



INTERNATIONAL
TAEKWON-DO
FEDERATION



Date: 30 June 2026

Place: Taipei City

Subject: Official Invitation to the 2026 Asian Taekwon-Do Open

Dear Master Gasior,

On behalf of the ITF Chinese Taipei Association (中華台北傳統跆拳道協會), I, the undersigned, Carlos Machado, Organizing Team Leader of the 2026 Asian Taekwon-Do Open, hereby officially invite you, as Chairman of the Polish Taekwon-Do Development Foundation, along with your team of students and instructors, to participate in this grand event. The tournament will be held from 13 to 14 November 2026.

We would be highly honored by your presence and look forward to your team's participation. Please do not hesitate to contact us via email at carlositftw@gmail.com or itftwassociation@gmail.com should you require any further information or assistance regarding the event details, registration, or logistics.

Sincerely,

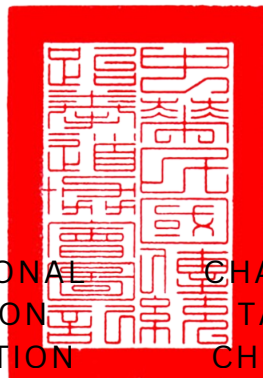
Carlos Machado

Organizing Team Leader

ITF Chinese Taipei Association

HOWARD HU

PRESIDENT OF INTERNATIONAL
TAEKWON-DO FEDERATION
CHINESE TAIPEI ASSOCIATION



TECK SING LIM

CHAIRMAN OF INTERNATIONAL
TAEKWON-DO FEDERATION
CHINESE TAIPEI ASSOCIATION

2026 ASIAN TAEKWON-DO OPEN



TAIPEI

亞洲國際跆拳道公開賽

WWW.ITFCHINESETAIPEI.ORG

NOVEMBER 14TH



TOP TEN
SAFETY IS OUR SUCCESS



總裁邀請函 Message from President

親愛的跆拳道大家庭與朋友們您好：

本人謹代表中華民國傳統跆拳道協會，極為榮幸地歡迎各位蒞臨2026年亞洲跆拳道公開賽。

本次賽事不僅是一場競技比賽，更是一場全球性的盛會，共同慶祝跆拳道的真諦，跨越國界的團結、追求卓越，以及禮義、廉恥、忍耐、克己、百折不屈的精神。

我們衷心期盼各位能以熱情投入比賽、結交終生好友，並與來自世界各地的同道共同創造難忘的回憶。無論您是資深選手、初露鋒芒的青少年、教練，還是全力支持的家人，您的參與都讓這跆拳道大家庭更加豐富多彩。

感謝各位對跆拳道的熱愛與奉獻。祝願本次錦標賽充滿精彩表現、相互尊重與喜悅時刻。我們期待在臺灣親自迎接各位！

此致 敬禮

胡耿豪 (Howard Hu)

國際跆拳道聯盟中華民國傳統跆拳道協會 總裁

Dear Taekwon-Do Families and Friends,

Warm greetings from Taiwan!

On behalf of the ITF Chinese Taipei Taekwon-Do Association, it is my great honor to welcome you to the 2026 Asian Taekwon-Do Open.

This event is more than a competition, it is a powerful gathering that celebrates the true spirit of Taekwon-Do: unity across borders, the pursuit of excellence, and the shared values of courtesy, integrity, perseverance, self-control, and indomitable spirit.

We hope you will compete with passion, forge lifelong friendships, and create lasting memories with fellow practitioners from around the world. Whether you are a seasoned athlete, a rising junior, a coach, or a supportive family member, your presence enriches our global Taekwon-Do community.

Thank you for your dedication to art. May this championship be filled with outstanding performances, mutual respect, and joyful moments. We look forward to welcoming you in person!

Sincerely,

Howard Hu

President ITF Chinese Taipei Taekwon-Do Association





理事長邀請函 Message from Chairman

尊敬的 大師、師範、教練與各位選手：

我謹代表中華民國國際跆拳道聯盟協會（ITF Chinese Taipei Association），非常榮幸地邀請貴隊參加將於 2026 年 11 月 14 日在台灣舉行的「2026年亞洲跆拳道公開邀請賽」。本屆賽事旨在匯聚亞洲各地的頂尖精英，共同展現卓越技術、交流武術心得，並在真正的 ITF 精神下增進區域友誼。

隨信附上本屆賽事的完整競賽規程與規則供您參閱。該附件亦包含比賽項目、報名流程、截止日期及其他重要資訊。您的參與將是我們的莫大榮幸，並為本次賽事增光添彩。我們衷心期待今年十一月在台灣迎接您與您的代表團。

順頌 武祺

中華民國國際跆拳道聯盟協會理事長

林德城 (LIM TECK SING) 敬邀



Dear Grandmasters, Masters, Instructors, and Athletes,

On behalf of the ITF Chinese Taipei Association, it is my distinct honor to invite your team to the 2026 Asian Taekwon-Do Open Invitational Tournament, held in Taiwan on November 14, 2026. This tournament gathers elite practitioners from across Asia to showcase technical excellence, exchange martial arts knowledge, and foster regional camaraderie in the true spirit of the ITF.

The comprehensive tournament rules and regulations are attached to this email for your review. This attachment also includes details regarding competitive disciplines, registration procedures, deadlines, and other essential information. Your participation would greatly honor us and elevate the spirit of this competition. We look forward to welcoming you and your delegation to Taiwan this November.

