

INVITATION:

International Taekwon-Do Championship



ITF Open

The Netherlands

2026



Date:	Saturday April 11, 2026
Sport complex:	Topsportcentrum Almere (Google maps: https://maps.app.goo.gl/7P3qajDbo3EFbEEQ6)
Address:	Pierre de Coubertinplein 4, 1362 LB Almere Poort
Sport hall open:	8.00 hr
Measuring and weighing:	8.00 hr tot 8.45 hr
Referees meeting:	8.30 hr
Coach meeting:	9.00 hr
Start of tournament:	9.45 hr

REGISTRATION FEE:

1 or 2 category € 37,50	1 extra category + € 5,00 (2 extra + € 10,00)
ATTENTION >>> NEW >>> EARLY BIRD!!!	
Register and pay no later than February 28, 2026 to receive a €5,00 discount per registration! (For a 3 rd and 4 th category €5,00 still applies.)	
The closing date (including payment) is: Sunday 29 March 23.59 hour! Until this date you can add, change, cancel unlimited without extra costs! After the closing date or on the day itself, € 15,00 will be charged for each changing.	
Cancellation: No refund if cancelled after the closing date.	
Registration and payment through your Dojang/organisation must be completed exclusively via the online system Kihapp using the following link: ITF Open 2026 - The Netherlands Taekwon-Do Kihapp	

Medal for winner participant: 1 x 1st place, 1 x 2nd place and 1 x 3rd place (applies to all categories)

CATEGORIES:

Categories	Group and age (on the day of the tournament!)
Patterns and sparring	Youth to and incl. 11 year Pre-juniors 12 and 13 year Juniors 14 to and incl. 17 year. Adults 18 to and incl. 39 year Seniors 40+
Non-contact sparring	Kids to and incl. 8 year / (9-11 year is provisional)
Flying technique	Youth to and incl. 11 jaar (category -140 cm and +140 cm)
High jump	Pre-juniors 12 and 13 year Juniors 14 to and incl. 17 year Adults/seniors 18+
Power breaking	Volwassenen/senioren 18+

PATTERNS:

General:	With 3 -5 competitors in a pool; round-robin. In case of too less competitors in a group, groups may be merged.
Coloured belts:	Coloured belts perform one optional pattern up to his/her degree against their opponent.
Black belts:	<p>In all preliminary rounds, each competitor performs one optional tul from their own Dan degree.</p> <p>NEW! Repechage round (for pools of at least 6 participants)!</p> <p>Any competitor who loses in the first round may enter the repechage round. In this round, the highest possible result is 3rd place — awarded if the competitor wins against the loser of the semi-final from the winners' pool.</p> <p>Only in the final and the match for 3rd place, competitors perform two patterns: First a designated pattern, followed by an optional pattern. The designated pattern is selected according to the lowest grade in the match (see table below).</p>

Degree	Designated patterns	Optional patterns
1 st Dan	Choong-Moo up to and incl. Ge-Beak	Kwang-Gae up to and incl. Ge-Beak
2 nd Dan	Ge-Beak up to and incl. Ko-Dang	Eui-Am up to and incl. Ko-Dang
3 rd Dan	Ko-Dang up to and incl. Choi-Yong	Sam-Il up to and incl. Choi-Yong
4 th Dan	Choi-Yong up to and incl. Moon-Moo	Yong-Gae up to and incl. Moon-Moo
5 th /6 th Dan	Moon-Moo up to and incl. Se-Jong	So-San up to and incl. Tong-Il

SPARRING (all groups continous system):

C klasse – 10 th and 9 th Kup	1 x 1,5 minutes (also the final)
B klasse - 8 th up to and incl. 5 th Kup	Extension 1 x 1 min. No winner after this? Then proceed; the golden point.
A klasse - 4 ^e Kup up to and incl. 6 ^e Dan	1 x 2 minuten – only Final 2 x 2 minutes Extension 1 x 1 min. No winner after this? Then proceed; the golden point.

