



# HED TKD Version

**T.A.G.B.**  
**MIDLANDS**  
**CHAMPIONSHIPS**

**15.02.26**

KETTERING LEISURE VILLAGE,  
THURSTON DRIVE  
KETTERING NN15 6PB

ASK YOUR INSTRUCTOR FOR DETAILS

**T.A.G.B.**



## T.A.G.B. COMPETITION SERIES

# Midlands CHAMPIONSHIPS 2025

**Arena Sports Centre**

Thurston Drive, Kettering, NN15 6PB

**Sunday 8<sup>th</sup> February 2026 (date unfortunate late change !)**

**INFORMATION PACK**



## Information Pack Contents

**NOTE: This is HED TKD's version of the information & has specific, notes instructions & enhancements to help our members. Refer also to [www.hedtkd.com](http://www.hedtkd.com)**

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Individual Competition Entry Form – Get yours now:  
visit our site:- [www.hedtkd.com](http://www.hedtkd.com) – “[Forms](#), [News](#) or our [Calendar](#) ”.

# Midlands Champs '26

Arena Sports,  
Thurston Drive,  
Kettering,  
NN15 6PB  
Sunday 8<sup>th</sup> February 2026



Dear member.

You are invited to attend the above event.

## **JUNIORS**

Coloured Belts: Up to & including 15 years old.  
Black Belts: Up to & including 14 years old.

## **CADETS (Black Belts Only)**

15 years up to & including 17 years old.

## **ADULTS**

Coloured Belts 16 years & over  
Black Belts (Female) 18 years to 34 years  
Black Belts (Male) 18 years to 39 years

## **EXECUTIVE MALE**

~~Coloured Belts: 40 years & over~~ (Patterns & Sparring)  
Black Belts: 40 years & over (Patterns & Sparring)

## **EXECUTIVE FEMALE**

~~Coloured Belts: 35 years & over~~ (Patterns & Sparring)  
Black Belts: 35 years & over (Patterns & Sparring)

**ALL Competitors to arrive by 09.00 am.**

## **ENTRY FEE'S**

- Competitor £20.00 first event, £15 per event thereafter. (i.e. 3 events £50.00)
- Spectator £10.00 (5 years old & under FREE)
- Tag Team: £15.00 per 3 person team. To be paid & entered on the day.

## **IMPORTANT:**

You must choose to enter as an Adult or Executive competitor. You CANNOT mix divisions.

Eg: If you Enter as an Executive in patterns and you also want to enter sparring, it must also be as an executive & visa versa as an adult.

***You must only use our current entry form from our website: [www.hedtkd.com](http://www.hedtkd.com).***

**Closing Date:** for entries & officials: Midday – **Sunday 1<sup>st</sup> February 2026.** No entries accepted after this date. Any applications received after this date **WILL NOT BE ACCEPTABLE & NOT ENTERED -- WITH NO EXCEPTIONS and your total payment will be taken and accepted as a fine and will unfortunately be NONE REFUNDABLE.** Get your entries in early to avoid issues. No postal entries. Entries MUST be paid online before you send in your form & then e-mail forms to us at [www.hedtkd.com](http://www.hedtkd.com), [webenqs@hedtkd.com](mailto:webenqs@hedtkd.com). Pay the total fee on-line:

**HED SPORT 40-38-04 82584859 (chqs payable to HED SPORT).**

## **Instructors Information:**

All instructors who have competitors taking part in these championships should attend themselves or delegate a senior person who is a competitor or official to assist your students in the event of any problems that may arise with your students, (usually the children). Also please check that the forms are filled in correctly.

Please remind all spectators that they **ARE NOT ALLOWED** onto the competition area.

Only Officials & Competitors (*who must be wearing their dobok*) are allowed onto the competition area. Failure to adhere to these rules could result in them being asked to leave the tournament venue.

## **OFFICIALS.**

- Officials must have at least completed part 1 of the TAGB Umpires course & must wear the official t-shirt with smart grey or black trousers and sports shoes.
- **NOT SHIRT & TAGB TIE.** Officials t-shirts can be obtained by emailing us for assistance **now** please.
- **All HED TKD members who wish to act as Officials or as a Welfare officer, at this event MUST pre-register by emailing us (before the deadline) at [www.hedtkd.com](http://www.hedtkd.com) / [webenqs@hedtkd.com](mailto:webenqs@hedtkd.com). We check your instructor's approval & "pre-register" you by adding your name & qualification to our Officials Entry List.** Failure to pre-register means you will have to pay to get into the tournament.
- All officials to must bring their BLACK BELT LICENCE BOOK FOR STAMPING TO RECORD THEIR ATTENDANCE.

