



Munkebo Taekwondo Klub inviterer til Munkebo Cup Teknik 2026



Lørdag den 31. januar 2026
Munkebo Idrætscenter,
Mosevangen 2, 5330 Munkebo

Danish Taekwondo Federation Invitation

**Dato / Date**

31-01-2026

Stævnenavn / Event name

Munkebo Cup Teknik

Initiativtager / Promotor

Danish Taekwondo Federation:

<https://www.taekwondo.dk/>

Arrangør / Organiser

Munkebo Taekwondoklub

Arrangerende klubs Kontaktperson/ Organiser's Contact Person

John Paarup

Tlf:20253972

john-paarup@mail.tele.dk

Partnere / Sponsors**Sted / Venue**

Munkebo Idrætscenter, Mosevangen 2, 5330 Munkebo

Sidste tilmeldingsdato / Registration deadline

Eftertilmelding accepteres ikke / No registrations will be accepted after this date

10-01-2026

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Max antal deltagere / Max number of competitors

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Sidste frist for at afmelde deltager og få refunderet deltagergebyr

Deadline for withdrawal of competitors with full refund of fee

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Mulighed for/pris for overnatning i klub / Option for/price of sleeping in club

Der tilbydes ikke overnatning, der henvises til hoteller og vandrehjem i området.

No options for accommodation, please look for hotels in the area.

Mulighed for mad / Availability of food

Der er cafeteria. Man må ikke medbringe mad eller drikkevarer.
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The venues cafeteria. It is not allowed to bring your own food or drink.
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Publikum / Spectators

Gratis entre.

Free entrance.

GAL/GOL/GAM/GOM

Der benyttes ikke GAL/GOL/GAM/GOM licens ved stævner i Danmark

GAL / GOL / GAM / GOM license is not used at turnaments in Denmark

Dokumentation / Required documents

Alle klubber skal medbringe og vise dokumentation for betaling

All clubs must bring their receipt of payment to show at registration.

Coaches/Holdleder/Head of Team

Hver klub kan sende 1 coach for hver 5 deltagere. Der tillades max. 3 coach. Endvidere tillades 1 klubansvarlig holdleder.
Formænd for forbund betragtes som VIPs.
Coachen skal være min. 15 år samt være reglementeret påklædt. Det vil sige træningsdragt, sportssko og ingen hovedbeklædning.

Each team/club can send 1 coach for every 5 competitors. Maximum 3 coaches allowed. In addition, 1 head of team is allowed per team.
Presidents of MNAs are regarded as VIPs.
All coaches must be min. 15 yrs. old and be appropriately dressed. Dress code includes tracksuit, sneakers and no headgear.

Doping

Uvarslet dopingkontrol/tests, udført af den danske Anti-doping Organisation, kan finde sted.

The Danish Anti-Doping Organisation has the authority to conduct random drug tests at the event.

Program

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08:45 – 09:00 Holdledermøde
09:00 – 18:00 Stævne og medalje ceremoni. Medalje ceremoni for hver gruppe er lige efter hver finalerunde.
12:00 - 13:00 Frokost
Forbehold for dato og tidspunkt i de forskellige tidsfrister.

08:45 – 09:00 Head of Team Meeting
09:00 – 18:00 Competition and awards ceremony. Awards ceremony for each group is straight after each group finals
12:00 - 13:00 Lunch
Time table subject to change.

Coronaregler: **OBS – afhængigt af gældende myndighedskrav**

Indkvartering / Accommodation

Visa

<https://www.nyidanmark.dk/en-GB/You-want-to-apply/Short-stay-visa/Cultural-visa>

Travel Information

Der kører busser fra Langeskov og Odense.

Train Station

Langeskov/Odense

Præmier / Awards

Placering 1-3 modtager medaljer

Placement 1-3 will receive medals

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Stævneleder/ Tournament Director

Tilmeldingen foregår gennem Martial Events online platform.

Tekniske spørgsmål kan rettes til DTaFs Stævneleder

turnering@taekwondo.dk

Registration takes place through Martial Events online platform.

