

ITF TAEKWON-DO FRIENDSHIP CUP 2026

COMPETITION INFORMATION

EVENT INFORMATION

Saturday, 7 November 2026 · Turnhalle Seefeld, Schmittegass 100, 8957 Spreitenbach AG, Switzerland.

Organised by the Swiss Korean Culture & Sports Association (SKCS). Open to all ITF organisations. Beginners and experienced competitors are welcome, with categories for children from age four, youths and adults.

DISCIPLINES AND REGISTRATION

Three disciplines are offered: Tul (Patterns), controlled light-contact Sparring, and Special Techniques (Flying Side Kick and, in applicable categories, Flying Front Kick).

We encourage competitors to enter two or three eligible disciplines where possible. Entry in one discipline is also permitted. The registration system filters categories using the competitor's details and shows only eligible options. Children under seven cannot enter Sparring; a six-year-old may, for example, enter Tul and Special Techniques.

We strongly encourage eligible members aged seven and above to give Sparring a try, including first-time competitors. Instructors will prepare members in training and support them on competition day. Feeling nervous is normal. Please speak to your instructor before registering if you have a particular concern.

WHY PARTICIPATION MATTERS

Competition gives members the opportunity to put training into practice, discover what to improve and build confidence. More entries allow us to form closer groups and provide a fair, exciting event.

Children's Sparring categories take account of sex, age, rank and height. Older youths and adults are grouped by sex, age, rank and weight. Final matches depend on the entries received, so an exact match cannot be guaranteed.

SPARRING FORMAT AND SAFETY

Sparring uses a continuous format with controlled light contact. Competitors wear the required protective equipment. Referees oversee each match and enforce the rules on contact, safety and fair play. Excessive or uncontrolled contact is penalised.

We encourage competitors to try, but no one is expected to continue if they feel overwhelmed. A competitor may tell their coach or referee that they wish to stop and withdraw from a match at any time. That decision will be respected.

COMPETITION SYSTEM AND PROVISIONAL SCHEDULE

Where entries allow, pool rounds lead to qualification rounds and finals. The format may be adjusted according to the number of competitors in each category.

09:00 Umpire meeting · 09:30 Competition starts · 12:00 Lunch break · 13:00 Competition continues

Individual category times can only be confirmed after registration closes and the schedule has been prepared. Please allow for the full day. Contact the organisers early about unavoidable time constraints; a particular start or finish time cannot be guaranteed.

Drinks, snacks and sandwiches will be available for purchase at the venue.

ENTRY FEES AND DEADLINE

CHF 30 for one or two disciplines; CHF 10 extra for the third discipline.

Registrations must be received by 1 November 2026. Please register early to help us plan suitable categories and the competition schedule.

TUL (PATTERNS) RULES AND JUDGING

Colour belts may perform the pattern of their current Kup grade or one pattern below their grade. For example, an 8th Kup yellow belt may perform Dan-Gun or Chon-Ji.

Black belts perform one optional pattern from their own degree level and one designated pattern from a lower degree level.

Patterns are judged on overall quality. A score of zero is awarded if the pattern is stopped completely or paused for more than two seconds; an incorrect pattern is performed; or movements are omitted, added or performed in the wrong order.

SPARRING SCORING AND PENALTIES

Continuous sparring is used in all Sparring categories.

Points: 1 for a valid hand technique; 2 for a valid foot technique to the body; 3 for a valid foot technique to the head.

One-point deductions: excessive contact; attacking a downed opponent; intentional leg sweeping; holding or grabbing to gain an advantage; deliberate attacks on prohibited targets; unsportsmanlike behaviour.

Warnings: pretending to score; stepping out of the ring; falling (any body part other than the feet touches the floor); feigning injury; avoiding fighting; unintentional attacks on prohibited targets; adjusting protective equipment without permission; pushing or holding without gaining an advantage. Three warnings result in a point deduction.

Possible disqualification: misconduct towards officials; uncontrolled or excessive contact; three direct point deductions; suspected alcohol or drug influence; loss of control or repeated unsportsmanlike conduct; insulting an opponent, coach or official.

SPECIAL TECHNIQUES

Children up to green belt: Flying Side Kick (Twio Nopi Yopcha Jirugi).

Other applicable categories: Flying Side Kick (Twio Nopi Yopcha Jirugi) and Flying Front Kick (Twimyo Nopi Aпча Busigi).

UMPIRE REQUIREMENTS FOR CLUBS

Up to 7 competitors: at least 1 umpire; 8–15 competitors: at least 2; more than 15 competitors: at least 3.

A fee of CHF 75 will be charged to clubs unable to provide the required number of umpires.