

Dear Taekwon-do Friends,

Polish Taekwon-do ITF HQ Korea, a member of the International Taekwon-Do Federation ITF HQ Korea, cordially invites all practitioners of Taekwon-Do to the Open European Championship, which will take place between the 05-07 of October 2018 in the beautiful city of Strzegom.

The championships will be carried out in accordance with the rules of the International Taekwon-Do Federation (HQ KOREA) and aim to:

- Provide a fair and safe environment for competition
- Popularize and further develop Taekwon-Do,
- Raise the level of sports competition between leading players,
- Promote a healthy lifestyle, involving children and youths who practice sports,
- Promote tolerance and good relationships between people of different nationalities,
- Strengthen inter-regional and international relations,
- Create distractions from stimulants e.g. smoking, alcoholism and drug addiction,
- Summarize and promote the results of the ITF Taekwon-do development in Poland in recent years.

For more detailed information, please contact the organizers via e-mail:

WITH A FRIENDLY GREETING,  
Taekwon



International Taekwon-do Federation HQ Korea

# OPEN EUROPEAN TAEKWON-DO CHAMPIONSHIPS ITF HQ KOREA

**Date:**

**05-07 October 2018** (Friday-Sunday)

**Location:**

Ósrodek Sportu i Rekreacji, ul. Mickiewicza 2, 58-150 Strzegom

**Organizer:**

Polskie Zrzeszenie Taekwon-do International Taekwon-do Federation HQ Korea.

**Fees:**

Entry fee is the same for all – black belts and color belts, regardless of the number of divisions entered.

Participation fee

- 70 Euro per person – when applied before the 31.07.2018 r.
- 80 Euro per person – when applied after the 31-Jul and before the 16-Sep – 2018.

- 100 Euro - when applied after the 16-Sep-2018

**Deadline for applications expires on the  
28 – Sep- 2018**

**Coaches fee:** free for 1 coach per 10 competitors, additional coaches 25 Euro, with an unlimited number of coaches, Audience - free entry and will be allowed access ONLY at the audience tribunes (stands). No access to the competition area will be allowed.

VIP – entry free of charge (must be confirmed by ITF HQ Korea)

**Trophies:**

Specifically designed cast medals and certificates for winners of every division and certificates of participation for all competitors and coaches.

**Age categories:**

Young juniors (youngsters) up to 10 years of age,

Cadets 10- 13 years of age,

Juniors, 14-17 years of age,

Seniors, 18-35 years of age,

Adults, 36 + years of age.

Affiliation to each age category is determined by the year of birth

**Events:**

- sparring,
- ITF patterns,
- special techniques (juniors, adults, senior, only black belts),
- power test (juniors, adults, senior, only black belts).
- Team competitions are not foreseen

**EC program:**

Friday 05 October 2018

- 10:00 – 20:00 registration of teams, weigh in, medical check up,

- 16:00 – 18:00 Referee course

Saturday 06 October 2018

- 09:00 commencement of EC, Black belts – eliminations, semifinals, finals,

Medal presentation after every concluded division.

- 12:00 EC official opening ceremony
- 14:00 lunch break
- 21:00 completion of competition for black belts

Sunday 07 October 2018

- 09:00 commencement of competition for color belts - eliminations, semifinals, finals. Medal presentation after every concluded division.
- 12:00 EC official opening ceremony
- 14:00 lunch break
- 21:00 completion of competition for color belts

### **Requirements for participation:**

Only those competitors who fulfill the conditions listed below can take part in the EC:

- registration completed within the required time,
- payment of the entry fee,
- compulsory Taekwon-do ITF dobok, clean and white uniform,
- Current medical test / doctor's
- personal insurance. The organizer insures the event but not the individual competitors.

The organizer is not liable for incidents and their effects.

- providing 1 referee for every 10 competitors, e.g. 10 competitors 1 referee, 11 competitors – 2 referees. 21 competitors – 3 referees etc.

Referees must be prepared to participate on both days

- 100 EUR penalty fee will be charged for not providing referees as listed above.

### **Registration :**

registration by email on the form

Entrance to the sports hall - ONLY in changeable footwear !!!

Each person in the hall must have his ID

### **Various matters:**

Decisions regarding matters not listed in this announcement will be made by the director of the tournament.

The competition will be held in accordance with the regulations of the International Taekwon-do Federation - ITF HQ Korea.

Remarks

All protests and complaints are reported - by the team leader ONLY to the tournament organizer.  
The organizer reserves the right to correct the program of events and to combine and change categories as required. Depending on the number of players entered.

You are cordially invited to Poland !!!

Wojciech Dolny  
President/GMaster  
Polish Association Taekwon-do ITF HQ Korea  
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tel. +48/ 501-871-291  
<http://www.wkdsw.strefa.pl/>

<http://pztkdbiuro.wixsite.com/pztitf>

<https://www.facebook.com/Polskie-Zrzeszenie-Taekwon-do-ITF-HQ-Korea-Unified-1543576505856093/>

<http://sahyum65.wixsite.com/itfhqkorea2018/english>

Detailed division of categories in given disciplines in preparation will be available as soon as possible.

