



# TaeKwon-Do Alliance Ireland International Irish championships 2024



INTERNATIONAL IRISH CHAMPIONSHIPS 2024

Saturday 16<sup>th</sup> November 2024

-Patterns / Sparring / Destruction / Special Technique/ Team Sparring

Dear Instructors,

You and your students are invited to take part in The International Irish Championships 2024, to be held on Saturday 16<sup>th</sup> November 2024 at Neptune Stadium, North Monastery Road, Cork, T23HK30. This is a Red and Black belt only competition.

All entries are to be submitted via the attached excel registration file.

Closing date for entries will be the Friday 1<sup>th</sup> November 2024. Any entries received or amended between 1<sup>th</sup> November and 14<sup>th</sup> November 2024 will incur an additional surcharge of 10 Euro.

For convenience, we enclose:

- Tournament Invite
- Poster
- Excel Registration file

We hope that you and your students can support this event.

Yours in TaeKwon-Do

Master Ruairi O' Brien  
Taekwon-Do Alliance President



# TaeKwon-Do Alliance Ireland

## International Irish championships

### 2024



- Date of Event:** Saturday 16<sup>th</sup> of November
- Venue:** Neptune Stadium, North Monastery Road, Cork, T23HK30
- Entry Fees:** Competitor - €40 (Registered on/before 1<sup>th</sup> November)  
Competitor Late entry - €50 (2<sup>nd</sup> November to 14<sup>th</sup> November 2024)  
Category Change on the day - €10  
Team event - €30 per team  
Spectators - €5 for adults / €3 for children (U16) or €10 for families.
- Umpires & Coaches:** Each club must provide a minimum of 1 qualified umpire, plus an additional umpire for every 10 competitors registered. International clubs are not required to provide an umpire.  
Each club may register 1 coach only. Only official club coaches (with badge) will be allowed on the competition floor with the competitors
- Schedule:**
- |                                 |   |
|---------------------------------|---|
| Friday 15 <sup>th</sup> Nov –   | 7pm to 9pm – weight-in open for all competitors |
| Saturday 16 <sup>th</sup> Nov – | 8am – venue opens                               |
|                                 | 8am to 9am – weight-in open for all competitors |
|                                 | 9am – umpire meeting                            |
|                                 | 9.30am – Competitions start                     |
|                                 | 4pm – Competition ends                          |
- A more detailed schedule will be available prior to the event once all registrations have been collected.
- Disciplines:**
- Tul:** During all rounds, Competitors will perform 1 designated and 1 optional pattern  
Red belts will compete in separate divisions to Black Belts
- Sparring:** Pre-Juniors – 2 x 1.5minute rounds  
Juniors U16 & U18 – 2 x 2minute rounds  
Adults – 2 x 2minute rounds  
Seniors – 2 x 1.5minute rounds  
Repechage matches for 3<sup>rd</sup> place - 1 x 2minute round



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Red Belts and Black Belts will compete in the same divisions

Weight categories will be as per official ITF rules with a 1kg allowance. Competitors must weigh-in wearing a Dobuk pants and T-shirt.

Special Technique: Junior (U18 &U16) Male – 5 techniques  
Adult + Senior Male – 5 techniques  
Junior (U18 &U16) Female – 3 techniques  
Adult + Senior Female – 3 techniques

All techniques will be performed. There will be no pre-qualifying technique. The heights & distances will be as per official ITF rules minus 10cm.

There is no Special Technique for Pre-Juniors

Power Breaking: Junior (U18 &U16) Male – 5 techniques  
Adult + Senior Male – 5 techniques  
Junior (U18 &U16) Female – 3 techniques  
Adult + Senior Female – 3 techniques

All techniques will be performed. There will be no pre-qualifying technique. The quantity of boards will be as per official ITF rules minus 1 board.

