

PUMA

English & British 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, 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 competition

**The competition entries are via link to PUMA website.
We will provide the link on the Spond app close to the
competition.**

Little Puma



All Little Pumas can compete at PUMA Juniors competition.

Little Puma categories

High Kick, Little Puma Drill and bring a colourful drawing to the competition and have lots of fun 😊



Parents please choose : **Little PUMA Drill & high kick**
All the events above are included in one price for little pumas.

Master PUMA will be there 🙌😊

Little Puma Tag Sparring & Spartan Sparring



Little Pumas optional event.

Students can take part in
Tag Sparring & Spartan Sparring

For those events parents can sign up on the entry website or on the day.



Master PUMA will be there 🙌





Juniors categories

Musical Pattern



All coloured & black belts

Students need to choreograph a set of Taekwondo movements to a music. The music cannot be longer than 60 sec. The music track needs to be send to Master Gayle a **week** before competition.

chairman@puma-uk.com

Please ask us for any advise or help.

High Kicks



White Belts to Black stripe

Patterns



White Belts - 4 corner block

Purple stripes - Sajo jirugi 1or 2



Orange stripe - Sajo Jirugi 1or 2 or Sajo Makgi

Yellow stripes - Sajo Jirugi 1or 2 or Sajo Makgi

Yellow belt & above - Patterns

Please always check the competition information letter to check what pattern the student needs to do or check with instructor.

Bully Bob Sparring age 7 to 10



Full Sparring kit required

**White belts to Yellow
Stripe**

**If you are not sure
please contact us before
you choose this category**

Tag Sparring & Spartan Sparring

Students up to yellow stripe

Parents can register for the events when signing up for the competition or can sign up on the day.



Point Stop Sparring



Full sparring kit required

All Yellow Belts to Blue Stripe



Continuous Sparring

Blue Belts and above



Juniors/Adults Indomitable Spirit

This category is specially designed for students with SEND

Any students who have any special needs, can compete in **Indomitable spirit division**.

For this division please contact us, and we will provide you with an email to Ms Reeve who is in charge of this division.



Most important of all is that all of our students have 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

Musical Pattern

All coloured & black belts



Students need to choreograph a set of Taekwondo movements to a music. The music cannot be longer than 60 sec. The music track needs to be send to Master Gayle a **week** before competition.

chairman@puma-uk.com

Please ask us for any advise or help.

Patterns



White Belts

Sajo Jirugi 1or 2 or Sajo Makgi



Yellow stripes

Patterns

Point Stop Sparring

Full Sparring kit required

Yellow Stripes to Blue Stripe

Continuous Sparring

Full Sparring kit required

Blue Belts and above



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.

