



6th Costa Rica Taekwondo Open 2013

Ireño Fargas Foundation

WTF G1 RANKING EVENT



FEDERACION COSTARRICENSE DE TAEKWONDO

October 1st & 2nd World training camp

October 3rd & 4th World and Olympic Seminar

October 5th & 6th VI Costa Rica Open 2013

Kyorugi & Poomsae





Wilmar Alvarado Castillo
President
Costa Rica Taekwondo Federation

Dear Presidents of National Federations, School principals , athletes, parents and Taekwondo fans; On behalf of the Costa Rica Taekwondo Federation, I would like to extend our sincere invitation to all of our friends to participate in the 6th Costa Rica Open 2013 to be held in San Jose, Costa Rica on October 1st- 6th 2013.

This year our organization has the honor to incorporate the Ireño Fargas Foundation to our event in order to help a good cause. A certain percentage of the profits will be donated to a foundation for the development of Children's National Hospital and Spina Bifida Clinic which has been working with patients with myelomeningocele, these are children with a complex problem because it involves column with a defect in the closure of this, with serious movement problems, secondary orthopedic complications, lack of bladder control, hydrocephalus and frequent surgeries.

These children are managed in a multidisciplinary program that includes social work and they come mostly from low income families. Many of them require special shoes or braces, crutches, walkers, etc. that are not always covered by the Social Security system.

It is therefore that the VI Costa Rica Taekwondo Open in strategic alliance with Ireño Fargas Foundation decided to organize a camp for this purpose on October 1st and 2nd where we will enjoy recreational training and training methodologies with Olympic and world champions. Also on October 3rd and 4th a seminar will be held with the help of world and Olympic champions evaluating different topics related to the practice of Taekwondo.

This party will continue with the Open Championship which will be held on October 5th & 6th where we will unite everyone and make a wonderful tournament trying always to practice fair play.

In closing I will like to thank each one of you for helping this come true and making a truly successful International Tournament. best of luck to all participants and I look forward to seeing you all in my country.

Sincerely,

Wilmar Alvarado Castillo
President Costa Rica Taekwondo Federation





1. ORGANIZED BY: COSTA RICA TAEKWONDO FEDERATION
PHONE: (506)22314308
FAX: (506)22314171
E-MAIL: info@tkdcr.com
2. ORGANIZING COMMITTEE: (PRESIDENT: WILMAR ALVARADO)
PHONE: (506)22314308
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E-MAIL: info@tkdcr.com
3. DATE: OCTOBER 5th & 6th 2013
VENUE: GIMNASIO NACIONAL. PARQUE METROPOLITANO LA SABANA, SAN JOSE.
4. COMPETITION RULES
WTF competition rules for poomsae and kyorugi
5. METHOD OF COMPETITION:
Single elimination tournament system based on WTF regulations
Daedo EBP will be use.
6. WEIGHT CATEGORIES:

SENIOR:

MALE SENIOR		FEMALE SENIOR	
Fin	-54kg	Fin	-46kg
Fly	-58kg	Fly	-49kg
Bamtan	-63kg	Bamtan	-53kg
Feather	-68kg	Feather	-57kg
Light	-74kg	Light	-62kg
Welter	-80kg	Welter	-67kg
Middle	-87kg	Middle	-73kg
Heavy	+87kg	Heavy	+73kg

JUNIOR:

MALE JUNIOR		FEMALE JUNIOR	
Fin	-45kg	Fin	-42kg
Fly	-48kg	Fly	-44kg
Bamtan	-51kg	Bamtan	-46kg
Feather	-55kg	Feather	-49kg
Light	-59kg	Light	-52kg
Welter	-63kg	Welter	-55kg
L. Middle	-68kg	L. Middle	-59kg
Middle	-73kg	Middle	-63kg
L. Heavy	-78kg	L. Heavy	-68kg
Heavy	+78kg	Heavy	+68kg

CADETS:

MALE CADETS		FEMALE CADETS	
Fin	-33kg	Fin	-29kg
Fly	-37kg	Fly	-33kg
Bamtan	-41kg	Bamtan	-37kg
Feather	-45kg	Feather	-41kg
Light	-49kg	Light	-44kg
Welter	-53kg	Welter	-47kg
L. Middle	-57kg	L. Middle	-51kg
Middle	-61kg	Middle	-55kg
L. Heavy	-65kg	L. Heavy	-59kg
Heavy	+65kg	Heavy	+59kg

INFANT:

MALE INFANT		FEMALE INFANT	
Fin	-23kg	Fin	-22kg
Fly	-26kg	Fly	-25kg
Bamtan	-29kg	Bamtan	-28kg
Feather	-32kg	Feather	-31kg
Light	-35kg	Light	-34kg
Welter	-38kg	Welter	-37kg
L. Middle	-41kg	L. Middle	-40kg
Middle	-44kg	Middle	-43kg
L. Heavy	-47kg	L. Heavy	-46kg
Heavy	+47kg	Heavy	+46kg

7. AGES:

1. Infant: 2002....2009
2. Cadets: 1999,2000 y 2001.
3. junior: 1996, 1997,1998.
4. Senior: born in 1995 and before
5. Poomsae: WTF/FCT oficial categories

8. TEAMS:

All schools or academies afiliated to WTF and PATU.

