Official Information Pack

Sanctioned and approved by Estonian Taekwondo Federation

Korean Ambassador´s Cup 2026

GENERAL INFORMATION

PROMOTER

Estonian Taekwondo Federation

Kaera 21a, 10318, Tallinn

estwtftkd@gmail.com

❖ **DATE and Time**

5th of December, 2026 at 9 AM

❖ **PLACE**

Lasnamäe Kergejõustikuhall, Punane 45, Tallinn.

❖ **REGISTRATION**

Online registration at www.tpss.eu by 27.11.2026 23:59.

Divisions:

Minis (2017 and after) – 3 x 1 min (60 second break)

Youths (2015, 2016) – 3 x 1 min (60 second break)

Cadets (2012, 2013, 2014) – 3 x 1 min (60 second break)

Juniors (2009, 2010, 2011) – 3 x 1.30 min (60 second break)

Seniors (2009 and before) – 3 x 1.30 min (60 second break)

Weigh-in

The weigh-in for all participants, including international teams and teams competing under the Estonian flag, will take place on **5 December 2026, from 08:00 to 09:00**, at the competition venue, **Punane 45, Tallinn**.

A **5% tolerance above the upper weight limit of each weight category** will apply to all participants.

Weight categories:

Minis

Male: -21kg, -23kg, -25kg -27kg, -30kg, -33kg, -36kg, -40kg, +40kg

Female: -21kg, -23kg, -25kg -28kg, -32kg, -36kg, -40kg +40kg

Youths

Male: -27kg, -30kg, -33kg, -36kg, -40kg, -44kg, -48kg, -52kg, -57kg, +57kg

Female: -27kg, -30kg, -33kg, -36kg, -40kg -44kg, -48kg, -52kg, -57kg, +57kg

Cadets

Male: -33kg, -37kg, -41kg, -45kg, -49kg, -53kg, -57kg, -61kg, -65kg, +65kg

Female: -29kg, -33kg, -37kg, -41kg, -44kg, -47kg, -51kg, -55kg, -59kg, +59kg

Juniors

Male: -45kg, -48kg, -51kg, -55kg, +59kg, -63kg, -68kg, -73kg, -78kg, +78kg

Female: -42kg, -44kg, -46kg, -49kg, -52kg, -55kg, -59kg, -63kg, -68kg, +68kg

Seniors

Male: -54kg, -58kg, -63kg, -68kg, -74kg, -80kg, -87kg, +87kg

Female: -46kg, -49kg, -53kg, -57kg, -62kg, -67kg, -73kg, +73kg

Entry fee for individual participation:

50 EUR per person till **20.11.2026 23:59 (early bird)**

60 EUR per person for competitor adding **after Deadline.**

System closes at 27.11.2026 23:59.

Player annual member fee is compulsory and should be paid **by 20.11.2026.**

Athletes who do not belong to official MNA club of citizenship country pay: 100 eur till 20.11.2026, and 120 eur after the deadline.

Equipment for sparring: mandatory equipment: helmet, protector, mouthpiece, groin-protector, the soft protectors on the lower leg and foot, and forearm, as well as sensory socks «Daedo». Electronic chest and helmet protectors «Daedo» will be provided by the organizers of the tournament, the remaining equipment should be personalized for each athlete. The participants shall wear only the WT recognized Taekwondo Uniform. Athletes can only use WT recognized products while participating at the event. See a list of recognized products at: http://www.worldtaekwondo.org/wtf-partners/recognized/

Awards ceremony: The winners will be awarded with medals and diplomas after fights.

Individual awards 1st place – gold medal and certificate; 2nd place – silver medal and certificate; two 3rd places – bronze medals and certificates.

Protest: A protest (epistolary objection submitted to the judging committee) must be provided only by the representative of a team within 5 minutes after the match, and with a deposit - 50 euro. The deposit will be returned if protest is accepted, if protest is rejected, the deposit will not be returned.

Coaches: Minimum age of 16 years. Only one person is permitted to accompany the athlete to the fight. He or she should be dressed in sportswear and sports shoes and must participate in the coach meeting. Coach should be a holder of Valid Coach licence issued by the Estonian Taekwondo Federation.