There is no Power Breaking for Pre-Juniors

Team Sparring: Junior (U18 &U16) Male  
Adult + Senior Male  
Junior (U18 &U16) Female  
Adult + Senior Female  
Teams of 3- open weight  
Each round will be 1 x 2minutes

There is no Team Sparring for Pre-Juniors.

Registration and payment for Teams will take place on the day of the event.

**Awards:** 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> in all categories  
Best Junior Male competitor  
Best Junior Female competitor  
Best Adult Male competitor  
Best Adult Female competitor  
Best Overall Club



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#### Pre-Junior (up to 13Years – In the year of the competition)

Tul – 1st Degree, 2nd Degree

Sparring:

PRE -JUNIOR	MICRO	LIGHT	WELTER	MIDDLE	HEAVY	HYPER
MALE	-40KG	-45KG	-50KG	-55KG	-60KG	+60KG
FEMALE	-35KG	-40KG	-45KG	-50KG	-55KG	+55KG

#### Junior (14 and 15 Years) (16 and 17 Years) – In the year of the competition)

Tul: 1<sup>st</sup> Degree, 2<sup>nd</sup> Degree, 3<sup>rd</sup> Degree

Power Breaking & Special Technique

Sparring:

JUNIOR	MICRO	LIGHT	WELTER	MIDDLE	HEAVY	HYPER
MALE	-50KG	-55KG	-60KG	-65KG	-70KG	+70KG
FEMALE	-45KG	-50KG	-55KG	-60KG	-65KG	+65KG

#### Adult (18 – 35Years – In the year of the competition)

Tul: 1<sup>st</sup> Degree, 2<sup>nd</sup> Degree, 3<sup>rd</sup> Degree, 4<sup>th</sup> Degree, 5<sup>th</sup> Degree, 6<sup>th</sup> Degree

Power Breaking & Special Technique (merged division with Seniors)

Sparring:

ADULT	MICRO	LIGHT	WELTER	MIDDLE	HEAVY	HYPER
MALE	-58KG	-64KG	-70KG	-76KG	-82KG	+82KG
FEMALE	-50KG	-55KG	-60KG	-65KG	-70KG	+70KG

#### Senior (36Years+ In the year of the competition)

Tul: 1<sup>st</sup> Degree, 2<sup>nd</sup> Degree, 3<sup>rd</sup> Degree, 4<sup>th</sup> Degree, 5<sup>th</sup> Degree, 6<sup>th</sup> Degree

Power Breaking & Special Technique (merged division with Adults)

Sparring:

Senior	MICRO	LIGHT	WELTER	MIDDLE	HEAVY	HYPER
MALE	-58KG	-64KG	-70KG	-76KG	-82KG	+82KG
FEMALE	-50KG	-55KG	-60KG	-65KG	-70KG	+70KG



# TaeKwon-Do Alliance Ireland International Irish championships 2024



## Travelling to Neptune Stadium

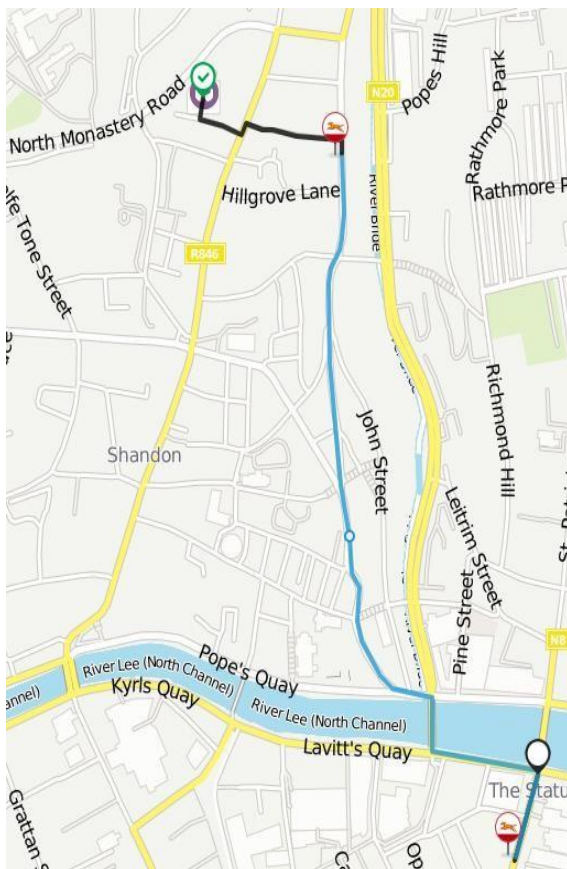
### Walking:

