

XI OPEN INTERNATIONAL TAEKWON-DO ITF

COPA BENIDORM COSTA BLANCA

SÁBADO
24
MARZO

ORGANIZA: CLUB TAE BENIDORM

TAEKWON-DO ITF · CIUDAD DE BENIDORM



ORGANIZA



PROMUEVE



COLABORA





DEAR MASTERS AND INSTRUCTORS

Club Tae Benidorm has the pleasure to invite you to the **X OPEN INTERNATIONAL TAEKWON-DO ITF COPA BENIDORM.**

We would like to meet you on Saturday 24th March 2018 in the Sports hall Palau l'Illa de Benidorm.

COMPETITION

Club Tae Benidorm's Instructors Paco Ferrando and José Luis Diego organize this Benidorm Cup, with the special support of Instructor Alejandro Banega. This event is a recognised one within FEST's events calendar. The Organization keeps the right to change any of the rules for the participants' and the Organization's benefit.






This event is part of the "TAEKWON-DO ITF 3 CHALLENGE CUP" which consist of the MIGHTYFIST ITALIAN TAEKWON-DO OPEN (november 25th , 2017) - THE NI-KKO ROME OPEN TAEKWON-DO ITF (24-25 february 2018) and the XI OPEN COPA BENIDORM - TOP TEN (march 24th 2018)

PLACE: Palau L'illa de Benidorm
DATE: Saturday 24th March 2017
SPORTSHALL OPENING TIME: 8:00 h.
WEIGHT CHECK: Friday 19:30-21:30/Saturday 8:00-8:45
START OF THE COMPETITION: 9:15 h.
UMPIRE'S MEETING: 8:15 h.

***Only ITF Members**

PARTICIPANTS' AGE

All students who meet the following requirements can take part:

-  **PRE INFANTIL category (up to 7)**
-  **INFANTIL category (8-9 / 10-11)**
-  **PRE JUNIOR category (12-14)**
-  **JUNIOR category (15-17)**
-  **SENIOR category (+18)**

all our competitors play by the rules and must have a sports insurance. The Organization keeps the right to ask any participant for it. The Organization has no responsibility for any accident or injury during the competition. The Organization will provide healthcare.



PARTICIPATION'S CATEGORIES

- 1-SPECIAL TECHNIQUES
- 2-PATTERNS
- 3-TEAM PATTERNS
- 4-SPARRING
- 5-PREARRANGED SPARRING

IMPORTANT:

- According to International Rules, dobok trousers and a T-shirt must be worn during the Weight Check. Tolerance will only be of 0.5kg. In any other case the competitor won't be allowed to compete in this category. When the number of competitors in any category is too small, the Organization will be able to change categories.
- There must be at least two (2) competitors in any division and/or category.
- In case of only one (1) competitor he/she will be inserted in another category.
- Awarding will be presented right after the ending of each competition division/ category.

PRE INFANTIL CATEGORY

SPECIAL TECHNIQUES PARTICIPATION:

- Color belts - 1 jump
- Up to 7 years old- Jump Twimyo Nopi Apcha busigi

INDIVIDUAL PATTERNS PARTICIPATION:

- **COLOR BELTS (UP TO 7 MALE AND FEMALE MIXED):** They must perform 1 Optional Pattern
- **GROUP A: 10th gup White - 9th gup White-Yellow:** From Saju Jirugi & Saju Makgi with left and right to Chon-Ji
- **GROUP B: 8th gup Yellow - 7th gup Yellow-Green:** up to Do-San
- **GROUP C: 6th gup Green:** up to Won-Hyo **5th gup Green-Blue:** up to Yul-Gok

SPARRING PARTICIPATION:

- **COLOR BELTS (6/7 YEARS OLD MALE AND FEMALE MIXED):** Height -120 / +120cm
1 round of 1 minute and 30 seconds. **Contact in the face is not allowed.**
- **GROUP A: 10th gup White, 9th gup White-Yellow**
- **GROUP B: 8th gup Yellow, 7th gup Yellow-Green, 6th gup Green**



INFANTIL CATEGORY

SPECIAL TECHNIQUES PARTICIPATION:

- **Cinturones de Color** - 1 jump
- **From 8 to 11 years old** - Jump Twimyo Nopi Apcha busigi

INDIVIDUAL PATTERNS PARTICIPATION:

