



I.T.F. Switzerland Taekwon-Do Federation

Werkstrasse 2e, 8630 Rüti

E-Mail: jorge.zueger@taekwondo-itf.ch

Mobile +41 (0) 79 816 63 24



SWISS OPEN 2023

When	Saturday 24 of June 2023	
Wehre	Sporthalle Roosriet, Sporthalle Berufsschule Rüti, Sonnenplatz 1, 8630 Rüti	
Disciplines:	Pattern Sparring Special technique Pre-Arranged Sparring (new this year!)	
Competition mode:	KO system or pool system. That will depend on the number of participants.	
Time Schedule:	09:00 to 09:30 hrs.	Passport and Weight control
	09:30 to 10:00 hrs.	Umpire Meeting
	10:00 hrs.	Start of competition
	12:00 to 13:00 hrs.	Lunch
	13:00 hrs.	Continues the competition.
	19:00 hrs.	Finish the competition
Entry fee:	One discipline CHF 35.00 Two or three disciplines CHF 40.00 Team Pre-Arranged CHF 30	
Winner prize:	Medals or Pokal for the 1st to 3rd place (only one 3rd place).	
Registration:	The Registration is on the Online System from Sportdata. https://www.sportdata.org/taekwondo_itf/set-online Start of the Registration is the 5 of January 2023 First registered your School in the System from Sportdata, then when you have the access selects the Event and register your competitors. If you need support, don't hesitate to contact the organizers.	
Deadline:	For the registration is the 10 of June 2023 For the payment of the competitor fees is the 17 of June 2023	
Payment to:	Taekwon-Do Schule Rüti Bank Avera, 8620 Wetzikon ZH IBAN: CH18 0685 0016 6738 5810 8 Swift-BIC: RBABCH22850	
Liability:	Participation is at your own risk! The organizer is not liable for health damage of any Kind or property damage.	



I.T.F. Switzerland Taekwon-Do Federation

Werkstrasse 2e, 8630 Rüti

E-Mail: jorge.zueger@taekwondo-itf.ch

Mobile +41 (0) 79 816 63 24



Hotel Accommodation: There are many hotels close to Rüti. The organizers will not offer any accommodation.

Divisions for Patterns

The categories are divided by age, gender and grade. It is possible according to the following divisions.

D-Youth 6 - 8 Years	10 th to 9 th Kup / 8 th to 5 th Kup / 4. Kup to 1 st Kup
C-Youth 9-11 Years	10 th to 9 th Kup / 8 th to 5 th Kup / 4. Kup to 1 st Kup / Black Belt
B-Youth 12-14 Years	10 th to 9 th Kup / 8 th to 5 th Kup / 4. Kup to 1 st Kup / Black Belt
A-Junior 15-17 Years	10 th to 9 th Kup / 8 th to 5 th Kup / 4. Kup to 1 st Kup / Black Belt
Senior up 18 Years	10 th to 9 th Kup / 8 th to 5 th Kup / 4. Kup to 1 st Kup / Black Belt

The organizer can adapt and merge the categories, depending on how many participants have registered.

Colour belts competitors choose an optional pattern from the actual belt or from the level before. In case of draw, the competitors have to perform a designated patterns randomly chosen by the electronic system.

Level	Optional Pattern
10 th kup	Saju-jirugi or Saju-Makgi
9 th kup	Chon-Ji or Saju-jirugi or Saju-Makgi
8 th kup	Dan-Gun or Chon-Ji
7 th kup	Do-San or Dan-Gun
6 th kup	Won-Hyo or Do-San
5 th kup	Yul-Gok or Won-Hyo
4 th kup	Joong-Gun or Yul-Gok
3 rd kup	Toi-Gye or Joong-Gun
2 nd kup	Hwa-Rang or Toi-Gye
1 st kup	Choong-Moo or Hwa-Rang

Black belts competitors perform one optional and one designated pattern. The designated Pattern randomly chosen by the electronic system.

Level	First pattern	Second pattern
1 st dan	From Kwang-Gae to Ge-Baek	From Chon-Ji to Choong-Moo
2 nd dan	From Eui-Am to Juche	From Chon-Ji to Ge-Baek
3 rd dan	From Sam-Il to Choi-Yong	From Chon-Ji to Juche
4 th -6 th dan	From Yon-Gae to Moon-Moo	From Chon-Ji to Choi-Yong

Divisions for Sparring

In sparring, the categories are divided by age, gender, grade, weight and occasionally height. In the Sparring categories will be a maximum of 8 Kgs difference between two competitors.



I.T.F. Switzerland Taekwon-Do Federation

Werkstrasse 2e, 8630 Rüti

E-Mail: jorge.zueger@taekwondo-itf.ch

Mobile +41 (0) 79 816 63 24



D-Youth 6 - 8 Years	10 th to 9 th Kup / 8 th to 5 th Kup / 4. Kup to 1 st Kup
C-Youth 9-11 Years	10 th to 9 th Kup / 8 th to 5 th Kup / 4. Kup to 1 st Kup / Black Belt
B-Youth 12-14 Years	10 th to 9 th Kup / 8 th to 5 th Kup / 4. Kup to 1 st Kup / Black Belt
A-Junior 15-17 Years	10 th to 9 th Kup / 8 th to 5 th Kup / 4. Kup to 1 st Kup / Black Belt
Senior up 18 Years	10 th to 9 th Kup / 8 th to 5 th Kup / 4. Kup to 1 st Kup / Black Belt

The registered weight and height cannot be exceeded.

The organizer can adapt and merge the categories, depending on how many participants have registered.