Neptune Stadium is just a 20 minute walk from Patrick Street, Cork's main street.

**Bus:** - See [www.moovitapp.com](http://www.moovitapp.com) or [www.buseireann.ie](http://www.buseireann.ie) to check bus routes.

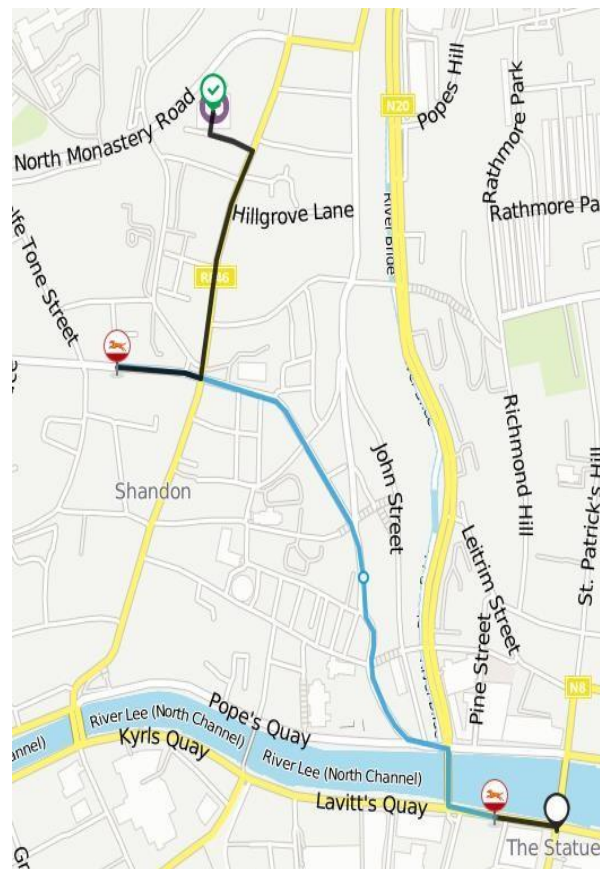
### Bus Route 203

Travel Time: 10 mins including 3 min walk



### Bus Route 202

Travel time 10 mins including 6 min walk







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**Taxi:** - Taxi's can be ordered or waved down on-street. Reputable taxi companies include:

**Driving:** - Parking is limited in the stadium area. Parking tickets are required for on-street parking. Car Parks close to the venue can be seen below.

#### Cork Taxi Co-Op

2.7 ★★☆☆☆ (40) · Taxi service  
4.6 km · 6 Washington Street West  
(021) 427 2222

"My company called a Co-op taxi for me today. I waited like..."

