



25 OKTOBER 2025



BATTLE OF THE LOWLANDS 2025

Taekwon-Do Vereniging Hwa Rangdo Dronten – Zeewolde

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www.facebook.com/Battle-of-the-Lowlands
www.instagram.com/battleofthelowlands



***Individual Patterns and Sparring (from 10e Gup)
Youth / Pre-Juniors / Juniors/ Seniors***

Power Breaking (from 4e Gup) – Juniors / Seniors

High Jump – Youth / Pre-Juniors

Pre-Arranged – Youth + Pre-Juniors / Juniors + Seniors

Team Patterns - Youth + Pre-Juniors / Juniors + Seniors

Date : Saturday October 25th 2025
Location : Topsportcentre Almere
Pierre de Coubertinplein 4
1362 LB Almere – The Netherlands

Sports Hal open : 08:00 hours
Weight : 08:30 – 09:15 hours
Referee meeting : 08:30 hours
Coach meeting : 09:00 hours
Line up : 09:20 hours
Start : 09:30 hours
Entrance Fee : till 13 years € 2,= // from 14 years € 5,=
Medal reward / ceremony : After the Draw on the Podium

Patterns

Category

Youth	- Boys / Girls	- till 11 years
Pre-Junior	- Boys / Girls	- from 12 years
Junior	- Male / Female	- from 15 years
Seniors	- Male / Female	- from 18 years

A-Class	- Black belts
B-Class	- 4th till 1st Gup
C-Class	- 7th till 5th Gup
D-Class	- 10th till 8th Gup

Pattern overview per Grade

Youth Boys / Girls	: 10th – 8th Gup / 7th – 5th Gup / 4th – 1st Gup 1st Dan / 2nd Dan / 3rd Dan
Pre-Junior Boys / Girls	: 10th – 8th Gup / 7th – 5th Gup / 4th – 1st Gup 1st Dan / 2nd Dan / 3rd Dan
Junior Male / Female	: 10th – 8th Gup / 7th – 5th Gup / 4th – 1st Gup 1st Dan / 2nd Dan / 3rd Dan
Senior Male / Female	: 10th – 8th Gup / 7th – 5th Gup / 4th – 1st Gup 1st Dan / 2nd Dan / 3rd Dan / 4th Dan+

Coloured belts

- 10th Gup: designated pattern from Saju Jirugi, Saju Makgi
- 9th Gup: designated pattern from Saju Jirugi, Saju Makgi or Chon-Ji.
- 8th Gup: designated pattern from Saju Jirugi, Saju Makgi to Dan-Gun.
- 7th Gup: designated pattern from Chon-Ji to Do-San.
- 6th Gup: designated pattern from Chon-Ji to Won-Hyo.
- 5th Gup: designated pattern from Chon-Ji to Yul-Gok.
- 4th Gup: designated pattern from Chon-Ji to Joong-Gun.
- 3rd Gup: designated pattern from Chon-Ji to Toi-Gye.
- 2nd Gup: designated pattern from Chon-Ji to Hwa-Rang.
- 1st Gup: designated pattern from Chon-Ji to Choong Moo.

Competitors will compete 1 to 1 and will perform simultaneously one (1) designated Pattern appropriate to their degree.

The competitor with the lowest degree determines the drawing of the pattern.

Black belts

- 1st Dan: designated pattern: from Chon-Ji to Ge-Baek.
- 2nd Dan: designated pattern: from Chon-Ji to Juche.
- 3rd Dan: designated pattern: from Chon-Ji to Choi-Yon.
- 4th - 6th Dan: designated pattern: from Chon-Ji to Moon-Moo.

Competitors will compete 1 to 1 and will perform simultaneously two (2) designated Patterns appropriate to their degree. The first designated pattern will be one of the last three patterns regarding the level of degree. The second designated pattern is from pattern Chon-Ji to the level of degree until next graduation.

Depending on the number of participants, participants will be divided into multiple preliminary rounds / league. Winners will compete in a final pool for the victory. Competition will be held on a “round robin” basis.

Sparring

Category

Youth	- Boys / Girls	- till 11 years
Pre-Junior	- Boys / Girls	- from 12 years
Junior	- Male / Female	- from 15 years
Seniors	- Male / Female	- from 18 years

A-Class	- Black belts
B-Class	- 4th till 1st Gup
C-Class	- 7th till 5th Gup
D-Class	- 10th till 8th Gup

Youth boys/girls	: -130, -140, -150, -160, -170, +170 cm
Pre-Junior Female	: -40, -44, -48, -52, -56, -60, +60 kg
Pre-Junior Male	: -40, -45, -50, -55, -60, -65, +65 kg
Junior Female	: -45, -49, -53, -57, -61, -65, +65 kg
Junior Male	: -50, -55, -60, -65, -70, -75, +75 kg
Senior Female	: -50, -55, -60, -65, -75, -75, +75 kg
Senior Male	: -57, -63, -69, -75, -81, -87, +87 kg

Duration

Youth	1 x 1 ½ minute
Pre-Junior & Junior	1 x 2 minutes
Senior B+C	1 x 2 minutes
Junior & Senior A	2 x 2 minutes (1 minute brake)

In the case of a draw, a further one (1) minute round will take place and if it results in a further draw then the first scored point assigned by at least two (2) Referees at the same split second will decide who the winner is.

