



DEAR G. MASTERS, MASTERS AND INSTRUCTORS

It's a pleasure to invite you to the 1 ITF SARDINIA OPEN that will be held in the beautiful island of Sardinia (Italy) on MAY 19 of 2019.

The competition is open to kids, juniors, adults and veterans (all belts).

We hope to see you enjoying this event with all the participants. All the details below.

Best Regards

Silvia Farigu & Christian Oriolani

Organizers

THE CITY

The Championships will be held in **Capoterra, Cagliari** (Sardinian Island. Italy).
Sport Palace. Via Siena (Zip code 09012).

THE CHAMPIONSHIP

The championship is an international event organized by **TAEKWON-DD SARDEGNA ASSOCIATION** directed by Silvia Farigu & Christian Oriolani.



COMPETITION

- Individual Pattern/Sparring/ Special & Power Techniques
- Team Pattern/Sparring
- Pre-arranged sparring
- Competition for Kids from 4 years old, Cadets, Junior, Adults (Kup/Dan)

AWARDS

- Prizes for competitors or teams 1st, 2nd or 3rd will be awarded in each category.

FEES

- Until 13 years old include = €25
- From 14 years old = €30

SCHEDULE

SATURDAY 18th: Official weight and registration

From 14:00 to 16:00 – Sport Palace. Via Siena (Zip code 09012). Capoterra, Cagliari.

SUNDAY 19th:

8:00 to 8,45 –Official weight and registration, ALL DIVISIONS

9,00 – All Umpires and Judges Meeting

9:15 – Junior/Seniors_Black Belt Individual and Teams Competitions
Kids up to 11 years old

12:30 – **12-13 years old_ All belts**
Junior/Seniors_ colour belts _Individual Competition and team

REGISTRATION: Completed Application Form need to be sent before **Monday 13 of May** to the following e-mail address: itfsardiniaopen@tkdsardegna.com



COMPETITION

All Errors made in the application (after May 13) which will lead to a change the competitor division of will only be corrected after a fine payment of 10€.

INDIVIDUAL PATTERN: KUP: Both competitors will simultaneously perform the OPTIONAL pattern appropriate to their degree or one immediately before. **Black Belt:** (Cadets, Juniors and Seniors) Both competitors will simultaneously perform 2 designated patterns.

AGE: 4-5 years old / 6-7 / 8-9 / 10-11 / 12-13 / 14-17 / 18-35 / +36

BELT: 10-9 Kup / 8-5 Kup / 4-1 Kup / 1 Dan / 2 Dan / 3 Dan / 4-6 Dan

INDIVIDUAL SPARRING:

WINNER OF THE WINNERS: Special category with the winners of all black belt (Junior/adult male/female) divisions. The best will receive money prize.

TIME

BLACK BELTS:

- JUNIOR, SENIOR, VETERANS • 2 x 2 minutes (qualifications and finals)
- UP TO 13 YEARS OLD • 1 x 1;30 minutes (qualifications and finals)

COLOUR BELTS:

- JUNIOR, SENIOR, VETERANS • 1 x 2;00 minutes (qualifications and finals)
- UP TO 13 YEARS OLD • 1 x 1;30 minutes (qualifications and finals)

WEIGHT CATEGORIES: All competitors must make the weight in their ITF dobok trousers and T-shirt. A maximum of a 500 g tolerance under or over the indicated weight division is permitted.

Senior/Veterans Male: 57 kg, 63 kg, 70 kg, 78 kg, 85 kg, +85 kg
Senior/Veterans Female: 50 kg, 56 kg, 62 kg, 68 kg, 75 kg, +75 kg
Junior Male 50 kg, 56 kg, 62 kg, 68 kg, 75 kg, +75 kg
Junior Female: 45 kg, 50 kg, 55 kg, 60 kg, 65 kg, +65 kg

KIDS: (until 13 years old) Kids divisions will follow **Belt Categories, height** and **weight** criteria.

The organization will control **height and weight** in the registration.

Height: -110, 120, -130, -140, -150, -160, -170, +170.

BELT: 10-9 Kup / 8-5 Kup / 4-1 Kup / Black belt

If necessary organization can amalgamate divisions without sufficient entrants

SPARRING EQUIPMENT:

- Mandatory: Sparring boots - Gloves - Groin guards (for men -from 12 years old) - Head guards -



COMPETITION

- Mandatory a mouth guards (from 10 years old)
- Not allowed "Open Hand or Close Boxing Hand" protection.

OPEN TEAM PATTERN: 3 competitors per team (can be mix, female and male)
1 free Pattern - Over 14 years old **BLACK BELT**

JUNIOR TEAM SPARRING: 3 competitors per team - 14-17 years old **BLACK BELT**
3 competitors per team - 14-17 years old **BLUE - RED BELT**

SENIOR TEAM SPARRING: 3 competitors per team from 18 years, **BLACK BELT**
3 competitors per team from 18 years, **BLUE-RED BELT**

PRE-ARRANGED FREE SPARRING: From 14 years old **BLACK BELT**.

