

INTERNATIONAL SARDINIA OPEN

FARIGUORIOLANI



10th JUNE 2023

SARDINIA ISLAND - ITALY

WWW.TKDSARDEGNA.COM

CON IL PATROCINIO COMUNE DI CA'OTERRA



 ITFSARDINIAOPEN
 ITF SARDINIA OPEN



REGISTRATION - WWW.HANDLESPORT.COM



NHKKO
FIGHTING STYLE


June 10 of 2023

SARDINIA

OPEN CHAMPIONSHIP

- **Welcome all ITF Taekwon-Do members from all the world.**

Dear Grand Masters, Masters, Instructors and Students,

It's a pleasure to invite you to the ITF SARDINIA OPEN that will be held in the beautiful island of Sardinia (Italy) on June 10th of 2023.

The competition is open to kids, juniors, adults and veterans (all belts).

You also have the opportunity to visit natural and historical places of the amazing island.

We hope to see you enjoying this event with all the participants.

All the details bellow.

Best regards;

Master Christian Oriolani
Sabum Nim Silvia Farigu
Organizers



EMAIL: ITFSARDINIAOPEN@TKDSARDEGNA.COM

INSTAGRAM: [TKDSARDEGNATEAM](https://www.instagram.com/TKDSARDEGNATEAM)

FACEBOOK: [ITF SARDINIA OPEN](https://www.facebook.com/ITFSARDINIAOPEN)

WEB SITE: WWW.TKDSARDEGNA.COM

AIRPORTS - TRANSFER

SARDINIA ISLAND



FLYING TO SARDINIA...

- o ELMAS AIRPORT: 25 KM FROM CAPOTERRA
- o ALGHERO AIRPORT: 260 KM FROM CAPOTERRA
- o OLBIA AIRPORT: 284 KM FROM CAPOTERRA

MOVE IN SARDINIA

MOVE BY PRIVATE TRANSFER

MR. STEFANO SCALAS –

TELEPHONE: WHATSAPP CONTACT +39 329 615 8988

WEBSITE: WWW.SARDINIADRIVER.COM

MOVE BY TAXI

- o FROM ELMAS AIRPORT TO CAGLIARI €15/€20 (15 MINUTES APROX)
- o FROM CAGLIARI TO CAPOTERRA €50/60€ (35 MINUTES APROX)

MOVE BY TRAIN

- o FROM ELMAS AIRPORT TO CAGLIARI (12 MINUTES APROX)

WWW.TRENITALIA.COM

MOVE BY BUS

- o BUS ARST N° 130 – STAZIONE ARST – PIAZZA MATTEOTTI TO CAPOTERRA (CLOSE TO THE PALASPORT. 20 MIN APROX)
- o AUTOLINEE BAIRE – PIAZZA MATTEOTTI TO CAPOTERRA (CLOSE TO THE PALASPORT. 40 MINUTES APROX)

WWW.TOURBAIRE.IT



Island of Sardinia

Sardinia is the second-largest island in the Mediterranean Sea (after Sicily and before Cyprus), with an area of 24,100 km² (9,305 sq mi).

But did you know there are many islands of Sardinia that you can also visit?

Some of the smaller islands of Sardinia are inhabited – you will find charming, quaint villages: that’s the case of Sant’Antioco and San Pietro islands. Others are completely uninhabited, and natural, pristine and highly

protected, and are home to some incredibly interesting sites – that’s the case of Asinara and some of the islands of La Maddalena Archipelago (both are national parks!). Some have also been the object of political disputes until very recently.

What the islands of Sardinia have in common is a truly breathtaking beauty. Are you curious to find out more about them? Come to visit !

HOTELS, B&B...

You can find different solutions in Capoterra (close to the stadium) and in Cagliari (hotel, bed and breakfast, apartments)

We recommend book soon possible because June it's high season.

You can find some info in www.booking.com and of course, if you have any question, contact us.



