



21. adidas MAKSIMIR KUP

GYM – VLADIMIR PRELOG

Ulica grada Vukovara 269, 10 000 Zagreb, Croatia

Saturday 09.12.2023.

Info: +385 95 894 72 70

Application: www.taekwondo.com.hr



KYORUGI, POOMSÆ, MINI OLYMPICS, KICK, PARA POOMSÆ

NEW: FOR THE FIRST TIME – VETERAN FIGHTS!

ORGANIZER: Taekwondo klub Maksimir,
Čikoševa 4, 10000 Zagreb, Croatia

Promotor: Maksimir city district

President: Tihomir Horvath 7. Dan
taekwondo.maksimir@gmail.com

AWARDS

- medals for 1st, 2nd and two 3rd places
 - trophies for KYORUGI: 1st – 3rd place
 - trophies for all (KYORUGI, POOMSÆ, M.O., KICK):
1st – 5th place
- (scoring: 7, 3, 1, 1 – win 1 point, application 1 point)

LIABILITY

All contestants participate at their own risk!
The organizer bears no responsibility for any resulting injuries,
damage or loss of items or equipment.

MEMBERSHIPS

WTF, ETU and HTS clubs and competitors can participate if they
have signed parental consents (for participants under 18 years) and
medical certificates for all registered competitors.

EQUIPMENT

Organizer provides EPS DAE DO equipment.
Competitors should have their own DAE DO el. socks.

PARTICIPATION (on competition day or until 06.12.2023.)

IBAN: HR4423400091110067049

- 25 € (1 – 14 competitors* – M / F)
- 20 € (15 and more competitors* – M / F)

KICK:

- 15 €

POOMSÆ:

- PAIR 30 €
- TEAM 40 €

*counting all club competitors in all categories of the cup

SCHEDULE

Friday 08.12.2023.

17:30 – 19:00 – team arrivals, registration and weight-in + triage
(Dobri dol 49)

Saturday, 09.12.2023. („V. Prelog“)

07:30 – 09:00 - registration and weight-in

09:00 – 09:30 - coaches and judges meeting in sports hall

09:30 – 09:45 - OPENING CEREMONY

09:45 – START OF COMPETITION

ACCOMODATIONS: +385 95 894 72 70 (Horvath)

KYORUGI CATEGORIES

Younger cadets M / F (2012., 2013., 2014.)

Y. cadets M/F: -24, -27, -30, -33, -36, -39, -43, -47, -51, +51

Cadets M / F (2009., 2010., 2011.) A and B

Cadets M: -33, -37, -41, -45, -49, -53, -57, -61, -65, +65

Cadets F: -29, -33, -37, -41, -44, -47, -51, -55, -59, +59

Juniors M / F (2006., 2007., 2008.) A and B

Juniors M: -45, -48, -51, -55, -59, -63, -68, -73, -78, +78

Juniors F: -42, -44, -46, -49, -52, -55, -59, -63, -68, +68

(A – 2. geup and higher; B – from 6. to 3. geup)

CADETS AND JUNIORS B (max. 3. geup)

– WITHOUT kicks to the head

CADETS AND JUNIORS A (min. 6. geup)

Veterans kyorugi:

Veterans M: -58, -68, -80, +80

Veterans F: -49, -57, -67, +67

Veterans age categories:

Veterans M/F: 35-44, +45

PARA KYORUGI on: taekwondo.maksimir@gmail.com

MINI OLYMPICS (LITTLE CUBS)

(no registration needed)

Little cubs M/F A (2015., 2016.) < 6. geup

Little cubs M/F B (2017., 2018.) < 6. geup

A -20, -22, -24, -27, -30, -33, -36, -40, -45, +45

B -18, -20, -22, -24, -26, -28, -30, -33, -36, +36

Organizer provides EPS gear ADIDAS

This category does not require el. socks.

Trophies for 1st to 3rd place (teams)

KICK

M / F 1 - (2011. and 2012.)

M / F 2 - (2013. and 2014.)

M / F 3 - (2015. and 2016.)

M / F 4 - (2017. and 2018. and younger (Baby kick))

In KICK competition, competitors come in pairs and in 20 seconds try to
kick as many times into electronic shield attached to a free-standing bag.
Points are shown in real time on the LCD screen.
The winner goes forward by cup system.

AWARDS ARE GIVEN TO ALL CONTESTANTS!

Trophies for 1st to 3rd place (for teams only).

POOMSÆ

- doubles and teams of B categories competing in finals perform the
first form!

- contestants with min. 2. geup (class B) can compete in categories of
black belts (class A) by black belt rules and performing compulsory
forms for given black belt categories

Trophies for 1st to 3rd place.