Can be Mix (Female, Male)

Time: from 60 seconds until 75 seconds

SPECIAL TECHNIQUES: FIRST DRAW 1 TECHNIQUE FOR CLASSIFICATION

FEMALE: JUNIOR + SENIOR/VETERANS UNIFIED, BLUE-RED BELT. 1) Twimyo Nopi Chagi

FEMALE: JUNIOR + SENIOR/VETERANS UNIFIED BLACK BELT. 1) Twimyo Nopi Chagi, 2) Twimyo Nopi Yop Cha Jirugi

JUNIOR/SENIOR/VETERANS MALE BLUE/RED BELT 1) Twimyo Nopi Chagi

JUNIOR MALE BLACK BELT 1) Twimyo Nopi Chagi. 2) Twimyo Nopi Yop Cha Jirugi

SENIOR/VETERANS MALE BLACK BELT 1) Twimyo Nopi Chagi 2) Twimyo Dollyo Chagi 3) Twio Dolmyo Yop Cha Jirugi 5) Twimyo Banae Dollyo Chagi 5) Twimyo Nopi Yop Cha Jirugi

POWER TECHNIQUES: FIRST DRAW 1 TECHNIQUE FOR CLASSIFICATION

FEMALE: JUNIOR + SENIOR/VETERANS UNIFIED, BLACK BELT 1) Sonkal Taerigi 2) Yop Chagi 3) Dollyo Chagi

MALE: SENIOR/VETERANS, BLACK BELT 1) Sonkal Taerigi 2) Ap Joomuk Jirugi 3) Yop Cha Jirugi 4) Dollyo Chagi 5) Twimyo Banae Dollyo Chagi



COMPETITION

JUDGES AND UMPIRES: Each club must bring Umpires at least:

- 1 Umpire (or 50€) = 1-7 Competitors
- 2 Umpires (100€) = 8 - 19 Competitors
- 3 Umpires (or 150€) = more 20 Competitors

OFFICIAL CLOTHES

- The organization will provide T-shirt
- Blue trousers.
- White gymnastic shoes

COACHES:

- The coach must have the accreditation
- Sport clothes only and sport shoes. No shorts, no dobok will be allowed
- Mandatory: carry a towel to the competitor
- The coach will have to remain seated during the fight. No shouting or screaming will be allowed and orders must be only technical. You will not disrespect the referee or general public otherwise you will face expulsion from the competition.

PROTEST (amendment):

. At the *ITF SARDINIA OPEN* protest fee will be €100

LIABILITY

Host and organizer take over no liability their own Children and junior to age 18 need a declaration of consent. All competitors must have their own liability insurance. Press material made by the ITF SARDINIA OPEN organization or individuals appointed by the organizing committee can be publicly used. Being present as competitor, coach or umpire at this competition means that you agree with these rules. We highly recommend competitors to bring their identification papers to the tournament as, in case of injury.

For more details or Information about the Championships please contact our secretary by e-mail:

itfsardiniaopen@tkdsardegna.com



**SPARRING
PATTERN**



**POWER & SPECIAL
TECHNIQUES**



**PREARRANGED
SPARRING**



**TEAMS
COMPETITION**

COMPETITION

FLIGHT TO CAGLIARI,

Sardinia: (low cost) Companies: [RYANAIR](#) - [VUELING](#) - [EASY JET](#) - [MERIDIANA](#) - [ALITALIA](#)

FERRIES: www.tirrenia.it - www.moby.it - www.sncm.fr - www.corsca-ferries.it - www.grimaldi-line.com

HOTELS: WE SUGGEST

CAPOTERRA:

- AIRB&B: Contact Lucia: 0039 335780011

- ROSA HOTEL:

Single room € 40.00

Double € 70.00

Triple € 80.00

Quadruple € 100.00

(breakfast incl)

Contact: Via Venezia, 47, 09012 Capoterra (CA). Telefono: +39 070 722 016,
info@rosahotel.com

CAGLIARI:

- ITALIA HOTEL

Single room € 80.00

Double € 115.00

Triple € 135.00

(breakfast incl)

Contact: Via Sardegna,31 - 09124 Cagliari Tel +39 070 660410/Fax +39 070 650240 e-mail: hotelitalia@tiscali.it

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**SPARRING
PATTERN**



**POWER & SPECIAL
TECHNIQUES**



**PREARRANGED
SPARRING**



**TEAMS
COMPETITION**

COMPETITION

SARDINIA OPEN

19TH MAY 2019

Pattern - Sparring
Power & Special Techniques
Traditional Sparring
Teams

WWW.TKDSARDEGNA.COM

MIGHTYFIST
www.doboks.eu

Uniforms & Sparring Gear

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SILVIA FARIGU & CHRISTIAN ORIOLANI ORGANIZER

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