



**INTERNATIONAL
TAEKWON-DO FEDERATION**



MINISTRY OF SPORTS
DEVELOPMENT OF THE REPUBLIC OF
UZBEKISTAN



2023

MARCH 16-19



1 ST CENTRAL ASIAN TAEKWON-DO CHAMPIONSHIP

**TAEKWON-DO
ITF
UZBEKISTAN**



Tashkent



TAEKWON-DO



1st CENTRAL ASIAN CHAMPIONSHIP
16-19.03.2023 UZBEKISTAN, TASHKENT



WELCOME- Tashkent

Tashkent is the capital of Uzbekistan, which is famous for its numerous museums and a combination of modern and Soviet architecture. The Timurid History Museum houses manuscripts, weapons and other relics of the famous dynasty. Nearby is a huge Museum of the History of Uzbekistan, which displays ancient Buddhist artifacts. The Tashkent TV tower rises above the city, from the observation deck of which a panoramic view of the city opens.

Area: 435 km²

Altitude above sea level: 455 m



“Dear Grand Masters and Masters, Dear NGB's Central Asian and participants, It is a great pleasure once again to welcome the Taekwon–Do ITF elite in the city of Tashkent I am looking forward to meeting you all at the biggest 1st Central Asian event and I hope that you and your members will enjoy a pleasant and unforgettable experience in Tashkent, one which we can all be proud of and have good memories to reflect on .Ministry of Sports Development of the Republic of Uzbekistan, The Central Asian Taekwon–Do Federation ITF and National association Taekwon-Do ITF of Uzbekistan are hoping of your understanding and support, and are looking forward to seeing you soon again. We are looking forward to seeing you all, during the 1st Central Asian Championship Taekwon–Do ITF. 1st Central Asian Championship Taekwon–Do ITF from 16th to 19th of March 2023.”

Sincerely yours,

Master Laziz Khasanov,

President of the National Association

Taekwon-Do ITF Uzbekistan.



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ORGANIZER & PROMOTER

PROMOTER

Central Asian Taekwon-Do Federation

ORGANIZER

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ITF of Uzbekistan**

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BASIC INFORMATION

#DATE

16th – 19th March 2023

VENUE

REGISTRATION PLACE:

Hotel Uzbekistan

45 Mirzamakhmud Musakhanov Street, Tashkent

<https://hotel-uz.com/en/>



SPORTS HALL:

"YUNUSOBOD sport complex"

Tashkent, Yunusabad district, Iftikhor street 1

GPS coordinates: 41.34758 ,69.28449

<http://yunsc.uz/eng/>



Google Maps link: <https://goo.gl/maps/ceXDheBjrSeongBG9>

One of the largest multifunctional sports and entertainment facilities in Uzbekistan.

THE COMPLEX IS PRESENTED BY:

- Universal sports arena;
- Olympic indoor pool;
- Tennis courts;
- Mini - football fields;
- Gyms, changing rooms, medical offices, administrative and technical rooms and much

Visa of the Republic of Uzbekistan

Visa-free for 86 countries.

Additionally <https://visa.mfa.uz/site/index?language=en>



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IMPORTANT DATES AND DEADLINES

1st Deadline - 20th February 100\$ non refundable **deposit** and visa application

2nd Deadline - 1st March 200\$ non refundable **deposit** and visa application

Registration - Online Registration will be open till 11th of March 2023 for any change.
Last date for arrival of one responsible person per NGB Central Asia to register the whole team 16th of March 2023.

#Registration

- Registration should be made online only via the Official ITF Online Platform at: <https://data.taekwondo-itf.com/event/31722/4720>
- Should you have any problems accessing the online application, please contact the ITF Technical Support at support@taekwondo-itf.com
- All the payments and penalties for your NGB Central Asia will be available within the online Application, therefore your Head of the delegation can prepare their payment in advance.

FOR THE CENTRAL ASIA CHAMPIONSHIP ...

#TRANSPORTATION & ARRIVAL

Countries arriving at Tashkent , should inform the organizer of their schedule including arrival/departure time schedule and flight numbers before 12th of March 2023, by the Online registration form.

Transportation to and from Tashkent Airport , from and to Sports Hall "YUNUSOBOD sport complex" and the hotels Uzbekistan will be arranged by the organizer. Without booking, no transportations are available from the organizer; subsequently own means of transportation must be made. Groups arriving by other means should proceed to the meeting point – Hotel Uzbekistan, at the designated time.