Tournament system

D & C Class: point-stop semi-contact system.

A & B Class: continuous semi-contact system.

Black Belts will be divided into multiple preliminary rounds/league, depending on the number of participants. Winners will compete in a final pool for the victory. Competition will be held on a “round robin” basis.

Safety equipment

Competitors must wear hand, feet and head safety equipment. Groin guards must be worn inside the Dobok trousers – male only. Mouth guards being of a transparent color. Competitors may, optionally, wear the following: Shin protectors. Breast protectors - for female only - and must be worn inside the Dobok jacket. These all being of an approved type consisting of elasticized material with sponge or rubber type padding and containing no metal, bone or hard plastic (accept for groin guards and breast protectors), the use of zip, lace or stud fasteners is forbidden. No jewelry, watches or other adornments may be worn, hair may be kept in place using a material of a soft elastic nature only, no grips or slides are allowed.

Score – Tournament rules

As described in the tournament rules of the ITF:

<https://cdn.sportdata.org/78dbb47d-268d-4aa6-8e6b-cb532051741c/>

Highjump - Twimyo Nopi Ap Cha Busigi

Youth / Pre-Junior Girls D + C class - 140 cm startheight 160 cm
- 160 cm startheight 170 cm
+ 160 cm startheight 180 cm

Youth / Pre-Junior Boys D + C class - 140 cm starthoogte 170 cm
- 160 cm startheight 180 cm
+ 160 cm startheight 190 cm

Youth / Pre-Junior Girls A + B class - 140 cm starthoogte 170 cm
- 160 cm starthoogte 180 cm
+ 160 cm starthoogte 190 cm

Youth / Pre-junior Boys A + B class - 140 cm startheight 180 cm
- 160 cm startheight 180 cm
+ 160 cm startheight 190 cm

Each fully moved plank counts for three (3) points and each half moved plank counts for one (1) point. The prize winner is the competitor with the highest score.

In the event of an equal number of points, the board will be raised and another round will follow, until there is finally one competitor left,

Power Breaking – Gyokpa

Categories

Juniors - Male / Female - from 15 years
Seniors - Male / Female - from 18 years

A-Class - 1e till 6e Dan
B-Class - 4e till 1e Gup

Techniques

Participants perform 3 techniques

Junior Male

one (1) hand technique Ap Joomuk Jirugi of Sonkal Taerigi / 1 board
one (1) foot technique Dollyo Chagi of Bandae Dollyo Chagi / 1 board
one (1) foot technique Yopcha Jirugi / 2 boards

Junior & Senior Female

one (1) hand technique Ap Palkup Taerigi of Sonkal Taerigi / 1 board
one (1) foot technique Dollyo Chagi of Bandae Dollyo Chagi / 1 board
one (1) foot technique Yopcha Jirugi / 2 boards

Senior Male

one (1) hand technique Ap Joomuk Jirugi of Sonkal Taerigi / 2 boards
one (1) foot technique Dollyo Chagi of Bandae Dollyo Chagi / 2 boards
one (1) foot technique Yopcha Jirugi / 3 boards

Procedure

Participants start by setting the breakers to the correct height. Time is not running here yet.

In breaking techniques it is allowed to step, shift, slide and/or jump.

Each attempt must start and end with a fighting stance.

The attempt to break must consist of one (1) determination of the distance and one (1) attempt to break the plank(s). When determining the distance, it is allowed to touch the plank(s).

The technique Sonkal Taerigi may be performed both inwards and outwards.

After the referee's red flag signal, competitors have three (3) minutes to complete the three (3) events.

Participants who exceed the time will receive 0 points.

Referees can disallow an attempt if:

- Not having the right balance and posture.
- Not using the right body part in the right way

Referees must inspect each board prior to each attempt.

Each broken plank counts as three (3) points and each bent plank counts as one (1) point.

Participants who have not scored points are out of the competition. Participants with the highest number of points advance to the next round.

The prize winner is the participant with the highest score. In the event of a tie, the jury president will draw one item to force a decision. He/she decides how many planks will be used. The tied participants will continue until a decision has been made.