Yours in Taekwon-Do,

LIM TECK SING

Chairman, ITF Chinese Taipei Association



2026亞洲國際跆拳道公開賽邀請函

2026 ASIAN TAEKWON-DO OPEN INVITATION LETTER

以下為參加 2025 年台北公開賽所需的所有相關資訊。我們衷心期待您的參與，並一同享受跆拳道之樂趣。國際跆拳道聯盟中華台北總會籌備委員會 敬上。Please find all the necessary information to attend the 2025 Taipei Open below. We look forward to meeting you and enjoying Taekwon-Do together. On behalf of the ITF Chinese Taipei Taekwon-Do Association Organizing Committee.

場地位置 Location

比賽場地將於近期確認。Tournament venue to be confirmed shortly.

重要行程表 Important Agenda

日期 DATE	時間 TIME	活動 EVENT	地點 Venue
11/13 (FRI)	18:00- 20:00	所有量級過磅 All Category Weigh-in	台北市忠孝東路一段176號2樓之 「1 2nd Floor, No. 176, Section 1, Zhongxiao East Road, Taipei City」
11/14 (SAT)	9:30- 10:00	比賽開幕；主席致詞並宣讀誓言 Opening Ceremony	比賽場地將於近期確認。 Tournament venue to be confirmed shortly.
	10:00- 17:00	比賽時間 Competition Time	
	17:00	比賽閉幕 Closing Ceremony	

實際比賽時間以大會公告之對戰表為準。更詳細的比賽行程時間將在報名完成後公佈。議程可能有所變動，特別是時間部分。The actual time of the matches will be based on the draw's announcement by the organizer team. A more detailed time of competition schedule will be released after registrations are completed. Agenda subject to change, especially times.



比賽報名與費用 Registration & Entry Fee

項目 Disciplines	本地 Domestic Athlete	國外 International Athlete
個人比賽項目(對打與套拳) Individual (Sparring and Pattern)	1,600 \$NTD	2,000 \$NTD
Chon-Ji 挑戰賽(限色帶) Chon-Ji Challenge (Color Belts Only)	600 \$NTD	800 \$NTD
公開組套拳(限黑帶) Open Division Pattern (Black Belts Only)	600 \$NTD	800 \$NTD
公開組對打(限紅帶以上) Open Division Sparring (Red Belt Above)	600 \$NTD	800 \$NTD

- 請點擊連結以取得名為「2026 Asia Taekwon-Do Open Registration Form: <https://shorturl.at/Ekurv>」的 Excel 檔案。為加速報名與審核流程，請透過提供的連結填寫表格，並列出您所屬道館和/或組織的所有參賽者資料。請由教練或領隊將填妥的檔案透過電子郵件發送至 itftwassociation@gmail.com。欲報名參賽的個人會員，請直接透過電子郵件聯繫主辦單位，或透過宣傳本活動的官方社群媒體平台與我們聯絡。所有報名資料的截止收件日期為 10 月 1 日。Please click the link to access the Excel file titled "2026 Asia Taekwon-Do Open Registration Form: <https://shorturl.at/Ekurv>". To expedite the registration and registration process, please use the link provided to fill out the chart with all participant details for your club and/or organization team. A coach or team leader must submit this completed file via email to itftwassociation@gmail.com. Any individual member interested in participating should contact the organizers directly via email or through our official social media platforms where this event is advertised. The deadline for submitting all registrations is October 1st.



- **國內選手**請於期限前轉帳比賽報名費用至「中華民國傳統跆拳道協會」聯邦銀行仁愛分行帳戶（01510-800-1601）繳費後Email「選手姓名」、「帳號末五碼」至 itftwassociation@gmail.com，始完成報名。國際選手請在報名截止前完成付款。
international athletes please complete payment before the registration deadline.
Domestic athletes, please transfer the tournament registration fee before the deadline to the 'ITF Chinese Taipei Taekwon-Do Association' Union Bank, Ren-Ai Branch account (01510-800-1601). International athletes please complete payment before the registration deadline through international bank transfer.
- 請國際選手、教練或領隊於 10 月 1 日前完成所有匯款，並將明細電郵至指定信箱以作為付款證明。銀行帳戶資訊如下。For international competitors, coaches, or team leaders, please complete all transfers by October 1st and send a copy via email as proof of payment. The bank details are below.

Account Name	International Taekwon-Do Federation Taiwan
Account Number	015108001601
Bank	Union Bank Of Taiwan
Branch	Jenai Branch
SWIFT CODE	UBOTTWTP
Address	No.179, Yanji St., Daan Dist., Taipei City 106, Taiwan (R.O.C.)

- **所有選手**請於期限前完成「選手切結書」，並註明選手姓名Email至 itftwassociation@gmail.com。（同意書**英文版**與**中文版**）All competitors have to complete and send the Competitor Consent Form via email to the following address: itftwassociation@gmail.com with the competitor' s name. (Consent Form [EN](#) [CH](#))



年齡分組 Age Divisions

年齡項目- 年齡為以出生日期為準。AGE IS BASED ON BIRTHDAY DATE (not on year of birth). 請參閱下方本賽事所提供的「各項目的分級和年齡分組」詳細資訊。See details below under "Divisions/Categories/Ages for each discipline" provided for this tournament.

