



Koreanisch Deutsches Sportinstitut e. V.

TAEKWONDO

TAEKWONDO CUP 2026

&

**11th INTERNATIONAL TAEKWONDO MUNICH OPEN –
HANMADANG**

Championship & Club Championship 2026

17 October 2026

Organizer:

Korean-German Sports Institute e.V., Munich

Host:

Korean-German Sports Institute e.V., Munich

Tournament Director:-

Grandmaster Ryu, Seung-Seok (8th Dan)

Venue:

Munich (exact venue to be announced)

Information:

munichopen@kdsport.de

Ryu, Seung-Seok +49 17 93 29 80 13

Knaup, Stefan +49 176 47 11 12 74

www.kdsport.de



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Schedule: Saturday, 17 October 2026:

8:00–9:00 a.m. Registration

9:30 a.m. Start of competition

Registration:

Via the following QR code:



Or via the link on the website www.kdsport.de

Registration deadline:

4 October 2026

Admission:

Free admission for all spectators

Only coaches wearing tracksuits and clean indoor sports shoes are permitted in the competition area.

For safety reasons, glass bottles are not permitted near the competition areas.



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Entry fees:

Module 1 (Gyeonggi + Poomsae + Breaking) €35

Module 2 – Poomsae

2.1. Individual Poomsae	€25
2.2. Family Poomsae (per family)	€35
2.3. Pair Poomsae (M/F)	€35
2.4. Team Poomsae	€35

Module 3 – Breaking (Power / Height / Distance / Speed)

3.1. Power Breaking – Fist	€15
3.2. High Jump Breaking	€20
3.3. Long Jump Breaking	€20
3.4. Speed Breaking (Bandae Dollyeo Chagi)	€30
3.5. Jumping Combination Breaking	€30

Module 4 – Taekwondo Gymnastics

Taekwondo Gymnastics / Aerobics	€35
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Participation in multiple modules is possible.

A separate registration is required for each module (e.g. "Power Fist" and "High Jump" breaking).

Payment:

Please transfer the fee by **4 October 2026** to the following account:

Korean-German Sports Institute

Stadtsparkasse München

IBAN: DE46 7015 0000 1003 3498 81

BIC: SSKMDEMMXXX

Payment reference: 11th Munich Open KD / [Club] / Participant

If a competitor does not take part, the entry fee will be forfeited.

Late entries:

Late entries are generally not possible!

Class changes:

No class changes or new registrations are possible on the day of the event.



Competition Director:



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Christian Schindler

Competition format:

Each participant may enter any number of modules.

The **club ranking** after completion of the disciplines will be calculated exclusively on the basis of Module 1.

Overview of Competition Modules

Module 1 – Combined Competition

A. Description and Competition Format

Gyeonggi + Poomsae + Breaking: Each participant competes in all three disciplines.

The competition is conducted in accordance with the rules of World Taekwondo (WT).

Each competitor performs his/her grading Poomsae once. For Poomsae and Breaking, the rules specified in the respective modules apply.

The Power Breaking event is performed with a fist technique; children up to and including 11 years of age perform the breaking technique with a hammer fist.

B. Scoring and Overall Ranking

The overall ranking is determined using a combined scoring system.

Depending on the number of participants, competitors are divided into groups of a maximum of four. Within each group, competitors compete against all other participants in a round-robin system.

The competitor with the most victories in Gyeonggi receives 3 points toward the overall ranking. Likewise, the competitor with the highest score in Poomsae receives 3 points.

In Breaking, the competitor who successfully breaks the highest number of boards receives 3 points.

Second place in each discipline receives 2 points, and third place receives 1 point toward the overall ranking.

The competitor with the highest total number of points wins the overall ranking.

C. Class Divisions

In order to allow as many participants as possible to compete, if there are insufficient participants in individual classes, the organizer reserves the right to combine competitors from different weight, age, grade, and gender categories at its discretion.

Module 2 – Poomsae



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A. Rules and Competition Format

Individual Poomsae, Pair and Team competitions are governed by the WT rules (2024 edition), the DTU rules (09/2019 edition) and the provisions of this announcement.

The cut-off system is used in all classes.