#### B-Line Hackney Cabs, Cork

3.7 ★★★★★ (6) · Taxi service  
4.2 km · 17 Cove St  
(021) 431 4040

#### Yellow Cabs Cork Ltd

3.4 ★★★★★ (8) · Taxi service  
4.6 km · 3 Courthouse St  
(021) 487 7777

#### Lee Cabs Ltd.

3.4 ★★★★★ (11) · Taxi stand  
4.5 km · 1A Popes Quay  
(021) 439 3977

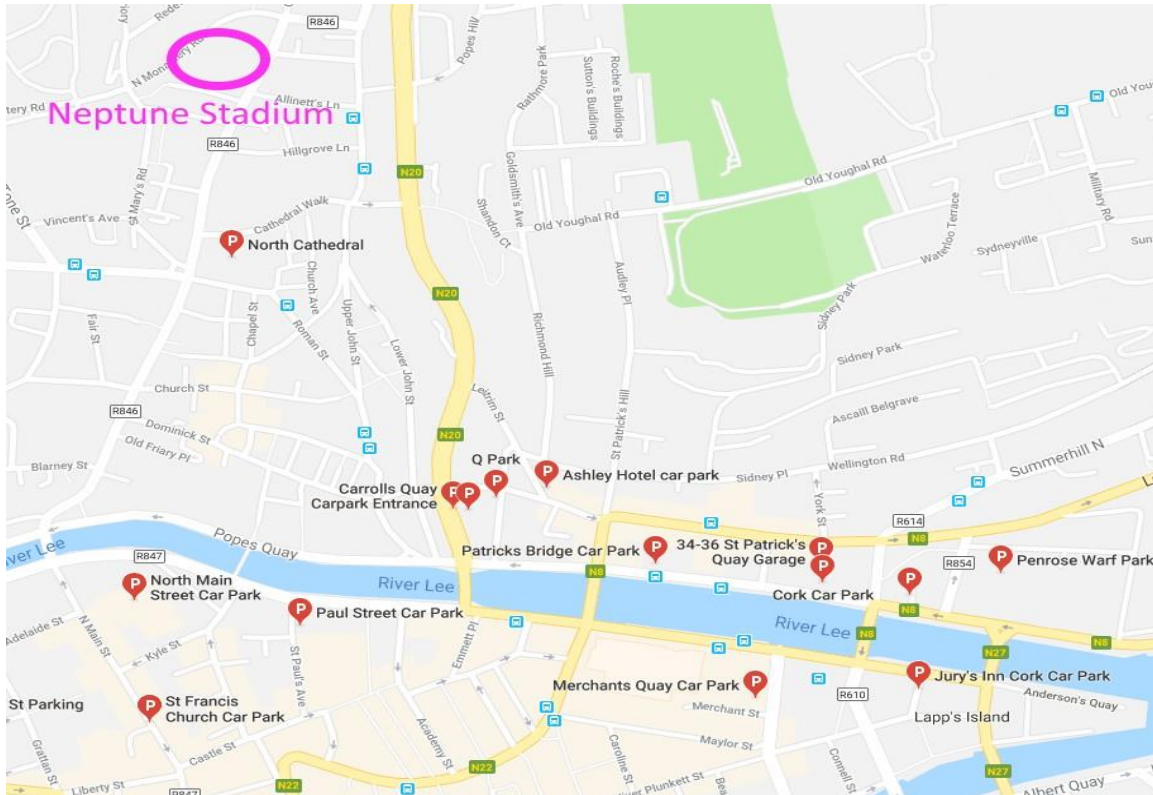
"Great cab company and very fair with prices..."

#### Lee Cabs Ltd. | Taxi Hire in Cork, Ireland

2.0 ★★☆☆☆ (5) · Taxi service  
4.5 km · 1A Popes Quay  
(021) 439 3977

#### Douglas Street Cabs

3.1 ★★★★★ (15) · Taxi service  
105 Douglas St  
(021) 484 7600





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## Travelling to Cork

### Major International Airports

International access is provided by the following major international airports.

### Recommended Airports

**Cork** – European Connections

[www.corkairport.com](http://www.corkairport.com)

**Dublin** – Worldwide Connections

[www.dublinairport.com/](http://www.dublinairport.com/)



### Other Airports

Other airports such as Shannon and Kerry do serve European countries however, connections to Cork are difficult and therefore they are not recommended.



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**Cork International Airport – Airport Code: ORK [www.corkairport.com](http://www.corkairport.com)**

Only 15 minute drive or bus journey from the city centre, it is the best choice for attending the tournament.

Major Airlines Include Aerlingus and Ryanair.



