

Dear taekwondo friends!

To diversify the tournament, we decided to include freestyle in the tournament with a small change in the rules for beginners.

1) Freestyle:

For the black belt categories, the rules remain the same, i.e. according to the WT rules.

Divisions:

Dan/poom under 17 years including - female

Dan/poom under 17 years including - men

Dan/poom from 18 years - female

Dan/poom from 18 years – men

2) "Free Style Basic Rules"

Divisions:

10.-1. kup under 17 years including - female

10.-1. kup under 17 years including - men

10.-1. kup from 18 years - female

10.-1. kup from 18 years - men

The rules are based on WT, but for all age categories and holders of 10.-1. the following applies to the purchase:

- Height of the jumping Yop Chagi: at least above belt height, whereby only the kick leg is decisive for determining the height

- Number of ap chagis in a jump: at least two above belt height
- Spin kick: at least 180° (e.g. Tornado, Pandaedollyo Chagi), does not have to be jumped
- Acrobatics: does not have to include a kicking movement, hands may touch the floor (cartwheel)
- Duration: 40-100 seconds

Please register by email: dojang@taehantkd.com in the form of an Excel spreadsheet with your first name, last name, year of birth and gender. And send the file (file name: competitor's name) with music in MP3, WAV, AAC, OGG, AIFF, FLAC format, no later than April 22, 2024.

Thank you and we will look forward to interesting sports performances.

Bohemia Cup 2024 organizing team