



# PATU PANAMERICAN TAEKWONDO CADET & JUNIOR G2 CHAMPIONSHIPS

HEREDIA, JUNIO 29<sup>TH</sup> TO JUNIO 30<sup>TH</sup>

## AVALADO POR

World Taekwondo (WT)  
President Dr. Chungwon Choue  
Seochu - Gu, Seoul, Korea  
Telephone: +82.2.556.2505 / FAX: +82.2.553.4728  
e-mail: [wtf@wt.org](mailto:wtf@wt.org)  
Website: [www.worldtaekwondo.org](http://www.worldtaekwondo.org)

## PROMOVIDO POR

Pan-American Taekwondo Union  
President: Lae. Juan Manuel López Delgado  
Cerrada de Ala Azul #111 Frac, La Paloma, Aguascalientes, Ags. México Cp. 20115,  
Telephone: (52) 449 111 4036  
email: [lopesdel82@hotmail.com](mailto:lopesdel82@hotmail.com)  
Website: [www.patou.org](http://www.patou.org)

## ORGANIZADO POR

Costa Rica Taekwondo Federation  
President Wilmar Alvarado Castillo  
200 metros Sur de la fábrica de productos Jacks, frente al Ministerio de Salud, Pavas, San José, Costa Rica.  
Telephone: (506) 2220 1310 / (506) 2231 4308  
Whatsapp: (506) 6251 8782  
e-mail: [eventstkdcr@gmail.com](mailto:eventstkdcr@gmail.com)  
Website: [tkdcrc.org](http://tkdcrc.org)

## LUGAR Y FECHA DEL EVENTO

Palacio de los Deportes, Heredia Costa Rica.  
June 29<sup>th</sup> – 30<sup>th</sup>, 2022

## REQUISITOS DE LOS PARTICIPANTES:

1. Debe tener ID del país que representa
2. Debe tener el aval de la Federación Nacional
3. Debe tener WT Global Athlete License 2022 (GAL).
4. Debe tener WT Coach Certification

## AFILIADOS:

Todo participante debe tener la ciudadanía del país que representa. Debe portar la carta de aval de la Federación Nacional

## REGLAS DE COMPETICIÓN:

Las actualizadas por WT y PATU de competición serán utilizadas en este evento.  
[www.worldtaekwondo.org/rules/](http://www.worldtaekwondo.org/rules/)

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FEDERACIÓN COSTARRICENSE DE TAEKWONDO

**GRUPOS DE EDADES:**

- A. Cadet: 2008, 2009 & 2010
- B. Junior: 2007, 2006 & 2005

**COACHES:**

Los requisitos son:

- 1. Debe tener 21 años o mayor.
- 2. Debe tener WT Global Athlete License 2022 (GAL).
- 3. Coaches y entrenadores deben tener WT Coach Certification Course.

**COACHES CÓDIGO DE VESTIMENTA:**

Traje formal es obligatorio para todos los coaches durante las semifinales y finales.

**EQUIPO:**

El OC brindará el equipo de protección peto y casco electrónico, sin embargo, el atleta debe portar sus propias medias electrónicas para competir, todos los atletas son responsables de traer sus propias protecciones de competición.

Todos los atletas deben ingresar al área de competencia con equipos de sparring y uniformados aprobados por La WT. Los protectores de la ingle, la espinilla y el antebrazo deben estar dentro del uniforme.

No se permite llevar en la cabeza ningún otro artículo que no sea un artículo religioso. Cualquier artículo religioso debe ser aprobado de antemano y usado dentro del casco y el uniforme y no debe causar lesiones u obstrucciones al oponente.

**PSS DAEDO** Estará trabajando para las categorías cadetes & juniors.

Cadets PSS Generation 2

Juniors PSS Generation 2

**UNIFORMES OFICIALES:**

Todos los atletas deben usar un dobok blanco con cuello en V, cuello en V aprobado por WT & PATU en buenas condiciones, uniforme negro con cuello en V. Los logotipos, los nombres de los equipos, el país, el nombre del atleta, estarán permitidos bajo las reglas uniformes de WT. Solo se permitirán uniformes aprobados por WT, PATU y FCT..

