



Invitation

June 12 , 2019

Dear ITF Members,

This is to invite you to the **MIGHTYFIST ITALIAN TAEKWON-DO ITF OPEN – 5th Edition 2019** that will be held in Castellanza/Legnano (near Milan) on **November 30th , 2019**.

Please receive all the necessary information to attend the MIGHTYFIST ITALIAN TAEKWON-DO OPEN event.

Rings shall be equipped with the electronic scoring system and large screen to have a professional approach and to set a standard for further ITF Open Championships.

We are looking forward to meeting you in Castellanza.

GM Wim Bos and Master Orlando Saccomanno
Organizers

www.italian-open.com/info@italian-open.com/www.handlesport.com



Information

Date and Place

The event will be held on **Saturday November 30th, 2019** in the Sport Hall **PALABORSANI** located in Via per Legnano 3, Castellanza (VA) near Milan.

How to arrive

The venue is easily reachable from the center of Milan by a 20 minutes train trip.

By car:

- The city may be easily reached by car following the highway A8 Milano / Varese exit Castellanza (about 20 km from Milan).

By plane (3 airports) :

- Fly to **Milano Malpensa** International Airport (22 km from Legnano), take the train (every 30 minutes) 'Malpensa Express' or take the bus to Castellanza.
- Fly to **Milano Linate** Airport which is located 45 minutes by car from Castellanza.
- Fly to **Milano Orio al Serio** Airport which is located 70 minutes by car from Castellanza.

If you need private transportation or more detailed information please contact info@italian-open.com or visit www.italian-open.com

Accommodation

There will be 3 choices available and prices indicated are **per person per day.**

Children up to 11 years have a 10% discount at the mentioned hotel room prices.

A. PALACE HOTEL LEGNANO **** (opposite the Sports Hall PALABORSANI)



Single room with breakfast: **80 € per day per person**

Double/Twin room with breakfast: **50 € per day per person**

Triple room with breakfast: **50€ per day per person**

B. HOTEL 2C *** (4 km from the Sports Hall PALABORSANI)



Single room with breakfast: **60 € per day per person**

Double/Twin room with breakfast: **40 € per day per person**

Triple room with breakfast: **35 € per day per person**

C. UNA HOTEL MALPENSA *** (8 km from the Sports Hall PALABORSANI)



Single room with breakfast: **60 € per day per person**

Double/twin room with breakfast: **35 € per day per person**

Triple room with breakfast: **35 € per day per person**

The Sports Hall PalaBorsani

The Sports Hall **PalaBorsani**, located in **Castellanza (VA) near Milan**, hosts many national and international events and has a capacity of **1650** seats. The competition will take place in two areas.



Main Sponsor



MIGHTYFIST www.doboks.com
www.doboks.eu

Uniforms & Sparring Gear

MIGHTYFIST
TAEKWON-DO

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Other Sponsors



Competition – ONLY FOR



MEMBERS

The event shall take place in two competition areas, one dedicated to children and the other to Cadets, Juniors and Seniors divisions/categories.

Other ITF Federations may apply requesting permission through the  National Association

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

- ITF dobok
- To accept the competition rules.
- 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.
- For other matters the ITF competition rules will be observed.



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

- **Children** (up to 11 years)
- **Cadets** (12 – 14 years)
- **Juniors** (15 – 17 years)
- **Seniors** (18 years and above)

Inscription & Hotel accommodation Payments

Inscription for this event must be done online through www.handlesport.com

- Opening of the web inscription on **September 1st 2019**
- Closing of the web inscription on **November 24th 2019 at 18.00 pm**
- Draws will be online from **November 27th 2019 at 18.00 pm onward on**

Payments

- Payments of the competition **HOTEL ACCOMMODATION** on or before **November 18th 2019 before 18.00 pm**
- Payments of the competition **INSCRIPTION FEE** on or before **November 25th 2019 before 18.00 pm.**

To:

- **ORLANDO SACCOMANNO**
- Address: **Via F.lli Mascherpa 25, Buccinasco 20090 (Milano)**
- IBAN: **IT10R0200832974001319704363**
- SWIFT: **UNCRITM1256**

and the copy of the payment must be sent to info@italian-open.com

In the money order please mention: **Your** school/Gym name + ITALIAN OPEN 2019 Taekwon-Do Promotion.

No cash payments will be allowed and/or accepted!

Competition Entry Fees

www.italian-open.com / info@italian-open.com / www.handlesport.com

Children

- Pattern and/or Sparring: **25 €**

Cadets, Juniors, Seniors

- Cadets, Juniors, Seniors (Pattern and/or Sparring): **30 €**
- Junior and Senior Black Belts (Pattern and/or Sparring and/or Gran Champion): **35 €**

Umpires

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

- Up to 7 competitors: **1 Umpire** / More than 8 competitors: **2 Umpires**

School/Club/Gyms that **do not** participate with any Umpire(s) shall pay the amount of **75 €** for any missing Umpire according to the number of competitors.

- Umpire outfit: blue or black pants, white shoes. A polo long sleeved shirt will be given by the sponsor.
- Umpires will be provided with lunch.

Coaches

Coaches outfit: track suit, sport shoes, towel.

Weigh In

The Weigh In will take place at the following settled times and locations:

- Friday **29/11/2019** at Palace Hotel Legnano: **18.00 – 22.00 hours**
- Saturday **30/11/2019** at the Sports Hall Palaborsani: **7.45 – 8.45 hours**

At weigh in **ALL** Competitors must wear dobok trousers and a T or polo shirt.

A tolerance of kg. **0,500** is accepted.

Competitors NOT making the weight shall be removed from the sparring competition and the inscription fee shall not be refunded.

Sparring Equipment



Competitors must have the following equipment:

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

Protest

The coach is the only one that might make a protest according the ITF Tournament rules.

Protest fee: 100€

Competition Program

07.45	Opening of the Sports Hall
07.45 – 08.45	Weigh In
08.00	Umpire meeting
08.45	Participants Lining up / Opening speech
09.00	Competition starts
20.00	Competition ends

For any further information contact: info@italian-open.com

Competition Divisions/Categories

Children (6-11 years)

Individual Pattern / Individual Sparring

Each bout consists of one pattern only.

Pattern Divisions:

- Pulcini/ Chicks 6-7 years (one category M/F)
- Draghetti/Dragons 8-9 years old (one category M/F)
- Speranze/ Kids 10-11 years old (one category M/F)

White belt/White superior	Competitor free choice	from	Saju-Jirugi	to	Chon-Ji
Yellow belt/Yellow superior	Competitor free choice	from	Chon-Ji	to	Do-San
Green belt/Green superior	Competitor free choice	from	Chon-Ji	to	Yul-Gok
Blue belt /Blu sup.	Competitor free choice	from	Chon-Ji	to	Toi-Gye
Red belt/Red sup.	Competitor free choice	from	Chon-Ji	to	Choong-Moo
Black Belt	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 inserted in another category.
- Awarding will be presented right after the ending of each competition division/category.

Children Individual Continuous Sparring – No punching to the face!!

In sparring competition children will be divided by age, belt and height according to the number of competitors.

Children Sparring Divisions:

- Pulcini / Chicks 6-7 years (one category M/F)
- Draghetti / Dragons 8-9 years old (one category M/F)
- Speranze / Kids 10-11 years old (one category M/F)

Groups:

- Group 1: white and yellow belts
- Group 2: green and blue belts
- Group 3: red and black belts

Height Class:

- Pulcini / Chicks (6-7 years M + F) -125 cm / + 125 cm
- Draghetti / Dragons (8-9 years M + F) -135 cm / + 135 cm
- Speranze / Kids (10-11 years M / F) -145 cm / + 145 cm

Duration of round: 1 x 1.30 minutes

- 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 inserted in another category.
- Awarding will be presented right after the ending of each competition division/category.

Cadets (12-14 years old), Juniors (15-17 years old) and Seniors (18 years and above)

Individual Pattern

Each bout consists of one pattern only.

Categories:

- Male Cadet 12-14 years old
- Female Cadet 12-14 years old
- Male Junior 15-17 years old
- Female Junior 15-17 years old
- Male Senior 18 years and above
- Female Senior 18 years and above

Cadets (12-14) / Juniors Individual (15-17) Male and Female						
White belt/White superior.	Competitors choice	from	Saju-Jirugi	to	Chon-Ji	
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	
Seniors (18+) Individual Male and Female						
White belt/White superior.	Competitors choice	from	Saju-Jirugi	to	Chon-Ji	
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-VI degree	Umpire choice	from	Chon-Ji	to	Moon-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 inserted in another category.

Individual Sparring

Age Divisions:

1. Male Cadet 12-14 years old
2. Female Cadet 12-14 years old
3. Male Junior 15-17 years old
4. Female Junior 15-17 years old
5. Male Senior 18 years and above
6. Female Senior 18 years and above

Division Cadets:

- Group 1: white and yellow belts
- Group 2: green and blue and red belts
- Group 3: red and black belts

Weight Class

- Male -45 kg, -52 kg, -60 kg, +60 kg.
- Female -40kg, -45 kg, +45 kg

Duration of round: 1 x 2 minutes

Division Junior

- Group 1: white, yellow and green belts
- Group 2: blue and red belts



Weight class

- Male -52 kg, -62 kg, -72 kg, +72 kg.
- Female -52 kg, -58 kg +58 kg.

Duration of round: 1 x 2 minutes

- Group 3: black belts

Weight class

- Male -56 kg, -62 kg, -68 kg, -75 kg, +75 kg.
- Female -52 kg, -58 kg +58 kg.

Duration of round: 2 x 2 minutes

Division Senior

- Group 1: white, yellow and green belts
- Group 2: blue and red belts

Weight class

- Male -65 kg, -75 kg, -85 kg, +85 kg.
- Female -55 kg, -62 kg, +62 kg

Duration of round: 1 x 2 minutes

- Group 3: black belts

Weight class

- Male -57 kg, -63 kg, -70 kg, -78 kg, -85 kg, +85 kg.
- Female -50 kg, -56 kg, -62 kg, +62 kg

Duration of round: 2 x 2 minutes

- 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 inserted in another category.
- Awarding will be presented right after the ending of each competition division/category.



SPARRING GRAND CHAMPION

Only the 1st place winners of the **Black Belt Junior and Senior** sparring categories might enter the Grand Champion competition.

Male Sparring Gran Champion will be divided into:

Male – 70 kg

1st place Trophy, dobok, pair of safe t equipment.

Male + 70 kg

1st place Trophy , dobok, pair of safe t equipment.

Female Sparring Gran Champion will be divided into:

Female One (1) weight division

1st place Trophy, dobok, pair of safe t equipment.

Duration of round: 2 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 are in possession of an insurance which covers any problem that might occur during traveling and participation at the event.

PATTERN GRAND CHAMPION

Only the 1st place winners of the **Black Belt Junior and Senior** pattern categories might enter the Grand Champion competition.

One designated pattern depending on the grade of competitors.

Pattern Gran Champion will be divided into:

Junior: Male + Female

1st place Trophy, dobok

Senior: Male + Female

1st place Trophy, dobok



TEAM PATTERN

Team Pattern competition will be divided into:

Team of 5 members: One category Junior, Senior Male and Female from blue to black belt.
One team choice pattern depending on the grade of members (from Chon-Ji to Ge-Baek)

Entry fee: 50 €

Looking forward to meeting you in Italy.

GM Wim Bos and Master Orlando Saccomanno
Organizers