Height- and weight classes SPARRING:

KIDS/YOUTH F/M : up to and incl. 11 Y	-120, -130, -140, -150, +150 cm
PRE-JUNIORS F/M: 12 Y and 13 Y	-35, -40, -45, -50, -55, -60, +60 kg
JUNIORS FEMALE	-45, -50, -55, -60, -65, +65 kg
JUNIORS MALE	-50, -55, -60, -65, -70, +70 kg
ADULTS FEMALE	-50, -55, -60, -65, -70, +70 kg
ADULTS MALE	-58, -64, -70, -76, -82, +82 kg
SENIORS FEMALE	-50, -55, -60, -65, -70, +70 kg
SENIOREN MALE	-58, -64, -70, -76, -82, +82 kg

The organization aims to place a minimum of 3 competitors per pool. If there are fewer than two competitors in a pool, they will be moved to the next higher weight or height category. The organization reserves the right to adjust the weight divisions. Weigh-in is mandatory, wearing dobok trousers and a t-shirt. Maximum weight tolerance: 0.5 kg.

Protection equipment:

1. Groin guard under the dobok is **mandatory** for both boys and men;
2. Groin guard under the dobok is permitted for female;
3. Gum shield is **mandatory** for all participants;
4. Head guards are **mandatory** for all participant up to and including 11 years;
5. Head guards are permitted for all other ages;
6. Hand and foot pads are **mandatory**, open or fully closed hand pads are forbidden;
7. Soft shin guards permitted.

ADDITIONAL INFO FOR PATTERNS AND SPARRING ROUND-ROBIN:

With 3-5 participants in a pool; round-robin (competition between each other).

1. The winner gets 2 points, a draw earns 1 point and a lost 0 point.
2. If all the competitors have an equal number of points, the pool will be restarted.

FLYING TECHNIQUE VOOR KIDS/YOUTH up to and including 11 YEAR:

The flying technique is performed as a flying side kick. The kick must make contact with the pad before landing on the thick mat. Groups will be formed based on registrations and height (boys and girls).

Starting distance: – Under 140 cm = 2/3 of the thick mat – Over 140 cm = 3/4 of the thick mat.

HIGH JUMP PRE-JUNIORS, JUNIORS and ADULTS/SENIORS:

The high jump is performed as a flying upward high kick. Participation is open to all divisions.

If no one reaches the starting height, the competition will be stopped.

	FEMALE	MALE
Pre-juniors 12-13:	Starting height: 170 cm	Starting height: 190 cm
Juniors 14-17:	Starting height: 180 cm	Starting height: 210 cm
Adults/seniors 18+	Starting height: 190 cm	Starting height: 230 cm

POWER BREAKING:

Participation is open for all divisions but only for **18+**.

The number of boards per technique is listed in the table below.

Important: *If no one meets the qualification standard, the competition will be stopped.*

Before or during the competition, the power breaking area may not be entered, boards may not be touched, and no test breaks are allowed. Any violation of these rules will result in immediate disqualification.

	FEMALE	MALE
1. Ap-Joomuk Jirugi	Fore-fist front punch (2)	Fore-fist front punch (4)
2. Sonkal Taerigi	Knife hand strike (in- or outward) (3)	Knife hand strike (in- or outward) (4)
3. Yopcha Jirugi (<i>qualification</i>)	Side piercing kick (5)	Side piercing kick (6)
4. Dollyo Chagi	Turning kick (3)	Turning kick (4)
5. Bandae Dollyo Chagi	Reverse turning kick (2)	Reverse turning kick (4)

UMPIRES:

Without umpires, no tournament. The more umpires present on the fields, the smoother the tournament will run. Therefore, participating schools are required to provide umpires. For every missing, absent (without replacement), or prematurely departing umpire, an immediate fee of €50.00 applies. If this is not paid on site, the school owner will receive an invoice.

After completing a field, the referee may be assigned to other fields or events.

At the end of the day, each referee must report to the responsible jury president.

