



ITF Finland and Tampere Taekwon-Do club present

# TAEKWON-DO TAMPERE CUP IX

Dear Masters, Instructors, Competitors and Coaches,

Tampere Taekwon-Do club and ITF Taekwon-Do Finland will organize Tampere Cup competition for the 9th time. The competition will be held at the sports hall *Kaukajärven Vapaa-aikatalo* in Tampere on the 30th and 31st of March. There will be individual and team events for juniors and seniors in both color belt and black belt categories. The competition is the second leg of **ITF Finland's Black Belt Cup tournament**.

For the ongoing preparations to the upcoming World Championships in Germany we will use pool system both in patterns and sparring for black belts. We will also have special techniques and power breaking competition. And team a competition!

The juniors' color belt competition (individual and team) will be held on Saturday March 30th and the seniors competition for color belt and the Black Belt Cup for seniors and respective team competitions are competed on Sunday March 31st.

Welcome to Tampere!

Joni Ohtonen  
President of Tampere Taekwon-Do

Lasse Kuusisto  
Event Coordinator



## Competition Hall

The address of Kaukajärven Vapaa-aikatalo sports hall is Käätykatu 8, 33710 Tampere.

## Registration

The last registration date is March 17th. Registrations will be done via TKDMAN online registration system [www.taekwon-do.fi/ilmoittautuminen](http://www.taekwon-do.fi/ilmoittautuminen). Teams/clubs can request credentials via email from [lasse.kuusisto@taekwon-do.fi](mailto:lasse.kuusisto@taekwon-do.fi).

## Competitors

All competitors must have valid insurance cover to competitions as the tournament and umpire committee nor the hosting organisation will not be held responsible for any injury or eventuality incurred during the event.

## Registration and weigh in

For Saturday's junior competition registration and weight in will be at competition hall at 10:30 – 11:15 on Saturday morning. For Sunday's senior color belt and Black Belt Cup competitions the registration and weight in will be at the competition hall at 8:30 – 9:30 on Sunday morning. 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 pool system 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)	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 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



## Umpires

Each team should provide one umpire per eight 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 at 11:15 on Saturday and 9:15 on Sunday.

## 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 (cash or credit/debit card).

## Contacts

Tampere Taekwon-Do club: Mr. Joni Ohtonen, [pj@tamtkd.net](mailto:pj@tamtkd.net)

SITF tournament committee: Joonas Helassalo, [joonas.helassalo@taekwon-do.fi](mailto:joonas.helassalo@taekwon-do.fi)

SITF umpire committee: Lasse Kuusisto, [lasse.kuusisto@taekwon-do.fi](mailto:lasse.kuusisto@taekwon-do.fi)

## Important info

The organisers do not offer accommodation, there are many hotels in Tampere city center with public transportation access to Kaukajärvi. Accommodation available also in Hervanta which is close to Kaukajärvi. The organisers have arranged a small cafeteria in the competition hall. Small snacks, coffee, tea and soda available for purchase (cash, credit/debit card, MobilePay).



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	190			110
Female 5 - 1 gup	200	180			100
Female 10 - 6 gup	rising	rising			
Juniors A - female 1. - 3.Dan	190	170			110
Juniors A - female 10 - 1 gup	180	170			
Male 1. - 6.Dan	240	220	170	210	140
Male 5 - 1 gup	220	190		180	120
Male 10 - 6 gup	rising	rising			
Juniors A - male 1. - 3.Dan	220	180	160	180	130
Juniors A - male 10 - 1 gup	190	180			
B-, C- and D-juniors	rising				



## Schedule

Request credentials for TKDman online registration system.

### Sunday, March 17

The last date of registration.

### Saturday, March 30

- Junior individual and team competition
- Registration and weight in at 10:30 - 11:15
- Coach meeting at 11:00
- Umpire meeting at 11:15
- Competition starts at 12:00

### Sunday, March 31

- Senior individual and team competition
- Registration and weight in at 8:30 - 9:15
- Coach meeting at 9:00
- Umpire meeting at 9:15
- Competition starts at 10:00