



**ASOCIACIÓN NACIONAL DE TAEKWON-DO ITF DOMINICANA – FETAID**  
Avenida del Arroyo Número Tres (3), La Lotería, Santiago, República Dominicana, 51000  
RNC: 430-30382-8



TAEKWON-DO ITF

**10-11 AGOS**

**COPA INTERNACIONAL DE LA RESTAURACIÓN 2024**

**COLEGIO SAGRADO CORAZÓN DE JESÚS STGO, REP. DOM**

**MODALIDADES: INDIVIDUAL SPARRING & PATTERNS, SPECIAL TECHNIQUES, POWER BREAKING, MOTOR SKILLS**

**WAKO KICKBOXING: POINT FIGHTING, LIGHT CONTACT**

MÁS INFO

**@COPAINTERNACIONAL.RESTAURACION**  
**COPAINTERNACIONALDELARESTAURACION@GMAIL.COM**

Miembros de la International Taekwon-Do Federation ITF con su sede en Avenue du Tribunal-Federal 1 1005  
Lausanne, Switzerland, CHE-451.435.250



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Santiago de los Caballeros, April 12, 2024

**Dear Grand Master, Master, Instructors and Students:**

We are very excited to invite you to the **"3RD TKD COPA INTERNACIONAL DE LA RESTAURACION 2024"**, which will take place on August 10 and 11, 2024 in the city of Santiago de los Caballeros, Dominican Republic.

We have the necessary experience to ensure the best level and development of a championship of great magnitude, and from now on we are coordinating every detail to achieve an event at the height of what our ITF and our region deserve.

The **"3RD TKD COPA INTERNACIONAL DE LA RESTAURACION 2024"** is open to all ITF styles ages 4 and up, white belt and above. This event will feature individual sparring, individual Patterns, Special Techniques, Power Breaking, Motor skills and 2 KICKBOXING WAKO Categories.

This event has been organized with all categories in mind, from four years onwards, anticipating divisions of age, sex and belts to protect the competitors as much as possible.

Without hesitation, Santiago de los Caballeros is an internationally recognized tourist city, and has accommodation, gastronomy and entertainment services very close to the competition venue.

Yours Truly in Taekwon-Do,

Members of the Organizing Committee:

- Lic. Bolívar García
- Lic. Fausto Castillo
- Sabunim Daniel Vivas.
- Lic. Vladimil Pujols





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**STADIUM LOCATION, IMPORTANT DATES, START TIME**

Cancha Bajo Techo del Colegio Sagrado Corazón de Jesús, Santiago de los Caballeros, Rep. Dom.

**Important Dates:**

<b>Date</b>	<b>Description</b>	<b>Location</b>
<b>April 20, 2024</b>	<b>Beginning of registration of competitors.</b>	<b>Via Electronic Form and Bank transfer.</b>
<b>August 01, 2024</b>	<b>Closing of registration of competitors</b>	<b>Via Electronic Form and Bank transfer.</b>
<b>Friday August 09, 2024</b>	<b>Weigh in all grades (9:00 am – 5:00pm)</b>	<b>Bolivar Garcia's Taekwon-Do.</b>
<b>Saturday August 10, 2024</b>	<b>Weigh in all grades (7:00 am – 9:00am)</b>	<b>Colegio Sagrado Corazón de Jesús</b>
<b>Saturday August 10, 2024</b>	<b>Color Belts Competition (9:00 am) Including Team Categories.</b>	<b>Colegio Sagrado Corazón de Jesús</b>
<b>Sunday August 11, 2024</b>	<b>Weigh in Black Belt (Those who did not do it on Friday or Saturday) (7:00 am – 9:00am)</b>	<b>Colegio Sagrado Corazón de Jesús</b>
<b>Sunday August 11, 2024</b>	<b>Black Belt Competition, Special Techniques, Power Breaking, KickBoxing Categories (9:00 am)</b>	<b>Colegio Sagrado Corazón de Jesús</b>



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**ORGANIZING COMMITTEE**

- Lic. Bolívar García +1-829-598-8601
- Lic. Fausto Castillo +1-809-862-6946
- Sabunim Daniel Vivas. +1-829-674-3776
- Lic. Vladimil Pujols +1-829-780-2848

**SUPPORT AND SUPERVISION**

Asociación Nacional de Taekwon-Do ITF Dominicana - **FETAID**

**REGISTRATION INFORMATION**

The registration of competitors, coaches, judges and referees will be done online

