

# INFORMATION PACK

(for foreign teams only)

**Date:** 23<sup>th</sup> - 25<sup>th</sup> 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 1<sup>st</sup> place,
- pattern competition: medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place,
- special techniques (cadets, juniors, seniors): medal for 1<sup>st</sup> place,
- special techniques (children, youth): medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place,
- speed kicking: medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place,
- sparring and soft-stick competition medal: for 1<sup>st</sup>, 2<sup>nd</sup> and two for 3<sup>rd</sup> places,
- participation diplomas for all competitors.

**Schedule:**

Thursday 22<sup>nd</sup> June 18:00-20:00 – registration (at the venue),  
Friday 23<sup>th</sup> June 09:00-20:00 – registration (at the venue),  
Saturday 24<sup>th</sup> June 09:00-20:00 – competitions for children, youth and cadets,  
Sunday 25<sup>th</sup> June 09:00-20:00 – competitions for juniors, seniors and veterans.  
After the end of the tournament (on June 25<sup>th</sup> 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: 30<sup>th</sup> May 2017.

**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:**

<b>CHILDREN born in 2011-2008</b>		
<b>Patterns</b> (age divisions, possible grade divisions too if there are many competitors) One can perform any ITF pattern.	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
<b>Open patterns</b> (all non-ITF patterns)	Girls and boys together	One division
<b>Speed kicking</b> (age divisions, possible grade divisions too if there are many competitors)	Girls	Born in 2011
		Born in 2010
		Born in 2009
		Born in 2008

Technique: ap chagi Duration: 15s.	Boys	Born in 2011
		Born in 2010
		Born in 2009
		Born in 2008
<b>Soft-stick sparring</b> (age divisions, possible grade divisions too if there are many competitors) Bout: 1 round 1min 30s extra time 45s	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
<b>Special technique</b> (age divisions, possible grade divisions too if there are many competitors) Technique: twimyo nopi apcha bushigi	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
<b>YOUTH born in 2007-2005</b>		
<b>Patterns</b> (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)
<b>Open patterns</b> (all non-ITF patterns)	Girls and boys together	One division
<b>Speed kicking</b> 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
<b>Touch-contact sparring</b> (height divisions).	Girls	-135 cm
		-145 cm

Bout: 1 round 1min 30s, extra time 45 s.		-155 cm
		+155 cm
	Boys	-135 cm
		-140 cm
		-145 cm
		-150 cm
		-155 cm
	+155 cm	
<b>Soft-stick sparring</b> (height divisions) Bout: 1 round 1min 30s, extra time 45s.	Girls	-145 cm
		+145 cm
	Boys	-135 cm
		-145 cm
		-155 cm
		+155 cm
	<b>Special technique</b> (height divisions) Technique: twimyo nopi apcha bushigi	Girls
-145 cm		
-155 cm		
+155 cm		
Boys		-135 cm
		-140 cm
		-145 cm
		-150 cm
		-155 cm
		+155 cm
<b>CADETS born in 2004-2002</b>		
<b>Patterns</b> (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)
<b>Open patterns</b> (all non-ITF patterns)	Girls and boys together	One division
<b>Point-stop sparring</b> (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	
<b>Continuous sparring</b> (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	
<b>Special technique</b> (height divisions) Technique: twimyo nopi apcha bushigi	Girls	-155 cm	
		+155 cm	
	Boys	-165 cm	
		+165 cm	
	<b>JUNIORS born in 2001-1999</b>		
	<b>Patterns</b> (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)	
<b>Open patterns</b> (all non-ITF patterns)	Girls and boys together	One division	
<b>Piont-stop sparring</b> (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	
<b>Continuous sparring</b> (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
<b>Special technique</b> (no divisions) Technique: twimyo nopi apcha bushigi	Girls	- 165 cm
		+165 cm
	Boys	- 180 cm
		+180 cm
<b>SENIORS born in 1998 and older</b>		
<b>Patterns</b> (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)
<b>Open patterns</b> (all non-ITF patterns)	Ladies and men together	One division
<b>Point-stop sparring</b> (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

<p><b>Continuous sparring</b> (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.</p>	Ladies (coloured belts)	-50 kg
		-57 kg
		-64 kg
		+64 kg
	Ladies (black belts)	-55 kg
		-61 kg
		-67 kg
		-73 kg
		-79 kg
	Men (coloured belts)	+79 kg
		-60 kg
		-66 kg
		-72 kg
		-78 kg
		-84 kg
	Men (black belts)	+84 kg
		-58 kg
		-64 kg
		-70 kg
-76 kg		
-82 kg		
<p><b>Power breaking</b> (one division)</p>	Ladies (black belts)	-90 kg
		+90 kg
		Sonkal yop taerigi (knife hand strike)
		Ap palkup taerigi (elbow strike)
	Men (black belts)	Yop chagi (Side kick)
		Bandae dollyo chagi (Reverse turning kick)
		Ap joomuk jirugi (Forefist punch)
		Sonkal dung taerigi (Reverse knife hand strike)
<p><b>Special technique</b> (height divisions) Technique: twimyo nopi apcha bushigi</p>	Ladies	Yop chagi (Side kick)
		Bandae dollyo chagi (Reverse turning kick)
	Men	Coloured belts (one division)
		Black belts (one division)
		Coloured belts (one division)
		Black belts (one division)
<p><b>Team sparring</b> (national teams, 16 y.o.+) Bouts (for each pair): 2 rounds 2 min, 1min break.</p>	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
<p><b>VETERANS (MEN 40 YEARS and OLDER, LADIES 35 YEARS and OLDER)</b></p>		

<b>Point-stopn sparring.</b> 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 30<sup>th</sup> of May. 2017,
- entry fee paid at registration,
- signed participation waiver,
- parent's permission for minors,
- medical insurance,
- minimal grade for juniors and seniors - 8<sup>th</sup> 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](mailto: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](mailto: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 6<sup>th</sup> Dan  
 Łukasz Rewieński 3<sup>rd</sup> Dan  
 Mikołaj Kotowicz 5<sup>th</sup> Dan