



MANCHESTER



2019 MANCHESTER WORLD TAEKWONDO CHAMPIONSHIPS

SPECTATOR GUIDE

KICKINGFORGLORY.COM

MANCHESTER ARENA

15-19 MAY 2019



‘The Worlds’ promise to be biggest International Taekwondo competition that Britain has seen as the world’s best athletes once again come together to compete, over 5 days, for the World Championship title and valuable ranking point for the Tokyo 2020 Olympics!



Manchester is the home of Taekwondo in Great Britain and has played host to various taekwondo events over the past decade. When World Taekwondo’s leaders went looking for an inaugural host city for the Grand Prix series, Manchester stuck up its hand and successfully won its bid to stage edition one in December 2013.

Mahama Cho and Lutalo Muhammad, revelled in the home atmosphere and struck gold; ‘Stockwell Slayer’ Cho having the distinction of capturing the first British GP title.

Manchester was selected twice more to host the Grand Prix in 2014 and 2015 before last years edition took us to the Manchester Regional Arena in the shadow of the famous Etihad Stadium.

Yet again, the Brits proved home advantage is no myth claiming a record 5 medals including gold medals for Welsh duo Jade Jones and Lauren Williams who continued her form into the lucrative Grand Slam where she struck gold yet again to end a brilliant 2018.

And that brings us to now, the 2019 World Taekwondo Championships. The cream of

British talent – including Olympic medallists Jade Jones MBE, Bianca Walkden and Lutalo Muhammad – will be joined at the event by almost 1,000 other athletes representing over 150 different countries, all hoping to take home the crown of ‘World Champion’!

History can be made in Manchester this May for the hosts who are yet to boast a male World Champion with Damon Sansum and Mahama Cho both coming close claiming Silver medals in 2015 and 2017 respectively.

On the female side, Bianca Walkden could put herself on rare ground after success in 2015 and 2017, the Liverpoolian will be going for the treble to become only the 4th Female Taekwondo athlete to have 3 World Championship gold medals to her name.

The World Championships have been the one that’s got away for 2012 and 2016 Olympic Gold Medalist Jade Jones. It was a quarter final finish in 2015 and then Jones had to settle for Bronze in 2017 after a close fought match went the way of eventual champion Ah Reum Lee.

Damon Sansum makes contact



MANCHESTER
— T R O P H Y —



ADVANTAGE: YOU
BOOK YOUR SEAT TODAY
ManchesterTrophyTickets.co.uk



10-16 JUNE

The Northern
Lawn Tennis Club

TRAVEL GUIDE

Transport for Greater Manchester

For journey planning on bus, train and tram, news on delays and disruptions, and information about tickets and passes:

Phone: 0161 244 1000 | Monday to Friday: 7am to 8pm | Weekends and bank holidays: 8am to 8pm

Or alternatively visit the Transport for Greater Manchester website where you can see a detailed travel timetable or plan your journey: www.tfgm.com

WALKING

The arena is comfortably within walking distance from the city centre. The walk should take roughly 5-10 minutes.

CYCLING

As the arena is centrally located, all cycling routes are easily accessible.

Please note that there is no cycle racks situated outside of the arena and any bicycles left on site are left by risk of the owner. The event organisers will not be held responsible for any loss or damage.

A detailed cycling route can be seen at www.tfgm.co.uk

BUS

Many buses, including the free city centre bus service, stop within easy walking distance of Victoria Station and Manchester Arena. There are many accessible bus services in Greater Manchester.

To find out whether your service is accessible, phone Traveline on 0871 200 22 33, Textphone 18001 0871 200 22 33, or check your local bus timetable.

Visit the Transport for Greater Manchester website for more details about bus services.

CAR

Manchester Arena is located in Manchester City Centre, on the corner of Trinity Way, Hunts Bank and Great Ducie Street.

For Sat Nav systems the postcode for the car park is M3 1AR and the postcode for the drop off point is M3 1UN.

Please note, the Victoria Station approach (running from Corporation Street down Hunts Bank) is a bus lane only. The road in the opposite direction (from Great Ducie Street up Hunts Bank) will remain open for car access.

For the latest information on planned roadworks in the North West, please visit the Highways Agency website or call 08457 50 40 30.

Bianca Walkden kicks out





MANCHESTER
VICTORIA

TAXI

Taxis can be pre-booked to the Manchester Arena. The taxi rank is located outside Victoria Station and outside The Printworks which is a short walk from the venue.

