



# Wales

# Tae Kwon Do

Presents

# 6th Wales Tae Kwon Do International Championships

## Sunday 24th May 2026

Doors open 8.00am, first matches 9:30am

Sport Wales National Centre  
Sophia Gardens  
Cardiff  
CF11 9SW



sportwales  
chwaraeon cymru



Wales Tae Kwon Do  
is affiliated with:



For more information

07966 171840

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

# Welcome

Dear Instructors, coaches and players,

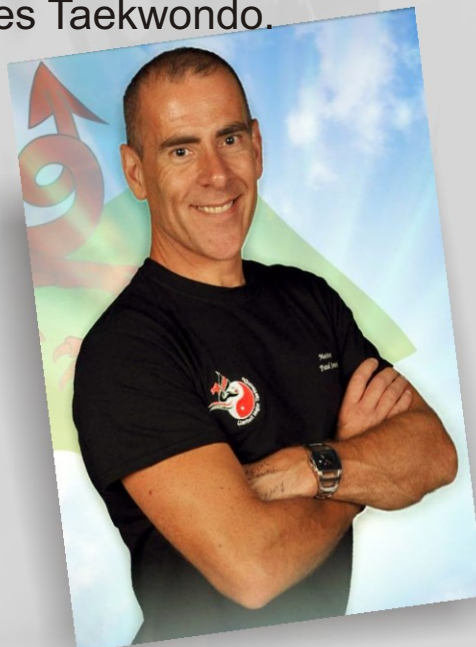
We would personally like to invite you to the 6th Welsh International Championships held at the Sport Wales National Centre, Cardiff, on the Sunday 24th May 2026.

The Sport Wales National Centre is a fantastic venue, with ample seating and car parking, ideally located near Cardiff's thriving city centre. Access is possible by train, car, bus or even plane with Cardiff's airport just a 30-minute drive away. Hotels are plentiful, with a vast range from budget to luxury, within a short distance.

Wales Taekwondo are excited to welcome back both international and national players to the city centre and hope receive support from our taekwondo friends in order to make our event an even bigger success than previous years.

Thank you for your interest and we hope to see you at our event.

Regards,  
Master Paul Jones, Master Jo Draper and  
Wales Taekwondo.



# Event Summary

## Event Organisation

Wales Taekwondo  
Master Paul Jones and Master Jo Draper  
[pauljonestaekwonmudo@hotmail.com](mailto:pauljonestaekwonmudo@hotmail.com)

## Date

Sunday 24th May 2026  
Doors open 8.00am, first matches 9:30am

## Entry Deadline

All entries to be made via [www.ma-regonline.com](http://www.ma-regonline.com) before 12th May 2026 at 9:00pm, or when capacity is reached.

Deadline for player removals and entries/waiting list submissions is 12th May 2026. Payment of all entries is due 13th May 2026.

Amendments to entries (other than removals) can be made by email to [adminuk@ma-regonline.com](mailto:adminuk@ma-regonline.com) by 9pm on 12th May 2026.

Should any spaces become available at deadline, we may add from the waiting list within 24 hours of the deadline to allow teams to arrange to attend should they be entered.

## Venue

Main Arena  
Sport Wales National Centre  
Sophia Gardens  
Cardiff  
South Wales  
CF11 9SW

## Cost of Entry

£55 per competitor, per category.

**All monies to be paid to account:**

**Llantwit Major Taekwondo Club.**

**Account Number: 13295071**

**Sort code: 52-30-03**

**ALL PAYMENTS TO BE MADE AS A CLUB/ORGANISATION.  
INDIVIDUAL PAYMENTS WILL NOT BE ACCEPTED.**

**Please include club name as reference.**



# Event Summary

## Rules

World Taekwondo Single Elimination

## Scoring

PSS for all advanced A class athletes including Children, Cadet, Junior, Senior and Veteran. All Peewee and B class athletes will compete on manual scoring.

## Equipment

KPNP scoring system will be in use.

PSS Hogu and head guard will be provided for all A class children, cadets, juniors and senior categories, these athletes must provide their own socks.