## Getting From Cork Airport to the City Centre

**Bus:** Route 226 goes direct from Cork Airport to Bus Eireann Bus Station in the City Centre.

**Taxi:** Available outside arrivals.

**Car Hire:** All major car rental companies are available at the terminal.

## Dublin International Airport – Airport Code DUB [www.dublinairport.com](http://www.dublinairport.com)

With the most connections and flights to and from Ireland, Dublin airport could be a good option if no direct flight goes from your city to Cork.

## Getting from Dublin Airport to Cork

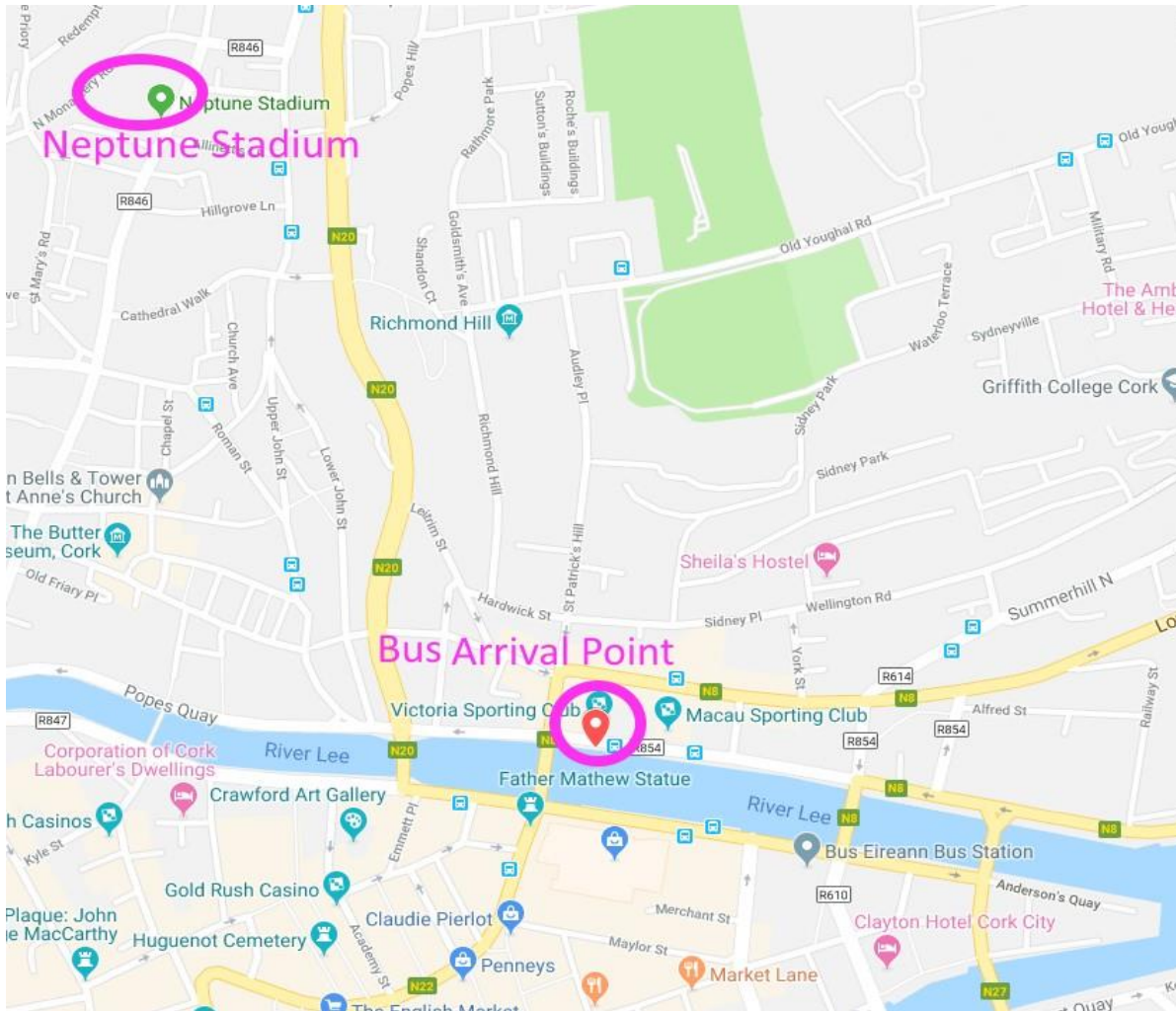
**Bus:** Direct bus from Dublin Airport to Cork City Centre. There is no train connection to Dublin

