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# 23. SUSEDGRAD SOKOL POKAL AND TMA4ALL FESTIVAL

CRITERION TOURNAMENT FOR THE CITY SELECTION OF  
THE ZAGREB TAEKWONDO FEDERATION

CRITERION TOURNAMENT FOR THE CROATIAN NATIONAL  
TEAM IN FORMS

# 20 26

**Organizer:** Taekwondo club "Susedgrad-Sokol"

**Event date:** May 16, 2026.

**Venue:** Sports Hall "Sutinska vrela", Podsusedski trg 14b, 10090 Zagreb

Rules and regulations: HTS – WTE – WT

The following are eligible to compete in combat sports: Girls/boys: 2018, 2019, 2020 (modified HTS rules without headkicks)

Younger cadets born: 2015, 2016, 2017, (modified HTS rules without headkicks)

Cadets born: 2012, 2013, 2014

Juniors born: 2009, 2010, 2011.

Seniors born: 2009 on wards.



## TMA4ALL

TRADITIONAL MARTIAL ARTS  
FOR ALL

Erasmus+ project 101133802

## TIME TABLE

	TIME	VENUE
FRIDAY, 15.05.2026.	19:00-21:00 - WEIGHT IN	SH SUTINSKA VRELA
SATURDAY, 16.05.2026.	8.00 - 9.00 - WEIGHT IN 9.15 - opening ceremony 9.45 - start of the competition 19.00 - planned end time of the competition	SH SUTINSKA VRELA
SATURDAY, 16.05.2026.	9.15 - 9.45 TMA4ALL demonstration 10:00 - trainings of TMA4ALL project partners	SH SUTINSKA VRELA - HALL

## CATEGORIES

<b>GIRLS AND BOYS</b>	<b>YOUNGER CADETS A AND BE</b>
M: -18 kg, -21 kg, -24 kg, -27 kg, -30 kg, -33 kg, -36 kg, -39 kg, -42 kg, +42 kg Ž: -18 kg, -21 kg, -24 kg, -27 kg, -30 kg, -33 kg, -36 kg, -39 kg, -42 kg, +42 kg	Ž: -27 kg, -30 kg, -33 kg, -36 kg, -40 kg, -44 kg, -48 kg, -52 kg, -57 kg, +57 kg M: -27 kg, -30 kg, -33 kg, -36 kg, -40 kg, -44 kg, -48 kg, -52 kg, -57 kg, +57 kg
<b>CADETS A AND B MALE</b>	<b>CADETS A AND B FEMALE</b>
-33 kg, -37 kg, -41 kg, -45 kg, -49 kg, -53 kg, -57 kg, -61 kg, -65 kg, +65 kg	-29 kg, -33 kg, -37 kg, -41 kg, -44 kg, -47 kg, -51 kg, -55 kg, -59 kg, +59 kg
<b>JUNIORS MALE A AND B</b>	<b>JUNIORS FEMALE A AND B</b>
-45 kg, -48 kg, -51 kg, -55 kg, -59 kg, -63 kg, -68 kg, -73 kg, -78 kg, +78 kg	-42 kg, -44 kg, -46 kg, -49 kg, -52 kg, -55 kg, -59 kg, -63 kg, -68 kg, +68 kg
<b>SENIORS MALE</b>	<b>SENIORS FEMALE</b>
-54 kg, -58 kg, -63 kg, -68 kg, -74 kg, -80 kg, -87 kg, +87 kg	-46 kg, -49 kg, -53 kg, -57 kg, -62 kg, -67 kg, -73 kg, +73 kg

## GIRLS AND BOYS KICK

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- Kick-M1/ Kick-Ž1: 2013 (electronic bag, roundhouse kick)
- Kick-M2/ Kick-Ž2: 2014 (electronic bag, roundhouse kick)
- Kick-M3/ Kick-Ž3: 2015 (electronic bag, roundhouse kick)
- Kick-M4/ Kick-Ž4: 2016 (electronic bag, roundhouse kick)
- Kick-M5/ Kick-Ž5: 2017 (electronic bag, roundhouse kick)
- Kick-M6/ Kick-Ž6: 2018 (electronic bag, roundhouse kick)
- Kick-M7/ Kick-Ž7: 2019 (electronic bag, front kick)
- Kick-M8/ Kick-Ž8: 2020 (electronic bag, front kick)
- Kick-M9/ Kick-Ž9: 2021 (electronic bag, front kick)
- Kick-M10/ Kick-Ž10: 2022 (electronic bag, front kick)

## EQUIPMENT

Electronic PSS will be used for all ages and electronic headgears for cadets A, juniors and seniors.