TRAIN

MANCHESTER VICTORIA:
Many national and local trains stop at Manchester Victoria station, right underneath the Arena. Manchester Victoria is managed by Arriva Rail North and provides accessible ticket machines, an induction loop, ramps for train access plus assistance to and from platforms, an accessible toilet and lifts or level access to all platforms.

Journeys can be planned through Arriva Rail North.

MANCHESTER PICCADILLY:
Manchester Arena is only a short Metrolink or free Metroshuttle ride from Piccadilly Train Station. Manchester Piccadilly is managed by

Network Rail. The station provides accessible ticket machines, an induction loop, ramps for train access plus assistance to and from platforms, accessible toilets with a radar key system, lifts or level access to all platforms, an accessible ticket counter and wheelchairs/mobility scooters which can be arranged in advance with your train company.

Journeys can be planned through National Rail.

TRAM

Manchester's Metrolink systems pass right by Manchester Arena stopping at Victoria. Your journey can be planned via the Metrolink website.

Metrolink is an easily accessible system. All stops have either a ramp, lift or escalator access. Most platforms have tactile edges for visually impaired passengers. All platforms have designated wheelchair access points for step free access. Each tram has designated accessible areas with its own emergency/information call points.

ONE PATH TO TOKYO



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MANCHESTER ARENA PARKING



PARKING

The on-site car park is operated by our official parking partner NCP and has a capacity of 958 spaces.

On show nights, the car park is manned by an events team who work to ensure that parking at the venue is as simple and easy as possible. They conduct regular patrols of the car park and the car park also has the Park Mark award for safety.

You can pre-book your parking in advance to guarantee your space on the lower floors of the car park and ensure a speedy entry and exit from the car park.

We advise anyone with mobility issues to arrive as early as possible and use either the onsite NCP car park or the Shudehill Interchange NCP

DROP OFF /PICK UP

Please arrange to drop off and/or pick up away from the Arena as, due to our city-centre location and size of events, road closures and diversions may be in place at the end of an event making it difficult to return to your chosen meeting point.



**DEAR WORLD TAEKWONDO FAMILY,
IT IS MY PLEASURE TO WELCOME
YOU TO MANCHESTER FOR THE 2019
WORLD TAEKWONDO CHAMPIONSHIPS.**

Manchester has hosted many excellent taekwondo events in recent years, including the first ever World Taekwondo Grand Prix in 2013. We can therefore have complete confidence that Manchester will host a fantastic World Championships and provide the perfect environment for our athletes and fans.

The World Championships are always very special as our taekwondo family comes together from around the world to share in the collective love of our sport. Not only will we enjoy displays of great skill and athleticism in Manchester but we will also witness friendship and respect from the world's best athletes. This year's Championships will also be particularly important as it will take place just one year before the Tokyo 2020 Olympic Games and so athletes will not just be competing for the honour of becoming world champion, but also for vital Olympic ranking points.

World Taekwondo has worked hard in recent years to adjust our rules and introduce new innovations which encourage and reward athletes to attempt the most spectacular and exciting techniques. I have no doubt that athletes here in Manchester will put on a spectacular show for all the fans watching around the world. We can expect thrilling matches, unexpected results and last-second drama that will keep us on the edge of our seats throughout the competition.

I would like to thank the Organising Committee once again for their excellent preparations and I am sure this event will be a great success.

I wish all the participating athletes and Member National Associations the best of luck.

Thank you,

Dr Chungwon Choue
President, World Taekwondo

A handwritten signature in black ink that reads "Chungwon Choue".





WORLD TAEKWONDO CHAMPIONSHIPS

As part of the bid for this World Championships, GB Taekwondo in partnership with UK Sport committed to implementing an international Taekwondo development project.

THE CHOSEN DESTINATION WAS *NEPAL*

In partnership with World Taekwondo and Nepal Taekwondo Association, the three-year project aims to grow Taekwondo through:

- ▶ Creating a training pathway for coaches.
- ▶ Increasing participation by supporting the growth of regional competitions.
- ▶ Para-Taekwondo athlete development with focused support on training, competition and qualification for Tokyo 2020 Paralympic Games.

IN ASSOCIATION WITH:



WHAT THE PROJECT HAS *ACHIEVED:*

2018

- ▶ Training course led by GB Taekwondo to 69 participants with the focus on how to plan and deliver technical and tactical training sessions to athletes and anti-doping education.
- ▶ Level 1 coaching course delivered by GB Taekwondo coaches to 46 participants.
- ▶ Donated equipment - mats, pads, guards and targets for use at the new National Academy.

