOR MALE WHITE/GREEN

HAND TECHNIQUE	FOOT TECHNIQUE
Ap Palkup Taerigi (Front Elbow Strike)	Yop Cha Jirugi (Side Piercing Kick)

TECHNIQUES FOR MALE BLUE/RED & BLACK BELTS

HAND TECHNIQUE – OPTION 1	HAND TECHNIQUE – OPTION 2
Ap Joomuk Jirugi (Punch)	Sonkal Taerigi (Knifehand Side Strike)
HAND TECHNIQUE – OPTION 1	FOOT TECHNIQUE – OPTION 2
Yop Cha Jirugi (Side Piercing Kick)	Dwitchagi (Back Kick)

TECHNIQUES FOR FEMALE WHITE/GREEN

HAND TECHNIQUE	FOOT TECHNIQUE
Ap Palkup Taerigi (Front Elbow Strike)	Yop Cha Jirugi (Side Piercing Kick)

TECHNIQUE FOR FEMALE BLUE/RED & BLACK BELTS

HAND TECHNIQUE – OPTION 1	HAND TECHNIQUE – OPTION 2
Pulkup Taerigi (Elbow Strike)	Sonkal Taerigi (Knifehand Side Strike)
FOOT TECHNIQUE – OPTION 1	FOOT TECHNIQUE – OPTION 2
Yop Cha Jirugi (Side Piercing Kick)	Dwitchagi (Back Kick)

ONLINE REGISTRATION

The online registration system we have in place is via Sportdata (www.sportdata.org)

Registration Link opens from 1st September 2026:

[2026 ITF Open British Championships Registration](#)

REGISTRATION DEADLINE: Friday 13th NOVEMBER 2026 @ 23:59 hrs GMT

Please note, competitors cannot directly register themselves to the event, this should all be done by the instructor only.

ENTRY FEES, PAYMENT AND CLOSING DATE

- ASN Competitors £30.00
- Coloured Belts (& Black Belts 9-11years) £40.00

- | | | |
|-------------------------------|-----------------------|--------|
| • Black Belts 12 years & over | | £50.00 |
| • Spectators | Adults | £5.00 |
| | Children 5-15 years | £3.00 |
| | Children 4yrs & under | Free |

The closing date for this competition is Friday 13th November; this is when all online registrations and payments must be completed.

Competitors will only be added to the draws once payment has been completed by the above deadline.

Entry fee payments must be made to the account details below:

Bank: Santander
Account Name: TKD EVENTS
Account Number: 26385017
Sort Code: 09-01-29
BIC: ABBYGB2LXXX
IBAN: GB23ABBY09012926385017

When making payment please use Club Name as the reference. Spectator fees can be pre-paid in advance or on entry at the door (for pre-paid tickets book online at www.tkdevents.org)

DOBOK / SAFETY EQUIPMENT

Competitors must wear an ITF style dobok. Any head scarfs worn must be white and worn inside the dobok. The following sparring equipment is essential for these championships; please ensure you have the correct equipment before arriving.

Sparring gear can be of any colour.

Equipment: 8 years & under, 9 – 11 years, 12 – 14 years

- Closed fingered open palm gloves (no dipped foam)
- Feet pads
- Head guard
- Mouth guard (any colour)
- Shin guards (optional)
- Groin Guard (male over 131cms)

Equipment: 15 – 17 years, 18 – 35 years, 36 years & over

- Closed fingered open palm gloves (no dipped foam)
- Feet pads
- Head guard
- Mouth guard (any colour)

- Shin guards (optional)
- Groin guard worn inside the dobok (male only, female is optional)
- Breast protectors for females are optional

INJURY / LIABILITY INSURANCE

Although the organisers will have their own insurance to run this event it is advisable that all competitors have their own insurance from their Association as the organisers cannot be made liable for any injury. First Aid will be present at this Competition.

UMPIRES

The following table applies for competitor to umpire ratio for participating clubs per day of competition;

NUMBER OF COMPETITORS	UMPIRES	FINE (payable by closing date)
Up to 7 competitors	1	£100 per Umpire not present.
8 – 14 competitors	2	£100 per Umpire not present.
15 competitors +	3	£100 per Umpire not present.

Schools that do not participate with **Full Time Umpires** shall pay the amount of £100 for any missing umpire according to the table above. Umpires will be provided with lunch and a souvenir.

Umpires must wear navy blue trousers, white shirt, navy blue tie, white training shoes with white socks, they should also have a navy jacket as well.

ALL UMPIRES MUST BE REGISTERED ONLINE BEFORE THE CLOSING DATE

COACHES

A cost of £10 is payable for all coaches, to receive the Coaches ID card. Coaches must wear track suit trousers and top or T shirt, Polo shirt and trainers. No doboks can be worn for coaching.

