



# Master Ray Gayle VII Degree

Professional Unification of Martial Arts (P.U.M.A.)

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## **P.U.M.A. ENGLISH CHAMPIONSHIPS 2011**

Please find below information/categories for the English Championships: **PLEASE NOTE- There the new way of entering the competition- all entries must be made online!! (see below)**

P.U.M.A. English Championships to be held on Saturday 21<sup>st</sup>. May 2011 at OASIS LEISURE CENTRE, North Star Avenue, Swindon, SN2 1EP

The schedule will be as follows: (Times are **approximate**)

9.30 am	Doors open
10.00 am	Musical Patterns & Bo Staff
10.30 am	Junior Patterns
11.30 am	Junior weigh-in
11:30 am	Junior high kick
12:00 pm	Junior Sparring
11.00 am	Adult Coloured Belt weigh-in followed by patterns and sparring
01:00 pm	Black Belt weigh-in
02:00 pm	All Black Belt divisions

All officials please report to the top table at 9:00 am (names of all officials must be sent in with entry forms to ensure free entry and for food).

### **Competition Entry Fee**

Adult/Junior:	One event £15, each event thereafter £5.
Little P.U.M.A.:	£15.00 per competitor for both events.
Spectators:	£5

## **ENTERIES**

### **Closing Date for Entries**

All students **must enter** online – [www.nel-tkd.co.uk](http://www.nel-tkd.co.uk) no later than **Friday 6th May 2011**.

You must then print your entry form x2. 1 Copy should be kept yourself for your own records and 1 should be handed to your instructor along with the correct payment.

### **Sparring**

Point stop for grades up to and including 5th kup (Blue Stripe).  
Continuous sparring for 4th kup (Blue Belt) and above.

### **Sparring Divisions**

#### **Male Coloured Belt Divisions**

Yellow and Green Belts - Blue and Red Belts

#### **Male Black Belt Divisions**

Flyweight                      up to & inc. 58kg

Lightweight	up to and including 64kgs
Welterweight	over 64kgs up to and including 72kgs
Middleweight	over 72kgs up to and including 80kgs
Heavyweight	over 80kgs

Lightweight	over 58kg to & inc. 64kg
Welterweight	over 64kg to & inc. 70kg
Middleweight	over 70kg to & inc. 76kg
Light/heavy	over 76kg to & inc. 80kg
Heavyweight	over 80kg

### **All Female Divisions**

Yellow and Green Belts - Blue and Red Belts – Black Belts

Flyweight	up to & inc. 57kgs
Lightweight	over 57kgs up to and inc. 63kgs
Middleweight	Over 63kgs up to and inc. 70kgs
Heavyweight	Over 70kgs

### **Junior Divisions**

Yellow and Green Belts - Blue and Red Belts – Black Belts

Pee Wee	up to and including 4' 6"
Lightweight	over 4' 6" up to and including 5'
Middleweight	over 5' up to and including 5' 6"
Heavyweight	over 5' 6"

### **Veterans:**

**Veterans will be 40 years and over in red and black belt categories only.**

### **Destruction**

#### **Male Divisions – Board**

Blue Belts	Hand Technique	Knife hand strike
	Foot Technique	Standing side kick
Red Belts	Hand Technique	Knife hand strike
	Foot Technique	Any standing kick
Black Belts	Hand Technique	Any hand excluding elbow
	Foot Technique	Jumping side kick from standing position

#### **Female Divisions – Board**

Blue and Red Belts	Hand Technique	Any hand technique including elbow
	Foot Technique	Any standing kick
Black Belts	Hand Technique	Any hand technique including elbow
	Foot Technique	Any jumping or flying kick

**Please note:** Students are allowed to compete in more than one destruction event. An additional fee is required for each separate destruction category.

### **Bo/Jang Bong**

Two competitors will compete at the same time; the successful competitor will progress through to the next round.

#### **Junior Division**

Black Belt Boys and Girls, any choice of Bo forms 1, 2 or 3.

#### **Adult Division**

Same as Juniors.

### **Junior High Kick**

Little P.U.M.A.s	in their own division; height decided on the day
Pee Wee	up to and including 4' 6"
Lightweight	over 4' 6" up to and including 5'
Middleweight	over 5' up to and including 5' 6"
Heavyweight	over 5' 6"

### **Patterns Divisions**

Little P.U.M.A.s	Perform the Little P.U.M.A. competition pattern.
PUMA 1, 2, 9 <sup>th</sup> kup	Sajo Makgi/Jirugi or Chon Ji
8 <sup>th</sup> and 7 <sup>th</sup> kup	Chon Ji or Dan Gun
6 <sup>th</sup> and 5 <sup>th</sup> kup	Do San or Won Hyo
4 <sup>th</sup> and 3 <sup>rd</sup> kup	Yul Gok or Joong Gun
2 <sup>nd</sup> and 1 <sup>st</sup> kup	Toi Gye or Hwa Rang
1 <sup>st</sup> Dan and above	Must perform a pattern of their grade

**Please note:** In the final of the Black Belt patterns there will be one optional pattern and one designated pattern.

**Master R Gayle**  
**Chairman**  
**P.U.M.A.**