- Individual Sparring Registration and Patterns: USD\$ 50.00
- Individual Registration Only one (1) modality, be it Pattern or Sparring: USD\$ 35.00
- Special Techniques : USD\$15.00
- Power Breaking: USD\$15.00
- Entry of the general public to the event USD\$5.00
- Coach: the number of 2 institutional coaches is allowed, of which you must fill out the coach registration form. Additional Coach must pay a cost of USD\$ 20.00 for each additional coach.
- **Bank Account:** Banco de Reservas de la Republica Dominicana, **Cuenta de Ahorros. #9605736408** under the name of Asociación Nacional de Taekwon-Do ITF Dominicana -**FETAID**.
- **Age of Competitors:** to define the limit between youth/adult categories, the year of birth will be taken into account, for example: a competitor born in 2006 will be considered youth. For the rest of the categories, the age attained on the date of the weigh-in (09/AUGUST/2024) will be considered.



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- **Start of Registration:** April 20, 2024.
- **Registration Closing:** August 1, 2024.
- **Tolerance:** up to 2.2 Pound grams (more or less) will be allowed. All competitors must appear at the weigh-in with their ID or Passport, with Dobok pants and a T-shirt.
- **If they do not give the weigh-in:** they will have a second opportunity to weigh themselves (up to one hour maximum), if they do not give the declared weight, they will be passed to the superior/inferior category, otherwise they will be disqualified.

### **PRELIMINARY SCHEDULE OF THE EVENT**

- Beginning of the tournament 9:00 am.
- Official Opening Ceremony Saturday August 10, 2024 at 12:00 Meridian

### **JUDGES AND REFEREES**

The Committee of Judges and Referees of the Championship will be made up of Sabum José Bolívar García, Sabum José Valentín Pallamp and Sabum Ysmaldo Álvarez.

- The best judges and referees in the country will be selected, who will be able to work in three (3) areas with the regulatory dimensions.
- Each one of the areas will have the Electronic Scoring System for all Categories.
- The Judges of the event will be paid the following amounts:
- Corner Judges: USD\$ 35, snack, T-shirt and Lunch
- President or Central Referees: USD\$50.00 snack, T-shirt and Lunch.



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**EMERGENCY MEDICAL CARE:**

During the day of the event, the competitors will be covered by medical and paramedical personnel.

**OFFICIAL PROTEST**

- Value of the Protest USD\$30.00.
- The Protest may only be made by an officially accredited Coach.
- It must be presented IMMEDIATELY after the end of the event to be questioned, before the President of the Jury, from whom the Protest Form will be requested, upon payment of the corresponding fee.
- You must return it complete, within a maximum period of five (5) minutes of receipt, filled out in English or Spanish.

**COMPETITORS**

- An unlimited number of individual competitors can participate from White 10th Gup and DAN level by School, Club, Association.
- They must complete and sign the Responsibility Release Form (in the case of minors under 18 years of age, it must be signed by the parents or legal guardian).
- All competitors must carry their identification at the accreditation and weigh-in; and also throughout the event, since it can be requested at any time.
- They must wear the official ITF Dobok. (Participants without uniform will not be able to compete)
- All competitors must have closed gloves and boots, (will not be allowed to compete without mouthguard and groin protector (cup).
- The check of the competitor's protection or clothing will be carried out outside the ring for more security and speed of the event. If there is any damage, the competitor will have a time of three (3) minutes to fix the situation, otherwise they will be disqualified.
- The competitor's aptitude, both in the technical, physical and mental part, is the responsibility of the delegate of the entity that registers the athlete.



- We reserve the right of admission.

## Rules and Regulations:

<https://itftkd.sport/wp-content/uploads/2022/12/Official-ITF-Rules-of-Competition-Version-2022v2.pdf>

### WARNINGS

Warnings may be issued for the following offences:

- Pretending to have scored a point** or refuting a potential scored action by gesturing with the arm or hand. Attempting to influence the umpires through acting or suggestion.
- Stepping completely out of the ring.** Two feet must be completely out of the ring, or one foot out and the other off the ground. Note: This rule does not apply when the competitor has been forcibly pushed (with the hands or body) out of the ring.
- Falling down, whether intentional or not.** When any part of the body other than the feet touches the ground for any period of time.
- Faking an injury.** Pretending to have an injury to gain a win or to run the clock down.
- Intentionally avoiding sparring.** Running away, evading the opponent, or using the Center Referee as a shield.
- Unintentional attack to an illegal target.** Any prohibited target, both above and below the belt.
- Adjusting equipment during the bout without the consent of the Center Referee.** Attempting to delay time or any other manipulation of time.
- Pushing with the hands, shoulders or body.** Using the hands, shoulders or body to create distance, unbalance or relocate the opponent



