



TAEKWONDO

ExCeL – South Arena 1



London 2012 Olympic Games Official spectator guide

Plan your travel

Getting to and from ExCel

Great news! You can use the Games Travelcard sent to you with your ticket for free travel on public transport in London zones 1–9 on the day of your event, including to and from ExCel. The recommended stations are:

For arrival

Custom House – around 10-minute walk
West Silvertown – around 15-minute walk

For departure

Prince Regent or **Pontoon Dock** – follow staff directions

London will be very busy so leave plenty of time to get to ExCel and be prepared for crowds. Plan and book your journey at london2012.com/travel and check it before you set off as things may change. You'll also find plenty of walking and cycling routes on the website.

Been to ExCel before? The venue will be operating differently during the Games so please follow signs and directions from staff. There is no spectator parking at or near the venue, except for pre-booked Blue Badge spaces.

For days when you're not going to a London 2012 sports event or ceremony, beat the queues for travel tickets and buy a Visitor Oyster card before you leave home at tfl.gov.uk/visitorshop

Accessible travel

If you've already reserved Blue Badge parking, you'll receive details in the post soon. For more information, go to london2012.com/bluebadge

Custom House (arrival) and Prince Regent (departure) are the recommended stations with step-free access and staff assistance available.

Inside the venue you can use our free Games Mobility service, which loans out mobility vehicles on a first come, first served basis. Audio description and guiding are also available. Find out more at london2012.com/accessibility

BARCODE



Top tips

Welcome

This guide includes handy tips to help you get to your event and make the most of your Olympic experience. So have a good read – and don't forget to bring it on the day!

ExCel is a multi-sport venue made up of five different arenas, each with its own unique spectator zone.

Arriving at ExCel

You can arrive at ExCel up to two hours before your session starts. When you get there, you'll be asked to go through airport-style security screening. With thousands of people arriving at the same time, it will be very busy so expect to queue.

One soft-sided bag is allowed per person – for example, a medium-sized handbag or small backpack (maximum 25 litres).

We want everyone to have a safe and enjoyable Games, so there are some things you can't bring into ExCel. Go to london2012.com/security for the full list, which includes water and other liquids.

You'll need to have your ticket ready to be checked at the entrances to both ExCel and South Arena 1. There's no readmission.

Arriving at South Arena 1

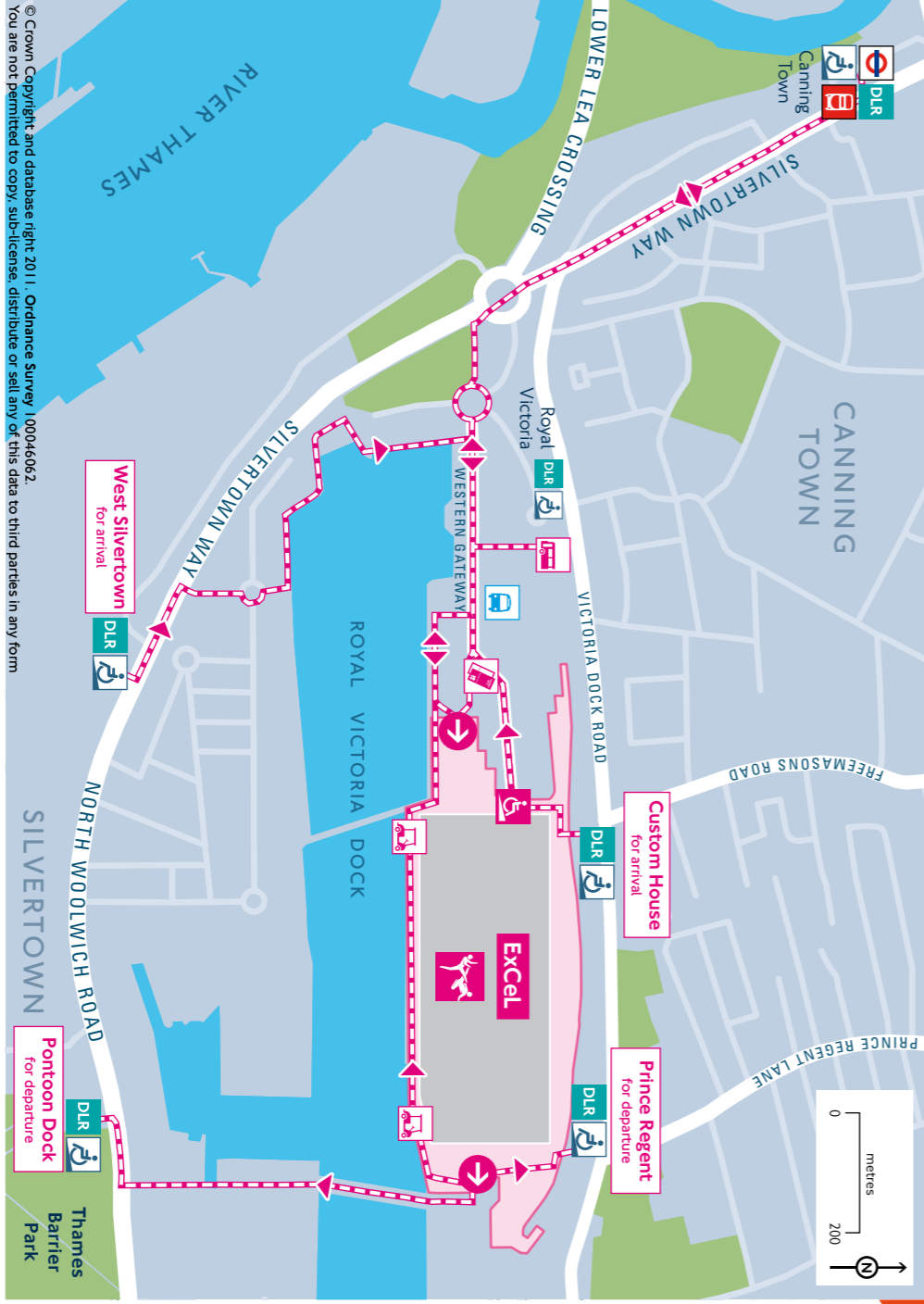
After you've gone through security screening, please make your way directly to South Arena 1. It will take around 5 minutes to get there.