Technical questions can be directed to DTaF's Tournament Director

turnering@taekwondo.dk

Teknikregler / Poomsae Rules

DTaF's teknikreglement. / DTaF's Poomsae Rules (se vedhæftede sider/see attached pages)

Tilmelding / Registration:

<https://www.martial.events/en/events/munkebo-cup-teknik-2026>

Tilmeldingsgebyr / Entry Fee

Individual: 350 DKK, Pair: 350 DKK/pair, Team: 350 DKK/team, Freestyle Individual: 350 DKK, Freestyle Pair: 350 DKK/pair, Freestyle Team: 350 DKK/team.

All transfers should be made in Danish Kroner (DKK).

Betaling / Payment

Betaling af deltagergebyr sker ved indbetaling på: Arbejdernes Landsbank-

Reg: 5390 Kontonr. 0000368923

Mærk overførslen:

<Stævne> - <antal> - <betalende klub> F.eks.: MBT CUP – 3 – Team Aros

Betaling skal foreligge ved tilmeldingsfristens udløb!

Tilmelding er først gældende når betaling af stævnegebyr er betalt.

Arbejdernes Landsbank– Reg: 5390 Account:

0000368923 Please mark the transfer as

following:

<Competition><Country><number of

competitors><Club>

Eg.: MBT CUP– 3 – Team Aros

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Der gives ingen dispensationer.	

Deltagere / Participants

Class-A Tournament: Dan/poom grades, WT-rules
Class-B-C-D: Kup/Gup grades, Danish Adapted WT-rules

Udsendelse af Startlister, deltagerlister og Pomse lodtrækninger / Publishing of Start List, Competitor Lists and Poomsae Drawings

Senest 3 dage før stævnet på forbundets hjemmeside:

<https://www.taekwondo.dk/kalender/samlet-kalender/>

Resultater opslås under stævnet på stævnestedet og på forbundets hjemmeside:

www.taekwondo.dk/staevner/resultater/resultater-teknik/

Latest 3 days before the event at DTaFs homepage:

<https://www.taekwondo.dk/kalender/samlet-kalender/>

Results will be published during the event at the venue and on the homepage of the federation:

www.taekwondo.dk/staevner/resultater/resultater-teknik/

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Referees

We would also like to invite International Referees (IR). Please apply through your Federation no later than the date mentioned in the invitation:

Deadline for application for international referees from other countries: 10-1-2026

Send an email to IR Jesper Pedersen: ref.poomsae@taekwondo.dk.

The Organizer provides shared double room accommodation in a nearby hotel from Friday to Saturday. By agreement with Jesper Pedersen, it is also possible to stay until Sunday. The Organizer also provides food on the day of the tournament. The Organizer does not cover travel expenses. The competition areas will have electronic scoring devices. Judges Meeting will be held at the Sport Complex Saturday morning at 08:00.

All travel expenses, local transport between the venue and hotels, airports etc., shall be borne by each participating national federation.

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Bilag 1: Teknikregler

Appendix 1: Poomsae Rules

Preliminary round: 20 competitors or more, 2 poomsae, 50% qualify for the semi-finals.

Semi-finals: 9-19 competitors, 2 poomsae, 8 best qualify for the finals

Finals: 8 or fewer competitors, 2 poomsae in each round

Class A Tournament Type: Cut-Off + single elimination.

Class-B-C-D Cut-Off

Class-A: WT Rules

Poom/Dan grades.

Class-A

Individual:

Indivuel A-Class (Black belts)			
Group	Poom / Dan	Age	Poomsae
I-11-F-A:	1. Poom +	Female -11 years	4-5-6-7-8-9-10
I-14-F-A:	1. Poom +	Female 12 -14 years	4-5-6-7-8-9-10-11
I-17-F-A:	1. Dan +	Female 15 -17 years	5-6-7-8-9-10-11-12
I-30-F-A:	1. Dan +	Female 18 -30 years	7-8-9-10-11-12-13-14
I-40-F-A:	1. Dan +	Female 31 - 40 years	7-8-9-10-11-12-13-14
I-50-F-A:	1. Dan +	Female 41 - 50 years	8-9-10-11-12-13-14-15
I-60-F-A:	1. Dan +	Female 51 - 60 years	9-10-11-12-13-14-15-16
I-65-F-A:	1. Dan +	Female 61 - 65 years	9-10-11-12-13-14-15-16
I-66+F-A:	1. Dan +	Female 66+ years	9-10-11-12-13-14-15-16
I-11-M-A:	1. Poom+	Male -11 years	4-5-6-7-8-9-10
I-14-M-A:	1. Poom+	Male 12 -14 years	4-5-6-7-8-9-10-11
I-17-M-A:	1. Dan +	Male 15 - 17 years	5-6-7-8-9-10-11-12
I-30-M-A:	1. Dan +	Male 18 - 30 years	7-8-9-10-11-12-13-14
I-40-M-A:	1. Dan +	Male 31 - 40 years	7-8-9-10-11-12-13-14
I-50-M-A:	1. Dan +	Male 41 - 50 years	8-9-10-11-12-13-14-15
I-60-M-A:	1. Dan +	Male 51 - 60 years	9-10-11-12-13-14-15-16
I-65-M-A:	1. Dan +	Male 61 - 65 years	9-10-11-12-13-14-15-16
I-66+M-A:	1. Dan +	Male 66 years+	9-10-11-12-13-14-15-16

