

TAEKWON-DO

OPEN EUROPEAN CHAMPIONSHIP



2022

APRIL 22-24 • 2022

WROCLAW, POLAND

Open European Taekwon-Do Championships

European Taekwon-Do Open Cup

Date: 23-25.04.2022 r.

Place: Sports Hall in Kietczów Szkolna 3, 55-093 Kietczów (Wrocław)

Entry fee: 80 euro - black belts, 70 euro - colored belts

The schedule of the Championships:

- **Thursday 22.04.2022:**

10:00 - 20:00 - Registration and weigh-in of all competitors (coloured and black belts) in Novotel;

16:00 - 17:30 - Judges meeting (Novotel);

18:00 - 19:00 - Coaches meeting (Novotel);

- **Friday 23.04.2022:**

9:00 - 10:00 - Opening of the European Championships;

10:00 - 14:00 - Conducting black belts competition;

14:00 - 15:00 - Lunch break;

15:00 - 20:00 - Conducting black belts competition;

- **Saturday 24.04.2022:**

9:00 - 14:00 - Conducting black belts competition;

14:00 - 15:00 - Lunch break;

16:00 - 18:00 - Registration and weigh-in of colored belt competitors (Novotel);

15:00 - 20:00 - Conducting black belts competition;

- **Sunday 25.04.2022:**

7:00-8:00 - Registration and weigh-in of all competitors (colored belts) in Novotel;

9:00 - 14:00 - Conducting colored belts competition;

14:00 - 15:00 - Lunch break;

15:00 - 20:00 - Conducting colored belts competition.

Accommodation:

During the registration it is necessary to choose the number of days of stay.
Payment for the hotel will be added automatically at the summary of registration.

Hotel Novotel**** & Ibis Wrocław Centrum

Address: Powstańców Śląskich 7, 53-332 Wrocław

Rooms:

IBIS *** - standard room with breakfast - 40 euro per night/person

IBIS*** - superior room with breakfast - 45 euro per night/person

NOVOTEL**** - superior room with breakfast - 50 euro per night/person.

DOUBLE ROOMS ONLY

Dates to choose:

20-24.04.2022

21-24.04.2022

23-24.04.2022

Additional meals:

Buffet dinner - 3 hot dishes + salad buffet, desserts - 19 euro/day

Prior notification lets you choose the time of dinner for the team; meals are served from 16:00 to 23:00.

Sauna and access to the hotel's gym and training room are included for guests.

Age categories:

Black Belts:

- Younger Junior - 7-14 years old
- Junior - 15-17 years old
- Senior - 18-35 years old
- Masters - 36+ years old

Colored belts:

- Children - 7-12 years old
- Cadet - 13-17 years old
- Senior - 18-35 years old
- Masters - 36+ years old

Patterns (black belts)					
7-14 years old	Male	I Dan	II Dan		
	Female	I Dan	II Dan		
15-17 years old	Male	I Dan	II Dan	III Dan	
	Female	I Dan	II Dan	III Dan	
18-35 years old	Male	I Dan	II Dan	III Dan	IV-VI Dan
	Female	I Dan	II Dan	III Dan	IV-VI Dan
36 years old	Male	I-III Dan	IV-VI Dan		
	Female	I-III Dan	IV-VI Dan		

Sport Sparring (black belts)	Weight categories							
	7-14 years old	Male	-36 kg	-42 kg	-48 kg	-54 kg	-60 kg	-66 kg
Female		-36 kg	-42 kg	-48 kg	-54 kg	-60 kg	+60 kg	
15-17 years old	Male	-55 kg	-60 kg	-65 kg	-70 kg	+70 kg		
	Female	-45 kg	-50 kg	-55 kg	-60 kg	+60 kg		
18-35 years old	Male	-60 kg	-65 kg	-70 kg	-75 kg	-80 kg	- 85 kg	+85 kg
	Female	-50 kg	-55 kg	- 60 kg	-65 kg	-70 kg	+ 70 kg	
36+ years old	Male	-65 kg	-75 kg	+75 kg				
	Female	-60 kg	+60 kg					

Special Techniques	
Male	Twimyo nopi ap cha Busigi
	Twimyo dollyo chagi
	Twimyo nomo yop cha jirugi
	Twio dolmyo yop cha jirugi
	Twimyo Bandoe dollyo chagi
Female	Twimyo nopi ap cha Busigi
	Twimyo dollyo chagi
	Twimyo nomo yop cha jirugi

