



## WELCOME!

You are now part of the world's greatest sports event. The Rio 2016 Olympic Games Spectator Guide brings tips and important information to enable you to make the most of this great party. Enjoy your reading!



# Taekwondo

## GOLDEN TIPS

What you need to know to enjoy every single moment of the Rio 2016 Games

- Before leaving, **check out the latest information** about the Games on [rio2016.com](http://rio2016.com)
- Do not forget your tickets and **check the date, time and place** of competitions on the website before leaving. Get more tickets on [rio2016.com/en/tickets](http://rio2016.com/en/tickets)
- **Check the weather forecast** and prepare yourself accordingly
- **Use public transport.** It is not possible to park at the competition venues and their surroundings
- **Plan your trip.** Transport systems and competition venues will be crowded. It can take you a while to go back and forth!
- Arrive early: **this venue opens one and a half hour before the competition gets underway.** If the session has already started, you may have to wait for a break to enter. **Check out this information** at [rio2016.com/en/venues](http://rio2016.com/en/venues)
- You will go through a **security check** with X-ray equipment. **Forbidden or restricted items** will be collected and not returned. **Check the complete list** on [rio2016.com/en/venues](http://rio2016.com/en/venues)
- **Avoid carrying bags to speed up your entrance.** If necessary, choose the smaller ones that you can put on your lap or under the seat
- **Identify children** and other special cases with **bracelets made available at the public information desks**
- Look for the **Rio 2016 team** members wearing **green** - they are there to **help you!**
- **It is forbidden to smoke at the competition venues.** There are designated smoking areas. Get more information with the volunteers or at the public information desks
- **This Guide has a map with the services available at the venues**
- **Within Rio 2016 venues, payments** can only be made in **cash or Visa debit**, credit or pre-paid cards
- **Download the official app** on [rio2016.com/en/app](http://rio2016.com/en/app) and **stay tuned** to everything that happens during the Games
- Bring your energy and support. Let's make it an unforgettable party!

TM/© Rio 2016 (2016) - All rights reserved. This Guide is exclusively for educational, informational and referential purposes. Available for download in Portuguese, English and Spanish on the website [rio2016.com/en/spectator-guide](http://rio2016.com/en/spectator-guide). All maps and information are subject to change without prior notice. Selling and reproducing are forbidden.

## LEARN MORE ABOUT RIO

Nature, culture, and gastronomy are permanent attractions in the city, which has been welcoming more and more tourists with open arms. The Olympic City is ready to welcome visitors arriving for the Rio 2016 Games and is preparing an amazing programme for the Live Sites, installed at strategic locations in the city, where you can watch the Games broadcast and enjoy a vast cultural programme.

Go to the [visit.rio](http://visit.rio) portal and discover the wonders of Rio de Janeiro.

## SUSTAINABILITY

Do your part and dispose of your rubbish appropriately. Use the coloured recycling collectors provided: they benefit recycling cooperatives, generating social inclusion and new businesses.

## ACCESSIBILITY

Individuals with an impairment or reduced mobility, such as obese people, senior citizens, pregnant and breastfeeding women and people with small children are entitled to preferential service when accessing venues and on services offered to Games' spectators. Exclusive services intended for this audience are also available at all venues. Get more information with the volunteers or at the public information desks.

## FORMS OF PAYMENT

**VISA** In recognition of its 30 years of support to the Olympic Games, only Visa (debit, credit or prepaid) and cash are accepted for purchases at Rio 2016 venues.

## CONTACT US

An open channel to listen to you.  
Call centre: + 55 (21) 3004-2016\*  
[rio2016.com/en/contact](http://rio2016.com/en/contact)

\*Price of a local call if calling from Brazil.  
Price of a call to Rio de Janeiro if calling from overseas.

## UNDERSTANDING THE SPORT

### HOW IT ALL BEGAN

Literally translating, “*tae*” means “foot”, “*kwon*” is “fist” and “*do*”, “the way”. The origin of this martial art dates back to 50 BC, during the period in Korean history known as the Three Kingdoms. In 1955, Republic of Korea decided taekwondo would be the martial art that would represent the country internationally. The sport became part of the Olympic programme at Sydney 2000.

### ABOUT THE COMPETITION

In fights disputed in rounds of two minutes each, fighters kick and punch aiming at the opponent’s chest and head, and each blow is worth one to four points. Athletes wear several protectors: for the forearm, hand, foot, chest, leg, head and groin.

