

ITF TAEKWON-DO

POWER OPEN CUP



23th MAY 2026

ARENA CENTER RUSKEASUO

HELSINKI, FINLAND 



POWER OPEN CUP 2026



ORGANIZER

Power ITF Taekwon-Do ry.

TIME

23rd May 2026, 09:00

LOCATION

Arena Center Ruskeasuo, Nauvontie 3, 00280 Helsinki, Finland

PARTICIPATION FEE

The participation fee for those who register in advance is **€40**, with a due date of **17.5.2026**.

The late registration participation fee is €45, with a due date of **21.5.2026 23:59**. You must provide the payment receipt upon arrival at the competition venue.

The participation fee should be paid collectively by clubs to the Bank account of Power ITF Taekwon-Do ry. The message field must include "Power Cup 2026".

After completing the registration, please contact poweritffinland@gmail.com to receive the bank details. For safety reasons, the official account information is provided upon request.



REGISTRATION

Competition registration must be completed collectively by clubs via the **ITF Online Database (ITF DB)**.

Event name: Power Open Cup 2026.

Advance registration is open until 16.5.2026 23:59. Late registration is open until 21.5.2026 23:59.

If you need assistance with the competition registration or require the registration link, please contact the organizer by email at: poweritffinland@gmail.com.

ACCOMODATION & TRANSPORTATION

Participants are kindly requested to arrange their own flights and transportation to and from the venue. Travel visas are the responsibility of each participant.

(Note: Please verify whether a visa is required for entry into Finland by consulting the official website of the Ministry for Foreign Affairs at www.um.fi. If a visa is required, you may complete the application form online at www.finlandvisa.fi)

Recommended accommodation:

VALO Hotel & Work (Mannerheimintie 109, 00280 Helsinki) – It's best for those traveling by car or public transport. It is also located in front of Arena Center Ruskeasuo, where the competition will take place. For the discount code, please contact the organizer by email at poweritffinland@gmail.com.

If you require accommodation in another hotel during your stay in Helsinki, please contact the organizers or email us at poweritffinland@gmail.com.

You may also make a reservation independently through Booking.com.



Public transport:

Public transport in Helsinki works excellently and allows for smooth travel around the city. We recommend using the **www.hsl.fi** website, where you can find detailed route instructions. You can also download the **HSL app** to plan your trips and purchase tickets. We recommend buying tickets only through the HSL app.

Bus station: Ruskeasuo

Tram stop: Ruskeasuo (tram 10 from Helsinki city centre)

Parking information:

Free 2-hour parking spaces requiring a parking disc are available at the street level of Arena Center Ruskeasuo as well as on nearby streets. The upper-level parking deck at the end of the driveway ramp is paid. Parking can be paid either with the EasyPark app or at the coin-operated machine next to the entrance. The parking facilities are operated by Helsingin Bussiliikenne Oy and their selected service providers. Arena Center or the event organizer do not take responsibility for any possible parking control fees.

LICENSE AND INSURANCE

Competitors from Finland are required to have a valid Suomisport licence.

Competitors from other countries do not need a Finnish Suomisport system licence.

Valid insurance that covers the competition is mandatory for all athletes. It is the coach's responsibility to ensure that each competitor's insurance coverage has been verified.

The competition organizer does not provide insurance and is not liable for any injuries or damages resulting from participation.



COACHES

Every participating club must provide a coach for their competitors. The coach must wear a coach's outfit (tracksuit jacket and tracksuit pants) and sneakers (not a dobok).

UMPIRES

Each club should bring one umpire. The organizer will cover one night of accommodation at Valo Hotel for the **first 10 umpires arriving from outside Finland.**

PROTEST

The coach has the opportunity to submit a written protest. The coach must notify immediately after the competition performance has ended, that a protest will be submitted. All activity in the ring stops until the protest is addressed. The protest must be submitted in writing within 5 minutes of the notification. The protest fee is **€100**, which must be paid in cash at the time of submission. The protest fee will be refunded if the protest is accepted. The protest is handled by the competition jury, led by the chief referee.

VIDEO PROTEST

If the organizer does not provide video recording for video protests, the coach may also submit a video protest using their own device, such as a phone or camera. The video material must be clearly visible and presentable to the competition organizers for evaluation. Submitting a video protest is free of charge, and the protest will be assessed according to ITF Taekwon-Do Tournament rules.



PHOTO AND VIDEO RECORDING

Performances during the competition will be photographed and recorded on video. The recorded material may be used on Power ITF Taekwon-Do's channels, on the ITF Taekwon-Do Finland Federation's channels, and for training and educational purposes. By participating in this competition, all participants accept that they may be photographed and recorded.



CATEGORIES

This championship is held in accordance with the current ITF Tournament Rules. The current official rules can be found at: <https://itf-tkd.org/rules-and-forms/>

PATTERNS

Patterns will be contested in age and belt grade categories, with men and women competing in their own categories. The organizer reserves the right to combine categories. Each competitor will perform the designated pattern according to their belt grade. In the final, competitors will perform two designated patterns according to their belt grade. In tie situations (draw), the umpire may designate an additional pattern to be performed.

