



International Open Taekwon-do Championships Polish Open Cup Opole, 14th-15th November 2026

Date and venue:

14th-15th November 2026, Stegu Arena, Opole Oleska 70 street
<http://halaopole.pl/hala/galeria/gallery/hala-w-objektywie/>

Organizer:

Polish Taekwon-do Union (Związek Sportowy Polska Unia Taekwon-do)
Taekwon-do Opole Sport Club
Opole City Hall

Entry fee

€35 – for 2 categories;
+5 € - for each additional categorie;

Entries:

Until 31th November 2026 inc. We will inform you about the system of registration separately.

Prizes:

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

Hotel info:

The official hotel of the competition is Festival Hotel*** The hotel is located next to the competition venue.

For reservations, write an email to biurotkdopole@gmail.com

Special Price for a double room with breakfast - €75

Special Price for a single room with breakfast - €55

There is no obligation to book the official hotel. Accommodation can be booked in other hotels on your own.

Rules and regulations, safety equipment, competitors, umpires, divisions

Accordingly to Polish Taekwondo Union Rulebook

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

- a) Friday 13th November 2026
19:00 - 20:00 – registration of children (2018,2017), youth, cadet, junior, senior
- b) Saturday, 14th November 2026
After the registration deadline, we will announce additional registration times for all age categories – applies to Saturday and Sunday categories.
14:00 – 15:00 – registration of seniors
- c) Sunday, 23rd November 2025
After the registration deadline, we will announce additional registration times for the age categories taking place on Sunday.

Entries after the deadline but before registration day is possible but with additional fee of €5 via email: karsiwek@gmail.com

Entries during registration is possible but with additional fee of €10

Schedule:

Saturday (14th November 2026)

8:30 – briefing for umpires
9:00 – all competitions for cadet and juniors, winners presentation
17:00 – all competitions for seniors and executives (over 35years) winners presentation
20:00 – planned time for finishing all the competitions

Sunday (15th November 2026)

8:30 – briefing for umpires
9:00 – all competitions for children, winners presentation
13:00 – all competitions for youths, winners presentation
14:00 – opening ceremony
20:00 – planned time for finishing all the competitions

This is a preliminary schedule. Minor changes to the starting times of individual categories may occur after the registration deadline.

Conditions of participation:

- Full insurance coverage
- Parent's permission (for people under 18)

Coaches:

Every coach will be supplied with individual t-shirt. Only people with those t-shirts will be allowed to stay on the arena. All coaches' names should be provided in registration form with information about proper t-shirt size.

Contact

Polish Taekwondo vice President:

[EN, PL] Łukasz Rewieński, tel. 605-285-583; biurotkdopole@gmail.com

Polish Taekwondo vice President:

[EN, PL] Mikołaj Kotowicz, tel. 502-067-081; mikolaj.kotowicz@kct.pl

Polish Taekwondo Union Tournament Chef Referee

[EN, PL] Karol Siwek, karsiwek@gmail.com

Competitions:

Younger children 1* (2022, 2021) – speed kicking, special techniques, soft stick sparring

Zemita system is going to be used in speed kicking competition. Sensitivity level

configuration set to „1”, target area is marked by a circle of diameter 9-13cm. Competitor in Younger Children division is to kick ap chagi/apcha olligi with leg of her/his preference (may change legs if wants). Competitor who scores more kicks within 10s is a winner.

Target height for younger children – 55cm

Children 1 – (2020, 2019) speed kicking, special techniques, patterns (ITF and non-ITF separately), soft stick sparring

Children 2 – (2018, 2017) speed kicking, special techniques, patterns (ITF and non-ITF separately), soft stick sparring OR point-stop sparring (semi-contact)

Zemita system is going to be used in speed kicking competition. Sensitivity level

configuration set to „1”, target area is marked by a circle of diameter 9-13cm. Competitor in Children division is to kick ap chagi/apcha olligi one leg after another. Competitor who scores more kicks within 15s is a winner.

Target height for year divisions:

2020 – 60 cm

2019 – 65 cm

2018 – 70 cm

2017 – 75 cm

Youth – (2016, 2015, 2014) speed kicking (dollyo chagi), special techniques, patterns (ITF and non-ITF separately), semi-contact sparring

Zemita system is going to be used in speed kicking competition. Sensitivity level configuration set to „1”, target area is marked by a circle of diameter 9-13cm. Competitor is to kick ap dollyo chagi with one leg on first try and then second leg. Feet should touch the ground after each kick. Competitor who scores more kicks within 15s for each leg is a winner.

Target height for divisions:

- a) 10 cup – 7 cup
 - girls:
 - 140cm: 80 cm
 - 150cm: 90 cm
 - +150cm: 95 cm
 - boys:
 - 140 cm: 80 cm
 - 145: 85 cm
 - 155: 95 cm
 - +155cm: 100cm
- b) 6cup and above
 - girls:
 - 145cm: 85 cm
 - 155cm: 95 cm
 - +155cm: 100 cm
 - boys:
 - 145cm: 85 cm
 - 155cm: 95cm
 - +155cm: 100 cm

Cadets – (2013, 2012, 2011) point stop sparring (semi-contact), continuous sparring (light contact), special techniques, patterns (ITF and non-ITF separately)

Juniors – (2010, 2009, 2008) point stop sparring (semi-contact), continuous sparring (light contact), special techniques, patterns (ITF and non-ITF separately)

Seniors – (2007 and older) point stop sparring (semi-contact), continuous sparring (light contact), special techniques, patterns (ITF and non-ITF separately)

Point stop sparring categories:

Youth 10-7 CUP					
girls	-140cm	-150cm	+150cm		
boys	-140cm	-145cm	-155cm	+155cm	

Youth 6+ CUP					
girls	-145cm	-155cm	+155cm		
boys	-145cm	-155cm	+155cm		

Cadets						
girls	-155cm	-160cm	-165cm	+165cm		
boys	-155cm	-165cm	(-170cm)*	-175cm	-180cm	+180cm

Juniors					
women	-165cm	-170cm	+170cm		
men	-170cm	-175cm	-180cm	+180cm	

Seniors					
women	-165cm	-170cm	+170cm		
men	-175cm	-180cm	-185cm	+185cm	

Continuous sparring categories:

Cadets							
girls	-47kg	-54kg	+54kg				
boys	-42kg	-48kg	-54kg	-60kg	-66kg	(-72kg)*	+72kg

Juniors					
women	-54kg	-61kg	+61kg		
men	-58kg	-64kg	-70kg	-76kg	+76kg

Seniors					
women	-54kg	-61kg	+61kg		
men	-64kg	-70kg	-76kg	-82kg	+82kg

Executives – 35 years old and above. Patterns and sparring.