Pair A-Class (Black belts)			
Group		Age	Poomsae
M-14-A:	1. Poom +	12 - 14 years	4-5-6-7-8-9-10-11
M-17-A:	1. Dan +	15 – 17 years	5-6-7-8-9-10-11-12
M-30-A:	1. Dan +	18 – 30 years	7-8-9-10-11-12-13-14
M-50-A:	1. Dan +	31 - 50 years	8-9-10-11-12-13-14-15
M-60-A:	1. Dan +	51 – 60 years	9-10-11-12-13-14-15-16
M-61+A:	1. Dan +	61 + years	9-10-11-12-13-14-15-16

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Teams A-Class (Black belts)			
Group		Age	Poomsae
T-14-F-A:	1. Poom +	Female 12 -14 years	4-5-6-7-8-9-10-11
T-17-F-A:	1. Dan +	Female 15-17 years	5-6-7-8-9-10-11-12
T-30-F-A:	1. Dan +	Female 18- 30 years	7-8-9-10-11-12-13-14
T-50-F-A:	1. Dan +	Female 31-50 years	8-9-10-11-12-13-14-15
T-60-F-A:	1. Dan +	Female 51-60 years	9-10-11-12-13-14-15-16
T-60+F-A:	1. Dan +	Female 61 years+	9-10-11-12-13-14-15-16
T-14-M-A:	1. Poom +	Male 12 -14 years	4-5-6-7-8-9-10-11
T-17-M-A:	1. Dan +	Male 15-17 years	5-6-7-8-9-10-11-12
T-30-M-A:	1. Dan +	Male 18-30 years	7-8-9-10-11-12-13-14
T-50-M-A:	1. Dan +	Male 31-50 years	8-9-10-11-12-13-14-15
T-60-M-A:	1. Dan +	Male 51-60 years	9-10-11-12-13-14-15-16
T-60+M-A:	1. Dan +	Male 61 years+	9-10-11-12-13-14-15-16

Freestyle:

Group	Poom/Dan	Age
Free-I-17-F	1. Poom +	Female 12-17 years
Free-I-17-M	1. Poom +	Male 12-17 years
Free-I-18+F	1. Dan +	Female 18 years+
Free-I-18+M	1. Dan +	Male 18 years+
Free-P-17	1. Poom +	12 -17 years
Free-P-18+	1. Dan +	18 years+
Free-T	1. Poom +	12 years+

Class-B-C-D: Danish Adapted WT rules

Kup/gup grades: 9. kup/gup - 1. Kup/gup.

Individual:

Group	Kup/Gup	Age	Poomsae
I-11-F-B	1 - 4	Female -11 years	1-2-3-4-5-6-7-8
I-14-F-B	1 - 4	Female 12-14 years	1-2-3-4-5-6-7-8
I-17-F-B	1 – 4	Female 15-17 years	1-2-3-4-5-6-7-8
I-30-F-B	1 – 4	Female 18-30 years	1-2-3-4-5-6-7-8
I-31+F-B	1 – 4	Female 31+ years	1-2-3-4-5-6-7-8
I-11-M-B	1 – 4	Male -11 years	1-2-3-4-5-6-7-8

