



ITF Finland and RasBudo clubs presents
1ST RASBUDO OPEN

Dear Masters, instructors, competitors and coaches,
The RasBudo clubs and ITF Taekwon-Do Finland will organize
RasBudo Open for the first time.

The competition will be held at the "*Ekenäs bollhall*"
(59.97148490000001 23.448441600000024. Address: *Flemingsgatan
19. Ekenäs 10600. Finland*) in Raseborg on Saturday the 31th of
August. There will be individual and team events for juniors and
seniors in both color belt and black belt categories.

The competition is the third leg of **ITF Finland's Black Belt Cup
tournament in 2019**. For the ongoing preparations to the upcoming
European Championships in Sarajevo, Bosnia and Herzegovina, we
will use pool system both in patterns and sparring for black belts.
We will also have special techniques and powerbreaking as team
competition!

Welcome to Ekenäs!

Rafael Kesti

President of RasBudo ITF Taekwon-do rf and RasBudo Hangö rf

Competition Hall

The address of Ekenäs bollhall: Flemingsgatan 19, 10600 Ekenäs.

Registration

The last registration date is Friday August 23th. Registrations will be done via TKDMAN online registration system

www.taekwon-do.fi/ilmoittautuminen

Teams/clubs can request credentials via email from

lasse.kuusisto@taekwon-do.fi.

Competitors

All competitors must have valid insurance cover to competitions as the tournament and umpire committee or the hosting organisation will not be held responsible for any injury or eventuality incurred during the event.

Registration and weigh in Friday 30th and Saturday 31th

Fridays registration and weight in will be at the Ekenäs högstadieskola 19:00-19:45.

Address: Hedvig Sohlbergs gata 3, 10600 Ekenäs

Saturday morning's registration and weight in will be at competition hall at 09:00 – 10:30. Ekenäs Bollhall.

Address: Flemingsgatan 19. Ekenäs 10600)

The official ITF weigh in dresscode will be used.

Rules, categories and divisions

The competition rules of ITF Finland will be used, which means that in Black Belt Cup pool system will be used. In color belts category the pool system will be used if a division has less than five competitors, otherwise pyramid system.

Age classes

| Color Belts | Black Belt Cup |
|-----------------------------------|--|
| Juniors D: 8-year-old and younger | For juniors 2 gup / 3.Dan, up to 17 yo |
| Juniors C: 8 yo. up to 11 yo. | For seniors 2 gup / 6.Dan, 18 yo and older |
| Juniors B: 11 yo. up to 14 yo. | |
| Juniors A: 14 yo. up to 17 yo. | |
| Adults: 18 yo. and older | |

Categories

| Category | sparring | patterns |
|---|----------------------------|--------------------------------------|
| Black belts (juniors and seniors) Boys -65kg I +65kg / Girls -55kg I +55kg Men -75kg I +75kg / Female -62kg I +62kg | pool system, 1 x 2 mins | pool system, 1 designated pattern |
| Senior color belts / A juniors | 1 x 2 mins | 1 designated pattern |
| Juniors B, C and D | 1 x 1.5 mins | 1 optional |

Teams

Each team consists of 3 + 1 competitors where the fourth competitor is optional. Team sparring will be 1 x 2 mins per bout. Winner of the bout will get two (2) points and in case of draw team will get one (1) point. The team with most points after three bouts will win the match. Pool system will be used between teams.

| Categories | Disciplines |
|-------------------------------------|---|
| Junior color belts: up to 15 yo | Team patterns, team sparring |
| Senior color belts: 15 yo and above | Team patterns, team sparring, team power test, team special techniques |
| Junior black belts | Team patterns, team sparring, team power test, team special techniques |
| Senior black belts | Team patterns, team sparring, team power test, team special techniques |

In the team power breaking team can choose whether to attempt forefist punch or knife hand strike and similarly turning kick or reverse turning kick. The side kick is mandatory.

