

**INTERNATIONAL OPEN TAEKWON-DO CHAMPIONSHIPS**

**POLISH OPEN CUP**

OPOLE 16-17.11.2019



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**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 Krakow)

**Centrum Wystawienniczo- Kongresowe. Opole ul. Wrocławska 158**

**Date:** 16-17.11.2019

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

**Prizes:** diplomas and high-quality medals for 1<sup>st</sup>- 3<sup>rd</sup> place, certificates of participation.

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

*Friday (15<sup>h</sup> November) 19:00 - 21:00 - registration of children, youth, cadet, junior, senior*

*Saturday (16<sup>h</sup> 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 (17<sup>th</sup> 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 (16<sup>h</sup> 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 (17<sup>th</sup> 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).

➤ The official PUT competition rules will apply for all events.

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➤ 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 – 6<sup>th</sup> Cup/Kyu.

**Deadline for entries: 9<sup>th</sup> 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 Krakow-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:**

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