比賽規則 Competition Rule

參賽者必須接受以下標準才能參加：

Competitors must apply following rules：

- 穿道服。To wear ITF Dobok. 不限任何品牌，惟須符合 ITF 國際跆拳道聯盟之正規道服/服飾規定。Any brand is allowed, as long as it is ITF-style Taekwon-Do apparel.
- 女性可在道服內穿著白色上衣。Women can wear white top under Dobok.
- 不得佩戴任何首飾。No jewelry of any kind is allowed.
- 不得穿著鞋子。No shoes are allowed.
- 接受大會的規劃。Accept the arrangement of the organizer.
- 接受主辦單位可以根據參賽者人數修改組別和/或類別。Accept the organizer to rearrange the category and class due to the actual number of participants.
- 依照每個量級前3名頒發獎牌。Medals are awarded according to the top 3 in each class.
- 競賽規定以國際總部頒布的「[Official ITF Rules of Competition - Version 2026-1](#)」為準。The Open will follow the regulation and rule of [Official ITF Rules of Competition - Version 2026-1](#)
- 請注意：本賽事已投保公共意外責任險，但其理賠範圍僅限於因意外事故導致第三人的
人身傷害與財產損失。參賽選手須自行承擔風險並簽署切結書。主辦單位對本屆公開賽
期間發生的意外概不負責；選手可根據自身需求，自行投保搏擊/擊打類運動特定事故
險。Please note: Public liability insurance is provided for this event;
however, it only covers third-party bodily injury and property damage caused
by an accident. Competitors participate at their own risk and must sign the
Waiver/Affidavit. The host organization will not be held responsible for any
accidents during this Open. Competitors may purchase personal
Combat/Striking Sports Insurance according to their own needs.



場邊教練 Coaches

教練需穿著長褲、全覆蓋鞋子及毛巾。在對打項目中，教練必須坐在教練席旁，以便在運動員與裁判之間需要溝通協助時，或在發生傷病時與醫療團隊進行協調。而在套路項目中，並不強制教練留在場邊，但若教練願意，也是被允許的。教練席上禁止錄影，錄影工作可在榻榻米或比賽區域外進行。Instructors must wear trousers, fully covered sport shoes and bring with a white towel. Coaches are required to sit on the coach's chair for sparring disciplines in case communication and assistance are needed between the athlete and the umpire or with the medical team in case of injuries. For pattern disciplines, it isn't required for the coach to stay nearby, but they are allowed if they wish. No recording is allowed at the coaches' chair; recording can be conducted outside the tatami or competition area.

裁判註冊與資訊 UMPIRE REGISTRATION & INFORMATION

所有裁判皆須透過[線上表單](#)進行註冊。請於 2026 年 9 月 30 日前提交您的申請。

All umpires are required to register via an online form: <https://reurl.cc/9WMbK8>

Kindly submit your application by September 30th, 2026.

服裝要求 DRESS REQUIREMENT

ITF 裁判服裝規定如下：藍色西裝外套（自由選配），白色長袖襯衫，藍色西裝褲，藍色領帶，白色襪子，白色運動鞋。The ITF Umpire dress code consists of a blue suit jacket (optional), a white long-sleeved shirt, blue trousers, A blue tie, white socks, white sport shoes

福利與表彰 BENEFITS AND RECOGNITION

為答謝國內與國際裁判的貢獻，主辦委員會將提供裁判費、餐點及表揚獎項等福利。此外，亦可能提供其他額外支持。（更多詳細資訊將於《裁判邀請函》中公布）。To acknowledge the contributions of national and international referees, the Organizing Committee will provide benefits such as referee fees, meals, and a recognition award. Additional support may also be offered. (More information will be released in a Referee Invitation Letter).



參賽代表隊與俱樂部之裁判參與

UMPIRE PARTICIPATION BY CONTINGENTS AND CLUBS

歡迎所有報名的代表隊或俱樂部派遣裁判前來支援本賽事，以確保比賽的中立性、多元性與公平性，避免利益衝突，並確保各項賽事皆能公正地執行賽規。

All registering contingents or clubs are welcome to support the event by providing umpires to guarantee neutrality, diversity, and fairness, avoid conflicts of interest, and ensure the impartial application of regulations during the competitions. 若有裁判相關事宜，請直接聯繫籌備團隊負責人 Carlos Machado 先生（電子信箱：carlositftw@gmail.com），或透過協會信箱聯繫：itftwassociation@gmail.com。For umpiring or refereeing matters, please contact Mr. Carlos Machado, the Organizing Team Leader, directly at carlositftw@gmail.com or via the association email at itftwassociation@gmail.com.

I. 各套拳項目的分級和年齡分組

Divisions/Categories/Ages in Pattern Divisions

年齡分組 Age Divisions

- 未滿6歲組（分組男/女）Under 6y (Female/Male)
- 兒童6-7 歲組（分組男/女）Children 8-9y (Female/Male)
- 兒童8-9 歲組（分組男/女）Children 8-9y (Female/Male)
- 兒童10-11 歲組（分組男/女）Children 10-11y (Female/Male)
- 少年12-14 歲組（分組男/女）Cadet 12-14 y (Female/Male)
- 青少年15-17 歲組（分組男/女）Junior 15-17 y (Female/Male)
- 成年18-39 歲（分組男/女）Senior 18-39 y (Female/Male)
- 壯年 40歲以上（分組男/女）Veteran 40y以上 (Female/Male)