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I-14-M-B	1 – 4	Male 12-14 years	1-2-3-4-5-6-7-8
I-17-M-B	1 – 4	Male 15-17 years	1-2-3-4-5-6-7-8
I-30-M-B	1 – 4	Male 18-30 years	1-2-3-4-5-6-7-8
I-31+M-B	1 – 4	Male 31+ years	1-2-3-4-5-6-7-8
I-11-F-C	5 – 7	Female -11 years	1-2-3-4-5
I-14-F-C	5 – 7	Female 12-14 years	1-2-3-4-5
I-17-F-C	5 – 7	Female 15-17 years	1-2-3-4-5
I-30-F-C	5 – 7	Female 18-30 years	1-2-3-4-5
I-31+F-C	5 – 7	Female 31+ years	1-2-3-4-5
I-11-M-C	5 – 7	Male -11 years	1-2-3-4-5
I-14-M-C	5 – 7	Male 12-14 years	1-2-3-4-5
I-17-M-C	5 – 7	Male 15-17 years	1-2-3-4-5
I-30-M-C	5 – 7	Male 18-30 years	1-2-3-4-5
I-31+M-C	5 – 7	Male 31+ years	1-2-3-4-5
I-11-F-D	8 - 9	Female -11 years	1-2
I-14-F-D	8 - 9	Female 12-14 years	1-2
I-17-F-D	8 - 9	Female 15-17 years	1-2
I-30-F-D	8 - 9	Female 18-30 years	1-2
I-31+F-D	8 - 9	Female 31+ years	1-2
I-11-M-D	8 - 9	Male -11 years	1-2
I-14-M-D	8 - 9	Male 12-14 years	1-2
I-17-M-D	8 - 9	Male 15-17 years	1-2
I-30-M-D	8 - 9	Male 18-30 years	1-2
I-31+M-D	8 - 9	Male 31+ years	1-2

Mixpair:

Group	Kup/Gup	Age	Poomsae
M-14-B	1 - 4	- 14 years	2-3-4-5-6-7-8
M+15-B	1 - 4	15+ years	2-3-4-5-6-7-8
M-14-C	5 - 7	- 14 years	2-3-4-5
M+15-C	5 - 7	15+ years	2-3-4-5
M-14-D	8 - 9	- 14 years	1-2

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M+15-D	8 - 9	15+ years	1-2
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Team:

Group	Kup/Gup	Age	Poomsae
T-14-B	1 - 4	- 14 years	2-3-4-5-6-7-8
T+15-B	1 - 4	15+ years	2-3-4-5-6-7-8
T-14-C	5 - 7	- 14 years	2-3-4-5
T+15-C	5 - 7	15+ years	2-3-4-5
T-14-D	8 - 9	- 14 years	1-2
T+15-D	8 - 9	15+ years	1-2

Freestyle:

Group	Kup/Gup	Age
Free-B-I-17-F	1 - 9	Female 12-17 years
Free-B-I-17-M	1 - 9	Male -17 years
Free-B-I-18+F	1 - 9	Female 18 years+
Free-B-I-18+M	1 - 9	Male 18 years+
Free-B-P-17	1 - 9	12-17 years
Free-B-P-18+	1 - 9	18 years+
Free-B-T	1 - 9	12 years+

Taegeuk / Poomsae

1 = Il jang	5 = Oh jang	9 = Koryo	13 = Sipjin
2 = Yi jang	6 = Yook jang	10 = Keumgang	14 = Jitae
3 = Sam jang	7 = Chil jang	11 = Taebaek	15 = Cheonkwon
4 = Sah jang	8 = Pal jang	12 = Pyongwon	16 = Hansoo

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Bilag 2: Holdleder vejledning ved DTaF stævner

Appendix 2: Head of Team information for DTaF events

Vigtigt / Important:

Tilmelding til stævner sker efter DTaFs regler og vil fremgå af denne indbydelse til stævnet. Det er kun klubansvarlige som må henvende sig til Stævneleder.

Registration for events is carried out according to DTaF rules, as described in this tournament invitation.

Only the Head of Team is allowed contact the Tournament Manager directly.

Ændring af de udsendte klubsedler / Changes to published team information:

Det er holdlederens opgave at kontrollere alle klubbens oplysninger og at kontrollere at klubbens deltagere er korrekt placeret. Eventuelle ændringer sendes til Stævneleder indenfor de fastsatte tidsfrister.

Der vil ikke kunne ske ændringer af det udsendte materiale efter stævnestart.

