



# 7th Costa Rica Taekwondo Open 2014

## WTF G1 RANKING EVENT



FEDERACION COSTARRICENSE DE TAEKWONDO

August 29th thru 31st  
VII Costa Rica Open 2014

Kyorugi, Poomsae & ParaTaekwondo





Wilmar Alvarado Castillo  
President  
Costa Rica Taekwondo Federation

Dear Presidents of National Federations, School principals , athletes, parents and Taekwondo fans; On behalf of the Costa Rica Taekwondo Federation, I would like to extend our sincere invitation to all of our friends to participate in the 7th Costa Rica Open 2014 to be held in BN ARENA, Ciudad Deportiva de Hatillo in San Jose, Costa Rica on August 29th thru 31st 2014.

This year our organization will continue to donate a percentage of the profits to the Children's Hospital Developing Foundation and the Spina Bifida Clinic which has been working with patients with myelomeningocele, these are children with a complex problem because it involves column with a defect in the closure of this, with serious movement problems, secondary orthopedic complications, lack of bladder control, hydrocephalus and frequent surgeries.

These children are managed in a multidisciplinary program that includes social work and they come mostly from low income families. Many of them require special shoes or braces, crutches, walkers, etc. that are not always covered by the Social Security system. It is therefore that the VII Costa Rica Taekwondo Open decided to continue helping this cause.

In closing I will like to thank each one of you for helping this come true and making a truly successful International Tournament. best of luck to all participants and I look forward to seeing you all in my country.

Sincerely,



Wilmar Alvarado Castillo  
President Costa Rica Taekwondo Federation



FEDERACION COSTARRICENSE DE TAEKWONDO

ORGANIZED BY: COSTA RICA TAEKWONDO FEDERATION

PHONE: (506)22314308

FAX: (506)22314171

E-MAIL: [opencostaricatkd@gmail.com](mailto:opencostaricatkd@gmail.com)

ORGANIZING COMMITTEE: (PRESIDENT: WILMAR ALVARADO)

PHONE: (506)22314308

FAX: (506)22314171

E-MAIL: [opencostaricatkd@gmail.com](mailto:opencostaricatkd@gmail.com)

English Speaking: MANAGER: KAREN STERN

PHONE: (506)88937247

E-MAIL: [karenstern@mac.com](mailto:karenstern@mac.com)

DATE: AUGUST 29th thru 31st 2014

VENUE: BN ARENA, CIUDAD DEPORTIVA HATILLO, SAN JOSE.

#### COMPETITION RULES

WTF competition rules for poomsae, kyorugi & ParaTaekwondo

**G1 competitors need to present:**

Kukkiwon Dan Certificate

Recomendation Letter from their MNA approved by WTF

WTF Global License (GAL) for each athlete and official.

#### METHOD OF COMPETITION:

Single elimination tournament system based on WTF regulations

Daedo EBP will be use.



WEIGHT CATEGORIES:

**SENIOR:**

MALE SENIOR		FEMALE SENIOR	
<b>Fin</b>	-54kg	Fin	-46kg
<b>Fly</b>	-58kg	Fly	-49kg
<b>Bantam</b>	-63kg	<b>Bantam</b>	-53kg
<b>Feather</b>	-68kg	Feather	-57kg
<b>Light</b>	-74kg	Light	-62kg
<b>Welter</b>	-80kg	Welter	-67kg
<b>Middle</b>	-87kg	Middle	-73kg
<b>Heavy</b>	+87kg	Heavy	+73kg

**JUNIOR:**

MALE JUNIOR		FEMALE JUNIOR	
<b>Fin</b>	-45kg	Fin	-42kg
<b>Fly</b>	-48kg	Fly	-44kg
<b>Bantam</b>	-51kg	<b>Bantam</b>	-46kg
<b>Feather</b>	-55kg	Feather	-49kg
<b>Light</b>	-59kg	Light	-52kg
<b>Welter</b>	-63kg	Welter	-55kg
<b>L. Middle</b>	-68kg	L. Middle	-59kg
<b>Middle</b>	-73kg	Middle	-63kg
<b>L. Heavy</b>	-78kg	L. Heavy	-68kg
<b>Heavy</b>	+78kg	Heavy	+68kg