色帶組 Color Belts Division		
白帶到白黃帶 White to White Yellow	選手自選現在或前一級數的套拳 Optional pattern from their current and previous Gup	從Saju-Jirugi到Chon-Ji
黃帶到黃綠帶 Yellow to Yellow Green	一個指定套拳 One Designated Pattern	Dan-Gun to Do-San
綠帶到綠藍帶 Green to Green Blue		Won-Hyo to Yul-Gok
藍帶到藍紅帶 Blue to Blue Red		Joong-Gun to Toi-Gye
紅帶到紅黑帶 Red to Red Black		Hwa-Rang to Choong-Moo

黑帶組 Black Belt Division		
黑帶一段 Black Belt 1st Dan	兩個指定套拳 Two Designated Pattern	Chon-Ji to Gae-Baek
黑帶二段 Black Belt 2nd Dan		Chon-Ji to Juche
黑帶三段 Black Belt 3rd Dan		Chon-Ji to Choi-Yong
黑帶四段到六段 Black Belt 4 th Dan to 6 th Dan		Chon-Ji to Moon-Moo



Chon-Ji挑戰賽 (白帶到紅黑帶)	
Chon-Ji Challenge (Color Belts 9 th Gup-1 st Gup)	
兒童7歲以 下(分組男/女) Under 7y (Color Belt Only)	比賽採一對一進行。參賽選手將進行一首指定套拳。指定套拳項目：天地。The competition will be conducted in a one-on-one format. Each competitor shall perform one designated pattern: Chon-Ji.
兒童8-11歲組(分組男/女) Children 8-11y (One Group)	
青少年12-17歲組 (分組男/女) Junior 12-17y (Female/Male)	
成人組 (分組男/女) Adult (Female/Male)	
公開組套拳 Open Division Black Belt Pattern (Black Belts 1 st Dan-6 th Dan)	
青少年12-17歲組 (分組男/女) Junior 12-17y (Female/Male)	比賽採一對一進行。參賽選手將進行一首指定套拳。指定套拳範圍自「Chon-Ji」，至對戰選手中較低段/級位決定。 The competition will be conducted in a one-on-one format. Each competitor shall perform one (1) designated pattern. The designated pattern shall be selected from Chon-Ji up to the highest pattern required for the lower-ranked competitor in the match.
成年18歲以上 (分組男/女) Senior 18y Above (Female/Male)	



量級/組別合併原則 Category Merging Protocol

- 一個量級至少需要三個選手。Minimum of three players is required per weight class.
- 如果該量級僅有一個或兩個選手，大會將在取消或在選手同意下合併量級。
If there are only one or two athletes in that weight class, the tournament organizing team will combine the weight classes upon cancellation or with the athlete's consent.
- TIE-BREAKERS: 如果出現平局，將從剩餘的適當套拳中隨機選擇另外指定的套拳，並且必須進行，直到決出獲勝者。In the case of a draw, an additional designated pattern will be randomly chosen from the remaining appropriate patterns and must be performed until the winner is decided.

項目獎勵 Discipline Awards

- 每個級別的前三名將獲頒獎牌，包含第一名、第二名以及兩名第三名。名次證書與參賽證書將於賽後寄送給各隊教練。Medals will be awarded to the top three places in each category: 1st, 2nd, and two 3rd places. Placement and participation certificates will be sent to the instructors after the tournament.

II. 各套拳項目的分級和年齡分組 Divisions/Categories/Ages in Sparring Divisions

A. 兒童個人對打 Children Individual Sparring

年齡分組 Age Divisions

- 兒童6以下男子組 Children Under 6y Male
- 兒童6以下女子組 Children Under 6y Female
- 兒童6-7歲男子組 Children 6-7y Male
- 兒童6-7歲女子組 Children 6-7 y Female
- 兒童8-9歲男子組 Children 8-9 y Male
- 兒童8-9歲女子組 Children 8-9 y Female
- 兒童10-11歲男子組 Children 10-11 y Male
- 兒童10-11歲女子組 Children 10-11 y Female

身高分級 Height Divisions

- 兒童6-7歲 125 cm以下/超125 cm Children 6-7y -125cm/125cm+
- 兒童8-9歲 135 cm以下/超135 cm Children 8-9y -135cm/135cm+
- 兒童10-11歲 145 cm以下/超145 cm Children 10-11y -145cm /145cm+

色帶分級 Color Belt Divisions

- 組1 白到黃綠帶 White to Yellow Green
- 組2 綠到藍紅帶 Green to Blue Red
- 組3 紅到紅黑帶 Red to Red Black

所需回合數: Match Duration

色帶組比賽時間為一回合，每回合 90 秒。Color Belt matches will consist of one 90-second round.

量級/組別合併原則 Category Merging Protocol

- 一個量級至少需要三個選手。A minimum of three players is required per weight class.
- 如果該量級僅有一個或兩個選手，大會將在取消或在選手同意下合併量級。If there are only one or two athletes in that weight class, the tournament will combine the weight classes upon cancellation or with the athlete's consent.

如果出現平局 In case of a Draw or Tie

- 若比賽平手，將直接進入「黃金得分」賽，隨後在同一瞬間內，由至少兩（2）名裁判判定得分的首方即為獲勝者。In the case of a draw, we will jump directly to "GOLDEN POINT" Round, then the first scored point assigned by at least two (2) referees in the same split second will decide who the winner is.