- **COLOR BELTS (FROM 8 TO 11 MALE AND FEMALE MIXED)::** They must perform 1 Optional Pattern
- **GROUP A: 10th gup White - 9th gup White-Yellow:** from Saju Jirugi & Saju Makgi se harán with left and right to Chon-Ji
- **GROUP B: 8th Gup Yellow - 7th gup Yellow-Green:** up to Do-San
- **GROUP C: 6th gup Green:** up to Won-Hyo **5th gup Green-Blue:** up to Yul-Gok
- **GROUP D: 4th gup Blue:** up to Joong-Gun **3rd gup Blue-Red:** up to Toi-Gye
- **GROUP E: 2nd gup Red:** up to Hwa-Rang **1st gup Red-Black:** up to Choong-Moo

SPARRING PARTICIPATION:

- **COLOR BELTS (FROM 8 TO 9 MALE AND FEMALE MIXED):** Height -130 / +130cm
11 round of 1 minute and 30 seconds.
- **GROUP A: 10th Gup White, 9th Gup White-Yellow**
- **GROUP B: 8th Gup Yellow, 7th Gup Yellow-Green, 6th Gup Green, 5th Gup Green-Blue**
- **GROUP C: 4th Gup Blue, 3rd Gup Blue-Red, 2nd Gup Red**
- **COLOR BELTS (FROM 10 TO 11 MALE AND FEMALE MIXED):** Height -140 / +140cm
1 round of 1 minute and 30 seconds.
- **GROUP A: 10th Gup White, 9th Gup White-Yellow**
- **GROUP B: 8th Gup Yellow, 7th Gup Yellow-Green, 6th Gup Green, 5th Gup Green-Blue**
- **GROUP C: 4th Gup Blue, 3rd Gup Blue-Red, 2nd Gup Red , Black Belt**



PRE JUNIOR CATEGORY

SPECIAL TECHNIQUES PARTICIPATION:

- **Color belts** - 1 jump (from 12 to 14) Twimyo nopi Yopcha jirugi
- **Black belts** - 1 jumps (up to 14) Twimyo Nopi Apcha busigi

INDIVIDUAL PATTERNS PARTICIPATION:

- **COLOR BELTS (FROM 12 TO 14 MALE):** They must perform 1 Optional Pattern
- **GROUP A: 10th gup White - 9th gup White-Yellow:** from Saju Jirugi & Saju Makgi se harán with left and right to Chon-Ji
- **GROUP B: 8th Gup Yellow - 7th gup Yellow-Green:** up to Do-San
- **GROUP C: 6th gup Green:** up to Won-Hyo **5th gup Green-Blue:** up to Yul-Gok
- **GROUP D: 4th gup Blue:** up to Joong-Gun **3rd gup Blue-Red:** up to Toi-Gye
- **GROUP E: 2nd gup Red:** up to Hwa-Rang **1st gup Red-Black:** up to Choong-Moo

- **COLOR BELTS (FROM 12 TO 14 FEMALE):** They must perform 1 Optional Pattern
- **GROUP A: 10th gup White - 9th gup White-Yellow:** from Saju Jirugi & Saju Makgi se harán with left and right to Chon-Ji
- **GROUP B: 8th Gup Yellow - 7th gup Yellow-Green:** up to Do-San
- **GROUP C: 6th gup Green:** up to Won-Hyo **5th gup Green-Blue:** up to Yul-Gok
- **GROUP D: 4th gup Blue:** up to Joong-Gun **3rd gup Blue-Red:** up to Toi-Gye
- **GROUP E: 2nd gup Red:** up to Hwa-Rang **1st gup Red-Black:** up to Choong-Moo

• PRE JUNIOR-BLACK BELTS (UP TO 14 YEARS OLD):

During the main rounds they must perform . **1 Designated Pattern**
In Semifinals and Finals they must perform **1 Designated Pattern**
Male and Female Categories

TEAM PATTERNS PARTICIPATION

- **Team Patterns:** Schools can present as many teams as they want

a) Color belt category from 12 to 14 male and female mixed (from 3 to 5 competitors)

An Optional Team Pattern will be performed

*You can add participants from 10 to 11 years old.