## **FOULS**

Fouls may be issued for the following offences :

- a. **Heavy Contact** made to an opponent without any attempt to control or retract: the technique, the delivery of technique or the emotion of the competitor.
- b. **Attacking a fallen opponent.** Attacking a competitor when any part of their body other than the feet touches the ground for any period of time.
- c. **Leg Sweeping.** Any attempt, using the feet, to take the opponent to the ground.
- d. **Holding or grabbing.** Retaining any part of the body.
- e. **Intentional attack to an illegal Target** Targeting and /or contact to any prohibited target, both above and below the belt.
- f. **Unsportsmanlike Conduct.** To include any action taken by competitor that shows disrespect, lack of following directions or other unacceptable behaviours towards umpire, other competitors or officials, including though not limited to: Failure or refusal to follow referee's directions, intentionally leaving ring / manipulation of time, inappropriate behaviour/language....)





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**Awards:**

**1<sup>st</sup> Place: Gold Medal**

**2<sup>nd</sup> Place: Silver Medal**

**3<sup>rd</sup> Place: There will be 2 Third Places in the Category that need it (Bronze)**



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**INDIVIDUAL PATTERN DIVISION FOR COLOR BELT AND BLACK BELT**

INDIVIDUAL PATTERN DIVISION FOR COLOR BELT AND BLACK BELT		
<b>No.</b>	<b>Boys and Girls (6-7) years together female and Male</b>	<b>Designated Pattern</b>
1	White	Chonji
2	Yellow	Dan Gun
3	Green	Won Hyo
4	Blue/Red	Joong Gun
<b>No.</b>	<b>Boys and Girls (8-9) years together Female and Male</b>	<b>Designated Pattern</b>
5	White	Chonji
6	Yellow	Dan Gun
7	Green	Won Hyo
8	Blue/Red	Joong Gun
<b>No.</b>	<b>Male 10-11 years</b>	<b>Designated Pattern</b>
9	White	Chonji
10	Yellow	Dan Gun
11	Green	Won Hyo
12	Blue	Joong Gun
13	Red	Hwarang
<b>No.</b>	<b>Female 10-11 years</b>	<b>Designated Pattern</b>
14	White	Chonji
15	Yellow	Dan Gun
16	Green	Won Hyo
17	Blue	Joong Gun
18	Red	Hwarang
<b>No.</b>	<b>Male 12-14 years</b>	<b>Designated Pattern</b>
19	White	Chonji
20	Yellow	Dan Gun
21	Green	Won Hyo
22	Blue	Joong Gun
23	Red	Hwarang
24	Black 1 <sup>st</sup> Dan	Kwan-Gae



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No.	Female 12-14 years	Designated Pattern
25	White	Chonji
26	Yellow	Dan Gun
27	Green	Won Hyo
28	Blue	Joong Gun
29	Red	Hwarang
30	Black 1 <sup>st</sup> Dan	Kwan-Gae

No.	Male 15-17 years	Designated Pattern
31	White	Chonji
32	Yellow	Dan Gun
33	Green	Won Hyo
34	Blue	Joong Gun
35	Red	Hwarang
36	Black 1 <sup>st</sup> Dan	Kwan-Gae
37	Black II Dan	Eui-Am
38	Black III Dan	Sam-il
No.	Female 15-17 years	Designated Pattern
39	White	Chonji
40	Yellow	Dan Gun
41	Green	Won Hyo
42	Blue	Joong Gun
43	Red	Hwarang
44	Black 1 <sup>st</sup> Dan	Kwan-Gae
45	Black II Dan	Eui-Am
46	Black III Dan	Sam-il
No.	Male Senior 18-35 years	Designated Pattern
47	White	Chonji
48	Yellow	Dan Gun
49	Green	Won Hyo
50	Blue	Joong Gun
51	Red	Hwarang
52	Black 1 <sup>st</sup> Dan	Kwan-Gae
53	Black II Dan	Eui-Am
54	Black III Dan	Sam-il



