
PUMA
PROFESSIONAL UNIFICATION OF MARTIAL ARTS
Junior
Christmas
Championships
Sunday 6th December 2026

JUNIOR CHRISTMAS CHAMPIONSHIPS

Sunday 6th December 2026

Information and Invite Pack

It's CHRISTMAS!

I'm delighted to welcome you to enter this year's Junior Christmas Championships hosted and run by the Professional Unification of Martial Arts (P.U.M.A.).

P.U.M.A. Tournaments are run fairly and without politics, ensuring all competitors of all ages, grades and abilities, have an opportunity to compete against the very best Martial Artists that P.U.M.A. and our friends from other organisations have to offer!

I look forward to seeing you on Sunday 6th December and welcoming you to our tournament!



Senior Master Ray Gayle VIII Degree

Chairman

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

Email: raygayle@me.com

JUNIOR CHRISTMAS CHAMPIONSHIPS

Sunday 6th December 2026

Information and Invite Pack



Thornbury Leisure Centre,
Alveston Hill,
Thornbury,
South Gloucestershire,
BS35 3JB

///perfectly.forklift.rotation

Please enter through the marked door, just look for the P.U.M.A. banner!

Schedule

10.30am Doors open.

11.00am Little P.U.M.A.s registration & name badges.

11.30am Little P.U.M.A. and Junior Competition events start.

Officials

Please register your name using the email address;
tournamentofficials@puma-uk.com
on or before:

Tuesday 1st December 2026.

Officials should arrive and register no later than 10.00am.

JUNIOR CHRISTMAS CHAMPIONSHIPS

Sunday 6th December 2026

Information and Invite Pack

Entry Costs

Juniors one event £35 Each event thereafter £5
Little P.U.M.A.s £35 for Little P.U.M.A. events.
Additional Events £5.

Spectators

Spectator Tickets - £5
Payable on the door.

Entry Method and Closing Date

All students should enter via the online entry system. Please note, we are using a new online entry system for our competitions. This can now be found at:
https://puma.adminma.com/

Entries must be received before;
Friday 4th December.

JUNIOR CHRISTMAS CHAMPIONSHIPS

Sunday 6th December 2026

Information and Invite Pack

These are P.U.M.A.'s youngest competitors and can enter the Little P.U.M.A. Competition Drill, High Kick, Tag Sparring, Spartan Combat and the 'FAST Draw' competition.

Little PUMA Events

High Kick

The Little P.U.M.A. High kick event is fun for all, testing Little P.U.M.A.'s Flexibility and Skill!
Little P.U.M.A.s will be divided into similar height divisions on the day to ensure that the event is as fair as possible.

Little P.U.M.A. Competition drill

The Little P.U.M.A. Competition Drill is run similarly to the Patterns section of P.U.M.A. Competitions. Little P.U.M.A.s will be divided into age groups and will compete two at a time, showing their Little P.U.M.A. Competition Drill.

Little P.U.M.A. FAST Draw

The FAST Draw Theme is 'CHRISTMAS'.

Pictures should be 2D only and no larger than A4.
Please ensure that your child's name, Taekwon-do school and age is written clearly on the back of their FAST Draw Entry when handing them in to officials.

If we are lucky, we may be visited by none other than Master Little P.U.M.A. himself and you may have the opportunity to have a photo taken with him!



Little P.U.M.A.s are 4-7 years old. All 8 year olds should enter as Juniors.

JUNIOR CHRISTMAS CHAMPIONSHIPS

Sunday 6th December 2026

Information and Invite Pack

Junior Events
Musical Patterns

Students performing a musical pattern should submit their music via email to Master Gayle at chairman@puma-uk.com.
The performance track should be no longer than 60 seconds including the intro.
Music should be in MP3 format.
Music should be sent on or before 22nd November, 2026.
Music sent after this date, will not be received and Students will not be entered.

Kickboxing drills

The Kickboxing Drill event is available to all P.U.M.A. Kickboxing students aged 7 - 15.

Drill 1 & 2: Gloves are compulsory.
Gum shield & head guard are optional.

Drill 3 and above: Gloves, shin & forearm guards are compulsory.
Foot guards, gum shield and head guard are optional.

Divisions:

There are two divisions in the kickboxing drill event:

- White belt up to and including Blue stripe
- Blue belts and above

Each student will attack three times, touch gloves, then defend three times.

JUNIOR CHRISTMAS CHAMPIONSHIPS

Sunday 6th December 2026

Information and Invite Pack

Bo/Jang Bong

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

Junior Coloured Belt and Junior Black Belt

May perform any of the following of their choice:
Jang Bong pattern 1, 2 or 3 (according to Jang Bong grading passed)
Sago Jang Bong exercises are also allowed.

High Kick

Open to colour belt Juniors
(Black Belt Juniors are not allowed to enter High Kick).
Little P.U.M.A.s have their own High Kick event.

High kick divisions

- ⩽140 cm
- 141 cm – 150 cm
- 151 cm – 160 cm
- 161 cm – 170 cm
- 170 cm +

JUNIOR CHRISTMAS CHAMPIONSHIPS

Sunday 6th December 2026

Information and Invite Pack

Patterns

Divisions will be by Belt colour.

All juniors can perform any pattern up to and including their highest pattern.

PUMA grade 1, PUMA grade 2 & 9th Kups can perform any of the following in their pattern division;

- Sago Jirugui 1 or 2
- Sago Makgi
- 4/8 Corner Block

8th Kups - Chon Ji or Dan Gun
7th Kups - Chon Ji - Do San
6th Kups - Chon Ji - Won Hyo
5th Kups - Chon Ji - Yul Gok
4th Kups - Chon Ji - Joong Gun
3rd Kups - Chon Ji - Toi Gye
2nd Kups - Chon Ji - Hwa Rang
1st Kups - Chon Ji - Choong Moo



Black Belts:
Choong Moo - Any Black Belt Pattern applicable to grade.