Unless your session is the first of the day, you'll only be able to enter the arena after all spectators from the previous session have left – so be prepared to wait.

Your Olympic experience will begin when you enter the spectator zone, which includes a whole host of fun stuff to see and do.



- 1 **Check the London 2012 website for the latest information** before you travel
- 2 **Remember your tickets!** Everyone needs a ticket for entry
- 3 **You can arrive at ExCel up to two hours before** your session starts
- 4 **The transport system and venue will be very busy so leave plenty of time to travel and be prepared to wait** – it may also take a while to exit the venue once your session is over
- 5 **You'll need to go through airport-style security when you arrive so make sure you've read the list of items that aren't allowed inside ExCel** at london2012.com/security
- 6 **Your bag must fit under your seat or on your lap.** If you can manage without one, even better – it will help speed up security checks
- 7 **There's a wide range of healthy and tasty food** inside the venue
- 8 **You can pay by Visa (debit, credit or prepaid) or cash (£) only**
- 9 **Check the weather forecast and come prepared,** whether that means bringing a sun hat or rain jacket – we are in the UK after all!
- 10 **If you have any questions on the day, just ask a member of London 2012 staff** or visit an information point



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Key

Custom House	Recommended station for spectators	Spectator access route	Coach pick-up/drop-off
Event area during the Olympic Games	Venue entrance or exit	London Underground	Ticket box office
Spectator flow	Docklands Light Railway	Bus station	Games Mobility shuttle service
Accessible entrance or exit	Station with step-free access and staff assistance	Park-and-ride shuttle bus pick-up/drop-off	

Taekwondo

Powerful kicks and punches are the name of the game in Taekwondo, providing tension, drama and plenty of action.

Events

W -49kg	8 August
M -58kg	8 August
W -57kg	9 August
M -68kg	9 August
W -67kg	10 August
M -80kg	10 August
W +67kg	11 August
M +80kg	11 August

W Men's event W Women's event

Session timetable

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Date	Sat 28 Jul	Sun 29 Jul	Mon 30 Jul	Tue 31 Jul	Wed 1 Aug	Thu 2 Aug	Fri 3 Aug	Sat 4 Aug	Sun 5 Aug	Mon 6 Aug	Tue 7 Aug	Wed 8 Aug	Thu 9 Aug	Fri 10 Aug	Sat 11 Aug	Sun 12 Aug
Morning												09:00-13:00	09:00-13:00	09:00-13:00	09:00-13:00	
Afternoon												15:00-18:00	15:00-18:00	15:00-18:00	15:00-18:00	
Evening												20:00-23:15	20:00-23:15	20:00-23:15	20:00-23:15	

Sessions where gold medals will be decided and/or awarded are highlighted in bold

The history

The national sport of Korea, Taekwondo made its Olympic debut as a demonstration sport at the Seoul 1988 Games. It featured again as a demonstration sport at the Barcelona 1992 Games, before being added to the Olympic programme as a full medal event at Sydney 2000. The sport is governed by the World Taekwondo Federation, established in 1973 – the same year the first World Championships were held.