**CADETS:**

MALE CADETS		FEMALE CADETS	
Fin	-33kg	Fin	-29kg
Fly	-37kg	Fly	-33kg
Bantam	-41kg	Bantam	-37kg
Feather	-45kg	Feather	-41kg
Light	-49kg	Light	-44kg
Welter	-53kg	Welter	-47kg
L. Middle	-57kg	L. Middle	-51kg
Middle	-61kg	Middle	-55kg
L. Heavy	-65kg	L. Heavy	-59kg
Heavy	+65kg	Heavy	+59kg

**INFANT:**

MALE INFANT		FEMALE INFANT	
Fin	-23kg	Fin	-22kg
Fly	-26kg	Fly	-25kg
Bantam	-29kg	Bantam	-28kg
Feather	-32kg	Feather	-31kg
Light	-35kg	Light	-34kg
Welter	-38kg	Welter	-37kg
L. Middle	-41kg	L. Middle	-40kg
Middle	-44kg	Middle	-43kg
L. Heavy	-47kg	L. Heavy	-46kg
Heavy	+47kg	Heavy	+46kg



FEDERACION COSTARRICENSE DE TAEKWONDO

#### AGES:

1. Infant: 2003....2009
2. Cadets: 2000,2001 y 2002.
3. junior: 1997, 1998,1999.
4. Senior: born in 1996 and before (1997 also)
5. Poomsae: WTF/FCT oficial categories

#### TEAMS:

All schools or academies afiliated to WTF and PATU.

NOTE: No competitor can participate in more than one category

#### RESULTS:

##### AWARDS:

Individual: 1°, 2°, 3° & 4° PLACE (male and female).

teams trophies: 1°, 2°, & 3° place in infant, cadets, junior and senior in kyorugi

Absolute: 1°place

POINTS PER MEDAL	
Gold	7
Silver	3
Bronze	1





## INSCRIPTIONS.

### ENTRY FEE PER ATHLETE:

1. Costa Rica Open \$ 100 USD 1 event (poomsae or sparring)
2. Costa Rica Open \$ 150 USD 2 events ( poomsae and sparring)

All Application forms and receipt should be submitted by August 23rd 2014.

Incomplete application forms will not be received.

If you want to make any changes after August 23rd, you will be charged \$10USD.

### PAYMENT:

This year payment will only be received in cash at registration office located at the Best Western Irazu Hotel. (we will be receiving either \$USD or Costarican Colones)

Entry forms closing date:

**August 23rd 2014**

### INTERNATIONAL REFEREES:

- A. Organizing committee will pay room and board for 4 nights, starting from August 28th (Thursday) till August 31st (Sunday)
- B. Organizing Committee shall pay daily allowance of \$100 USD for the period of competition.
- C. PATU will be incharge of appointing all referees.

### WTF: APPROVED UNIFORMS AND PROTECTORS

- A. All athletes should wear WTF approved uniforms and protectors.
- B. Electronic chest protectors (DAEDO) will be provided by organizing committee for all black belts. The athletes with color belts should bring their own chest protector approved by WTF.
- C. Arm guard, shin guard, groin guard, mouthguard and sensing socks must be provided by each player ( personal use) and is mandatory. All must be approved by WTF.





#### WEIGH-IN:

Will be held in the venue, BN ARENA CIUDAD DEPORTIVA DE HATILLO on Friday August 29th and Saturday August 30th from 10am-12md each day. Please check the schedule to verify which weight category will be Weigh in each day.

#### Liability:

All competitors are considered to participate at their own risk. The Costa Rica Taekwondo Federation and the organizing committee assume no responsibility for any damages, injuries or losses. All contestants must bring their own documents and forms for any medical treatment in Costa Rica. If not, this will have to be paid in cash.

