

TALLOW TAEKWON-DO ACADEMY(TALLOWTKD) / INTA National Championships 2025 - 2025-03-22

	Ring 1	Ring 2	Ring 3	Ring 4	Ring 5	Ring 6	Ring 7
07:05				New 07:05 - 07:20 (00:15)			
07:10							
07:15							
07:20							
07:25							
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09:00							
09:05							
09:10							
09:15	Events : 8yrs and Under 09:15 - 09:25 (00:10)	Events: 9-10 Yrs 09:15 - 09:25 (00:10)	Events : 11-13Yrs 09:15 - 09:25 (00:10)	Events : Black Belts 09:15 - 09:25 (00:10)	Events : 18Yrs+ Colour Belt 09:15 - 09:25 (00:10)	Events : 14-17 Yrs 09:15 - 09:25 (00:10)	Event : Power 09:15 - 09:25 (00:10)
09:20							
09:25							
09:30	Competitors Line Up @9:30 09:30 - 09:40 (00:10)	Competitors Line Up @9:30 09:30 - 09:40 (00:10)	Competitors Line Up @9:30 09:30 - 09:40 (00:10)	Competitors Line Up @9:30 09:30 - 09:40 (00:10)	Competitors Line Up @9:30 09:30 - 09:40 (00:10)	Competitors Line Up @9:30 09:30 - 09:40 (00:10)	Competitors Line Up @9:30 09:30 - 09:40 (00:10)
09:35							
09:40				Ring Setup : Patterns	Ring Setup : Patterns		
09:45	Merged : Special Technique : Twimyo Nopi Yop Cha Busigi : White & Yellow & Green Belt Female 8yrs and under (12) 09:45 - 10:00	Special Technique : Twimyo Nopi Ap Cha Busigi : White Belt Female 9 to 10yrs (2)	Merged : Special Technique : Twimyo Nopi Ap Cha Busigi : White & Yellow Belt Female 11 to 13yrs (7) 09:45 - 10:00	Pattern : 2 Designated Patterns : Black Belt 14-17yrs (11) 09:45 - 10:10	Merged : Pattern : Pattern of choice : Yellow Tip & Yellow Belt 18yrs+ (11) 09:45 - 10:05	Special Technique : Twimyo Nopi Ap Cha Busigi : Yellow Belt Female 14 to 17yrs (2)	
09:50		Special Technique : Twimyo Nopi Ap Cha Busigi : White Belt Male 9 to 10yrs (6) 09:50 - 10:00				Merged : Special Technique : Twimyo Nopi Ap Cha Busigi : White & Green Belt Male 14 to 17yrs (5) 09:50 - 10:00	
09:55							
10:00	Special Technique : Twimyo Nopi Ap Cha Busigi : White Belt Male 8yrs and under (5) 10:00 - 10:10	Special Technique : Twimyo Nopi Ap Cha Busigi : Yellow Belt Female 9 to 10yrs (11) 10:00 - 10:10	Special Technique : Twimyo Nopi Ap Cha Busigi : Yellow Belt Male 11 to 13yrs (10) 10:00 - 10:10		Pattern : Pattern of choice : Green Belt 18yrs + (4) 10:05 - 10:15	Special Technique : Twimyo Nopi Yop Cha Jirugi : Green Belt Female 14 to 17yrs (2) 10:00 - 10:10	
10:05							
10:10							
10:15	Special Technique : Twimyo Nopi Ap Cha Busigi : Yellow Belt Male 8yrs and under (16) 10:10 - 10:20	Special Technique : Twimyo Nopi Ap Cha Busigi : Yellow Belt Male 9 to 10yrs (15) 10:10 - 10:20	Special Technique : Twimyo Nopi Yop Cha Jirugi : Green Belt Female 11 to 13yrs (10) 10:10 - 10:20	Pattern : 2 Designated Patterns : I Dan Black Belt : 18yrs+ (7) 10:10 - 10:25	Pattern : Pattern of choice : Blue Belt 18yrs + (4) 10:15 - 10:25	Special Technique : Twimyo Nopi Yop Cha Jirugi : Blue Belt Female 14 to 17yrs (6) 10:10 - 10:20	