NOTE: No competitor can participate in more than one category.

9. RESULTS:

AWARDS:

Individual: 1°, 2°, 3° & 4° PLACE (male and female).

teams trophies: 1°, 2°, & 3° place in infant, cadets, junior and senior in kyorugi

Absolute: 1°place



POINTS PER MEDAL	
Gold	7
Silver	3
Bronze	1

10. INSCRIPTIONS.

ENTRY FEE PER ATHLETE:

1. Training camp for all ages and belts. \$ 100 USD
2. Taekwondo Seminar \$ 100 USD
3. Costa Rica Open \$ 100 USD 1 event (poomsae or sparring)
4. Costa Rica Open \$ 150 USD 2 events (poomsae and sparring)

Packages:

- a. All 3 events, \$200USD
- b. 2 events \$150USD

All Application forms and receipt should be submitted by October 2nd 2013. An application is only valid when payment of entree fee has been received by the organizing committee. If it is not paid 3 days after the application is sent, it will be removed from our register. Incomplete application forms will not be received. If you want to make any changes after October 2nd, you will be charged \$10USD.

PAYMENT:

Entry fees must be paid by bank deposit to this account:

SWIFT: BNCRCRSJ 151-185-100-2-000207-2

Please send confirmation of payment: info@tkdcr.com

11. Entry forms closing date:

October 2nd 2013





12. INTERNATIONAL REFEREES:

- A. Organizing committee will pay room and board for 3 nights, starting from october 4th(friday) till october 6th (sunday)
- B. Organizing Committee shall pay daily allowance of \$100 USD for the period of competition.
- C. PATU will be incharge of appointing all referees.

13. WTF: APPROVED UNIFORMS AND PROTECTORS

- A. All athletes should wear WTF approved uniforms and protectors.
- B. Electronic chest protectors (DAEDO) will be provided by organizing committee for all black belts. The athletes with color belts should bring their own chest protector approved by WTF.
- C. Arm guard, shin guard, groin guard, mouthguard and sensing socks must be provided by each player (personal use) and is mandatory. All must be approved by WTF.

14. WEIGH-IN:

Will be held in the venue, saturday october 5th from 3-5pm.

15. Liability:

All competitors are considered to participate at their own risk. The Costa Rica Taekwondo Federation and the organizing committee assume no responsibility for any damages, injuries or losses. All contestants must bring their own documents and forms faor any medical treatment in Costa rica. If not, this will have to be paid in cash.

16. HOTEL:

HOTEL IRAZÚ BEST WESTERN
HOTEL VILLAS DEL RIO

17. TRANSPORTATION:

The organizing Committee will provide transportation (san jose airport-hotel-venue and vice-versa) Transportation is only provided for teams with reservations at main hotels.



GUIDELINE FOR POOMSAE COMPETITION

PATU & WTF COMPETITION RULES

Method of competition

Elimination system:

1. preliminaries:

After the completion of two (2) of the four (4) predetermined by 1st Poomsae Required by PATU, 50% of the higher score participants will qualify for the next round according to the average score of the two shows.

2. Final Selection:

The 50% of the top participants would have to demonstrate the remaining two (2) 1st Compulsory Poomsae. The eight (8) top athletes in each category (individual, teams and couples) will be selected according to the average score of the two shows.

3. Final:

The eight (8) top athletes in each category would have to show two (2) of the 2nd Compulsory Poomsae predetermined by the PATU. classification of three (3) top athletes in each category will be determined by the average score of the two shows.

4. All color belts will be completed in 2 rounds: Preliminaries (50% of the higher scores will advance to the Final round) and Finals.

POOMSAE REQUIRED:

Color belt division		
BELT	1st compulsory poomsae	2nd compulsory poomsae
WHITE	Taeguk 1	Taeguk 1
YELLOW	Taeguk 1	Taeguk 2
GREEN	Taeguk 1 & 2	Taeguk 3 & 4
BLUE	Taeguk 1-3	Taeguk 4-6
RED	Taeguk 1-4	Taeguk 5-8
black belt infant		
Division	1st compulsory poomsae	2nd compulsory poomsae
6-7 years old	Taeguk 2-5	Taeguk 6-8, Koryo
8-9 years old		



