



# ITF WALES



ITF Wales Invite you to the...

## ITF WALES OPEN 2025

*WHEN:* Sunday **16th February** 9 am

*WHERE:* Penarth Leisure Centre  
Andrew Road  
Cogan, Penarth  
CF64 2NS

**Open to** Colour belts – All Grade and ages

**Free Parking** available on site

### *CATEGORIES IN:*

Sparring  
Patterns  
Special Technique (Juniors only)  
Dragon's Tail  
High Kick  
Power Breaking (adults only)



### **Key Information**

**Entry Fee:** £20 See entry form for full details  
(£15 for 4-7 year olds)

**Deadline** for Entries : 10<sup>th</sup> February

**Entry Forms:** Individual and school entry forms attached



# ITF WALES

## ITF WALES OPEN – February 2025 INDIVIDUAL ENTRY FORM

**Sunday 16th February 2025 -9am**  
Penarth Leisure Centre  
Andrew Road, Cogan  
Penarth, CF64 2NS

Please Return Completed Forms and Fee to  
your Taekwon-do Club/School

### Competitor Details

**Full Name:** \_\_\_\_\_

**Taekwon-do School:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_/\_\_\_\_/\_\_\_\_ **Age:** \_\_\_\_ **Male** **Female**

**Grade:** White  Yellow  Green  Blue  Red

### Events

#### Sparring

No

Yes

#### Patterns

No

Yes

#### Special Technique

No

Yes

(Juniors -14yrs only)

#### Under 13

#### 13yrs Plus

Height CM:

Weight Kg:

#### Dragon's Tail

Yes

No

*4 – 7  
Years  
only*

#### High Kick

Yes

No

### Entry and Declarations

I accept that my group may be merged with another or cancelled if insufficient competitors. I agree that the decision of officials is final.

I will wear ITF approved protective gear on head, hands, feet, gumshield, and groin guard (males). I will wear a white dobok without instructor stripes

This competition will be run in accordance with ITF rule set. I agree to the use of video and photography at this event.

Sparring and Patterns are open to 6 years plus. Special Technique is open to 7 – 13 years. 4 – 7 years compete in Dragons Tail and High Kick events.

**Entry fee:** £20 per competitor. £15 for 4 – 7 year olds. Spectators: Free.

**All fees** must be by cheque payable to ITF Wales and must be paid in full before the competition date.

There is a £5 late entry surcharge – payable for entries received after the 10<sup>th</sup> February 2025.

**I enclose full payment, I agree with the above and certify all details are correct:**

Competitor declaration

Contact telephone \_\_\_\_\_

Signature  
(Parent if under 16): \_\_\_\_\_

Instructor declaration

Name \_\_\_\_\_

Signature: \_\_\_\_\_



# ITF WALES

ITF WALES OPEN – February 2025

## SCHOOL ENTRY FORM

**Sunday 16th February 2025 -9am**

Penarth Leisure Centre

Andrew Road, Cogan

Penarth, CF64 2NS

Please Return Completed Forms and Fee to your Taekwon-do Club/School

### School Details

**Taekwon-do**

**School:** \_\_\_\_\_

**Number of Competitors:** \_\_\_\_\_

**Instructor:** \_\_\_\_\_

### Entry and Declarations

Sparring and Patterns are open to 6 years plus. Special Technique is open to 7 – 13 years. 4 – 7 years compete in Dragons Tail and High Kick events.

**Entry fee:** £20 per competitor. £15 for 4 – 6 year olds. Spectators: Free.

**All fees** must be by cheque payable to ITF Wales and must be paid in full before the competition date. There is a £5 late entry surcharge – payable for entries received after the 10th February 2025.

As the instructor of the competitors listed I agree with the above and have ensured all competitors (and parents if -16yrs) agree to the rule set and declarations. I certify and confirm all details are correct.

**I enclose full payment for the competitors listed**

Instructor declaration

Name \_\_\_\_\_

Signature: \_\_\_\_\_



