



INFORMATION PACK

Date: 23th - 25th June 2017.

Venue: Hala Sportowa Częstochowa, 4 Żużłowa Street, 42-200 Częstochowa, Poland.

Organisers:

Polish Taekwondo Union
„Orient” Częstochowa Sport Club
Tae Kwon-Do International

Entry fees:

30 EUR for 1 event,
50 EUR for 2 event,
60 EUR for 3 event,
65 EUR for 4 events and more,
10 EUR per person for tag team.

Awards:

- unique medals made for European Championships,
- power breaking competition: medal for 1st place,
- pattern competition: medals for 1st, 2nd and 3rd place,
- special techniques (cadets, juniors, seniors): medal for 1st place,
- special techniques (children, youth): medals for 1st, 2nd and 3rd place,
- speed kicking: medals for 1st, 2nd and 3rd place,
- sparring and soft-stick competition medal: for 1st, 2nd and two for 3rd places,
- participation diplomas for all competitors.

Schedule:

Friday 23th June 09:00-20:00 – registration (at Hotel Arche),
Saturday 24th June 09:00-20:00 – all competitions for children, youth, point-stop sparring for cadets, juniors, seniors and veterans.
Sunday 25th June 09:00-20:00 – all the rest of competitions for cadets, juniors, seniors and veterans, tad team sparring and team sparring.

After the end of the tournament (on June 25th) there will be a party!

Insurance: Every competitor must have his own medical insurance.

Medical service: Professional medical team and ambulance will be provided by organiser.

Referees: We would appreciate if your team brought an experienced referee. For all the referees we provide full board (that is: breakfast, lunch, dinner and beverages).

Coaches:

Each team will get one free coach ID for every 15 competitors.

Spectators tickets:

10 EUR per one day.

15 EUR per two days.

Registration:

Deadline for applications: 30th May 2017 – by email siwek@put.org.pl.

Events:

Traditional patterns: only ITF tuls; point system – the competitor performs one pattern chosen from all available in his category.

Open patterns: all non-ITF patterns including WTF, GTF, karate and all „hard” styles without any weapon; point system – the competitor performs one chosen pattern.

Speed kicking: For children ap chagi (front upper kick) kicked to a vertical pad at middle section alternately by right and left leg for 15 seconds. For youth dollyo chagi (turning kick) kicked to a pad at middle section by each leg for 15 seconds. The leg must touch the ground in-between the kicks.

Soft-stick sparring: pointfighting sparring using 60-centimeters-long foam stick. One can get 1 point by hitting with the stick any part of opponents body except hands and arm or 2 points by hitting the head. Two warnings make one point for the opponent; no warning limit. A difference of 10 points equals to a technical knockout. In youth division one can participate either in touch-contact sparring or in soft-stick sparring.

Touch-contact and point-stop sparring: pointfighting system. The referee stops the fight after every score or foul to give a point or a warning. In youth division one can participate either in touch-contact sparring or in soft-stick sparring.

Continuous sparring: light-contact sparring. The referee stops the fight only if there's a foul or injury.

Team sparring: light-contact sparring for national black-belt teams. There can be maximum two men's and two ladies' teams from one country. Ladies: 3 competitors each one from different weight category. Men: 5 competitors each one from different weight category.

Power breaking (destruction): breaking as much plastic boards as possible by pre-defined hand or leg technique. In each round a competitor has two attempts to break the boards. In case of a draw, the lightest competitor wins.

Special technique: twimyo nopi ap chagi (high jumping front kick) – a jumping kick onto a pad. One must kick the pad by the bottom of one foot (ap kumchi).

Group divisions (based on year of birth) and categories:

CHILDREN born in 2011-2008		
<p>Patterns (age divisions, possible grade divisions too if there are many competitors) One can perform any ITF pattern.</p>	Girls	Born in 2011
		Born in 2010
		Born in 2009
		Born in 2008
	Boys	Born in 2011
		Born in 2010
		Born in 2009
		Born in 2008
<p>Open patterns (all non-ITF patterns)</p>	Girls and boys together	One division
<p>Speed kicking (age divisions, possible grade divisions too if there are many competitors) Technique: ap chagi Duration: 15s.</p>	Girls	Born in 2011
		Born in 2010
		Born in 2009
		Born in 2008
	Boys	Born in 2011
		Born in 2010
		Born in 2009
		Born in 2008
<p>Soft-stick sparring (age divisions, possible grade divisions too if there are many competitors) Bout: 1 round 1min 30s extra time 45s</p>	Girls	Born in 2011
		Born in 2010
		Born in 2009
		Born in 2008
	Boys	Born in 2011
		Born in 2010
		Born in 2009
		Born in 2008
<p>Special technique (age divisions, possible grade divisions too if there are many competitors) Technique: twimyo nopi apcha bushigi</p>	Girls	Born in 2011
		Born in 2010
		Born in 2009
		Born in 2008
	Boys	Born in 2011
		Born in 2010
		Born in 2009
		Born in 2008
YOUTH born in 2007-2005		
<p>Patterns</p>	Girls	White and yellow (Chon-ji – Do-san)