Pre-Arranged Youth + Pre-Juniors / Juniors + Seniors

Categories

Youth + Pre-Juniors - Boys / Girls - till 14 years
Juniors + Seniors - Male / Female - from 158 years

A-Class - 4th Gup till 6e Dan
B-Class - 10th till 5th Gup

Procedure

Each team consists of two (2) participants who perform a pre-arranged scenario that allows them to skillfully demonstrate a variety of techniques, without fear of injury. The teams perform their scenario in turn and the referees award points from 0 to 10, by deduction of points. Rules are according to the ITF Netherlands competition rules and the international competition rules. In case of a tie, the teams will present their scenario again until there is a winner.

Team Patterns - Youth + Pre-Juniors / Juniors + Seniors

Categories

Youth + Pre-Juniors - Boys / Girls - till 14 years
Juniors + Seniors - Male / Female - from 158 years

A-Class - 4th Gup till 6e Dan
B-Class - 10th till 5th Gup

Procedure

Rules are according to the ITF Netherlands competition rules and the international competition rules. • Teams, consisting of three (3) to five (5) participants, must perform one (1) optional pattern, from CHON-JI to GE-BAEK (depending on Gup/Dan grade)

Team members may perform the movements individually or together, as they choose, but it must be seen as teamwork. For example: one team member may not perform the movements of the pattern alone without the other team members following.

Teams must prepare their entrance and exit into the ring by positioning themselves at the edge of the ring, facing the referees. Entering and exiting the ring is NOT part of the choreography and no points will be awarded for this.

Other Information

Liability

All competitors must have valid Insurance cover to compete as the hosting organisation will not be held responsible for any injury or eventuality incurred during the event.

The host of the event has the responsibility of accident insurance and third party insurance for the tournament, but cannot be held liable for more than the insurance covers.

Coaches

Coaches need to be dressed in a training suit with indoor sport shoes

Towel (preferably color white)

Minimum age: 16 year

Number of coaches:

up to 5 competitors : max 2 coaches

up to 12 competitors : max 3 coaches

up to 18 competitors : max 4 coaches

up to 25 competitors : max 5 coaches

up to 26 or more competitors : max 6 coaches

Hotel

This year, the Battle of the Lowlands has been able to close a deal with Bastion Hotels. You can book your overnight stay with a discount via the link below.

<https://www.bastionhotels.com/nl-nl/almere/taekwon-do-toernooi>



Registration

Registration will take place via www.sportdata.org/taekwondo_itf

Contact details: wedstrijdcoordinator@hwa-rangdo.nl

Phone : +31 6 1176 8571

By registering one agrees upon all rights and duties as described in the invite and tournament rules of the Battle of the Lowland.

It is the responsibility of the registrar to provide correct data. In the case of reregistering a competitor, a additional administration fee of € 10,= will be charged. This fee has to be paid immediately.

Registration closes on Sunday **October 12th 2025 at 23:59 hours CET.**

Registration fee

1 part: € 30,= / 2 parts: € 35,= / 3 parts: €40,=

Team Event: € 30,=

The registrar school has to pay the fees before Wednesday **October 22nd 2025** via bank transfer:

* IBAN: NL59INGB0007229241 t.n.v. I.T.F. Taekwon-do school Hwa Rangdo

* BIC INGBNL2A

* Refer: participant fee BotL + <name school >

Cash payments cannot be accepted / no restitution possible / late payments will mean exclusion of the tournament

Draws

The organization can change or deviate from the formats.

Privacy

By registering and or visiting the tournament the registrar / school agrees with our privacy statement, which can be found at: <https://www.hwa-rangdo.nl/privacy-reglement/>

Registration will be done via Sportdata. TV Hwa Rangdo will use details only for the Battle of the Lowlands 2025

Promotion

During the tournament the organization will make film and photo's for promotional goals, including the use for websites, Facebook, Social media, newspapers, etc.

Protest

Only the Coach can present a protest when a decision seems to violate the rules. Each protest must be presented to the Chairman of the Umpire Committee within five (5) minutes from the end of the match. The protest must be precise and circumstantial and must be accompanied by a tax of € 50,- in order to limit such protests to cases where decisions are really questionable.

Referees

Each participating school has the obligation to provide a minimum number of referees with a valid license. The license structure of the ITF is used.

1-2 competitor	: 0 referee
3 to 5 competitors	: 1 referee (D/C license)
6 to 12 competitors	: 2 referees (D/C license)
13 to 18 competitors	: 3 referees (D/C license), of which 1 centre referee (B license)
18 competitors or more	: 4 referees (D/C license), of which 1 centre referee (B license)

Referees need to be available during the whole tournament. A fee of € 50,= per missing referee will be charged if a registrar / school cannot provide the minimum number of referees.

More information you can find at.....
www.hwa-rangdo.nl/battle-of-the-lowlands
www.instagram.com/battleofthelowlands

We hope to see you on Saturday October 25th 2025 in Almere.

With kind regards,
Robert Schoots – Eventmanager
I.T.F. Taekwon-do school Hwa Rangdo

TOP TEN



BATTLE OF THE LOWLANDS



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