

TAEKWON-DO POLISH OPEN CUP OPOLE 18.11.2018



TAEKWON-DO POLISH OPEN CUP

General information

Event: Taekwon-do 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: 18.11.2018

Entry fee: €25 - all competitions

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

Accommodation: 4* DeSilva Hotel price for double room: €50 per night (breakfast included). To receive the promotional rate, please book the room by sending an e-mail to following address: biurotkdopole@gmail.com

Program:

Weighing and Registration (please choose only ONE date):

Saturday (17th November) -7pm-9pm- peewee, kids, cadets, juniors, seniors

Sunday (18th November)

7.30am-9.00am **peewee and kids**

9:00am -11.00am - **cadets, juniors**

11.00am -12.00am - **seniors**

4.00 pm -5.00pm - **seniors**

All competitions, winners presentation - Sunday 18th November from 8.00am-8pm

8.00am - 9.30am patterns for peewee, cadets, juniors, special techniques for kadets and juniors

8.30am - 9.30am patterns for kids

9:30am -1:00pm All other competitions for peewee and kids

1:00pm - 1:15pm Official opening

1:15pm - 5:00pm points sparring, continuous sparring for cadets and juniors

5:30pm - 8:00pm - all competitions for seniors and executives

Conditions of participation:

- official invitation;
- full insurance coverage;
- parent's permission (for people under 18).

- The official PUT competition rules will apply for all competitions.
- Individual competitors may participate in one or all of the competitions.

Safety equipment: full boxing gloves (min. 10 oz. for seniors and juniors, min. 8 oz. for cadets), foot pads, shin pads, a groin guard (male and female), a headgear, a gum shield, a chest protector (female). White TKD Dobok is compulsory.

CATEGORIES & COMPETITIONS

- **Peewee** – born in 2012-2009 (patterns ITF and non-ITF, speed kicking, and special techniques, tkd “soft stick”),
- **Kids** - born in 2008-2006 (patterns ITF and non-ITF, speed kicking, and special techniques, point sparring – touch contact or tkd “soft stick”),
- **Cadets** - born in 2005-2003 (patterns ITF and non-ITF, points sparring – semi-contact, continuous sparring – light-contact, special techniques),
- **Juniors** - born in 2002-2000 (patterns ITF and non-ITF, points sparring – semi-contact, continuous sparring – light-contact, special techniques),
- **Seniors** - born in 1999 and older (patterns ITF and non-ITF, points sparring – semi-contact, continuous sparring – light-contact).
- **Executives** – minimum 35 years old and 2 years after finishing the competition career, semi-contact sparring only.

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

Categories:

SEMI-CONTACT

a) Kids female -140 cm, -150 cm, +150 cm

Kids male -135 cm, -140 cm, -145 cm, -150 cm, -155 cm, +155 cm

b) Cadets female – 155 cm, – 165 cm, + 165 cm

Cadets male– 150 cm, – 160 cm, (– 170 cm), -175cm, + 175 cm

c) Juniors female -165 cm, -175 cm, +175 cm

Juniors male– 170 cm, – 175 cm, – 180 cm, + 180 cm

d) Seniors female -165 cm, -170 cm, +170 cm

Seniors male-175 cm, -180cm, -185cm, +185 cm

LIGHT-CONTACT

a) Cadets female – 47 kg, – 54 kg, + 54 kg

Cadets male – 46 kg, – 52 kg, – 58 kg, – 64 kg, + 64 kg

b) Juniors female – 54 kg, – 61 kg, + 61 kg

Juniors male – 58 kg, – 64 kg, – 70 kg, – 76 kg, + 76 kg

c) Seniors female – 54 kg, – 61 kg, + 61 kg

Seniors male – 64 kg, – 70 kg, – 76 kg, – 82 kg, + 82 kg.

Deadline 11.11.2018

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How easy 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've direct connection with the whole Europe by low-cost and regular airlines. It's also easy to get there by train or bus.

What's interesting to see: We provide fascinating sightseeing program. There's less than 150 km to such significant places as: Kraków (the former capital of Poland), Wieliczka (salt mine) and Oświęcim (Auschwitz-Birkenau Nazi Concentration Camp).

Contact:

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