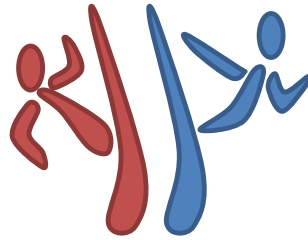


LATVIAN TAEKWON-DO ITF ASSOCIATION



**4th
Latvian
Taekwon-do ITF
cup**

21-22.01.2017, Salaspils



2017

**10th
Latvian
Taekwon-do ITF
beginner cup**

21-22.01.2017, Salaspils

Invitation

It is my great pleasure to invite you to the

**International Taekwon-do ITF Tournament
4th LATVIAN TAEKWON-DO ITF CUP 2017
10th LATVIAN TAEKWON-DO ITF BEGINNER CUP 2017**

to be held in Salaspils Sport hall, Salaspils (20 km from Riga), Latvia on
January 21-22, 2017.

Looking forward to meeting all of you in Latvia in January 2017.

Yours in Taekwon-Do,

*Mr. Sergey Saulite, IV dan
Head of the Organizing Committee*

**January 21-22, 2017
Salaspils, Latvia**

1. Place and time of event

- 1.1. **January 20th 2017** in hotel “Rixwell Irina Hotel”, Merķeļa iela 12, Riga, Latvia
14.00-19.00 registration and weight control;
20.00-21.00 coach meeting.
- 1.2. **January 21th 2017** in Salaspils Sport hall, Smilšu iela 1, Salaspils, Latvia (in navigator must write Rudzu iela 2, Salaspils)
08.30-08.50 umpire meeting;
09.00-19.00 competition for children and cadets.
- 1.3. **January 22th 2017** in Salaspils Sport hall, Smilšu iela 1, Salaspils, Latvia
08.30-08.50 umpire meeting;
09.00-13.00 competition for junior and senior.

2. Organizer

- 2.1. Sport club „Chin-Goo” with Latvian Taekwon-do ITF association.
- 2.2. Head of the Organizing Committee Mr. Sergey Saulite (IV dan), t. +371 26469257, e-mail: chingoo@inbox.lv.

3. Competitors

- 3.1. In tournament may participate members of ITF with 10 gup – 4 dan.
- 3.2. **Competition are divided into 2 tournaments by skill level:**
 - 10th Latvian Taekwon-do ITF Beginner Cup 10 – 7 gup;
 - 4th Latvian Taekwon-do ITF Cup 6 gup – 4 dan.
- 3.3. Participants are allowed to exceed the weight of +0,5 kg.
- 3.4. Organizer has the right to Take additional 10,- Euro for each competitor enrolled after deadline and for each change in an application.
- 3.5. **Organizer reserves right to fuse or divide categories according to numbers of contestants.**

4. Program of competition

Competition rules will be the official International Taekwon-do Federation Tournament rules with any changes in weight category and discipline (4.4. and 4.5.)

4.1. MATSOGI

All competitors are divided into groups of skill level: 10-7 gup; 6-3 gup; 2 gup – 1 gup; 1-4 dan.

4.1.1. Weight category (male)

Division	Age	Weight						Regulations
children 1:	7-8 years	-22 kg	-26 kg	-32 kg	-38 kg	+38 kg	2 x 1 min	
children 2:	9-10 years	-32 kg	-38 kg	-44 kg	-52 kg	+52 kg	2 x 1 min	
cadets:	11-13 years	-44 kg	-50 kg	-56 kg	-62 kg	+62 kg	2 x 1,5 min	
juniors:	14-17 years	-50 kg	-56 kg	-62 kg	-68 kg	-75 kg	+ 75 kg	2 x 2 min
seniors:	18+ years	-57 kg	-63 kg	-70 kg	-78 kg	-85 kg	+ 85 kg	2 x 2 min

4.1.2. Weight category (female)

Division	Age	Weight						Regulations
children 1:	7-8 years	-25 kg	-30 kg	-35 kg	-40 kg	+40 kg	2 x 1 min	
children 2:	9-10 years	-30 kg	-35 kg	-40 kg	-45 kg	+45 kg	2 x 1 min	
cadets:	11-13 years	-40 kg	-45 kg	-50 kg	-55 kg	+55 kg	2 x 1,5 min	
juniors:	14-17 years	-45 kg	-50 kg	-55 kg	-60 kg	-65 kg	+ 65 kg	2 x 2 min
seniors:	18+ years	-50 kg	-56 kg	-62 kg	-68 kg	- 75 kg	+75 kg	2 x 2 min

4.2. TUL

4.2.1. During the eliminations competitors perform only one designated pattern, whereas at finals two patterns.

4.2.2. Male and female take part separately.

Category	Gup	Age
„D – 1”	10-9 gup	7-8, 9-10, 11-13, 14-17, 18+
„D – 2”	8-7 gup	7-8, 9-10, 11-13, 14-17, 18+
„C”	6-5 gup	7-8, 9-10, 11-13, 14-17, 18+
„B”	4-3 gup	untill 10, 11-13, 14-17, 18+
„A – 1”	2 gup – 1 gup	11-17, 18+
„A – 2”	I dan – II dan	11-17, 18+
„A – 3”	III-IV dan	11-17, 18+

4.3. SPECIAL TECHNIQUE

Participant at first execute the qualification in the exercise "Twimyo Nopi Ap Cha Busigi" according to age. Qualifying standard, the participant continues competition with "Twimyo Nopi Yop Cha Jirugi".

