



1ST EVEREST CUP OPEN INTERNATIONAL Taekwon-Do (ITF) Tournament -2021



17th- 18th December, 2021 | Kathmandu, Nepal

Email: giricr005@gmail.com | Phone No.: +977 9808871943, 9851066823

Official Invitation & General Information

**To : All ITF affiliated members and prospective ITF members
Dear Master/Instructor and Competitors**

It's great to honor to invite you and your team for the 1st Everest Cup Open International Taekwon-Do tournament from 17th-18th December 2021, Kathmandu Nepal.

ITF Taekwon-Do Nepal is an organizer of this tournament.

Place :- Darbar Hall, Park Village Resort

Date :- Friday and Saturday 17th-18th December 2021

Sports Hall Opening Time :- 8.am

Weigh Check : Thursday 2.30- 4.30 PM

Competition starts 9.00 am on Friday , Coaching Meeting 8.00 am

Umpire Meeting 7.00- 8.30 am on Friday

Totally peaceful environment, the only noise in the hotel is the chirping of birds Park Village Hotel and Resort is a verdant oasis set in five acres of tranquil, wooded gardens overlooking the hustle and bustle of central Kathmandu. More than two thousand flowering trees and shrubs cover the grounds and are home to butterflies, dragonflies and nearly 75 species of birds including hoopoes, heron and kingfisher.

<https://ktmgh.com/park-village-resort/>

We can have a one day trek of the Shivapuri National park close of the hotel ,The hotel can provide the necessary service on this regards.

Chetan Raj Giri
Organizing Chairman
President of ITF Nepal



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Accommodation

Reservation is open; we prefer stay to the same hotels where the competition held on We have an agreement with the Hotels for the good prices. It would be better go through the Organizing Committee can get the special rate for you and your team. You can also contact direct to hotel.

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Single US \$ 55 all inclusive (VAT and Service Tax) Per night with BB Basis

Double US \$65 all inclusive (VAT and Service Tax) Per night with BB Basis

Competition

Competitors must be in possession and accept the following in order to participate:

1. ITF dobok
2. ITF competition rules.
3. To accept that the organizers may modify a division and/or category based on the numbers of competitors.
4. Medals will be given to 1st, 2nd and two 3rd place winners.
5. For other matters the ITF competition rules will be observed.

Umpires

- Umpire outfit: dark blue or black pants, white shoes.
- A sponsor will provide a short-sleeved polo shirt.
- Umpires will receive a daily compensation
- The participants club /School must be provide the Umpire

Upto 5 Competitor 1 , 10 competitor 2 and 15 or more competitor 4 Umpire

Inscription / Payments

Payments of the competition inscription fee must be done in **cash** at the registration/weigh in.

- Individual Competition Entry Fee : **US \$ 100** (more than one category add \$ 50) + 20 Inscription
- All category **100+ 50 + 20 = \$ 170** (all event can take part including Team events)
- Team Competition Entry Fee: **US \$ 100**

Sparring Equipment

- Competitors for sparring competition must have the following equipment:
- Hand and foot gear (color not important)
- Head gear (blue and/or red color depending on the draw)
- Transparent mouth guard
- Groin guard (worn inside the dobok trousers).



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Protest

- The coach is the only one that might present a protest according the ITF Tournament rules.
- Protest fee: US \$ 100

PROGRAM

Friday December 17th, 2021

- **COMPETITION FOR JUNIOR AND SENIOR COMPETITION FOR ALL BELTS**
 - **07.45** Opening of the Sports Hall
 - **08.00** Participants lining up
 - **08.30** Opening and speech
 - **9.00** Competition starts
 - **12.30 Lunch Break**
 - 1.30 resume the competition
 - **17.00** Competition ends

Saturday December 18th, 2021

- **COMPETITION FOR JUNIOR AND SENIOR COMPETITION FOR ALL BELTS**
 - **08.00** Opening of the Sports Hall
 - **8.30** Competition starts
 - **12.15 Lunch Break**
 - **1.00** resume competition
 - **2.30** Competition ends
 - **3.00** Awarding Ceremony

Competition Event(Sparring)

Junior, Male, (+12 Year old)Green -Red Belt

Sparring (Individual) -30-35-40-45 -50, -55,- 60,-65,-70-75kg over.

Junior Female (+12 years old)

Sparring (Individual) -30 -35 -40 -45 -50, -55,- 60,- 65, +65kg over.

Senior Male - 45 -50, -55,- 60,- 65,-70- 75 – 80 - 85kg over

Senior Female -40 -45 -50, -55,- 60,- 65, +65kg over.

(Senior Categories must be half Black belt holder)

Group Sparring Event, (3 Person)**One team for each Clubs.**

Junior Color Belt (Green,Blue,Red and Black Stripe)

Pattren Event

Junior Green belt to Red belt (2 pattern perform one designate and one optional)

Senior -1st Cup. 1st-3rd Dan.(open for all participants)

Group Pattern (3 person each Club)

Competition form must be sent by the 30th November 2021

Justice !

Truth !!

World Peace !!



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Duration of round(s)

- 2 round x 2 minutes
- There must be at least two (2) teams in the division.
- In case of only one (1) team, they will be inserted in another category.

Attention please: participation is at your own risk. The organization is not responsible for any injury or other matter, which might happen during the event. We recommend that your competitors be in possession of an insurance, which covers any problem that might occur during traveling and participation to the event.

Coaches

Coaches' outfit: long trousers and shirt, sport shoes, towel.

At weigh in ALL Competitors must wear dobok trousers and a T or polo shirt.

Visa,

Most of countries is not prior required visa, is upon arrival visa in entry of Nepal.

Please see the CCMC rules (Especially for the Covid- 19 Pandemic situation)

All Participants must be follow the health protocol by the CCMC Nepal

https://ccmc.gov.np/arms/person_add_en.php

If you have any query, please contact the, giricr005@gmail.com.

WhatsApp + 977 9808871943