

INVITATION:

International Taekwon-Do Championship

ITF Open

The Netherlands

2023



Organized by Suokjang

태권도



Member of ITF 회장회

For more information: www.itfopen.nl

Patterns | Sparring | Special Techniques | Power breaking

GENERAL INFORMATION:

Date:	Saturday 22 April 2023
Sport complex:	Limeshal
Address:	Kees Mustersstraat 8, 2406 LK Alphen aan den Rijn
Sport hall open:	8.00 hrs
Measuring and weighing:	8.00 hrs until 9.00 hrs
Referees meeting:	8.30 hrs
Coach meeting:	9.00 hrs
Start of tournament:	9.30 hrs

CATEGORIES:

Group	Age	Categorie
Kid/Youth	To and incl. 11 Y	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, Special Techniques
Adult /senoir	From 18 Y	Tuls, Sparring, Special Techniques, Power breaking Sparring 36+

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

So there is a competition for a 3rd place!

REGISTRATION FEE:

1 category € 25,00	3 category € 35,00
2 category € 30,00	4 category € 40,00

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

The closing date (including payment) is: Wednesday 12 April 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 have to perform his pattern of his degree (see below table).

10 th kub	Saju-jirugi of Chon-Ji
9 th kub	Chon-Ji
8 th kub	Dan-Gun
7 th kub	Do-San
6 th kub	Won-Hyo
5 th kub	Yul-Gok
4 th kub	Joong-Gun
3 rd kub	Toi-Gye
2 nd kub	Hwa-Rang
1 st 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 st dan	Choong-Moo <i>up to and incl.</i> Ge-Beak	Kwang-Gae <i>up to and incl.</i> Ge-Beak
2 rd dan	Ge-Beak <i>up to and incl.</i> Ko-Dang	Eui-Am <i>up to and incl.</i> Ko-Dang
3 rd dan	Ko-Dang <i>up to and incl.</i> Choi-Yong	Sam-Il <i>up to and incl.</i> Choi-Yong
4 th – 6 th 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 th kub <i>up to and incl.</i> 6 th Dan	Continous system 1 x 2 min. (<i>final 2 x 2 min.</i>) Extension 1 x 1 min. After which golden point.
B class	8 th <i>up to and incl.</i> 5 th 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 th <i>up to and incl.</i> 9 th 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:

KIDS/YOUTH F/M : up to and incl. 11 Y	-110, -120, -130, -140, -150, +150 cm
PRE-JUNIORS F/M: 12 Y up to and incl. 13 Y	-35, -40, -45, -50, -55, -60, +60 kg
JUNIORS FEMALE	-45, -50, -55, -60, -65, +65 kg
JUNIORS MALE	-50, -55, -60, -65, -70, +70 kg
ADULTS FEMALE	-50, -55, -60, -65, -70, +70 kg
ADULTS MALE	-58, -64, -70, -76, -82, +82 kg
SENIORS FEMALE	-65, +65
SENIOREN MALE	-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. Weighing follows the international rules, dobok pants and t-shirt with a tolerance of 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. Head guards are **mandatory** for all participant up to and including 11 years;
5. Head 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 12 up to and including 13 YEAR:

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

- Starting height for qualification for girls; 160 cm
- Starting height for qualification for boys; 180 cm
- If the participation fails to hit the board, they do not continue the competition.

Scoring:

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

SPECIAL TECHNIQUES JUNIORS (14 Y up to and incl. 17 Y), ADULTS:

Participation in special techniques is only possible for A Class, consisting of the following sections;

- | | |
|--|-----------------------------|
| 1. Twimyo Nopi Ap Chagi (<i>qualification</i>) | Flying upward high kick |
| 2. Twimyo Dollyo Chagi | Flying turning kick |
| 3. Twimyo Nomo Yopcha Jirugi | Flying side piercing kick |
| 4. Twimyo Dolmyo Yopcha Jirugi | Flying back piercing kick |
| 5. Twimyo Bandae Dollyo Chagi | Flying reverse turning kick |

Starting heights Special Techniques:

	Test 1	Test 2	Test 3	Test 4	Test 5
Junior female	180 cm	160 cm	140 cm	-	-
Junior male	200 cm	180 cm	150 cm	160 cm	160 cm
Adult female	190 cm	170 cm	150 cm	-	-
Adult mail	220 cm	200 cm	180 cm	180 cm	180 cm

If you are registered for special techniques, you must qualify individually between 12.00 AM and 3.00 PM. Not hitting is not through. If you are qualified you can compete for a podium place between 3.00 PM and 5.00 PM.

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 **4 boards** (*boards must all go through!*).

Qualification female section 4 (Yopcha Jirugi) with **3 boards** (*boards must all go through!*).

If you are registered for power breaking, you must qualify individually between 12.00 AM and 3.00 PM.

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

If you are qualified you can compete for a podium place between 3.00 PM and 5.00 PM.

The qualified participant determines once the number of boards per part. Total number of completed broken boards determines the score. Broken board is 2 points, if it cracked will be counted as 1 point.

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. 6 participants	1 referee
7 up to and incl. 12 participants	2 referees
13 up to and incl. 18 participants	3 referees (whose 1 mat referee)
19 or more participants	4 referees (whose 1 mat referee)

Providing one extra referee than the above-mentioned mandatory referee(s), 1 participant can be registered for free, worth € 25.00, 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, whit long-sleeved shirt, blue or ITF tie, white socks and white trainers.

Lunch:

Referees are served a lunch by the organization. Break times will be communicated by the organization.

COACHES:

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

Every competitor must enter the field with a coach. A coach may stand along the field only in consultation with the mat referee (with 2 competitors from the same school).

1 up to and incl. 6 participants	Max 2 coaches
7 up to and incl. 12 participants	Max 3 coaches
12 up to and incl. 18 participants	Max 4 coaches
19 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 € 3,50 per person from 12 years. Spectators are only permitted on the tribune.

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. Coaches and photographers, appointed by the organization, are the only ones allowed to take pictures at the fields. Promotional material (e.g. banners flags, etc.) also on the tribune is not allowed.

ORGANIZATION:

Host by: Taekwon-Do association Suokjang – Senior Master VIII - Steve Zondag.

Organization tournament: Imre Zondag, Sabum V - Otto van Elzelingen, Boosabum III - Arie Hoogendoorn

Technical Support: Renee Kloosterziel

Crew and security: volunteers Suokjang.

Head referee: Sabum V - Henk Schaaïj with support of: Sabum IV – Peter Geijsberts

Mail address organization: rdo.org.suokjang@gmail.com

Website: www.itfopen.nl

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

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

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