

Pn  Metal



TAEKWONDO-ITF

CHAMPIONSHIP

2019

22nd JUNE

OPEN

OHRID



OFFICIAL INVITATION

For all national bodies and clubs of

International Taekwon-do Federation

INTERNATIONAL TAEKWON-DO ITF CHAMPIONSHIP

“OHRID OPEN 2019”

22ND JUNE 2019

We look forward to your participation in the event.

The tournament is supported by

“PN METAL” and City of Ohrid,

ORGANIZER:

Taekwon-do klub

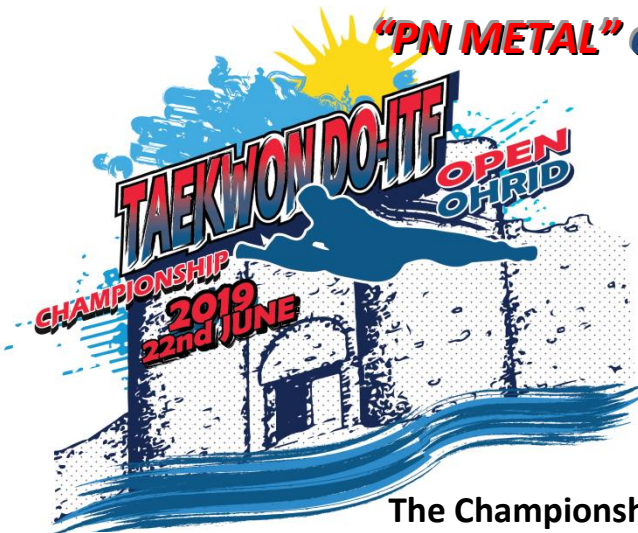
“HWA RANG ITF”Leskoec-Ohrid

Rashanec 68

Ohrid 6000, MACEDONIA

Tel. +389 77 950 462

E-mail: itfmacedonia@hotmail.com



The Championship will take place at:

Biljanini Izvori Sports Hall 41.1050° N, 20.8123° E

Adress”Bulevar Turistichka bb 6000 Ohrid Macedonia

The Biljanini Izvori Sports Hall is a multi-functional indoor sports arena. It is located in Ohrid, Republic of Macedonia. The sports hall was inaugurated in August 1998 and has a capacity of 4,000 seats for handball and 4,500 for basketball. It is used by several handball and basketball teams from Ohrid. It was one of two venues used during the 2008 European Women's Handball Championship.