10:20	Merged : Special Technique : Twimyo Nopi Yop Cha Jirugi : Green & Blue Belt Male 8yrs and under (8) 10:20 - 10:30	Special Technique : Twimyo Nopi Yop Cha Jirugi : Green Belt Male 9 to 10yrs (16) 10:20 - 10:30	Special Technique : Twimyo Nopi Yop Cha Jirugi : Green Belt Male 11 to 13yrs (18) 10:20 - 10:30			Special Technique : Twimyo Nopi Yop Cha Jirugi : Blue Belt Male 14 to 17yrs (12) 10:20 - 10:30	
10:25				Pattern : 2 Designated Patterns : II Dan Black Belt : 18yrs+ (7) 10:25 - 10:40	Pattern : Pattern of choice : Red Belt 18yrs + (8) 10:25 - 10:35		
10:30	Ring Setup : Patterns	Special Technique : Twimyo Nopi Yop Cha Jirugi : Green Belt Male 9 to 10yrs (17) 10:30 - 10:40	Special Technique : Twimyo Nopi Yop Cha Jirugi : Blue Belt Female 11 to 13yrs (18) 10:30 - 10:40			Special Technique : Twimyo Dollyo Chagi : Red Belt Female 14 to 17yrs (7) 10:30 - 10:40	
10:35	Pattern : Pattern of choice : Yellow Tip 8yrs and under (6) 10:35 - 10:45				Ring Setup : Sparring		
10:40		Merged : Special Technique : Twimyo Nopi Yop Cha Jirugi : Blue & Red Belt Female 9 to 10yrs (4) 10:40 - 10:55	Special Technique : Twimyo Nopi Yop Cha Jirugi : Blue Belt Male 11 to 13yrs (35) 10:40 - 10:50	Merged : Pattern : 2 Designated Patterns : III-IV Dan Black Belt : 18yrs+ (4) 10:40 - 10:50	Merged : Sparring : Female : Yellow & Green Belt : 18yrs+ : -62Kg (3) 10:40 - 10:50	Special Technique : Twimyo Dollyo Chagi : Red Belt Male 14 to 17yrs (11) 10:40 - 10:50	
10:45				Ring Setup : Sparring	Merged : Sparring : Female : Yellow & Green Belt : 18yrs+ : +62Kg (3) 10:50 - 11:00	Ring Setup : Patterns	
10:50		Special Technique : Twimyo Nopi Yop Cha Jirugi : Blue Belt Male 9 to 10yrs (3)	Special Technique : Twimyo Dollyo Chagi : Red Belt Female 11 to 13yrs (6) 10:50 - 11:00	Merged : Sparring : Female : Black Belt : 14-17yrs : Over 55Kg - 60Kg (3) 10:55 - 11:05		Merged : Pattern : Pattern of choice : Yellow Tip & Yellow Belt 14-17yrs (5) 10:55 - 11:05	
10:55		Ring Setup : Patterns			Merged : Sparring : Female : Blue & Red Belt :18yrs+ : +62Kg (3) 11:00 - 11:10		
11:00	Pattern : Pattern of choice : Yellow Belt 8yrs and under (31) 10:45 - 11:25	Pattern : Pattern of choice : Yellow Tip 9-10yrs (8) 11:05 - 11:15	Special Technique : Twimyo Dollyo Chagi : Red Belt Male 11 to 13yrs (9) 11:00 - 11:10	Sparring : Female : Black Belt : 16-17yrs : OVER 60Kg (2)	Sparring : Male : Yellow Belt : 18yrs+ : -70Kg (2)	Pattern : Pattern of choice : Green Belt 14-17yrs (8) 11:05 - 11:15	
11:05				Merged : Sparring : Female : Black Belt : 18yrs+ : UP TO 62Kg (3) 11:10 - 11:20	Sparring : Male : Yellow Belt : 18yrs+ : -85Kg (2)		
11:10			Ring Setup : Patterns				
11:15			Pattern : Pattern of choice : Yellow Tip 11-13yrs (2)		Merged : Sparring : Male : Yellow & Green Belt : 18yrs+ : +85Kg (2)		
11:20				Sparring : Female : Black Belt : 18yrs+ : OVER 68Kg (2)		Pattern : Pattern of choice : Blue Belt 14-17yrs (18) 11:15 - 11:40	
11:25	Pattern : Pattern of choice : Green Belt 8yrs and under (9) 11:25 - 11:35			Sparring : Female : Black Belt : 40yrs+ : 1 weight division (2)	Merged : Sparring : Male : Blue & Red Belt : 18yrs+ : -70Kg (3) 11:25 - 11:35		
11:30			Pattern : Pattern of choice : Yellow Belt 11-13yrs (20) 11:20 - 11:50	Sparring : Male : Black Belt : 14-15yrs : UP TO 58Kg (2)			
11:35	Pattern : Pattern of choice : Blue Belt 8yrs and under (2)	Pattern : Pattern of choice : Yellow Belt 9-10yrs (30) 11:15 - 12:10		Sparring : Male : Black Belt : 14-15yrs : OVER 62Kg - 68Kg (3) 11:35 - 11:45	Merged : Sparring : Male : Blue & Red Belt : 18yrs+ : -85Kg (3) 11:35 - 11:45		
11:40	Ring Setup : Sparring						
11:45				Merged : Sparring : Male : Black Belt : 18yrs+ UP TO 72Kg (5) 11:45 - 12:00	Sparring : Male : Red Belt : 18yrs+ : +85Kg (2)	Pattern : Pattern of choice : Red Belt 14-17yrs (22) 11:40 - 12:10	
11:50							
11:55	** Break ** 11:45 - 12:15 (00:30)		Pattern : Pattern of choice : Green Belt 11-13yrs (32) 11:50 - 12:35		** Break ** 11:50 - 12:20 (00:30)		
12:00				Merged : Sparring : Male : Black Belt : 18yrs+ Over 75Kg (7) 12:00 - 12:20			
12:05							Power : Female : Black Belt : 18YRS+ (4) 12:05 - 12:20
12:10		** Break **				Ring Setup : Sparring	

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	Ring 1	Ring 2	Ring 3	Ring 4	Ring 5	Ring 6	Ring 7
12:15	Sparring : Female : Yellow Belt : 8yrs and under : -130CM (4)	12:10 - 12:40 (00:30)			** Break ** 12:20 - 12:50 (00:30)	** Break ** 12:15 - 12:45 (00:30)	Power : Male : Black Belt : 18YRS+ (10) 12:25 - 12:45
12:20							
12:25	Merged : Sparring : Female : Yellow & Green Belt : 8yrs and under : 13-140CM (4)						
12:30							
12:35	Sparring : Female : Yellow Belt : 8yrs and under : 140+ CM (2)		** Break ** 12:35 - 13:05 (00:30)	** AGE Group Change 11-13Yrs **	Pattern : Pattern of choice : Blue Belt 11-13yrs (53) 12:25 - 13:45	Merged : Sparring : Female : Yellow Belt : 14-15yrs : UP TO 67Kg (2)	
12:40							
12:45	Sparring : Male : Yellow Belt : 8yrs and under : -130CM (10)						
12:50							
12:55		Pattern : Pattern of choice : Green Belt 9-10yrs (36) 12:40 - 13:30	Pattern : Pattern of choice : Red Belt 11-13yrs (17) 13:05 - 13:30	Merged : Sparring : Male : Green Belt : 14-15yrs : 56Kg-65Kg (3) 12:55 - 13:05		Merged : Sparring : Female : Green Belt : 14-17yrs : UP TO 60Kg (3) 12:50 - 13:00	
13:00							
13:05	Sparring : Male : Yellow Belt : 8yrs and under : 130-140CM (6)						
13:10							
13:15	Sparring : Male : Yellow Belt : 8yrs and under : 140+ CM (2)	Pattern : Pattern of choice : Blue Belt 9-10yrs (9) 13:30 - 13:45	Ring Setup : Sparring	Merged : Sparring : Male : Green & Blue Belt : 16-17yrs : OVER 56Kg - 62Kg (3) 13:05 - 13:15		Merged : Sparring : Female : Blue & Red Belt : 14-15yrs : UP TO 55Kg (4) 13:00 - 13:15	
13:20	Sparring : Male : Green Belt : 8yrs and under : -130CM (3)						
13:25							
13:30	Merged : Sparring : Male : Green & Blue Belt : 8yrs and under : 130-140CM (5)						
13:35		Pattern : Pattern of choice : Red Belt 10yrs and under (3) 13:45 - 13:55	Merged : Sparring : Female : Yellow Belt : 11-13yrs : -160CM (7) 13:35 - 13:50	Merged : Sparring : Male : Blue Belt : 14-15yrs : UP TO 65Kg (2)	Ring Setup : Sparring	** AGE Group Change 11-13Yrs **	
13:40	** AGE Group Change 11-13Yrs **						
13:45	Ring Setup : Sparring						
13:50							
13:55	Sparring : Female : Yellow Belt : 9-10yrs : -140CM (6)	Ring Setup : Sparring	Sparring : Female : Green Belt : 11-13yrs : -150CM (4) 13:50 - 14:00	Merged : Sparring : Male : Red Belt : 14-15yrs : UP TO 55Kg (5) 13:40 - 14:00		Sparring : Male : Yellow Belt : 11-13yrs : 160-170CM (3) 13:55 - 14:05	
14:00							
14:05	Sparring : Female : Yellow Belt : 9-10yrs : 140-150CM (2)						
14:10	Sparring : Female : Yellow Belt : 9-10yrs : 150+ CM (2)						
14:15		Sparring : Male : Green Belt : 9-10yrs : 140-150CM (6) 14:00 - 14:20	Sparring : Female : Green Belt : 11-13yrs : 160-170CM (2)	Merged : Sparring : Male : Red Belt : 16-17yrs : Over 64Kg (4) 14:10 - 14:25	Sparring : Male : Blue Belt : 11-13yrs : -150CM (13) 13:50 - 14:20	Sparring : Male : Yellow Belt : 11-13yrs : 150-160CM (5) 14:05 - 14:20	
14:20	Sparring : Male : Yellow Belt : 9-10yrs : -140CM (10)						
14:25							
14:30							
14:35		Sparring : Male : Green Belt : 9-10yrs : 150+ CM (2)	Sparring : Female : Blue Belt : 11-13yrs : 150-160CM (6) 14:40 - 14:55	Merged : Sparring : Male : Blue & Red Belt : 14-15yrs : OVER 68Kg (3) 14:00 - 14:10	Sparring : Male : Blue Belt : 11-13yrs : 150-160CM (14) 14:20 - 14:50	Sparring : Male : Green Belt : 11-13yrs : 160-170CM (3) 14:20 - 14:30	
14:40	Merged : Sparring : Male : Yellow Belt : 9-10yrs : 140-151CM (6)						
14:45							
14:50							
14:55	Sparring : Female : Green Belt : 9-10yrs : 140-150CM (7)	Merged : Sparring : Male : Blue Belt : 9-10yrs : 140-151CM (3) 14:50 - 15:00	Merged : Sparring : Female : Red Belt : 11-13yrs : UP TO 160CM (4) 14:55 - 15:05		Sparring : Male : Blue Belt : 11-13yrs : 160-170CM (7) 14:50 - 15:10	Sparring : Male : Green Belt : 11-13yrs : 170+ CM (2)	
15:00							
15:05	Merged : Sparring : Female : Green & Red Belt : 9-10yrs : -140CM (7)						
15:10							
15:15			Merged : Sparring : Female : Blue & Red Belt : 11-13yrs : 160-172CM (6) 15:05 - 15:20			Sparring : Male : Red Belt : 11-13yrs : -150CM (4) 15:00 - 15:15	
15:20	Merged : Sparring : Female : Green & Red Belt : 9-10yrs : 150+ CM (2)						
15:25	Merged : Sparring : Female : Blue Belt : 9-10yrs : -145CM (2)						