[old.worldtaekwondo.org/wp-content/uploads/2019/11/WT-2019chart-A3.jpg](http://old.worldtaekwondo.org/wp-content/uploads/2019/11/WT-2019chart-A3.jpg)

**REGISTRO/PAGO:**

Poomsae & Sparring Division.	Early registration	Regular registration	Late registration	Onsite registration
	Starts 03/15/22	Starts 05/09/22	Starts 05/24/22	
	Deadline 05/08/22	Deadline 05/23/22	Deadline 06/17/22	
1st Division	US \$125	US \$150	US \$ 175	US \$225
2nd Division	US \$ 200	US \$225	US \$ 250	US \$ 300

KYORUGI AND POOMSAE



Poomsae & Sparring Division.	Early registration	Regular registration	Late registration	Onsite registration
	Starts 03/15/22	Starts 05/09/22	Starts 05/24/22	
	Deadline 05/08/22	Deadline 05/23/22	Deadline 06/17/22	
Coach Trainer Doctor Physiotherapist Head of Team Manager MNA Official	US \$100	US \$125	US \$150	US \$200

### REGISTRO/PAGO Y FECHAS LÍMITES:

Inicio de registro temprano: MARCH 15<sup>th</sup>, 2022at 00:01am Costa Rica time.

Fin de registro temprano: May 8<sup>th</sup>, 2022at 23:59pm Costa Rica time.

Fin de registro regular: May 23<sup>rd</sup>, 2022at 23:59pm Costa Rica time.

Fin de registro tardío: June 17<sup>th</sup>, 2022at 23:59pm Costa Rica time.

Fin de registro en el lugar: June 23<sup>th</sup>, 2022at 23:59pm Costa Rica time.

### REFEREES:

1. PATU designará el número de árbitros necesarios.
2. Cada árbitro internacional debe cubrir sus propios boletos de avión.
3. Tres noches de alojamiento, alimentación y comidas serán cubiertas por el CO (Check In: June 28<sup>th</sup>, 2022 / Check Out: July 1<sup>st</sup>, 2022).
4. El CO pagará un honorario de \$100 USD por los tres días de competencia.

### PESAJE:

- I. El pesaje de los atletas debe realizarse el día anterior a la competencia.
- II. Durante el pesaje, el competidor masculino deberá usar calzoncillos y la competidora femenina deberá usar calzoncillos y sostén.
- III. El competidor cadete y junior debe pesarse con ropa interior y se permitirán 100 gramos para compensar.

### SERVICIO MÉDICO:

1. El CO brindará servicios médicos solo en situaciones de emergencia en las que un participante resulte lesionado.
2. Los participantes serán responsables de todos los gastos incurridos por lesiones y/u hospitalización.
3. El CO recomienda al participante que cuente con seguro médico y tenga todos los documentos a la mano.

### INFORMACIÓN DE VISADO:

Todos los participantes serán responsables de obtener las visas necesarias. La carta de invitación está disponible a pedido escribiendo a [eventstkdc@gmail.com](mailto:eventstkdc@gmail.com) a más tardar May 31<sup>st</sup>, 2022.

### MÉTODO DE PAGO:

El pago del concurso se realizará en la oficina de registro únicamente en efectivo. El registro se realizará en el Best Western Irazú de June 23<sup>rd</sup> - 28<sup>th</sup>, 2022.

### PREMIACIÓN:



1. Todos los atletas recibirán Certificate of Participation.
2. Premios:
  - a. A best male and female Referee Open trophy will be awarded, Poomsae & Kyorugi.
  - b. A best male and female athlete Open trophy will be awarded Poomsae.
  - c. A best male and female coach Open trophy will be awarded Poomsae.
  - d. A 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>er</sup> place Open trophy will be awarded Poomsae.
  - e. A best male and female athlete Open trophy will be awarded Sparring.
  - f. A best male and female coach Open trophy will be awarded Sparring.
  - g. A 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>er</sup> place Open trophy will be awarded Sparring.

