

TAEKWONDO

AHAC

TRENUTEK PRAVE ODLOČITVE

Cup CHAMPIONSHIP 2026



Date: 24 JANUARY 2026

Place: Sport hall Terme Olimia / Zdraviliška cesta 23, 3254 Podčetrtek - SLOVENIA



OBČINA ŠENTJUR

AHAC
TRENUTEK PRAVE ODLOČITVE

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TAEKWONDO

AHAC CUP 2026



GENERAL INFORMATION

TAEKWON-DO AHAC CUP 2026

INFORMATION

- ❖ **Date:** 24 January 2026
- ❖ **Place:** Sport hall Podčetrtek Terme Olimia
- ❖ **Competition Disciplines:** **Sparring** & **Pattern** (individually) & **E-kick** (children individually)
- ❖ **Entry fee:** **35€** for each entered competitor (sparring & pattern) / **15€** E-kick
- ❖ **Entries deadline:** 20 January 2026 / **Draw:** 22.01.2026
- ❖ **Organizer:** Taekwon-do club Ahac Šentjur - Slovenia

CONTACT

- ❖ **Info:** +386 31 742 194 / drapicdenis@gmail.com
- ❖ **Online Registration /** www.tkdpoint.com

AGE GROUPS

- ❖ **Younger Boys & Girls:** (till 9 years) 2016 and younger
- ❖ **Boys & Girls:** (10 to 11 years) 2014-2015
- ❖ **Pre Juniors male & female:** (12 to 14 years) 2011-2013
- ❖ **Juniors male & female:** (15 to 17 years) 2008-2010
- ❖ **Seniors male & female:** (over 18 years) 2007 and above

INDIVIDUAL SPARRING / male & female

AGE GROUP	WEIGHT CATEGORY							
Younger Boys	-24 kg	-28 kg	-32 kg	-36 kg	-40 kg	+40 kg		
Younger Girls	-24 kg	-28 kg	-32 kg	-36 kg	-40 kg	+40 kg		
Boys	-30 kg	-35 kg	-40 kg	-45 kg	-50 kg	+50 kg		
Girls	-30 kg	-35 kg	-40 kg	-45 kg	+45 kg			
Pre Juniors / male	-40 kg	-45 kg	-50 kg	-55 kg	-60 kg	+60 kg		
Pre Juniors / female	-40 kg	-44 kg	-48 kg	-52 kg	-56 kg	-60 kg	+60 kg	
Juniors / male	-50 kg	-55 kg	-60 kg	-65 kg	-70 kg	-75 kg	+75 kg	
Juniors / female	-45 kg	-49 kg	-53 kg	-57 kg	-61 kg	-65 kg	+65 kg	
Seniors / male	-57 kg	-63 kg	-69 kg	-75 kg	-81 kg	-87 kg	+87 kg	
Seniors / female	-50 kg	-55 kg	-60 kg	-65 kg	-70 kg	-75 kg	+75 kg	

PROTECTIVE EQUIPMENT

- ❖ Senior and Junior competitors must wear red or blue protective equipment for arms and legs.
- ❖ Groin protectors are worn inside the dobok by men only. Red or blue safety helmet and mouthguards.
- ❖ A category of Individual Sparring consists of color and black belts.
- ❖ There are no different categories according to technical degree. Minimum requirement for sparring is 8 gup.

SPARRING RULES HIGHLIGHTS

- ❖ All categories will follow a pyramid elimination system.
- ❖ Sparring for kids: two rounds (2x1 min.)
- ❖ Pre juniors: two rounds (2x1,30 min.)
- ❖ Juniors and seniors: two times (2x2 min.).
- ❖ If there is not enough competitors in individual category the organizer can join categories together.

24.01.2026-Sport hall Terme Olimia
Podčetrtek Slovenia





TAEKWONDO

RHAC CUP 2026



INDIVIDUAL PATTERN /male & female

WAIST LEVEL	PATTERN	Younger boys	Younger Girls	Boys	Girls	Pre Juniors male	Pre Juniors female	Juniors male	Juniors female	Seniors male	Seniors female
YELLOW 8-7 GUP	CHON JI -DAN GUN	+	+	+	+	+	+	+	+	+	+
GREEN 6-5 GUP	CHON JI - WON HYO	+	+	+	+	+	+	+	+	+	+
BLUE 4-3 GUP	CHON JI - JOON GUN			+	+	+	+	+	+	+	+
RED 2-1 GUP	CHON JI - HWA RANG					+	+	+	+	+	+
BLACK I DAN	CHON JI - GE BAEK					+	+	+	+	+	+
BLACK II DAN	CHON JI - JU CHE							+	+	+	+
BLACK III DAN	CHON JI - CHOI YONG									+	+