輕接觸模式 Light Contact Modality

- 正確的執行。Correct Execution.
- 動態的（技術是對準目標，並有力量、目的性、速度和精確執行的）。Dynamic (technique is executed on target with force, purpose, speed and precision).
- 控制技術的力量擊中目標。Control of Power while hitting the target.
- 連續對頭部進行四次以上（不含四次）的攻擊，將導致選手被裁判隔開。此行為初次不予扣分，但若再次違規將會被處以警告。Executing more than four consecutive punches to the head will result in the competitors being separated. No points will be deducted initially, but a warning will be issued for any subsequent offenses.

項目獎勵 Discipline Awards

- 每個級別的前三名將獲頒獎牌，包含第一名、第二名以及兩名第三名。名次證書與參賽證書將於賽後寄送給各隊教練。Medals will be awarded to the top three places in each category: 1st, 2nd, and two 3rd places. Placement and participation certificates will be sent to the instructors after the tournament.



兒童個人對打量級和分組表								
Divisions and Categories Chart for Children Individual Sparring								
年齡	未滿6歲 Under 6y		兒童 6-7歲 Children 6-7y		兒童 8-9歲 Children 8-9y		兒童 10-11歲 Children 10-11y	
組1白帶到黃綠帶 White to Yellow Green								
M/F	M	F	M	F	M	F	M	F
1	-95 CM		-125 CM		-135 CM		-145 CM	
2	+95 CM		+125 CM		+135 CM		+145 CM	
組2綠帶到藍紅帶 Green to Blue Red								
M/F			M	F	M	F	M	F
1			-125 CM		-135 CM		-145 CM	
2			+125 CM		+135 CM		+145 CM	
組3紅帶到紅黑帶 Red to Red Black								
M/F			M	F	M	F	M	F
1			-125 CM		-135 CM		-145 CM	
2			+125 CM		+135 CM		+145 CM	



B. 少年/青少年/成人/壯年個人對打 Cadet/Junior/Senior/Veteran Individual Sparring

年齡分組 Age Division :

- 少年 12-14 歲 Cadet 12-14 y
- 青少年 15-17 歲 Junior 15-17 y
- 成人 18-39 歲 Senior 18-39 y
- 壯年超過40歲 Veteran Over 40y

色帶分組 Degree/Gup Division :

- 組1 白帶到綠帶 White to Yellow Green
- 組2 綠藍帶到紅帶 Green Blue to Red
- 組3 紅黑帶到黑帶 Red Black to Black Belt

所需回合數: Match Duration

- 色帶組比賽時間為一回合，每回合 90 秒。
Color Belt matches will consist of one 90-second round.
- 黑帶組預賽為一回合，每回合 120 秒；決賽為兩回合，每回合 120 秒，回合間休息 60 秒。
Black Belt matches will consist of one 120-second round. Finals will consist of two 120-second rounds with a 60-second rest period.

輕接觸模式 Light Contact Modality

- 正確的執行。Correct Execution.
- 動態的（技術是對準目標，並有力量、目的性、速度和精確執行的）。Dynamic (technique is executed on target with force, purpose, speed and precision).
- 控制技術的力量擊中目標。Control of Power while hitting the target.

量級/組別合併原則 Category Merging Protocol

- 一個量級至少需要三個選手。Minimum of three players is required per weight class.
- 如果該量級僅有一個選手，大會將在取消或在選手同意下合併量級。
If there is only one fighter in that weight class, the tournament will combine the weight classes upon cancellation or with the fighter's consent.

如果出現平局 In case of a Draw or Tie

- 若出現平局，將額外進行一（1）分鐘回合。所有警告及犯規記錄將恢復為零。In the case of a draw, an additional one (1) minute round will be given. All warnings and fouls record will resume to zero.
- 如果結果仍是平局，則由至少兩（2）名裁判判定的最先得分將決定獲勝者。If this results in a further draw, then the first scored point assigned by at least two (2) referees in the same split second will decide who the winner is.

項目獎勵Discipline Awards

- 每個級別的前三名將獲頒獎牌，包含第一名、第二名以及兩名第三名。名次證書與參賽證書將於賽後寄送給各隊教練。Medals will be awarded to the top three places in each category: 1st, 2nd, and two 3rd places. Placement and participation certificates will be sent to the instructors after the tournament.

量級分組 Weight Division :

請參閱下方的『青少年／成人／壯年組有色帶與黑帶個人對打組別級別表』：

As shown in the 'Divisions and Categories Chart for Junior/Senior/Veteran Individual Sparring for color belts and black belts' below:



少年/青少年/成人/壯年個人對打量級和分組表 Divisions and Categories Chart for Cadet/Junior/Senior/Veteran Individual Sparring								
	少年 12-14歲 Cadet 12-14y		青少年 15-17歲 Junior 15-17 y		成人18-39歲 Senior 18-39 y		狀年 超40歲 Veteran +40y	
1	白帶到綠帶 White to Green						綠藍到紅帶 Green Blue to Red	
M/F	M	F	M	F	M	F	M	F
1	-40KG	-35KG	-45KG	-42KG	-57KG	-50KG	-70KG	-55KG
2	-45KG	-40KG	-50KG	-48KG	-63KG	-56KG	+70KG	+55KG
3	-52KG	-45KG	-56KG	-55KG	-69KG	-62KG		
4	-60KG	-50KG	-62KG	-62KG	-76KG	-68KG		
5	+60KG	+50KG	-68KG	+62KG	-81KG	+68KG		
6			-75KG		+81KG			
7			+75KG					



