



2025 Asia ITF Taekwon-Do Open Championship

Dear Leaders of ITF Taekwon-Do Associations Across Asia:

We sincerely invite you and your team to participate in the 2025 Asia ITF Taekwon-Do Open Championship to be held in Ningbo, China. This tournament will be co-organized by ITF associations, Dojangs, clubs, and excellent referees from various Asian countries.

Welcome to China! We look forward to your presence!

August 2025 Ningbo, China

Categories

Tul (Patterns) -Team Tul, Individual Tul

Black Belt: Adults, Junior

Colored Belt: Adults, Junior, Minor, Mini

Sparring: Individual Sparring

Mini(4-7 years), Minor(8-13 years), Junior (14-17 years),



Adult (18+ years)

(Divisions Adults, Teens, Children, Young Children)

Special Techniques

Self-Defense: Adult Black Belts Only

Tul (Patterns) Divisions: Colored Belt

Division	Birth Year
Mini	2018-2021 (4-7 years)
Minor	2012-2017 (8-13 years)
Junior	2008-2011 (14-17 years)
Adult	2007 and before (18+ years)

Tul (Patterns) Divisions: Black Belt

Division	Birth Year
Junior	2008-2011 (14-17 years)
Adult	2007 and before (18+ years)

Individual Pattern (Male and Female)

Colored Belt: Grade 10th-1st					
A0	10th	Four Direction Punch	A	9th	Chon-Ji
B	8th	Dan-Gun		7th	Do-San
C	6th	Won-Hyo		5th	Yul-Gok



D	4th	Joong-Gun		3rd	Toi-Gye
E	2nd	Hwa-Rang		1st	Choong-Moo
Black Belt: 1st-4th Dan					
F	1st	Gwang-Gae to Gae-Baek		2nd	Eui-Am to Go-Tang
	3rd	Sam-Il to Choi-Yong		4th	Yon-Gae to Moon-Moo

Team Pattern Rules

1. Mixed-gender teams allowed; participants grouped by age and within two belt levels.
2. Colored belts and black belts compete in separate groups; minimum 5 participants per team.
3. Black belts may not compete in colored belt divisions.
4. Divisions: Adults and Junior.
5. Teams must be registered in advance. No on-site substitutions.
6. Six judges will score performances; highest total score wins.

Sparring Weight Categories

Division	Birth Year and Weight
Mini A	Born Jan 1, 2020 - Dec 31, 2021, Age 4 - 5
	Boys: 18KG, 21KG, 24KG, 27KG, 28KG+
	Girls: 16KG, 19KG, 22KG, 25KG, 28KG, 29KG+



Mini B	Born Jan 1, 2018 - Dec 31, 2019, Age 6 - 7
	Boys: 19KG, 22KG, 25KG, 28KG, 31KG, 34KG, 37KG Girls: 18KG, 21KG, 24KG, 27KG, 30KG, 33KG, 34KG+
Minor A	Born Jan 1, 2016 - Dec 31, 2017, Age 8 - 9
	Boys: 22KG, 25KG, 28KG, 31KG, 34KG, 37KG, 38KG+ Girls: 20KG, 23KG, 26KG, 29KG, 32KG, 35KG, 36KG+
Minor B	Born Jan 1, 2014 - Dec 31, 2015, Age 10 - 11
	Boys: 28KG, 31KG, 34KG, 37KG, 40KG, 43KG, 46KG, 47KG+ Girls: 26KG, 29KG, 32KG, 35KG, 38KG, 41KG, 44KG, 45KG+
Minor C	Born Jan 1, 2012 - Dec 31, 2013, Age 12 - 13
	Boys: 31KG, 34KG, 37KG, 40KG, 43KG, 46KG, 49KG, 50KG+ Girls: 29KG, 32KG, 35KG, 38KG, 41KG, 44KG, 47KG, 48KG+
Junior A	Born Jan 1, 2010 - Dec 31, 2011, Age 14 - 15
	Boys: 48KG, 51KG, 54KG, 57KG, 60KG, 63KG, 66KG, 70KG, 76KG, 77KG+ Girls: 40KG, 45KG, 50KG, 55KG, 60KG, 65KG+
Junior B	Born Jan 1, 2008 - Dec 31, 2009, Age 16 - 17
	Boys: 50KG, 55KG, 60KG, 65KG, 70KG, 75KG, 75KG+ Girls: 40KG, 45KG, 50KG, 55KG, 60KG, 70KG+



Adult A	18+ years
	Men: 54KG, 58KG, 62KG, 66KG, 70KG, 74KG, 78KG Women: 50KG, 54KG, 58KG, 62KG, 66KG, 70KG, 74KG
Adult Black Belt	18+ years
	Men: 54KG, 58KG, 62KG, 66KG, 70KG, 74KG, 78KG Women: 50KG, 54KG, 58KG, 62KG, 66KG, 70KG, 74KG

Note: Special cases of height or weight will be assigned to appropriate groups regardless of age or division.

Sparring Rules

1. All protective gear must be prepared by the participants themselves, including chest protector, headgear, gloves, shoes, shin guards, and (for adults) mouthguard.
2. Protective gear must be put on before entering the arena. Shin, forearm, and groin guards must be worn inside the uniform. Incomplete or non-compliant equipment will result in disqualification.
3. All participants must strictly follow competition rules.
 - Approved punches straight punch, backfist.
 - Each combo may contain up to 3 punches; more than 3 punches will have no score and get a warning.



Participation Requirements

- 1. ITF Taekwon-Do associations from all Asian countries are welcome to participate.**
- 2. Participants with high blood pressure, cardiovascular diseases, or unstable blood sugar are not allowed.**
- 3. Each association or Dojang must ensure all athletes are insured (group insurance handled by the organizing committee).**
- 4. All participants must register through their national associations or Dojangs. Individual registration will not be accepted.**
- 5. Any fraud or impersonation will result in disqualification and public notification across countries. Fees will not be refunded.**
- 6. Team leaders, coaches, and guardians are responsible for athletes' safety in training, travel, accommodation, and meals. A safety agreement must be signed during check-in. Failure to sign will be treated as forfeiture.**
- 7. A team more than 5 participants, at least one official referee must be appointed.**



国际跆拳道联盟•China



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Participation Fees

For August 15 – 17 (with accommodation and meals)

Competition fee USD 55 Person Total USD 280

For August 15 – 17 (with accommodation only, no meals)

Competition fee USD 55 Person Total USD 230

Organizing Committee of the 2025 Asia ITF Taekwon-Do

Open Championship, China

Thursday, May 15, 2025