



BULGARIA OPEN

INTERNATIONAL ITF TAEKWON-DO TOURNAMENT

25-27.06.2021

SPORT HALL "KOLODRUM"



WELCOME!

*“Dear Grand Masters and Masters, Dear ITF Leadership, Dear NGB’s and participants,
It is a great pleasure once again to welcome the Taekwon–Do ITF elite to the city of
Plovdiv.*

*I am looking forward meeting you all at the BULGARIA OPEN ITF TAEKWON-DO
TOURNAMENT 2021 from 25TH to 27TH of June 2021 and I hope that you and your
members will enjoy a pleasant and unforgettable experience in Bulgaria, on which
we can all be proud of and have a good memories to reflect on.*

*Ministry of Youth and Sports, The Bulgarian ITF Taekwon–Do Federation, and Plovdiv
Municipality are looking forward seeing you again.*

***Truly yours in Taekwon–Do,
MASTER MARIO BOGDANOV***

ITF Vice President

EITF Vice President

President of the Bulgarian Taekwon–Do ITF Federation





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INFORMATION



Information

DATE: 25 – 27 JUNE 2021

PLACE: Sport Hall “Kolodrum”

ORGANIZER:

BULGARIAN TAEKWON-DO ITF FEDERATION

and

ARMY SPORT TAEKWON-DO CLUB „TRAKIA”

ACCOMMODATION: Mrs. Lyubina Lesova

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Tel: +359 878 451 825

ACCOMMODATION DEADLINE – 15th of June 2021

Applications are on-line through:

<https://data.taekwondo-itf.com/event/31724/2489>

ACCOMMODATION

3-star hotel ***

- 40 euro HB per person in double room
- 50 euro HB per person in a single room

4-star hotel ****

- 45 euro HB per person in double room

*HB – breakfast and dinner

Starting fee 30 Euro for 1 competitor

Included Lunch box

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COPETITION FORMAT

PATTERN

- Children (8-10 and 11-13) – from 8th Gup to 1st Dan
- Juniors (14-15 and 16-17) – from 6th Gup to 3rd Dan
- Adults – from 6th Gup to 4th Dan
- Veterans – from 6th Gup to 4th Dan

Only the children will perform one designated pattern till the final and on the final two – optional and designated;

BELTS	YELLOW	GREEN	BLUE	RED	I DAN	II DAN	III DAN	IV DAN
OPTIONAL	Dan Gun or Do San	Won Hyo or Yul Gok	Chung Gun or Toi Gye	Hwa Rang or Choong Moo	From Kwan Gae to Ge Beak	From Eui Am to Juche	From Sam Il to Choi Yong	From Yon-Gae to Moon Moo
DESIGNATED	From Chon Ji to Do San	From Chon Ji to Yul Gok	From Chon Ji to Toi Gye	From Chon Ji to Choong Moo	From Chon Ji to	From Chon Ji to Juche	From Chon Ji to Choi Yong	From Chon Ji to Moon Moo

SPARRING

- **Competition Format:** In preliminary rounds, competitors (juniors and adults) will be divided into groups of three, with a maximum of four. They will compete against each other and the competitors who receive more points will proceed to the pyramid system.
 - ✦ This will be decided depending on the number of competitors who have applied to participate.
- For the **children** competition will be used **pyramid** system.
- In the sparring competition, the competitor from the red corner must wear **RED** safety equipment and the competitor from the blue corner must wear **BLUE** safety equipment

- **Age divisions:**

There are two **Children** divisions:

Children (8–10) must be 8, 9 or 10 y.o. on the 25th of June 2021;

Children (11–13) must be 11, 12 or 13 y.o. on the 25th of June 2021;

There are two **Juniors** sparring divisions:

Juniors (14–15) must be 14–15 y.o. on the 25th of June 2021;

Juniors (16–17) must be 16–17 y.o. on the 25th of June 2021;

Adults must be 18–39 y.o. on the 25th of June 2021;

Veterans must be 40–49 y.o. on the 25th of June 2021;

SPARRING

Categories

1. Children: 2 rounds x 1,30 min.

Children male (11-13): - 35 kg, - 40 kg, - 45 kg, - 50 kg, - 55 kg, - 60 kg, - 65 kg, + 65 kg;

Children female (11-13): - 30 kg, - 35 kg, - 40 kg, - 45 kg, - 50 kg, - 55 kg, - 60 kg, + 60 kg;

2. Juniors: 2 rounds of 2 min. of "Actual sparring time"

Junior Male 14-15 - 45 kg, - 50 kg, - 55 kg, - 60 kg, - 65 kg, - 70 kg, + 70 kg;

Junior Female 14-15 - 40 kg, - 45 kg, - 50 kg, - 55 kg, - 60 kg, - 65 kg, + 65 kg;

Junior Male 16-17 - 45 kg, - 51 kg, - 57 kg, - 63 kg, - 69 kg, - 75 kg, + 75 kg;

Junior Female 16-17 - 40 kg, - 46 kg, - 52 kg, - 58 kg, - 64 kg, - 70 kg, + 70 kg;

3. Adults: 2 rounds of 2 min. of "Actual sparring time"

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;

4. Veterans: 2 rounds x 1,30 min.

Adult male: - 64 kg, - 73 kg, - 80 kg, - 90 kg, + 90 kg;

Adult female: - 54 kg, - 61 kg, - 68 kg, - 75 kg, + 75 kg;

POWER TEST and SPECIAL TECHNIQUE

Power breaking test (*Wi Ryok*)

The power breaking will follow the ITF rules – all boards must be broken for each elimination technique.

Special techniques will follow the ITF rules – the same format as in Power breaking test. Minimal lengths and heights are set for juniors and adults.

- For high jump techniques the target height will be measured at the middle point of the target.
- For flying long sidekick the middle point of the target must be above the height of the hurdle.
- When performing Twimyo nopi chagi and Twimyo dollyo chagi, the competitor must take a run-up and take off on the kicking foot, pulling the other leg to the chest. The target must be broken with the jumping foot whilst lowering the other leg (scissor kick).
- There will be an elimination, which will be free choice, and the paddle must be moved 90 degrees. Once a competitor is successful at the elimination they will then continue with the other techniques. Scoring 3 points for a paddle moved 90 degrees, 1 point for moving the paddle. Whoever accumulates the most points across all techniques will be the winner.

SAMPLE PROGRAM OF THE COMPETITION

Friday 25th June 2021

14:00 – 20:00 – Arriving and registration (“Kolodrum” Sports Hall, Plovdiv) –

GPS coordinates: 42.128632, 24.767365

Google Maps link: <https://goo.gl/maps/SsytxHz7Y222>

Saturday 26th June 2021

09:00 – 13:00 – Individual patterns (all ages)

13:00 – 14:00 – Lunch break

14:00 – 20:00 – Individual sparring (Children, Juniors 14-15)

Sunday 27th June 2021

09:00 – 13:00 – Individual sparring (Juniors 16-17, Adults)

13:00 – 14:00 – Lunch break

14:00 – 20:00 – Individual and team sparring

– Individual Power Test and Special Technique

A photograph of two taekwondo athletes sparring in a competition. They are wearing white protective gear and white uniforms. The athlete on the left is seen from the back, wearing a black belt and a red protective gear. The athlete on the right is facing forward, wearing a blue protective gear and a white belt. They are on a blue and red mat. The background shows a blurred audience and a wooden wall.

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▫ My opponent is my teacher;
my ego is my enemy.