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55	Black IV Dan- VI Dan	Yon-Gae
<b>No.</b>	<b>Female Senior 18-35 years</b>	<b>Designated Pattern</b>
56	White	Chonji
57	Yellow	Dan Gun
58	Green	Won Hyo
59	Blue	Joong Gun
60	Red	Hwarang
61	Black 1 <sup>st</sup> Dan	Kwan-Gae
62	Black II Dan	Eui-Am
63	Black III Dan	Sam-il
64	Black IV Dan- VI Dan	Yon-Gae
<b>No.</b>	<b>Male Veterans 36 years and up</b>	<b>Designated Pattern</b>
65	White	Chonji
66	Yellow	Dan Gun
67	Green	Won Hyo
68	Blue	Joong Gun
69	Red	Hwarang
70	Black 1 <sup>st</sup> Dan	Kwan-Gae
71	Black II Dan	Eui-Am
72	Black III Dan	Sam-il
73	Black IV Dan- VI Dan	Yon-Gae
<b>No.</b>	<b>Female Veterans 36 years and up</b>	<b>Designated Pattern</b>
74	White	Chonji
75	Yellow	Dan Gun
76	Green	Won Hyo
77	Blue	Joong Gun
78	Red	Hwarang
79	Black 1 <sup>st</sup> Dan	Kwan-Gae
80	Black II Dan	Eui-Am
81	Black III Dan	Sam-il
82	Black IV Dan- VI Dan	Yon-Gae

**The Tournament Director reserves the right to close or modify any of the categories above if do not meet the minimum required of 4 participants in each category.**



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**INDIVIDUAL SPARRING DIVISION FOR COLOR BELT AND BLACK BELT**

<b>INDIVIDUAL SPARRING DIVISION FOR COLOR BELT AND BLACK BELT</b>			
<b>No.</b>	<b>Boys (6-7) years Male</b>	<b>No.</b>	<b>Girls (6-7) years Female</b>
1	White	5	White
2	Yellow	6	Yellow
3	Green	7	Green
4	Blue	8	Blue
<b>No.</b>	<b>Boys (8-9) years Male</b>	<b>No.</b>	<b>Girl (8-9) years Female</b>
9	White	13	White
10	Yellow	14	Yellow
11	Green	15	Green
12	Blue	16	Blue
<b>No.</b>	<b>Male 10-11 years</b>	<b>No.</b>	<b>Female 10-11 years</b>
17	White	23	White
18	Yellow	24	Yellow
19	Green	25	Green
20	Blue	26	Blue
21	Red	27	Red
22	Black	28	Black
<b>No.</b>	<b>Male 12-14 years</b>	<b>No.</b>	<b>Female 12-14 years</b>
29	White	35	White
30	Yellow	36	Yellow
31	Green	37	Green
32	Blue	38	Blue
33	Red	39	Red
34	Black	40	Black
<b>No.</b>	<b>Male 15-17 years</b>	<b>No.</b>	<b>Female 15-17 years</b>
41	White	49	White
42	Yellow	50	Yellow
43	Green	51	Green
44	Blue	52	Blue
45	Red	53	Red
46	Black Light up to 56kg	54	Black Light up to 50kg
47	Black Middle 56.5kg- 65kg	55	Black Middle 50.5kg- 58kg
48	Black Heavy over 65.5kg	56	Black Heavy over 58.5kg



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No.	Male Seniors 18-35 years	No.	Female Senior 18-35 years
57	White	66	White
58	Yellow	67	Yellow
59	Green	68	Green
60	Blue	69	Blue
61	Red	70	Red
62	Black Light up to 63kg	71	Black Light up to 56kg
63	Black Middle 63.5kg - 75 kg	72	Black Middle 56.5kg - 65 kg
64	Black Middle Heavy 75.5- 90 kg	73	Black Heavy over 65.5 kg
65	Black super Heavy over 90.5 Kg	74	Black super Heavy over 75 Kg
No.	Male Veterans 36 years and up	No.	Female Veterans 36 years and up
75	White	84	White
76	Yellow	85	Yellow
77	Green	86	Green
78	Blue	87	Blue
79	Red	88	Red
80	Black Light up to 63kg	89	Black Light up to 56kg
81	Black Middle 63.5kg - 75 kg	90	Black Middle 56.5kg - 65 kg
82	Black Middle Heavy 75.5- 90 kg	91	Black Heavy over 65.5 kg
83	Black super Heavy over 90.5 Kg	92	Black super Heavy over 75 Kg