Strength Tests		
Black Belts	Male	Ap joomuk Jirugi
		Sonkal Taerigi
		Yop Cha Jirugi
		Dollyo Chagi
		Bandae Dollyo Chagi
	Female	Sonkal Taerigi
		Yop Cha Jirugi
		Bandae Dollyo Chagi

Sport Sparring (colored belts)												
Weight categories												
7 -12 years old	Male	-25kg	-30kg	-36 kg	-42 kg	-48 kg	-54 kg	-60 kg	-66 kg	+66kg	10 cup-5 cup, 4 cup-1 cup	
	Female	-25kg	-30kg	-36 kg	-42 kg	-48 kg	-54 kg	-60 kg	-66 kg	+66kg		
13-17 years old	Male	-55 kg	-60 kg	-65 kg	-70 kg	+70 kg					10 cup-5 cup, 4 cup-1 cup	
	Female	-45 kg	-50 kg	-55 kg	-60 kg	+60 kg						
18-35 years old	Male	-60 kg	-65 kg	-70 kg	-75 kg	-80 kg	- 85 kg	+85 kg				10 cup-5 cup, 4 cup-1 cup
	Female	-50 kg	-55 kg	- 60 kg	-65 kg	-70 kg	+ 70 kg					
36+ years old	Male	-65 kg	-75 kg	+75 kg							10 cup-5 cup, 4 cup-1 cup	
	Female	-60 kg	+60 kg									

Patterns (colored belts)				
7-9 years old	Male	10 cup-7 cup	6 cup-3 cup	2 cup-1 cup
	Female	10 cup-7 cup	6 cup-3 cup	2 cup-1 cup
10-12 years old	Male	10 cup-7 cup	6 cup-3 cup	2 cup-1 cup
	Female	10 cup-7 cup	6 cup-3 cup	2 cup-1 cup
13-17 years old	Male	10 cup-7 cup	6 cup-3 cup	2 cup-1 cup
	Female	10 cup-7 cup	6 cup-3 cup	2 cup-1 cup
18-35 years old	Male	10 cup-7 cup	6 cup-3 cup	2 cup-1 cup
	Female	10 cup-7 cup	6 cup-3 cup	2 cup-1 cup
36+ years old	Male	10 cup-5 cup	4 cup-1 cup	
	Female	10 cup-5 cup	4 cup-1 cup	

Online registration:

- Registration begins on 20.01.2022 and will be done through the website.
- Full payment at the time of registration is required.
- Registration and payment - **ONLINE ONLY:** www.me2022.pl
- **Registration deadline** - 03.04.2022

Miscellaneous matters:

- The year of birth of the athlete will determine the allocation to the age category;
- During the Championships there will be team competitions for black belts in patterns and sport sparring. Males will compete in teams of 5 persons + 1 in reserve, while females in teams of 3 persons + 1 reserve;
- One referee is required for every 10 registered competitors. In the absence of a referee the applicant is obliged to pay a fee of 100 euro;
- The organizer provides food and accommodation for the referees for the duration of the competition;
- Black belt patterns: 1 pattern chosen by the referee, 1 pattern chosen by the competitor;
 1. 1st degree will compete with 1st degree with the designated pattern from Chon-Ji to Ge-Baek and one optional between Kwang-Gae to Ge-Baek.
 2. 2nd degree will compete with 2nd degree with the designated patterns from Chon-Ji to Juche and one optional between Eui-Am to Juche.
 3. 3rd degree will compete with 3rd degree with the designated patterns from Chon-Ji to Choi-Yong and optional between Sam-Il to Choi-Yong.
 4. 4th degree will compete with 4th degree with the designated patterns from Chon-Ji to Moon-moo and one optional between Yong-Gae to Moon-Moo.
 5. 5th degree will compete with 5th degree with the designated patterns from Chon-Ji to Se-Jong and one optional between So-San to Se-Jong.
 6. 6th degree will compete with 6th degree with the designated patterns from Chon-Ji to Tong-il and the optional from So-San to Tong-il.
- Colored belts: 1 pattern chosen by the competitor;
- Black belts sport sparring: 2 rounds 2 minutes each, 1 minute rest between rounds;
- Colored belts sport sparring: 2 rounds of 1.5 minutes each, 1 minute break between rounds;
- Special Techniques, Strength Tests and Team Competitions take place for black belts only.

Wroclaw

Wrocław is one of the largest cities in Poland, the capital of the Lower Silesian Voivodeship, and is home to almost one million people. In 2016 Wrocław was the European Capital of Culture. Despite being heavily damaged during World War II, it is full of historical monuments, wonderful parks, recreational areas and great restaurants and bars. The competition is a great opportunity to get to know this beautiful city better.

Below are a few photos of the most important sites we recommend visiting.