IMPORTANT: The arrival of all delegations must be on 16th March till 15:00 h. Arrival time means time of arrival to the weight-in room.



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FOR THE CHAMPIONSHIP ...

#REGISTRATION

Only one (1) responsible person per NGB CENTRAL ASIA (Coach or other responsible representative) is needed to register the whole team and to carry out the payments. The rest of the team could arrive later to attend the Competitor's check. Registration is only possible between the given office hours. NGBs CENTRAL ASIA which fail to attend on time might be suspended from the CENTRAL ASIA Championship or will pay a penalty for late registration. (This is subject to the decision of the Organizing Committee).

Last time of arrival for the whole team (all competitors): 16th March 2023 15:00 h.

After the preliminary deposit the registration will be opened only for the persons who paid for it (The deposit must be for all team members not only for the competitors).

Example: If the Team manager is going to make a prepayment for 25 persons, he will be able to register only those 25 persons through the online registration.

#COMPETITOR'S CHECK

All competitors must be present. They will be checked for:

- Nationality (A passport of the country or VISA or other residency document (e.g. employer card, student card) must be presented to prove that the competitor may compete for his/her country)
- Black belt ID card
- Weight-in for those who are competing in sparring
- Each competitors will have to sign in advance a Liability Waiver Form as introduced in the ITF rules.
- After the check of all NGB Central Asia members is finished, the ID cards for all the participants will be given to the coach.

Last time of arrival for the whole team (all competitors): 16th March, till 15:00 h.



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PAYMENTS & PENALTIES ...

PAYMENT

DEPOSITS MUST BE SENT TO THE FOLLOWING BANK ACCOUNT.

1st DEPOSIT 100 \$ – per person non refundable – Deadline 20 th February 2023

2nd DEPOSIT 150 \$ – per person non refundable – Deadline 1st March 2023

ACCOUNT NAME: Uzbekistan National association Taekwon-Do ITF

ACCOUNT NUMBER: 20208978903192144001

SWIFT code(BIC): 00407

NAME OF THE BANK: National BANK

BANK ADDRESS: 100060, Tashkent city, Mirabad district, Ya. Gulomov street, 95

Rest of the payment will be made in cash at the registration venue after confirmation on the final application forms and after accommodation forms.

PAYMENTS & PENALTIES ...

#FEES

- Individual entry fee: 40 \$ per competitor
- Team entry fee: 30 \$
- Accreditation fee for the countries using their own accommodations, i.e. if not booking via the Organizer: 300 \$ per person (Note: after payment, these participants will receive only ID card and no other package services, including transportation, full board meals and other accommodation– related services).

IMPORTANT: Countries who will receive the Uzbekistan VISA through the Organizing Committee, must be accommodated at the organization's hotels.

#PENALTIES

- Any change after 11th of March on the Registration 100 \$
- Late arrival of responsible person to the registration 200 \$
- Late arrival of the whole team 50 \$ per person

IMPORTANT: The last arrival of all delegations must be 16th March, till 15:00 h.



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ACCOMMODATION ...

#WHY DIFFERENT PACKAGES AND PRELIMINARY DEPOSIT DEADLINES?

Due to the fact that Tashkent is capital of Uzbekistan, the hotels will be very busy, that is why their prices will depend on when the deposit will be paid—namely after 1st, 2nd final deadline they will be accommodated on different packages, as it is pointed at the tables below.

Each package includes:

- Accommodation according to selected type of package
- Transport from/to airport
- Full board (breakfast, lunch, dinner)
- Free entrance to the sport hall
- Free entrance to the opening/closing ceremony
- Medical assistance during the competition days (only for injured competitors)

ACCOMMODATION ...

#PACKAGE BEFORE 1ST DEADLINE – IF YOU PAY THE PRELIMINARY DEPOSIT BEFORE 15th FEBRUARY 2023

DURATION	BASIC	LUXURY	BASIC	LUXURY
4 days / 3 nights	150 \$	210 \$	300 \$	420 \$
5 days / 4 nights	200 \$	280 \$	400 \$	560 \$

ALL PRICES ABOVE ARE PER PERSON FOR A DOUBLE ROOM. FOR SINGLE ROOM PRICES, ADD 20 \$ PER DAY.