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Cadets, younger cadets, juniors and seniors use the KPNP PSS; competitors must provide KPNP electronic socks

Boys and girls use DaeDo; competitors must provide electric socks and a personal headgear.

All competitors must provide personal protective equipment: arm and leg guards, gloves, a mouth guard and groin protector.

AWARDS	APPLICATIONS AND DRAW	REGISTRATION FEE
Medals for 1st, 2nd and 3rd place individually.	Applications: <a href="https://natjecanja.taekwondo.hr">https://natjecanja.taekwondo.hr</a>	KICK: 20 EUR
Trophies for team placement 1st – 5th place.	Draw: <a href="http://www.tkd-natjecanja.eu">http://www.tkd-natjecanja.eu</a>	KYORUGI: 30 EUR
	Application deadline: TUESDAY, 12.05.2026. until 24.00.	POOMSAE: 30.00 Euros per competitor, 35.00 Euros per pair 45.00 Euros per team
Payment can be made to the account: HR4723600001102423633 by 13.05.2026, and in cash on the day of the competition.		

NOTES:	FIGHTS	POOMSAE
	<p>A competitor can only compete in one weight or age category.</p> <p>The number of registered competitors in the categories is not limited.</p> <p>Class B – holders of yellow and green belts have the right to participate – without hitting the head.</p> <p>Class A – holders of blue, red and black belts have the right to perform</p>	<p>The number of registered competitors in categories per club is not limited.</p> <p>One contestant may compete in a maximum of two (2) categories.</p> <p>Holders of min. 2nd Geup can compete in A-class according to the rules and regulations for A-class.</p> <p>Pair: 2 competitors (m+f), Team: 3 competitors (3 m or 3 f), Creative team: 5 competitors (with one replacement) (3 m+2 f or 3 f+2 m).</p> <p><b>When performing free style forms, the music and performance last 90–100 seconds.</b></p> <p><b>Music for free style forms must be sent by May 15th to the following email address:</b> <b>d.kasulan@yahoo.com</b></p>

**CATEGORIES FOR PERFORMING STANDARD POOMSAE:**

<b>SEX</b>	<b>LABEL</b>	<b>CATEGORY</b>	<b>YEAR</b>	<b>BELT</b>	<b>CLASS</b>
M	KA -- 1	YOUNG CADETS	8 – 11 y	8. – 5. Geup	<b>B</b>
M	KA – 2	YOUNG CADETS	8 – 11 y	4. – 1. geup	<b>B</b>
M	KA – 3	CADETS	12– 14 y	8. – 5. geup	<b>B</b>
M	KA – 4	CADETS	12– 14 y	4. – 1. geup	<b>B</b>
M	KA – 5	CADETS	8 – 14 y	1. – 3. cans	<b>A</b>
F	KB – 1	YOUNG CADETS	8 – 11 y	8. – 5. geup	<b>B</b>
F	KB – 2	YOUNG CADETS	8 – 11 y	4. – 1. geup	<b>B</b>
F	KB – 3	FEMALE CADETS	12– 14 y	8. – 5. geup	<b>B</b>
F	KB – 4	FEMALE CADETS	12 – 14 y	4. – 1. geup	<b>B</b>
F	KB – 5	FEMALE CADETS	8 – 14 y	1.– 3. cans	<b>A</b>

