

Irish Taekwon-Do Association

# Munster Open 2026



14<sup>th</sup> – 15<sup>th</sup> February 2026

SETU Arena, Waterford





# ITA Munster Open International 2026



**Date:** 14<sup>th</sup> February 2026 – All black belts and Colour Belts 14+  
15<sup>th</sup> February 2026 – Age 13 and Under

**Location:** SETU Arena, Waterford

**Registration:** From 8:30am on both days of competition

**Weigh in:** Friday (TBC Please check ITA Facebook for Updates)  
Saturday 8:30am – 10:00am

**Height Check:** Sunday Before Pattern Competition

**Umpire Meeting:** 9:30am on both days

**Start of competition:** 9:30am-10am on both days (TBC)  
\*Sunday will be split into different start times for Under 10 and 11-13 (Please check ITA Facebook for Updates)

**Entry Fee:** €35 per competitor

**Important Dates:**

1<sup>st</sup> January 2026: Online Registration Opens

6<sup>th</sup> February 2026: 23:59 Registration Closes

12<sup>th</sup> February 2026: Schedule Published Online

\*\* Withdrawal of competitor before 6<sup>th</sup> February is possible without a fee \*\*  
competitors withdrawn after this date subject to full entry fee

## **\*\*PLEASE NOTE\*\***

\*\* Errors in sparring categories entries may be rectified on the day of the event at \*\*  
the discretion of the Tournament committee, all changes are subject to a €10 fee, this  
fee must be paid before the change is made

**No changes/additional entries in pattern, sparring, special technique or power**  
categories on the day of the event and any competitor entered in the wrong category will be  
removed

## **Age Categories**

Saturday: Under 15 Black Belt, 14-17 Black Belts, Senior (18+), Veteran (35+)  
Cadet Colour Belts (14-17)

Sunday: Under 10, Junior (11-13)

## **Categories**

### **Patterns**

Colour Belts: Optional Pattern

Black belts: Preliminary Rounds: 1 x designated patterns (Chon-Ji -  
Current Grade)

Semi Final & Final: 2 x designated patterns

This is for Cadet and Senior patterns only, Under 15 and Veteran Black Belt categories  
will be from Chon-Ji – 1<sup>st</sup> Dan Patterns





## Sparring

Saturday: Weight Categories

Sunday: Height Categories all Under 10, 11-13 Yellow/Green  
Height/Weight for 11-13Yrs Blue/Red Belts

**\*Note:** For 11-13 years Blue/Red belts, categories are initially divided by height but may be adjusted or modified at the discretion of the tournament committee to take competitor weights into account, please also include weights on entries for these competitors

The organisers reserve the right to further divide categories if there is a large difference in weight/height across the category.

## Match Times

Under 10: 1 round, 1.5 minutes

Colour belts (11 yrs+) & Veterans (35+): 1 round, 2 minutes

## Black belts (Pools & Repechage)

Pools 3 competitors: 2 rounds, 1.5 minutes

4+ Competitors: Main Draw: 2 rounds, 1.5 minutes

Finals: 2 rounds, 2 minutes

Regualifying matches for 3<sup>rd</sup> place: 1 round, 2 minutes

## Special Technique

Blue/Red Belt 11 Yrs + M/F: Front Kick & Side Kick

Turning kick may be used as a playoff technique

Black Belt M/F: Turning Kick, 360 Mid Air Kick, Side Kick

In the event of a playoff, any of the 5 techniques may be selected

## Power

Black Belt

M: Forefist Front Punch, Side Kick, Reverse Turning Kick

F: Front Elbow Strike, Side Kick, Reverse Turning Kick

In the event of a playoff, any of the 5 techniques may be selected

Special Technique/Power heights/number of boards on last page of invite.

## Umpires

Saturday: 1 – 7 competitors = 1 umpire, 8 – 14 competitors = 2 umpires etc.

Sunday: 1 – 10 competitors = 1 umpire, 11 – 20 competitors = 2 umpires etc.

We need as many senior umpires as possible to ensure a high level of refereeing on all rings.

All umpires will receive free lunch and snacks on the day of the competition.

Umpires must wear: Navy pants, navy jacket, white shirt, tie, white shoes.

**International teams may be excused the requirement to provide umpires**



## Coaches

There will be no coaching allowed during patterns.

Clubs must meet the umpire to competitor ratio on each day they to receive coaching passes

1-15 competitors = 1 coach, 2-30 competitors = 2 coaches etc. Maximum of 1 coach per ring

Saturday coaches may be cadets (14-17) or seniors, who can coach at ringside.

Sunday coaches must be cadets (14-17) blue belt upwards. No senior coaches are allowed at ringside.

In the interest of fairness on Sunday, if one competitor does not have a coach for a match then the other competitor will not be allowed a coach for that match.

**Safety Equipment:** Equipment must be of an ITF approved type.

All competitors must wear:

- Head Guard
- Gloves (open palm, enclosed fingers)
- Foot pads
- Shin Guards
- Gum Shield (Clear)
- Groin Guard (compulsory for all male competitors)

All competitors must wear a red or blue headguard, depending on which side of the draw they are on. ITA will provide these at the event, however, if competitors prefer to wear their own headguard they must have a red and a blue helmet as part of their sparring set. No other colours will be allowed to be worn.