	少年 12-14歲 Cadet 12-14y		青少年 15-17歲 Junior 15-17 y		成人18-39歲 Senior 18-39 y		狀年 超40歲 Veteran +40y	
2	綠藍帶到紅帶 Green Blue to Red						紅黑帶到黑帶 Red Black to Black	
M/F	M	F	M	F	M	F	M	F
1	-40KG	-35KG	-45KG	-42KG	-57KG	-50KG	-70KG	-55KG
2	-45KG	-40KG	-50KG	-48KG	-63KG	-56KG	+70KG	+55KG
3	-52KG	-45KG	-56KG	-55KG	-69KG	-62KG		
4	-60KG	-50KG	-62KG	-62KG	-76KG	-68KG		
5	+60KG	+50KG	-68KG	+62KG	-81KG	+68KG		
6			-75KG		+81KG			
7			+75KG					



	少年 12-14歲 Cadet 12-14y	青少年 15-17歲 Junior 15-17 y		成人18-39歲 Senior 18-39 y		狀年 超40歲 Veteran +40y	
3	紅帶到紅黑帶 Red to Red Black						
M/F	M	F	M	F	M	F	
1	-40KG	-35KG	-45KG	-42KG	-57KG	-50KG	
2	-45KG	-40KG	-50KG	-48KG	-63KG	-55KG	
3	-52KG	-45KG	-56KG	-55KG	-69KG	-62KG	
4	-60KG	-50KG	-62KG	-62KG	-76KG	-68KG	
5	+60KG	+50KG	-68KG	+62KG	-81KG	+68KG	
6			-75KG		+81KG		
7			+75KG				



4	少年 12-14歲 Cadet 12-14y		青少年 15-17歲 Junior 15-17 y		成人18-39歲 Senior 18-39 y		狀年 超40歲 Veteran +40y	
	黑帶 Black Belt							
M/F	M	F	M	F	M	F		
1	-40KG	-35KG	-45KG	-42KG	-57KG	-50KG		
2	-45KG	-40KG	-50KG	-48KG	-63KG	-55KG		
3	-52KG	-45KG	-56KG	-55KG	-69KG	-62KG		
4	-60KG	-50KG	-62KG	-62KG	-76KG	-68KG		
5	+60KG	+50KG	-68KG	+62KG	-81KG	+68KG		
6			-75KG		+81KG			
7			+75KG					



C. 公開組對打項目 Open Weight Division Sparring

公開級OPEN WEIGHT - 限紅帶以上 RED BELTS ABOVE					
少年(12歲-14歲) CADET 12-14YRS		青少年(15-17歲) JUNIOR 15-17YRS		成年(18 歲以上) SENIOR 18YRS+	
F -40KG	F +40KG	F -48KG	F +48KG	F -60KG	F +60KG
M -45KG	M +45KG	M -56KG	M +56KG	M -69KG	M +69KG

- 一個量級至少需要三個選手。Minimum of three players is required per weight class.
- 本項目的對打選手將依三個主要年齡組以及兩個體重級別進行分組。警告與犯規判罰將比照一般個人對打賽事進行。Sparring competitors in this discipline will be organized into three main age groups and two weight categories. Warnings and fouls will be conducted as usual in individual sparring matches.
- 所有平手之對局將直接進入「黃金得分」（先得分者勝）的決勝局。All matches if resulting in a draw will go DIRECTLY to a 1st point (Golden Point) deciding round.
- 公開組對打將採用與個人組相同的得分規則，然而，警告與犯規將會被更嚴格地執行。Open Division sparring will follow the same scoring rules as individual sparring; however, warnings and fouls will be enforced more strictly.
- 每個級別的前三名將獲頒獎牌，包含第一名、第二名以及兩名第三名。名次證書與參賽證書將於賽後寄送給各隊教練。Medals will be awarded to the top three places in each category: 1st, 2nd, and two 3rd places. Placement and participation certificates will be sent to the instructors after the tournament.
- 比賽時間：淘汰賽與決賽 —— 每局 1 回合 x 120 秒。Match Duration- Elimination Rounds & Finals - 1 x 120 secs.

對打比賽一般規則與條例（個人組或公開組）

General Rules about sparring disciplines (Individual and Open Division)

此部分是重點規定提醒，詳細競賽規定以國際總部頒布的「[Official ITF Rules of Competition - Version 2026-1](#)」為準。

Note: This section highlights the key competition regulations only. For complete competition rules and procedures, please refer to the [Official ITF Rules of Competition - Version 2026-1](#).

選手裝備 Competitor Equipment

選手必須配備以下裝備 Competitors must equip with:

- 道服 Dobok
- （對打）護腳和手套，顏色不拘。(Only for sparring) Foot Gears and Open Hand Gloves, color doesn't matter.
- （對打）紅色和藍色頭盔，依據比賽一方。(Only for sparring) Blue and Red Head Guard, depending on the color of the corner.
- （對打）透明護齒 (Only for sparring) Transparent Mouth Guard.
- （對打）男性必須穿著護檔在道服內 (Only for sparring) Male competitors must wear jockstraps in their uniforms.
- 選手必須使用自己的裝備。主辦單位不提供設備。Competitors must use their own equipment. The organizer will not provide equipment for competitors.

專業防護裝備規範格式 Professional Regulation Format:

必要護具（必須配戴）Mandatory Protective Equipment:



- 拳套與護步：紅色及／或藍色。Gloves & Boots: Red and/or blue color.
- 頭盔：必須為紅色或藍色。Head Guard: Must be matching red or blue.
- 護檔：必須穿戴於道褲內。Groin Guard: Must be worn underneath the uniform trousers.
- 護齒：限無色或透明。Mouthguard: Must be clear or transparent.

選擇性護具（可自行配戴）Optional Protective Equipment:



- 護脛：須穿戴於道褲內。Shin Guards: Worn underneath uniform trousers.
- 護胸（僅限女性）：須穿戴於道服內。Chest Guard (Females only): Worn underneath the Dobok jacket.
-

其他護具規範：Other Equipment Specifications:

賽選手可使用其他顏色或品牌的護具，但須符合以下標準。Athletes may use other brands or colors of gear, provided they meet the following criteria:

- 拳套：必須為半接觸式踢拳（點得分制）與國際足跡跆拳道適用之「開放式掌心（開掌）」拳套。Gloves: Open-palm design specifically for semi-contact kickboxing (point fighting) or Taekwon-Do (open hands).
- 護步：必須完整覆蓋腳趾、腳踝與腳背。Foot Protectors: Must completely cover the toes, ankles, and insteps.
- 在自由對打項目中，面罩僅允許使用於7歲（含）以下之組別。Face shields are allowed only for **competitors aged 7 and under** in Free-Sparring.



目標區域 Target Area

- 頭部 Head
- 身體 Trunk of the body

計分 Scoring

- 以手攻擊到對方的上半身或者臉部 得 1 分。 Hand attack to mid or high section
- 腳踢對方上半身得 2 分。 Foot attack directed to mid-section
- 腳踢對方的頭面部得 3 分。 Foot attack directed to high section

輕接觸模式 Light Contact Modality

- 正確執行技術。 Correct Execution.
- 動態表現（技術具備力量、意圖、速度與精準度，並命中目標）。 Dynamic (Technique executed with power, purpose, speed, and precision)
- 擊中目標時展現力量控制。 Controlled Power upon impact

對打規則 Free Sparring Rules

1. 扣分 / 犯規行為 MINUS POINT / FOULS

凡有下列違規行為者，每次將予以扣一分：One point will be deducted for the following offences:

- 蓄意重擊（過重接觸）。 Heavy contact.
- 攻擊已倒地的對手。 Attacking a fallen opponent.
- 掃腿。 Leg sweeping.
- 抱持 / 抓握。 Holding / Grabbing.
- 故意攻擊非有效得分部位（非法目標區）。 Intentional attack to a target other than the Target Area.

2. 警告 WARNING

凡有下列違規行為者，每次將處以警告一次：A warning will be assigned for the following offences:

- 舉起單臂或雙臂以假裝得分。 Pretending to have scored a point by raising one or both arms.
- 雙腳完全跨出比賽場地（出界）。 Stepping completely out of the ring (both feet).
- 跌倒（無論故意與否，即除雙腳外，身體任何部位觸地）。 Falling down, whether intentional or not (i.e., any part of the body, other than the feet,



touching the ground).

- 佯裝遭到打擊或假裝受傷以圖謀利益。Faking a blow, pretending to be injured to gain an advantage.
- 故意消極逃避對打。Intentionally avoiding sparring.
- 未經主審（場中央裁判）同意，在比賽進行中自行調整護具。Adjusting equipment during the bout without the consent of the Centre Referee.
- 無意中攻擊非有效得分部位。Unintentional attack to a target other than Target Area.
- 用手或身體推擠對手。Pushing with either the hands or body
- 累計滿三次（3）警告，將自動轉為扣一（1）分。A total of three (3) warnings automatically results in the deduction of one point.

3. 取消資格DISQUALIFICATION

選手若有以下行為，得被取消比賽資格：A competitor may be disqualified for:

- 對大會裁判或工作人員不敬（不當行為）。Misconduct towards officials.
- 無視裁判指示。Ignoring instructions.
- 動作失控或過度重擊。Uncontrolled or excessive contact.
- 直接被扣滿三（3）分。Receiving three (3) direct minus points.
- 失控發脾氣、對對手、教練或裁判進行言語或肢體上的侮辱。Loss of temper, insulting an opponent, coach or official verbally or physically.
- 受酒精或藥物影響。Being under the influence of alcohol or drugs.
- 咬人、抓人，或使用膝蓋、肘部、頭部及其他任何部位進行攻擊。Biting, scratching, or attacking with the knee, elbow or head or anything else.



安全措施 Safety Measures

受傷或腦震盪時 In case of Injury and Concussion T. 39 (Pag. 33-34)

- **3 MINUTES INJURY TIME:** 選手受傷時候，裁判命令停止比賽和馬上叫醫生。有三分鐘的時間讓醫生檢查傷害，治療傷口和確定選手可不可以繼續。 It will begin at the moment the doctor is in front of the injured competitor and will end when the doctor departs.
- **2 MINUTES CONCUSSION RECOVERY TIME** (T 57. ITF CONCUSSION POLICY) 疑似腦震盪狀況時，檢查時間是兩分鐘，並與傷停時間分開。A different time from INJURY TIME recorded in a different timer device.
- 在此兩種情況下，經醫療檢查、傷停時間結束或腦震盪評估程序後，皆由大會醫護人員擁有最終決定權，以裁定選手是否能繼續進行比賽。In Both cases, Medics will have the last word to decide either the competitor can or cannot continue with the fight after the medical check or end of injury time or concussion recovery time.