<b>SEX</b>	<b>LABEL</b>	<b>CATEGORY</b>	<b>YEAR</b>	<b>BELT</b>	<b>CLASS</b>
M	JA – 1	JUNIOR	15 – 17 y	8. – 5, 10	<b>B</b>
M	JA – 2		15 – 17 y	4. – 1. geup	<b>B</b>
M	JA – 3		15 – 17 y	1. – 3. Poom/Dan	<b>A</b>
F	JB – 1	JUNIORS	15 – 17 y	8. – 5, 10	<b>B</b>
F	JB – 2		15 – 17 y	4. – 1. geup	<b>B</b>
F	JB – 3		15 – 17 y	1. – 3. Poom/Dan	<b>A</b>

SEX	LABEL	CATEGORY	YEAR	BELT	CLASS
M	SA – 1	SENIORS	from 18 years old	6. – 1. geup	<b>B</b>
M	SA – 2		18 – 30 .year	1. DAN and more	<b>A</b>
M	SA – 3		31 – 40 year	1. DAN and more	<b>A</b>
M	MA– 1		41 – 50 year	1. DAN and more	<b>A</b>
M	MA – 2		51 – 60year	1. DAN and more	<b>A</b>
M	MA – 3		61 – 65 year	1. DAN and more	<b>A</b>
M	MA – 4		+ 65 year	1. DAN and more	<b>A</b>
F	SB – 1	SENIORS	18 y. +	6. – 1. Geup	<b>B</b>
F	SB – 2		18 – 30 year	1. DAN and more	<b>A</b>
F	SB – 3		31 – 40 year	1. DAN and more	<b>A</b>
F	MB – 1		41 – 50 year	1. DAN and more	<b>A</b>
F	MB – 2		51 – 60 year	1. DAN and more	<b>A</b>
F	MB – 3		61 – 65. year	1. DAN and more	<b>A</b>
F	MB – 4		+ 65 year	1. DAN and more	<b>A</b>

SEX	LABEL	CATEGORY	YEAR	BELT	CLASS
M + F	D 1	PAIR 1	8 – 14 year.	8. – 1,geup	<b>B</b>
M + F	D 2	PAIR 2	8 – 14 year.	1.Poom/Dan	<b>A</b>
M + F	D 3	PAIR 3	15 – 17 year.	1.Poom/Dan	<b>A</b>
M + F	D 4	PAIR 4	18 year. +	1.Poom/Dan	<b>A</b>
M	TA -1	TEAM (men) 1	8 – 17 year	1.Poom/Dan	<b>A</b>
M	TA – 2	TEAM (men) 2	18 year. +	1.Poom/Dan	<b>A</b>
Z	TB 1	TEAM (women) 1	8 – 17 year	1.Poom/Dan	<b>A</b>
Z	TB 2	TEAM (women) 2	18 year. +	1.Poom/Dan	<b>A</b>

## CATEGORIES FOR PERFORMING CREATIVE POOMSAE

SEX	LABEL	CATEGORY	YEAR	BELT	CLASS
M	K – KA	CREATIVE CADETS	8 – 11 years	4. geup and more	<b>B</b>
F	K – KB	CREATIVE CADET	8 – 11 years	4. geup and more	<b>B</b>
M	K – JA	CREATIVE JUNIOR	12 – 17years	from 1st Poom/DAN	<b>A</b>
F	K – JB	CREATIVE JUNIOR	12 – 17 years	from 1st Poom/DAN	<b>A</b>
M	K – A	CREATIVE SENIOR	18 years. +	from 1st Poom/DAN	<b>A</b>
F	K – B	CREATIVE SENIOR WOMAN	18 years +	from 1st Poom/DAN	<b>A</b>
M + F	K – D 1	CREATIVE PAR 1	12 – 17 years	from 1st Poom/Day	<b>A</b>
M + F	K – D 2	CREATIVE PAR 2	18 years. +	from 1st Poom/Day	<b>A</b>
M + F	K – T	CREATIVE TEAM with 1 replacement	12years. +	from 1st Poom/DAN	<b>A</b>

**Contact: susedgrad.sokol@gmail.com, 0915055369, 098281438**

**Competition management: HTS delegate: Mr. Nikola Pemper**

Host Delegate: Mr. Anđelko Vučenik

Ref.chair: Ms. Renata Volarić – kyorugi

Ref.chair: Mr. Viktor Roamchuk – poomsae

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