JUNE 10

JUNE 9/

6 PM TO 8 PM - REGISTRATION -

PALASPORT VIA SIENA. CAPOTERRA 09012. ITALY.

JUNE 10/

- 7:30 AM - 8:30 AM REGISTRATION
- 8:00 AM UMPIRE AND COACHES MEETING
- 9 AM COMPETITION START
- 9 AM BLACK BELT CADETS/JUNIORS/SENIORS
INDIVIDUAL AND PRE-ARRANGED
- 12,30 PM OPEN CEREMONY
- 1 PM ALL COLOURS BELTS
- 3:30 PM GALA TEAMS COMPETITIOS



- **Schedule**

ADDRESS

REGISTRATION

FEES

UMPIRES

AWARDS

ADDRESS - "PALASPORT" VIA SIENA. CAPOTERRA (CAGLIARI) 09012.

REGISTRATION: THEY WILL BE BY WWW.HANDLESPORT.COM WEBSITE

DEADLINE REGISTRATION: June 1 of 2023

- FEES**
- o 30€ KIDS UNTIL 9 YEARS OLD INCLUDED (PATTERN & SPARRING)
 - o 35€ COLOURS BELTS FROM 10 YEARS OLD (PATTERN & SPARRING)
 - o 45 € BLACK BELT CADETS/JUNIORS/SENIORS/VETERANS
(ALL SPECIALITIES)

TO BE PAID IN **CASH** ON ARRIVAL AT THE REGISTRATION DESK

ATTENTION !!

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.

UMPIRES

IMPORTANT !! EACH CLUB MUST BRING UMPIRES AT LEAST:

- 1 UMPIRE (OR 50€) = 1-10 COMPETITORS
- 2 UMPIRES (100€) = 11 - 19 COMPETITORS
- 3 UMPIRES (OR 150€) = MORE 20 COMPETITORS

- CLOTHES: WHITE T-SHIRT, DARK BLU OR BLACK PANTS, BLUE TIE, WHITE SHOES

AWARDS

- 1ST, 2ND OR 3RD WILL BE AWARDED IN EACH CATEGORY
- CERTIFICATE OF PARTICIPATION
- MEDAL PARTICIPATION TO ALL KIDS UNTIL 10 YEARS OLD

SPECIALITIES

PATTERN - SPARRING - PRE ARRANGED SPARRING - TEAM SPARRING (GALA)*

* GALA: ONLY TEAM SPARRING junior division and seniors division black belts)

PRE-ARRANGED SPARRING

(ITF RULES) TIME FROM 60" UNTIL 75

DIVISIONS:

CADETS BLACK BELTS
JUNIORS BLACK BELTS
ADULTS BLACK BELTS

THEY CAN BE MIX (FEMALE/MALE)

PATTERN

- AGE 4-5 YEARS OLD /6-7 / 8-9 / 10-11 / 12-14/ 15-17 / 18-35 / +36
- BELTS 10-9 KUP / 8-7 KUP / 6-5 KUP / 4-3 KUP / 2-1 KUP
1 DAN / 2 DAN / 3 DAN / 4-6 DAN

COLOUR BELT:

- 1 OPTIONAL PATTERN APPROPRIATE TO THEIR DEGREE OR ONE IMMEDIATELY BEFORE

BLACK BELT:

- CADETS, JUNIORS AND SENIORS 2 DESIGNATED PATTERNS - QUALIFICATIONS / FINALS



AGES

- Born in the year 2011 or later are Kids
- Born in the year 2008/2009/2010 must participate as Cadets
- Born in the year 2005/2006/2007 must participate as Juniors.
- Competitors born from 2004 until 1987 must participate as Seniors.
- Competitors born from 1986 or before are Veterans

S PARRING

COLOUR BELTS:

- CADETS JUNIORS, SENIORS, VETERANS
1 X 2;00 MINUTES - QUALIFICATIONS / FINALS
- UP TO 11 YEARS OLD
1 X 1;30 MINUTES - QUALIFICATIONS / FINALS