PRE JUNIOR CATEGORY

SPARRING PARTICIPATION:

- **COLOR BELTS (12 TO 14 MALE):**

-45kg -52kg -60kg +60kg. 1 round of 2 minutes

- **GROUP A:** 10th Gup White, 9th Gup White-Yellow, 8th Gup Yellow, 7th Gup Yellow-Green

- **GROUP B:** 6th Gup Green, 5th Gup Green-Blue, 4th Gup Blue, 3rd Gup Blue-Red

- **GROUP C:** 2nd Gup Red, 1st Gup Red-Black and 1st Dan

- **COLOR BELTS (12 TO 14 FEMALE):**

-45kg -50kg +50kg +55kg. 1 round of 2 minutes

- **GROUP A:** 10th Gup White, 9th Gup White-Yellow, 8th Gup Yellow, 7th Gup Yellow-Green

- **GROUP B:** 6th Gup Green, 5th Gup Green-Blue, 4th Gup Blue, 3rd Gup Blue-Red

- **GROUP C:** 2nd Gup Red, 1st Gup Red-Black and 1st Dan



JUNIOR CATEGORY

SPECIAL TECHNIQUES PARTICIPATION:

- **Color belts - 1 jump (from 15 to 17 male or female)** Twimyo nopi Yopcha jirugi
- **Black belts - 2 jumps (from 15 to 17 male or female)** Twimyo Nopi Apcha busigi - Twimyo nopi Yopcha jirugi

PRE ARRANGED FREE SPARRING PARTICIPATION

- a) From 14 to 17 male and female mixed category. Color belt
- b) Mixed Category up to 17. Black belts

INDIVIDUAL PATTERNS PARTICIPATION:

- **COLOR BELTS (FROM 15 TO 17 MALE):** They must perform 1 Optional Pattern
- **GROUP A: 10th gup White - 9th gup White-Yellow:** from Saju Jirugi & Saju Makgi se harán with left and right to Chon-Ji
- **GROUP B: 8th Gup Yellow - 7th gup Yellow-Green:** up to Do-San
- **GROUP C: 6th gup Green:** up to Won-Hyo **5th gup Green-Blue:** up to Yul-Gok
- **GROUP D: 4th gup Blue:** up to Joong-Gun **3rd gup Blue-Red:** up to Toi-Gye
- **GROUP E: 2nd gup Red:** up to Hwa-Rang **1st gup Red-Black:** up to Choong-Moo
- **COLOR BELTS (FROM 15 TO 17 FEMALE):** They must perform 1 Optional Pattern
- **GROUP A: 10th gup White - 9th gup White-Yellow:** from Saju Jirugi & Saju Makgi se harán with left and right to Chon-Ji
- **GROUP B: 8th Gup Yellow - 7th gup Yellow-Green:** up to Do-San
- **GROUP C: 6th gup Green:** up to Won-Hyo **5th gup Green-Blue:** up to Yul-Gok
- **GROUP D: 4th gup Blue:** up to Joong-Gun **3rd gup Blue-Red:** up to Toi-Gye
- **GROUP E: 2nd gup Red:** up to Hwa-Rang **1st gup Red-Black:** up to Choong-Moo
- **JUNIOR-BLACK BELTS (FROM 15 TO 17):**
During the main rounds and finals they must perform 1 **Designated Pattern.**
Male and Female Categories
 - **1st dan:** Up to Ge-Baek
 - **2nd dan - 3rd dan:** Up to Juche



JUNIOR CATEGORY

TEAM PATTERNS PARTICIPATION:

- **Team Patterns:** Schools can present as many teams as they want
- a) **Color belt category from 15 to 17 male and female mixed (from 3 to 5 competitors)**
An Optional Team Pattern will be performed
- b) **Black belt category Junior up to 17 male and female mixed (from 3 to 5 competitors)**
An Optional Team Pattern will be performed

SPARRING PARTICIPATION:

• COLOR BELTS/BLACK BELS (15 TO 17 MALE):

-50kg -56kg -62kg -68kg -75kg +75kg.

(1 round of 2 minutes **colorbelt**)

(2 round of 2 minutes **blackbelt**)

• **GRUPO A:** 10th Cup White, 9th Cup White-Yellow, 8th Cup Yellow, 7th Cup Yellow-Green

• **GRUPO B:** 6th Cup Green, 5th Cup Green-Blue, 4th Cup Blue, 3rd Cup Blue-Red

• **GRUPO C:** 2nd Cup Red, 1st Cup Red-Black

• **GRUPO D:** Black belts

• COLOR BELTS/BLACK BELS (15 TO 17 FEMALE):

-50kg -55kg +55kg.