CHILDREN AGED 6 - 8 YEARS

10-7 gup: Chon Ji – Do San

6-1 gup: Chon Ji– Choong Moo

CHILDREN AGED 9 - 10 YEARS

10-7 gup: Chon Ji – Do San

6-1 gup: Chon Ji– Choong Moo

CHILDREN AGED 11 - 13 YEARS

10-7 gup: Chon Ji – Do San

6-1 gup: Chon Ji– Choong Moo



JUNIORS AGED 14 - 17 YEARS

10-7 gup: Chon Ji – Do San

6-1 gup: Chon Ji– Choong Moo

1 dan-3 dan: Chon Ji– Choi Yong

ADULTS 18+

10-7 gup: Chon Ji – Do San

6-1 gup: Chon Ji– Choong Moo

1 dan-3 dan: Chon Ji– Choi Yong

OPEN PATTERN CATEGORY

6-13y, MIXED (boys + girls, all grade)

10-3 gup: Chon Ji – Toi Gye

14+ y, MIXED (man + woman, all grade)

10-3 gup: Chon Ji – Toi Gye

6+ y, MIXED (man + woman, all grade)

2 gup-3 dan: Chon Ji – Choi Yong



INCLUSIVE CATEGORY – PATTERNS

Team composition

A team consists of **three athletes**. Each team must include one **key athlete (a special needs athlete)**. The key athlete is eligible to compete starting from 9th Gup and above. There are no age restrictions. The remaining two team members act as partner athletes. Partner Athletes Must be 16 years or older. Teams may be mixed gender. The coach determines the team composition based on the skill level and strengths of the key athlete.

Performance Procedure

The performance is carried out by the entire team, all three athletes must be on the mat simultaneously. The positioning of participants is determined in advance and must remain unchanged throughout the team pattern. The team demonstrates one optional pattern

Award Ceremony

Participants are awarded medals. The award ceremony is conducted in accordance with the general tournament regulations.



SPARRING

Sparring is contested in age and weight categories, with men and women competing in their own categories. The organizer reserves the right to combine categories. The **mandatory equipment** for competitors includes gloves (open gloves for ages 6–8, 9-10 and 11–13, and 10oz gloves for ages 11–13 and 14+), foot protectors, mouthguards, shin guards, helmets, groin protectors (for men), and chest protectors (for women). The equipment must be the same color as the competitor's designation (Red or Blue).

CHILDREN AGED 6 - 8 YEARS

Match Duration: 2 x 1 min

Boys: -25 kg, -28kg, -31kg, -34kg, -37kg, +37 kg

Girls: -22 kg, -25kg, -28kg, -31kg, -34kg, +34kg

CHILDREN AGED 9 - 10 YEARS

Match Duration: 2 x 1 min

10–7 gup:

Boys: -28kg, -31kg, -34kg, -37kg, -40 kg, +40kg

Girls: -28kg, -31kg, -34kg, -37kg, -40 kg, +40kg

6–1 gup:

Boys: -28kg, -31kg, -34kg, -37kg, -40 kg, +40kg

Girls: -28kg, -31kg, -34kg, -37kg, -40 kg, +40kg

CHILDREN AGED 11 - 13 YEARS

Match Duration: 2 x 1.5 min

10–7 gup:



Boys: -35kg, -40kg, -45kg, -50kg, -55kg, +55kg

Girls: -35kg, -40kg, -45kg, -50kg, -55kg, +55kg

6-1 gup:

Boys: -35kg, -40kg, -45kg, -50kg, -55kg, +55kg

Girls: -35kg, -40kg, -45kg, -50kg, -55kg, +55kg

JUNIORS AGED 14 - 17 YEARS

Match Duration: 2 x 2 min

Boys: -55kg, -60kg, -65kg, -70kg, -75kg, +75kg

Girls: -50kg, -55kg, -60kg, -65kg, -70kg, +70kg

ADULTS 18+

Match Duration: 2 x 2 min

Man: -57kg, -63kg, -69kg, -75kg, -80kg, +80kg

Woman: -52kg, -57kg, -62kg, -67kg, -72kg, +72kg



POWER TEST – KICK REACTION

Kick reaction exercises. Kicks are performed on the Blazepods. Men and women competing in their own categories. Only one attempt is allowed. The Blazepod light will turn on in a random sequence, and the competitor's goal is to hit the illuminated Blazepod light with a **Dollyo chagi** (roundhouse kick) with sufficient power. Each category will have three placements.

Heights: low level (najunde) – mid-body level (kaunde) – head level (nopunde).

CHILDREN AGED 6 – 8 YEARS

Time for the performance: **30 seconds**

CHILDREN AGED 9 – 10 YEARS

Time for the performance: **30 seconds**

CHILDREN AGED 11 – 13 YEARS

Time for the performance: **30 seconds**

JUNIORS AGED 14 – 17 YEARS

Time for the performance: **45 seconds**

ADULTS 18+

Time for the performance: **45 seconds**



CONTACT INFORMATION

If you have any questions or need further information, please feel free to contact us.

Ian Berkinfand

Email: poweritffinland@gmail.com

Phone. +358409373101

Olga Berkinfand

Phone. +358408507675

