

Organized by



24<sup>th</sup> - 29<sup>th</sup> December, 2013  
Ramsheth Thakur International Sports Complex, Plot No. 1 & 2,  
Sector 16A, Ulwe Node, Navi Mumbai, Maharashtra, India.

**Open Invitational Taekwondo Championship**

Previously known as



# Taekwondo Demonstration Competition Rules & Interpretation

## 01 Competition Method

Cut-off (Preliminary, Final)

## 02 Contestants Uniform

Martial Arts Uniform (Demonstration team is allowed to choose the top of the Uniform freely)

## 03 Basic Demo Rules

- Every team to be represented by minimum 7 participants and maximum 11 participants (minimum 2 participants in the team must be females)
- Maximum time for the demonstration is 7 minutes per team
- Open participation; hence no limitations pertaining to age or belt grading apply
- Teams to arrange all breaking material on their own. All breaking materials will be officially checked before the start of competition (Optional – Buy pine wood at Competition venue)
- Demo should / must include following five elements:
  - Any combination of basic moments
  - Authorized forms of related martial art
  - Breaking hand technique
  - Breaking foot technique
  - Self-defense technique with or without weapon
- Music will be played on demand (Music CD to be provided before the match to the officiating desk by participating team)
- Single Academy can participate with multiple teams

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