**\*\* YOU MUST ARRIVE BY: 8.30 A.M. OTHERWISE YOU WILL BE ASKED TO PAY TO ENTER \*\***

**WELFARE OFFICERS:** Any official wishing to attend as welfare officer, email us, [webenqs@hedtkd.com](mailto:webenqs@hedtkd.com).

**FIRST AID:** The TAGB Medic Team will be available in the competition area.

In line with TAGB inclusive policies, **emergency** sanitary products can be obtained from the Medic Team this includes replacement clothing if required.

**PHOTOGRAPHY:** NO PUBLIC PHOTOGRAPHY IS PERMITTED ANYWHERE ON THE COMPETITION AREA.

**OTHER THAN THE OFFICIAL MEDIA TEAM STAFF. THIS RULE ALSO APPLIES TO OFFICIALS ON THE COMPETITION AREA.**

## **COMPETITORS**

All competitors may only wear standard **WHITE** TAGB or **CLUB** Doboks or the most recent national doboks. (ie. -----, no Tiger doboks).

All sparring competitors may wear forearm protection in addition to their regulation sparring equipment.

## **WEIGHING IN: (for Everyone)**

All Black Belts divisions (Cadets, Adults & Executives only) **MUST** weigh in before the closing time or they will be withdrawn from the competition. **Weigh in will close at 10:30am.**

All other divisions will "weigh in" by being weighed and/or height tested on the area before their division starts. **Failure to weigh in on time will mean a competitor misses their division & is withdrawn from the competition.**

**Regards ..... HED TKD  
PATTERN DIVISIONS**

All competitors must perform a pattern of their division as explained below.

### Juniors

All junior pattern divisions are as follows.

Yellow	(9 <sup>th</sup> Kup to 7 <sup>th</sup> Kup)
Green	(6 <sup>th</sup> Kup to 5 <sup>th</sup> Kup)
Blue	(4 <sup>th</sup> Kup to 3 <sup>rd</sup> Kup)
Red	(2 <sup>nd</sup> Kup to 1 <sup>st</sup> Kup)
Black	(All grades together)

### Boys & Girls in separate divisions

### Cadets

Cadet pattern divisions are as follows.

Yellow & Green	(9 <sup>#</sup> Kup to 5 <sup>#</sup> Kup)
Blue & Red	(4 <sup>#</sup> Kup to 1 <sup>#</sup> Kup)
Black	(All Dan Grades together)

**Male & female in separate divisions.**

### Adults Patterns Divisions

All adults pattern divisions are as follows.

**(Male & Females adults are in separate divisions)**

Yellow	(9 <sup>th</sup> Kup to 7 <sup>th</sup> Kup)
Green	(6 <sup>th</sup> Kup to 5 <sup>th</sup> Kup)
Blue	(4 <sup>th</sup> Kup to 3 <sup>rd</sup> Kup)
Red	(2 <sup>nd</sup> Kup to 1 <sup>st</sup> Kup)
Black (1)	(1 <sup>ST</sup> Dan Only)
Black (2+3)	(2 <sup>nd</sup> & 3 <sup>rd</sup> Dan)
Black (4+)	(4 <sup>th</sup> Dan and above)

### Male & Female in separate divisions

### Executive Adults

Yellow & Green	(9 <sup>#</sup> Kup to 5 <sup>#</sup> Kup)
Blue & Red	(4 <sup>#</sup> Kup to 1 <sup>#</sup> Kup)

~~Coloured belt Executive competitors must perform a pattern up to their grade from the appropriate list below.~~

Black Belts Executive (All grades together)

### Male & Female in separate divisions

### **Patterns: (Male & Female in Separate divisions).**

All **COLOURED BELT** competitors must perform a pattern **up to their grade** from their own grade group from the list below.

All **BLACK BELT** Competitors must perform a pattern **of their grade** from their grade list below.