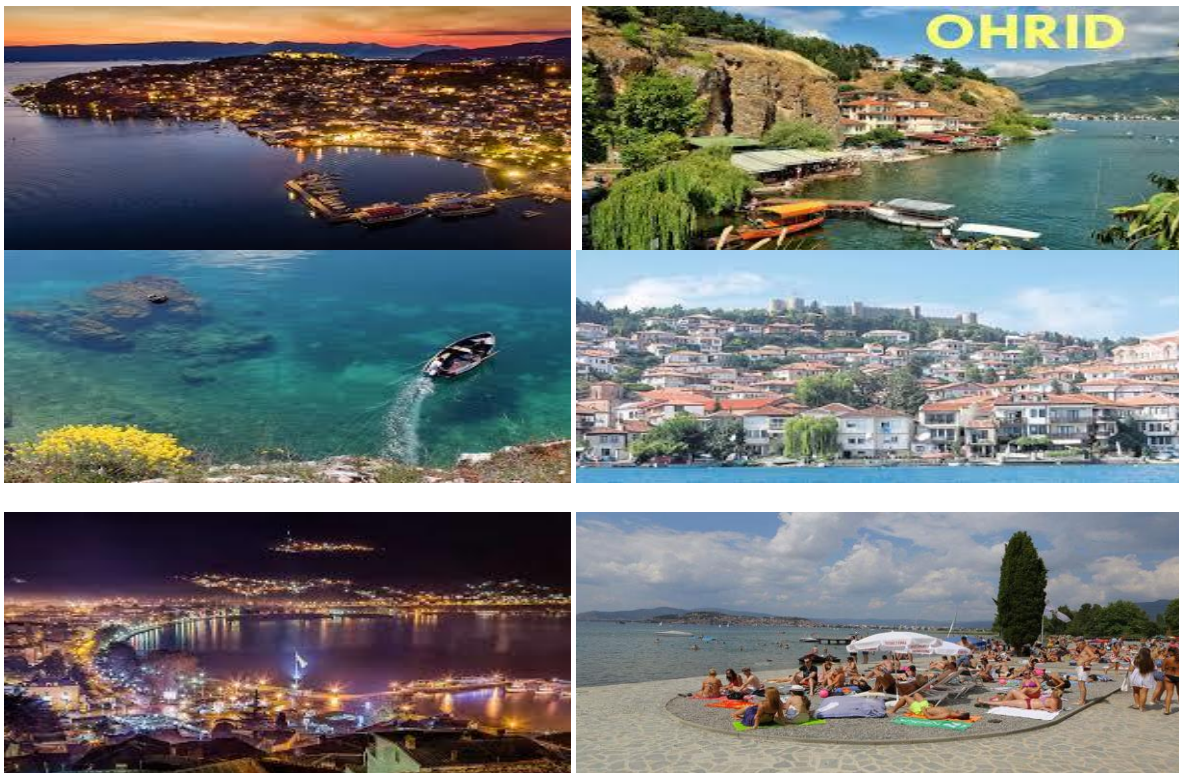


Welcome to Ohrid



The Unesco protected city, the pearl of the Balkans

The city of the immortal Ohrid is the sublime lakeside point that for many represents the culmination of the Macedonian experience, a kingdom of light and water, a repository of ancient ruins from Macedonia's earlier kingdoms. Ohrid's major attractions are all located within a remarkably concentrated and eminently walkable area, among and above the narrow streets of the Old Town lined with restaurants and cafés perfectly suited for relaxing in the cool summer evenings. Ohrid's many café bars and nightclubs also make for a vibrant nightlife. As for the lake itself, it is so large and so deep that one might mistake it for a small sea. Full range of water sports, fishing and boating is available, and numerous churches alongside Ohrid's lake shores make for fascinating side trips and walks. The wooded ridge above the lake's eastern shore is largely taken up by the National Park of Galichica, an unspoiled wilderness ideally suitable for nature enthusiasts. The uniqueness of Lake Ohrid and the city's historical architecture has been attested by UNESCO, honoring it with an official designation as one of the few places on the cultural institution's list "World Inheritance".



Geographic position of Ohrid

Ohrid is a city in the southwestern part of Macedonia, on the northeast coast of Ohrid Lake. Ohrid and Lake Ohrid are one of the main tourist destinations in Macedonia. This city is located in the southwestern part of Macedonia, on the north-eastern coast of the Ohrid Lake. In terms of traffic it is linked to roads leading to Skopje, Bitola, Debar and Republic of Albania. The old road Via Egnatia, linking the Adriatic and the White Sea, also passed in its vicinity, which was an important circumstance for the development of Ohrid in the past. Near the city is the Ohrid Airport, through which air traffic takes place with certain destinations outside the Republic of Macedonia. Traffic on the waters of the Ohrid Lake is of little importance. It is used in the function of fishing and for tourist purposes. The only disadvantage is the absence of rail traffic.

History of the name of the city of Ohrid

Due to the large number of churches and monasteries, the city of Ohrid is known as Balkan and European Jerusalem. It is also known as the "*City of Light*", a literal translation of its old name, Lychnidus. The Ohrid region is included in the UNESCO World Heritage. According to one legend, written by the Miladinov Brothers, when the Ohrid fortress was made, Emperor Justinian climbed the hills on which the city lies, and, looking at the beautiful surroundings, exclaimed "oh-hill", which means - a beautiful hill. Since then, the city is called Ohrid. Modern Ohrid is the heir of the ancient Lychnidus. According to the data, the city was first mentioned 2,400 years before the new era. Lihnidus was on the Via Egnatia road, the oldest and most significant Roman traffic route in the Balkans.

