HED TKD Version



T.A.G.B.
TAE KWON-DO
ESTABLISHED 1983

T.A.G.B. COMPETITION SERIES

BRITISH CHAMPIONSHIPS 2026

Worcester Arena

Hylton Road, Worcester, WR2 5JN

Sunday 29th Nov 2026

INFORMATION PACK

T.A.G.B.
TAE KWON-DO
ESTABLISHED 1983

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

Page	Description
3	Dear member (general info)
3	Age Descriptions
3	Entry Fee's & Deadline date
3	Closing **DEADLINE** Date
3	Competition Entry, Payment etc
4	Instructors Information
4	Officials
4	Welfare
4	First Aid
4	Photography
4	Competitors
4	Weigh-in (all competitors)
5	Pattern Divisions
6	Team Patterns
7	Junior Sparring Divisions
7	Cadet Sparring Divisions
8	Adult Sparring Divisions
9	Executive Sparring Divisions
9	Destruction
10	TAG Team Sparring
11	Guide notes for competitors & spectators

Individual Competition Entry Form – Get yours now:
visit our site:- www.hedtkd.com – " **Forms**, **News** or our **Calendar** ".

British Champs '26

Worcester Arena,
Hylton Road,
Worcester,
WR2 5JN
Sunday 29th November 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: 40 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: £18.00 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.

Closing Date: for entries & officials: Midday – **Sunday 15th November 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, 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 / 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.

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 the most recent national doboks.
(ie. **No Club Doboks**, no Tiger doboks).
All sparring competitors may wear forearm protection in addition to their regulation sparring equipment.

All Black Belt competitors are requested to bring their licence books for stamping if they are competing in 2 events or more. If a division does not have enough entries, those who entered may be amalgamated into the next nearest division.

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

Boys & Girls in separate divisions

Cadets

Cadet pattern divisions are as follows.

~~Yellow & Green (9th Kup to 5th Kup)~~

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

Male & Female in separate divisions

Executive Adults

~~Yellow & Green (9th Kup to 5th Kup)~~

~~Blue & Red (4th Kup to 1st 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
4th Dan	2nd 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				
5th Dan	3rd Dan					
Yon Gae	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
9th kup to 7th kup
6th kup to 4th kup
3rd kup to 1st 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 9th Kup in can only perform Chon Ji and a team with a 3rd 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	**LIGHTWEIGHT** Over 137cm up to & inc 152cm	**LIGHTWEIGHT** Over 137cm up to & inc 152cm	**LIGHTWEIGHT** Over 137cm up to & inc 152cm	**LIGHTWEIGHT** Over 137cm up to & inc 152cm
MIDDLEWEIGHT Over 152cm up to & inc 168cm	**MIDDLEWEIGHT** Over 152cm up to & inc 168cm	**MIDDLEWEIGHT** Over 152cm up to & inc 168cm	**MIDDLEWEIGHT** Over 152cm up to & inc 168cm	**MIDDLEWEIGHT** Over 152cm up to & inc 168cm
HEAVYWEIGHT Over 168cm	**HEAVYWEIGHT** Over 168cm	**HEAVYWEIGHT** Over 168cm	**HEAVYWEIGHT** Over 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 55kg	**No Event**		**No Event**	
MIDDLEWEIGHT Over 55kg up to & inc 60kg	**No Event**		**No Event**	
Light HEAVYWEIGHT Over 60kg up to & inc 65kg	**No Event**		**No Event**	
HEAVYWEIGHT Over 65kg	**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 60kg	**No Event**		**No Event**	
MIDDLEWEIGHT Over 60kg up to & inc 70kg	**No Event**		**No Event**	
LIGHT HEAVY Over 70kg up to & inc 80kg	**No Event**		**No Event**	
HEAVYWEIGHT Over 80kg	**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
LIGHTWEIGHT Up to & inc 58kg	**LIGHTWEIGHT** Up to & inc 55kg	**LIGHTWEIGHT** Up to & inc 55kg	**LIGHTWEIGHT** Up to & inc 55kg	**LIGHTWEIGHT** Up to & inc 55kg
WELTER WEIGHT Over 58kg up to & inc 64kg	**MIDDLEWEIGHT** Over 55kg up to & inc 61kg	**MIDDLEWEIGHT** Over 55kg up to & inc 61kg	**MIDDLEWEIGHT** Over 55kg up to & inc 61kg	**MIDDLEWEIGHT** Over 55kg up to & inc 61kg
MIDDLE WEIGHT Over 64kg up to & inc 70kg	**LIGHT HEAVY** Over 61kg up to & inc 67kg	**LIGHTHEAVY** Over 61kg up to & inc 67kg	**LIGHT HEAVY** Over 61kg up to & inc 67kg	**LIGHT HEAVY** Over 61kg up to & inc 67kg
LIGHT HEAVY Over 70kg up to & inc 76kg	**HEAVYWEIGHT** Over 67kg	**HEAVYWEIGHT** Over 67kg	**HEAVYWEIGHT** Over 67kg	**HEAVYWEIGHT** Over 67kg
HEAVYWEIGHT Over 76kg				

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.

Adult Male Sparring Divisions				
BLACK Continuous	RED Continuous	BLUE Continuous	GREEN Point Stop	YELLOW Point Stop
FLYWEIGHT Up to & inc 58kg	**LIGHTWEIGHT** Up to & inc 64kg	**LIGHTWEIGHT** Up to & inc 64kg	**LIGHTWEIGHT** Up to & inc 64kg	**LIGHTWEIGHT** Up to & inc 64kg
LIGHTWEIGHT Over 58kg up to & inc 64kg	**WELTERWEIGHT** Over 64kg up to & inc 72kg	**WELTERWEIGHT** Over 64kg up to & inc 72kg	**WELTERWEIGHT** Over 64kg up to & inc 72kg	**WELTERWEIGHT** Over 64kg up to & inc 72kg
WELTERWEIGHT Over 64kg up to & inc 70kg	**MIDDLEWEIGHT** Over 72kg up to & inc 80kg	**MIDDLEWEIGHT** Over 72kg up to & inc 80kg	**MIDDLEWEIGHT** Over 72kg up to & inc 80kg	**MIDDLEWEIGHT** Over 72kg up to & inc 80kg
MIDDLEWEIGHT Over 70kg up to & inc 76kg	**HEAVYWEIGHT** Over 80kg	**HEAVYWEIGHT** Over 80kg	**HEAVYWEIGHT** Over 80kg	**HEAVYWEIGHT** Over 80kg
LIGHT HEAVY Over 76kg up to & inc 82kg				
HEAVYWEIGHT 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 & BLUE** Point Stop		**GREEN & YELLOW** Point Stop	
Light: Up to & inc 60kg	NO EVENT		NO EVENT	
Middle: Over 60kg up to & inc 70kg				
Heavy : Over 70kg				

All the above divisions 1 x 2 minute rounds. Medals Awarded: 1-Gold, 1-Silver, 2-Bronze

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

Destruction (Black Belts Only)			
MALE HAND	**MALE FOOT**	**FEMALE HAND**	**FEMALE FOOT**
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*, 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 40 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.***