Accommodation offer in preparation.

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# Competition:

## AGE CATEGORIES:

Young juniors (youngsters)  
up to 10 years of age,  
Cadets,  
10-13 years of age,  
Juniors,

14-17 years of age,  
Adults,  
18-35 years of age,  
Seniors,  
36 + years of age.

Affiliation to each age category is determined by the year of birth

The organizer reserves the right to correct the program of events and to combine and change categories as required, depending on the number of competitors entered. In each category there must be at least 3 competitors.

## **PATTERNS/TUL:**

### **Color belts;**

Male/Female: young juniors/cadets/juniors/adults/seniors:  
yellow-green, blue-red & black belt.

### **Young Juniors/Cadets/Juniors/ Adults/Seniors/:**

Yellow-Green:

designated pattern from CHON-JI to YUL-GOK  
in accordance with their rank and optional pattern from CHON-JI to  
JOONG-GUN

Blue-Red: designated pattern from CHON-JI to HWA-RANG  
in accordance with their rank and optional pattern from CHON-JI to  
CHOONG-MOO

### **Cadets – black belts**

- optional pattern from CHON-JI to GE-BAEK in accordance with their rank  
and designated pattern from CHON-JI to CHOONG-MOO.

### **Juniors, Adults – black belt**

Both competitors will compete against each other in a designated pattern  
from the three they are currently learning and the second designated  
from up to that rank

I dan will compete against I dan  
II dan will compete against II dan  
III dan will compete against III dan  
IV dan will compete against IV dan

### **Seniors – black belt**

Both competitors will compete against each other in a designated pattern from the three they are currently learning and the second designated from up to that rank

I dan will compete against I, II & III dan  
II dan will compete against I, II & III dan  
III dan will compete against I, II & III dan  
IV dan will compete against IV, V and VI dan  
V dan will compete against IV, V and VI dan  
VI dan will compete against IV, V and VI dan

## **SPARRING:**

### **Young juniors color belts Individual Non-Contact Sparring**

Female:  
Height categories:  
to 120cm  
121cm to 130cm  
131cm to 140cm  
141cm to 150cm  
151cm & over

Male:  
Height categories:  
to 120cm  
121cm to 130cm  
131cm to 140cm  
141cm to 150cm  
151cm & over

### **Cadets color belts, black belts Individual Controlled Technique Sparring**

Female:  
to 25 kg  
25 kg to 30 kg  
30 kg to 35 kg  
35 kg to 40 kg  
40 kg to 45 kg  
45 kg to 50 kg  
50 kg & over

Male:



to 25 kg  
25 kg to 30 kg  
30 kg to 35 kg  
35 kg to 40 kg  
40 kg to 45 kg  
45 kg to 50 kg  
50 kg & over

**Juniors color belts, black belts  
Individual Controlled Technique Sparring**

Female:  
to 45 kg  
45 kg to 50kg  
50 kg to 55 kg  
55 kg to 60 kg  
60 kg to 65 kg  
65 kg to 70 kg  
70 kg & over

Male:  
to 50 kg  
50 kg to 56 kg  
56 kg to 62 kg  
62 kg to 68 kg  
68 kg to 74 kg  
74 kg to 80 kg  
80 kg & over

**Adult color belts, black belts  
Individual Controlled Technique Sparring**

Female:  
to 50 kg  
50 kg to 56 kg  
56 kg to 62 kg  
62 kg to 68 kg  
68 kg to 74 kg  
74 kg to 80 kg  
80 kg & over

Male:  
to 57kg  
57 kg to 64 kg  
64 kg to 71 kg  
71 kg to 78 kg  
78 kg to 85 kg  
85 kg to 92 kg



92 kg & over

## **Seniors color belt, black belt Individual Controlled Technique Sparring**

Female:  
to 65 kg  
65 kg to 75 kg.  
75 kg & over

Male:  
to 71 kg  
71 kg do 81 kg  
81 kg & over

## **POWER:**

### **POWER black belt – junior, adult, seniors**



Male:

- Yopcha Jirugi 3 wooden boards or equivalent - junior, adult, senior
- Dollyo Chagi 2 wooden boards or equivalent - junior, adult, senior
- Ap Joomuk Jirugi 1 wooden boards or equivalent - junior, adult, senior

Female:

- Yopcha Jirugi 2 wooden boards or equivalent - junior/ 3 wooden boards or equivalent - adult, senior
- Dollyo Chagi 1 wooden boards or equivalent - junior/ 2 wooden boards or equivalent - adult, senior
- Sonkal Taerigi 1 wooden boards or equivalent - junior/ 2 wooden boards or equivalent - adult, senior

## **SPECIAL TECHNIQUE:**

### **Special techniques black belts - junior, adult, seniors**

Male:

- Twimyo nopi apcha busigi 200 cm (junior,senior), 220 cm (adults)
- Twimyo dollyo chagi 180 cm (junior,senior), 200 cm (adults)