**PARA POOMSÆ – persons with special needs or disabilities perform
poomsae as desired.**

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STANDARD POOMSAE CATEGORIES

GENDER	CATEGORY		YEARS	BELT	CLASS	I. ROUND	II. ROUND	FINALS
M	KA – 1	YOUNGER CADETS	8 – 11 years	8. – 5. geup	B	1		2
M	KA – 2	YOUNGER CADETS	8 – 11 years	4. – 1. geup	B	4		5
M	KA – 3	CADETS	12 – 14 years	8. – 5. geup	B	2		3
M	KA – 4	CADETS	12 – 14 years	4. – 1. geup	B	5		4
M	KA – 5	CADETS	8 – 14 years	1.– 3. poom	A	5	9	8, 7
F	KB – 1	YOUNGER CADETS	8 – 11 years	8. – 5. geup	B	1		2
F	KB – 2	YOUNGER CADETS	8 – 11 years	4. – 1. geup	B	4		5
F	KB – 3	CADETS	12 – 14 years	8. – 5. geup	B	2		1
F	KB – 4	CADETS	12 – 14 years	4. – 1. geup	B	4		7
F	KB – 5	CADETS	8 – 14 years	1.– 3. poom	A	6	7	8, 9

GENDER	CATEGORY		YEARS	BELT	CLASS	I. ROUND	II. ROUND	FINALS
M	JA – 1	JUNIORS	15 – 17 years	8. – 5. geup	B	2		1
M	JA – 2		15 – 17 years	4. – 1. geup	B	4		7
M	JA – 3		15 – 17 years	1. – 3. Poom/Dan	A	4	7	9, 10
F	JB – 1	JUNIORS	15 – 17 years	8. – 5. geup	B	2		1
F	JB – 2		15 – 17 years	4. – 1. geup	B	4		6
F	JB – 3		15 – 17 years	1. – 3. Poom/Dan	A	5	7	8, 9

GENDER	CATEGORY		YEARS	BELT	CLASS	I. ROUND	II. ROUND	FINALS
M	SA – 1	SENIORS	> 18 years	6. – 1. geup	B	4		7
M	SA – 2		18 – 30 years	> 1. Dan	A	11	12	13, 10
M	SA – 3		31 – 40 years	> 1. Dan	A	9	11	10, 12
M	MA – 1		41 – 50 years	> 1. Dan	A	10	11	14, 13
M	MA – 2		51 – 60 years	> 1. Dan	A	9	10	13, 14
M	MA – 3		61 – 65 years	> 1. Dan	A	11	10	13, 14
M	MA – 4		> 65 years	> 1. Dan	A	11	10	13, 14
F	SB – 1	SENIORS	> 18 years	6. – 1. geup	B	4		7
F	SB – 2		18 – 30 years	> 1. Dan	A	12	13	9, 11
F	SB – 3		31 – 40 years	> 1. Dan	A	12	13	9, 11
F	MB – 1		41 – 50 years	> 1. Dan	A	12	9	10, 11
F	MB – 2		51 – 60 years	> 1. Dan	A	9	10	11, 12
F	MB – 3		61 – 65 years	> 1. Dan	A	13	10	11, 12
F	MB – 4		> 65 years	> 1. Dan	A	13	10	11, 12

GENDER	CATEGORY		YEARS	BELT	CLASS	I. ROUND	II. ROUND	FINALS
M + F	D 1	SYNCHRONISED PAIR 1	8 – 14 years	8. – 1. geup	B	4	6	7, 8
M + F	D 2	SYNCHRONISED PAIR 2	8 – 14 years	> 1. Poom/Dan	A	4	6	7, 8
M + F	D 3	SYNCHRONISED PAIR 3	15 – 17 years	> 1. Poom/Dan	A	4	6	7, 8
M + F	D 4	SYNCHRONISED PAIR 4	> 18 years	> 1. Poom/Dan	A	4	6	7, 8
M	TA 1	SYNCHRONISED TEAM (M) 1	8 – 17 years	> 1. Poom/Dan	A	7	8	10, 11
M	TA 2	SYNCHRONISED TEAM (M) 2	> 18 years	> 1. Poom/Dan	A	7	8	10, 11
F	TB 1	SYNCHRONISED TEAM (F) 1	8 – 17 years	> 1. Poom/Dan	A	5	7	6, 9
F	TB 2	SYNCHRONISED TEAM (F) 2	> 18 years	> 1. Poom/Dan	A	5	7	6, 9

CREATIVE (FREE STYLE) FORMS CATEGORIES

GENDER	CATEGORY		YEARS	BELT	CLASS
M	K – KA	CREATIVE CADETS	8 – 11 years	> 4. geup	B
F	K – KB	CREATIVE CADETS	8 – 11 years	> 4. geup	B
M	K – JA	CREATIVE JUNIORS	12 – 17 years	> 1. Poom/Dan	A
F	K – JB	CREATIVE JUNIORS	12 – 17 years	> 1. Poom/Dan	A
M	K – A	CREATIVE SENIORS	> 18 years	> 1. Poom/Dan	A
F	K – B	CREATIVE SENIORS	> 18 years	> 1. Poom/Dan	A
M + F	K – D 1	CREATIVE PAIR 1	12 – 17 years	> 1. Poom/Dan	A
M + F	K – D 2	CREATIVE PAIR 2	> 18 years	> 1. Poom/Dan	A
M + F	K – T	CREATIVE TEAM (with 1 replacement)	> 12 years	> 1. Poom/Dan	A

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PARA TAEKWONDO CATEGORIES

P10 – Visual Impairments

P20 – Intellectually Impaired

P30 – Physical Impairments

P40 – Limb Deficiency and/or Impaired Muscle Strength

P50 – Wheelchair Classes

KP60 – Deaf and Hearing Impaired

P70 – Short Stature

K40 (combat - kyorugi) – Limb Deficiency and/or Impaired Muscle Strength