

XII Costa Rica Taekwondo Open G1

FROM:

AUGUST 29

TO:

SEPTEMBER 1ST

BN ARENA HATILLO 2
SAN JOSÉ, COSTA RICA

INFORMATION:



FCTCRG



TKDCOSTARICA



TKDCOSTARICA



(506) 8390-7077



PRESIDENTETKDCR@GMAIL.COM

POOMSAE & KYORUGUI
INFANT, CADET, JUNIOR, SENIOR

AFILIATE TO:

SANCTIONED BY:

SPONSORED BY:

OFFICIAL HOTELS:

ORGANIZING BY:



XII Costa Rica Taekwondo Open G1

Sanction by:

World Taekwondo Federation

President Dr. Chungwon Choue

5th Fl. Diplomatic Center, 1376-1 Seocho 2-Dong,

Seochu-Gu, Seoul, Korea 137-863

Tel: 82 2 566-2505 / Fax: 82 2 553-4728

E-mail: wtf@wtf.org

Website: www.worldtaekwondo.org

Promoted by

Panamerican Taekwondo Union (World Taekwondo Panamerica)

President Grand Master Ji Ho Choi

4 Brook Lane

Plainfield, New Jersey 07060, USA

TELEPHONE: (201) 694-1986 / FAX: (908) 561-5648

E-MAIL: masterjihochoi@aol.com

Web site: www.patw.org

Organized by

Costa Rica Taekwondo Federation

President Wilmar Alvarado Castillo

Pavas, San Jose.

Telephone: 506 22314308

Web site: www.tkdcrc.org

E-mail: presidentetkdcrc@gmail.com

opencrc@gmail.com

Venue

BN ARENA, Hatillo 2, San José.

Competition Date August 29th, till September 1st, 2019.



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Participation requirements

1. Must have the National ID of the country you are representing.
2. Must be sanctioned by the National Federation
3. Must have Global Athlete License WT(GAL) 2019.
4. Must have WT Panamerican (PATU) Coach certification.

Affiliates

Every participant must be a citizen of the country he/she is representing. There must also be a letter of approval from the corresponding National Federation.

Competition rules

The current WT and WT Panamerica (PATU) competitions rules will be used in this event. (www.worldtaekwondo.org/rules/)

Age Groups

- | | | |
|----|---------|--------------------|
| A. | Cadets: | 2005, 2006 & 2007. |
| B. | Junior: | 2002, 2003 & 2004 |
| C. | Senior: | 2002 & before. |

Coaches:

The requirements are:

1. Must be 18 years old or above.
2. Must have GAL.
3. Coaches and trainers must have WT Panamerica (PATU) certificate. (WT Panamerica/PATU Seminar done).
4. Coaches y trainer that do not have WT Panamerica/PATU certificate must do the seminar at the event. This seminar one for kyrougi and one for poomsae will have a cost of US100 Dollars.

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Coaches Dress code

Formal wear is mandatory for all coaches during semifinals and finals.

PSS DAEDO:

The OC. Shall bring the electronic chest and helmets, every athlete must provide their own electronic socks to compete, all athletes are responsible of bringing their own sparring gears.

PSS DAEDO will be working for cadets, junior and senior categories.

- 1- Cadets PSS Generation 1.
- 2- Junior PSS Generation 1.
- 3- Senior PSS Generation 2.

Official Uniforms

All athletes must wear a V-Neck white dobok, V neck approved by WT/ WT Panamerica (PATU) in good condition, black V-neck uniform. Logos, Team Names, country, athlete's name, will be allowed under WTF uniform rules. Only uniforms approved by WT/ WT Panamerica (PATU) & FCT will be permitted.

<http://www.worldtaekwondo.org/wtf-partners/recognized/>

Gear equipment

All athlete must enter the competition area with sparring gears and uniformed approved by the WT. Groin, Shin, and Forearm guards must be worn inside the uniform.

Any other article besides headgear are not permitted to be worn on the head. Any religious article must be approved beforehand and worn inside the headgear and uniform and must not cause injury or obstruction to the opponent.

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Weigh In

- I. The weigh-in for the athletes must take place the day before competition.
- II. Male athlete may weigh-in in their underwear. Female athlete may weigh-in in their underwear and bra.
- III. Athlete may weigh in nude if they prefer.

Medical service

1. The OC will provide medical services only in emergency situation where a participant is injured
2. Participants will be responsible for all expenses incurred from injury and/or hospitalization.
3. The OC recommends to the participant that they have medical insurance and have all documents on hand.

Visa

All participants will be responsible for obtaining the necessary visas. The invitation letter is available at request by writing to: opencr@tkdcr.org

Payment method

The payment for the competition is to be made at the registration office in cash.

