



TEC – Tough Enough Challenge 2025

We're Reviving the Challenge!

Join us for a fun and exciting event open to all Taekwon-Do practitioners
– no matter your age, experience, or competitive background!

 Challenge Yourself in a unique setting that's not your standard tournament.
This event is designed for everyone – even if you're not a regular competitor.


 Come test your skills, have fun, and push your limits in a supportive and motivating environment.
Let's make this a memorable day of growth, spirit, and Taekwon-Do!

 Date:	Saturday, 11 th October 2025
 Venue:	Marks Park Sports Club Judith Rd, Emmarentia (Rugby Field / Vumani Hall)
 Time:	09:00am – 13:00pm (Group-specific times to be sent closer to the day)

Cost:	R300 per person
Deadline (entry & payment):	Sunday, 28 th September 2025
Late Entry:	+R80 until 5th Oct (No entries accepted after 5th Oct)

(Regrettably No Refunds)

Banking Details:
Fighting Fit
Nedbank
Fourways (168405)
Acc 1079237453

 **Register Online:** [MTG Tough Enough Challenge Entry Form](#)

Who Can Enter?

- All ages & belt levels welcome
- Non-competitors welcome too!
- **Requirement:** Must know at least 1 pattern

Challenge yourself to complete all the Tough Enough events including:

- Run
- Sparring (focus on technique & fitness)
- Kicking Speed
- Pattern
- Breaking (for adults only)
- Special Technique (for Kids 7yrs – 12yrs only)

*You earn points for completing each event (scoring break down on last page).
Medals awarded based on total score (Medals break down on last page).*

Events & Scoring Overview - per age group:

Teens & Adults (13yrs+)/ Male & Female

1. Run (complete within 14minutes - to qualify for a point)

- Seniors (18-35yrs): 4 laps
- Veterans (36yrs+): 3 laps
- Teens (13-17yrs): 3 laps

If raining/ injury: Indoor challenge alternative provided

Indoor Alternative (Timed):

- 1 min each:
 - Knee Highs
 - Sit-Ups
 - Squats
- Ladder Race:
 - 4 up & down

points per each exercise tallied together to get final points for this challenge

2. Push-Ups:

- As many as can do in 1 minute

3. Sparring (Light contact - focus on technique & fitness)

- Seniors: 5 x 1 min
- Veterans: 4 x 1 min
- Teens: 4 x 1 min

Umpires may remove anyone not obeying rules

4. Kicking Challenge:

- As many as can do in 1 minute
 - Choice of Turning Kicks (not 45 degree - must be with pivot) or Side Kicks

5. Breaking (Adults Only)

6. Pattern (Optional - current or previous)



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Kids (7yrs – 9yrs & 10yrs – 12yrs)/ Male & Female

1. Run

- Kids (7yrs–9yrs): 1 lap
- Kids (10yrs–12yrs): 2 laps

If raining/ injury: Indoor challenge alternative provided

Indoor Alternative (Timed):

- Kids (7yrs–9yrs): 30 sec
- Kids (10yrs–12yrs): 45 sec
 - Knee Highs
 - Sit-Ups
 - Squats
- Kids (7yrs–9yrs): 2 up & down
- Kids (10yrs–12yrs): 3 up & down
 - Ladder Race

points per each exercise tallied together to get final points for this challenge

2. Push-Ups:

- Kids (7yrs–9yrs): 30 sec
- Kids (10yrs–12yrs): 45 sec

3. Sparring (Light contact – focus on technique & fitness)

- Kids (7yrs–9yrs): 4 x 45 sec
- Kids (10yrs–12yrs): 4 x 1 min

Umpires may remove anyone not obeying rules

4. Kicking Challenge (choice of):

- Turning Kicks (not 45 degree – must be with pivot) **or**
- Side Kicks

- Kids (7yrs–9yrs): 30 sec
- Kids (10yrs–12yrs): 45 sec

5. Special Technique:

- Jumping High Kick

6. Pattern (Optional – current or previous)



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Scoring

1. Run (or alternative if not running)

1 st Place:	3 Points
2 nd Place:	2 Points
Complete Challenge:	1 Point (any time for Kids/ with in 14minutes for Teens/ Adults)

2. Push-Ups

1 st Place:	3 Points
2 nd Place:	2 Points
Complete Challenge:	1 Point

3. Sparring

3 Points:	get through looking like correct sparring
2 Points:	get through not fully optimally
1 Point:	finish designated rounds without extended pauses

4. Kicking Challenge

3 Points:	Most Kicks
2 Points:	2 nd Most Kicks
1 Point:	Complete Challenge (without extended pauses)

5. Breaking (adults only)




3 Points:	break 1 st attempt
2 Points:	break 2 nd attempt
1 Point:	break 3 rd attempt

5. Special Technique (12yrs & under)

3 Points:	clean contact on 1 st attempt
2 Points:	clean contact on 2 nd attempt
1 Point:	clean contact on 3 rd attempt

6. Patterns

3 Points:	Smooth, accurate & no obvious mistakes
2 Points:	slight hesitation
1 Point:	obvious mistake but finish correctly

Medal	Criteria
 Gold	Highest Total Score
 Silver	2nd Highest Total Score
 Bronze	Completed all events in time

In the case of ties, multiple gold/ silver medals may be awarded.

Final Notes:

- Fun, fitness & personal growth at the heart of this event
- Come challenge yourself in a **supportive** environment
- Medals awarded based on your **total performance**
- **Bring your best efforts**



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