



20th CUP OF FRIENDSHIP PRNJAVOR OPEN 2024



TOP TEN

09.03.2024.





INVITATION

20. Taekwon-do friendship cup

20th Taekwon-do Cup of Friendship **Prnjavor OPEN 2024.**

Dear Presidents, instructors, friends,

It is a great honor to invite you to the 20th Taekwŏn do Friendship Cup for children, cadets, juniors and seniors, which will be held in Prnjavor - Bosnia and Herzegovina on March 9th, 2024.

PROMOTER: Taekwon-do Federation of the Republic of Srpska

ORGANIZER: Taekwon-do club Prnjavor.
The competition will be held in the Sloga sports hall in Prnjavor.

Competition plan:

Saturday, March 9, 2024

08:00 - 09:00 - registration of competitors and weighing

09:00 - 09:30 - meeting of coaches and umpires

10:00 - 10:30 - start of the competition

13:00 - 14:00 - lunch break

14:00 - - continuation of the competition

The competition is held in the following disciplines:

1. Individual sparring
2. Forme / Patterns

The competition is held according to the official rules ITF i A.E.T.F. <https://itfkd.sport/rules/>

All competitors must be dressed in ITF uniforms.

Protective equipment must be in accordance with ITF rules (open ITF gloves and helmets without visor).

Blue and red equipment is optional (competitors will be marked with ribbons).

Individual registration fee for appearance in patterns and sparring is **25 eur** and is paid on the day of the tournament while registering.

Competitors registered in double age categories pay double the registration fee.

The refereeing organization of the Taekwon-do Association of Bosnia and Herzegovina manages the trial.

CATEGORIES OF COMPETITORS - PATTERNS:

KIDS (male and female):

Yellow belt (8. i 7. KUP): Chon Ji to Dan Gun

Green belt (6. i 5. KUP): Chon ji to Won Hyo

YOUNGER CADETS (male and female):

Yellow belt (8. i 7. KUP): Chon Ji to DanGun

Green belt (6. i 5. KUP): Chon ji to Won Hyo

Blue belt (4. i 3. KUP): Chon Ji to Joong Gun

Red belt (2. i 1. KUP): Chon Ji to Hwa Rang

CADETS/PRE JUNIORS (male and female):

Yellow belt (8. i 7. KUP): Chon Ji to DanGun

Green belt (6. i 5. KUP): Chon ji to Won Hyo

Blue belt (4. i 3. KUP): Chon Ji to Joong Gun

Red belt (2. i 1. KUP): Chon Ji to Hwa Rang

I DAN: Chon Ji to Ge Baek

JUNIORS (male and female):

Yellow belt (8. i 7. KUP): Chon Ji do DanGun

Green belt (6. i 5. KUP): Chon ji do Won Hyo

Blue belt (4. i 3. KUP): Chon Ji do Joong Gun

Red belt (2. i 1. KUP): Chon Ji do Hwa Rang

I DAN: Chon Ji to Ge Baek

II DAN and more: Chon Ji to Juche

ADULTS (male and female):

Yellow belt (8. i 7. KUP): Chon Ji to DanGun

Green belt (6. i 5. KUP): Chon ji to Won Hyo

Blue belt (4. i 3. KUP): Chon Ji to Joong Gun

Red belt (2. i 1. KUP): Chon Ji to Hwa Rang

I DAN: Chon Ji to Ge Baek

II DAN: Chon Ji do Juche

III DAN and more: Chon Ji to Choi Yong.

CATEGORIES OF SPARING COMPETITORS:

KIDS (fight duration 2x1 minute/break between rounds 30 seconds):

Female: -18 kg, -21 kg, -24 kg, -27 kg, -30 kg, -33 kg, -36 kg, -39 kg, -42 kg, +42 kg.

Male: -18 kg, -21 kg, -24 kg, -27 kg, -30 kg, -33 kg, -36 kg, -39 kg, -42 kg, +42 kg.

YOUNGER CADETS (fight duration 2x1.5 minutes/break between rounds 30 seconds):

Female: -24 kg, -27 kg, -30 kg, -33 kg, -36 kg, -39 kg, -43 kg, -47 kg, -51 kg, +51 kg.

Male: -24 kg, -27 kg, -30 kg, -33 kg, -36 kg, -39 kg, -43 kg, -47 kg, -51 kg, +51 kg.

CADETS (PRE JUNIORS) (fight duration 2x1.5 minutes/break between rounds 30 seconds):

Female: -29 kg, -33 kg, -37 kg, -41 kg, -44 kg, -47 kg, -51 kg, -55 kg, -59 kg, +59 kg.

Male: -33 kg, -37 kg, -41 kg, -45 kg, -49 kg, -53 kg, -57 kg, -61 kg, -65 kg, +65 kg.

JUNIORS (fight duration 2x2 minutes/break between rounds 1 minute):

Female: -45 kg, -50 kg, -55 kg, -60 kg, -65 +65 kg.

Male: -50 kg, -56 kg, -62kg, -68 kg, -75 kg +75 kg.

ADULTS (fight duration 2x2 minutes/break between rounds 1 minute):

Female: -50 kg, -56 kg, -62kg, -68 kg, -75 kg +75 kg.

Male: -57 kg, -63 kg, -70kg, -78 kg, -85 kg +85 kg.

DEADLINE FOR REGISTRATION OF COMPETITORS: 07.03.2024. (Thursday) until 11:00 p.m.

Address for contestant registration: <https://www.tkdbih.ba/>

PROTEST:

An official protest can be submitted by Coach within 5 minutes after the performance in sparring or patterns, to the Chairman of the Competition and Umpire Committee, after paying the amount of 100 euros to the Competition organizer.

PRIZES:

All winners of the first, second and two third places receive medals and diplomas.

Trophies will be awarded to the best individuals in all age categories, women and men.

ACCOMMODATION:

If you need accommodation, you can contact the organizer to help you find the most suitable accommodation.

INFORMATION:

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Organizing Committee
Taekwon-do Friendship Cup
Prnjavor OPEN 2024.

WELCOME TO BOSNIA AND HERZEGOVINA!