Umpires: Each team may provide two referees. Umpire uniform includes dark pants, white shirt and sport shoes.

Insurance and medical admission: All athletes must have no medical restrictions for participation in the competition. Every competitor should have medical insurance. The team representative is responsible for veracity of medical insurance documents.

Injuries: All competitors take part in competitions at their own risk. The organizers do not assume responsibility for any injuries of participants. Athletes will be provided with necessary medical first aid.

POOMSAE TOURNAMENT

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NB!

Kyrogi and Poomsae

Kyrogi (fights in 2 categories)

Participation entry fee together is 50+20 eur (in Total: 70 eur, not 50+50).

If registration is after deadline Poomsae + Kyrogi (Kyrogi 2 category fights) 100 eur.

Kyrogi (2 categories) + Poomsae 50+20+20 eur.

- **Awards ceremony**: The winners will be awarded with medals and certificates.
- **Protest**: A protest (epistolary objection submitted to the judging committee) must be provided only by the representative of a team within 5 minutes after the match, and with a deposit - 50 euro. The deposit will be returned if protest is accepted, if protest is rejected, the deposit will not be returned.
- **Coaches:** Minimum age of 18 years. Only one person is permitted to accompany the athlete to the fight. He or she should be dressed in sportswear and sports shoes and must participate in the coach meeting. Coach should be a holder of Valid Coach licence issued by the Estonian Taekwondo Federation.
- **Umpires**: Each team may provide two referees. Umpire uniform includes white pants, white shirt and sport shoes. The referees will be paid for their work.
- **Insurance and medical admission**: All athletes must have no medical restrictions for participation in the competition. Every competitor should have medical insurance. The team representative is responsible for veracity of medical insurance documents.
- **Injuries**: All competitors take part in competitions at their own risk. The organizers do not assume responsibility for any injuries of participants. Athletes will be provided with necessary medical first aid.

Article 1 Contestant

1. Contestants´ uniforms

Contestants shall wear WT uniform only.

Article 2 Divisions by Gender and Age and Designated Compulsory Poomsae by division among Recognized Poomsae

1. Beginners (no age limit)

Categories	Belt	Gender	Poomsae list
Yellow belts	8th–7th kup	Mixed	Taegeuk 1–4 Jang
Green belts	6th–5th kup	Mixed	Taegeuk 2–6 Jang
Blue belts	4th–3rd kup	Mixed	Taegeuk 4–8 Jang
Red & black belts	2nd kup – 2nd dan	Mixed	Taegeuk 6–8 Jang, Koryo, Keumgang, Taeback
Diesel, over 30 y.	8th kup – 9th dan	Mixed	Taegeuk 4–8 Jang, Koryo, Keumgang, Taeback

Pairs, lower belts	8th–5th kup	Mixed	Taegeuk 2–6 Jang
Pairs, higher belts	4th kup – 2nd dan	Mixed	Taegeuk 5–8 Jang, Koryo
Teams, beginners	8th kup – 2nd dan	Mixed	Taegeuk 4–8 Jang, Koryo
Freestyle beginners	8th kup – 2nd dan	Mixed	-

2. Kids (under 13 years old)

Categories	Belt	Gender	Poomsae list
Yellow belts	8th–7th kup	Mixed	Taegeuk 1–4 Jang
Green belts	6th–5th kup	Mixed	Taegeuk 2–6 Jang
Blue belts	4th–3rd kup	Mixed	Taegeuk 4–8 Jang
Red & black belts	2nd kup – 2nd poom	Mixed	Taegeuk 6–8 Jang, Koryo, Keumgang, Taeback
Pairs	8th kup – 2nd poom	Mixed	Taegeuk 2–6 Jang

Notes:
- Kids (under 13 y) can participate in both kids' and beginners' categories.
- Competitors in official categories cannot compete in kids'/beginners' categories.
- Freestyle categories are official, so kids/beginners cannot join them.
- In beginners' pair/team categories, players can be same or different gender.
  If belt levels differ, they compete in higher belt category.
- If few competitors are registered, organizers may combine categories.
  Competitors will perform poomsae of their original category.