The competitor starts and finishes the Poomsae performance on command.

For this championship, age is determined by year of birth in all disciplines and performance classes.

The age divisions are binding!

Teams may be composed of members from different clubs. The club represented must be specified during registration.

Participants may compete in only one performance class in Individual Recognized Poomsae. It is possible to compete individually in Performance Class 1 and in a development class in Pair/Team, or vice versa.-

B. Competition Procedure

Recognized Poomsae, Para Poomsae

One form is performed in the preliminary round and semifinal; two forms are performed in the final (1-1-2). Scores are not carried forward to the next round.

In Performance Class 1, participants perform forms drawn from the compulsory range. In the development classes, forms may be selected freely from the applicable range.

Preliminary Round (Round 1)

A preliminary round is held for 20 or more participants. One form is performed.

Semifinal (Round 2)

The top 50% of participants from the preliminary round advance to the semifinal. If the number of participants is odd, it is rounded up. One form is performed. With eight or fewer participants, the preliminary round and semifinal are omitted.

Final (Round 3)

The eight highest-scoring participants, including ties, from the semifinal advance to the final. Two forms are performed. The break between the two forms is at least 30 seconds.

C. Forms / Poomsae

The following forms/Poomsae must be performed:



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Grade	Preliminary Round	Final
Up to 5th Kup	1st Form	3rd Form
Up to 1st Kup	4th Form	7th Form
From 1st Dan	8th Form	From Koryo

A **pair** consists of 2 persons.

A **team** consists of at least 3 persons.

D. Family Poomsae (Module 2.2)

Family Poomsae

Child 5th Kup or higher and parent 5th Kup or higher: 2nd Form

Child 5th Kup or higher and parent 6th Kup or lower: 1st Form
Child 6th Kup or lower and parent 5th Kup or higher: 1st Form
Child 6th Kup or lower and parent 6th Kup or lower: 1st Form

There is no distinction by gender. A family consists of **at least 2 members** of one family (at least 1 parent and at least 1 child).

There are 2 groups: one group performs Taeguk II Jang (2nd Form/Poomsae), and one group performs Taeguk I Jang (1st Form/Poomsae).

Module 3 – Breaking (Power / Height / Distance / Speed)

Module 3.1 – Power Breaking – Fist

A. Description and Competition Format

Boards (“plastic boards”). Each participant determines the number of boards used for the breaking test. The boards are stacked and broken by the participant from a standing position. A jumping wind-up movement is prohibited.

Module 3.2 – High Jump Breaking

A. Description and Competition Format

The High Jump Breaking event is performed using boards provided by the organizer. Each participant determines the height of the board.

Module 3.3 – Long Jump Breaking

A. Description and Competition Format

The Long Jump Breaking event is performed using boards provided by the organizer. Each participant determines the distance of the board.

Common Execution Rules for Modules 3.1–3.3

In Modules 3.1 to 3.3, participants have 20 seconds to perform and a maximum of **two attempts in total**.



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Module 3.4 – Speed Breaking

A. Description and Competition Format

Boards are broken using **Bandae Dollyeo Chagi**. The participant must move within a designated 1 × 1 m area. If both feet leave this marked area, the attempt ends and only boards broken beforehand are included in the score. Boards are held at hip height (above the belt) but may be held higher upon request; execution below belt height is not permitted.

Common Breaking Material

The organizer provides the boards for all disciplines.

Module 3.5 – Jumping Combination Breaking

A. Description and Competition Format

In jumping combination breaking, multiple fixed targets are broken with hand and foot techniques during a single jump. The same or different techniques may be used.

B. Mandatory Requirements

1. The entire setup of the breaking materials must be located within the competition area.
2. Hand techniques may be used no more than twice during execution.
3. If the take-off or the flight phase required for the breaking technique is unsuccessful, the attempt may be repeated once.