#PACKAGE BEFORE 2nd DEADLINE – IF YOU PAY THE PRELIMINARY DEPOSIT BEFORE 1ST MARCH 2023 WE CAN PROVIDE YOU WITH THE FOLLOWING ACCOMMODATION:

DURATION	BASIC	LUXURY	BASIC	LUXURY
4 days / 3 nights	170 \$	280 \$	400 \$	560 \$
5 days / 4 nights	226 \$	372 \$	533 \$	746 \$

ALL PRICES ABOVE ARE PER PERSON FOR A DOUBLE ROOM. FOR SINGLE ROOM PRICES, ADD 20 \$ PER DAY.



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ACCOMMODATION ...

#ACCOMMODATION DEADLINE – 05th March 2023

Registration must be open till 11th March 2023 for any change the NGBs Central Asia wants. The full applications must be submitted before this date.

After this Final Deadline ALL changes are to get penalized. During the registration, coaches will come to check the application, but they will need to pay for each and every change of any item in the application, should they need to make any.

Please do not forget to fill in all important parts of the application:

- List of all competitors, their disciplines and team membership
- List of all teams, including self-defence routine
- Coaches
- NGB Central Asia officials and representative
- Umpires (Both selected and self paying)
- Photos of all competitors (JPG format) must be inserted into the application software. Failing to do so you will not be able to finish the online registration. We will need two types of photos one for the ID card and another for the awarding video wall (you can see example of this photos in the online application software).

CHAMPIONSHIP RULES AND REGULATIONS ...

#COMPETITION RULES

This 1st Central Asia Championship is held in accordance with the ITF rules (the latest version is available on ITF website), unless stated otherwise in the specific cases. If not covered by the ITF Rules or unless stated otherwise in the Information pack, then the ITF Umpire or Tournament committees will take the final decision.

#COMMON RULES VALID FOR ALL AGE CATEGORIES

- Only affiliated NGBs Central Asia and ITF registered 4 gup to black belt holders can participate in the 1st Central Asia Championship.
- The Dan and age of competitors must be valid and identical on both Dan certificates and ITF booklets.
- All Competitors must be in possession of a full set of blue and red approved safety equipment for sparring. Other colors will not be allowed.

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CHAMPIONSHIP RULES AND REGULATIONS ...

- The Competitors must follow the ITF dress code . Only competitors who wear the official ITF endorsed Sasung Dobok manufactured by Sasung Company will be allowed to access the competition.
- If competitors want to have their country's name on Dobok, they are allowed to wear it on the back under the “pine-tree”.
- Competitor's number should be below the belt on the back of the dobok jacket.
- Competitors should bear the NGB Logo or the Trademark of sponsor on the left sleeves of Dobok and should be 15 cm below the shoulder line.
- Competitors should bear the national flag on the right part of the front of Dobok shirt at the same level of ITF Logo and should be 3 by 5 cm.
- It is a responsibility of each competitor to have their own health insurance . The organizer is not responsible for any damage or loss.

AGE CATEGORIES ...

#PATTERN

(Two competitors can enter one division per country)

For Cadets Category Male- Female 11–13 years old

1 division 4-1 gup CHON-JI to CHOONG-Moo

2 division I DAN CHON-JI to GE-BAEK

For Junior Category Male- Female 14–15 years old

1 division 4-1 gup CHON-JI to CHOONG-Moo

2 division I -II DAN CHON-JI to JU-CHE

For Junior Category Male- Female 16–17 years old

1 division 4-1 gup CHON-JI to CHOONG-Moo

2 division I -III DAN CHON-JI to CHOI-YONG

For Adult Category Male- Female 18–39 years old

I -VI DAN CHON-JI to SE-JONG

TEAM PATTERN

(One team can participate from each country)

11-13,14-15,16-17,18-39



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DISCIPLINES ...

#SPARRING

- Cadet, Juniors and Adults competitors will be divided division 4-1 gup division I dan ,adult I-VI dan .
- Head guards are compulsory for all age categories
- Shin guards are compulsory for all age categories
- Gloves shall be closed 10 ounce, showing “10 oz” on the gloves. This applies for adults, juniors and cadets.