2026年亞洲國際跆拳道公開賽主辦團隊

中華民國國際跆拳道聯盟協會 (ITF Chinese Taipei)

花郎武道館總教練 Carlos Machado

2026 Asian Taekwon-Do Open Organizing Committee

ITF Chinese Taipei Taekwon-Do Association

Head Coach, Hwa Rang Martial Arts Center — Carlos Machado

本賽事由 ITF 亞洲發展團隊指導贊助

Supported by the ITF Asian Development Team

2026 Taekwon-Do Technical Seminar

Workshop Topics / 課程主題

- **Topic 1:** Beyond the Obvious: Strategy of Sparring
- **主題一：**超越表面：對練策略與應用
- **Topic 2:** Injury Prevention & Pattern Efficiency
- **主題二：**運動傷害預防與型（套拳）的效能提升

Instructor Profile / 講師介紹

- **Master Mariusz Steckiewicz (8th Degree Black Belt)**
- **Mariusz Steckiewicz 師賢（黑帶八段）**
- **Summary:** Over 30 years of training experience, 3-time European Champion, and 6-time Polish Champion. Former Finland National Team Coach and current Vietnam National Team Head Coach. He has coached athletes to 8 World Championship gold medals. Certified ACE Personal Trainer.
- **簡介：**擁有 30 多年訓練與執教經驗。曾獲 3 屆歐洲錦標賽冠軍及 6 屆波蘭錦標賽冠軍。曾任芬蘭國家隊教練，現任越南國家隊總教練。曾帶領選手奪得 8 面世界錦標賽金牌。同時擁有美國運動委員會（ACE）專業私人教練認證。

Workshop Summary / 課程簡介

Part 1: Strategy of Sparring / 上半場：對練策略與應用

- **Technique Adaptation:** Learn to modify fundamental techniques for real-time combat effectiveness.
- **對練技術調整與應用：**學習如何將基本動作轉化為實戰中的有效技術。
- **Scenario Analysis:** Train for frequent ring situations and develop smart tactical responses.
- **常見對練情境分析：**針對賽場上最常出現的情境進行訓練，並發展聰明的戰術應變。
- **Preparation:** Build the mindset, speed, timing, and endurance needed to dominate the game.
- **心理與身體準備：**建立主導比賽所需的心理素質、速度、時機感與耐力。

Part 2: Injury Prevention & Pattern Efficiency / 下半場：傷害預防與套拳效能

- **Injury Prevention:** Learn to prevent common Taekwon-Do injuries through proper training and daily practice.
- **運動傷害預防：**學習如何透過正確的訓練與日常練習，預防跆拳道常見的運動傷害。
- **Pattern Efficiency:** Enhance movement execution and overall performance in ITF Patterns.
- **型的效能提升：**優化動作發力與執行，全面提升 ITF 特定的套拳表現。

Event Information / 活動資訊

- **Date & Time / 時間:** Morning 09:00 – 12:00 / Afternoon 13:00 – 16:00
- **Venue / 地點:** 10F, Taekwondo Room, Minsheng Community Center
- **詳細地址:** 臺北市民生社區中心 10 樓 跆拳道室
- **Map / 地圖:** <https://share.google/KLuAKeWQvIh9c84BA>
- **Fee (Local) / 費用（本地學員）:** NT\$ 2,000
- **Fee (International) / 費用（海外學員）:** NT\$ 3,000
- **Payment Deadline/ 繳費期限** : October 1st, 2026

Calling all ITF Taekwon-Do practitioners aged 12 and above!

誠摯邀請所有 12 歲以上的 ITF 跆拳道夥伴加入我們！

If you are competing in the tournament tomorrow, this workshop is absolutely for you. Don't ever underestimate what can happen at the last minute—learning these strategic insights can completely elevate your performance and **change your game, even just one day before!** Step onto the mat with ultimate confidence!

特別推薦給所有即將在隔天跨上賽場的選手們！千萬別低估最後一刻的爆發力——這場講座帶給你的關鍵策略，將能徹底刷新你的實戰思維，**即使在比賽前一天，也絕對能翻轉你的戰局、讓實力大躍進！** 讓我們一起帶著最強大的自信，迎接屬於你的勝利！



NOVEMBER 13, 2026

- BEYOND OBVIOUS:
STRATEGY OF SPARRING
- INJURY PREVENTION
& PATTERN EFFICIENCY

MASTER MARIUSZ STECKIEWICZ

TAEKWON-DO TECHNICAL SEMINAR

ITF Asia
Development
Team

TAIPEI, TAIWAN



Complete Name as appear in Passport / 全名 (請寫跟你護照名字一樣) *

Age / 年齡 *

Level or Degree / 色帶等級或黑帶段位 *

Nationality / 國籍 *

Club, Academy or Organization / 道館或組織 *

Email / 電子郵件地址 *

付款方式 Payment Method *

International Bank Transfer

Domestic Bank Transfer

For international participants, please complete all registration and payment procedures before **October 1st**. The banking information is provided below:

Account Name: International Taekwon-Do Federation Taiwan

Account Number: 015108001601

Bank: Union Bank Of Taiwan

Branch: Jenai Branch

SWIFT CODE: UBOTITWTP

Address: No.179, Yanji St., Daan Dist., Taipei City 106, Taiwan (R.O.C.)

本地學員請透過銀行轉帳方式，將費用匯入至以下帳戶：

銀行代號：803（聯邦銀行）

戶名：中華民國傳統跆拳道協會

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