If there is a draw at the end of the first three rounds, the golden point is disputed – a fourth round where the fighter who scores first wins. If neither of them scores in the fourth round, the referees determine the winner.

### DID YOU KNOW?

- Creators of the martial art, Koreans have dominated the sport in Olympic Games, accumulating 14 medals, of which 10 are gold. China is the runner-up, with eight medals, five of which are gold
- At London 2012, the eight gold medals disputed were distributed to athletes from eight countries and three different continents – only one of them was to Republic of Korea. At Rio 2016, we will see if this democratic podium will be maintained or if the Korean athletes will regain their position



### PROGRAMME\*

AUGUST	SESSIONS			
05	FRI			
06	SAT			
07	SUN			
08	MON			
09	TUE			
10	WED			
11	THU			
12	FRI			
13	SAT			
14	SUN			
15	MON			
16	TUE			
<b>17</b>	<b>WED</b>	09:00 13:00	15:00 18:00	<b>🏆 20:00 23:05</b>
<b>18</b>	<b>THU</b>	09:00 13:00	15:00 18:00	<b>🏆 20:00 23:05</b>
<b>19</b>	<b>FRI</b>	09:00 13:00	15:00 18:00	<b>🏆 20:00 23:05</b>
<b>20</b>	<b>SAT</b>	09:00 13:00	15:00 18:00	<b>🏆 20:00 23:05</b>
21	SUN			

\* Information subject to change without prior notice.

🏆 Sessions with victory ceremonies are in bold.

### EVENTS

<b>M</b>	Under 58kg
<b>M</b>	Under 68kg
<b>M</b>	Under 80kg
<b>M</b>	Over 80kg
<b>F</b>	Under 49kg
<b>F</b>	Under 57kg
<b>F</b>	Under 67kg
<b>F</b>	Over 67kg

**M** Male **F** Female

**RIO 2016 STORE**  
Take the Rio 2016 Games with you. Buy official and exclusive products at physical stores and on [rio2016.com/en/shop](http://rio2016.com/en/shop)

## PLANNING YOUR TRIP

### ARRIVING AT THE PARK

Carioca Arena 3 is located at Barra Olympic Park, considered the heart of the Games, which will become a sporting benchmark for the country bringing together cutting-edge competition venues. Check out how to get there:

**BRT - ESPECIAL JD. OCEÂNICO X CENTRO OLÍMPICO > CENTRO OLÍMPICO TERMINAL/MORRO DO OUTEIRO**  
**BRT - ESPECIAL VIC. CARVALHO X C. OLÍMPICO/RIOCENTRO > C. OLÍMPICO TERMINAL/MORRO DO OUTEIRO**  
 11min walk/800m







**BRT - ESPECIAL RECREIO X VILA MILITAR > MORRO DO OUTEIRO STATION - 11min walk/800m**

**BRT - MADUREIRA X ALVORADA PARADOR/EXPRESSO > RIO 2 STATION**  
**BRT - FUNDÃO X ALVORADA EXPRESSO > RIO 2 STATION - 11min walk/800m**

**Accessible station - Centro Olímpico Terminal, Morro do Outeiro and Rio 2 stations** are accessible. From Centro Olímpico station there is an accessible auxiliary shuttle service available for the convenience of people in wheelchairs or with reduced mobility. Learn more about public transport accessibility during the Games at [visit.rio](http://visit.rio).