PATTERN RULES HIGHLIGHTS

- ❖ All categories will follow a pyramid elimination system. The minimum requirement for a pattern is 8 gup.
- ❖ Both of competitors do the pattern together.
- ❖ Competitors will compete simultaneously, with 1 designated pattern randomly selected by an electronic system.
- ❖ In the final round, each competitor performs one mandatory and one optional pattern.

E-KICK

- ❖ Competition technique - DOLLYO CHAGI
- ❖ Implementation of the technique – **with only one leg** / time 20 sec / pyramid system
- ❖ Registration for E-kick is mandatory at email : drapicdenis@gmail.com

CATEGORY	BOYS	GIRLS	YEAR OF BIRTH
KICK-1	M	F	2016 and younger
KICK-2	M	F	2015
KICK-3	M	F	2014



WEIGHT CHECKING

- ❖ Weighing will be performed one day before competition in Sport hall Podčetrtek Terme Olimia from 5:00 pm till 8:00 pm. And weighing will be performed on the day of the tournament in Sport hall Podčetrtek Terme Olimia from 7.00 am till 8.30 am. **Every competitor must weight with dobok and t-shirt. Tolerance is 0,5kg.**
- ❖ Each competitor that will exceed registered weight will be disqualified.

EQUIPMENT

- ❖ **All competitors must compete in Taekwondo dobok and have corresponding belt.**
- ❖ **Obligatory equipment for sparring: AETF APPROVED head protector, protector for teeth, open gloves, protector for foot and protector for the genitals. Each competitor occurs on one's own account; organizer is not responsible for any eventual injury caused.**

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Podčetrtek Slovenia





TAEKWONDO

RHAC CUP 2026
TERME PAKO OLIMIA



PROTEST

- ❖ The officious protest must be written 5 minutes after sparring or pattern on prescribed form and be given to the Jury president after paying amount of 50 Euros to organizers official. In case of favourable solution of your protest you get the whole paid amount returned. In case of a negative solution the paid amount is not returned.

PRIZES

- ❖ Medals and diplomas will be awarded for first, second and two third places individuals.
- ❖ The three most successful clubs in overall standings are getting special award-cup.
- ❖ Prizes will be awarded during tournament.

REFEREES

- ❖ **Head referee:** Jan Čreslovník VII Degree.
- ❖ Referees will wear clothing as specified in the ITF refereeing rules. All participating teams must bring the following number of referees: **Up to 10 competitors - 1 referee, From 10 to 20 competitors - 2 referees, etc.**
- ❖ **Club that participates in the tournament without a referee must pay 50 euros on the day of the tournament (no exceptions).**
- ❖ The organizer will provide food and drinks for all referees and coaches on the day of the tournament.

ACCOMMODATION

- ❖ HALF BOARD PRICE PER PERSON PER DAY IN LIPA VILLAGE / Address: [Zdraviliška cesta 23, 3254 Podčetrtek](#)
- 64 EUR + tourist tax / (for children 6-17 years 1.50 EUR per day, for seniors 3.00 EUR per day)
- Included in the price per day / Breakfast and dinner / Swimming in the thermal spa relax after 6:00 PM
- PRICES ARE VALID FOR 2 NIGHTS / IF SOMEONE STAYS 1 night, the price is 69 EUR per person per day

RESERVATION: info@terme-olimia.com / Tel: +386 3 829 7000 / www.terme-olimia.com /



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Podčetrtek Slovenia





TAEKWONDO

AHAC CUP 2026
TRENUTKI PRAVE ODDIŠKE



SPORT HALL

❖ Podčetrtek Terme Olimia Slovenia

ADDRESS

❖ Zdraviliška cesta 23, 3254 Podčetrtek



Schedule for Saturday 24 January 2026

07.00 - 08.30 / Weight in
08.30 - 08.50 / Referee and coaches meeting
09.00 / Opening ceremony
09.15 / Competition start

For all information we are reachable on:

Tel: +386 31 742 194 Denis Drapić
email: drapicdenis@gmail.com

COMPETITION LEADER Vahid Drapić V.DAN



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