In the final of the Black Belt patterns, there will be one optional pattern and one designated pattern.

JUNIOR CHRISTMAS CHAMPIONSHIPS

Sunday 6th December 2026

Information and Invite Pack

Sparring

Point stop sparring for 8th kup (Yellow Belt) up to and including 5th kup (Blue Stripe).
Continuous sparring for 4th kup (Blue Belt) and above.
Please note, divisions may be combined on the day, dependent on number of competitors.

Sparring divisions will be Male, Female and MX.

The Mx division is for any student who does not feel adequately represented by traditional divisions. This division is subject to being subdivided on the day (weight/age etc) to ensure best safety practice for all competitors and a fair match.

- If you wish to enter the MX division, please email Master Gayle at: chairman@puma-uk.com

Please note: You will only be allowed to enter one Sparring division.

Sparring Divisions

- ⩽140 cm
- 141 cm – 150 cm
- 151 cm – 160 cm
- 161 cm – 170 cm
- 170 cm +

Please note: for any and all sparring events, Competitors will only be allowed to compete in Full P.U.M.A. Approved Sparring Kit.

JUNIOR CHRISTMAS CHAMPIONSHIPS

Sunday 6th December 2026

Information and Invite Pack

Bully Bob Sparring - P1, P2 and 9th Kup - 7 - 10 year olds.

For purple, orange and yellow stripe juniors only, aged 7 to 10 years old. Bully Bob sparring offers students a safe and controlled introduction to competitive sparring against Bob (Don't worry Parents, he's 'armless').
Students will have 90 seconds to show off their awesome Sparring and Movement skills using a variety of Taekwon-do techniques! *Be careful not to knock Bob over!*

P.U.M.A. Approved Head guard, hand and foot guards, and forearm guards must be worn for Bob's Safety and the safety of our competitors!

Tag Sparring

Open to Little P.U.M.A.s, Juniors below 8th Kup and Indomitable Spirit competitors, this is Sparring in a friendly and fun way!
Students will wear Tags on their arms, waist and back and have one minute to remove their partner's tags, trying hard not to get theirs removed at the same time!
P.U.M.A. will provide headguards and tags so all you've got to do is turn up on the day ready to tag spar!

Enter and pay on the day for this event with Master Ogborne!

Spartan Combat

Using padded, foam 'swords', try to land a point on your partner without giving your opponent an opportunity to land a point on you!
P.U.M.A. will provide headguards (or you can use your own) and 'Swords' so all you've got to do is turn up on the day!
Open to Little P.U.M.A.s, Juniors below 8th Kup and Indomitable Spirit competitors.
Enter and pay on the day for this event with Master Ogborne!

Christmas Fun and Games

There will also be lots of Christmas Games to play and Fun to be had with us at our P.U.M.A. Junior Christmas Championships! We can't wait to see you there!

JUNIOR CHRISTMAS CHAMPIONSHIPS

Sunday 6th December 2026

Information and Invite Pack

INDOMITABLE SPIRIT DIVISION

The Indomitable Spirit Division has been created to ensure all P.U.M.A. students have the same opportunities to compete and be successful at P.U.M.A. tournaments.

This division is designed to cater to any student with Special Educational Needs (SEN) or who would not be able to compete fairly in existing divisions.

This division will be sub-divided on the day depending on number of entries to ensure the fairest possible contest. Students will compete individually and perform their pattern or exercise with whatever assistance they require and a mark is generated by the judges. The gold, silver and bronze for each subdivision is then worked out at the end.

There is also a sparring section although this is a little different to traditional sparring as the students will not be required to fight each other. Instead they have 45 seconds on the clock to showcase all the skills they have against a Bully Bob. This section is further divided into hands only or hands and feet.

If you would like to enter this division, please email; P.U.M.A.'s SEN Co-Ordinator, Ms Reeve (V Degree Black Belt):

louy@cliftonandhenleazetkd.co.uk

with a brief description of the SEN/Diagnosis/Condition and let us know if any special arrangements are needed.



JUNIOR CHRISTMAS CHAMPIONSHIPS

Sunday 6th December 2026

Information and Invite Pack

Safeguarding at P.U.M.A. Competitions

Keeping our competitors safe



P.U.M.A. Designated Safeguarding Lead is:

Ms Louise Reeve |

louy@cliftonandhenleazetkd.co.uk | 07866 723631

If you have a safeguarding concern about a child or young person at this event, please speak to Ms Reeve or P.U.M.A.'s Chairman, Master Gayle immediately.

📸 **Photography & Video**

Parents and guardians are welcome to take photographs and videos of their own child during the competition.

Please do so respectfully and without interfering with competitors, officials or the running of the event.

• Please avoid deliberately photographing or filming other children without their parent/guardian's permission.

• Do not use or share images in a way that could embarrass, threaten or place a child at risk.

• Please be mindful when posting images or videos on social media, particularly where other children can be identified.

• P.U.M.A. may take photographs or video for legitimate purposes such as promoting and documenting our events, subject to our consent arrangements.

• Anyone asked by an official or safeguarding representative to stop filming or photography must do so.

🥋 **Competition Safeguarding Rules**

• Treat all all competitiors and officials with respect. Bullying, harassment, discrimination, abuse or threatening behaviour will not be tolerated.

• Parents/guardians remain responsible for supervising their children when they are not actively competing or under the care of their coach/P.U.M.A. officials on the Ring.

• If you see or hear something that concerns you, report it to the Safeguarding Officer..

IN MARTIAL ARTS