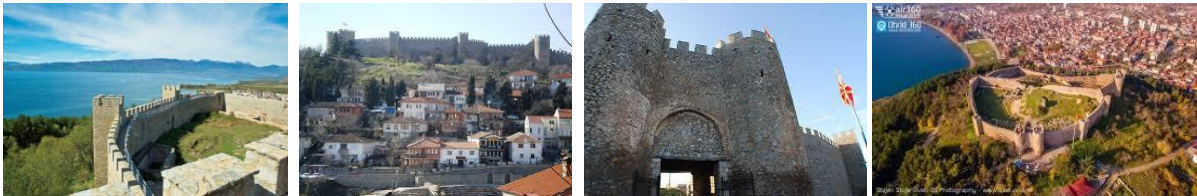


As early as in the second half of the 8th century the Ohrid region became an attractive area for the Bulgarian state. During the Bulgarian tsar Boris I Mihail, the Macedonian territories in a military-administrative respect were included in several "komitats". Ohrid was in the komitat which covered the Ohrid - Devol areas. In 886, Clement, after a short stay in the Bulgarian court, was sent to Macedonia with an important state mission. As a teacher and bishop Clement together with Naum laid the foundations of the so-called Ohrid glagolic literary school. Owing to the activities of Clement and Naum, the city of Ohrid, in the second half of the 9th century, became a Slavic cultural centre, and the emperor Samuil converted it into a religious centre and the capital of the kingdom. His fortresses still stand high above the city today.

Samuil's Fortress in Ohrid

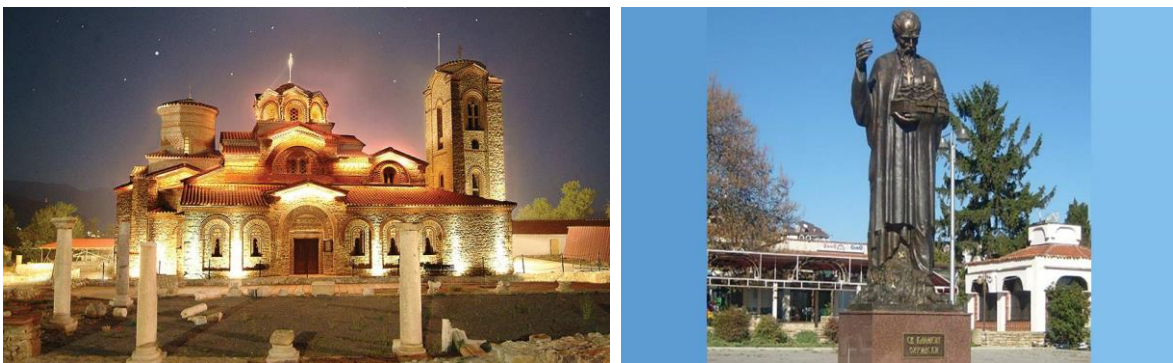
The shape of the Samuil's Fortress dates back to the time of Samuil, although there are also data about demolitions and repairs of the fortress by the Turks and Byzantines. It features walls with a height of 10 to 16 metres and a thickness of several metres. On all sides, with the exception of the south, which is facing the lake, the hilly part of the city was protected by high walls and towers, three kilometres long, near the port of Ohrid. With its fortifications and walls it covers the entire Ohrid Hill. Today, 18 towers and four gates are preserved on the fortress. Parts of the fortress extend to the lake and to the lower hill of the old part of Ohrid. In the old part of the city, there were three gates, from which only the Upper Gate was preserved. Many stones with Greek inscriptions are built in its walls. Under a partially demolished outer layer in the inner walls, horizontal layers of bricks of Byzantine format are noted.