Registration will take place at the Hotel Best Western Irazú from august 25th – 28th and at the venue (BN ARENA) from august 29th – 31st, 2019.

Ground Transportation

The Organizing Committee will provide transportation for teams that are staying in official hotels, Airport-Hotel and viceversa / Official Hotel – Event Venue and viceversa.

The date of the arrival and departure must be communicated with the hotel through the links provided in the Accommodation section:

Moreover, official hotels will provide:

- I. Free breakfast.
- II. Free internet.



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Recognized Poomsae

INDIVIDUAL POOMSAE		
Age Category	Age Division	Competition Style
Cadets	12-14 years old	WT format.
Junior	15-17 years old	WT format.
1st Senior	18-30 years old	WT format.
2nd Senior	31-40 years old	WT format.
1st Master	41-50 years old	WT format.
2nd Master	51-60 years old	WT format.
3rd Master	61- 65 years old	WT format.
4th Master	Over 65 years old	WT format.
POOMSAE PAIRS		
Age Category	Age Division	Competition Style
Cadets	12-14 years old	WT format.
Junior	15-17 years old	WT format.
1st Pair	18-30 years old	WT format.
2nd Pair	Over 31 years old	WT format.
POOMSAE TEAMS		
Age Category	Age Division	Competition Style
Cadets	12-14 years old	WT format.
Junior	15-17 years old	WT format.
1st Team	18-30 years old	WT format.
2nd Team	Over 31 years old	WT format.

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**Points Awarded per
Medals WT G1**

**Gold: 7 Points.
Silver: 3 Points.
Bronze: 1 Point.**

Registration method and deadline

Coach Accreditation: \$50.00 USD each (Kyorugi or Poomsae) Deadline: August 25th, 2019
Registration Coach On Site: \$100.00 USD each (Kyorugi or Poomsae)

Poomsae & Sparring Division	Early Registration	Dead line for early registration	Late Registration	Deadline for late Registration	Extraordinary registration fee	Deadline for extraordinary Registration	In Venue
1 st Division	\$130	10/08/2019	\$150	20/08/2019	\$175	25/08/2019	\$200
2 nd Division	\$200	10/08/2019	\$225	20/08/2019	\$250	25/08/2019	\$275
3 rd Division	\$250	10/08/2019	\$275	20/08/2019	\$300	25/08/2019	\$325
4 th Division	\$300	10/08/2019	\$325	20/08/2019	\$350	25/08/2019	\$375
5 th Division	\$350	10/08/2019	\$375	20/08/2019	\$400	25/08/2019	\$425

Early registration deadline is: **August 10th, 2019** at 20.00 hours Costa Rica time.

Late registration deadline is: **August 20th, 2019** at 20.00 hours Costa Rica time.

Extraordinary registration deadline is: **August 25th, 2019** at 20.00 hours Costa Rica time.

Teams registration shall be done and will be accepted through WT online registration system. <https://worldtkd.simplycompete.com/>
Registration can only be done with a valid GAL or GOL.

Referees

1. WT Panamerica (PATU) will designate the number of referees required.
2. Each international Referee must cover their own plane tickets.
3. Five nights of room, board and meals will be covered by the Organizing Comitee . (August 28th – September 1st).
4. The CO will pay an honorary of 100 USD for four days of competition.



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Kiorugi
Weight division

CADETS		JUNIORS	
Men	Women	Men	Women
Under 33 kg	Under 29 kg	Under 45 kg	Under 42 kg
Under 37 kg	Under 33 kg	Under 48 kg	Under 44 kg
Under 41 kg	Under 37 kg	Under 51 kg	Under 46 kg
Under 45 kg	Under 41 kg	Under 55 kg	Under 49 kg
Under 49 kg	Under 44 kg	Under 59 kg	Under 52 kg
Under 53 kg	Under 47 kg	Under 63 kg	Under 55 kg
Under 57 kg	Under 51 kg	Under 68 kg	Under 59 kg
Under 61 kg	Under 55 kg	Under 73 kg	Under 63 kg
Under 65 kg	Under 59 kg	Under 78 kg	Under 68 kg
Over 65 kg	Over 59 kg	Over 78 kg	Over 68 kg

SENIORS	
Men	Women
Under 54 kg	Under 46 kg
Under 58 kg	Under 49 kg
Under 63 kg	Under 53 kg
Under 68 kg	Under 57 kg
Under 74 kg	Under 62 kg
Under 80 kg	Under 67 kg
Under 87 kg	Under 73 kg
Over 87 kg	Over 73 kg

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Freestyle Poomsae

INDIVIDUAL FREESTYLE		
Age Category	Age Division	Competition Style
Cadet / Junior	12 – 17 years old	WT format.
Senior	18 years old & over	WT format.
PAIRS FREE STYLE		
Age Category	Age Division	Competition Style
Cadet / Junior	12 – 17 years old	WT format.
Senior	18 years old & over	WT format.
TEAM FREE STYLE (5 athletes at least two males and two females)		
Age Category	Age Division	Competition Style
Cadet / Junior	12 – 17 years old	WT format.
Senior	18 years old & over	WT format.