C. Scoring – Total 10.0 Points

1. Accuracy – 5.0 Points

- Number of successfully broken boards
- Landing

2. Presentation – 5.0 Points

- **Technical Skill:** degree of difficulty, height and angle of rotation
- **Expression:** precise and stable execution of techniques during the flight phase
- **Creativity:** creative and innovative techniques or combinations

D. Scoring Table

Scoring Criterion	Detailed Criteria	Points
Accuracy	Number of successfully broken boards / Landing	5,0
Presentation	Technical Skill / Expression / Creativity	5,0



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Scoring Criterion	Detailed Criteria	Points
Total		10,0

E. Scoring and Point Deductions

1. Accuracy

a) Successful Breaking Targets

For each board not successfully broken, 0.5 points are deducted.

b) Landing

- Unstable landing: **-0.5 points**
- Touching the floor with one hand during landing: **-1.0 point**
- Falling or touching the floor with a body part at knee height or above: **-2.0 points**

2. Presentation

a) Technical Skill

The difficulty, height and extent of rotation of the techniques performed are evaluated. The greater the difficulty, jump height and rotation, the higher the score.

b) Expression

The more precisely, controlled and stably the techniques are performed during the flight phase, the higher the score.

c) Creativity

The more varied and creative the combination of breaking techniques and the use of new and original techniques, the higher the score.

3. Further Point Deductions

- If an assistant actively supports the participant in performing the breaking test: **-1.0 point**

Time Limits for the Modules:	Poomsae:	30–90 seconds
	Breaking:	Within 20 seconds after the command
	Gyeorugi:	3 rounds of 1 minute with a 30-second break (the organizer reserves the right to reduce the number of rounds accordingly if there is a large number of participants)

Awards:

Each participant receives a **medal**.

A club ranking is calculated based on the Module 1 results. A participant who places first in their class in the overall Module 1 ranking earns 3 points for the club ranking. Second place earns 2 points and third place earns 1 point for the club ranking.



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The top three clubs in the club ranking will be awarded a **trophy**.

Eligibility Requirements:

- Athletes may take part in the championship only if they are in good health.
- Each club must provide its athletes' **competition equipment** (protectors, body protector, etc.).
- Participation in Module 1 (Gyeonggi) and Module 2 (Poomsae) is possible only from 8th Kup.
- Protective equipment for Gyeonggi in accordance with WORLD TAEKWONDO/DTU rules must be brought by the participants (**please also bring your own mouthguard!**).
- By registering, the entrant confirms that any minor participant has the consent of a parent or legal guardian to take part in the event.

Data Consent:

By registering, participants or their legal guardians consent to the publication of their surname, first name, weight class, nationality, photographs, club and placing in results lists online or in print.

Photographs and videos taken during the event may also be published online and in other media.

Disclaimer of Liability:

Everyone involved in the tournament participates in the event at their own risk. By registering, competitors or their legal guardians expressly agree to this disclaimer of liability. The organizer and host accept no liability for personal injury and/or property damage.

Basis for Classification:

Participants' age is determined according to year of birth.

The relevant cut-off date is 1 January of the respective year. For example, all participants born after **31 December 2019** may compete in the "up to 8 years" age class. Participants born before **1 January 2020** may no longer compete in the "up to 8 years" class (e.g. birthday on **31 December 2019**).

Module 4 – Taekwondo Gymnastics

A. Description and Competition Format

Taekwondo Gymnastics is a choreographed team performance in which various Taekwondo techniques and movements are performed to music or other musical accompaniment.

- **Competition system: Cut-off system**
- **Performance time: 1 minute 50 seconds to 2 minutes**
- **Team size: 2 to 5 participants**

B. Clothing and Props

1. The top may be freely selected. **Dobok trousers and a Taekwondo belt** are mandatory.
2. Props and make-up may be used to enhance the performance, but they **do not affect the score**.

C. Mandatory Requirements

1. Hand techniques must be based on the **fundamental techniques** of Taekwondo.
2. Foot techniques must be performed as **Taekwondo kicking techniques**.



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3. The music file must be submitted on **CD or USB drive** to the responsible sound technician at the time announced by the organizing committee. The music file must be checked for functionality before submission.
4. At least **three formation changes** must be performed during the presentation.

D. Prescribed Techniques

The following prescribed techniques must be performed by **all team members**. Acrobatic elements do not have to be performed by every team member.