Any strapping, supports must be accompanied by a medical note, however the T&U committee will make the final decision to allow the competitor to compete or not.

## Contact and skill development

We place an emphasis on skill development over heavy contact in our events. Heavy contact will not be tolerated.

ITF Sparring is light contact, with the technique controlled on the target. Points will be awarded as follows:

- One point for hand techniques to body or head
- Two points for foot technique to the body
- Three points for foot technique to the head.

## Awards

Colour Belts & Black Belt Veterans: 1<sup>st</sup>, 2<sup>nd</sup> and joint 3<sup>rd</sup> Place

All other Black Belts: 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Place

Special Technique/Power: 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Place (2<sup>nd</sup> and 3<sup>rd</sup> in case of tie breaks)

Under 10 competitors up to green tag who are not placed will receive a commemorative medal.

Overall competitor awards for the most outstanding performance at cadet and senior black belt level.



## Weight / Height Control

Competitors must wear a t-shirt and dobok pants. A 1kg tolerance is permitted.

Height checks on Sunday for juniors will take place before the tournament starts. The process for this will be communicated by email the week of the tournament.

When registering please ensure your competitors are checked in the club and not at home.

Instructors must take full responsibility for any incorrect heights or weights and must sign each entry form.

## Insurance

All competitors must have adequate insurance for all eventualities.

## Conduct:

All participants in the event, competitors, coaches, the public, umpires etc. should conduct themselves according to the tenets of Taekwon-Do at all times.

## Competition Divisions/Categories

Divisions / categories must consist of two or more competitors – if there is only one competitor he/she will compete in a higher or lower category as deemed appropriate. This will be indicated on the competitor sticker as ReCat Up or ReCat Down as appropriate

For full list of categories please see the event page on the sportdata.org web page

## Competition area

Only competitors for current division, officials, coaches with passes, tournament committee / organisers and VIPs allowed on competition floor.

## ITA Tournament and Umpire Committee

Tournament Director

**Master Mark Buckley VII Dan**

Umpire Chairperson

**Mr Carl Smullen VI Dan**

Tournament Coordinator

**Master Stephen Ryan VII Dan**

Tournament Administrator

**Mr Stephen Smullen VI Dan**

## Contact

Email: [entries@taekwondo.ie](mailto:entries@taekwondo.ie)

## Techniques and Heights for Special Technique

| Blue/Red Belts<br>11-13 Years               | Female 11-13 yrs<br>-155cm | Female 11-13 yrs<br>+155cm | Male 11-13 yrs<br>-155cm | Male 11-13 yrs<br>+155cm |
|---------------------------------------------|----------------------------|----------------------------|--------------------------|--------------------------|
| Flying high front kick<br>(Scissors Motion) | 180                        | 190                        | 190                      | 200                      |
| Flying high side kick                       | 90                         | 100                        | 100                      | 110                      |

| Blue/Red Belts<br>14-17/Senior              | Female 14-17<br>years | Female Senior | Male Senior | Male 14-17<br>years |
|---------------------------------------------|-----------------------|---------------|-------------|---------------------|
| Flying high front kick<br>(Scissors Motion) | 190                   | 200           | 230         | 220                 |
| Flying high side kick                       | 100                   | 110           | 120         | 120                 |

\* Turning kick may be used as a playoff technique for blue/red belt special technique

| Black Belts                                 | Under<br>15 Male | Under 15<br>Female | Junior<br>Male | Junior<br>Female | Senior<br>Male | Senior<br>Female |
|---------------------------------------------|------------------|--------------------|----------------|------------------|----------------|------------------|
| Flying high front kick<br>(Scissors Motion) | 220cm            | 200cm              | 240cm          | 210cm            | 250cm          | 220cm            |
| Flying turning kick<br>(Scissors Motion)    | 190cm            | 170cm              | 210cm          | 180cm            | 220cm          | 190cm            |
| Flying reverse turning kick                 | 170cm            | 170cm              | 190cm          | 170cm            | 200cm          | 180cm            |
| 360 mid air kick                            | 170cm            | 170cm              | 190cm          | 170cm            | 200cm          | 180cm            |
| Flying high side kick                       | 120cm            | 110cm              | 130cm          | 110cm            | 140cm          | 120cm            |

Note: Measurements for height are made from the surface of the floor or mat, to the bottom (lowest) edge of the board, or tape in the case of the high side kick.

## Power Breaking

| Technique                                       | Junior<br>Female | Junior Male | Senior Female | Senior Male |
|-------------------------------------------------|------------------|-------------|---------------|-------------|
| Forefist front punch (M)/Front Elbow strike (F) | 1                | 1           | 1             | 2           |
| Knifehand strike                                | 1                | 2           | 1             | 2           |
| Side piercing kick                              | 2                | 3           | 2             | 3           |
| Turning kick                                    | 1                | 2           | 2             | 2           |
| Reverse turning kick                            | 1                | 1           | 2             | 2           |

For special technique/power Black Belts will compete with the 3 highlighted techniques above