

UK International Taekwon-Do Federation

TKD Centre, The Unit, Victoria Lane, Harlington
Middlesex UB3 5EW ENGLAND
Tel: 0044 1895 459947 • Fax: 0044 1895 430257
Email: tournaments@uk-itf.com • Website: www.tkd.co.uk



UK ITF BLACK BELT LEAGUE 2026

Saturday 17th October 2026

Patterns • Sparring • Destruction • Special Technique

Venue: Rivermead Leisure Centre, Richfield Avenue, Reading, RG1 8EQ

ABOUT THE EVENT

Dear Instructors,

You and your students are invited to take part in the **UK ITF Black Belt League 2026**, taking place on **Saturday 17th October 2026** at Rivermead Leisure Centre, Reading.

This is a **NEW INITIATIVE** where competitors will compete against **all other entrants within their category**, accumulating points throughout the competition.

League Format:

- **3 Points** – Win
- **1 Point** – Draw
- **0 Points** – Loss

At the end of the competition, competitors will be ranked according to their total league points.

1st, 2nd and 3rd place medals will be awarded based on the final league table.

ENTRY INFORMATION

Entry Deadline - Friday 9th October 2026

All entries must be submitted electronically.

Entries received or amended between **10th–16th October** will incur a **£10 late surcharge**.



Registered Offices: Swatton Barn, Badbury, Swindon, Wiltshire, SN4 0EU
Company Registration No: 07402616

**Entry Fees**

Entry	Fee
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Competitor Entry	£50
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Coaches Pass	£50
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Late Competitor Entry	£60
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Category Change on the Day **£10 surcharge**

Each competitor will receive a **lanyard**.

Please ensure that:

- All competitor details are correct
- A photograph is included with the entry
- Payment is made as early as possible and no later than **9th October**

A paper-based form may be printed and used by clubs to collect student information. These details should then be uploaded electronically along with competitor photographs.

AGE CATEGORIES

Division	Age	Events
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Under 14s	12–13 years	Patterns & Sparring
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Under 18s	14–17 years	Patterns, Sparring, Destruction & Special Technique
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Adult	18–39 years	Patterns, Sparring, Destruction & Special Technique
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Senior	40+ years	Patterns, Sparring, Destruction & Special Technique
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SPARRING CATEGORIES

	Micro	Light	Welter	Middle	Heavy	Hyper
Senior (40yrs+)						
Male	-58kg	-64kg	-70kg	-76kg	-82kg	82kg+
Female	-50kg	-55kg	-60kg	-65kg	-70kg	70kg+

**Adults (18-39yrs)**

Male	-58kg	-64kg	-70kg	-76kg	-82kg	82kg+
Female	-50kg	-55kg	-60kg	-65kg	-70kg	70kg+

Under 18's (14 – 17yrs)

Male	- 50Kg	- 55Kg	- 60Kg	- 65Kg	- 70Kg	70Kg +
Female	- 45Kg	- 50Kg	- 55Kg	- 60Kg	- 65Kg	65Kg +

Under 14's (12 – 13yrs)

Male	- 40Kg	- 45Kg	- 50Kg	- 55Kg	- 60Kg	60Kg +
Female	- 35Kg	- 40Kg	- 45Kg	- 50Kg	- 55Kg	55Kg +

Important

Where there are insufficient entries in a category, **divisions may be amalgamated**. Any amalgamation will be decided on the day.

COMPETITION EVENTS & RULES**1. PATTERNS**

Competitors will perform **one choice pattern and one designated pattern** in each round.

Pattern Categories**Degree Pattern Range**

1st Degree Choong-Moo up to Ge-Baek

2nd Degree Ge-Baek up to Ko-Dang

3rd Degree Ko-Dang up to Choi-Yong

4th Degree Choi-Yong up to Moon-Moo

5th Degree Moon-Moo up to Se-Jong

6th Degree Se-Jong up to Tong-Il



2. SPARRING

Sparring will be conducted in accordance with **ITF competition rules**.

Mandatory Protective Equipment

Competitors must wear:

Hand Gloves – Closed finger / open palm

Foot Pads

Gum Shield

Groin Guard – Males only

Head Guard – Optional

Shin Pads – Optional

3. DESTRUCTION

Destruction will be conducted according to **standard ITF breaking rules**.

Technique	Adult Male (18+)		Adult Female (18+)		Junior Male (14-17yrs)		Junior Female (14-17yrs)	
	Degree	Kup	Degree	Kup	Degree	Kup	Degree	Kup
Side Piercing Kick	7	4	6	3	5	3	5	3
Turning Kick	5	3	4	2	4	2	4	2
Reverse Turning Kick	5	3	2		3		1	
Knifehand	5	3	4	2	3	2	3	2
Punch	5	3	1					

Qualification technique:

Side Piercing Kick.



4. SPECIAL TECHNIQUE

Special Technique will be conducted according to **standard ITF competition rules**.

Technique	Adult Male (18+)		Adult Female (18+)		Junior Male (14-17yrs)		Junior Female (14-17yrs)	
	Degree	Kup	Degree	Kup	Degree	Kup	Degree	Kup
Jumping Front Kick	280cm	240cm	240cm	180cm	260cm	220cm	200cm	160cm
Jumping Turning Kick	250cm	210cm	220cm	180cm	230cm	190cm	200cm	160cm
Jumping Reverse Turning Kick	240cm	200cm	200cm		220cm	180cm	180cm	
360 Jumping Back Kick	240cm	200cm	200cm		220cm	180cm	180cm	
Flying Side Kick	320cm	280cm	200cm	140cm	300cm	260cm	180cm	140cm

Qualification technique:

Jumping Front Kick.

IMPORTANT INFORMATION FOR CLUBS

Coaches are permitted at the event. **Please note**, if a club registers a coach, they must also provide an umpire for the event. (Not applicable to visiting clubs)

SPECTATORS - FREE

Spectators must not stand or sit on the edge of the competition rings.

Please follow all venue and competition-area instructions to ensure the event runs safely and efficiently.

CONTACT

For questions regarding the competition, entries or rules:

Mr Jamie McAvoy:

tournaments@uk-itf.com or 01895 459947



EVENT DETAILS

UK ITF Black Belt League 2026

Saturday 17th October 2026

Rivermead Leisure Centre

Richfield Avenue

Reading

RG1 8EQ

WE LOOK FORWARD TO SEEING YOU THERE!

Yours in TaeKwon-Do