Black Belts		
Division	Compulsory Poomsae	
11 and under	Taeguk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo	
14 and under	Taegeuk 3, 4, 5, 6, 7, 8 Jang, Koryo, Kumgang	
Junior	Taeguk 4, 5, 6, 7, 8 Jang, Koryo, Kumgang, Taebaek 7, 8 Jang, Koryo,	
29	Taeguk 6, 7, 8 Jang, Koryo, Kumgang, Taebaek, Pyongwon, Shipjin	
39 and under		
49 and under	Taeguk 8 Jang, Koryo, Kumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon	
59 and under	Koryo, Kumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu	
Over 59		
Couples	11 and under	Taeguk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo
	14 and under	Taeguk 3, 4, 5, 6, 7, 8 Jang, Koryo, Kumgang
	Junior	Taeguk 4, 5, 6, 7, 8 Jang, Koryo, Kumgang, Taebaek
	29 and under	Taeguk 6, 7, 8 Jang, Koryo, Kumgang, Taebaek, Pyongwon, Shipjin
	Over 29	Taeguk 8 Jang, Koryo, Kumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
Teams	11 and under	Taeguk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo
	14 and under	Taeguk 3, 4, 5, 6, 7, 8 Jang, Koryo, Kumgang
	Junior	Taeguk 4, 5, 6, 7, 8 Jang, Koryo, Kumgang, Taebaek
	29 and under	Taeguk 6, 7, 8 Jang, Koryo, Kumgang, Teaback, Pyongwon, Shipjin
	Over 29	Taeguk 8 Jang, Koryo, Kumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon

POOMSAE FREESTYLE COMPETITION TEAM / \$ 100.00 USD PER TEAM

For Freestyle Poomsae, each team will be allowed to have a minimum of 3 competitors and a maximum of 10 competitors per team. All poomsae freestyle competitions should be preformed with music of your teams choice. Freestyle Poomsae should be completed in the range of 3 minutes. The duration of Freestyle Poomsae for each participating team must be a minimum of 2 minutes and a maximum of 3 minutes including setup time. Frestyle poomsae competition will be judged based on the following criteria:

- Creativity
- Artistic Expression
- Synchronizing technics with music
- Variety of kicking and acrobatic moves.
- Spirit and teamwork



GUIDELINE FOR PARA TAEKWONDO COMPETITION

1. COMPETITION RULES

The WTF Competition Rules effective as of December 25, 2012 shall apply, with two major modifications. Please refer to the following modifications to the WTF Competition Rules:

i. MODIFICATION #1:

The four (4) classifications described above will be combined into two (2) classifications. Therefore, contestants will be classified as follows:

CLASSIFICATION A5-6: Amputation above Elbow(s)

A5: Amputation of both limbs above the elbows

A6: Amputation of one limb above the elbow

CLASSIFICATION A7-8: Amputation below Elbow(s)

A7: Amputation of both limbs below the elbows

A8: Amputation of one limb below the elbow

ii. MODIFICATION #2 (SAFETY RULES):

- A. Attack on the head is prohibited. The referee will penalize the athlete for this case.
- B. Duration of contest will be 1-minute three rounds with one minute break between rounds.
- C. The referee can decide the winner by RSC (Referee Stop Contest) in case of significant difference of competing ability between two athletes.
- D. Weight division may be modified as per section 8 below.



E. The classifications of A5, A6, A7, and A8 are IPC-designated classifications. The WTF Medical Committee Chair shall be the official classifier for the WTF World Para-Taekwondo Championships.

2. METHOD OF COMPETITION

A single elimination tournament system shall apply.

3. WEIGHT DIVISIONS

The Olympic weight divisions shall apply as follows:

MEN	WOMEN
Not exceeding 58kg	Not exceeding 49kg
Over 58kg & not exceeding 68kg	Over 49kg & not exceeding 57kg
Over 68kg & not exceeding 80kg	Over 57kg & not exceeding 67kg
Over 80kg	Over 67kg

* Weight divisions may be adjusted by Technical Delegate according to the number of participating athletes per each division and based on the final classification by WTF Medical Committee Chair.



SCHEDULE: (at the end of registration will be adjust)

Date	time	remarks	place
2 -4 october	10:00 a 20:00 h	arrival and registration	Hotel Best western Irazú
4/10/2013	10:00 a 16:00 h	arrival and registration	Hotel Irazú
	20:00 h	referee meeting	Hotel Irazu
	20:30 h	technical meeting	Hotel Irazu
5/10/2013	09:00 a 20:30 h	competition kyorugi all color belts infant, cadets, junior and senior. Poomsae all belts and categories	Venue
	13:00 h	Opening ceremony	Venue
6/10/2013	08:00 a 20:30 h	Kyorugi infant, cadets, junior and senior BLACK BELTS	Venue

- ❖ Costa rica taekwondo federation has the right to make any changes or modifications to the schedule in case it is needed.
- ❖ Once registration is done, costa rica federation will indicate the schedules and the category distributions.

Entree application:
find it: www.tkdcrcr.com for downloads