All players must wear the required WT approved protective equipment. A list of approved equipment can be found on the WT [www.worldtaekwondo.org](http://www.worldtaekwondo.org).

All contestants must proceed to the check-in desk for officials to check their dobok and protective equipment before entering the competition area. Any athlete wearing unofficial equipment will not be allowed to compete.

## Spectators

Tickets will be available on the door, cash only.

Spectators: £10

Under 5's: Free

Chief Referee: Master Paul Timms

Tournament Director: Master Paul Jones

Match Manager: Brian Tilley





# Event Summary

## British Coaches

One (1) coach will be accredited for every five (5) competitors entered and will be granted free admission. There can be 4 coaches per team.

The minimum age for a coach must be 18 years old. Coaches will only be permitted at ringside in sportswear.

All coaches must register in advance on [www.ma-regonline.com](http://www.ma-regonline.com) providing correct information. On the deadline date the information entered will be passed to British Taekwondo for competition audit. Coaches who have entered incorrect information or who fail the audit will not be allowed to coach.

## Behaviour

All guests (participants, coaches, spectators and officials) are expected to behave in an appropriate manner. Any inappropriate behaviour may be subject to disciplinary action by the British Taekwondo Disciplinary Board. We will also be implementing British Taekwondo's zero tolerance policy on swearing and offenders will be asked to leave.

## Media/Photography

By attending the 6th Wales Taekwondo International Championships, you are agreeing to have your image taken whilst in the venue by both the press and members of the public. In addition, you are agreeing to have your image shown on video, TV and online. Any queries please contact the competition organisers.

## Protests

Only the head coaches allowed to protest to the Competition Supervisory Board, immediately after the end of the contest in question. An amount of £50.00 will have to be paid for each protest lodged. The decision of the referee chairman is final.

## Eligibility

All competitors and coaches must have a valid British Taekwondo licence and insurance. International players must have a valid licence through their National Association. An audit will be carried out by the organisers and any competitor or coach who fails the audit will not be entitled to a refund.

Any competitor who withdraws from the competition after the deadline must still be paid for by their club.

## Awards

Medals awarded to 1st, 2nd and 2x 3rd places.

Team trophies awarded to 1st, 2nd and 3rd places.



# Weight Categories

A Class Red Belt (2nd KUP and above)  
B Class Red Tag (3rd KUP and below)

## **Peewee All Grades Combined**

Male and Female  
-18kg, -20kg, -22kg, -24kg, -26kg, +26kg

## **Children, Advanced (A Class) & Novice (B Class)**

Male and Female A & B Class  
-24kg, -26kg, -29kg, -32kg, -36kg, -40kg, -44kg, -48kg, +48kg

## **Cadet, Advanced (A Class) & Novice (B Class)**

Male and Female A & B Class  
Male: -33kg, -37kg, -41kg, -45kg, -49kg, -53kg, -57kg, -61kg, -65kg, +65kg  
Female: -29kg, -33kg, -37kg, -41kg, -44kg, -47kg, -51kg, -55kg, -59kg, +59kg

## **Junior, Advanced (A Class) & Novice (B Class)**

Male and Female A & B Class  
Male: -45kg, -48kg, -51kg, -55kg, -59kg, -63kg, -68kg, -73kg, -78kg, +78kg  
Female: -42kg, -44kg, -46kg, -49kg, -52kg, -55kg, -59kg, -63kg, -68kg, +68kg

## **Senior, Advanced (A Class) & Novice (B Class)**

Male and Female A & B Class  
Male: -54kg, -58kg, -63kg, -68kg, -74kg, -80kg, -87kg, +87kg  
Female: -46kg, -49kg, -53kg, -57kg, -62kg, -67kg, -73kg, +73kg

## **Veteran All Grades Combined**

Male: -54kg, -58kg, -63kg, -68kg, -74kg, -80kg, -87kg, +87kg  
Female: -46kg, -49kg, -53kg, -57kg, -62kg, -67kg, -73kg, +73kg



# Weigh In

Saturday 23rd May 2026

Sport Wales National Centre  
2:00pm until 5:00pm - All age groups.

Sunday 24th May 2026

Sport Wales National Centre  
8:00am until 8:45am - All categories.

