

PUMA Point Stop Championship Information Booklet



Participating in competitions is a great way for children and adults to develop their skills in Taekwondo and improve their overall focus. Competitions are an exciting way to showcase the skills that have been learned through hours of training.

When children compete in Taekwondo competition, they are able to put their skills to the test and see how they measure up against other students. This can be a great source of motivation, and improve their overall focus. In addition, competitions can help children develop important life skills such as sportsmanship, perseverance, and teamwork.

Taekwondo competitions for teenagers/adults can be just as exciting and rewarding as those for children, as they provide an opportunity to test one's skills against other talented martial artists.

One of the most enjoyable aspects of a taekwondo competition is the sense of camaraderie and sportsmanship that is shared between all participants. Whether you win or lose, there is always a sense of respect and support from instructors, fellow competitors.

How to sign up for the Point Stop competition

Students and parents need to confirm attendance for the competition via email to us.

Students/parents need to send us an email confirmation and let us know what events the student will be competing in.

For this competition students need to make a teams of 3 for patterns and sparring.

There will also be individual sparring for students who would like to do some more sparring.

The Point Stop Championships are usually in Newbury, occasionally in Thornbury.

**Northcroft Leisure Centre
Newbury
Berkshire
RG14 1RS**

Little Puma Team



All Little Pumas can compete at the Point Stop

Little Puma categories

Little Puma Team Drill, Team Tag sparring.

Usually is a team of 3 students, but we will confirm this closer to the event.

Little pumas will be performing the **Little Puma Team Drill** together as a team. The judges will be looking for timing, power and correct performance.

Team Tag sparring judges will be counting the total points from all the 3 students in the team.



Students always have a great time!

Team Pattern juniors & Adults

All belts

Students can wear their school logo t-shirts and white or black trousers.

Team Pattern must have maximum 3 students.

Please contact us for any advise or help, especially if your team will have different coloured belts.



Point Stop Team Sparring for juniors and adults



Full sparring kit required

All Team students will be sparring against another team/s.

Students need to make a team of 3



We are happy to explain rules in class

Point Stop individual Sparring for juniors and adults



Full sparring kit required

Point Stop sparring for all belts.



Most important of all is that all our students have an amazing time.

Whether our students win or lose, there is always a sense of respect and support from instructors, fellow competitors.

If you have any questions please always contact us. We are very happy to help.



We wish you all happy competing and don't forget to come to see us and say hello.

Adults & Cadets always have a great time at competitions 😊

If you have any questions please always contact us. We are very happy to help.



We wish you all happy competing and don't forget to come to see us and say hello.