#SPARRING

- Allowed hand techniques and foot techniques.
 - Hand techniques – Hand techniques using “Ap jumok”, “Dung jumok” and “Yop jumok”.
 - Foot techniques – Foot techniques using “Ap kumchi”, “Bal Dung”, “Balkal”, “Bal duitchuk”, “Balbadak”.
- When the centre referee considers a 4 or 5 points technique has been scored he/she will stop the competition with the command “Hecho”. He/she will raise his/her hand indicating 4 or 5 points techniques. His other arm pointing to the relevant competitor and the corner referees must score the points. The coach of the opposite team can ask for video protest against the decision of the centre referee.
- Team competition sparring:
 - Each team will have a maximum of 20 seconds for a competitor to be ready to spar. Time

clock will be shown with 20 second countdown for first team. When this member is ready the clock will be restarted for the opposing competitor, this will be a maximum of 40 seconds between each bout. Failure with competitor to be ready within 20 seconds, will result in him/her losing that match.

SPARRING (Two competitors can enter one weight division per country)

For Cadets Category Male 11–13 years old

1 division 4-1 gup

- 35 kg, - 40 kg, - 45 kg, - 50 kg, - 55 kg, - 60 kg, 65 kg, + 65 kg

For Cadets Category Female 11–13 years old

- 30 kg, -35 kg, - 40 kg, - 45 kg, - 50 kg, - 55 kg, - 60 kg, + 60 kg



For Cadets Category Male 11–13 years old

2 division black belt

- 35 kg, - 40 kg, - 45 kg, - 50 kg, - 55 kg, - 60 kg, - 65 kg, + 65 kg

Cadets Category Female 11–13 years old

- 30 kg, - 35 kg, - 40 kg, - 45 kg, - 50 kg, - 55 kg, - 60 kg, + 60 kg

For Junior Category

1 division 4-1 gup

Juniors Male 14–15 years old

- 45 kg, - 50 kg, - 55 kg, - 60 kg, - 65 kg, - 70 kg, + 70 kg

Juniors Female 14–15 years old

- 40 kg, - 45 kg, - 50 kg, - 55 kg, - 60 kg, - 65 kg, + 65 kg

Juniors Male 14–15 years old

2 division black belt

- 45 kg, - 50 kg, - 55 kg, - 60 kg, - 65 kg, - 70 kg, + 70 kg

Juniors Female 14–15 years old

- 40 kg, - 45 kg, - 50 kg, - 55 kg, - 60 kg, - 65 kg, + 65 kg

For Junior Category

1 division 4-1 gup

Juniors Male 16–17 years old

- 45 kg, - 51 kg, - 57 kg, - 63 kg, - 69 kg, - 75 kg, + 75 kg

Juniors Female 16–17 years old

- 40 kg, - 46 kg, - 52 kg, - 58 kg, - 64 kg, - 70 kg, + 70 kg

Juniors Male 16–17 years old

2 division black belt

- 45 kg, - 51 kg, - 57 kg, - 63 kg, - 69 kg, - 75 kg, + 75 kg

Juniors Female 16–17 years old

- 40 kg, - 46 kg, - 52 kg, - 58 kg, - 64 kg, - 70 kg, + 70 kg



For Adult Category

One competitors can enter one weight division per country.

Competitors participating in Adult age category must be 18-39 years old on March 16th August 2023 and must be Dan ITF black belt certificates.

Adult Male - 52 kg, - 58 kg, - 64 kg, - 71 kg, - 78 kg, - 85 kg, - 92 kg, + 92 kg

Adult Female - 47 kg, - 52 kg, - 57 kg, - 62 kg, - 67 kg, - 72 kg, - 77 kg, + 77 kg

Team Sparring

One team can participate from each country.

Team Sparring 11-13 years (Cadets)

Team Sparring 14-15 years (Junior)

Team Sparring 16-17 years (Junior)

Team Sparring 18-39 years (Adult)

DISCIPLINES ...

#SELF DEFENCE ROUTINE

Self-defense routine must consist of 1 + 3 (male hero) and 1 + 2 (female hero).

- The team will have only ten (10) second introductions before the hero shouts “Ya”.
- For Junior and Adult Championships, competitors should perform within a minimum of 40 seconds and a maximum of 60 seconds . Two points will be deducted for two seconds under (38-40) or over (60-62) the time period; any more will result zero points (0).