### Transporte terrestre:

Se proporcionará transporte terrestre para los equipos nacionales a la llegada y salida sin cargo, solo para los equipos que reserven a través del sitio web oficial del hotel o del teléfono del hotel y siempre que el Comité Organizador haya sido informado de la fecha, hora y número de vuelo del equipo nacional. Llegada y salida a más tardar en la fecha límite designada (23 de junio de 2022). También se proporciona transporte diario en San José entre los hoteles oficiales y las sedes para el entrenamiento de atletas, el registro, la reunión de jefes de equipo y los días de competencia.

### HOSPEDAJE:

El transporte local entre el Aeropuerto Internacional de San José SJO y el Hotel oficial se brindará únicamente a quienes reserven y paguen su alojamiento a través del Gerente del Hotel.

Tenga en cuenta que los transportes son solo para aquellos que solicitaron alojamiento y proporcionaron su horario de viaje.

Durante el evento habrá transporte a la sede desde el Hotel oficial únicamente para quienes reserven y paguen su alojamiento a través del Gerente del Hotel (No se aceptarán reservas a través de: Booking, Expedia, Trivago, etc. para el transporte (Aeropuerto-Hotel- Venue).



Best Western Irazú  
Milena Vega  
Tel +506 7014 7727  
Email: [milevega@gmhospitality.net](mailto:milevega@gmhospitality.net)



City Express San José Aeropuerto  
Mirtha Salas Montero +506 8707 1182  
Room Reservations +506 2209 2300 ext. 192  
Email: [cesjo.ventas@cityexpress.com.mx](mailto:cesjo.ventas@cityexpress.com.mx)



Hotel Country Inn & Suites  
Fresca Chinchilla +506 8847 9926  
Room Reservations +506 2239 2272  
Email: [fchinchilla@countryinns.co.cr](mailto:fchinchilla@countryinns.co.cr)

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### INFORMACIÓN TOURÍSTICA:

Durante y después del evento habrá recorridos disponibles (no cubiertos por el CO). Habrá un descuento para quienes usen el código TKDCR2022.



Carlos Zúñiga Cuadra  
 Cel: +506 6011-5804  
 Email: [carlos@utlcr.com](mailto:carlos@utlcr.com)

## KYROUGI DIVISIONES DE PESO

Cadet Weight categories are classified as follows:

Men's division		Women's division	
Under 33kg	Not exceeding 33 kg	Under 29kg	Not exceeding 29 kg
Under 37kg	Over 33 kg & not exceeding 37 kg	Under 33kg	Over 29 kg & not exceeding 33 kg
Under 41kg	Over 37 kg & not exceeding 41 kg	Under 37kg	Over 33 kg & not exceeding 37 kg
Under 45kg	Over 41 kg & not exceeding 45 kg	Under 41kg	Over 37 kg & not exceeding 41 kg
Under 49kg	Over 45 kg & not exceeding 49 kg	Under 44kg	Over 41 kg & not exceeding 44 kg
Under 53kg	Over 49 kg & not exceeding 53 kg	Under 47kg	Over 44 kg & not exceeding 47 kg
Under 57kg	Over 53 kg & not exceeding 57 kg	Under 51kg	Over 47 kg & not exceeding 51 kg
Under 61kg	Over 57 kg & not exceeding 61 kg	Under 55kg	Over 51 kg & not exceeding 55 kg
Under 65kg	Over 61 kg & not exceeding 65 kg	Under 59kg	Over 55 kg & not exceeding 59 kg
Over 65kg	Over 65kg	Over 59kg	Over 59kg

Junior Weight categories are classified as follows:

Men's division		Women's division	
Under 45kg	Not exceeding 45 kg	Under 42kg	Not exceeding 42 kg
Under 48kg	Over 45 kg & not exceeding 48 kg	Under 44kg	Over 42 kg & not exceeding 44 kg
Under 51kg	Over 48 kg & not exceeding 51 kg	Under 46kg	Over 44 kg & not exceeding 46 kg
Under 55kg	Over 51 kg & not exceeding 55 kg	Under 49kg	Over 46 kg & not exceeding 49 kg
Under 59kg	Over 55 kg & not exceeding 59 kg	Under 52kg	Over 49 kg & not exceeding 52 kg
Under 63kg	Over 59kg & not exceeding 63 kg	Under 55kg	Over 52 kg & not exceeding 55 kg
Under 68kg	Over 63 kg & not exceeding 68 kg	Under 59kg	Over 55 kg & not exceeding 59 kg
Under 73kg	Over 68 kg & not exceeding 73 kg	Under 63kg	Over 59 kg & not exceeding 63 kg
Under 78kg	Over 73 kg & not exceeding 73 kg	Under 68kg	Over 63 kg & not exceeding 68 kg
Over 78kg	Over 78kg	Over 68kg	Over 68kg

## RANDOM WEGHT DIVISIONS ALLOWENS

Cadet Random Weight categories 5% allowance:

Male Category	5% allowance	Female Category	5% allowance
M-33	Not exceeding 34.7kg	W-29	Not exceeding 30.5kg
M-37	Not exceeding 38.9kg	W-33	Not exceeding 34.7kg
M-41	Not exceeding 43.1kg	W-37	Not exceeding 38.9kg
M-45	Not exceeding 47.3kg	W-41	Not exceeding 43.1kg
M-49	Not exceeding 51.5kg	W-44	Not exceeding 46.2kg
M-53	Not exceeding 55.7kg	W-47	Not exceeding 49.4kg

M-57	Not exceeding 59.9kg	W-51	Not exceeding 53.6kg
M-61	Not exceeding 64.1kg	W-55	Not exceeding 57.8kg
M-65	Not exceeding 68.3kg	W-59	Not exceeding 62.0kg

Junior Random Weight categories 5% allowance:

Male Category	5% allowance	Female Category	5% allowance
M-45	Not exceeding 47.3kg	W-42	Not exceeding 44.1kg
M-48	Not exceeding 50.4kg	W-44	Not exceeding 46.2kg
M-51	Not exceeding 53.6kg	W-46	Not exceeding 48.3kg
M-55	Not exceeding 57.8kg	W-49	Not exceeding 51.5kg
M-59	Not exceeding 62.0kg	W-52	Not exceeding 54.6kg
M-63	Not exceeding 66.2g	W-55	Not exceeding 57.8kg
M-68	Not exceeding 71.4kg	W-59	Not exceeding 62.0kg
M-73	Not exceeding 76.7kg	W-63	Not exceeding 66.2kg
M-78	Not exceeding 81.9kg	W-68	Not exceeding 71.4kg

### POOMSAE:

Individual Poomsae

Division	Cadet	Junior
Age	12-14 years old	15-17 years old

Pair & Team Poomsae

Division	Cadet	Junior
Age	12-14 years old	15-17 years old

Freestyle Poomsae: Individual, Pair, Team Mixed

Division	Under 17
Age	12-17 years old

Competition	Division	Compulsory Poomsae
Individual	Cadet Division	Taekguk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Junior Division	Taekguk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taeback
Pairs	Cadet Division	Taekguk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Junior Division	Taekguk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taeback
Team	Cadet Division	Taekguk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Junior Division	Taekguk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taeback

(SUBJECT TO CHANGE)