2019

- ▶ GB Taekwondo coaches, alongside British Para-Taekwondo athlete Amy Truesdale, delivered a training camp led by Sarah Stevenson Jennings (Olympic bronze medallist) and Andrew Deer for 48 athletes and coaches in Nepal with the focus on Tokyo 2020.
- ▶ Providing event support and athlete training camp around the Mount Everest tournament/South Asian Games.

2020

- ▶ Additional Level 1 and 2 coaching courses to be delivered.
- ▶ Providing targeted support to coaches and athletes on strength and conditioning, nutrition, injury prevention and rehabilitation.
- ▶ Delivering a Taekwondo coaching roadshow, taking the sport to rural areas of Nepal after Tokyo 2020.

RULES & TIPS

A Quick Guide

Taekwondo – which translates into ‘the way of foot and fist’ – is the national sport of South Korea where speed and accuracy are the most important factors.

The matches are scored by:

1 point =	A strong punch to the chest area of the body protector
2 points =	A strong kick to the body protector
3 points =	A kick to the head protector
4 points =	A spinning kick to the body protector
5 points =	A spinning kick to the head protector

FORMAT OF A MATCH

A taekwondo contest comprises of three rounds of two minutes each – with a one-minute break between each round. The whole taekwondo competition area is an 8 metre Octagon. Victory in a taekwondo bout can be achieved by knockout, by scoring the most points, or by default if the opponent is disqualified.

PENALTIES

Penalties in taekwondo are awarded for offences such as grabbing, holding, pushing and stepping over the boundary line. If a penalty is given by the referee (this is called a Gamjeon) then a point is added to the opponents score.

MANDATORY “8 COUNT”

If an athlete is staggered as a result of a legal attack, then the referee will step in to give a mandatory “8 count” to give the athlete time to recover. If they cannot recover, then the referee continues the count until 10 and awards the match to the attacking athlete.

EXTRA TIME

If a contest ends with the competitors level on points, then the contest goes into a 4th round, where the first to score wins. If no result is achieved during this round then the final decision is calculated automatically by the number of strikes that an athlete made on the opponents protectors that were not sufficiently strong enough to score. If that does not give a winner, then the number of warnings an athlete was given throughout the match is also considered.

THINGS TO LISTEN OUT FOR IN A MATCH

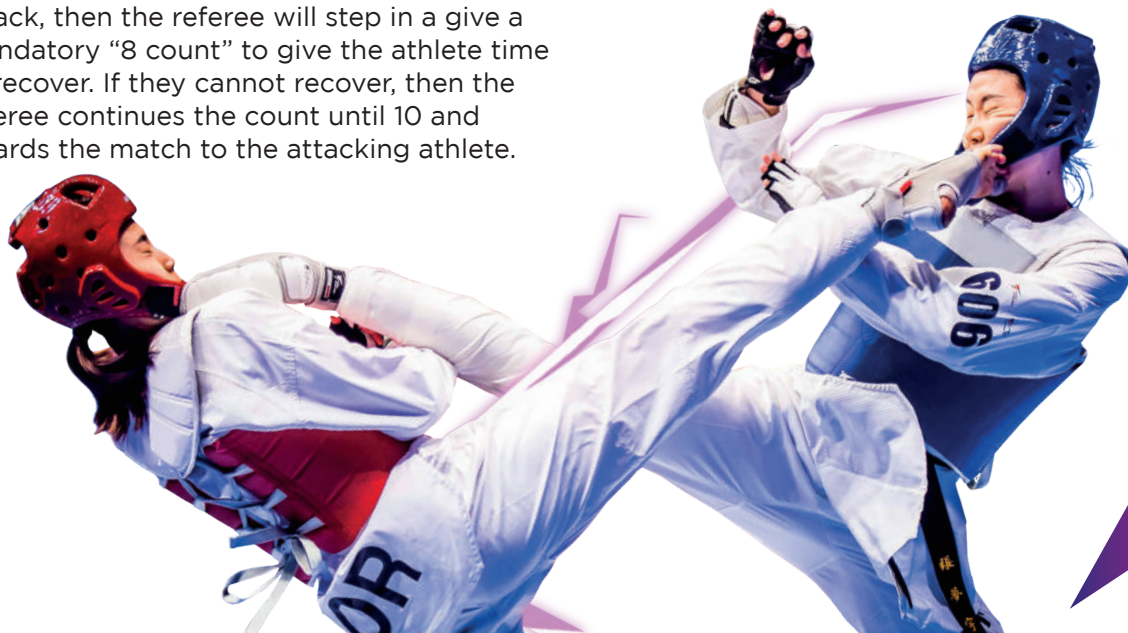
Chung & hong the Korean words for blue and red, the colours worn by the two competitors.

