

## TTF Dutch Open 2026

Welcome to our yearly Open Dutch TTF Championship!

This year we are celebrating the 20 year anniversary for the Traditional Tang Soo Do Federation.

There will be divisions for:

- Sparring (**please review our updated rules for equipment at the bottom of this document**)
- Forms
- Weapon forms (3rd gup and up only)
- Team Sparring (teams of 3, dan members only)

Important notice: Please select your school when entering as a competitor. Please fill out all information as correctly as possible to ensure correct placement in the categories.

Allso, if you are competing in Team Sparring please register your team.

Finally, but very important; please register all referees, so we can run the tournament as smooth as possible.

Tang Soo!

### **UPDATED RULES FOR SPARRING EQUIPMENT!**

For safety reasons we have updated our rules for sparring equipment.

All competitors **MUST** wear:

- Head guard: Allso padding on the back!!!
- Gloves: hand and vingers must be covered! No (kick-)boxing gloves allowed!
- Foot protection: Toes and heel must be protected! No open heel boots allowed!

We strongly advise mouth guards and groin guards.