DATE	TIME	EVENT	PLACE
June 23 <sup>th</sup> - 27 <sup>th</sup>	All day	Arrival of Teams & Officials	SJO - Airport
	9:00 - 18:00	Athletes' registration	Best Western Hotel
Team's training			
June 28 <sup>th</sup>	9:00 - 15:00	Referee Meeting	Best Western Hotel
	19:00 - 21:00	Technical Meeting	
June 29 <sup>th</sup>	8:00 - 20:00	Poomsae Competition: All male/female divisions	Palacio de los Deportes
	10:00 - 12:00	G-1 Weigh-in for: All male/female Cadet & Junior Categories	
	14:00 - 16:00		
June 30 <sup>th</sup>	7:00 - 7:30	Random weight-in for: ALL Cadet & Junior Categories	Palacio de los Deportes
	8:00 - 20:00	Cadet & Junior G-1 Competition: All male/female weight divisions	

**TAEKWONDO CHAMPIONSHIPS**  
**CADET - JUNIOR**  
**KYORUGI AND POOMSAE**

**29-30 JUNE**  
**PALACIO DE LOS DEPORTES HEREDIA**  
**HEREDIA, COSTA RICA**



## LIABILITY WAIVER

ALL PARTICIPANTS must PRINT & SIGN THIS WAIVER (signed by parent or legal guardian if under 18 years).

Please submit completed Liability Waiver at Accreditation on June 29<sup>th</sup> – 30<sup>th</sup>, 2022.

**PLEASE DO NOT E-MAIL or MAIL LIABILITY WAIVER**

### COMPETITOR, COACH, REFEREE, VOLUNTEERS, OFFICIALS, TOURNAMENT STAFF AND MEDIA WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND PARENTAL CONSENT AND INDEMNITY AGREEMENT.

In consideration of your acceptance of my entry for **PATU PANAMERICAN TAEKWONDO CADET & JUNIOR CHAMPIONSHIPS G1** to be held on June 29<sup>th</sup> – 30<sup>th</sup>, 2022 at Palacio de los Deportes de Heredia, I do hereby, for myself, my heirs, executors, and administrators waive, release and forever discharge any and all rights and claims for damages, including bodily injury which I may have or which may occur to me against the referees, medical staff and all members of this championships or their respective officers, representatives, successors, and/or assigns against any competitor for any and all damages which may be in connection with my associates with or entry into this championships event, or which may arise out for traveling to, participating in and returning from this tournament event. I am not entering this competition in reliance of any written or oral representation by the Costa Rica Taekwondo Federation and World Taekwondo regarding the applicable rules and qualifications of the judges and referees. I am in good health and physical condition to participate in this tournament. I fully understand that my entry fee is non-refundable. I consent that any picture furnished by me or any pictures taken of me in connection with the championships can be used for publicity, promotion or television showing, and I waive all compensation in regard, thereto. I understand that Martial Arts is a body contact sport and I further understand all the contents of the rules and general information which was published by the organizing committee and I agree to them in their entirety.

I understand the nature of the **PATU PANAMERICAN TAEKWONDO CADET & JUNIOR CHAMPIONSHIPS G1** activities and believe that my experience and capabilities, or that of the minor, to be qualified to participate in **PATU PANAMERICAN TAEKWONDO CADET & JUNIOR CHAMPIONSHIPS G1** which be held in Heredia, Costa Rica. I UNDERSTAND THAT COSTA RICA TAEKWONDO FEDERATION AND WORLD TAEKWONDO TOURNAMENT ACTIVITIES INVOLVE RISKS AND DANGERS OF THE SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH. These risk and danger may be caused by me or the minor child's own action, or inactions, and/or the actions or inactions of others participating in the training. In addition, I fully authorize Costa Rica Taekwondo Federation to transport me/my child to a nearby medical care facility to seek medical care in the case of emergency.

I have read this agreement, fully understand it's terms, understand that I or the minor child given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intent it to be a complete and unconditional release of all liability to the greatest extent allowed by the law and agree that if any portion of the agreement is held to be valid that the balance, notwithstanding, shall continue in full force and effect.

Participant's Print Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Participant's Guardian Print Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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