



You and your club are invited to join us:

Taekwon-Do South Africa National Invitational Championships 2026
Saturday, 9th May 2026, Johannesburg

Our tournaments have been running annually since 2003 & they are proud to be known for their well organised structure aimed at positively benefitting the SA Taekwon-Do community. We strive for a smooth flow of events, designed to make it as professional as possible.

1. Invitation

We are excited to invite you to this prestigious event. The aim is to unite our invited clubs in friendly competition. Aiming to challenge the competitors and bring about learning and improvement.

Tournament details:

- Date:** Saturday, 9th May 2025
- Venue:** Pinnacle College Linden
[Corner 4th avenue and, 11th St, Linden, Randburg, 2195](#)
- Entrance fee:** Competitors (7yrs & up) – R400 (pre-paid via EFT by 15th April 2026);
 R500 (late fee if paid after 15th April '26 – No Payment on the day please);
- Spectators:** - No charge (Included in the entry fee).
 - Only to be personally connected to a competitor or club.

*If financial cost is an impediment to competing:
 One may apply for discounts for these members as we aim to help where we can,
taekwondosouthafrica@gmail.com*

Registration: To be in via online entry by latest 15th April 2026, [Click Here](#)
 Entries Open from 01st April 2026 (After permission given to you from your instructor)
 None accepted after the 01st May'26.
 Please let us know if your club intends to compete asap.

Approximate Times: We will start a category earlier if we are running ahead of schedule, so please make sure to arrive at least 1 hour before your age time slot.
 We could also run late, depending on unforeseen delays.

(We will confirm an updated time schedule, once the bracketing is done – a few days before the tournament).

<u>Time Schedule per Group</u>	<u>Arrival Time</u>	<u>Start Time</u>	<u>End Time</u>
Referee Meeting/ Short Course	07:30am	07:45am	08:00am
Opening Ceremony (Panthers, 7yrs - 12yrs)	07:30am	08:00am	08:10am
Panthers (7yrs - 12yrs) – Patterns/ Sparring	07:30am	08:15am	11:00am
Senior/ Veterans (Black Belts, 18yrs & up) – Patterns/ Sparring	07:30am	11:15am	13:30pm
Opening Ceremony (Junior/ Senior, 13yrs & up) – Time Dependent	n/a	n/a	n/a
Colour Belts Juniors (13yrs – 17yrs) – Patterns/ Sparring/ Special Technique Seniors/ Veterans (18yrs & up) – Patterns/ Sparring/ Specials/ Breaking	12noon	13:45pm	17:30pm

NB Please be at the venue an hour before your time slot, this is also to not overload the waiting areas)
 Medals will be handed out at the event after the event or age group competed in.

- if we can get enough judges/umpires for Black Belt category we can run on a 2nd floor & finish earlier, in that case start the Junior & Senior Colour Belts earlier.

Family and friends are all welcome.

Refreshments/ Food: There will be food, snacks & beverages on sale at the venue.

2. Events

The Tournament will include Sparring, Patterns, Breaking, Special Techniques. (Basically, we want to cater for all ages and belt levels, including black belts).

a) Patterns: I.T.F./Chang Hon Style Patterns

- 1 optional pattern (elimination and finals)
 - two optional patterns if only two people in a category to be performed.
 - If a tie a second optional pattern must be chosen nearest to the persons belt level.
 - So, a low novice pattern can't be chosen by a higher belt etc.

b) Sparring:

- The TSA Invitational will follow the rules of the (Choi Jung Hwa) Canada International Taekwon-Do Federation (I.T.F) (This includes point scoring, warnings, fouls and patterns). Contact Norman for detailed info on points etc: taekwondosouthafrica@gmail.com
- Once a competitor has been called upon by the table to be present in the ring, a maximum of 2 minutes will be allowed to find that person before he/she will be disqualified.
- 18yrs & up: 1 x 2 min round (eliminations and final)
 - only if there is a two-person category then 2 x 2 min round.
- 13yrs – 17yrs: 1 x 1.5 min round (eliminations and final)
 - only if there is a two-person category then 2 x 1.5 min round.
- 12yrs and below: 1 x 1 min round (eliminations and final)
 - only if there is a two-person category then 2 x 1 min round.
- No head contact for kids 12yrs & under.
- Full sparring gear (including hand, foot, shin & (groin guard for males and mouth guards) is COMPULSORY, Head Guard is advised.
- Sparring rules may be changed by the umpire during or before a match without notice. Such as stopping head contact if it is deemed necessary or implementing a one or two punch rule, especially but not limited to the Panther, Junior age and Senior novice divisions.

