

# INVITATION:

International Taekwon-Do Championship

## ITF Open

### The Netherlands

# 2024



Organized by Suokjang

태권도



Member of ITF 태권도

For more information: [www.itfopen.nl](http://www.itfopen.nl)

Patterns | Sparring | Jumping front kick | Power breaking

## GENERAL INFORMATION:

Date:	<b>Saturday 25 May 2024</b>
Sport complex:	<b>Limeshal</b>
Address:	<b>Kees Mustersstraat 8, 2406 LK Alphen aan den Rijn</b>
Sport hall open:	<b>8.00 hrs</b>
Measuring and weighing:	<b>8.00 hrs until 9.00 hrs</b>
Referees meeting:	<b>8.30 hrs</b>
Coach meeting:	<b>9.00 hrs</b>
Start of tournament:	<b>9.30 hrs</b>

## CATEGORIES:

Group	Age	Categorie
Kid/Youth	To and incl. 8 Y To and incl. 11 Y	Non-contact sparring Tuls, Sparring, Flying technique
Pre-Junior	12 Y up to and incl. 13 Y	Tuls, Sparring, High jump
Junior	14 Y up to and incl. 17 Y	Tuls, Sparring, High jump
Adult /senior	From 18 Y	Tuls, Sparring, High jump, Power breaking Sparring 36+

Medal for winner participant: **1 x 1<sup>st</sup> place, 1 x 2<sup>nd</sup> place and 1 x 3<sup>rd</sup> place**

So there is a competition for a 3rd place!

## REGISTRATION FEE:

1 category € 27,50	3 category € 37,50
2 category € 32,50	4 category € 42,50

Registration and payment through Kihapp Tournament online system via: <https://www.itfopen.nl/register/>

**The closing date (including payment) is: Sunday 12 May 23.59 hour!**

**Until this date you can add, change, cancel unlimited without extra costs!**

**After the closing date or on the day itself, € 10.00 will be charged for each changing.**

**Cancellation: No refund if cancelled after the closing date.**

## PATTERNS:

### Colour belts

1. Coloured belts perform one pattern against their opponent.
2. Different classes per age group have been merged (see registration in Kihapp).
3. Each participant may perform the pattern up to his degree (see below table).

10 <sup>th</sup> kub	Saju-jirugi of Chon-Ji
9 <sup>th</sup> kub	Chon-Ji
8 <sup>th</sup> kub	Dan-Gun
7 <sup>th</sup> kub	Do-San
6 <sup>th</sup> kub	Won-Hyo
5 <sup>th</sup> kub	Yul-Gok
4 <sup>th</sup> kub	Joong-Gun
3 <sup>rd</sup> kub	Toi-Gye
2 <sup>nd</sup> kub	Hwa-Rang
1 <sup>st</sup> kub	Choong-Moo

### Black belts

1. All black belts perform one optional pattern.
2. Semi-finals and finals will consist a designated and optional pattern (in this order). Per pattern will be judged.
3. In case of too less participants in 1 class can be merged in higher or lower class.
4. Every participant can perform his optional pattern of his degree.
5. Designated pattern will be choice corresponding in the range of the participant lowest degree.

Degree	Designated patterns	Optional patterns
1 <sup>st</sup> dan	Choong-Moo <i>up to and incl.</i> Ge-Beak	Kwang-Gae <i>up to and incl.</i> Ge-Beak
2 <sup>rd</sup> dan	Ge-Beak <i>up to and incl.</i> Ko-Dang	Eui-Am <i>up to and incl.</i> Ko-Dang
3 <sup>rd</sup> dan	Ko-Dang <i>up to and incl.</i> Choi-Yong	Sam-Il <i>up to and incl.</i> Choi-Yong
4 <sup>th</sup> – 6 <sup>th</sup> dan	Choi-Yong <i>up to and incl.</i> Moon-Moo	Yong-Gae <i>up to and incl.</i> Se-jong

## SPARRING:

A class	4 <sup>th</sup> kub <i>up to and incl.</i> 6 <sup>th</sup> Dan	Continuous system 1 x 2 min. ( <i>final 2 x 2 min.</i> ) Extension 1 x 1 min. After which golden point.
B class	8 <sup>th</sup> <i>up to and incl.</i> 5 <sup>th</sup> kup	Point-stop system 1 x 2 mi. ( <i>also the final</i> ) Extension 1 x 1 min. After which golden point.
C class	10 <sup>th</sup> <i>up to and incl.</i> 9 <sup>th</sup> kup	Point-stop system 1 x 1,5 min. ( <i>also the final</i> ) Extension 1 x 1 min. After which golden point.