- Twio nomo yop cha jirugi 100 cm (junior, senior), 120 cm (adults)

Female:

- Twimyo nopi apcha busigi 190 cm (junior, senior), 210 cm (adults)
- Twimyo dollyo chagi 160 cm (junior, senior), 180 cm (adults)
- Twio nomo yop cha jirugi 90 cm (junior, senior), 100 cm (adults)

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# Equipment: protective equipment:

## **Obligatory:**

- hand gear with close fingers and thumb – red or blue is recommended
- Foot protectors - covering their heel and toes – red or blue is recommended
- mouth guard
- Groin guard protectors - must be worn **INSIDE** the dobok trousers.
- Shin protectors,
- breast protector (female only)
- head gear (optional for senior and veteran)

The protective equipment must not contain hard plastic parts, metal, or any other that may cause injury . Not apply groin guard and breast protectors (made of plastic).

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# Transfer:

**Airport:**

nearest in Wrocław.

From the airport, take the 106 city bus to the Main Railway Station, from there by train or bus to Strzegom.

**Train:**

Directly to Strzegom.

**BUS:**

From the Main Bus Station in Wrocław to Strzegom.

**COACH:**

from airport to hotel and from hotel to airport – on order, contact by e-mail:

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# Accommodation:

## STRZEGOM

Strzegom is a historic city in the Lower Silesia Voivodship, located by the route no. 5, between Wrocław and Jelenia Góra, north of Świdnica.

Strzegom is surrounded by the Strzegomskie Hills with the highest hill - Góra Krzyżowa (354 m above sea level).

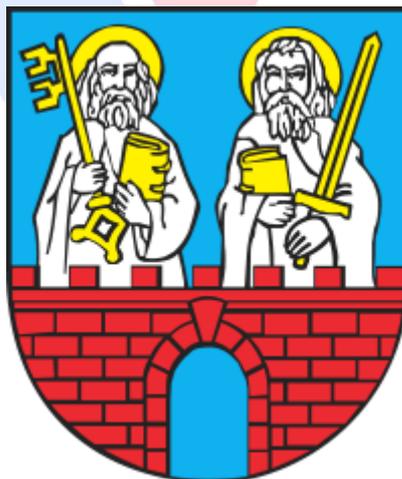
The beginnings of Strzegom date back to the early Middle Ages, there was a settlement around the 10th century.

Today, Strzegom is known as a large stonemasonry center with Strzegom granite and basalt mines. Often, Strzegom granite is used in Poland and in Europe, for example in the construction of the Westerplatte Monument in Gdańsk, the Silesian Insurgents' Monument in Katowice, a monument in the Grunwald fields or the Palace of Justice in The Hague.

In Strzegom, there was a branch of the Gros-Rosen concentration camp.

## Monuments in Strzegom

- Basilica of the Holy. Piotr and Paweł, ul. Kościelna - one of the largest and most beautiful Gothic buildings in Lower Silesia, the temple began to be built in the 13th century
  - City walls, ul. Kamienna - fragments of 13th-century defensive walls preserved in Strzegom, best preserved in the western part near the Park, with the Dziobowa Gate (Ptasia)
  - Market Tower, Market Square - the former town hall tower from the 14th century, the only preserved medieval fragment of the Market Square, a Renaissance balustrade on the roof of the tower, in 1999 a modern roof covered with reinforced glass was added, the height of the tower is about 35 m
  - Historic houses and townhouses
  - auxiliary church of Saint Barbara, ul. Kościelna - former synagogue from the end of the 14th century, today it serves Catholics, a small one-nave gothic church
  - Monastery of the Elizabethans
  - Carmelite Monastery - Carmelite band with the Church of the Holy Savior of the World and Our Lady of the Scapular
  - Chapel of St. Antoni - a Gothic chapel built as a defensive and sacred object, at the New Gate in the fifteenth century
- Atrakcje in Strzegom
- City Park, ul. Parkowa - green part of the city with city walls
  - Góra Krzyżowa - the highest hill of the Strzegom Hills
  - Quarries.



**Details and reservation please send an e-mail: [pztkdbiuro@gmail.com](mailto:pztkdbiuro@gmail.com)**

# STRAGONA

- Wifi, Bathroom, TV
- Full board
- double rooms, single or double beds.

DISTANCE  
next to the hall

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# GRANIT

- Wifi, Bathroom, TV
- Full board
- double rooms, triple rooms, four-person rooms, single or double beds.

DISTANCE  
About 15-20 minutes walk

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# SYRENA

- Wifi, Bathroom, TV
- Full board
- double rooms, triple rooms, four-person rooms, single or double beds.

DISTANCE  
About 15-20 minutes walk

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# VILLA LA PIERRE

- Wifi, Bathroom, TV
- Full board
- double rooms, triple rooms, four-person rooms, single or double beds.

#### DISTANCE

About 15-20 minutes walk

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# Contact:

Cell +48/ 501-871-291

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POLSKIE ZRZESZENIE Taekwon-do ITF HQ KOREA

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