(belt divisions)		Green and blue (Won-hyo – Toi-gye)
		Red and black (Hwa-rang and above)
	Boys	White and yellow (Chon-ji – Do-san)
		Green and blue (Won-hyo – Toi-gye)
		Red and black (Hwa-rang and above)
Open patterns (all non-ITF patterns)	Girls and boys together	One division
Speed kicking dollyo chagi (height divisions). Duration: 15s per leg.	Girls	-135 cm
		-145 cm
		-155 cm
		+155 cm
	Boys	-135 cm
		-140 cm
		-145 cm
		-150 cm
		-155 cm
		+155 cm
Touch-contact sparring (height divisions). Bout: 1 round 1min 30s, extra time 45 s.	Girls	-135 cm
		-145 cm
		-155 cm
		+155 cm
	Boys	-135 cm
		-140 cm
		-145 cm
		-150 cm
		-155 cm
		+155 cm
Soft-stick sparring (height divisions) Bout: 1 round 1min 30s, extra time 45s.	Girls	-145 cm
		+145 cm
	Boys	-135 cm
		-145 cm
		-155 cm
		+155 cm
Special technique (height divisions) Technique: twimyo nopi apcha bushigi	Girls	-135 cm
		-145 cm
		-155 cm
		+155 cm
	Boys	-135 cm
		-140 cm
		-145 cm
		-150 cm

		-155 cm
		+155 cm
Tag Team (point-stop, 3 people, no divisions) Bouts: 1 round 4 minutes	Girls	One division
	Boys	One division
CADETS born in 2004-2002		
Patterns (belt divisions)	Girls	White and yellow (Chon-ji – Do-san)
		Green and blue (Won-hyo – Toi-gye)
		Red and black (Hwa-rang and above)
	Boys	White and yellow (Chon-ji – Do-san)
		Green and blue (Won-hyo – Toi-gye)
		Red and black (Hwa-rang and above)
Open patterns (all non-ITF patterns)	Girls and boys together	One division
Point-stop sparring (height divisions) Bouts: 2 rounds, 1min 30s each, 30s break, 45s extra time.	Girls	-145 cm
		-155 cm
		-165 cm
		+165 cm
	Boys	-145 cm
		-155 cm
		-165 cm
		-175 cm
		+175 cm
Continuous sparring (weight divisions). Bouts: 2 rounds, 1 min 30 s each, 30 s break, 45 s extra time.	Girls	-43 kg
		-50 kg
		-57 kg
		+57 kg
	Boys	-42 kg
		-48 kg
		-54 kg
		-60 kg
		-66 kg
		+66 kg
Special technique (height divisions) Technique: twimyo nopi apcha bushigi	Girls	-155 cm
		+155 cm
	Boys	-165 cm
		+165 cm
Tag Team (point-stop, 3 people, no divisions) Bouts: 1 round 5 minutes	Girls	One division
	Boys	One division
JUNIORS born in 2001-1999		

Patterns (belt divisions)	Girls	Yellow and green (from Dan-dun to Yul-gok)
		Blue and red (from Joon-gun to Choong-moo)
		Black (Kwan-gae or above)
	Boys	Yellow and green (from Dan-dun to Yul-gok)
		Blue and red (from Joon-gun to Choong-moo)
		Black (Kwan-gae or above)
Open patterns (all non-ITF patterns)	Girls and boys together	One division
Piont-stop sparring (height divisions). Bouts: 2 rounds, 1min 30s each, 30s break, 45s extra time.	Girls	-160 cm
		-165 cm
		-170 cm
		+170 cm
	Boys	-165 cm
		-175 cm
		-180 cm
		-185 cm
		+185 cm
Continuous sparring (weight divisions). Bouts: 2 rounds, 1min 30s each, 30s break, 45s extra time.	Girls	-50 kg
		-57 kg
		-64 kg
		+64 kg
	Boys	-54 kg
		-60 kg
		-66 kg
		-72 kg
		-78 kg
		+78 kg
Special technique (no divisions) Technique: twimyo nopi apcha bushigi	Girls	- 165 cm
		+165 cm
	Boys	- 180 cm
		+180 cm
Tag Team (point-stop, 3 people, no divisions) Bouts: 1 round 5 minutes	Girls	One division
	Boys	One division
SENIORS born in 1998 and older		
Patterns (belt divisions)	Ladies	Yellow and green (from Dan-dun to Yul-gok)
		Blue and red (from Joon-gun to Choong-moo)
		1st Dan (from Kwan-gae to Ge-baek)
		2nd and 3rd Dan (from Eui-am to Choi-yong)
		4th and above (from Yon Gae to Tong-il)
	Men	Yellow and green (from Dan-dun to Yul-gok)