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Awards

All athletes will receive a Certificate of Participation.

Awards: World Ranking G– 1 / G– 1.

Best Male and Female Referee Open Trophy will be awarded, Poomsae & Kyorugi.

Best Male and Female athlete Open Trophy will be awarded G -1 Poomsae.

Best Male and Female Coach Open Trophy will be awarded G -1 Poomsae.

1st place, 2nd place, and 3rd place Open Trophy will be awarded G -1. Poomsae

Best Male and Female athlete Open Trophy will be awarded G -1 Sparring.

Best Male and Female Coach Open Trophy will be awarded G -1 Sparring

1st place, 2nd place, and 3rd place Open Trophy will be awarded G -1. Sparring

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1st place, 2nd place, and 3rd place Best Team Open Trophy will be awarded



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Compulsory Poomsae

Individual competition each with male / female	Compulsory Poomsae
Cadet 12-14 years old	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
Junior 15-17 years old	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
Under 30 18-30 years old	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin
Under 40 31-40 years old	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin
Under 50 41-50 years old	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, Chonkwon
Under 60 51-60 years old	Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, Chonkwon, Hansoo
Under 65 61-65 years old	Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, Chonkwon, Hansoo
Over 65 66+ years old	Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, Chonkwon, Hansoo

Pair and team competition	Compulsory Poomsae
Cadet 12-14 years old	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
Junior 15-17 years old	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
Under 30 18-30 years old	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin
Over 30 31+years old	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, Chonkwon

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Competition Schedule

Date	Time	Event	Place
Monday August 26th, 2019	09:00 AM - 12:00 p.m.	Accreditation Center Open	BEST WESTERN IRAZU
	12:00 p.m. - 01:00 p.m.	Lunch Break	
	01:00 p.m. - 07:00 p.m.	Accreditation Center Open	
Tuesday August 27th, 2019	09:00 AM - 12:00 p.m.	Accreditation Center Open	
	12:00 p.m. - 01:00 p.m.	Lunch Break	
	01:00 p.m. - 07:00 p.m.	Accreditation Center Open	

Date	Time	Event	Place
Wednesday August 28th, 2019	09:00 AM - 12:00 p.m.	Accreditation Center Open	BEST WESTERN IRAZU
	12:00 p.m. - 01:00 p.m.	Lunch Break	
	01:00 p.m. - 07:00 p.m.	Accreditation Center Open	
	10:00 AM - 04:00 p.m.	Weigh in Senior G1 Male: -54, -68, -87 Female: -49, -62, -73	
		Junior Male: -45, -55, -68, +78 Female: -46, -55, -68	
	01:00 p.m. - 05:00 p.m.	Referees Refresh Course	
	02:00 p.m. - 05:00 p.m.	PATU Coach Permit	
	06:00 p. m.	Technical Meeting	

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Competition Schedule

Date	Time	Event	Place
Thursday August 29th, 2019	08:00 a. m.	Random Weigh In G1	BN ARENA
	08:00 a. m.	Poomsae Competition Black Belts, all age categories	
	01:00 p. m.	Senior G1 Male: -54, -68, -87 Female: -49, -62, -73 Junior Male: -45, -55, -68, +78 Female: -46, -55, -68	

Date	Time	Event	Place
Thursday August 29th, 2019	10:00 AM - 04:00 PM	Weight-in Day 2 Senior G1 Male: -58, -74, +87 Female: -53, -67 Junior Male: -48, -59, -73 Female: -42, -49, -59, +68 Cadet Male: -33, -41, -49, -57, -65 Female: -29, -37, -44, -51, -59	BN ARENA

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Competition Schedule

Date	Time	Event	Place
Friday August 30th, 2019	07:00 a. m.	Random Weigh In G1	BN ARENA
	08:00 a. m.	Senior G1 Male: -58, -74, +87 Female: -53, -67 Junior Male: -48, -59, -73 Female: -42, -49, -59, +68 Cadet Male: -33, -41, -49, -57, -65 Female: -29, -37, -44, -51, -59	