c) Power Breaking:

- Techniques:
 - 1) Side Piercing Kick
 - 2) Turning Kick or Reverse Turning Kick
 - 3) Punch or Knife Hand Strike

Male Seniors (18yrs & up) will do: 1, 2, 3

Female Seniors (18yrs & up) will do: 1, 2, 3 (Knife hand, palm strike/punch)

Veteran's will do all as above

NB! 17yrs and below will not take part in power breaking.

There will be a qualification first round with Side Piercing Kick or competitor chosen kick from above decided on the day as the qualifier (failure to break on any will result in not continuing to the next techniques). The starting number of boards will be decided on the day for all divisions. All techniques should begin and end with an L-Stance Forearm Guarding Block. (Not disqualified if doesn't end in that position, but preferable. Falling is disqualification). The division can be won on the qualifying technique if there is no tie. Optional (from the tournament allowed techniques) foot and hand techniques could be allowed for qualification (foot) or hand (next rounds).

- **Points:** 2 points for each broken board, 1 point for a cracked or half broken board

d) special Techniques: (high & distance kicking) Categories catered from 7yrs:

- Techniques:
 - a. Jumping High Kick
 - b. Jumping Turning Kick or Jumping Reverse Turning Kick
 - c. Tie breaker Flying Mid Air Kick or designated on the day for kids.
- **Points:** 2 points for a solid touch, 1 point for just touching the target.

There will be a qualification first round with Jumping High Kick as the qualifier (failure to break will result in not continuing to the next techniques).

All techniques should begin and end with an L-Stance Forearm Guarding Block. (Not disqualified if doesn't end in that position, but preferable). Falling is disqualification. Failure to break on the qualifying Jumping High kick qualifier or any will result in not continuing to the next technique. Further info for the breaking and special techniques will be given on the day. Height measuring will be done as per TSA, using each person's height with extended hand and going up in increments. The division can be won on only the high kick, if there is no tie.

The Tournament will cater for categories in the following divisions:

Any of these and the following can be changed on the day to suit the circumstances.

Panthers	- 7yrs to 12yrs
Juniors	- 13yrs to 17yrs
Seniors	- 18yrs to 35yrs
Veterans	- 36yrs & up (depending on category size, may be combined with Seniors)

all White Belt/ Yellow Stripes to Black Belts up to Sixth (VI) Dan are welcome to enter.

e) Special Notes

- The number of categories will depend on the number of entrants and will only be finalized the day before. A category must have at least 3 participants. For small categories we could change to Round Robin or Repechage (losers pool), or for any category. Categories can also be merged in the case of too few entrants.
- If a category has to be closed due to dropouts etc. The organisers will do their best to put the remaining competitor/ s into a new category which is as close to the original parameters as possible. A medal will not be issued unless the competitor competes, even if the original category doesn't exist anymore. This is due to these tournaments being of a student development nature as the priority. Each case will be examined individually to determine the outcome.
- Competitors, instructors, coaches, parents, or spectators may not lodge complaints directly to the table official, umpires or the tournament directors. There is a protocol which must be followed: The process would be to engage with the individual's organisation or club head or representative. One would generally go through their instructor first. The organisational/club representative would bring it to the attention of the Tournament director.
- There is no vocal coaching at the ring at this tournament.
The head coach of a team is the only one allowed to present an official protest at a cost of R300.
- All Black Belts (16yrs & up only) are all to take on ring duties such as corner judging, umpiring or table Officiating. For every 5 competitors per club there must be 1 Black belt/Black Stripe official (16yrs older) for the entire day. Each organisation head of delegation is responsible to have their member official/s at each ring; the delegation head is also responsible for interchanging their officials at the rings. (Rarely, this may be waived if only a very small team and not enough to fulfil the requirement, it will be looked at on a case-by-case basis). A reminder that vocal coaching such as shouting or giving instructions from the side is not allowed. The role is to help students prepare, find students, or encourage after or in between rounds. Colour belts ring assistants may also be requested for helping competitors get ready with equipment, putting red and blue tags. These would assist at a specific ring as the table official needs and may do so for all competitors regardless of club, so as to make sure all competitors have assistance even if no coach from their club is available at that time.
- Any Black Belt can be taken off the floor to assist with judging or table assistance at any time.
- A "Corner judging course" will be given before start of the tournament.