Shi-jak the instruction to start fighting.

Gam-jeom the shout issued when an athlete receives a penalty.

WHAT THEY WEAR

The white uniform that each athlete wears is called a Dobok. Each athlete also wears electronic protective equipment on the body and head that keeps athletes safe and automatically measures and records the impacts.



GB TEAM FEMALES

-46kg

JORDYN SMITH

Youngster Jordyn Smith was encouraged by her Dad to take up Taekwondo for self-defence and quickly grew to love the sport.

Before joining the elite team, she had been a member of the Sport England funded Development Programme for a number of years. During this time she won gold at the 2015 Cadet European Championships, bronze at the Cadet World Championships and became Junior World Champion in 2018. Scottish-born Smith has made quite a name for herself and her move to the senior divisions hasn't been any different. In 2018, just 1 month after her world's win she gained a bronze medal at the senior European Championships in Kazan, Russia.



-49kg

MADDISON MOORE

A former European and Junior Karate Champion, Maddison Moore joined the GB Taekwondo Academy via the Talent Scout Portal.

She began her martial arts journey at the tender age of seven after attending a Karate lesson with a friend and grew to love the sport in no time. It also became a family affair for the fighter, as her Dad was her coach for a number of years before the big move to Manchester. Led by her passion, Moore secured her first Taekwondo medal at the Polish Open in 2018 (a silver) and hopes to one day land herself a coveted place on the Olympic podium.



-53kg

AALIYAH POWELL

A member of the 2018 Youth Olympic Games GB team, Aaliyah fought off tough competitors from the Philippines, Vietnam and Russia before going on to beat Thailand's Kanrawee Sompan in the Junior World Championship final last year after taking a silver in the Junior European Championships a year earlier. Aaliyah's brilliant form in 2018 was rewarded with a call up for Team GB at the Youth Olympic Games in Buenos Aires but it wasn't to be for the youngster. Aaliyah could be one of the surprise packages this May.



GB TEAM FEMALES

-57kg

JADE JONES

World number one Jade announced her arrival on the international scene by winning the Youth Olympics gold medal of 2010. Since then it's been success all the way for the 'Headhunter.' She became Team GB's first ever Olympic taekwondo champion when winning at London 2012 and then successfully defended it four years later. She's added European and World Grand Prix crowns to her collection though a maiden world title has so far eluded the Welsh star.



-67kg

LAUREN WILLIAMS

Having previously been a kickboxer, Lauren made the switch to taekwondo after watching Welsh compatriot, Jade Jones, become Olympic Champion in 2012.

Lauren joined the GB Academy through the successful talent identification initiative, Fighting Chance, and has been a brilliant recruit. She ruled the world at junior level in 2014 and then defended her crown two years later in Canada after graduating into the senior ranks. Lauren also won a senior European title in 2016 and was understudy to Bianca Walkden at the Rio Olympics. It's been a great year so far for Lauren defending her European crown in Russia and taking Grand Prix medals in Rome and Moscow.



GB TEAM FEMALE

-67kg

REBECCA MCGOWAN

Scottish-born Rebecca started Taekwondo from a young age and has competed as a cadet since 2012.

The teenager has built quite the name for herself in the sport and has medalled at a number of tournaments, including the Dutch Open where gold was achieved in 2014 and 2015. Since then, she was selected to represent Great Britain at the 2016 Junior World Championships where a bronze medal was achieved.



+73kg

BIANCA WALKDEN

'Queen B' reigns supreme over the women's heavyweight division. She is the world number one, the world champion and the one to beat in Manchester.

Bianca's only disappointment is an Olympic gold medal has so far eluded her. Having missed out on selection for London 2012, Bianca made her Games debut in Rio. She lost to China's Shuyin Zheng in the semi-finals but recovered to defeat Morocco's Wiam Dislam in the third and fourth place match. Having won her first World crown in 2015, Bianca doubled up her global success last year by beating America's Jackie Galloway 14-4.