BLACK (4+)	BLACK ( 2+3 )	BLACK (1 )	RED	BLUE	GREEN	YELLOW
4 <sup>th</sup> Dan	2 <sup>nd</sup> Dan	Choong Moo	Toi Gye	Yul Gok	Do San	Chon Ji
Tong Il	Ko Dang	Kwang Gae	Hwa Rang	Joong Gun	Won Hyo	Dan Gun
Ul Ji	Choong Jang	Ge Baek	Choong Moo	Toi Gye	Yul Gok	Do San
Se Jong	Eui Am	Po Eun				
5 <sup>th</sup> Dan	3 <sup>rd</sup> Dan					
Yon Ge	Sam Il					
Moon Moo	Yoo Sin					
So San	Choi Young					

Medals Awarded: 1-Gold, 1-Silver, 1-Bronze

## TEAM PATTERN COMPETITION

## Divisions

Juniors - Boys and Girls in same divisions

Three competitors in a team.

Split as follows

9<sup>th</sup> kup to 7<sup>th</sup> kup

6<sup>th</sup> kup to 4<sup>th</sup> kup

3<sup>rd</sup> kup to 1<sup>st</sup> kup

All Dan Grades

Adults - Males and Females in same division

Three competitors in a team

Split as per junior divisions

## **RULES OF THE TEAM PATTERN COMPETITION**

Each team to perform a pattern unison.

Pattern to be scored in the same way as in individual pattern events.

The pattern to be relevant to the most junior grade in the team.

(eg A team with a 9<sup>th</sup> Kup in can only perform Chon Ji and a team with a 3<sup>rd</sup> kup in can perform any pattern up to and including Toi Gye)

### **Scoring to be based on the following:-**

1. The correctness of the pattern moves
2. Power, balance, focus, fluidity etc. As per individual pattern competition.
3. Synchronisation of all members when performing the pattern.

Cost £5.00 per competitor. Same as TAG team event.

Entry forms can be downloaded and completed prior to the event and then submitted on the day.

Teams MUST consist of ALL adults or ALL juniors. Mixed age group teams cannot be entered into TEAM Patterns. If any team member is found to have entered the wrong division (i.e., a junior boy aged under 15 years cannot enter into a Team Pattern team as an adult) when they arrive on the area for the TAG Team event the whole team will be disqualified, and NO REFUND of their entry fee will be given.

### **ENTRY ON THE DAY AT THE TAG TEAM DESK**

Medals Awarded: 1-Gold, 1-Silver, 1-Bronze

## **SPARRING DIVISIONS**

## Junior Sparring Divisions (Boys & Girls Separate Divisions)

BLACK Continuous	RED Point Stop	BLUE Point Stop	GREEN Point Stop	YELLOW Point Stop
			TINY TOTS Up to & inc 122cm	TINY TOTS Up to & inc 122cm
PEE WEE Over 122cm up to & inc 137cm	PEE WEE Over 122cm up to & inc 137cm	PEE WEE Over 122cm up to & inc 137cm	PEE WEE Over 122cm up to & inc 137cm	PEE WEE Over 122cm up to & inc 137cm
LIGHTWEIGHT Over 137cm up to & inc 152cm				
MIDDLEWEIGHT Over 152cm up to & inc 168cm				
HEAVYWEIGHT Over 168cm				

All the above divisions 1 x 1.5 minute rounds.

Medals Awarded: 1-Gold, 1-Silver, 2-Bronze

## Cadet Female Sparring Divisions (Black Belts Only)

BLACK Continuous	RED & Continuous	BLUE Continuous	GREEN & Point Stop	YELLOW Point Stop
LIGHTWEIGHT Up to & inc 50kg		No Event		No Event
MIDDLEWEIGHT Over 50kg up to & inc 55kg		No Event		No Event
Light HEAVYWEIGHT Over 55kg up to & inc 60kg		No Event		No Event
HEAVYWEIGHT Over 60kg		No Event		No Event

All the above divisions 1 x 2 minute rounds.

Medals Awarded: 1-Gold, 1-Silver, 2-Bronze

## Cadet Male Sparring Divisions (Black Belts Only)

BLACK Continuous	RED & Continuous	BLUE Continuous	GREEN & Point Stop	YELLOW Point Stop
LIGHTWEIGHT Up to & inc 55kg		No Event		No Event
MIDDLEWEIGHT Over 55kg up to & inc 65kg		No Event		No Event
LIGHT HEAVY Over 65kg up to & inc 75kg		No Event		No Event
HEAVYWEIGHT Over 75kg		No Event		No Event

All the above divisions 1 x 2 minute rounds.

