



INTERNATIONAL TAEKWON-DO FEDERATION UGANDA ASSOCIATION

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OFFICE OF THE PRESIDENT

Our Ref No: **INV/003/23**

Date **22nd June, 2023**

Your Ref No:.....

To;

All ITF Club Coaches

Dear Coaches

RE: HEROES CUP COMPETITION 2023.

Receive our warm greetings from ITF Uganda Association. We hope this letter finds you well. We are pleased to invite your Club for the Heroes Cup Competition scheduled for **5th August 2023** at **Sharing Youth Centre, Nsambya - Kampala**

The competition will include Pattern and Sparring. Kids will pay Ugx: 8,000/= and both Juniors and Seniors is Ugx 10,000 cleared before competition starts. Please send in your competitors' details not later than **25th July, 2023** at 10:00pm to the Organizing secretary **Mr. James Maxwell Ogwang** WhatsApp: 0786 150018.

The event will comprise of Kids (8years – 13 years), Juniors (14years – 17 years), Seniors (18 years – 35 years old) and Advanced Seniors (36 years old and above).

Please Note: *On the same note, you are also informed to prepare early enough for Northern Uganda Championship scheduled for 8th – 10th September 2023, Gulu City*

David Owori

President

Tel: 0757048696, 0778491986



Official Invitation

TENTATIVE PROGRAMME

| DATE AND TIME | PROGRAMME |
|--|--|
| Friday 4th August, 2023 4:00pm – 7:00pm | <ul style="list-style-type: none"> • Arrival and confirmation of weights for competitors and back to place of residence. • Making draws for the competition. • Meeting Coaches and Umpires. |
| Saturday 5th August, 2023 9:00am | Opening Remarks and starting Competition |
| 1:00pm – 2:00pm | Lunch Break |
| 2:00pm – 6:00pm | Continuation and Departure |

Please note that:

- All clubs in Uganda are requested to clear their annual fees for 2023 before the event.
- Certificates & Medals will be given only to participants who have paid participation fee.
- All clubs are requested to come along with sparring equipment.
- All competitors are required to have a clean Dobook.
- Tournament will follow ITF Rules of competition
- Come along with your National ID or Club ID Card or any identification document.
- This competition is from **Yellow Belt** upward
- This competition is open to all East Africa nationals.

ITF OFFICIAL SPARRING WEIGHT CATEGORIES

| JUNIORS WEIGHT DIVISIONS | | |
|---|----------------|------------------|
| Weight | Male | Female |
| Micro | Up to 50 kg | Up to 45 kg |
| Light | Over 50–56 kg | Over 45 -50 kg |
| Middle | Over 56 -62 kg | Over 50 -55 kg |
| Light heavy | Over 62 -68 kg | Over 55 -60 kg |
| Heavy | Over 68 -75 kg | Over 60-65 kg |
| Hyper | Over 75 kg | Over 65 kg |
| SENIOR WEIGHT DIVISIONS | | |
| Weight | Male | Female |
| Micro | Up to 57 kg | Up to 50 kg |
| Light | Over 57 –63 kg | Over 50 to 56 kg |
| Middle | Over 63 -70 kg | Over 56 -62 kg |
| Light heavy | Over 70 -78 kg | Over 62 -68 kg |
| Heavy | Over 78 -85 kg | Over 68 -75 kg |
| Hyper | Over 85 kg | Over 75 kg |
| ADVANCED SENIOR SPARRING (Over 36 years) | | |
| Weight | Male | Female |
| Light | Up to 68 kg | Up to 55 kg |
| Middle | Over 68 –78 kg | Over 55 kg |
| Heavy | Over 78 kg | |

For more about Sparring: <https://itfkd.sport/competition/sparring/>