GB TEAM MALES



-54kg

MASON YARROW

The 18-year-old from Doncaster is looking to make a name for himself at the World Taekwondo Championships. Yarrow has enjoyed a successful 2018 having broken into the senior ranks with GB Taekwondo and competing at the 2018 European Championships. The Doncaster based fighter also fought at the 2018 Junior World Championships and won gold as a junior at the recent Luxembourg Open. Mason represented Team GB with Aaliyah Powell at the Youth Olympic Games in late 2018.



-58kg

HASSAN HAIDER

A longstanding member of the Sport England backed Development Squad, Hassan joined the elite academy in 2016 via the Fighting Chance talent ID initiative. Having previously won gold at the 2014 Commonwealth Championships in Edinburgh, the Scottish-born athlete has gone onto medal at the German, Serbian and Austrian Opens to name but a few. 2017 was a big year for the Scot, as he was selected to represent Great Britain at the World Championships and the Grand Prix in London.

Despite going out in the preliminary rounds, both major events were a great experience for the youngster, as he later medalled at the President's Cup in the African and European edition of the tournament too.



-63kg

JOSH CALLAND

Liverpool lad Josh has always had a passion for all things Taekwondo and originally trained in the ITF style before changing to WTF in order to follow his dream.

Calland has previously won gold at both the German and Dutch Opens and was chosen to represent Great Britain at the WTF World Championships in 2015. He bowed out during the preliminary stages however deemed the experience as a learning curve. He left the World Class Performance Programme in 2017 and is one of three athletes to rejoin in the team's history. Since coming back, the determined athlete has added a bronze medals to his collection from the 2018 Luxembourg Open and the 2019 Belgium Open.

GB TEAM MALES

-68kg

BRADLY SINDEN

Bradly hails from Doncaster, the home town of trail blazer, Sarah Stevenson. Indeed, he was inspired to take up the sport after seeing Sarah's performances in Beijing. In 2015, Bradly won the Junior European Championships by beating Nikola Djurdjevic of Serbia.

Last year was breakthrough time for the Yorkshire battler including a brilliant bronze medal at the World Championships and a first Grand Prix medal in London. Bradly ended 2018 with a memorable last second win against World Number One Dae Hoon Lee on his way to a Silver medal at the 2018 edition of the Grand Slam. There's been no let-up in the medal rush in 2019 with Gold medals in Belgium and at the President's Cup in Turkey.



-74kg

CHRISTIAN MCNEISH

Christian began competing at the age of 16, after having completed a successful career in kickboxing, where he had previously both WAKO Junior European and World Championship titles.

Quickly got to grips with his new martial arts discipline by earning a bronze medal at the Youth Olympic Games of 2014 before winning impressive golds at the Commonwealth Championships and the Turkish Open too. Still a teenager, won bronze at the 2015 University Games. Stepping up into the senior ranks, he made his World Championship and Grand Prix debuts in 2017 but has really blossomed in the last 2 years.

The highlight of titles in America, Bulgaria and Morocco was a European Championship gold in Kazan, Russia last year.



-80kg

DAMON SANSUM

A former kickboxing champion, this son of a former bodyguard to Princess Diana, has always excelled at martial arts.

Switching to taekwondo in 2010, Damon has been a mainstay of the GB squad ever since. In 2015, he became the second British male after Michael Harvey to win a silver medal at the World Championships. A year later Damon missed selection for his first Olympic Games by a whisker. But he knuckled down after that major disappointment and showed his class by collecting another World Championship medal in South Korea in 2017. One of GB's most experienced campaigners had a terrific 2018 Grand Prix season and is looking to emulate that success this year.



GB TEAM MALES

-87kg

LUTALO MUHAMMAD

The first British male to win an Olympic taekwondo medal, claiming an emotional bronze medal at London 2012.

If there were tears of relief in his home city, there were tears of frustration after seeing gold snatched from his grasp by Cheick Sallah Cisse four years later in the closing seconds. His post final interview tugged at the nation's heart strings and will be one of the most popular winners, if he can succeed in Manchester.

Fought sparingly since Rio but has shown glimpses he's getting back to his best, including a silver medal at the Presidents Cup in Agadir. The later months of 2018 saw Lutalo step up a weight category to make his mark in the heavyweight division and he is ready to make history at the Manchester Arena in May.



