



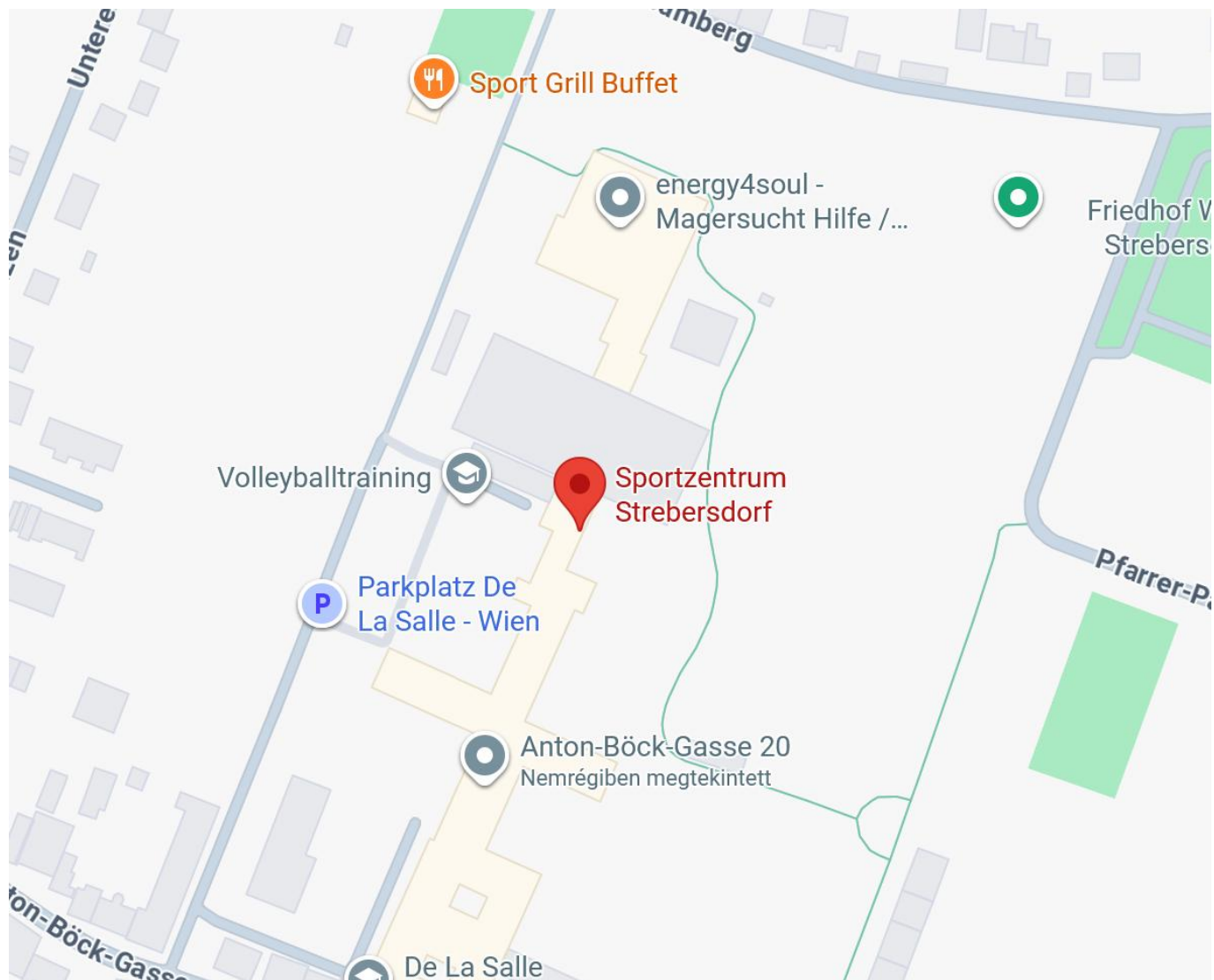
15th - SPIRIT OPEN

2026

Vienna, AUSTRIA

Competition:	15 th - SPIRIT OPEN – Open ITF Taekwon-Do Championship – 2026
Organizer Association:	ITF Austria
Head of Organizing Committee:	Péter Szász 7 th Degree +36-20-398-5391 e-mail: szasz.peter.tkd@gmail.com
Information:	Facebook event: https://www.facebook.com/events/2726992090991692
Members of Tournament Committee:	<ul style="list-style-type: none"> - Attila Gombos 6th Degree, - Dr. Gerald Bauer 6th Degree
Date of the Competition:	23 rd May 2026, Saturday
Location of the Competition:	Sport hall: De La Salle-Halle Anton-Böck-Gasse 20, 1210 Wien, Austria





Divisions:

Children: born after 23.05.2016

Cadet: born between 23.05.2012 and 22.05.2016

Cadet-1 (only in Sparring): born between 23.05.2014 and 22.05.2016

Cadet-2 (only in Sparring): born between 23.05.2012 and 22.05.2014

Junior: born between 23.05.2008 and 22.05.2012

Senior: born before 23.05.2008

Veteran: born before 23.05.1986 (only in Sparring and Pattern categories. Veterans and Seniors will compete together in Pre-arranged Free Sparring, Special Techniques and Power Test categories. Competitors registered as Veterans may choose if they wish to compete in the Senior or Veteran categories in Sparring and Pattern events. It is possible to choose to participate as Veteran in one, while participating as Senior in the other one. (So for example participate as Veteran in Sparring while participating as Senior in Pattern, or the other way around.)



<p>Events:</p>	<p>Pattern (Children / Cadet / Junior / Senior / Veteran categories for ITF Taekwon-Do competitors only)</p> <p>Sparring (based on the official ITF Taekwon-do rules in Children / Cadet-1 / Cadet-2 / Junior A-B/ Senior A-B/ Veteran categories)</p> <p>Individual Power Test (based on the official ITF Taekwon-do rules in Junior / Senior categories with 5 techniques and with special cushioned force-measuring Power Test target in Children and Cadet categories)</p> <p>Individual Special Techniques (based on the official ITF Taekwon-do rules in Junior / Senior categories with 5 techniques, while for Children categories only Twimyo Nopi Ap Cha Busigi, and for Cadet categories Twimyo Nopi Ap Cha Busigi and Twimyo Nopi Yop Cha Jirugi.</p> <p>Pre-arranged Free Sparring (This is a merged category, independent of gender and age groups. Only for ITF Taekwon-do competitors, male-male, female-female or male-female pairs are also accepted. Even a cadet and a senior competitor can make a team)</p> <p>Team Pattern (Regardless of age group and gender, women and men compete together in one category, for teams of 3-5 people. Only for ITF Taekwon-do competitors) (kid, cadet, junior, senior, veteran competitors can be in a same team)</p> <p>Team Sparring (Separate categories only for junior and senior male and female age groups based on unique rules, for teams of 2 people) (juniors, seniors, males and females compete separately).</p>
<p>Minimal belt degree for Pattern:</p>	<p>Children: 10 gup Cadet: 9 gup Junior: 8 gup Senior: 8 gup</p>
<p>Awarding:</p>	<p>In Sparring at Children age category we will form groups of 4 children, so every Child competitor wins a medal (one 1st place, one 2nd place and two 3rd place).</p> <p>Children Pattern and Cadet (Cadet-1, Cadet-2), Junior, Senior and Veteran categories will all have one 1st place, one 2nd place and two 3rd place awards.</p> <p>In Individual Power Test and Individual Special Techniques there is no shared third place, except in the case of a tie in points.</p> <p>The three most successful clubs will receive trophies at the end of the competition. (Based on Sportdata calculations.)</p>
<p>Umpires:</p>	<p>Every ITF Taekwon-Do school or club with more than 5 competitors should bring umpires as far as possible.</p> <p>Dress code for umpires: navy blue/black pants, white shirt, blue/black tie, white shoes.</p>
<p>Entry conditions:</p>	<p>Proper age. Signing up in time and the payment of registration fee.</p> <p>Medical certificate for the competitors, which will be the responsibility of the club leaders, and which we will check during sign up.</p>



Weigh-in and On-site Registration:

All competitors of the club (only those participating in Sparring) must come to the weigh-in at the same time, together. At the weigh-in the club leader (or designee) must be there. Weigh-in will only happen at the given time, past this point there will be no possibilities for weigh-in.

Competitors must wear ITF dobok trousers or sweat pants, T-shirt and must be barefoot or in socks. There is no time for changing or undressing at the weigh-in.

A margin of at most 500 grams over the indicated weight category is permitted. In case of a competitor's weight surpassing this limit of their category, the competitor can switch weight category, /but this will be a modification (mentioned above)/ or to step back from the competition, / however, in these cases the competitor has to pay the 5 EUR entry fee/.

After weigh-in the club leader registers all the competitors at once at the Registration desk. The club leader must pay all the fees and any possible penalties in one payment. Individual registration and entry fee payment is not possible. The competitors may only start the competition if the club leader has already paid all the fees of the whole club and handed out the received armbands to the competitors. Every competitor must wear the armband. Every competitor without an armband will be disqualified.

Event descriptions

Pattern

	<i><u>Child</u></i>	<i><u>Cadet</u></i>
<i><u>10-9-8-7 gup</u></i>	Saju-Jirugi, Saju-Makgi, Chon-Ji – Do-San	n/a
<i><u>9-8-7 gup</u></i>	n/a	Chon-Ji – Do-San
<i><u>6-5-4 gup</u></i>	Chon-Ji – Joong-Gun	Chon-Ji – Joong-Gun
<i><u>3-2-1 gup</u></i>	Chon-Ji – Choong-Moo	Chon-Ji – Choong-Moo
<i><u>I.dan</u></i>	n/a	Chon-Ji – Ge-Baek
	<i><u>Junior</u></i>	<i><u>Senior</u></i>
<i><u>8-5.gup</u></i>	Chon-Ji – Yul-Gok	Chon-Ji – Yul-Gok
<i><u>4-1.gup</u></i>	Chon-Ji – Choong-Moo	Chon-Ji – Choong-Moo
<i><u>I.dan</u></i>	Chon-Ji – Ge-Baek	Chon-Ji – Ge-Baek
<i><u>II.dan</u></i>	Chon-Ji – Ju-Che	Chon-Ji – Ju-Che
<i><u>III.dan</u></i>	Chon-Ji – Choi-Yong	Chon-Ji – Choi-Yong
<i><u>IV-VI.dan</u></i>	n/a	Chon-Ji – Moon-Moo

The tournament is held in a single-elimination fashion!

Children and Cadet competitors must present one pattern, chosen by the referee during the qualifying round and the finals. This pattern can be maximum the one which can be required from the competitor with the lower belt.

Junior and Senior competitors must present one pattern during the qualifying round and two patterns during the finals, chosen by the referee. In coloured belt categories the pattern cannot be one from above the lower belt degree of the competitors, while in black belt categories the pattern can be maximum 1 rate above the belt degree of the competitors.



Sparring

Children: The Organizing Committee will form 4-person groups in Child category for girls and boys separately based on age, height, weight, and belt degree. That is why we ask all coaches to ensure that the competitor's data (weight, height, age, belt level) is up-to-date when registering in Sportdata. This event will be held in single elimination style, in which each competitor wins a medal (1 gold, 1 silver, 2 bronze).

The rest of the categories will have participants matched up based on weight categories and genders accordingly. This event will be held in single elimination style.

A-B Category Sparring for junior and senior males and females:

Attention! From this year, there will also be an option for Category B sparring in the Junior and Senior age categories. Anyone may compete in Category A, but only those who are a maximum of blue belt in Taekwon-Do (4-5-6-7-8-9-10-0 GUP), a maximum of green belt in Kickboxing, or who have participated in no more than 3 sparring competitions may compete in Category B. This category has been created mainly for beginner competitors or those with less knowledge and experience. Lower-ranked competitors who would like to compete in Category A may of course do so.

Competitors have the opportunity to compete one weight or age class higher outside of their own category.

Senior competitors may not compete in the veteran category, but veteran competitors can compete in the senior age group.

If there are less than 4 competitors in a weight category, it is possible that categories will be merged.

<u>Weight categories:</u>						
<i>Cadet-1 female (kg):</i>	-27	27-32	32-38	38-44	44+	
<i>Cadet-2 female (kg):</i>	-38	38-44	44-50	50-55	55+	
<i>Cadet-1 male (kg):</i>	-30	30-35	35-42	42-48	48+	
<i>Cadet-2 male (kg):</i>	-42	42-48	48-55	55-62	62+	
<i>Junior female A (kg):</i>	-45	45-50	50-55	55-60	60-65	65+
<i>Junior female B (kg):</i>	-45	45-50	50-55	55-60	60-65	65+
<i>Junior male A (kg):</i>	-50	50-56	56-62	62-68	68-75	75+
<i>Junior male B (kg):</i>	-50	50-56	56-62	62-68	68-75	75+
<i>Senior female A (kg):</i>	-50	50-56	56-62	62-68	68-75	75+
<i>Senior female B (kg):</i>	-50	50-56	56-62	62-68	68-75	75+
<i>Senior male A (kg):</i>	-57	57-63	63-70	70-78	78-85	85+
<i>Senior male B (kg):</i>	-57	57-63	63-70	70-78	78-85	85+
<i>Veteran female (kg):</i>	-65	65+				
<i>Veteran male (kg):</i>	-75	75+				



Sparring times:

	<u>Child</u>	<u>Cadet-1/-2</u>	<u>Junior</u>	<u>Senior</u>	<u>Veteran</u>
<u>Qualifying round:</u>	2 X 1 minutes	2 X 1,5minutes	2 X 2 minutes	2 X 2 minutes	2 X 2 minutes
<u>Final:</u>	2 X 1 minutes	2 X 1,5 minutes	2 X 2 minutes	2 X 2 minutes	2 X 2 minutes

The break between the rounds will be 1 minute, in child categories only 30 seconds.

In case of a category only having a single participant, organizers might decide to combine categories with the consent of the competitor's coaches.

General rules of sparring

This is a **Light contact sparring** based on ITF Taekwon-Do rules. Attacks are delivered with half power and in a controlled manner. The body and head can be attacked from the front and from the side, the side of the neck can be attacked with fists, feet, heels, and end of the shin. Only the open side may be attacked. Only the section above the belt (over hip height) can be attacked. A competitor who is aggressive, very violent or uses excessive force during techniques will be warned or disqualified.

Scoring:

- 1 point awarded for all hand techniques
- 2 points awarded for foot techniques to the body
- 3 points awarded for foot techniques to the head
- Only those hits can be scored which are controlled, precise, quick and performed with sufficient force (light contact).

Allowed surfaces to attack:

- Head at the front, sides and top of the head but not at the back.
- Trunk of the body from shoulder to the waist (frontal and side areas only, excluding the back)

Disqualification

- Misconduct against officials or ignoring instructions.
- Uncontrolled or excessive contact.
- Receiving three (3) minus points/fouls directly given by the Centre Referee.
- Being under influence of alcoholic beverages or drugs.

Point reduction

- One point will be deducted for the following offences:
- Insulting the opponent
 - Losing calm
 - Biting, scratching
 - attacking with elbow, knee, head
 - Attacking a fallen opponent
 - Attacking forbidden surfaces on the opponent
 - Three warnings means deducting one point.
 - Holding/grabbing
 - Heavy contact
 - Leg sweeping

Warning

- Unintentional attack to forbidden surfaces on the opponent
- Stepping completely out of the ring (both feet).
- Falling down, whether intentional or not (it means any part of the body, other than the feet, touching the ground).
- Pushing the opponent
- Pretending to be injured to gain an advantage.
- Intentionally avoiding sparring.



The process of the sparring

Competitors wearing mandatory protective equipment must stand on the appointed place to begin the sparring (red and blue sides). Competitors will be differentiated with a red and a blue stripe on the back side of their clothes. Based on the command of the referee they will bow to the jury or to the umpires and towards each other. The sparring begins after the command of the referee („SHI-JAK”). The competitors will fight until the end of the round or the command of the referee („HAECHYO”). In this case the competitors must stop sparring and stay in place till the referee allows the sparring to continue with the „GAE-SOK” command. The round is over when the referee gives the command („GOMAN”). At the end of the sparring the competitors must bow towards each other, to the jury or to the umpires and to the referee. The competitors stay in place till the referee signals the result. If the result is a tie, the warnings and minus points will be cleared.

Pre-arranged Free Sparring

This is a merged category, independent of gender and age groups. The competitors will compete together, the composition of the pairs can be female-female, male-male or female-male even from same and mixed age group. For example, this way a child boy can compete with an adult woman.

Umpires score the event; the final order will be determined by these scores. In case of a draw competitors need to perform the practice again, which will be scored again by the umpires (except in the case of the two third places).

Competitors must perform their movements at a length between 60 and 75 seconds. Pre-arranged free sparring will be held on the basis of ITF Taekwon-Do rules.

Individual Special Techniques

Child age categories will only be asked to perform the Twimyo Nopi Ap Cha Busigi technique. Cadet age categories will only be asked to perform the Twimyo Nopi Ap Cha Busigi and Twimyo Nopi Yop Cha Jirugi (The participants will be split into 2-2 teams based on height.)

For Junior and Senior categories.

	<i><u>Twimyo nopi chagi</u></i>	<i><u>Twimyo dollyo chagi</u></i>	<i><u>Twimyo bandae dollyo</u></i>	<i><u>Twimyo dolmyo yop cha jirugi</u></i>	<i><u>Twimyo nopi yop chagi</u></i>
<i><u>Junior Female</u></i>	210	190	170	170	100
<i><u>Junior Male</u></i>	240	220	200	200	120
<i><u>Senior Female</u></i>	220	200	180	180	110
<i><u>Senior Male</u></i>	250	230	210	210	130

Special Technique test will be performed using a special technique machine. After performing the five techniques the sum of the points will determine the outcome of the event.

Special Technique tests are taking place continuously throughout the competition day. Attention! Every competitor must perform the first round of the Special Technique test before 2 p.m. Finals will be held after 2 p.m. Any competitor, who does not perform the first round of Special Technique test until 2 p.m, will be disqualified. In Child and Cadet categories participants will be called continuously!



Individual Power Test

For Junior and Senior categories:

	<i>Ap-joomuk jirugi / Palkup taerigi</i>	<i>Songkal tearigi</i>	<i>Yop chagi</i>	<i>Dollyo chagi</i>	<i>Bandae dollyo chagi</i>
<i>Junior Female</i>	1	1	2	1	1
<i>Junior Male</i>	2	2	3	2	2
<i>Senior Female</i>	2	2	3	2	2
<i>Senior Male</i>	3	3	4	3	3

Power test will be performed using a power test machine with white and black breaking board.

Power Tests take place continuously throughout the competition day. Every competitor must perform the first round of the Power Test until 2 p.m. Finals will be held after 2 p.m. Any competitor who does not perform the first round of Power Test until 2 p.m, will be disqualified.

For Child and Cadet categories:

The techniques must be performed at a special cushioned force-measuring Power Test target. Every competitor may perform both techniques twice and only the better result will be taken into account. The sum of the results of these two techniques will be the competitor's final score. The 1st, 2nd and two 3rd places will receive medals.

	<i>Songkal yop tearigi</i>	<i>Dollyo chagi (baldung)</i>
<i>Child Female</i>	1	1
<i>Child Male</i>	1	1
<i>Cadet Female</i>	1	1
<i>Cadet Male</i>	1	1

Team Pattern

This category is without age limits meaning that both children and adults can also be part of the same team. The category will not be divided by gender; males and females, and all age groups will compete together in a common category. A team is made up of minimum 3 and maximum 5 people. Every team must present one pattern of their individual choice.

**A team can be composed of members belonging to different clubs, however, in case of individual entry, the competitors have to compete in the same club they chose to represent in the team.



Team Sparring – Prize Money

This category is organized based on a unique set of rules, in separate categories for junior female, senior female, junior male, and senior male. A team can consist of only 2 members where a junior and a senior competitor cannot participate in a mixed team.

The sparring time is 1x2 minutes during which the coach has to shout “change” if it wants to change one of its competitors. After the command is uttered, the competitor who has been changed can no longer be attacked and has to leave the ring immediately. During the fight, all team members have to spend 30 seconds and minimum 3 etaps on the ring, which means that it is not allowed for any of the team members to fight through the sparring time on their own without stopping.

The senior male and female team sparring events will offer prize money.

The following prize money will be awarded:

- Female: 1st place: 200 EUR
- Female: 2nd place: 100 EUR
- Male: 1st place: 400 EUR
- Male 2nd place: 200 EUR

Equipment

Clothes

ITF Taekwon-Do competitors can only wear white ITF dobok. Kickboxing and other competitors might wear their own uniform.

Clothes cannot contain any zippers, buttons, snaps, or other parts. which may cause injury.

Protective equipment for Sparring event:

Mandatory: Open hand or 10 once closed gloves, boots and head protector. For Junior, Senior and Veteran groin protector, shin protector and mouth protector; bust protector for females. (Strongly recommended for Cadet and Child categories as well.)

Further information

Protesting is based on ITF Taekwon-Do rules. Protests must be handed in in written form to Tournament Committee within 5 minutes of the incident happening. **Protests cost 50 €.** The Tournament Committee will decide if the protest is accepted or rejected. In case of rejection the fee will not be refunded. In case the protest is accepted, the fee is, of course, fully refunded.

The Organising Committee does not take responsibility for any sport injuries during the competition.

During the competition sandwiches and snacks and soft drinks will be sold.

Every coach or club leader is responsible for the medical certificate and the proper mental and physical assessment of their competitors.



Competitors take part in the competition at their own risk (under the age of 18 with parental permission). The Organising Committee does not check the parental permissions, those are the responsibility of the club leader.

Accident insurance is recommended.

Medical care is provided for the whole duration of the competition.

Taekwon-Do uniforms and equipment (gloves, kicks, shoes, belts, mouthguards, headguards...) can be purchased during the competition.

Stamping of the booklets will start at 4 p.m. on the competition day at the administrative desk.

Entry fee for spectators: 5 EUR

Good luck with preparations and see you at the competition!

Planned program

23.05.2026 Saturday	7:00 a.m. - 8:30 a.m.	Registration, weigh-in in the Sports Hall (8:30 a.m. is the last moment for the clubs to show up at weigh-in and sign up)
	8:45 a.m.	Closing of registration and weighing (From this point clubs may no longer sign up, weigh-in or modify.)
	8:45 a.m.-9:00 a.m.	Umpire meeting
	9:00 a.m.-9:15 a.m.	Coach meeting
	9:15 a.m.-09:30 a.m.	Opening ceremony
	around 09:30 a.m.	Start of the competition
	The first award ceremony will be held at approximately 1:00 p.m during lunch period., and the rest will follow continuously during the afternoon.	

This is the planned program, but the Organizing Committee reserves the right to make changes the program.