1. Repeated Side Kick – **2 times**
2. Roundhouse Kick to the Face – **2 times**
3. Jumping Side Kick – **2 times**
4. Reverse Hook Kick – **2 times**
5. Tornado Kick – **2 times**

E. Scoring – Total 10.0 Points

The total score consists of **Accuracy (4.0 points)** and **Presentation (6.0 points)**.

Scoring Criterion	Detailed Criteria	Points
Accuracy	Accuracy of Taekwondo movements	
	Prescribed techniques	4,0
Presentation	Technical Skill	2,0
	Expression	2,0
	Creativity	2,0
Total		10,0

F. Scoring and Point Deductions

1. Accuracy

For each inaccurately performed Taekwondo movement, **0.1 points** are deducted.

If the performance is interrupted for more than two seconds, **0.3 points** are deducted. If the performance is restarted from the beginning after an interruption, **0.3 points** are also deducted.

If a participant leaves the competition area with both feet during the performance, **0.3 points** are deducted.

For each prescribed technique not performed, **0.3 points** are deducted.

2. Presentation

- **Technical Skill:** The harmony between rhythm and movement is evaluated.
- **Expression:** Dynamic expression and the harmony between movement and music are evaluated.
- **Creativity:** Originality, creative choreography and artistic composition are evaluated.
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3. Further Point Deductions

- Inappropriate or unsportsmanlike conduct: **–3.0 points**
- Obstructing referees or competition officials: **–3.0 points**
- Falling below or exceeding the prescribed team size: **–3.0 points per person**
- Falling below or exceeding the prescribed performance time: **–0.3 points per 10 seconds**



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All point deductions are subtracted from the **final score**. The **head referee** decides on point deductions.

G. Disqualification

Disqualification occurs:

1. if the participants actually competing do not match the participant list submitted during registration;
2. if another team's Taekwondo Gymnastics routine, including music and movement sequence, is copied in full, or if a performance that received an award at a Taekwondo Hanmadang within the last five years is used;
3. if the prescribed clothing rules are not observed.-

H. Competition Decision

The competition result is decided in accordance with the procedure for competition decisions specified in the general competition announcement.

Weight Classes:

Children:

Youth:



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Age	Class	Weight (kg)	Age	Class	Weight (kg)
Junior I, 6–8 (mixed)	PC1 (4th Kup and higher)	-24, -29, -35, -41, +41	Youth I 12–14 (m)	PC1 (4th Kup and higher)	-33, -37, -41, -45, -49, -53, -57, -61, -65, +61
	PC2 (5th Kup and lower)			PC2 (5th Kup and lower)	
Junior II 9–11 (m)	PC1 (4th Kup and higher)	-29, -35, -43, -52, +52	Youth I 12–14 (f)	PC1 (4th Kup and higher)	-29, -33, -37, -41, -44, -47, -51, -55, -59, +59
	PC2 (5th Kup and lower)			PC2 (5th Kup and lower)	
Junior II 9–11 (f)	PC1 (4th Kup and higher)	-29, -35, -43, -52, +52	Youth II 15–17 (m)	PC1 (4th Kup and higher)	-45, -48, -51, -55, -59, -63, -68, -73, -78, +78
	PC2 (5th Kup and lower)			PC2 (5th Kup and lower)	
			Youth II 15–17 (f)	PC1 (4th Kup and higher)	-42, -44, -46, -49, -52, -55, -59, -63, -68, +68
				PC2 (5th Kup and lower)	

Women:

Men:

Age	Class	Weight (kg)	Age	Class	Weight (kg)
Senior I 18-29	PC1 (4th Kup and higher)	-46, -49, -53, -57, -62, +62	Senior I 18-29	PC1 (4th Kup and higher)	-58, -63, -68, -74, -80, +80
Senior II 30-40			Senior II 30-40		
Senior III 40-50	PC2 (5th Kup and lower)	-46, -49, -53, -57, -62, +62	Senior III 40-50	PC2 (5th Kup and lower)	-58, -63, -68, -74, -80, +80
Senior IV 50-60			Senior IV 50-60		
Senior V 60+			Senior V 60+		

Supporting Program:

At midday, there will be a short performance by a children's and youth group from Korea.

An **electronic kicking pad** will be available during the event. Participants can test their personal kicking speed for **€3 per attempt**.