+87kg

MAHAMA CHO

A longstanding member of the GB Taekwondo team. His Taekwondo legacy began when he was chosen as a wild card option at the inaugural Manchester Grand Prix in 2013, which he went onto win in the heavyweight category.

In 2014, Mahama once again fought in the Grand Prix series and despite losing in the Manchester leg, won silver and bronze abroad.

Mahama also qualified to compete at the Rio 2016 Olympic Games by winning the European Qualification Tournament in January of that year. He missed out on medalling at the Games but respectively finished 4th.

In 2017, Mahama gained his first major medal in the form of a silver at the World Championships in Muju, but he'll be looking to go one better this May.



OVERSEAS ONES TO WATCH



-49kg

PANIPAK WONGPATTINAKIT

One of Thailand's top sportswomen and though still only 21 has been a prolific medal winner already in her career.

Panipak certainly upset the form book in 2015 when she went to Chelyabinsk and claimed the -46kg World Championship title beating Iryna Romoldanova of Ukraine.

Moving up to -49kg (flyweight) for the 2017 edition of the Worlds, she reached another final only to lose against Vanja Stankovic of Serbia. Panipak will be looking to reclaim her title this time around.

-53kg

TATIANA KUDASHOVA

One of Russia's brightest prospects Double European Champion, 2017 World Champion and she's only 22. There isn't much more that needs to be said about Tatiana Kudashova. A step up in weight may have been a stumbling block for Tatiana in 2018 but medals in Germany and Turkey at -53kg kicked 2019 off in the right way for the youngster.



-62kg

IREM YAMAN

Irem transferred to Taekwondo in 2014 after a successful start to her kickboxing career Turkish fighter Irem Yaman has set the taekwondo World light with some scintillating performances in 2017 and 2018 including multiple wins at Grand Prix's, a European Championships title and a gold medal at the valuable Grand Slam. Yaman has experienced previous success at the World Taekwondo Championships with a monumental win in Chelyabinsk in 2015 at just 19 years of age. Unable to retain her title in 2017, Yaman will be hoping to take back her crown in Manchester.

-73kg

MILICA MANDIC

Serbian fighter, Milica Mandic, took gold at London 2012 and returns for the 2019 World Taekwondo Championships looking to replicate her success. The 27 year old also has a title to retain after victory at the World Championships last time around in Muju.



OVERSEAS ONES TO WATCH



-68kg

DAE HOON LEE

An Olympic gold medal is just about the only major honour this South Korean star needs to complete his collection.

Twice an Olympic medallist, Lee's greatest honours have come at the World Championships where he has been a three-time gold medallist, winning in 2011, 2013 and again in 2017. Four years ago, Lee captured his first Grand Prix title, won in Manchester in 2015 and went seven-up in 2018 with victory in Rome. Grew up practicing martial art at his father's taekwondo academy from the age of five.



-87kg

VLADISLAV LARIN

An already illustrious career it's amazing to think Vladislav Larin is still only 23 years of age. 2018 was a hugely successful year for the Russian who blitzed the Grand Prix season taking four out of the five Gold medals. Larin also retained his European Championship title easing through his four fights to cement his position as number one in the -87kg category. On top of his many accolades, the World Championships have been a happy hunting ground for Larin, medalling in the last two editions of the competition but the gold medal has managed to elude the Russian who will be hoping to lift the title for the first time in May.

-80kg

CHEICK SALLAH CISSE

Cisse announced himself to UK taekwondo watchers with his golden shot success over Lutalo Muhammad at the Rio Olympic Games. But he had already started to make the rest of the world sit up and take note. He won Grand Prix gold in Moscow in 2015, took the African title in Brazzaville the same year and won Grand Prix bronze in Manchester. 2017 was another great year for Cisse highlighted by delighting his home crowd with victory at the World Grand Prix finals in Abidjan. 2019 has started well for the Ivorian with medals in Belgium and at the President's Cup.



+87kg

ABDOUL ISSOUFOU

Became Niger's first summer Olympic medallist for 44 years when he won silver at Rio 2016. Also had the honour of become his country's flag bearer at the opening and closing ceremonies. Still only 23, the African heavyweight showed his Brazil displays were no flukes by clinching a World title in South Korea last year much to the disappointment of Great Britain's own Mahama Cho. Aged seven, Issoufou was warned off taekwondo by his father but four years later though, he borrowed a friend's dobok uniform and got back into the sport. African champion in 2015 and a bronze medallist in 2018, Abdoul won a first Grand Prix medal in Abidjan last year.