Date	Time	Event	Place
Friday August 30th, 2019	10:00 AM - 04:00 PM	Weigh-in Day 3 Senior G1 Male: -63, -80 Female: -46, -57, +73 Junior Male: -51, -63, -78 Female: -44, -51, -63 Cadet Male: -37, -45, -53, -61, +65 Female: -33, -41, -47, -55, +59	BN ARENA

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Competition Schedule

Date	Time	Event	Place
Saturday August 31th, 2019	07:00 a. m.	Random Weigh In G1	BN ARENA
	08:00 a. m.	Senior G1 Male: -63, -80 Female: -46, -57, +73 Junior Male: -51, -63, -78 Female: -44, -51, -63 Cadet Male: -37, -45, -53, -61, +65 Female: -33, -41, -47, -55, +59	

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LIABILITY WAIVER

ALL PARTICIPANTS must PRINT & SIGN THIS WAIVER (signed by Parent or Legal Guardian if under 18 years).

Please submit completed Liability Waiver at Accreditation on August 28th-September 1st, 2019.

PLEASE DO NOT E-MAIL or MAIL LIABILITY WAIVER

COMPETITOR, COACH, REFEREE, VOLUNTEERS, OFFICIALS, TOURNAMENT STAFF AND MEDIA WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND PARENTAL CONSENT AND INDEMNITY AGREEMENT.

In consideration of your acceptance of my entry for 2019 COSTA RICA TAEKWONDO OPEN to be held on August 29- September 1st, 2019 at BN ARENA, I do hereby, for myself, my heirs, executors, and administrators waive, release and forever discharge any and all rights and claims for damages, including bodily injury which I may have or which may occur to me against the referees, medical staff and all members of this championships or their respective officers, representatives, successors, and/or assigns and against any competitor for any and all damages which may be sustained by me in connection with my associates with or entry into this championships event, or which may arise out for traveling to, participating in and returning from this tournament event. I am not entering this competition in reliance of any written or oral representation by the Costa Rica Taekwondo Federation and World Taekwondo regarding the applicable rules and qualifications of the judges and referees. I am in good health and physical condition to participate in this tournament. I fully understand that my entry fee is non-refundable. I consent that any picture furnished by me or any pictures taken of me in connection with the championships can be used for publicity, promotion or television showing, and I waive all compensation in regard, thereto. I understand that Martial Arts is a body contact sport and I further understand all the contents of the rules and general information which was published by the organizing committee and I agree to them in their entirety.

I understand the nature of 2019 COSTA RICA TAEKWONDO OPEN activities and believe that my experience and capabilities, or that of the minor child, to be qualified to participate in 2019 COSTA RICA TAEKWONDO OPEN which be held at San Jose, Costa Rica. **I UNDERSTAND THAT COSTA RICA TAEKWONDO FEDERATION AND WORLD TAEKWONDO TOURNAMENT ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH.** These risk and dangers may be caused by me or the minor child's own actions, or inactions, and/or the actions or inactions of others participating in the training. In addition, I fully authorize Costa Rica Taekwondo Federation to transport me/my child to a nearby medical care facility to seek medical care in the case of emergency.

I have read this agreement, fully understand it's terms, understand that I or the minor child have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by the law and agree that if any portion of this agreement is held to be invalid that the balance, notwithstanding, shall continue in full force and effect.

Participant's Print Name: _____ Signature: _____ Date: _____

Participant's Guardian Print Name: _____ Signature: _____ Date: _____



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ACCOMMODATION GUIDE

Best Western Irazú Hotel & Casino.



Daniela Delgado
Ejecutiva de Ventas Segmento Corporativo.
Tel: (506) 2106 - 5102
Cel: (506) 6196- 8954
<https://www.bestwesterncostarica.com/es-es>

Hotel Villas del Río.



Cristina Sotela S.
Gerenta General
Tel: (506) 2208-2400 y (506) 4006-2400
Email: csotela@villasdelrio.com
www.villasdelrio.com www.facebook.com/villasdelrio

Holiday Inn San José - Aurola



Holiday Inn

Jorge Zúñiga Mora
Gerente Ventas y Mercadeo
Tel: (506) 2523-1256
Cel: (506) 7018-3462
Email: jzuniga@aurolahotels.com



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ACCOMMODATION GUIDE

Barceló Hotel San José.

Barceló
HOTELS & RESORTS

Yahaira Chinchilla
Ejecutiva de Ventas
Hotel Barceló San José
Tel. (506)2220-2034 ext.656
Cel.(506) 6100-0905
www.barcelo.com

Hotel Country Inn & Suites by Radisson


COUNTRY
INN & SUITES[®]
BY RADISSON

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