Medals Awarded: 1-Gold, 1-Silver, 2-Bronze

## Adult Female Sparring Divisions

BLACK Continuous	RED Continuous	BLUE Continuous	GREEN Point Stop	YELLOW Point Stop
<b>LIGHTWEIGHT</b> Up to & inc 55kg				
<b>MIDDLEWEIGHT</b> Over 55kg up to & inc 61kg				
<b>LIGHT HEAVY</b> Over 61kg up to & inc 67kg	<b>LIGHT HEAVY</b> Over 61kg up to & inc 67kg	<b>LIGHTHEAVY</b> Over 61kg up to & inc 67kg	<b>LIGHT HEAVY</b> Over 61kg up to & inc 67kg	<b>LIGHT HEAVY</b> Over 61kg up to & inc 67kg
<b>HEAVYWEIGHT</b> Over 67kg				

All the above divisions 1 x 2 minute rounds.

Medals Awarded: 1-Gold, 1-Silver, 2-Bronze

Black Belt Final 2 x 2 minute rounds.

<b>Adult Male Sparring Divisions</b>				
BLACK Continuous	RED Continuous	BLUE Continuous	GREEN Point Stop	YELLOW Point Stop
<b>FLYWEIGHT</b> Up to & inc 58kg	<b>LIGHTWEIGHT</b> Up to & inc 64kg			
<b>LIGHTWEIGHT</b> Over 58kg up to & inc 64kg	<b>WELTERWEIGHT</b> Over 64kg up to & inc 72kg			
<b>WELTERWEIGHT</b> Over 64kg up to & inc 70kg	<b>MIDDLEWEIGHT</b> Over 72kg up to & inc 80kg			
<b>MIDDLEWEIGHT</b> Over 70kg up to & inc 76kg	<b>HEAVYWEIGHT</b> Over 80kg	<b>HEAVYWEIGHT</b> Over 80kg	<b>HEAVYWEIGHT</b> Over 80kg	<b>HEAVYWEIGHT</b> Over 80kg
<b>LIGHT HEAVY</b> Over 76kg up to & inc 82kg				
<b>HEAVYWEIGHT</b> Over 82kg				

All the above divisions 1 x 2 minute rounds.

Medals Awarded: 1-Gold, 1-Silver, 2-Bronze

Black Belt Final 2 x 2 minute rounds.

### Executive Female Sparring Divisions

BLACK Point Stop	RED & Point Stop	BLUE Point Stop	GREEN & Point Stop	YELLOW Point Stop
Light: Up to & inc 55kg				
Middle: Over 55kg up to & inc 62kg		NO EVENT		NO EVENT
Heavy : Over 62kg				

**All the above divisions 1 x 2 minute rounds.**

Medals Awarded: 1-Gold, 1-Silver, 2-Bronze

<b>Executive Male Sparring Divisions</b>				
BLACK Point Stop	RED & Point Stop	BLUE Point Stop	GREEN & Point Stop	YELLOW Point Stop
Light: Up to & inc 70kg				
Middle: Over 70kg up to & inc 80kg		NO EVENT		NO EVENT
Heavy: Over 80kg				

**All the above divisions 1 x 2 minute rounds**

Medals Awarded: 1-Gold, 1-Silver, 2-Bronze

## **DESTRUCTION (BLACK BELTS ONLY)**

- **NOTE:** Competitors may enter HAND, FOOT or BOTH

<b>Destruction</b> <b>(Black Belts Only)</b>			
<b>MALE</b> <b>HAND</b>	<b>MALE</b> <b>FOOT</b>	<b>FEMALE</b> <b>HAND</b>	<b>FEMALE</b> <b>FOOT</b>
Forefist punch or Knife hand strike.	Turning Kick Or Reverse Turning Kick	Any hand technique (Including elbow)	Any Foot Technique (Standing Only)

Medals Awarded:

1 x Gold (Foot destruction)

1 x Gold (Hand destruction)

# DIVISIONS & RULES FOR THE TAG TEAM SPARRING

## ALL TEAM EVENTS TO START AFTER THE INDIVIDUAL COMPETITION.

Teams will consist of a 3 person team; bouts will be for 4 minutes. Each time the bout is stopped you can change with a member of your team by tagging your team members' glove. All 3 members must fight at some stage during the bout. All team matches will be point stop.

The same 3 fighters must compete for the duration of event.

Teams who do not have 3 fighters will not be allowed to continue in the competition.

No substitutions due to injury or disqualification.

## TAG TEAM SPARRING DIVISIONS

### MALE:

3 person team.	White/Yellow/Green belts together. No weights.
3 person team.	Blue/red belts together. No weights
3 person team.	Black belts. No weights.