## HEIGHT AND WEIGHT CLASSES SPARRING:

<b>KIDS/YOUTH F/M : up to and incl. 11 Y</b>	-110, -120, -130, -140, -150, +150 cm
<b>PRE-JUNIORS F/M: 12 Y up to and incl. 13 Y</b>	-35, -40, -45, -50, -55, -60, +60 kg
<b>JUNIORS FEMALE</b>	-45, -50, -55, -60, -65, +65 kg
<b>JUNIORS MALE</b>	-50, -55, -60, -65, -70, +70 kg
<b>ADULTS FEMALE</b>	-50, -55, -60, -65, -70, +70 kg
<b>ADULTS MALE</b>	-58, -64, -70, -76, -82, +82 kg
<b>SENIORS FEMALE</b>	-65, +65
<b>SENIOREN MALE</b>	-70, +70

There are at least two participants in each category. Participants will be moved to the higher weight or height category when there are less than two participants in the category. The organization reserves the right to make changes to the classes above. Weigh inn required in Dobok pants and t-shirt. Maximum weigh inn tolerance; 0.5 kg.

When the participant weighs more, or less, at the weighing then indicated at the registration form the competition organization will charge an additional € 10,00.

### Protection equipment:

1. Groin guard under the dobok is **mandatory** for both boys and men;
2. Groin guard under the dobok is permitted for female;
3. Gum shield is **mandatory** for all participants;
4. Heard guards are **mandatory** for all participant up to and including 11 years;
5. Heard guards are permitted for all other ages;
6. Hand and foot pads are **mandatory**, open or fully closed hand pads are forbidden;
7. Soft shin guards permitted.

### Points rules for sparring

#### ITF Choi Jung Hwa Taekwon-Do semi-contact sparring:

1. 1 point will be awarded for;
  - a. Hand attack directed to mid- or high section.
  - b. Foot attack directed to mid-section.
  - c. Hand attacks while are in air to mid-section.
2. 2 points will be awarded for;
  - a. Foot attack directed to high section.
  - b. Jumping or flying kick directed to mid-section.
  - c. Hand attack while is in air directed to high section.
3. 3 points will be awarded for;
  - a. Jumping or flying kick directed to high section.

### Attention!

Participants only are allowed in the ring wearing a white (ITF) dobok.

Protest must be made within 5 minutes after the incident at the WOC table with a payment of € 50,00 protest fee. The head referee of the tournament will have the final decision.

### EXTRA INFO OF PATTERNS AND SPARRING:

With 3 participants in a pool; round-robin (competition between each other).

1. The winner gets 2 points, tie 1 point and lost 0 points.
2. After 3 matches when all have even point the completion will be restart again:
  - a. At patterns;
    - i. Black belts only 1 designated pattern.
    - ii. Colour belts the pattern of their grade.
  - b. At sparring;
    - i. Only the extension 1 x 1 min. After which golden point.

### FLYING TECHNIQUE VOOR KIDS/YOUTH up to and including 11 YEAR:

Participations in flying technique; flying side kick (Twimyo Nomo Yop Cha Jirugi). Group division is made on the basis of registrations (boys and girls).

### HIGH JUMP PRE-JUNIORS, JUNIORS and ADULTS/SENIORS:

The high jump is the flying upward high kick (Twimyo Nopi Ap Chagi). Participation is possible for all classes.

#### Scoring:

- Only touch or hit the board; 1 point
- When the board is hit and it has 100% raised up vertically; 2 points.

