INTERNATIONAL TAEKWON-DO FEDERATION
UGANDA ASSOCIATION
P.O.Box 34459, Kampala – (U) | **Tel**: 0778491986, 0757048696, 0772303672,
Website: www.itf-uganda.com | **E-mail**: info.itfug@gmail.com
OFFICE OF THE PRESIDENT

OFFICIAL INVITATION

Our Ref No: ITFUG-260617

Date **17th June 2026**

Your Ref No:.....

TO;

ALL TAEKWON-DO CLUBS.

Dear All

REF: INVITATION FOR ITF NORTHERN UGANDA CHAMPIONSHIP 2026.

Your attention is drawn to the above mentioned subject matter. We are pleased to invite your club to participate in the ITF Northern Uganda Championship, scheduled to take place on **11th – 12th July 2026** at **Bermuda Cabaret Hall**, located north of Pece War Memorial Stadium, Gulu City. This Championship will include Pattern and Sparring only. This event will include;

1. **Kids** (8yrs–13yrs),
2. **Juniors** (14yrs–17yrs)
3. **Seniors** (18yrs–35yrs)
4. **Advanced Seniors** (36yrs – 44yrs)
5. **Veterans** (45yrs and above)
6. **Para.**

Participation fee is 10,000 Ugx (Kids, Juniors) and 15,000 Ugx (Seniors, Advanced Seniors and Veterans), per participant. Please note that this competition is from YELLOW BELT and above.

Please send your participants' list to acting Organizing Secretary WhatsApp: 0785156667 not later than **8th July 2026**. All participants must report at the venue for weight confirmation on Friday **10th July 2026** at exactly **2:00pm**.

Best Regards

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DAVID OWORI
PRESIDENT ITF UGANDA
Tel: 0757048696, 0778491986

CATEGORY: ……

ITF NORTHERN UGANDA CHAMPIONSHIP

11th – 12th JULY 2026

Club Name:……..…….Coach:……

Tel:.....District:.....

S/N	Participants' Names	Gender	Age	Kg	Grade	Pattern	Sparring
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							
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33.							
34.							
35.							

NB: For weights reference, please use the ITF Official Sparring Weight Categories in the next page.

Please note that:

- Confirmation of weight is on **10th July 2026** from **2:00pm – 6:00pm**
- This Tournament shall follow ITF Official Rules of competition.
- Only paid up participants shall be allowed to participate and get awards.
- Only participants whose weight has been confirmed shall be considered.
- All competitors are required to have a clean Dobook and appropriate belt.
- This competition is from **Yellow Belt** upward.
- Every coach **MUST** accompany their participants.

Award

- All paid up participants shall get certificate of Participation.
- Certificate of merit for participants in 1st , 2nd and 3rd position.
- Medals for participants in 1st , 2nd and 3rd position.
- Clubs in 1st , 2nd and 3rd Position shall get a trophy.

ITF OFFICIAL SPARRING WEIGHT CATEGORIES

JUNIORS WEIGHT DIVISIONS		
Weight	**Male**	**Female**
Micro	Up to 50 kg	Up to 45 kg
Light	Over 50–56 kg	Over 45 -50 kg
Middle	Over 56 -62 kg	Over 50 -55 kg
Light heavy	Over 62 -68 kg	Over 55 -60 kg
Heavy	Over 68 -75 kg	Over 60 -65 kg
Hyper	Over 75 kg	Over 65 kg
SENIOR WEIGHT DIVISIONS		
Weight	**Male**	**Female**
Micro	Up to 57 kg	Up to 50 kg
Light	Over 57 –63 kg	Over 50 to 56 kg
Middle	Over 63 -70 kg	Over 56 -62 kg
Light heavy	Over 70 -78 kg	Over 62 -68 kg
Heavy	Over 78 -85 kg	Over 68 -75 kg
Hyper	Over 85 kg	Over 75 kg
ADVANCED SENIOR SPARING (Over 36 years)		
Weight	**Male**	**Female**
Light	Up to 68 kg	Up to 55 kg
Middle	Over 68 –78 kg	Over 55 kg
Heavy	Over 78 kg	

For more about Sparring: https://itftkd.sport/competition/sparring/