ALL COACHES MUST BE REGISTERED ONLINE BEFORE THE CLOSING DATE

Competitors can coach at no cost with their competitor wristband and therefore do not require to be registered on the system as a coach.

CODE OF CONDUCT & MEDIA RESPONSIBILITY

All competitors, coaches, officials and spectators are expected to conduct themselves in a respectful and sportsmanlike manner throughout the event.

Abusive, offensive, discriminatory, threatening or inappropriate language or behaviour directed towards competitors, coaches, umpires, officials, organisers or volunteers will not be tolerated. The Organising Committee reserves the right to take appropriate action where conduct falls below the standards expected at the event.

We also ask all clubs, competitors and spectators to act responsibly when sharing photographs or video footage from the event, particularly on social media. Content showing another competitor injured, receiving medical attention, unconscious, distressed or otherwise in a vulnerable situation should not be published or shared without the consent of the individual concerned or, where appropriate, their parent or guardian.

The dignity, privacy and welfare of all participants should be respected at all times.

By entering the event, competitors and their clubs agree to abide by these standards of conduct.

REGISTRATION / HEIGHT & WEIGHT CHECK

Registration Options

For this event all registration will take place in advance of the event, by way of virtual registration and in-person registration (*only available Friday & Saturday*).

This must be completed **as a club**, not by individual competitors. Clubs must have access to digital scales, a kettlebell or dumbbell for calibration, and a Seca type height stick (measuring tapes are not permitted).

Club instructors can book a time slot for registration via www.tkdevents.org

Registration will be facilitated by a member of the organising committee.

All competitors must wear **Dobok trousers and a club T-shirt** during weigh-in.

A tolerance of 0.5kg will be allowed for weight. **No tolerance will be given for height.**

- **Virtual Registration:**
 - Wednesday 18th November, 6pm – 8pm via Zoom
 - Thursday 19th November, 6pm – 8pm via Zoom
- **In-Person Registration:**
 - Friday 20th November, 6pm – 7pm at the venue (all age groups)

- Saturday 21st November, 5pm – 6pm at the venue (only 12 years & over Black Belts and 15 years & over all grades)

Competitors not making their weight or height will have until the end of the registration period to do so.

A £10 fine will apply for those needing to change category due to incorrect entry details, including but not limited to belt, height or weight.

 **No registrations will be accepted on the day of the event.**

 **Draws will only be published after registration closes on Friday evening.**

PROTEST

In the case that you feel that the umpires have not followed procedure correctly you can make a protest. The cost is £50. If you are successful, then you will be refunded. In the case that you have lost the protest you will lose the money, and this will be given to charity. Only a coach may make an official protest with the correct form.

VENUE AND DIRECTIONS

VENUE

Ravenscraig Regional Sports Facility, 1 O'Donnell Way, Motherwell, ML1 2TZ

The centre offers a range of facilities, including a café. There is tiered seating available for spectators. On-site parking is available for up to 500 vehicles, offering free parking.

Within a short walking distance there is also a popular family restaurant, McDonalds and Starbucks.

AIRPORT

Glasgow International Airport (GLA) – approximately 23 miles / 30 minutes by car
Edinburgh International Airport (EDI) – approximately 29 miles / 35 minutes by car
Glasgow Prestwick Airport (PIK) – approximately 32 miles / 50 minutes by car

TRAIN

Motherwell Railway Station is approximately 2.5 miles (4 km) from the venue and around 5 minutes by taxi.

Regular rail services connect Motherwell with Glasgow Central, Edinburgh and other major UK destinations. The No. 92 bus also connects Motherwell Railway Station directly with Ravenscraig Regional Sports Facility.

PARKING

Free on-site car parking is available at Ravenscraig Regional Sports Facility. Accessible parking spaces are also available close to the main entrance.

Competitors and spectators should follow event signage and the directions of parking stewards on arrival.

HOTELS (Early booking is advisable)

A wide range of accommodation is available within a short distance of Ravenscraig Regional Sports Facility, including:

Raven's Cliff by Marston's Inns – approx. 0.8 miles
Dalziel Park Hotel & Golf Club – approx. 1 mile
Best Western Moorings Hotel, Motherwell – approx. 1.3 miles
Holiday Inn Express Hamilton – approx. 2.8 miles
Premier Inn Glasgow (Motherwell) – approx. 3 miles
Dakota Eurocentral – approx. 3.1 miles
Alona Hotel, Strathclyde Country Park – approx. 3.1 miles

Teams are advised to book accommodation early.

MEDALS

One gold, one silver and two bronzes will be given in each category where there are four or more competitors.

First, Second and Third place Overall School Trophies will be issued for the schools that earn the greatest number of Gold medals. In the case of a tie, Silver and Bronze medals will be included.

Overall trophies will be issued for the best competitor male & female in each age category.