### ATTENTION!

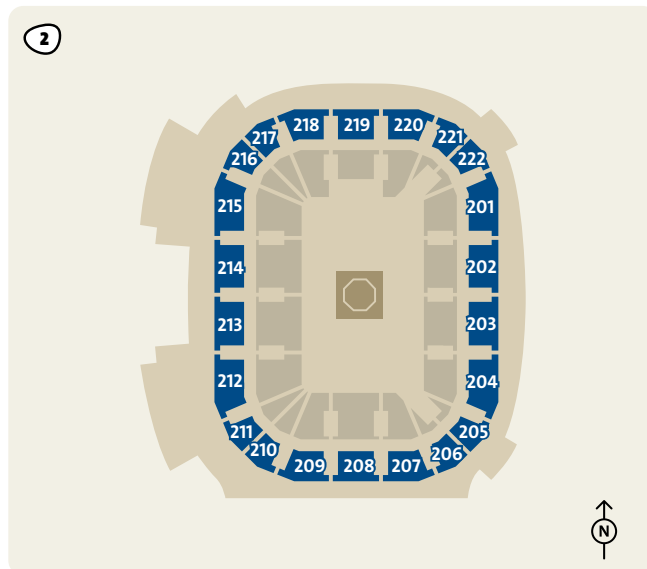
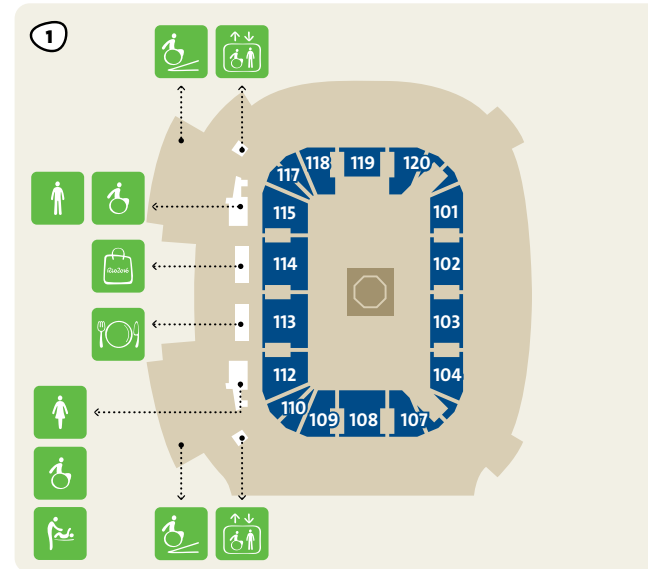
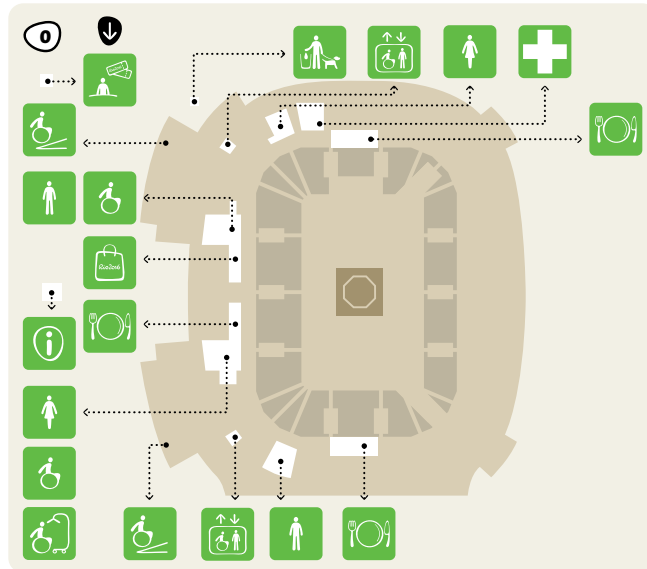
- Make sure you check the competition schedule and public transport stations
- Buy in advance the Cartão dos Jogos (transport card). Some stations are only available for transport card and ticket holders
- Learn more about Cartão dos Jogos and public transport at [visit.rio](http://visit.rio)
- Check the venue entry locations and pay attention to the signs at the stations
- After the competition, check the venue exits and public transport access signs
- Walking times are estimated based on the average speed of 1.2m/s

-  Carioca Arena 3
-  Entry or exit
-  Spectator way
-  BRT station
-  Accessible station
-  Station with accessible auxiliary shuttle



## DISCOVERING THE VENUE

- Entry
- Level
- Stands
- Ramp
- Elevator
- Public information
- Spectator medical post
- Women's toilet
- Men's toilet
- Accessible toilet
- Extra accessible toilet
- Baby changing
- Dog relief area
- Food and beverage
- Rio 2016 Store



To access the different levels of the venue you can use the stairs, besides lifts and ramps shown on the map.



WORLDWIDE OLYMPIC PARTNERS



OFFICIAL SPONSORS



OFFICIAL SUPPORTERS



OFFICIAL SUPPLIERS

Airbnb C&A Ceg Dica do Chef Editora Globo EF Education First  
EVENTIM GREE ISDS Kärcher Komeco Localiza Manpowergroup  
Microsoft Mondo Nielsen Nike OFF! RGS Events RIOgaleão  
Sapora SEG Gymnastics Symantec Technogym 3 Corações

SUPPLIERS

Bauerfeind Casa da Moeda do Brasil EMC H. Olhos Paulista Posterscope Brasil

GOVERNMENTAL PARTNERS