Male:

Division	Age	Twimyo Nopi Ap Cha Busigi	Twimyo Nopi Yop Cha Jirugi
		Height	Height
children 1:	7-8 years	160 cm	80 cm
children 2:	9-10 years	180 cm	100 cm
cadets:	11-13 years	200 cm	120 cm
juniors:	14-17 years	220 cm	130 cm
seniors:	18+ years	250 cm	140 cm

Female:

Division	Age	Twimyo Nopi Ap Cha Busigi	Twimyo Nopi Yop Cha Jirugi
		Height	Height
children 1:	7-8 years	140 cm	60 cm
children 2:	9-10 years	160 cm	80 cm
cadets:	11-13 years	180 cm	100 cm
juniors:	14-17 years	200 cm	110 cm
seniors:	18+ years	210 cm	120 cm

4.4. KICK SPEED TEST (DOLLYO CHAGI)

4.4.1. Only for sportsmen with 10-7 gup degree.

4.4.2. Male and female take part separately:

Division	Age	Gup
children 1:	7-8 years	10-7 gup
children 2:	9-10 years	10-7 gup
cadets:	11-13 years	10-7 gup
juniors-seniors:	14+years	10-7 gup

4.4.3. Performing exercises:

Initial position - Sudik Sogi (fight stance), both foots touch the floor,

1 – with signal participant perform Dollyo Chagi kick with Baldung above the belt in target,

2 – to return kicking leg to initial position.

4.4.4. Performing time – 15 seconds. If sportsmen have the same result, they must to do Dollyo Chagi one more time 20 seconds.

4.5. ENDURANCE TEST (YOP CHAGI)

4.5.1. Only for sportsmen with 10-7 gup degree.

4.5.2. Male and female take part separately:

Division	Age	Gup
children 1:	7-8 years	10-7 gup
children 2:	9-10 years	10-7 gup
cadets:	11-13 years	10-7 gup
juniors-seniors:	14+years	10-7 gup

4.5.3. Performing exercises: Sportsmen perform Yop Chagi kick and hold kicking leg over belt level.

4.5.4. If sportsmen have the same result, they repeat exercise one more.

5. Competitors entrance fees

5.1. In one or two disciplines – EUR 20,00.

5.2. For each additional discipline – EUR 5,00.

6. Awards

6.1. All prizewinners of competition in personal categories will get medals and diplomas.

6.2. Team winning more than others between 10 gup – 7 gup, will get special cup – main cup of “Latvian Beginner Cup 2017”.

6.3. Team winning more than others between 6 gup – 4 dan, will get special cup – main cup of “Latvian Cup 2017”.

6.4. In “Latvian Beginner Cup 2017” and “Latvian Cup 2017” in each age group and separately in female group best sportsmen will get the cup.

6.5. All sportsmen get certificate of participant.

7. DEADLINE

7.1. Countries should send application forms to the Organizing Committee, AS SOON AS POSSIBLE but not later than **19 of December, 2016** by e-mail: chingoo@inbox.lv.

8. Umpires

8.1. Each team must have at least one umpire, and two (2) umpires in case of more than 15 competitors team. The Organizing Committee will provide free accommodation and free catering for umpires from each team during tournament (20-22 of January).

8.2. Umpires will be required to carry out their duties according to schedule. Umpires must attend all the Umpire Meetings scheduled in the period of the event.

8.3. Organizing Committee will dismiss any Umpires who do not abide by the work schedules or guidelines and such Umpires will have to pay for the hotel accommodation and catering by themselves.

8.4. The Umpire’s dress code must be according to ITF rules.

9. Coaches

9.1. Only one coach is allowed to enter the square during the match. He/she must wear only sport suit and gymnastic shoes. Coach must attend the Draw and Coaches Meetings.

10. Protest

10.1. In these competitions the protests will not be accepted and are not considered!

11. Accommodation

11.1. The Organizing Committee will provide free accommodation and free catering (in offer hotels) for umpires and one coach (representative) from each team during tournament (20-22 of January).

11.2. After application forms reception till **19 December 2016**, Organizing Committee to insure hotel reservation.

11.3. Accommodation in «Rixwell Irina Hotel» or «Rixwell Gertrude Hotel»

Room	Price
Double	25 EUR
Triple	20 EUR

All prices written under are per person. Prices include breakfast.

SCHEDULE

20 January, Friday, hotel “Rixwell Irina Hotel”, Merķeļa iela 12, Riga

14.00-18.00	Arrival and accommodation.
16.00-19.00	Registration and weighing of participants.
20.00-21.00	Coach meeting.

21 January, Saturday, Salaspils Sport Hall, Smilšu street 1, Salaspils

07.00-08.00	Breakfast in hotel.
08.30-08.50	Umpire seminar.
09.00-12.00	Competition for children and cadets in Tul, Special physical condition.
12.00-12.30	Opening ceremony. Medal awarding.
12.30-13.00	Lunch break.
13.00-19.00	Competition for children and cadets in Matsogi, Special technique. Medal awarding.
21.00	Banquet for umpires and representatives in hotel “Rixwell Irina Hotel”.

22 January, Saturday, Salaspils Sport Hall, Smilšu street 1, Salaspils

07.00-08.00	Breakfast in hotel.
08.30-08.50	Umpire seminar.
09.00-13.00	Competition for junior and senior. Medal awarding.
14.00	Departure.

IMPORTANT INFORMATION

Registration and weighing place:

hotel “Rixwell Irina Hotel”

(Merķeļa iela 12, Riga, Latvia)

Sport Hall address:

Salaspils Sport Hall «Salaspils Sporta Nams»

Smilšu street 1, Salaspils, Latvia

(in navigator must to write Rudzu iela 2, Salaspils)

Phone number:

Ph. +371 26 469 257

E-mail:

chingoo@inbox.lv