### FEMALE:

3 person team.	White/Yellow/Green belts together. No weights.
3 person team.	Blue/Red belts together. No weights.
3 person team.	Black belts. No weights.

### JUNIOR's

3-person team.	White/Yellow/Green belts together. Must all be from the same division.
3 person team:	Blue/Red belts together. Must all be from the same division.
3 person team:	Black belts. Must all be from the same division.

### \* There will be four junior divisions

1. Pee wee.
2. Lightweight.
3. Middleweight.
4. Heavyweight.

\* Boys and Girls separate teams

\*\* There are no team events for Executive Male & Executive Female or Cadet Male & Cadet Female. (Ie: **No separate team event, so persons may compete as part of a team in the appropriate category by YOUR age.**)

All junior teams are under 16 years old

All senior teams are 16 years and over

**For your information, this page contains the TAGB's general guidance notes for students (or spectators) who are entering/attending TAGB Competitions.**

**BEFORE ENTERING:- Please make sure that:-**

- You have a current T.A.G.B. / B.T.C. Licence (**note: for our members (at HED TKD) we will check/ensure this for you and discuss with you more only if there is an issue.**).
- You are training regularly and understand what is expected of you.
- You are wearing a White TAGB suit, (where allowed you can also sometimes wear, a current TAGB 'National' suit or relevant club suit – **see the specific information for this competition above**).
- You have a full set of TAGB sparring equipment. (i.e. boots, shin guards, groin guards (for men and boys) gloves, head guard and gum shield).
- You have transport to the venue and you arrive on time.

**HOW TO ENTER: - Competitors**

All competitors, juniors or adults, whether competing in sparring or patterns or both, must complete a competition entry form. The forms can be obtained from **the resources area of our website [www.hedtkd.com](http://www.hedtkd.com)**, and must be completed, paid for & then handed to your instructor or approved by your instructor & emailed to us before the closing date stated on the competition info.

**PRICES: As stated above on page 4.**

- **(YOU must make sure that at the day of the tournament YOU are actually the correct grade / weight / height / category etc that you claim on your entry form. ENTRY FEES etc ARE NON REFUNDABLE)**

**JUNIORS (under 15)**

Make sure you are the correct height for your division. You will be height tested on the day and if you are not in the correct height division you will be disqualified from that division.

**CADETS (15 – 17 years)****ADULTS (18 years +)****EXECUTIVES (male 40 years + & female 35 years +)**

You must make sure that you are the correct weight for the division you want to compete in. You will be weighed in on the day, and if you are not within your entered weight division you will be disqualified from that division. In tournaments where there are no cadet divisions, junior divisions are up to 15 years old and Adults are from 16 years and above.

**GENERAL**

All competitors will receive a competitor's ticket (or wrist band) from your instructor which must be taken to the competition. **Do not forget or lose this ticket or wrist band.** If you forget or lose it then you will have to pay the (**relevant**) spectators fee to gain access to the competition.

**SPECTATORS**

You should please purchase a ticket from your instructor using the same entry form or you may also choose to turn up without a ticket and pay on the door at the competition. There will be a separate queue for spectators. All spectators who purchased a ticket beforehand will generally be allowed into the competition hall before those who are paying on the day.

**ON THE DAY OF THE COMPETITION**

NO SPECTATORS ARE ALLOWED AROUND THE COMPETITION AREAS – THEY MUST BE SEATED IN THE SEATS PROVIDED, OR THEY MAY BE ASKED TO LEAVE THE HALL/VENUE.

- The competition will start with the pattern events, first with the juniors and some designated cadet and adult divisions.
- Each competition area will be allocated with an area number that will be indicated by the number on the tablecloth and a numbered signpost. There will also be a coloured sign, signifying the belt colour and category of the current division, situated underneath the numbered signpost at head high level.
- Listen out for an announcement of the start of your division on an allocated area over the Public Address System. (You can also check the running order, which may be displayed on a plasma screen somewhere in the hall, when available.)
- All juniors will be height tested before the sparring competition starts at an allocated area (i.e. all yellow belt boys, all heights).
- All cadets & adults will be weighed in before they spar at the allocated area for that division.

Failure to be height tested/weighed in &/or comply with the appropriate height/weight on the day) will result in a competitor not being entered for the sparring event (assuming that they have entered themselves in the sparring event).

**YOU must make sure that you are in the right competition area at the right time. If you are unsure, then you must ask your instructor or an official.**