| Disciplines | Techniques |
|-------------------------|--|
| Team Special Techniques | Twimyo Nopi Chagi Twimyo Dollyo Chagi Twimyo Nomo Yop Chagi |
| Team Power Breaking (3) | Ap joomuk Jirugi or Sonkal Taerigi, 2 boards Yop Chagi, 3 boards Dollyo Chagi or Bandae Dollyo Chagi, 2 boards |

| Power test, no. of boards Category | ap joomuk | ap palkup | sonkal | yop joomuk | yop chagi | dollyo chagi | bandae dollyo chagi |
|---|----------------------|----------------------|---------------|-----------------------|----------------------|-------------------------|------------------------------------|
| Female 2 gup – 6.Dan | | | 1 | | 2 | 1 | |
| Female 5 – 1 gup | | | 0+2 | | 0+3 | 0+3 | |
| Female 8 – 6 gup | | | | 0+2 | 0+3 | | |
| Juniors A - female 2 gup – 3.Dan | | | 1 | | 1 | 1 | |
| Juniors A - female 5 – 1 gup | | 0+2 | | | 0+2 | 0+2 | |
| Male 2 gup – 6.Dan | 2 | | 2 | | 3 | 2 | 2 |
| Male 5 – 1 gup | | | 1 | | 2 | 1 | |
| Male 8 – 6 gup | | | | 0+3 | 0+4 | | |
| Juniors A - male 2 gup – 3.Dan | 1 | | 1 | | 2 | 1 | 1 |
| Juniors A - Junior male 5 – 1 gup | | 0+2 | | | 0+3 | 0+3 | |

* 0+1: zero (0) white breaking boards and one (1) thinner breaking board

| Spec.tech. heights Category | nopi | dollyo | dolmyo | bandae | nomo |
|------------------------------------|-------------|---------------|---------------|---------------|-------------|
| Female 1. – 6.Dan | 210 cm | 190 cm | | | 110 cm |
| Female 5 – 1 gup | 200 cm | 180 cm | | | 100 cm |
| Female 10 – 6 gup | rising | rising | | | |
| Juniors A - female 1. – 3.Dan | 190 cm | 170 cm | | | 110 cm |
| Juniors A - female 10 – 1 gup | 180 cm | 170 cm | | | |
| Male 1. – 6.Dan | 240 cm | 220 cm | 170 cm | 210 cm | 140 cm |
| Male 5 – 1 gup | 220 cm | 190 cm | | 180 cm | 120 cm |
| Male 10 – 6 gup | rising | rising | | | |
| Juniors A - male 1. – 3.Dan | 220 cm | 180 cm | 160 cm | 180 cm | 130 cm |
| Juniors A - male 10 - 1 gup | 190 cm | 180 cm | | | |
| B-, C- and D-juniors | rising | | | | |

Umpires

Each team should provide one umpire per seven competitors.

Please note that this does not apply to teams smaller than four competitors and teams from abroad. The umpire and coach meeting will be held at the competition hall starting at 10:15 on Saturday morning.

Competition fees

Black Belt Cup and the senior color belts: 30 €

Junior color belts: 20 €

Teams: 30 € per team (one team can attend more than one team event, team members can represent different clubs)

Cancellations after the last registration date will be refunded only if a doctor's note is presented to the tournament committee.

Finnish clubs will be invoiced after the competition.

Competitors from abroad can pay during registration in cash.

Contacts

RasBudo Taekwon-Do club: Mr. Rafael Kesti, tkd@rasbudo.fi

SITF tournament committee: Mr Joonas Helassalo,

joonas.helassalo@taekwon-do.fi

SITF umpire committee: Mr Lasse Kuusisto, lasse.kuusisto@taekwon-do.fi

LUNCH

It is possible to preorder lunch via linda82ring@gmail.com before the 21.8. There is a meat and vegetarian option, remember to mention which one you like and if you have any allergies when making your order.

The price is 10€ (contains dessert) and is payed in CASH at the lunchplace. PLACE: The lunch is served at the school next to the sportshall, only 100 meters away, at Ekenäs Högstadieskola.

There is also an cafeteria at the sport hall where sandwiches and other small snacks are available for purchase.

Important info

The organisers do not offer accommodation, but there are hotels in Ekenäs city close to the sport hall.

<https://www.motelmachine.fi/fi/>

<https://www.strandhotellet.fi/fi/>

<https://www.airbnb.fi/>

Schedule

Request credentials for TKDman online registration system - **NOW**

The last date of registration - **Tuesday, August 20th**

Saturday, 31 August

- Registration and weight in at 9:00 - 10:30
- Coach meeting at 10:15
- Umpire meeting at 10:30
- Competition starts at 11:00