3. Official Categories

Categories	Age	Gender	Poomsae list
Cadets	12–14 y	Girls & boys in own categories	Taegeuk 4–8 Jang, Koryo, Keumgang, Taeback

Juniors	15–17 y	Girls & boys in own categories	Taegeuk 5–8 Jang, Koryo, Keumgang, Taeback, Pyongwon
Under 30	18–30 y	Women & men in own categories	Taegeuk 7–8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae
Under 40	31–40 y	Women & men in own categories	Taegeuk 7–8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae
Under 50	41–50 y	Women & men in own categories	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
Over 50	51+ y	Women & men in own categories	Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu

Pairs

Category	Age	Gender	Poomsae list
Pairs U17	12–17 y	1 girl + 1 boy	Taegeuk 5–8 Jang, Koryo, Keumgang, Taeback, Pyongwon
Pairs U30	18–30 y	1 woman + 1 man	Taegeuk 7–8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae
Pairs U50	31–50 y	1 woman + 1 man	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
Pairs O50	51+ y	1 woman + 1 man	Koryo, Keumgang, Taeback, Pyongwon,

			Shipjin, Jitae, Chonkwon, Hansu

Teams

Category	Age	Gender	Poomsae list
Teams U17	12–17 y	3 girls OR 3 boys	Taegeuk 5–8 Jang, Koryo, Keumgang, Taeback, Pyongwon
Teams U30	18–30 y	3 women OR 3 men	Taegeuk 7–8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae
Teams U50	31–50 y	1 woman + 1 man	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
Teams O50	51+ y	1 woman + 1 man	Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu

Freestyle

Category	Age	Gender	Notes
Freestyle Individual	12+ y	Separate male & female	
Freestyle Pairs	12+ y	1 woman + 1 man	
Freestyle Mix-team	12+ y	2 women + 3 men OR 3 women + 2 men	

Note: Age is based on year of birth, not the exact date.
For example, in this year, anyone born between Jan 1, 2008 and Dec 31, 2010 is eligible for junior category.

Article 3 Methods of Competition

The systems of competition are divided as follows. Methods of competition shall be decided by Technical Delegate and shall be stated at outline of championships prior to championships.

Single elimination tournament system

Article 4 Duration of Contest

1. Duration of Contest by Division
Recognized Poomsae: Individual, Pair, and Team competitions up to 90 seconds

Article 5 Procedures of contest

1. Pre-contest and post-contest procedures

1-1 The contests hall begin after the declaration of “Chool-jeon”,“Cha ryeot”, “Kyeong rye “Joon-bi” and “Shi-jak”by the competition coordinator.

1-2 After the end of the each Poomsae, the contestants shall stand in their respective positions and make a standing bow at the coordinator’s command of “Ba-ro, Cha-ryeot, Kyeong-rye,andShe-uh.” Contestants shall wait until the coordinator’s declaration of “Pyo-chul”

1-3 The referee shall declare the winner according to the results of the judges.

1-4 Contestant’s exit

ISIKLIKU VASTUTUSE DEKLARATSIOON (ainult alaealiste sportlaste kohta)

Treeneri nimi:

Klubi:

Treeneri sünniaeg: _____/_____/_____

Ma kinnitan, et aktsepteerin järgmiste sportlaste osalemise 16.02.2020 toimuvatel Euroopa meistrivõistlustel 2020 ja aktsepteerin võistluste ametliku kutse kõiki punkte.

1.

2.

3.

4.

5.....

Füüsiliste põhjuste poolest ei ole eespool nimetatud sportlastele mingeid takistusi nende osalemiseks ja saan aru, et kõik sportlased osalevad omal vastutusel. Korralduskomitee ei vastuta sportlasele tekkinud tervisekahjude ja isikliku vara purunemise või kadumise eest. Kõik sportlased peavad ise kaasa võtma oma dokumendid ja tervisekindlustuse.

Koht: _____ Kuupäev: _____

Treeneri allkiri: _____