		Blue and red (from Joon-gun to Choong-moo)
		1st Dan (all for 1st Dan)
		2nd and 3rd Dan (all for 2nd and 3rd)
		4th and above (all for 4th, 5th and 6th dan)
Open patterns (all non-ITF patterns)	Ladies and men together	One division
Point-stop sparring (height divisions for coloured belt and weight divisions for black belts) Bouts (coloured belts): 2 rounds, 1min 30s each, 30s break, 45s extra time. Bouts (black belts): 2 rounds, 2min each, 1min break, 1min extra time.	Ladies (coloured belts)	-160 cm
		-165 cm
		-170 cm
		+170 cm
	Ladies (black belts)	-55 kg
		-61 kg
		-67 kg
		-73 kg
		-79 kg
		+79 kg
	Men (coloured belts)	-170 cm
		-175 cm
		-180 cm
		-185 cm
		+185 cm
	Men (black belts)	-58 kg
		-64 kg
		-70 kg
		-76 kg
		-82 kg
		-90 kg
		+90 kg
Continuous sparring (weight divisions) Bouts (coloured belts): 2Bouts: 2 rounds, 1min 30s each, 30s break, 45s extra time. Bouts (black belts): 2 rounds, 2min each, 1min break, 1min extra time.	Ladies (coloured belts)	-50 kg
		-57 kg
		-64 kg
		+64 kg
	Ladies (black belts)	-55 kg
		-61 kg
		-67 kg
		-73 kg
		-79 kg
		+79 kg
	Men (coloured belts)	-60 kg
		-66 kg
		-72 kg

		-78 kg
		-84 kg
		+84 kg
	Men (black belts)	-58 kg
		-64 kg
		-70 kg
		-76 kg
		-82 kg
		-90 kg
		+90 kg
Power breaking (one division)	Ladies (black belts)	Sonkal yop taerigi (knife hand strike)
		Ap palkup taerigi (elbow strike)
		Yop chagi (Side kick)
		Bandae dollyo chagi (Reverse turning kick)
	Men (black belts)	Ap joomuk jirugi (Forefist punch)
		Sonkal dung taerigi (Reverse knife hand strike)
Yop chagi (Side kick)		
		Bandae dollyo chagi (Reverse turning kick)
Special technique (height divisions) Technique: twimyo nopi apcha bushigi	Ladies	Coloured belts (one division)
		Black belts (one division)
	Men	Coloured belts (one division)
		Black belts (one division)
Tag Team (point-stop, 3 people, belt divisions) Bouts: 1 round 4 minutes	Ladies	Coloured belts (one division)
		Black belts (one division)
	Men	Coloured belts (one division)
		Black belts (one division)
Team sparring (national teams, 16 y.o.+) Bouts (for each pair): 2 rounds 2 min, 1min break.	Ladies - 3 competitors (black belts)	-61 kg, -73 kg, +73 kg
	Men - 5 competitors (black belts)	-64 kg, -70 kg, -76kg, -82 kg, +82 kg
VETERANS (MEN 40 YEARS and OLDER, LADIES 35 YEARS and OLDER)		
Point-stop sparring. Bouts: 2 rounds, 1 min 30s each, 30s break, 45s extra time.	Ladies	-165 cm
		+165 cm
	Men	-180 cm
		+180 cm

Condition of participation:

- white dobok or national dobok – taekwon-do uniform (competitors dressed in T-shirts or other martial arts uniforms will be disqualified),
- sending an official application by the 30th of May. 2017,
- entry fee paid at registration,

- signed participation waiver,
- parent's permission for minors,
- medical insurance,
- minimal grade for juniors and seniors - 8th cup.

Accommodation:

Częstochowa (up to 5 km from the venue)

Hotels (** or ***) - prices starts from 30 EUR per person per night (double or triple rooms, private bathroom, including breakfast).

Hostels – prices starts from 10 EUR per person per night.

For more informatio please contact: me.tkd2017@op.pl

Transport:

Katowice-Przyrzowice Airport (KTW) – 56 km from Częstochowa

Cracow-Balice Airport (KRK) – 129 km

Łódź-Lublinek Airport (LCJ) – 126 km

For cheap group transfers please contact: me.tkd2017@op.pl

Board:

There will be a restaurants at the venue during championships.

For more details visit: <https://www.facebook.com/events/1244386498961823/>

Zbigniew Pawlak 6th Dan
Mikołaj Kotowicz 5th Dan