**Players must be in the queue to weigh-in by 8.30am or they may be refused**

Weight changes, should a competitor fail the weigh in, will incur an administration charge of £25.00 cash payable at the time of the weigh-in.

In addition, groups with single competitors will be combined with adjoining weight groups to ensure that all competitors have the opportunity to compete. Similarly, A and B classes won't be combined.

Juniors aged 17 may compete in the senior event in addition to the junior group. Veterans may compete in both veteran and senior categories.

All peewee matches will be 3x1 min rounds. All other categories 3x1.5 min rounds with 30 seconds rest.



# Travel

## By Coach

Located in Sophia Gardens, the National Sport Centre is also home to the National Express coach station. The venue can therefore be accessed by the National Express coach, bookable via [www.nationalexpress.com](http://www.nationalexpress.com).

## By train (recommended)

Trains to Cardiff Central Station run regularly, connecting the city centre to the rest of the UK. Cardiff Central Station is located within a very short walking distance of several hotels in the city centre and the National Sport Centre can be accessed via a short taxi ride or bus.

## By Bus

If taking the Cardiff bus to the National Sport Centre, the nearest bus stop is the Cardiff Bridge stop. This is about 0.4 miles from the venue (about a 7-minute walk).

## Walking from the city centre

The National Sport Centre is a 15-minute walk from the city centre, for hotels, shopping, restaurants and entertainment.

## By Car

Located just outside of the city centre, the National Sport Centre can be accessed directly by car by following the signs for the Sport Wales National Centre. However, there is limited parking within the National Sport Centre itself. Parking will also be available in the Coach Station adjacent to the centre's car park at a cost.





# Accommodation

**Ibis Cardiff Centre** (2 star) – 0.9 miles from venue  
Churchill Way,  
Cardiff,  
CF10 2HA

**Ibis Budget Cardiff Centre** (2 Star) – 1.2 miles from venue  
Tyndall Street,  
Cardiff,  
CF10 4BE

**Park Inn by Radisson Cardiff City Centre** (3 star) – 0.9 miles from venue  
Mary Ann Street,  
Cardiff,  
CF10 2JH

**Park Inn by Radisson Cardiff North** (3 star) – 2.4 miles from venue  
Circle Way East,  
Llanedeyrn,  
CF23 9XF

**Premier Inn Cardiff North** (3 star) – 3.7 miles from venue  
Pentwyn Road,  
Cardiff,  
CF23 7XH

**Travelodge Cardiff Central Queen Street** (3 star) – 0.6 miles from venue  
The Friary, off Queen Street,  
CF10 2RG (sat nav postcode – CF10 3AD)

**Travelodge Cardiff Central** (3 star) – 0.8 miles from venue  
Imperial Gate,  
St Mary's Street,  
Cardiff,  
CF10 1FA

**Holiday Inn Cardiff City** (4 star) – 0.4 miles from venue  
Castle Street,  
Cardiff,  
CF10 1XD

These are a small selection of hotels available within the city centre and surrounding areas. Cardiff has a vast range of hotels from budget hotels such as the Ibis Budget, Campanile and Travelodge, to luxury hotels such as the Park Plaza, Hilton and Marriott. There are also a range of hostels, apartments and private rentals as well as B&B's. If you require any further recommendations or help, please contact the competition organisers.



# Tourism

## Shopping

The city centre is a 10 minute walk from the National Sport Centre, or can be easily accessed by train, bus or car. Ample parking is available particularly within the St David's Centre and John Lewis, as well as various other locations. The St David's Centre is highly recommended for a wide range of shops and restaurants, as well as mini-golf and Cineworld. Queen's Street, which can be accessed via the St David's Centre, offers a further range of shops and restaurants. For something a little different, Cardiff has a network of historic arcades bustling with independent stores selling unique goods.

## Bute Park

Bute Park, a listed historic park and garden, is located just opposite the National Centre. The park runs along the River Taff and includes the attraction of Cardiff Castle and a number of other buildings and structures of historical importance.

## Principality Stadium

The Principality Stadium offers tours to the public and is just a 5-minute walk away along the banks of the River Taff.





**For more information**

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