Airport. **Recommended:** Aircoach [www.aircoach.ie](http://www.aircoach.ie) Gobe [www.gobe.ie](http://www.gobe.ie)





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## Accommodation

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Hotels – [www.booking.com](http://www.booking.com)

Cork has fantastic hotels across both city and county, with a number of world-class establishments boasting the biggest and most comfortable rooms, as well as award-winning facilities like restaurants, golf courses and spas.

**It is advisable to book early as Cork is an extremely popular destination**

Some of the more popular hotels include:

### **The River Lee Hotel, 4\***

The River Lee Hotel is one of the most prestigious hotels in Cork City, sitting proudly in the city skyline on Western Road, just down from University College Cork. The Hotel boasts a great stature and is one of the most recognisable buildings in the city.





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## The Kingsley Hotel, 4\*

The luxurious 4 star Kingsley Hotel is located on the western edge of Cork City and is just a short 5 minute cab ride into the city centre and situated right on the banks of River Lee.



## The Cork International Airport Hotel 4\*

Newly refurbished, the 4-star Maldron Hotel Shandon Cork is located in Cork's city centre, just a few minutes' walk from St. Patrick's Street and Opera Lane.



## The Metropole 3\*

In the heart of Cork City Centre, the Metropole Hotel Cork is just a short stroll from the city's business district and many excellent shops, boutiques, theatres and galleries.



## The Imperial Hotel, 4\*

The Imperial Hotel in Cork City is a fabulous place to stay on your next trip to Cork. Located in South Mall in the very heart of the city centre, the Imperial is simply in an unbeatable location for anyone who needs to be in Cork City when they wake up.







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## The Clayton City Centre 4\*

When making the decision of where to stay on a trip, you look for comfort and excellent service above all else. No one wants to be struggling with these essentials when they are away from home, and the best way to ensure your stay in Cork is without hassle is to book a room in the Clarion Hotel Cork.



## The Montenotte Hotel 4\*

The Montenotte Hotel & Leisure Centre, located in a superb location overlooking Cork City, offers extensive free customer parking and is just minutes' walk to the City centre.



## Maryborough Hotel 5\*

The Maryborough Hotel and Spa is a very refined hotel option for those looking to stay in Douglas, a peaceful location away from the city centre with fantastic on-site facilities.





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## **The Maldron City Centre 4\***

Maldron Hotel South Mall is located in the centre of Cork City Centre. The property is close to several well-known tourist attractions, shopping areas and the social hub of the city centre.



## **Rochestown Park Hotel 4\***

The Rochestown Park Hotel is one of the premier 4 star hotels in Cork City. Situated a short drive from Cork Airport and just 15 minutes from Cork city centre, the hotel is excellently located close to the busy suburban village of Douglas.



## **The Address Hotel 4\***

With views of Cork city and the harbour, the Address Hotel and Health Club is situated 1 km from central Cork on Military Hill in the historic area of St Lukes.



## **The Clayton – SilverSprings 4\***

Stylish, spacious rooms, landscaped gardens, and an à la carte restaurant are offered at this 4-star hotel. Less than 5 minutes' drive from Cork's centre







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## Leonardo Hotel Cork 3\*

Leonardo Hotel Cork is located on Anderson's Quay overlooking the River Lee. Jury's is a 5-minute walk from Kent Station and offers a bar, restaurant, and 24-hour reception.