Today, 18 towers and four gates are preserved on the fortress. Parts of the fortress extend to the lake and to the lower hill of the old part of Ohrid. In the old part of the city, there were three gates, from which only the Upper Gate was preserved. Many stones with Greek inscriptions are built in its walls. Under a partially demolished outer layer in the inner walls, horizontal layers of bricks of Byzantine format are noted.



St. Clement's Monastery St. Pantelejmon, Plaoshnik in Ohrid

Near the Early Christian Episcopal Basilica in Plaoshnik area, in 2002, the newly built temple dedicated to St. Pantelejmon was consecrated. St. Clement, was a great builder of churches and monasteries, the most famous of which is the Plaosnik monastery. The latest archaeological research in 2000 confirmed that in this place he renewed a former monastery in the form of trikonos (three-leaf clover). It testifies to the Christian church life in Macedonia from the 1st century of the new era. 500 graves of monks were discovered, as well as other rich findings: golden garments, crosses, icons, relics ...



At the site of the monastery of St. Clement, a new church was built in the 14th century, which the Turks converted into a mosque in the 15th century. Then the remains of St. Clement were transferred to the church of H. Bogorodica Perivlepta in Ohrid, and after 530 years, they were returned. Here was the Ohrid School, a focal point of Slavic literacy, spirituality and culture, considered the first Slavic university in the world.

Monastery St. Naum Ohridski in Ohrid

Built on a high rock above Lake Ohrid itself, at its southernmost point. The monastery church dedicated to the Council of the Holy Archangels, which in 905 was built by St. Naum and in it is also the grave of St. Naum, built in the southeastern part of the narthex, in the same place as the tomb of St. Clement.



The church was built with a foundation in the shape of a trikonos (a leaf of clover). In the period from the 10th to the 13th century it was completely destroyed. As late as in the sixteenth century on its foundations the current church was built, upgraded and expanded in several phases. In the second half of the 18th century the dome was built above the church's porch, and the last significant renewal was carried out towards the end of the 18th century (1799). The inscription above the western entrance from inside mentions that the fresco painting of the church occurred in the time of the abbot Stevan in 1806. Then the chapel with Naum's tomb was also painted. The present church has the form of an inscribed cross with a square area with a dome, placed on four pillars. The tomb of St. Naum is an attached building with a wide and low dome. In the monastery today there are still pillars with engraved Glagolitic and Cyrillic letters.

St. Jovan Bogoslov, Kaneo in Ohrid

This medieval church is known for the name of the former fishing village of Kaneo, which in Latin means "shine", one of the most photographed Ohrid symbols. The monastery St. John Kaneo was built and frescoed in the 13th century, and the founder of the church and painters of the frescoes are not known. The frescoes are preserved in the cube and the altar space and are severely damaged, because the church for a long period between the 17th and the 19th century was partially destroyed and abandoned. Then most of the frescoes were destroyed.

In the recent history of this church, several restoration and upgrades were established, and in 1889 a new wooden iconostasis was placed and some parts of the old paintings were repainted. The original appearance of the church St. Jovan Kaneo, one of the symbols of ancient Ohrid, was restored after the conservation work in 1963 and 1964, when the bell tower narthex was demolished, which were built in the 19th century. Then the frescoes in the cube were discovered. There are only parts of the 13th century frescoes in the dome and apsis. Great and specific are the two angels of the Apostles' purification, who are in royal clothes, which is a rarity in the fresco painting.



Cathedral Church H. Sofija (11th)

This cathedral church, in which the Ohrid Archbishops were enthroned, where the renewal of the Ohrid Archbishopric in 1958 was proclaimed, as a cathedral church is one of the largest complexes of fresco painting of Byzantine art in Europe from the 11th century. The frescoes of the 11th and 14th centuries are of exceptional importance and they find their place in all scientific publications. The grand narthex dates back to 1313/14 and is one of the most beautiful buildings of that kind in the Byzantine and Macedonian building cultures.



