



KUJAWSKO-POMORSKA LIGA TAEKWONDO

Sunday

26.04.2020

- Organizer: UKS 10 Bydgoszcz
www.uks10taekwondo.pl
- Promoter: Regional Taekwondo Federation
www.kptkd.pl
- Host: Primary School SP 31 Karłowicza 2, 85-092 Bydgoszcz
- Information: Grzegorz Jagodziński
Mobile: +48 503138617 e-mail: grejor@o2.pl
- Date: Sunday 26th April 2020
- Competition place: Szkoła Podstawowa nr 31 Karłowicza 2, 85-092 Bydgoszcz
- Weigh-in: Szkoła Podstawowa nr 31 Karłowicza 2, 85-092 Bydgoszcz
- Registration: Subscription via www.kptkd.pl/liga
Visit our fb site: www.facebook.com/KujPomLigaTaekwondo
- Equipment: DAEDO electronic protector scoring systems. Head gear with face protection (pupils), groin/forearm/shin guards/gloves/mouthpiece and Daedo sensor socks are compulsory and must be brought by the contestant.
- Reg. deadline: 23th April 2020
- Fee: 10€ for 1 competition, 15€ for 2 competition, 20€ for 3 competition per competitor.
Name: Kujawsko-Pomorski Okręgowy Związek Taekwondo Olimpijskiego

Address: 85-861 Bydgoszcz, Glinki 79
IBAN: PL 75 1940 1076 3080 6078 0000 0000 – BIC AGRIPPLPRXXX
Transfer name: Liga Taekwondo + team name + number of competitors

Rules: WT and Polish TKD Federation rules.

Timetable: Sunday 26thApril
9.00 – 9.30 Registration/weigh-in
10.00 Start of agility and poomsae competition
14.00 Start of kyorugi competition

Kyorugi competition: **Dziecko/minior (2011-2012)** only L2 –no head kicks allowed
F/M: -24kg, -26 kg, -28kg,-30kg, -33kg,-36kg , -41 kg, +41kg
Fight lenght 2 x 1 min.

Młodzik/pupil(2009-2010) L1 or L2 (no head kicks)
F /M:-27kg, -30kg, -33kg, -36kg, -40kg, -44kg, -48kg, -52kg, -57kg, +57kg
Fight lenght 2 x 1,5 min.

Kadet/cadet (2006-2008) L1 or L2 (no head kicks)
K:-29kg, -33 kg, -37 kg, -41 kg, -44 kg, -47 kg, -51 kg, -55 kg, -59 kg, +59 kg
M:-33 kg, -37 kg, -41 kg, -45 kg, -49 kg, -53 kg, -57 kg, -61 kg, -65 kg, +65 kg
Fight lenght 2 x 1,5 min.

Agility competition: Age categories for F/M:
5 years Kids 1 (2015 -) test 4 i 5
6-7 years Kids 2 (2013-2014) test 1 i 4
8-9 years Kids 3 (2011-2012) test 1 i 3
10-11 years Pupils (2009-2010) test 1 i 2
12-14 years Cadet (2006-2008) test 1 i 2

LIST OF TESTS:

1. Multiple dollyo-chagi (10 sec.) – the result is the sum of 2 attempts. ZEMITA GEAR
2. Twio ap-chagi
3. Front leg dollyo-chagi (10 sec.) – the result is the sum of 2 attempts of left and right leg. ZEMITA GEAR
4. Obstacle course 3 x 8 m after the triangle shape - I straight run through the coordination circle, then dollyo-chagi with any foot; II straight run with the passage under the tunnel, then ap-chagi with any foot; III straight run with jump over the obstacle and single hit of the jjurugi.
5. Multiple ap-chagi (10 sec.) – the result is the sum of 2 attempts. ZEMITA GEAR

Poomsae competition: Age, grade categories F/M:

Grade	Qualification round	Final round
10-9kup	1 poomsae	1 poomsae
8-7 kup	1 poomsae	2 poomsae

6-7 years Kids 2
 8-9 years Kids 3
 10-11 years Pupil
 12-14 years Cadet
 15-17 years Junior
 18-30 years Senior
 31-40 years Senior
 41-50 years Senior
 51 years + Senior

6-5 kup	3 poomsae	4 poomsae
4-3 kup	5 poomsae	6 poomsae
2-1 kup	6 poomsae	7 poomsae
Dan/poom	8 poomsae	Master poomsae

Prize: For 1st, 2nd and 3rd place a medal and certificates will be awarded.

Accommodation: Proposition of accommodation near competition arena:
 - Hotel CAMPANILE Bydgoszcz ul. Jagiellońska 59 Tel. +48 52 586 20 00
 bydgoszcz@campanile.com

Liability: All competitors must have accident insurance. The organizer is taking no responsibility for any damages, injuries or losses and their consequences.