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**SPECIAL TECHNIQUES DIVISION FOR COLOR BELT AND BLACK BELT**

<b>SPECIAL TECHNIQUE DIVISION FOR COLOR BELT AND BLACK BELT</b>			
No.	<b>Boys (12 Under) years Male</b>	No.	<b>Girls (12 Under ) years Female</b>
1	White/Yellow (Twinyo Nopi Ap Cha Busigi)	5	White/Yellow (Twinyo Nopi Ap Cha Busigi)
2	Green/Blue (Twinyo Nopi Ap Cha Busigi and Twinyo Nomo Yop cha Jirugi)	6	Green/Blue (Twinyo Nopi Ap Cha Busigi and Twinyo Nomo Yop cha Jirugi)
3	Red/Black (Twinyo Nopi Ap Cha Busigi and Twinyo Nomo Yop cha Jirugi)	7	Red/Black (Twinyo Nopi Ap Cha Busigi and Twinyo Nomo Yop cha Jirugi)
No.	<b>Boys (13-17) years Male</b>	No.	<b>Girls (13-17 ) years Female</b>
8	White/Yellow (Twinyo Nopi Ap Cha Busigi)	11	White/Yellow (Twinyo Nopi Ap Cha Busigi)
9	Green/Blue (Twinyo Nopi Ap Cha Busigi and Twinyo Nomo Yop cha Jirugi)	12	Green/Blue (Twinyo Nopi Ap Cha Busigi and Twinyo Nomo Yop cha Jirugi)
10	Red/Black (Twinyo Nopi Ap Cha Busigi and Twinyo Nomo Yop cha Jirugi)	13	Red/Black (Twinyo Nopi Ap Cha Busigi and Twinyo Nomo Yop cha Jirugi)
No.	<b>Male Seniors 18 years and over</b>	No.	<b>Female Senior 18 years and over</b>
14	White/Yellow (Twinyo Nopi Ap Cha Busigi)	18	White/Yellow (Twinyo Nopi Ap Cha Busigi)
15	Green/Blue (Twinyo Nopi Ap Cha Busigi and Twinyo Nomo Yop cha Jirugi)	19	Green/Blue (Twinyo Nopi Ap Cha Busigi and Twinyo Nomo Yop cha Jirugi)
16	Red/Black (Twinyo Nopi Ap Cha Busigi and Twinyo Nomo Yop cha Jirugi)	20	Red/Black (Twinyo Nopi Ap Cha Busigi and Twinyo Nomo Yop cha Jirugi)
17	Red/Black (Twinyo Nopi Ap Cha Busigi and Twinyo Nomo Yop cha Jirugi)	21	Red/Black (Twinyo Nopi Ap Cha Busigi and Twinyo Nomo Yop cha Jirugi)

**POWER BREAKING DIVISION FOR COLOR BELT AND BLACK BELT**

<b>POWER BREAKING DIVISION FOR COLOR BELT AND BLACK BELT</b>			
No.	<b>Male Seniors 18 years and over</b>	No.	<b>Female Senior 18 years and over</b>
1	White/Yellow (Ap Joomuk Jirugi and Yop cha Jirugi)	5	White/Yellow (Sonkal Taerigi and Yop cha Jirugi)
2	Green/Blue (Ap Joomuk Jirugi and Yop cha Jirugi)	6	Green/Blue (Sonkal Taerigi and Yop cha Jirugi)
3	Red/Black (Ap Joomuk Jirugi and Yop cha Jirugi)	7	Red/Black (Sonkal Taerigi and Yop cha Jirugi)
4	Red/Black (Ap Joomuk Jirugi and Yop cha Jirugi)	8	Red/Black (Sonkal Taerigi and Yop cha Jirugi)



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**SKILLS MOTOR CIRCUIT:**

CHILDREN 4-5 YEARS.

**WAKO POINT FIGHTING KICK BOXING DIVISION**

<b>No.</b>	<b>Male 11-12 Years</b>	<b>No.</b>	<b>Female 11-12 Years</b>
1	Yellow/Green	3	Yellow/Green
<b>No.</b>	<b>Male 13-14 Years</b>	<b>No.</b>	<b>Female 13-14 Years</b>
2	Yellow/Green	4	Yellow/Green

**WAKO LIGHT CONTACT KICK BOXING DIVISION**

<b>No.</b>	<b>Male 11-12 Years</b>	<b>No.</b>	<b>Female 11-12 Years</b>
1	Red/Black	3	Red/Black
<b>No.</b>	<b>Male 13-14 Years</b>	<b>No.</b>	<b>Female 13-14 Years</b>
2	Red/Black	4	Red/Black





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### **Sparring Time for Colors Belts**

- From 6 to 14 years old, 1 round of 1 minute and 30 seconds.
- From 15 years onwards 1 round of 2 minutes.

### **Sparring Time for Black Belts**

- The categories (from 10 to 14 years old) and Veterans (36 years and older) will compete in Eliminations and in Finals one (1) round of two (2) minutes.
- The Youth categories from 15 years to 17 years, and Seniors from 18-35 years will compete in Eliminations: one (1) round of three (3) minutes and in Finals: 2 rounds of 2 minutes.

### **Hotels and Accommodation**

Contact Lic. Bolívar García at his cell phone number or WhatsApp +1-829-598-8601 for information.