The church with a decorative facade, built of bricks and mortar, is dedicated to H. Sofija, which means to God's Wisdom - the Lord Jesus Christ. It was built in the 10th century on the foundations of an early Christian basilica. In the deaconicon are depicted the Six Roman Popes, which expresses the relationship between the Constantinople and the Roman Church before 1054. H. Sofija in the second half of the 15th century was converted into a mosque. The frescoes were painted, the dome was ruined and leveled with the roof, the altar marble barrier removed, and a minaret was erected above the northwest cube. Today, the church has a permanent religious service, and is also used as a concert hall and a museum.

Bay of Bones in Ohrid

This is actually a reconstructed prehistoric pile settlement from the 12th-7th century BC, placed above a platform held by wooden piles. It is the newly opened water museum, where the remains of an ancient habitat, a diving base and reconstructed fortresses from the Roman Empire from the 2nd century are located in the water.



At this site, at a depth of three to five metres, remains of 6,000 wooden piles were found, which probably relied on a common platform with 20 wooden houses. According to the surveys, the area of the settlement extended to 8,500 m². Given that they were built of trees, reeds and mud, the habitats were susceptible to fires and were frequently renewed, due to the large density of the piles (remains of burnt wood and coal were found). The platform with the mainland was connected with a movable bridge, which during the night was raised for the protection of animals and enemies. Currently a part of the settlement, with seven houses built on a platform that has been installed over 1,200 piles prepared to be more resilient and more durable has been reconstructed. The interior of the houses has also been reconstructed, which offers an interesting experience for the way of life at that time.

OHRID OPEN 2019

KIDS (7-8-9 year old) (if competitor has not reached 10 years on the day of the tournament)
YOUTH (under 10-11) (if competitor has not reached 12 years on the day of the tournament)
OLDER YOUTH (12-13) (if competitor has not reached 14 years on the day of the tournament)
JUNIORS (14-15) (if competitor has not reached 16 years on the day of the tournament)
JUNIORS (16-17) (if competitor has not reached 18 years on the day of the tournament)
SENIORS (from 18-39 year old)

Pattern

-KIDS (8-9 year old) male and female

yellow belt 8,7 KUP Chong Ji to Dan Gun
green belt 6,5 KUP Chong Ji to Won Hyo

-YOUTH (10-11 year old) male and female

yellow belt 8,7 KUP Chong Ji to Dan Gun
green belt 6,5 KUP Chong Ji to Won Hyo
blue belt 4,3 KUP Chong Ji to Joon Gun
red belt 2,1 KUP Chong Ji to Hwa Rang

-OLDER YOUTH male and female

yellow belt 8,7 KUP Chong Ji to Dan Gun
green belt 6,5 KUP Chong Ji to Won Hyo
blue belt 4,3 KUP Chong Ji to Joon Gun
red belt 2,1 KUP Chong Ji to Hwa Rang
black belt I DAN and above Chong Ji to Ge Baek

-JUNIORS (14-15 and 16-17) male and female

yellow belt 8,7 KUP Chong Ji to Dan Gun
green belt 6,5 KUP Chong Ji to Won Hyo
blue belt 4,3 KUP Chong Ji to Joon Gun
red belt 2,1 KUP Chong Ji to Hwa Rang
black belt I DAN Chong Ji to Ge Baek
black belt II DAN and above Chong Ji to Ju Che

-SENIORS male and female

yellow belt 8,7 KUP Chong Ji to Dan Gun
green belt 6,5 KUP Chong Ji to Won Hyo
blue belt 4,3 KUP Chong Ji to Joon Gun
red belt 2,1 KUP Chong Ji to Hwa Rang
black belt I DAN Chong Ji to Ge Baek
black belt II DAN and above Chong Ji to Ju Che

In qualifcations: Pattern designated by the Jury.

In Fnals: First Pattern is competitors choice, second designated by the Jury .

