



Invitation

March 18-19th, 2023

Dear ITF members,

In collaboration with the Albanian Taekwon-Do Federation -ITF, we invite you to the **2023 TIRANA OPEN TAEKWON-DO ITF Seminar and Championship** which will be held in **SAMI FRASHERI High School Sports Hall**, in Tirana on **Saturday and Sunday March 18-19th 2023**, according to the following approximate program:

March 18th hrs. 09.30-18.00 Seminar, by Master Niklas Enander VII Dan

March 19th hrs.09.30-14.00 Championship, Juniors and Seniors

Please receive the necessary information to attend **2023 TIRANA OPEN TAEKWON-DO ITF event**.

We are looking forward to meeting you in beautiful Tirana.

Tirana Open Organization Team

Information

Date and Place

The event will be held on Saturday & Sunday March 18-19th 2023, in the **SAMI FRASHERI High School Sports Hall**, Rruga e Barrikadave Tiranë.

<https://goo.gl/maps/CmdgR3EH95ef6fDv6>

How to arrive

The venue is easily reachable from the center of Tirana by a 10 minutes travel.

- Arriving at Tirana International Airport

Administration Building

Rinas, Tirana

Albania Tel: +355 4 2381 600

Fax: +355 4 2381 545

E-mail: info@tirana-airport.com

Website: www.tirana-airport.com

The quickest and most affordable way to get from TIA Tirana Rinas Airport into the city centre of Tirana is by taxi. Taxis are located outside the terminal building, as well as at the TIA Tirana Rinas Airport pick up zone. The journey takes about 20-40 minutes.

Merr Taxi : <https://merrtaxi.com/>

Taxi Lux: <https://taxiluxalbania.al/>

City Taxi: <https://www.citytaxi.al/>

Accommodation

Participants may find their own accommodation in the area of the school or the centre of the city.

- Hotel Boutique Vila 135
- Urban Rooms
- Briker Hotel
- Hotel Opera
- Tirana International Hotel & Conference Center

SEMINAR

The seminar will be held on Saturday March 18th and is directed by Master Niklas Enander VII Dan.

Everyone 12 years old and above, from **Green** to Black belt can participate.

Participants must have the following equipment:

- ITF Dobok
- Hand and foot gear (color is not important)
- Head gear (color is not important)

Schedule/program

9:30-12:00	Seminar
12:00-14:00	Lunch Break
14:00-16:00	Seminar
16:00-18:00	Black Belts Grading

Competition

The competition will be held on Sunday March 19th.

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

- ITF dobok
- To accept the competition program.
- To accept that the organizers may modify a division and/or category based on the numbers of competitors.
- Medals will be given to 1st, 2nd and one 3rd place winner.

Age Divisions - AGE IS BASED ON BIRTHDAY DATE (not on year of birth)

- Cadets (12 – 14 years)
- Juniors (15 – 17 years)
- Seniors (18 - 35 years and above)
- Veterans (36 years and above)*

Inscription

Inscription for this event must be done online via e-mail : titinixhekson@gmail.com until March 4th.

With the enrollment closed, all registered athletes will have to pay the registration fee even if not attending.

N.B.: Each Club Director is responsible for the correct online registration of his/her athletes.

Please check your lists carefully!

Competition Entry Fees

Competition entry fee for each category is 10 €.

The total inscription fee of each participating club must be paid on Sunday March 19th, 2023 before the competition start by the club Director in the Sami Frasheri High School sports hall.

Umpires

Any School/Club/Gym must participate with Umpire(s) according to the following:

- Up to 8 competitors: 0 Umpire / More than 8 competitors: 1 Umpire

Umpire outfit: dark blue (or black) pants, dark blue jacket, tie, white shirt and white shoes.

Umpires shall receive a compensation based on the role played during the event.

Coaches outfit

- Tracksuit, sport shoes, towel.

Sparring Equipment

Competitors must have the following equipment:

- Hand and foot gear (color is not important)
- Red and Blue Head gear depending on the draw
- Transparent mouth guard
- Groin guard (worn inside the dobok trousers).