(1 round of 2 minutes **colorbelt**)

(2 round of 2 minutes **blackbelt**)

• **GRUPO A:** 10th Cup White, 9th Cup White-Yellow, 8th Cup Yellow, 7th Cup Yellow-Green

• **GRUPO B:** 6th Cup Green, 5th Cup Green-Blue, 4th Cup Blue, 3rd Cup Blue-Red

• **GRUPO C:** 2nd Cup Red, 1st Cup Red-Black

• **GRUPO D:** Black belts



SENIOR CATEGORY

— SPECIAL TECHNIQUES PARTICIPATION

- **Color belts** - 1 jump (18 and above male or female) Twimyo nopi Yopcha jirugi
- **Black belts** - 2 jumps (18 and above male or female) Twimyo Nopi Apcha busigi - Yopcha jirugi)

— PRE ARRANGED FREE SPARRING PARTICIPATION:

- a) Senior mixed category 18 años and above color belts
- b) Senior mixed category 18 años and above black belts

— INDIVIDUAL PATTERNS PARTICIPATION:

- **COLOR BELTS (18 AND ABOVE MALE):** They must perform 1 Optional Pattern
- **GROUP A: 10th gup White - 9th gup White-Yellow:** from Saju Jirugi & Saju Makgi se harán with left and right to Chon-Ji
- **GROUP B: 8th gup Yellow - 7th gup Yellow-Green:** up to Do-San
- **GROUP C: 6th gup Green:** up to Won-Hyo **5th gup Green-Blue:** up to Yul-Gok
- **GROUP D: 4th gup Blue:** up to Joong-Gun **3rd gup Blue-Red:** up to Toi-Gye
- **GROUP E: 2nd gup Red:** up to Hwa-Rang **1st gup Red-Black:** up to Choong-Moo

- **COLOR BELTS (18 AND ABOVE FEMALE):** They must perform 1 Optional Pattern
- **GROUP A: 10th gup White - 9th gup White-Yellow:** from Saju Jirugi & Saju Makgi se harán with left and right to Chon-Ji
- **GROUP B: 8th Gup Yellow - 7th gup Yellow-Green:** up to Do-San
- **GROUP C: 6th gup Green:** up to Won-Hyo **5th gup Green-Blue:** up to Yul-Gok
- **GROUP D: 4th gup Blue:** up to Joong-Gun **3rd gup Blue-Red:** up to Toi-Gye
- **GROUP E: 2nd gup Red:** up to Hwa-Rang **1st gup Red-Black:** up to Choong-Moo

- **BLACK BELTS (18 AND ABOVE):**

During the main rounds and finals they must perform **1 Designated Pattern.**

Male and Female Categories

- **1st dan:** up to Ge-Baek
- **2nd dan:** up to Juche
- **3rd dan:** up to Choi-Yong
- **4th / 6th dan:** up to Moon-Moo



SENIOR CATEGORY

TEAM PATTERNS PARTICIPATION:

- **Black belt category male and female mixed.** 1 Designated Pattern.
- **Color belt category male and female mixed.** 1 Designated Pattern.

SPARRING PARTICIPATION:

• **COLOR BELTS/BLACK BELS (18 AND ABOVE MALE):**

-65kg -75kg -85kg +85kg.

(1 round of 2 minutes **colorbelt**)

(2 round of 2 minutes **blackbelt**)

• **GRUPO A:** 10th Gup White, 9th Gup White-Yellow, 8th Gup Yellow, 7th Gup Yellow-Green
6th Gup Green, 5th Gup Green-Blue.

• **GRUPO B:** 4th Gup Blue, 3rd Gup Blue-Red, 2nd Gup Red, 1st Gup Red-Black

• **GRUPO C:** Black belts

• **COLOR BELTS/BLACK BELTS (18 AND ABOVE FEMALE):**

-55kg -62kg +62kg. 1 round of 2 minutes

(1 round of 2 minutes **colorbelt**)

(2 round of 2 minutes **blackbelt**)

• **GRUPO A:** 10th Gup White, 9th Gup White-Yellow, 8th Gup Yellow, 7th Gup Yellow-Green
6th Gup Green, 5th Gup Green-Blue.

• **GRUPO B:** 4th Gup Blue, 3rd Gup Blue-Red, 2nd Gup Red, 1st Gup Red-Black

• **GRUPO C:** Black belts



EQUIPMENT

Competitors who take part in the Sparring category must wear:

- **Compulsory helmet Red-Blue:** It will show the competitor's corner
- **Semi-contact gloves and feet protection Red-Blue:** No closed gloves allowed.
- **Compulsory mouth guard (clear color)**
- **Compulsory groin guard for all male participants**
- **Dobok ITF Approved**

IMPORTANT: In case of doubt about any material to be used during the event the Chief of Umpires will be able to decide whether it can be used or not.