#### **HOTEL:**

***HOTEL IRAZÚ BEST WESTERN  
HOTEL VILLAS DEL RIO***

#### TRANSPORTATION:

The organizing Committee will provide all transportation (San Jose airport-hotel-venue and vice-versa) Transportation is only provided for teams with reservations at main hotels.



## GUIDELINE FOR POOMSAE COMPETITION

### PATU & WTF COMPETITION RULES

Method of competition

Elimination system:

#### 1. preliminaries:

After the completion of two (2) of the four (4) predetermined by 1st Poomsae Required by PATU, 50% of the higher score participants will qualify for the next round according to the average score of the two shows.

#### 2. Final Selection:

The 50% of the top participants would have to demonstrate the remaining two (2) 1st Compulsory Poomsae. The eight (8) top athletes in each category (individual, teams and couples) will be selected according to the average score of the two shows.

#### 3. Final:

The eight (8) top athletes in each category would have to show two (2) of the 2nd Compulsory Poomsae predetermined by the PATU. classification of three (3) top athletes in each category will be determined by the average score of the two shows.

1. All color belts will be completed in 2 rounds: Preliminaries (50% of the higher scores will advance to the Final round) and Finals.

### POOMSAE REQUIRED:

Color belt division		
BELT	1st compulsory poomsae	2nd compulsory poomsae
WHITE	<b>Taeguk 1</b>	<b>Taeguk 1</b>
YELLOW	<b>Taeguk 1</b>	<b>Taeguk 2</b>
GREEN	<b>Taeguk 1 &amp; 2</b>	<b>Taeguk 3 &amp; 4</b>
BLUE	<b>Taeguk 1-3</b>	<b>Taeguk 4-6</b>
RED	<b>Taeguk 1-4</b>	<b>Taeguk 5-8</b>
Division	1st compulsory poomsae	2nd compulsory poomsae
6-7 years old	<b>Taeguk 2-5</b>	<b>Taeguk 6-8, Koryo</b>
8-9 years old		

Black Belts		Compulsory Poomsae
Division		
11 and under		Taeguk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo
14 and under		Taeguk 3, 4, 5, 6, 7, 8 Jang, Koryo, Kumgang
Junior		Taeguk 4, 5, 6, 7, 8 Jang, Koryo, Kumgang, Taebaek 7, 8 Jang, Koryo,
29		Taeguk 6, 7, 8 Jang, Koryo, Kumgang, Taebaek, Pyongwon, Shipjin
39 and under		
49 and under		Taeguk 8 Jang, Koryo, Kumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
59 and under		Koryo, Kumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
Over 59		
Couples	11 and under	Taeguk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo
	14 and under	Taeguk 3, 4, 5, 6, 7, 8 Jang, Koryo, Kumgang
	Junior	Taeguk 4, 5, 6, 7, 8 Jang, Koryo, Kumgang, Taebaek
	29 and under	Taeguk 6, 7, 8 Jang, Koryo, Kumgang, Taebaek, Pyongwon, Shipjin
	Over 29	Taeguk 8 Jang, Koryo, Kumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
Teams	11 and under	Taeguk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo
	14 and under	Taeguk 3, 4, 5, 6, 7, 8 Jang, Koryo, Kumgang
	Junior	Taeguk 4, 5, 6, 7, 8 Jang, Koryo, Kumgang, Taebaek
	29 and under	Taeguk 6, 7, 8 Jang, Koryo, Kumgang, Teaback, Pyongwon, Shipjin
	Over 29	Taeguk 8 Jang, Koryo, Kumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon

### POOMSAE FREESTYLE COMPETITION TEAM / \$ 100.00 USD PER TEAM

For Freestyle Poomsae, each team will be allowed to have a minimum of 3 competitors and a maximum of 10 competitors per team. All poomsae freestyle competitions should be preformed with music of your teams choice. Freestyle Poomsae should be completed in the range of 3 minutes. The duration of Freestyle Poomsae for each participating team must be a minimum of 2 minutes and a maximum of 3 minutes including setup time. Frestyle poomsae competition will be judged based on the following criteria:

- Creativity
- Artistic Expression
- Synchronizing technics with music
- Variety of kicking and acrobatic moves.
- Spirit and teamwork

## GUIDELINE FOR ParaTaekwondo COMPETITION

### 1. COMPETITION RULES

The WTF Competition Rules effective as of December 25, 2012 shall apply, with two major modifications. Please refer to the following modifications to the WTF Competition Rules:

#### i. MODIFICATION #1:

The four (4) classifications described above will be combined into two (2) classifications. Therefore, contestants will be classified as follows:

CLASSIFICATION A5-6: Amputation above Elbow(s)	
A5: Amputation of both limbs above the elbows	A6: Amputation of one limb above the elbow

CLASSIFICATION A7-8: Amputation below Elbow(s)	
A7: Amputation of both limbs below the elbows	A8: Amputation of one limb below the elbow

ii. MODIFICATION #2 (SAFETY RULES):

- A. Attack on the head is prohibited. The referee will penalize the athlete for this case.
- B. Duration of contest will be 1-minute three rounds with one minute break between rounds.
- C. The referee can decide the winner by RSC (Referee Stop Contest) in case of significant difference of competing ability between two athletes.
- D. Weight division may be modified as per section 8 below.
- E. The classifications of A5, A6, A7, and A8 are IPC-designated classifications. The WTF Medical Committee Chair shall be the official classifier for the WTF World Para-Taekwondo Championships.

2. METHOD OF COMPETITION

A single elimination tournament system shall apply.

3. WEIGHT DIVISIONS

The Olympic weight divisions shall apply as follows:

MEN	WOMEN
Not exceeding 61kg	Not exceeding 49kg
Not exceeding 75kg	Not exceeding 58kg
Over 75kg	Over 58kg

- Weight divisions may be adjusted by Technical Delegate according to the number of participating athletes per each division and based on the final classification by WTF Medical Committee Chair.

## SCHEDULE: (at the end of registration will be adjust)

Date	time	Remarks	place
<b>August 25-28</b>	10:00 a 20:00 h	Arrival and registration	Hotel Best western Irazú
<b>August 28th</b>	10:00 to 16:00 h	Arrival and registration	Hotel Irazú
	20:00 h	Referee meeting	Hotel Irazu
	20:30 h	Technical meeting	Hotel Irazu
<b>August 29th</b>	10:00 to 17:30 h	All Poomsae Competitions and Para Taekwondo.	Venue Ciudad Deportiva BN Arena
	10:00 to 12md	Weigh In Black Belt Cadet & Junior	
<b>August 30th</b>	8:00 to 20:30h	Competition Kyorugi all belts. Infant, Cadets, Junior and Senior.	Venue Ciudad Deportiva BN Arena
	10:00 to 12md	Weigh In Black Belt Ranking G1 (Fin, Fly, Bantam, Feather, Light, Welter, Middle, Heavy)	
	13:00h	Opening Ceremony	
<b>August 31st</b>	08:00 a 20:30 h	Competition Ranking G1 Fly(-58 &-49) Feather (-68 & -57) Welter (-80 &-67) Heavy (+ 87 & +73) Fin (-54 & -46) Bantam (-63 &-53) Light (-74 &-62) Middle (-87 &-73)	Venue Ciudad Deportiva BN Arena

Costa rica taekwondo federation has the right to make any changes or modifications to the schedule in case it is needed.

Once registration is done, costa rica federation will indicate the schedules and the category distributions.



**Entree application:**

**find it: [www.tkdcrc.com](http://www.tkdcrc.com) for downloads**

**Important notice if you need a Visa to enter Costa Rica please send all the above information by June 16th 2014, in order for us to help with this procedure.**

**Information must be sent to: [opencostaricatkd@gmail.com](mailto:opencostaricatkd@gmail.com)**

**National Team/ Country:**

**Full Name (As it appears on your passport):**

**Passport Number:**

**Scan or copy of passport (showing your photograph)**