#### **Pre-juniors 12-13:**

Starting height for girls; 170 cm:

Starting height for boys; 190 cm:

#### **Juniors 14-17:**

Starting height for girls; 190 cm:

Starting height for boys; 210 cm:

#### **Volwassen/senioren 18+:**

Starting height for female; 200 cm:

Starting height for male; 230 cm:

## POWER BREAKING:

Participation for all classes and only for 18+ (adults and seniors), consisting of the following sections:

	MALE	FEMALE
1. Ap-Joomuk Jirugi	For fist front punch	n/a
2. Sonkal Taerigi	Knife hand strike (in- or outward)	Knife hand strike (in- or outward)
3. Yopcha Jirugi ( <i>qualification</i> )	Side piercing kick ( <i>qualification</i> )	Side piercing kick ( <i>qualification</i> )
4. Dollyo Chagi	Turning kick	Turning kick
5. Bandae Dollyo Chagi	Reverse turning kick	n/a

*Qualification* male section 4 (Yopcha Jirugi) with **5 boards**

*Qualification* female section 4 (Yopcha Jirugi) with **4 boards**.

If you are registered for power breaking, you must qualify individually **before 12.00 AM!**

The number of boards required for qualification must be all completed broken to continue the competition!

If you are qualified (with 1 point you can continue the competition) you can compete for a podium place **before 3.00 PM!**

The qualified participant determines once the number of boards per part (No more Yopcha Jirugi). Broken board is 2 points, if it cracked will be counted as 1 point. Total number of completed broken boards determines the score.

## REFEREES:

The more referees on the tournament, the smoother the tournament will run. So every participating school must deliver referees. A compensation of € 50.00 must be paid immediately for every missing or absent (without suitable replacement) or prematurely departing referee!

1 up to and incl. 7 participants	1 referee
8 up to and incl. 13 participants	2 referees
14 up to and incl. 20 participants	3 referees (whose 1 mat referee)
21 or more participants	4 referees (whose 1 mat referee)

*Providing one extra referee than the above-mentioned mandatory referee(s) and all referees who are registered with at least a 1st Kup and C license, 1 participant can be registered for free, worth € 27.50, which will be returned to the head coach on the day of the tournament. Of course, this referee must be registered.*

### Clothing:

Blue/black trousers, blue/black jacket, white long-sleeved shirt, blue or ITF tie, white socks and white trainers.

### Lunch:

There will only be a free lunch available for referees who referee throughout the tournament day. Break times will be communicated by the organization.

## COACHES:

A coach has an exemplary function; so swearing and shouting is not allowed.

Every participant must enter the field with 1 coach. The coach may stand along the field only in consultation with the mat referee (with 2 participants from the same school).

**Please note:** A coach who does not have a competitor at a field or the competitor has not yet been called, please to remain behind the fences, so we can keep the sport hall safer for everyone!

1 up to and incl. 7 participants	Max 2 coaches
8 up to and incl. 13 participants	Max 3 coaches
14 up to and incl. 20 participants	Max 4 coaches
21 or more participants	Max 6 coaches

**Clothing:** Tracksuit (no jeans!), towel and trainers. Caps, headgear or Dobok are not allowed.

**Age:** Minimum age of 16 year.

## SPECTATORS:

Entrance fee are FREE! Spectators are only permitted on the tribune and absolutely not in the main hall. Very young children's and/or babies are not allowed in the main hall!

## LIABILITY:

Each participant/school holder is responsible for participating in this tournament without physical or mental limitations or medical indication. The organizer is not liable for damage/injury incurred during the tournament. By participating you agree to this.

## PRESS AND PROMOTION MATERIAL:

Photography and filming is only allowed without flash from the stands. Photographers designated by the organization are the only ones allowed to photograph at the fields. Promotional material (e.g. banners flags, etc.) also on the tribune is not allowed.

## ORGANIZATION:

Host by: Taekwon-Do association Suokjang – Grand Master IX - Steve Zondag.

Organization tournament: Imre Zondag, Sabum V - Otto van Elzelingen, Sabum IV - Arie Hoogendoorn Technical

Support: Renee Kloosterziel

Crew and security: volunteers Suokjang.

Head referee: Sabum Henk Schaaïj

Head of weigh-in, distance jump, height jump and power breaking: Boosabum Raymond Troudes.

Mail address organization: [rdo.org.suokjang@gmail.com](mailto:rdo.org.suokjang@gmail.com)

Website: [www.itfopen.nl](http://www.itfopen.nl)

Facebook: <https://www.facebook.com/taekwondo.suokjang>

Facebook Event: <https://www.facebook.com/events/1073799879998100>

Registration and payment through Kihapp Tournament online system via: <https://www.itfopen.nl/register/>