The basics

Each Taekwondo contest is made up of three two-minute rounds, unless there is a tied score at the end of the third when a fourth 'sudden death' round is played.

The object of the sport is to land kicks and punches on your opponent's scoring zones: one point is awarded for a valid kick or punch to the torso, two points for a valid spinning kick, three points for a kick to the head and four points for a spinning kick to the head.

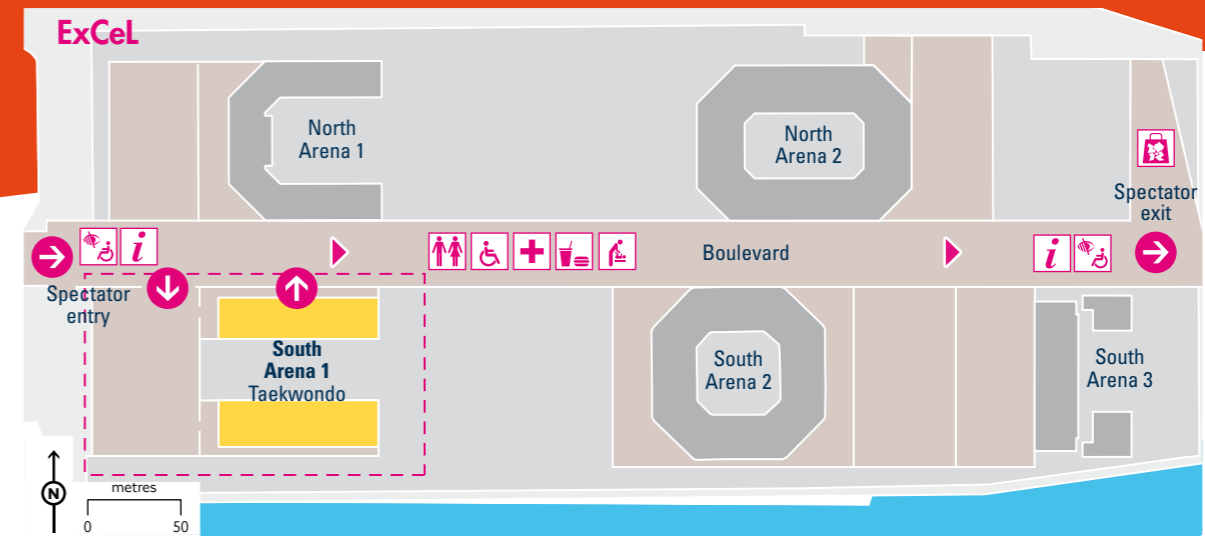
The eight Taekwondo events at the London 2012 Games include four weight categories for men and four for women. Each category features 16 of the world's best athletes, with the top eight athletes in each category ranked according to their position in the world rankings. Around 60 countries will be represented at the Games.

All events are played in a knockout format, with the two finalists going head-to-head in the gold medal contest. All competitors who lose to one of the finalists enter the repechage, which eventually determines the winners of the two bronze medals.

Find out more about Taekwondo – pick up an official London 2012 daily or souvenir programme at the event.



ExCeL - South Arena 1



South Arena 1 – Taekwondo



Key

- ← Venue entrance or exit
- ▶ Spectator flow
- 101 Seating block
- 103W Accessible seating
- Toilets
- Accessible toilets
- Baby changing facilities
- Ticket resolution office
- Lost and found
- Spectator medical
- Pushchair and wheelchair storage
- London 2012 Shop
- Food and drink
- Information
- Games Mobility

Scan me now or go to london2012.com/mobileapps to find out about the official London 2012 apps, with sports results, spectator information and more.



Inside ExCeL

Please do your bit for the environment – take your rubbish home or help us recycle it by following the coloured icons on the bins, and on food and drink packaging.

Smoking is not permitted anywhere in ExCeL.

VISA In recognition of Visa's longstanding support of the Olympic Games, only Visa (debit, credit and prepaid) and cash can be used for purchases inside the venue. Contactless payment is also available.

Out and about

Find out what's on at a London 2012 Live Site near you or discover the great range of Olympic, London 2012 Festival and other events taking place across the UK at london2012.com/joinin



Delivering a memorable Olympic Games to inspire a generation with the support of our Partners



This guide is available on request in other formats up to and including 30 June 2012. To obtain these please quote reference number LOC2012/OSG/44. Email info@enquiries.london2012.com. Phone +44 (0)845 267 2012. This guide is also available to download in English and French at london2012.com



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