Competition Program

08.30 Opening of the Sports Hall

09.15 Umpire meeting

09.30 Opening speech

09.45 Start of the competition

Divisions/Categories

Individual Pattern

Each bout consists of one pattern only.

Categories:

- Male Cadets 12-14 years old
- Female Cadets 12-14 years old

Cadets (12-14) - Pattern						
Yellow belt/Yellow superior		Competitors choice	from	Chon-Ji	to	Do-San
Green belt/Green superior		Competitors choice	from	Chon-Ji	to	Yul-Gok
Blue belt/Blue superior		Competitors choice	from	Chon-Ji	to	Toi-Gye
Red belt/Red superior		Competitors choice	from	Chon-Ji	to	Choong-Moc
Black I and II degree		Umpire choice	from	Chon-Ji	to	Ge-Baek

- There must be at least two (2) competitors in any division and/or category.
- In case of only one (1) competitor, he/she will be included in a different category.
- Each bout consists of one pattern only.

Individual Sparring - Cadets

Weight Class

- Male -40kg, -45 kg, -52 kg, -60 kg, +60 kg
- Female -35kg, -40 kg, -45 kg, -50 kg, + 50 kg

Duration of round: 1 x 2 minutes

Categories:

- Male Junior 15-17 years old
- Female Junior 15-17 years old
- Male Senior 18-35 years old
- Female Senior 18-35 years old
- Male/ Female Veterans 36 years and above

Junior Individual (15-17 years old) Male and Female					
Yellow belt/Yellow superior		Competitors choice	from	Chon-Ji	to Do-San
Green belt/Green superior		Competitors choice	from	Chon-Ji	to Yul-Gok
Blue belt/Blue superior		Competitors choice	from	Chon-Ji	to Toi-Gye
Red belt/Red superior		Competitors choice	from	Chon-Ji	to Choong-Moo
Black I degree		Umpire choice	from	Chon-Ji	to Ge-Baek
Black II – III degree		Umpire choice	from	Chon-Ji	to Ju-Che
Senior (18-35 years old) Individual Male and Female					
Yellow belt/Yellow superior		Competitors choice	from	Chon-Ji	to Do-San
Green belt/Green superior		Competitors choice	from	Chon-Ji	to Yul-Gok
Blue belt/Blue superior		Competitors choice	from	Chon-Ji	to Toi-Gye
Red belt/Red superior		Competitors choice	from	Chon-Ji	to Choong-Moo
Black I degree		Umpire choice	from	Chon-Ji	to Ge-Baek
Black II degree		Umpire choice	from	Chon-Ji	to Ju-Che
Black III degree		Umpire choice	from	Chon-Ji	to Choi-Yong
Black IV to VI degree		Umpire choice	from	Chon-Ji	to Moon-Moo
Veteran (36 years and above) Male and Female					
Black Belts & Colored belts - one division.		Competitors choice	from	Chon-Ji	to Choong-Moo

- There must be at least two (2) competitors in any division and/or category.
- In case of only one (1) competitor, he/she will be included in a different category.
- Each bout consists of one pattern only.

Individual Junior Sparring

- Male - 45 kg, -50 kg, -56 kg, -62 kg, -68 kg, -75 kg, +75 kg
- Female - 42 kg, -48 kg, -55 kg, -62 kg, + 62 kg

Duration of round - 1 x 2 minutes or 2 x 2 minutes (black belts)

Individual Senior Sparring

- Male -57 kg, -63 kg, -69 kg, -76 kg, -81 kg, +81 kg
- Female -50 kg, -56 kg, -62 kg, -68kg, +68 kg

Duration of round - 1 x 2 minutes or 2 x 2 minutes (black belts)

There must be at least two (2) competitors in any division and/or category.
In case of only one (1) competitor, he/she will be included in a different category.

Individual Veteran Sparring

- Male -70 kg, +70 kg
- Female -55 kg, +55 kg

Duration of round - 1 x 2 minutes

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.

We are looking forward to meeting you in Tirana, please feel free to ask any question

to: titinixhekson@gmail.com