



**Oslo 08.12.08**

**Dear all Taekwon-do friends.**

On the behalf of the ITF Norway (Norges Taekwon-Do Forbund) and Kolbotn Taekwon-do klubb, I have the pleasure to invite you to the Nordic Taekwon-do Cup and Championship 7<sup>th</sup> of Feb 2009. Norway has accepted to arrange this championships, due to that Greenland did not have the possibility this time, therefore the time limit is short. We hope however that we will have a good tournament.

This tournament will be held in Kolbotn, close to Oslo, and organized by the Norges Taekwon-Do Forbund with support by the local Taekwon-do school. The Championship will follow the ITF rules. The championship will be open for juniors, seniors from 5th gup to 4th dan. It will be competitions in pattern and sparring, individual and team.

Information about accommodation you find on the last page. The organizer will cover two hotel nights for maximum 3 umpires from each country.

All application forms should be sent to Norges Taekwon-Do Forbund by e-mail: [post@taekwondo.no](mailto:post@taekwondo.no) .

The application deadline for attending the championship is set to the 15th of Jan 2009.

We are looking forward to see you in Norway the 7<sup>th</sup> of Feb 2009..

Norges Taekwon-Do Forbund

Yours sincerely

Ingar Eilertsen  
1.st Vice President

PS. For updates look at: [www.taekwondo.no](http://www.taekwondo.no)



## Divisions and fees

### Colour belts divisions

Juniors: up to 18 years old (junior must be under 18 on the first day of the competition).

Seniors: over 18 years old.

All competitors will compete in one grade division 5<sup>th</sup>-1<sup>st</sup> gup. Male and female separately.

### Black belts division.

1<sup>st</sup>-4<sup>th</sup> degree: competitors age must be 15 or above (on the first day of the competition).

Female and male in separate categories (senior weight div for all).

### Pattern competition

Qualifications: one designated pattern. Semi-finals and finals two patterns (one optional and one designated). Pyramid system.

### Sparring competition

Qualifications: 1 round of 2 minutes. Semi-finals and finals 2 rounds of 2 minutes with 1 one minute break. Pyramid system.

### Sparring categories.

Junior/male: -42kg, -52kg, -58kg, -63kg, -70kg, -80kg, +80kg.

Juniors/female -36kg, -42kg, -48kg, -53kg, -60kg, -70kg, +70kg.

### Seniors. Official ITF weight categories.

Male: -50kg, -57kg, -64kg, -71kg, -78kg -85kg, +85kg

Female: -45kg, -51kg, -57kg, -63kg, 69kg, -75kg, +75kg

### Protectors

Competitors must use approved ITF protectors. Boxing gloves are forbidden. Competitors must be in possession of red and blue safety equipment.

### Teams

Each country can be presented by maximum 2 female and 2 male teams. Each team must consist of 5 + 1 competitors at the age of 15<sup>th</sup> years or older. Team member's belt must be in between 5<sup>th</sup> gup to 4<sup>th</sup> dan.

### Team pattern

In qualifications and finals, the team will perform only one optional pattern, for making participation from all countries possible.

### Team sparring

1 round of 2 minutes for each individual match, and a winner or draw will be announced after each individual match. First team with three wins is the winner of the team match. If the teams have equal numbers of wins and warnings after five matches, there will be extra rounds.



Competition fees.  
Team fee 25 Euro.  
Individual fee 30 Euro.

## **Accommodation**

### **Hotel Quality Mastemyr**

Price per room per night in NOK:

In single room 650,-

In double room 795,-

In trippel room 995,- (in some cases four pers, 1195,-)

The price is guarantied until the 15<sup>th</sup> of Jan 2009.

All prices are including breakfast.

The hotel is only 5 min driving from the sportshall, not walking distance.

All prices are including breakfast.

### **Transportation**

Will be provided at self cost both ways to the Oslo airport (Gardermoen) and from the hotell to the sportshall.

We estimate a total cost about 200,- NOK for transportation to the airport both ways and to the sportshall.