3. Results

The result is final. No changes will be considered afterwards. The referee remains the master of the floor. Disqualifications will be made only by the tournament director only after consultation with the referee and corner judges. The Tournament organisers' decision in any contested result will be final. Parents/ Spectators are forbidden from making protests regarding judging. An instructor may make an official protest at R350 to the tournament director only as the match ends (the next match must be paused.) Clear video proof from different angles is necessary and unless hugely obvious by a very wide margin of clean scoring points, multiple infringements or warnings not marked, it will not be considered. Regarding patterns it is difficult as the judges could be looking at the other competitor when a technical mistake/s happens, so that cannot be the sole reason for a pattern's complaint

4. Registrations & Payment:

Payment should be made by 15th April 2026.

(Please find out from your instructor if they are doing a club/ organisation payment or if you can pay individually)

The bank details are as follow:

Name: Fighting Fit Gym cc
Bank: Nedbank
Branch: Fourways (168405)
Acc# 1079237453
Type: Current
Ref# Name/ Name of Club

5. Indemnity

Taekwon-Do is a contact sport. Any student entering a division does so on his/ her own risk and neither the tournament organizer nor the TSA or other organizations involved can be held liable for any injury sustained no matter what the circumstances. Medical personnel will be on duty in the odd case of any injury. Find attached a compulsory indemnity form to be completed by each participant and to be handed in on the morning of the Tournament.

Please fill in the compulsory Online Registration/ Indemnity form [here](#), (Entries Open from 08th March 2026).

6. Protection of Privacy & Copyright

Regarding posting, utilizing pictures or footage on any online/ print platform/ any media (ie Social etc),

If wanting to use any of the following:

The name of an individual, close-up individual picture/ video and club or organisation name/ acronym and or logo, written permission from the club, organisation and individual/ parent/ guardian in question must be obtained.

7. Spectators & Coaches Conduct

Admission is Reserved. Spectators are to remain in the designated areas.

All spectators including family and friends are to remember that we are a civilised martial art and no heckling will be allowed. If necessary, point deductions, warnings or disqualifications can be given to the competitor for their spectators or coaches behaviour. Positive encouragement like "go", "keep it up" etc are encouraged, provided, it is not done in an elevated, over excited or overpowering voice. Clapping in a positive way is also great provided it is not too hard or overpowering, also not at inappropriate times, like for instance points being deducted from the opposing competitor or injury etc.

Keep in mind that Taekwon-Do scoring is not an exact science and judges do it to the best of their ability.

It is not a life & death event; it is a friendly competition.

Also, remember any possible complaints must be done through your club's instructor/ organisational representative.

No alcohol is to be consumed at the event.

Clubs will unfortunately not be eligible for invitation if based within 10km of TSA full time headquarters club (MTG Fighting Fit Central) or within 7km of our satellite part time clubs.

Canvassing of other club's members including inviting or encouraging members of other organisations to train at your club, by anyone, from head coaches to students, is strictly forbidden. The tenets of Taekwon-Do are to always be strictly adhered to. Most clubs invited are likeminded, encouraging a positive experience for all members and these clubs will continue to be welcome at our tournaments.

We look forward to having you come and enjoy a great day with us.

8. Conclusion

Let this tournament elevate the name Taekwon-Do. Friendly rivalry is very good in the right spirit and with the result being improvement by all who participate. This will be strictly for the individuals who compete and an overall club or federation winner will **not** be awarded as part of the day. This allows for this competition to be seen in the friendly spirit it is intended to be.

Taekwon-Do should stick together among all of the other martial arts out there!

for Further Info:

eMail:

Cell:

Norman Magua

taekwondosouthafrica@gmail.com

083 226-1836

Hope to have you share this event with us!

Sincerely,



Norman Magua, VII Dan & Tanya Magua, V Dan
Tournament Directors