Divisions for Special Technique

Flying overhead sidekick (Twio nopi yop cha jirugi)

Flying high front kick (Twimyo Nopi Ap Cha Busigi)

The Competitor have to perform both techniques and the categories are divided as follow:

Division	Korean	English	Heights (in cm)				
			Round 1	Round 2	Round 3	Round 4	Round 5
D-Youth 6 - 8 Years							
Male & Female together	Twimyo Nopi Ap Cha Busigi	Flying high front kick	140	150	160	170	180
	Twio Nomo yop chagi	Flying overhead side kick	50	60	70	80	90
C-Youth 9-11 Years							
Male & Female together	Twimyo Nopi Ap Cha Busigi	Flying high front kick	160	170	180	190	200
	Twio Nomo yop chagi	Flying overhead side kick	60	70	80	90	100
B-Youth 12-14 Years							
Male	Twimyo Nopi Ap Cha Busigi	Flying high front kick	200	210	220	230	240
	Twio Nomo yop chagi	Flying overhead side kick	80	90	100	110	120
Female	Twimyo Nopi Ap Cha Busigi	Flying high front kick	170	180	190	200	210
	Twio Nomo yop chagi	Flying overhead side kick	70	80	90	100	110
A-Junior 15-17 Years							
Male	Twimyo Nopi Ap Cha Busigi	Flying high front kick	220	230	240	250	260
	Twio Nomo yop chagi	Flying overhead side kick	100	110	120	130	140
Female	Twimyo Nopi Ap Cha Busigi	Flying high front kick	180	190	200	210	220
	Twio Nomo yop chagi	Flying overhead side kick	80	90	100	110	120
Senior up 18 Years							
Male	Twimyo Nopi Ap Cha Busigi	Flying high front kick	230	240	250	260	270
	Twio Nomo yop chagi	Flying overhead side kick	110	120	130	140	150
Female	Twimyo Nopi Ap Cha Busigi	Flying high front kick	190	200	210	220	230
	Twio Nomo yop chagi	Flying overhead side kick	90	100	110	120	130

Divisions for Pre-Arranged Sparring (new this year!)

B-Youth 12-14 Years 8th Kup to 4th Kup / 3rd Kup to Black Belt 6th degree

A-Junior 15-17 Years 8th Kup to 4th Kup / 3rd Kup to Black Belt 6th degree

Senior up 18 Years 8th Kup to 4th Kup / 3rd Kup to Black Belt 6th degree

Each Team shall consist of two (2) participants and can be Male, Female or mixed couples.

Bout duration shall consist of one (1) round: minimum sixty (60) seconds, maximum seventy-five (75) seconds. Teams that perform less than the required minimum of sixty (60) seconds shall receive zero (0) points. Teams that exceed the seventy-five (75) seconds duration of bout shall receive zero (0) points.



I.T.F. Switzerland Taekwon-Do Federation

Werkstrasse 2e, 8630 Rüti

E-Mail: jorge.zueger@taekwondo-itf.ch

Mobile +41 (0) 79 816 63 24



Important Additional Rules:

1. Without the presentation of a valid passport of the National Association (only for Swiss Members) and the Consent during the weight control, the competitor cannot participate!
2. Changes to the list of participants or categories at the tournament are not accepted.
3. If the specified weight and body size (high) is not correct, then the participant are disqualified!
4. After the closing of the weight control, participants that come late cannot participate!
5. No refund of entry fee for no participation or by disqualification!
6. Umpire requirements:
 - Up to 7 competitors: 1 Umpire required
 - 8 till 15 competitors: 2 Umpires required
 - 16 competitors or more: 3 Umpires required

Each registered club/team must bring one or more umpires according the requirements. If you don't bring the required Umpire you have to pay a penalty of CHF 75.00 for every missing Umpire.

7. ITF Dobok is mandatory
8. Only officially Recognised by ITF protectors are allowed. All competitors **must** wear the following safety equipment:
 - Gloves and boots,
 - Mouth guard,
 - Groin guard, should be worn bellow the Dobok. Only for D and C Youth, competitors that have not his own groin guard will be allowed to use them above the Dobok.
 - Head guard is mandatory for competitors' blue belts and above, optional otherwise. In case, black, red or blue belts are mixed with competitor's blue stripe (5th Kup) and below, the highest requirement apply for everybody in the category (head guard mandatory).

With best Regards,

the organizers



I.T.F. Switzerland Taekwon-Do Federation

Werkstrasse 2e, 8630 Rüti

E-Mail: jorge.zueger@taekwondo-itf.ch

Mobile +41 (0) 79 816 63 24



CONSENT FOR ADULTS

I hereby declare _____

living in _____

I am sport healthy and free from contagious diseases. I further declare fully agree, to attend as a competitor at **SWISS OPEN on Saturday the 24 of June 2023 in Rüti**. I acknowledge that the organizers and managers do not assume any liability for personal injury, property and / or damage of any kind.

I hereby also agree that all photos taken during this championship from the Swiss ITF Association, the organizers , as well as participating in the championship school clubs and organizations , for the purpose of publication on their website , as well as for distribution to the press September be use

Location:..... Date:..... Signatur:



CONSENT FOR CHILDREN AND TEENAGERS

I hereby declare _____

living in _____

that my son / daughter _____

Is sport healthy and free from contagious diseases. I further declare fully agree, that he/she attend as a competitor at **SWISS OPEN on Saturday the 24 of June 2023 in Rüti**. I acknowledge that the organizers and managers do not assume any liability for personal injury, property and / or damage of any kind.

I hereby also agree that all photos taken during this championship from the Swiss ITF Association, the organizers , as well as participating in the championship school clubs and organizations , for the purpose of publication on their website , as well as for distribution to the press September be use

Location:..... Date:..... Signatur: