

INTERNATIONAL OPEN TAEKWON-DO CHAMPIONSHIPS

POLISH OPEN CUP

OPOLE 16-17.11.2019



INTERNATIONAL OPEN TAEKWON-DO CHAMPIONSHIPS

POLISH OPEN CUP

General information

Event: International Open Taekwon-do Championships Polish Open Cup

Organizer: Polish Taekwon-do Union (PUT)

Venue: Sports Hall in Opole (near Katowice, Wrocław and Kraków)

Stegu Arena ul. Oleska 70 Opole

<http://halaopole.pl/hala/galeria/gallery/hala-w-objektywie/>

Date: 16-17.11.2019

Entry fee: €25 - one-time fee for all divisions

Prizes: diplomas and high-quality medals for 1st - 3rd place, certificates of participation.

Registration and weighing of teams (a competitor registers only once in one of the following dates):

Friday (15th November) 19:00 - 21:00 - registration of children, youth, cadet, junior, senior

Saturday (16th November) 9:30 - 11:00 - registration of children and youth

11:00 - 12:00 - registration of cadets, juniors, seniors

19:00 - 20:00 - registration of cadets, juniors, seniors

Sunday (17th November) 7:00 - 8:00 - registration of cadets and juniors

9:00 - 9:30 - registration of seniors

14:00 - 15:00 - registration of seniors

Schedule:

Saturday (16th November)

9.00-14.00 - all competitions for children, winners presentation

13.00 – opening ceremony

12.00-19.00- all competitions for youth, winners presentation

Sunday (17th November)

9.00- all competitions for cadets, juniors, winners presentation

16.00 – all competitions for seniors and executives, winners presentation

Conditions of participation:

full insurance coverage;

parent's permission (for people under 18).

INTERNATIONAL OPEN TAEKWON-DO CHAMPIONSHIPS

POLISH OPEN CUP

OPOLE 16-17.11.2019



- The official PUT competition rules will apply for all events.
- Individual competitors may participate in one or more events.

Safety equipment: full boxing gloves (min. 10 oz. for seniors and juniors, min. 8 oz. for cadets), foot pads, shin pads, groin guard (male and female), headgear, gum shield, chest protector (female). Open gloves (with covered fingers) are allowed for point-stop competition. White TKD Dobok is compulsory.

CATEGORIES & COMPETITIONS

- **Children 1** – born in 2015-2014 (speed kicking, and special techniques, soft stick sparring),
- **Children 2** – born in 2013-2012 (patterns ITF and non-ITF, speed kicking, and special techniques, soft stick sparring),
- **Children 3** – born in 2011-2010 (patterns ITF and non-ITF, speed kicking, and special techniques, soft stick sparring or point-stop sparring– semi-contact)
- **Youth** - born in 2009-2007 (patterns ITF and non-ITF, speed kicking, and special techniques, soft stick sparring or point-stop sparring– semi-contact)
- **Cadets** - born in 2006-2004 (patterns ITF and non-ITF, point-stop sparring – semi-contact, continuous sparring – light-contact, special techniques),
- **Juniors** - born in 2003-2001 (patterns ITF and non-ITF, point-stop sparring – semi-contact, continuous sparring – light-contact, special techniques),
- **Seniors** - born in 2000 and older (patterns ITF and non-ITF, point-stop sparring – semi-contact, continuous sparring – light-contact).
- **Executives** – minimum 35 years old and 2 years after finishing the competition career, semi-contact point-stop sparring only.

Minimal grade for light-contact – 6th Cup/Kyu.

Deadline for entries: 9th November 2019. We will inform you about the system of registration separately.

How to get there: Opole is situated 80 km from Wrocław (WRO), 90 km from Katowice-Pyrzowice (KTW), and 150 km from Kraków-Balice (KRK) international airports. They have direct connections with the whole Europe by low-cost and regular airlines. It's also easy to get there by train or bus.

Contact:

email: biurotkdopole@gmail.com