1 up to and incl. 7 competitors	1 umpire (minimaal C)
8 up to and incl. 13 competitors	2 umpires (minimaal 1 B)
14 up to and incl. 20 competitors	3 umpires (whose 1 mat umpire)
21 or more competitors	4 umpires (whose 1 mat umpire)
<i>By providing one additional umpire beyond the mandatory number, and ensuring that all umpires are registered with at least a 1st Kup and a C license, one competitor may be registered free of charge (value: €30,00). This amount will be reimbursed to the head coach on the day of the tournament. Naturally, the additional umpire must be officially registered.</i>	

Umpire Attire:

Umpires are expected to wear blue or black trousers (no jeans), a blue or black blazer, a white long-sleeved shirt, a blue tie or official ITF tie, white socks, and white sports shoes.

Coffee/Tea and Lunch:

Lunch will be provided by the organization **only** for umpires who officiate for the entire tournament day. Break times will be communicated by the organization.

COACHES:

Each competitor is required to be accompanied by one coach at the field.

Attention: *Coaches who do not have a competitor at the field, or whose competitor has not yet been called, are kindly requested to remain in the stands. This helps us keep the hall organized and safe for everyone.*

1 up to and incl. 7 competitors	Maximum 2 coaches
8 up to and incl. 13 competitors	Maximum 3 coaches
14 up to and incl. 20 competitors	Maximum 4 coaches
21 or more competitors	Maximum 6 coaches

Coach Attire:

Coaches must wear a tracksuit (jeans are not allowed!), bring a towel, and wear sports shoes. Caps, headwear, or Doboks are not permitted.

ATTENTION!

Competitors are only allowed on the mat wearing a white (ITF) Dobok.

Protest Procedure Any protest must be submitted immediately (within a maximum of 5 minutes), along with a direct cash payment of € 50,00 at the WOC table. The head umpire holds the final authority in all decisions. If the protest is deemed valid and upheld by the head umpire, the fee will of course be refunded.

Full umpire rules (ITF Choi Jung Hwa) see:

<https://www.itfopen.nl/scheidsrechters-reglement-umpire-rules-itf-choi-jung-hwa/>

SPECTATORS and other notes:

Admission for spectators is €5,00 per person. Children up to 12 years of age enter free of charge.

Access is strictly limited to the stands — this also applies to young children and babies of competitors, coaches, and umpires. Only competitors who have been called, together with their coach, are allowed on the competition mats.

LIABILITY:

Each competitor and school owner is personally responsible for ensuring that they take part in this tournament without any physical or mental limitations or medical contraindications. The organizer cannot be held liable for any injury or damage incurred during the tournament. Each school must submit a completed and signed Data Protection Consent Form at the weigh-in. This form can be downloaded from our website: <https://www.itfopen.nl/uitnodiging-invitation/>

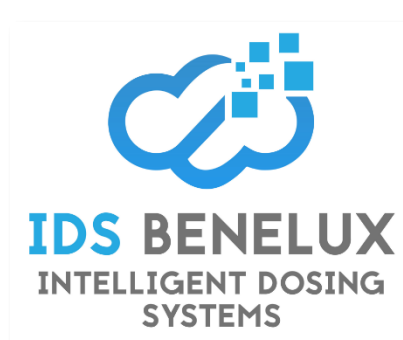
MEDIA AND PROMOTIONAL MATERIAL:

Photography and filming are only permitted from the stands and without flash. Coaches are not allowed to take photos or record videos. Only photographers appointed by the organization are authorized to take pictures at the competition areas. Promotional materials (such as banners and flags) are not allowed — not even in the stands.

ORGANISATION:

Host by:	Taekwon-Do association Suokjang – Grand Master IX - Steve Zondag
Organisation:	Imre Zondag, Arie Hoogendoorn, Otto van Elzelingen, Lotte Tetteroo and Kelly Jansen
(technical) support and crew:	volunteers Suokjang and dojangs Dutch-ITF
Head of Umpire:	Sabumnim VI Henk Schaaïj
Mail address organisation:	Itfopen.thenetherlands@gmail.com
Website tournament:	www.itfopen.nl
Facebook/Instagram event and communication:	https://www.facebook.com/itfopentheneetherlands https://www.instagram.com/itfopentheneetherlands/ Via WhatsApp “ITF Open The Netherlands 2026”

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