2019 MANCHESTER WORLD TAEKWONDO CHAMPIONSHIPS

SCHEDULE OF EVENTS

WEDNESDAY 15TH	W-46kg, W-73kg, M-58kg
9:00	Doors and Box Office Open
9:30 - 12:00	Preliminary Rounds
12:00 - 13:00	Lunch Break
13:00 - 16:00	Quarter Finals (End of Day Session)
16:30	Doors
17:30	Opening Ceremony
19:00 - 20:30	Semi- Finals W-46kg, W-73kg, M-58kg (End of Evening Session)
THURSDAY 16TH	W +73kg, M -54kg, M -68kg
9:00	Doors and Box Office Open
9:30 - 12:00	Preliminary Rounds
12:00 - 13:00	Lunch Break
13:00 - 17:00	Quarter Finals (End of Day Session)
17:30	Doors
18:00 - 19:30	Semi- Finals- W +73kg, M -54kg, M -68kg
19:30 - 20:30	Finals & Victory Ceremonies- W-46kg, W-73kg, M-58kg (End of Evening Session)
FRIDAY 17TH	W -49kg, W -57kg and M -74kg
9:00	Doors and Box Office Open
9:30 - 12:00	Preliminary Rounds
12:00- 13:00	Lunch Break
13:00 - 17:00	Quarter Finals (End of Day Session)
17:30	Doors
18:00 - 19:30	Semi- Finals- W -49kg, W -57kg and M -74kg
19:30 - 20:30	Finals & Victory Ceremonies- W +73kg, M -54kg, M -68kg (End of Evening Session)
SATURDAY 18TH	W -53kg, W -67kg, M -63kg, M -80kg
8:30	Doors and Box Office Open
9:00 - 13:00	Preliminary Rounds
13:00 -14:00	Lunch Break
14:00 - 17:30	Quarter Finals (End of Day Session)
18:00	Doors
18:30 - 20:30	Semi- Finals- W -53kg, W -67kg, M -63kg, M -80kg
20:30 - 21:40	Finals & Victory Ceremonies- W -49kg, W -57kg and M -74kg (End of Evening Session)
SUNDAY 19TH	W -53kg, W -67kg, M -63kg, M -80kg, W -62kg, M -87kg and M +87kg
8:30	Doors and Box Office Open
9:00 - 12:00	W -62kg, M -87kg and M +87kg
12:00 - 13:00	Lunch Break
13:00 - 17:00	Quarter Finals (End of Day Session)
17:15	Doors
17:30 - 20:00	Finals & Victory Ceremonies- W -53kg, W -67kg, M -63kg, M -80kg, W -62kg, M -87kg and M +87kg
20:00	Closing Ceremony

*Schedule of Events subject to change, please check for updates regularly at www.kickingforglory.com



UK SPORT

FEEL PART OF THE ACTION

Who doesn't love a big event? Feeling part of the tension, the agony, the joy.

Being there to experience something amazing. Being there to have the hairs on the back of your neck stand on end.

We'll be bringing you the jaw dropping, the heart-racing, the unforgettably awesome. Join us and feel part of it.

AJ BELL WORLD TRIATHLON SERIES

8-9 June 2019
Leeds

VITALITY NETBALL WORLD CUP

12-21 July 2019
Liverpool

UCI ROAD WORLD CHAMPIONSHIPS

22-29 September 2019
Yorkshire

MENS' WORLD CURLING CHAMPIONSHIPS

28 March - 5 April 2020
Glasgow

CANOE SLALOM WORLD CUP, PRESENTED BY JAFFA

14-16 June 2019
London

MODERN PENTATHLON EUROPEAN CHAMPIONSHIPS

5-11 August 2019
Bath

UCI TRACK CYCLING WORLD CUP

8-10 November 2019
Glasgow

GYMNASTICS WORLD CUP

28 March 2020
Birmingham

ACCENTURE WORLD TRIATHLON MIXED RELAY

15 June 2019
Nottingham

WORLD PARA SWIMMING CHAMPIONSHIPS

9-15 September 2019
London

EUROPEAN SHORT COURSE SWIMMING CHAMPIONSHIPS

4-8 December 2019
Glasgow

UCI BMX SUPERCROSS WORLD CUP

18-19 April 2020
Manchester

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IT**