The Head of Team is responsible for checking all the team's information and checking that the participants are registered correctly. Any corrections/changes should be sent to Tournament Manager within the given time limits. Once the event has begun, it is not possible to make changes to the published information.

Stævnedag / Day of the event:

På stævnedagen kan det være en anden holdleder, end den der er registreret som holdleder i tilmeldingen.

Ved holdledermøde er det kun én holdleder fra hver klub der må møde op.

På stævnedagen er det kun holdlederen der kan forespørge ved stævneleder.

Afbud på stævnedagen skal komme fra den holdlederen.

Såfremt anvisninger fra den ansvarlige fra DTaF ikke følges, diskvalificeres/bortvises, deltager/holdleder med mulighed for karantæne og der sker indberetning til Stævneleder.

The Head of Team can be a different person on the day of the tournament, than the one who was responsible for registration.

Only one Head of Team is allowed to attend the Head of Team meeting.

Only Heads of Team can have contact with the Tournament Manager on the day of the event.

Any withdrawals on the day of the event must come from the Head of Team.

If instructions from a DTaF representative are not followed, the competitor/Head of Team will be disqualified/expelled with a possible quarantine, and the incident will be reported to Tournament Manager.

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Bilag 3: Gebyr og deltagerpolitik ved DTaF stævner

Appendix 3: Fee and competitor policies for DTaF events

Licenskontrol/Controll of licens:

I henhold til det danske Taekwondo forbunds regler og regler må kun medlemmer af et nationalt forbund med tilknytning til WTE/WT konkurrere.

Ved registrering på stedet skal deltagerne bevise deres nationale forbundsmedlemskab ved hjælp af en gyldig licens

According to the rules & regulations of the Danish Taekwondo federation only members of a national federation's with affiliation with the WTE/WT are allowed to compete..

Upon onsite registration, the contestants must prove their national federation memberships by means of a valid license

Manglende deltagergebyr ved stævner / Unpaid fee at tournaments:

Venteliste administration / Waiting list administration:

Tilbagebetaling af deltagergebyr / Refund of entry fee:

Ved afbud inden tilmeldingsfristens udløb, refunderes hele deltagergebyret.

Ved senere afbud refunderes deltagergebyr ikke.

Withdrawals before or on the registration deadline: full refund of entry fee.

Withdrawals after the registration deadline: no refund.

Ansvar / Liability:

Alle stævnedeltagere deltager på deres eget ansvar. Arrangøren/DTaF kan, under ingen omstændigheder holdes ansvarlig for skader eller tab på individer eller udstyr

All participants take part in the tournament at their own risk. The organizer can, under no circumstances, be held responsible for any damage, injuries or loss to individuals or equipment.

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Bilag 4:

Skema for protest ved DTaF stævner / Official protest form for DTaF events

Gebyr ved protest / Handling fee for protests:

Ved indgivelse af protest, betales et gebyr på 200 kr.

Gebyret tilbagebetales såfremt protesten godkendes. Ved afvisning af protest tilbage betales gebyret ikke. Protest skal afleveres på dette officielle skema til protester. Der kan ikke protesteres ved videoreplay-afgørelser.

Protesten behandles af protestudvalget i overensstemmelse med de officielle WT regler. Afgørelsen er endelig og kan ikke ankes. Protester kan kun afleveres på stævnedagen af den registrerede holdleder.

A handling fee of 200 DKK (as of 1/7-2016) must be paid to initiate a protest.

The fee will be refunded if the protest is approved. If the protest is rejected, the fee is not refunded. The protest must be delivered in writing using this official protest form. It is not possible to protest a video replay decision.

Protests will be judged by the official board of arbitration according to the official WT rules. The decision made by the board of arbitration will be final and no further means of appeal can be applied. Protests can only be lodged on the day of the event by the registered head of team.

Dato / Date	
Stævnenavn / Event Name	

Klub / Club	
Holdleder / Head of Team	
Klasse eller gruppe/Class or group	
Kamp nummer / Fight number	
Deltager ID eller startnummer/ Competitor ID or Start number	
Deltagernavn / Competitor's name	
Banenummer / Mat number	

Beskrivelse / Description

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Afgørelse / Conclusion

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Protest accepteret / accepted	Ja / Yes:	Nej / No:
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Dato, navn og underskrift formand protestudvalg / Date, name and signature of the Chairman of the Board of Arbitration: