**invitation**

 Dear Masters, Instructors, Competitors

 On behalf of LKS Matsogi Ciechanow and Polish Taekwon-Do Association we have the great pleasure to invite you to the:

18 th International Tournament Taekwon-Do

***MAZOVIA* *MASTERS******CUP 2024***

 Which will be held from **11th to 13 th October 2024**in Ciechanow, Mazovia, Poland.

 The event shall be held in the **Sport Hall MOSiR** at 17th Stycznia Str. No 60 in Ciechanow.

 We sincerely hope that the Mazovia Masters Cup for children, cadets, juniors, seniors and advanced seniors&veterans will be successful event for all competitors, coaches, umpires, VIPs and supporters.

**Looking forward to welcoming all of you in Mazovia in October 2024**

 Yours in Taekwon-Do

 Michal Korzybski

**general information**

**18th International Tournament Taekwon-Do**

***MAZOVIA* *MASTERS CUP 2024***

**Date:** *11-13 October 2024*

* **Weight, registration and competition:**

MOSiR Sports Hall in Ciechanow 17 Stycznia 60 Street

* **Honorary patronage:**

 *President of Ciechanow- Mr Krzysztof Kosiński*

* **Main Sponsor:**

 *Ciechanow Town Council*

* **Organizer:**

Taekwon-do Sports Club Matsogi Ciechanow & Polish Taekwon-Do Association

* **How to get to Ciechanow by plane**:

 Airport Warsaw Modlin: [**http://modlinairport.pl/**](http://modlinairport.pl/) (distance to Ciechanow 47 km)
 Airport Warsaw Chopin: [**https://www.lotnisko-chopina.pl/**](https://www.lotnisko-chopina.pl/) (distance to Ciechanow 120 km)

* **Registration**

 Registration will be coordinated by Polish Taekwon-Do Association. The registration will be carried out only using the **on-line system** :**Sportdata Event Technology**

Beginning Registration: 1 st September 2024

 Finish Registration : 30 th September 2024

**Please note**!

All competitors must be present at the Weight In regardless of the event they compete in. If they don’t make the weight until 1900 o’clock, then they shall be removed from the sparring category and shall not be allowed to enter any other weight category.

The competitors must also be in possession of a valid identification document ( passport, ITF small black belt card. )

* **Entry fee**

Children, Cadets/Pre junior, Younger Juniors, Juniors, Seniors, Advanced seniors & Veterans:

 **35 Euro** per competitor;
No refunds will be given for any reason even if competitor will be disqualified.

* **Accommodation**
* **Hotel Atena**  - booking only by ORGANIZER, ( mkorzybski@wp.pl)
* Double, triple rooms - **40 Euro** per person per night.
* Single room **- 80 Euro** per person per night.

I recommend hotels:

* [Hotel blisko Warszawy - konferencje, wesela | Zamek Pułtusk (zamekpultusk.pl)](https://www.zamekpultusk.pl/)
* [BoniFaCio SPA & Sport Resort - hotel pod Warszawą, mazowieckie (hotelbonifacio.pl)](https://www.hotelbonifacio.pl/)
* [Hotel | Hotel Warszawianka](https://www.warszawianka.pl/o-nas/hotel)

**The prices include only breakfast!**

**Attention!** Please consider that the number of places in the hotels is very limited

**Lunch –** 10 Euro

* We pay the fees to the organizer in the competition office.

**Competition**

**CHILDREN** (10-11 years old)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Group | Patterns | Nopi ap cha busigi | twio nomo yop chagi |
| Girls | 10-9 gup | Saju jirugi, Saju makgi, Chon -ji tul, tul | Nopi ap cha busigi | twio nomo yop chagi |
| 8– 7 gup |  Chon -ji - Do san tul | Nopi ap cha busigi | twio nomo yop chagi |
| 6-5 gup |  Chon -ji – Youl Gok tul | Nopi ap cha busigi | twio nomo yop chagi |
| 4 gup – I dan | Chon -ji – Ge Baek tul | Nopi ap cha busigi | twio nomo yop chagi |
| Boys | 10-9 gup | Saju jirugi, Saju makgi, Chon -ji tul, tul | Nopi ap cha busigi | twio nomo yop chagi |
| 8 – 7 gup |  Chon -ji – Do san tul | Nopi ap cha busigi | twio nomo yop chagi |
| 6-5 gup |  Chon -ji – Youl Gok tul | Nopi ap cha busigi | twio nomo yop chagi |
| 4 gup – I dan | Chon -ji – Ge Baek tul | Nopi ap cha busigi | twio nomo yop chagi |

* Each group competes in three competition:
* patterns
* nopi ap cha busigi
* twio nomo yop cha jirugi.
* Awards:
* Cups for competitors for taking I places in all competition
* Medals for I, II and 2x III places
* Diplomas for I, II, 2 x III places

**Competition**

**CADETS/ PRE JUNIORS**(12, 13 years old)

|  |  |  |  |
| --- | --- | --- | --- |
| Group | Patterns | Sparring | Special techniques |
| 10-7 gup | Chon -ji - do san tul | - | - | - | - | - | - | - | twimyo nopi ap cha busigi, twio nomo yop chagi |
| 6 – 4 gup | Chon -ji – toi gye tul | -40 | -44 | -48 | -52 | -56 | -60 | +60 | Special techniques girls |
| 3 gup – I dan | Chon -ji – choi yong tul | -40 | -44 | -48 | -52 | -56 | -60 | +60 | Special techniques girls |
| 10-7 gup | Chon -ji – dan gun tul | - | - | - | - | - | - | - | twimyo nopi ap cha busigi, twio nomo yop chagi |
| 6 – 4 gup | Chon -ji – Yul Gok tul | -40 | -45 | -50 | -55 | -60 | -65 | +65 | Special techniques boys |
| 3 gup – I dan | Chon -ji – choi yong tul | -40 | -45 | -50 | -55 | -60 | -65 | +65 | Special techniques boys |

* Group 10-7 gup competes in three competition:
* patterns
* twimyo nopi ap cha busigi
* twio nomo yop chagi
* Group 6-4 gup end 3 gup-I dan competes in three competition:
* patterns
* sparring ( without „repassage system”)
* special techniques ( twimyo nopi ap cha busigi, twio nomo yop chagi)
* Awards:
* Cups for competitors for taking I places in all competition
* Medals for I, II and 2x III places
* Diplomas for I, II, 2 x III places
* **Competition rules for children end cadets**

The championships will be played according to the rules of ITF and AETF

**Competition**

**YOUNGER JUNIORS** (14, 15 years)

|  |
| --- |
| Girls |
| Group | Patterns | Sparring | Special techniques |
| 9 gup – 7 gup | Chon - ji – do san tul |  |  |  |  |  |  |  | twimyo nopi ap cha busigi, twio nomo yop chagi, |
| 6 gup – 4 gup | Chon -ji – joong-gun tul | -42 | -46 | -50 | -54 | -58 | -62 | +62 | Special techniques girls :twimyo nopi ap cha busigi, twio nomo yop chagi, twimyo bandae dollyo chagi |
| 3 gup – III dan | Chon -ji – ge-baek tul | -42 | -46 | -50 | -54 | -58 | -62 | +62 | Special techniques girls: twimyo nopi ap cha busigi, twio nomo yop chagi, twimyo bandae dollyo chagi |
| Boys |
| 9 gup – 7 gup | Chon - ji – do san tul | - | - | - | - | - | - | - | twimyo nopi ap cha busigi, twio nomo yop chagi |
| 6 gup – 4 gup | Chon -ji – toi -gye tul | -44 | -50 | -56 | -62 | -68 | -74 | +74 | Special techniques boys:twimyo nopi ap cha busigi, twio nomo yop chagi, twimyo bandae dollyo chagi |
| 3 gup – III dan | Chon -ji – ge-baek tul | -44 | -50 | -56 | -62 | -68 | -74 | +74 | Special techniques boys: twimyo nopi ap cha busigi, twio nomo yop chagi, twimyo bandae dollyo chagi |

* Group 10-7 gup competes in three competition:
* patterns
* twimyo nopi ap cha busigi
* twio nomo yop chagi
* Group 6-4 gup end 3 gup-III dan competes in three competition:
* patterns
* sparring (Group 6-4 gup without „repassage system”)
* special techniques ( twimyo nopi ap cha busigi, twio nomo yop chagi, twimyo bandae dollyo chagi)
* Awards:
* Cups for competitors for taking I places in all competition
* Medals for I, II and 2x III places
* Diplomas for I, II, 2 x III places

**Competition**

**JUNIORS** (16, 17 years)

|  |
| --- |
| Female |
| Group | Patterns | Sparring | Special techniques |
| 6 gup – 3 gup | Chon -ji – toi - gye tul | -45 | -49 | -53 | -57 | -61 | -65 | +65 | Special techniques juniors female |
| 2 gup – 1 gup | Chon -ji -choong moo tul  | -45 | -49 | -53 | -57 | -61 | -65 | +65 |
| I dan – III dan  | Chon -ji – Choi yong tul  |
| Male |
| 6 gup – 3 gup | Chon -ji – toi -gye tul | -50 | -55 | -60 | -65 | -70 | -75 | +75 | Special techniques juniors male |
| 2 gup – 1 gup | Chon -ji -choong moo tul  | -50 | -55 | -60 | -65 | -70 | -75 | +75 |
| I dan – III dan  | Chon -ji – Choi yong tul  |

* Each group competes in three competition:
* patterns
* sparring ( Group 6-3 gup without „repassage system”)
* special technique (twimyo nopi ap cha busigi, twio nomo yop chagi, twimyo bandae dollyo chagi)
* Awards:
* Cups for competitors for taking I places in all competition
* Medals for I, II and 2x III places
* Diplomas for I, II, 2 x III places

**Competition**

**SENIORS( 17- 35 YEARS)**

|  |
| --- |
| Woman |
| Group | Patterns | Sparring | Special techniques |
| 5 gup – 1 gup | Chon - ji – choong - moo tul | -50 | -55 | -60 | -65 | -70 | -75 | +75 | Special techniques women |
| I dan | Chon – ji – ge -baek tul |
| II | Chon – ji – Juche tul |
| III | Chon -ji – choi yong tul |
| IV-VI | Chon – ji – moon – moo tul |
| Masters | Chon - ji – tong – il tul |
| Man |
| Group | Patterns | Sparring | Special techniques |
| 5 gup – 1 gup | Chon - ji – choong - moo tul | -57 | -63 | -69 | -75 | -81 | -87 | +87 | Special techniques men |
| I dan | Chon - ji – ge -baek tul |
| II | Chon - ji – Juche tul |
| III | Chon - ji – choi yong tul |
| IV-VI | Chon - ji – moon – moo tul |
| Masters | Chon - ji – tong – il tul |

* Each group competes in three competition:
* patterns
* sparring „repassage system”
* special technique( twimyo nopi ap cha busigi, twio nomo yop chagi, twimyo bandae dollyo chagi)
* Awards:
* Cups for competitors for taking I places in all competition
* Medals for I, II and 2x III places
* Diplomas for I, II, 2 x III places

**ADVANCED SENIORS&VETERANS** (36 years old and older)

|  |
| --- |
| Woman |
| Group | Patterns | Sparring | Special techniques |
| 5 gup – 1 gup | Chon - ji – choong - moo tul | -57 | -63 | -69 | -75 | +75 | Special Techniques Woman |
| I dan | Chon - ji – ge -baek tul |
| II dan | Chon - ji – Juche tul |
| III dan | Chon - ji – choi yong tul |
| IV-VI dan | Chon - ji – moon – moo tul |
| Masters | Chon - ji – tong – il tul |
| Man |
| Group | Patterns | Sparring | Special techniques |
| 5 gup – 1 gup | Chon - ji – choong - moo tul | -63 | -70 | -77 | -84 | +84 | Special techniques Man |
| I dan | Chon - ji – ge -baek tul |
| II dan | Chon - ji – Juche tul |
| III dan | Chon - ji – choi yong tul |
| IV-VI dan | Chon - ji – moon – moo tul |
| Masters | Chon - ji – tong – il tul |

* Each group competes in three competition:
* patterns
* sparring – „repassage system”
* special technique( twimyo nopi ap cha busigi, twio nomo yop chagi, twimyo bandae dollyo chagi)
* Awards:
* Cups for competitors for taking I places in all competition
* Medals for I, II and 2x III places
* Diplomas for I, II, 2 x III places

|  |  |
| --- | --- |
| **SPECIAL TECHNIQUE BOARD HEIGHTS**  |  |
| **KOREAN**  | **ENGLISH**  | **HEIGHTS MALE**  | **HEIGHTS FEMALE**  |

|  |  |  |  |
| --- | --- | --- | --- |
| Children 10-11  |  |  |  |
| Twimyo Nopi Ap Cha Busigi  | Flying High Front Kick  | 200 cm  | 170 cm  |
| Twio Nomo Yop Chagi  | Flying Overhead Side Kick  | 100 cm  | 80 cm  |

|  |  |  |  |
| --- | --- | --- | --- |
| ***Pre-Juniors /cadets 12-13*** |  |  |  |
| Twimyo Nopi Ap Cha Busigi  | Flying High Front Kick  | 210 cm  | 180 cm  |
| Twio Nomo Yop Chagi  | Flying Overhead Side Kick  | 110 cm  | 90 cm  |
|  |   |  |  |
| *Jounger juniors 14-15* |
| Twimyo Nopi Ap Cha Busigi  | Flying High Front Kick  | 230 cm  | 200 cm  |
| Twio Nomo Yop Chagi  | Flying Overhead Side Kick  | 120 cm  | 100 cm  |
| Twimyo Bandae Dollyo Chagi  | Flying 180 Reverse Turning Kick  | 190 cm  | 170 cm  |
|  |   |  |  |
| ***Juniors*** *16-18* |  |  |  |
| Twimyo Nopi Ap Cha Busigi  | Flying High Front Kick  | 250 cm  | 220 cm  |
| Twio Nomo Yop Chagi  | Flying Overhead Side Kick  | 130 cm  | 110 cm  |
| Twimyo Bandae Dollyo Chagi  | Flying 180 Reverse Turning Kick  | 210 cm  | 180 cm  |
| Seniors |
| Twimyo Nopi Ap Cha Busigi  | Flying High Front Kick  | 260 cm  | 230 cm  |
| Twio Nomo Yop Chagi  | Flying Overhead Side Kick  | 140 cm  | 120 cm  |
| Twimyo Bandae Dollyo Chagi  | Flying 180 Reverse Turning Kick  | 220 cm  | 190 cm  |
|  |   |   |  |
| Advanced seniors& veterans |
| Twimyo Nopi Ap Cha Busigi  | Flying High Front Kick  | 230 cm  | 210 cm  |
| Twio Nomo Yop Chagi  | Flying Overhead Side Kick  | 120 cm  | 100 cm  |
| Twimyo Bandae Dollyo Chagi  | Flying 180 Reverse Turning Kick  | 200 cm  | 180 cm  |

**Competition rules**

The championships will be played according to the rules of ITF, AETF and PTA

**Patterns:**

* The competition is played in the traditional „pyramid system”

**Sparring:**

* **The competition group yunger juniors 3 gup-I dan, group juniors 2 gup- III dan, group seniors end group older seniors&veterans is played in the „ repassage system”**
* **Awards**
* Cups for competitors for taking I places;
* Medals for I, II, 2x III places
* Diplomas for I, II, 2x III places
* Cups for clubs for I, II, III, places in group children, cadets/ pre juniors, younger juniors , juniors, seniors, old seniors & veterans in medals classification
* Cups for clubs for I, II, III, places in general the medals classification;
* **Conditions of participation**

**Competitors:**

* Children, Cadets-pre juniors having min. 10 gup;
* Younger juniors having min. 9 gup;
* Juniors having min. 6 gup;
* Seniors and Advanced seniors & veterans having min. 5 gup;
* The coach confirms on the statement that the competitors have current medical examinations, Insurance and Parents consent to participate in the XVIII MMC 2024

**Umpires:**

* The Organizing Committee will cover full board accommodation in a hotel for 2 days from Friday 11 st October to Sunday 13 rd October
* The organizer does not refund travel costs for the competition
* School/ club may accredit umpire (not obligatory)
* Umpire application must be consulted with Mr. **Roman Lewicki** (roman.lewicki@tauron-dystrybucja.pl) & Mr. Michal Korzybski (mkorzybski@wp.pl)
* Umpires will wear the dress requirements as laid down in the ITF Umpire rules.

**Schedule**

**11th october 2024 r. (friday)**

|  |  |  |  |
| --- | --- | --- | --- |
| Lp.  | time |   | place |
| 1.  | 17.00 – 19.00  | weight in and registration | MOSiR Sports Hall in 17-go Stycznia 60 Street |

**12th october 2024 r. (saturday)**

|  |  |  |  |
| --- | --- | --- | --- |
| Lp.  | time |   | place |
| 1.  | 8.30 – 8.50  | umpire meeting | MOSiR Sports Hall in 17-go Stycznia 60 Street |
| 2.  | 8.00 – 9.00  | weight in and registration |
| 3.  | 9.00 – 13.00  | competition younger juniors, seniors, advanced seniors & veterans |
| 4.  | 13.00 – 13.30  | **Opening Ceremony** |
| 5.  | 13.30 – 18.00  | competition younger juniors, seniors, advanced seniors & veterans |
| 6.  | 16.00 – 18.00  | weight in and registration children, cadets/pre juniors, juniors |
|  |   | **Awarding Ceremony during the competition** |

**13st october 2024 r. ( sunday )**

|  |  |  |  |
| --- | --- | --- | --- |
| Lp.  | time |   | place |
| 1.  | 8.30 – 8.50  | umpire meeting | MOSiR Sports Hall in 17-go Stycznia 60 Street |
| 2.  | 8.00 – 9.00  | weight in and registration children, cadets/pre juniors, juniors |
| 3.  | 9.00 – 12.30  | competition children, cadets/pre juniors, juniors |
| 4.  | 12.30 – 13.00  | Lunch |
| 5.  | 13.00 – 18.00  | competition children, cadets/pre juniors, juniors |
|  |   | **Awarding Ceremony during the competition** |

* **Other matters**
* The competitors have to be in possession of safety equipment in accordance with PTA and ITF , AETF rules
* There must be min. 4 competitors in each category/division. In case if there are less than
4 competitors in category, the organizer has right to cancel the category.
* Each competitor may compete in only one age category.
* The Chairman of the Competition or the organizer decides about the matters not written in this announcement.
* **Applications**

Deadline of sending applications is

 Finish Registration : 30th september 2024

Contact to the Organizing Committee of the XVIII MMC 2024 (accommodation, hotel booking):

Mr Michał Korzybski VI degree - mkorzybski@wp.pl

Contact to the VISA and registration system on-line Mrs **Izabela Ostrowska** phone +48 798791028

info@pztkd.lublin.pl

Contact in Umpire related matters:

Mr. Roman Lewicki :

roman.lewicki@tauron-dystrybucja.pl

 **Organizer**

**Mr Michał Korzybski VI dan**