SELF-DEFENSE

One team can participate from each country

11-13 years male/ female (Cadets)

14-15 years male/ female (Junior)

16-17 years male/ female (Junior)

18-39 years male/ female (Adult)



CHAMPIONSHIP RULES AND REGULATIONS ...

#UMPIRES

The Organizing Committee will pay 4 days/ 3 nights hotel accommodation for 40 qualified umpires. Umpires are selected and invited personally by the chairmen of the umpire committees of the Central Asia federations .

The referees' personal invitation will also be mentioned the position they will occupy (eg. jury, center referee, etc.)

- For every ring – for sparring, pattern and self–defense will be defined six corner referees for a ring. They will work on a rotary principle– four of them work, 2 of them rest, as they change during a certain time.
- Three center referees for a ring will work on a rotary principle, as one of them is in the middle, one is in the area for checking the equipment, one will rest.
- Two jury presidents for every ring will work on a rotary principle.

CHAMPIONSHIP RULES AND REGULATIONS ...

#UMPIRES

Late arrival is not acceptable. Selected umpires will be required to attend all the Umpire Meetings and carry out all their duties as scheduled in the period of the event. Their accommodation are to be paid excluding any extra services (drinks, telephone calls etc.). The Central Asia Umpire Committee will disqualify any Umpires who do not abide by the work schedules or guidelines and such Umpires will have to pay for the hotel accommodation and meals by themselves.

Other, Reserved and Self paying umpires may also attend but they must pay for the Hotel expenses and may or may not be called on service by the Central Asia Umpire Committee.

The Umpire's dress code will consist of the navy blue blazer jacket, white long sleeved shirt, navy blue trousers, navy blue necktie indicated by the position that he/she will occupy, white short socks and white sport shoes as stated in the Umpire rules.

•#COACHES

- Coaches are the only responsible persons who may stand in for the competitor, hand in protests, etc. The protest must be immediately notified to the jury president at the end of the match. Once a protest is immediately received, the normal protest time allocation is then applied.



- Regulated protest fee (50\$) must be paid when presenting the protest. (If the protest is valid, then the protest fee will be returned to the coach.)
- In the event of an objection against the decision of the jury during a match in the disciplines - pattern, sparring, self-defense, special technique and power test (individual and team) the coach may ask the Referee for an immediate "Video protest". The decision of the "Commission on the video protest" is final; not accepted are any further requests during the match or protests after the match.

Coach must be ITF Black belt holder. Coaches must be able to speak the official language - English and use both English and Korean terminologies.

- Only one coach is allowed to enter the ring with the competitor or team.
- All coaches should know and strictly observe the ITF Tournament & Umpire Rules. All coaches are responsible for ensuring that their competitors conduct themselves in a courteous manner and adhere to the ITF tournament rules.

Coaches must unconditionally obey the commands and decisions of umpires on duty, Umpire Committee, Tournament Committee and staff on duty, as long as they are not contradictory to the ITF Tournament & Umpire Rules.

#AWARDS & CEREMONIES

All participants will receive a Certificate of Participation signed by the Central Asia President and President of the Organizing Committee. Finalists of specified divisions and categories will receive the Diplomas

and Medals. At the awarding ceremony finalists must wear ITF Dobok or the team apparels.

- For the Opening Ceremonies, the participants can wear the ITF Dobok or the team apparels. Each Country must send 20 competitors to represent their countries during the official parade.

PRELIMINARY #SCHEDULE

16 th March

- 09:00 – 12:00 – Registration and Weight-in (Hotel Uzbekistan)
- 13:00 – 16:00 – Registration and Weight-in (Hotel Uzbekistan)



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17 th March Patterns (Individual and Team Tul)

- 08:30 - 12:00 - Competition
- 12:00 - 13:00 - Lunch Break
- 13:30 - 17:50 - Competition
- 18:00 - 19:00 - Opening Ceremony
- 19:00 - 19:45 - Awarding Ceremony

18 th March Sparring (Individual)

- 08:30 - 12:00 - Competition
- 12:00 - 13:00 - Lunch Break
- 13:30 - 18:30 - Competition
- 18:30 - 19:20 - Awarding Ceremony

19 th March Sparring (Individual and Team Sparring)

- 08:30 - 12:00 - Competition
- 12:00 - 13:00 - Lunch Break
- 13:30 - 18:30 - Competition
- 18:30 - 19:20 - Awarding Ceremony