BLACK BELTS:

- CADETS
1 X 2 MINUTES - QUALIFICATIONS / FINALS
- JUNIORS, SENIORS, VETERANS
2 X 2 MINUTES - QUALIFICATIONS / FINALS
- UP TO 11 YEARS OLD
1 X 1;30 MINUTES - QUALIFICATIONS / FINALS

BLACK BELT TEAM SPARRING:

- JUNIOR AND SENIORS
1round X 2.00 MINUTES (each competitor)

W EIGHT DIVISIONS

S	SENIORS/VETERANS MALE	- 57/63/69/75/81/87 + 87kg
S	SENIORS/VETERANS FEMALE	- 50/55/60/65/70/75 +75 kg
J	JUNIORS MALE	- 50/55/60/65/70/75 +75 kg
J	JUNIORS FEMALE	- 45/49/53/57/61/65 +65 kg
C	CADETS MALE	- 40/45/50/55/60/65 + 65 kg
C	CADETS FEMALE	- 40/44/48/52/56/60 + 60 kg

KIDS HEIGHT
- 100/110/120/130/140/150/160/170 +170 cm

SPARRING BELTS DIVISIONS
10-9 KUP / 8-7 KUP / 6-5 KUP / 4-3 KUP / 2-1 KUP/ BLACK BELT



IF NECESSARY TOURNAMENT COMMITTEE CAN AMALGAMATE
DIVISIONS WITHOUT SUFFICIENT COMPETITORS

TEAM ^{NEW !} SPARRING GALA

CATEGORIES and RULES

1. JUNIOR MALE/FEMALE division
2. SENIORS/VETERANS MALE/FEMALE division

ONLY black belts

NEW !!



ROUND ROBIN: ALL AGAINST ALL

NEW !!



GROUPS OF 6 TEAMS ALL VS ALL

- THE WINNERS OF EACH GROUP THEY WILL FIGHT TOUGETHER IN A NORMAL DRAW. (SEMI FINAL, FINAL like an example)

From 3 until 5 competitors per TEAM.

In the case that 1 team have 3,4 competitors, the president of the jury decided by lottery which one of the 3 competitors do an extra fight.

Example:

A vs 1

B vs 2

C vs 3

D vs 1 (decided by lottery)

E vs 3 (decided by lottery)

* GALA start after colours Belts competit

FOR THOUSE WHO LOVE FIGHT



MANDATORY:

- HEAD GUARDS **RED** or **BLUE** (Depending the Draw)
- ITF SPARRING BOOTS
- ITF GLOVES
- GROIN GUARDS (from 12 years old)
- MOUTH GUARDS (from 10 years old)

DOBOOK:

- ITF DOBOOK

UMPIRES:

- WHITE SHIRT, DARK BLUE PANTS, BLUE TIE, WHITE SHOES

COACHES:

- COACHES OUTFIT: TRACKSUIT, SPORT SHOES, TOWEL

- Not allowed "Open Hand or Close Boxing Hand" protection.

ITF SARDINIA OPEN CHAMPIONSHIP



SPARRING
PATTERN



PREARRANGED
SPARRING



TEAMS
COMPETITION

DON'T MISS IT!



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AFTER COMPETITION

- YOU CAN DO SURF OR KITESURF OR SUP
- MAYBE WINDSURF ?
- OR HAVE A RELAX DAY WATCHING THE ISLAND FROM A SHIP ?
- OR WHY NOT, VISIT SOME BEAUTIFULLY BEACHES.
- YOU ARE NOT INTERESTING IN THE BEACH? SO, WHY NOT GO TO CLIMB ?

IF YOU ARE INTERESTING IN SOMETHING TO DO SOME OF THE ITEMS,
CONTACT US AND WE GIVE MORE INFORMATION ABOUT EVERYTHING.

REMEMBER, CONTACT US ! ITFSARDINIAOPEN@TKDSARDEGNA.COM

