



TAEKWONDO TOERNAMENT 10^E OPEN ZEEUWSE CHAMPIONSHIPS SUNDAY MARCHT 4TH 2012

Tuls, Sparring & Special technics

I am very happy to invite you to the 10^e *Open Zeeuwse Championship*. This tournament is part of the PROMAT League en also a selection tournament for the Dutch team.

Location

Netherlands, Middelburg, Sports Hall De Kruitmolen, Kruitmolenlaan 127, tel: 0118-675349

Organisation:

Taekwon-do Middelburg

www.taekwondo-middelburg.nl

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Tel / Fax

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E-mail

: nanne.boonstra@yahoo.com

Tournament organisation

: Henny van Zon

Head referees

: Kiet Tjon A Pauw

Timeframe

Weighing : 8:30 – 9.15 hour

Extra weighing for junior en senior : 11.00 (competitors whom did not apply for Tuls)

Umpire Meeting : 8.45

Opening tournament : 9:30

Start Tuls : 9.30

Start Sparring : 11.30

Start Special Techniques : 11.30

- A. Semi-contact individual sparring (I.T.F-Taekwon-Do rules);
Sparring Individual: A / B class (youth/junior/senior).
Point stop: youth categories B. All other categories *continue system*
- B. Tuls knock-out system.
- C. Special Techniques coloured belts do one kick (nopi), junior and senior female 1^e dan and higher do three kicks (nopi, dolleo, nomo), male 1^e dan and higher do five kicks (nopi, dolleo, dwit, bandae, nomo).

Categories:

Youth female and male : untill 14 years

Junior female and male : 15 t/m 17 years

Senior female and male : 18 year and older



Class:Tuls:

1. 10 ^e cup until 8e cup	until Dan-Gun
2. 7e cup until 5 ^e cup	until Yul-Gok
3. 4 ^e cup until 1 ^e cup	until Choong-Moo
4. 1e Dan	until Ge-Baek
5. 2e Dan	until Juche
6. 3e Dan	until Choi-Yong
7. 4e Dan and higher	until Moon-Moo

Sparring:

Youth m/v	: -130cm, -140cm, -150cm, -160cm, -170cm, +170cm
Junior Female	: -42, -48, -53, -60, +60 kg
Junior Male	: -52, -58, -63, -70, +70 kg
Senior Female	: -52, -58, -63, -70, +70 kg
Senior Male	: -54, -63, -71, -80, +80 kg

Special Techniques:

Youth, Female and Male	: -140, -160, +160
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Time of sparring rounds:

Youth	: 1 round of 1,5 minute
Junior and Senior	: 1 round of 2 minutes
Finals junior & senior A-class	: 2 rounds of 2 minutes

Graduates:Sparring

A-class	: 4 ^e cup and higher
B-class	: 10 ^e cup t/m 5 ^e cup

Special techniques:

Youth	
A-class	: 4 ^e cup and higher
B-class	: 10 ^e cup t/m 5 ^e cup

Junior and Senior

A-class	: 1 ^e dan and higher
B-class	: 10 ^e t/m 1 ^e cup

Competition rules:

See I.T.F.- AETF Taekwon-Do rules,

http://www.tkd-itf.home.pl/pub/ver_eng/comp_rules.html ore
http://www.itfeurope.org/competition_rules.html

Note: We have one other rule applying the **Special Techniques**. During this tournament the *scissor- technique* is OPTIONEL and not COMPULSARY.



Referees:

1 t/m 7 competitors	1 referee
8 t/m 14 competitors	2 referees
15 and more competitors	3 referees

Registration fee:

Competitors: One item	20,- euro
Two ore Three items	25,- euro

Missing referee	50 euro
Supporters	5 euro

Closing date Sunday February 19th

Send E-mail to:

H. van Zon, Dommelseweg 87a

5554 NM Valkenswaard

info@sportprijzenvalkenswaard.nl

040 - 2070930



Information

Open Zeeuwse 2012

Special Technics

Starthoogtes:

Youth-M-B-140 cm:	Nopi	160 cm
Youth-M-B -160 cm:	Nopi	170 cm
Youth-M-B +160 cm:	Nopi	180 cm
Youth-M-A -140 cm:	Nopi	170 cm
Youth-M-A -160 cm:	Nopi	180 cm
Youth-M-A +160 cm:	Nopi	190 cm
Youth-F-B -140 cm:	Nopi	160 cm
Youth-F-B -160 cm:	Nopi	170 cm
Youth-F-B +160 cm:	Nopi	180 cm
Youth-F-A -140 cm:	Nopi	170 cm
Youth-F-A -160 cm:	Nopi	180 cm
Youth-F-A +160 cm:	Nopi	190 cm
Jun-M-B:	Nopi	210 cm
Jun-M-A:	Nopi	220 cm
	Dollyo	200 cm
	Dwit	190 cm
	Bandae	190 cm
	Nomo	200 cm
Jun-F-B:	Nopi	190 cm
Jun-F-A:	Nopi	200 cm
	Dollyo	190 cm
	Nomo	160 cm
Sen-M-B:	Nopi	230 cm
Sen-M-A:	Nopi	240 cm
	Dollyo	220 cm
	Dwit	210 cm
	Bandae	210 cm
	Nomo	220 cm
Sen-F-B:	Nopi	200 cm
Sen-F-A:	Nopi	210 cm
	Dollyo	200 cm
	Nomo	170 cm

Entry form 10th Open Zeeuwse Championships on March 4th. 2012

Junction: _____	Organisation: _____
Adress: _____	Phone: _____
City / zipcode: _____	E-mail: _____

Name Coaches:	Name Referees:	Licence A / B / C / D	Grade: Gup / Dan	Pefor: Mat / Corner / JP / Table	E-mail adress Referees
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2) _____	2 _____	<input style="width:40px; height:20px;" type="text"/>	<input style="width:40px; height:20px;" type="text"/>	<input style="width:100px; height:20px;" type="text"/>	_____
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4) _____	4 _____	<input style="width:40px; height:20px;" type="text"/>	<input style="width:40px; height:20px;" type="text"/>	<input style="width:100px; height:20px;" type="text"/>	_____

Nr:	Name:	First Name:	Date of Birth Day / Month / Year	Generation Male / Female	Grade Gup / Dan	Weight Kg	Height Cm	Class. Youth Junior or Senior	Sparring	TUL:	Fee
									Yes or No	Yes or No	

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