Sparring

-KIDS (8-9 year old) male and female

female: -20 kg,-25 kg,-30kg, -35 kg,+35kg
male: -20 kg,-25 kg,-30kg, -35 kg,+35kg
In qualifcations and finals 2 x 1 min / pause 30 sec

-YOUTH (10-11 year old) male and female

female: -25 kg,-30kg, -35 kg,-40 kg, +40kg
male: -25 kg,-30kg, -35 kg,-40 kg, +40kg
In qualifcations and finals 2x1.30 min / pause 30 sec

-OLDER YOUTH (12-13 year old) male and female

female: -30kg,-35 kg,-40 kg, -45 kg, -50kg,-55kg+55kg
male: -35 kg,-40 kg, -45 kg, -50kg,-55kg,-60kg,+60kg
In qualifcations and finals 2x1.30 min / pause 30 sec



JUNIORS (14-15 year old) male and female

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

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

In qualifications and finals 2 x 2 min / pause 1min

JUNIORS (16-17 year old) male and female

female: -46kg, -52kg, -58kg, -64kg, -70kg, +70kg

male: -51kg, -57kg, -63kg, -69kg, -75kg, +75kg

In qualifications and finals 2 x 2 min / pause 1min

SENIORS (+18 year old) male and female

female: -52kg, -57kg, -62kg, -67kg, -72kg, -77kg, +77kg

male: -58kg, -64kg, -71kg, -78kg, -85kg, -92kg, +92kg

In qualifications and finals 2 x 2 min / pause 1min



WARNING: Organizer will not take any responsibility in case of injury on the championship. Each competitor will compete on his own risk.

It is the participants' responsibility to have full Insurance coverage for all eventualities. Organizing committee will not be responsible for any injury or loss for participants before, during, and after the Championships howsoever arising.

ENTRIES DEADLINE: 21th June 2019 to 14h

ENTRY FEE: is **20 Euros** (1 or 2 events) per notified competitor. If one competitor is participating in two age categories (cadet and junior ...), must pay another **20 Euros** .

Any change after the deadline is paid for a penalty of 5 euros.

UMPIRES:

- Each club should provide minimum one (1) ITF Qualified Umpire
- Umpires will be required to carry out their duties as scheduled.
- Umpires must attend all the Umpire Meetings scheduled in the period of the event.
- The Umpire's dress code will consist of the Navy blue blazer jacket, White long sleeved shirt, Navy blue trousers, Navy blue necktie, White short socks and White sport shoes as laid down in the Umpire rules.

Attention: The Organizing committee will cover 1 night. Hotel accommodation for an umpire WHOS TEAM IS NOT LESS THAN 10 COMPETITORS.

Every referee will get also money reward for his good work in patterns and sparring !

COACHES: Coaches must wear sports suits and sneakers, towels and water during sparring.

COMPETITORS: Must wear ITF Dobok and equipment for sparring

In the sparring competition:

- the competitor from the red corner must wear red safety equipments
- the competitor from the blue corner must wear blue safety equipments.

PROTESTS: The official protest must be written in 3 minutes after sparring and presented to the jury President after paying an amount of 50€ to organizers officials.

AWARDS: - Medals & diploma 1st, 2nd and 2 x 3rd place.
- Cups Best Youth, Junior, Senior male/female
- Cups for best clubs 1st, 2nd and 3rd place

CONTACT PERSON ACCOMODATION:

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Daniel Krsteski
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<tel:+38978292311>
itfmacedonia@hotmail.com

Deadline for accomodation 17th. June 2019. After that we don't guarantee accomodation

RULES: ITF

at 21 June 2019. weighting posible at accomodation for arrives competitors

- SCHEDULE OF EVENTS :

22. June 2019. /Saturday/

Kids, Youth, Older Youth, Juniors, Seniors

- 07.00 - 08.30 h - Weighting (DURING WEIGHT CHECKING WILL BE NO TOLERANCE!!!)
- 08.30 - 08.45 h - Referee and coach meeting
- 08.45 - 09.00 h - Opening ceremony
- 09.00 - Begining of competition tull and sparring
- 13.00-14.00 h - Lunch break
- 14.00 - competition continuation
- 20.00 h – Finish

Yours truly!
For Organizing Committee
Marjancho Lazarevski
ITF Black belt V DAN



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