Only ITF approved equipment will be allowed

<http://approved.tkd-itf.org/ext/approved-itf/>

AWARDS

- All participants under 7 years old will get an award for their participation
 - From 8 years old, the top 4 classified will get a medal
 - The top 4 Juniors and seniors Black Belts will get a medal, a Special Tshirt, plus.....
 - In traditional sparring gold will also get a 100€*
 - In Sparring gold will get a pair of exclusive gloves and 100€*
 - In Pattern gold will get a 100€*
- (* all the cash will be just in case of 4 or more competitors in the category)

UMPIRES

- They must wear a white shirt, navy blue trousers (no jeans), a blue tie and white sport shoes
- The umpire must be in possession of his current qualification and be over 16 years old
- Each school must register its umpires. In case the school doesn't present its umpires according the competitors' registration, it will have to pay the penalty of 90€ for any one of them
- **UP TO 7 PARTICIPANTS** -1 umpire, over 8 -2 umpires.
- The coach is the only one that might present a protest according the ITF Tournament rules. Protest fee: 100€



COACH

They must wear a tracksuit, trainers, a towel and gloves and be 15 or above.

INSCRIPTION

- **Inscription deadline: Friday 16th March.**
- **Registration and contact: Instructors must send the registration forms to taebenidorm@gmail.com**
- **Contact: Paco Ferrando 615442949 José Luis Diego 667226827**
- **The participation fees for two modalities are:**
 - color belt - up to 13 year old 25€**
 - color belt 14 years old and above 30€**
 - Black belts junior and senior 35€**
- Third and fourth modality**
 - 10€ plus**
- Team pattern**
 - 25€ per team**
- **On Friday 16th March all schools will be informed about the total amount to pay. Payment of the inscriptions will be made by bank transfer to the following in cash at arrival**

RESPONSIBILITY

The Organization of the event cannot be held responsible in case of any kind of accident or injury. Participation in the event implies that the participant knows the event rules.

All competitors must have a sports insurance. The Organization keeps the right to ask any participant for it. The Organization has no responsibility for any accident or injury during the competition. The Organization will provide healthcare.

The organization recalls that it is advisable for the participant to have accident insurance (it is compulsory for all FEST participants). We remind all schools to have prepared the information that is requested in hospitals, because it will be necessary in case of injury, as well as the identification documents of the participant.

The Hospitals near Benidorm are HOSPITAL CLÍNICA BENIDORM, HOSPITAL LEVANTE (both private) and Hospital Marina Baixa Villajoyosa (public).



DRAW

The draw will be published before the competition, for this reason it won't be possible to make any changes the day of the event. Because of this we ask all coaches to make sure that all their students have given the correct data for their participation (weight and/or height) and that in no case they can disagree if there has been an error in these data.

IMAGE AND EVENT LOGOS

The image of the event, the logos and the posters belong exclusively to the organizers.

Authorized photographers and press personnel may take photos and filming from the competition area.

Competitors can only take photographs from behind the fences or from the stands. The official photos will be published on the event's facebook.

COLLABORATORS

TOWN HALL OF BENIDORM
TOP TEN
COSTA BLANCA
HOTEL ESTACIÓN

ACCOMMODATION

We have deal a special agreement with hotel Estacion, 5 minutes walk from de Sporys Venue. For more information send an email to taebenidorm@gmail.com



PLACE

Benidorm is located on the southeast coast of Spain, in the province of Alicante.

The information provided is indicative and may be subject to variation by companies.

BY PLANE

You can arrive by airplane to the nearest airport which is Alicante (about 40 minutes by car) or you can also fly to Valencia (about 1 hour and 30 minutes).

Low cost companies that fly to Alicante

www.Ryanair.es
www.easyjet.com
www.aerlingus.com
www.airberlin.com
www.aireuropa.com
www.eurowings.com
www.flybe.com
www.jet2.com
www.vueling.com
www.norwegian.com

BY BUS

You can arrive to Benidorm by coach from the main cities in Spain.

Alicante (centre)-Benidorm (distance: 44,8km, 35 minutes)

From Monday to Sunday. Bus company www.alsa.com

Prize: 8€ per person aprox

Alicante airport-Benidorm (Europa Avenue)

08:00,09:00,10:00,11:00,12:00,13:00,14:00,15:00,16:00,17:00,18:00*,19:00,20:00*,21:00 & 23:00.

PUBLIC BUS IN BENIDORM:

Regular line number 4 (about 1,5€ per person)

TAXI

The taxi journey (about 8-10€)

**Thank you very much for your interest in wanting to participate.
ORGANIZING COMMITTEE**

www.taebenidorm@gmail.com

MAIN SPONSOR:

TOP TEN