



FENIKS OPEN 2026

INTERNATIONAL TAEKWONDO TOURNAMENT

Kyorugi · Poomsae · Fast Kick

Conducted under World Taekwondo (WT) Rules and Regulations

DATE

29 November 2026 (Sunday)

VENUE

Elementary School "Duško Radović", Niš,
Serbia

WEIGH-IN

28 November 2026 (Saturday)

Dear President, Coaches, Athletes and Friends of Taekwondo,

On behalf of the Organizing Committee, it is our great pleasure and honour to invite your club/association to take part in "Feniks Open 2026" International Taekwondo Tournament. The competition will be held in Kyorugi, Poomsae and Fast Kick disciplines and will be conducted in accordance with the current World Taekwondo (WT) Competition Rules and Regulations, ensuring a fair, safe and high-level sporting event for all participants.

We look forward to welcoming athletes, coaches and officials from many clubs to Niš for a memorable weekend of sport, fair play and friendship.

1. General Information

Tournament	Feniks Open 2026
Competition date	29 November 2026 (Sunday)
Venue	Elementary School "Duško Radović", Niš, Serbia
Google location	Open in Google Maps ↗
Weigh-in date	28 November 2026 (Saturday)
Weigh-in venue	Elementary School "Duško Radović", Niš
Disciplines	Kyorugi, Poomsae, Kyorugi + Poomsae, Fast Kick
Rules	World Taekwondo (WT) Competition Rules & Regulations
Online registration	tkd-reg.com

Note: The exact weigh-in schedule (times per weight category), draw, and the final competition timetable will be published on tkd-reg.com after the registration deadline, together with the number of registered competitors per category.

2. Entry Fees

Discipline	Entry Fee
Kyorugi	40 €
Poomsae (1/2 events)	40/50 €
Kyorugi + Poomsae (combined entry with 1/2 poomsae events)	80/90 €
Fast Kick	25 €



Entry fees are payable per athlete, per discipline, according to the table above. Payment instructions will be confirmed upon registration.

3. Registration

- All entries must be submitted exclusively through the official online registration platform: tkd-reg.com
- Registration must include: full name, date of birth, gender, club/national federation, weight category (Kyorugi), belt/rank and Poomsae category (Poomsae), and a valid WT/national federation license number where applicable.
- Weight category changes are only permitted within the official registration period; any change requested after the registration deadline will be handled according to the tournament regulations at the official weigh-in.
- Each club must appoint one (1) head of delegation responsible for communication with the Organizing Committee.
- Coaches and athletes must hold valid sports medical clearance and appropriate insurance for the duration of the event.

4. Kyorugi — Competition Rules & Weight Categories

Kyorugi matches will be conducted in accordance with the World Taekwondo Competition Rules & Interpretation Guidelines currently in force (electronic body/head protector scoring system, three (3) rounds, best of three round system where applicable). Age divisions and corresponding weight categories are as follows:

4.1 Cadet Division (12–14 years old) — 10 Weight Categories

Category	MEN	WOMEN
Fin	≤ 33 kg	≤ 29 kg
Fly	> 33 – 37 kg	> 29 – 33 kg
Bantam	> 37 – 41 kg	> 33 – 37 kg
Feather	> 41 – 45 kg	> 37 – 41 kg
Light	> 45 – 49 kg	> 41 – 44 kg
Welter	> 49 – 53 kg	> 44 – 47 kg
Lt. Middle	> 53 – 57 kg	> 47 – 51 kg
Middle	> 57 – 61 kg	> 51 – 55 kg
Lt. Heavy	> 61 – 65 kg	> 55 – 59 kg
Heavy	> 65 kg	> 59 kg



4.2 Junior Division (15–17 years old) — 10 Weight Categories

Category	MEN	WOMEN
Fin	≤ 45 kg	≤ 42 kg
Fly	> 45 – 48 kg	> 42 – 44 kg
Bantam	> 48 – 51 kg	> 44 – 46 kg
Feather	> 51 – 55 kg	> 46 – 49 kg
Light	> 55 – 59 kg	> 49 – 52 kg
Welter	> 59 – 63 kg	> 52 – 55 kg
Lt. Middle	> 63 – 68 kg	> 55 – 59 kg
Middle	> 68 – 73 kg	> 59 – 63 kg
Lt. Heavy	> 73 – 78 kg	> 63 – 68 kg
Heavy	> 78 kg	> 68 kg

4.3 Senior Division (17 years old and over) — 8 Weight Categories (World Class)

Category	MEN	WOMEN
Fin	≤ 54 kg	≤ 46 kg
Fly	> 54 – 58 kg	> 46 – 49 kg
Bantam	> 58 – 63 kg	> 49 – 53 kg
Feather	> 63 – 68 kg	> 53 – 57 kg
Light	> 68 – 74 kg	> 57 – 62 kg
Welter	> 74 – 80 kg	> 62 – 67 kg
Middle	> 80 – 87 kg	> 67 – 73 kg
Heavy	> 87 kg	> 73 kg

Age divisions are determined by the athlete's age in the calendar year 2026. The Organizing Committee reserves the right to merge weight categories with an insufficient number of entries, in agreement with the coaches concerned, following WT guidelines on minimum category numbers.

5. Poomsae — Competition Rules & Categories

Poomsae competition will be conducted in accordance with the World Taekwondo Poomsae Competition Rules & Interpretation Guidelines, covering Recognized Poomsae (Taegeuk / Black Belt Poomsae, as applicable to grade) and Freestyle Poomsae where scheduled. Judging will follow the official WT criteria (Accuracy and Presentation).

Cut-off system will be used for both (A and B) class. Competitors in B class will choose poomsae for performing. For A class draw of poomsae will be done just before performing.



5.1 Age Divisions

COMPETITION CATEGORIES A CLASS - INDIVIDUAL

Age Category	Age Range	POOMSAE
Younger pioneers	7 years old and under	Taegeuk 2.-8., Koryo
Older pioneers	8 – 11 years old	
Cadet	12 – 14 years old	Taegeuk 4.-8., Koryo, Keumgang, Taebak
Junior	15 – 17 years old	Taegeuk 4.-8., Koryo, Keumgang, Taebak, Pyongwon
Senior 1	18 – 30 years old	Taegeuk 7.-8., Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae
Senior 2	31 – 40 years old	
Master 1	41 – 50 years old	Taegeuk 8., Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon
Master 2	51 – 60 years old	Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
Master 3	61 – 65 years old	
Master 4	66 years old and over	

COMPETITION CATEGORIES A CLASS PAIRS/TEAMS

Age Category	Age Range	POOMSAE
Younger pioneers	7 years old and under	Taegeuk 2.-8., Koryo
Older pioneers	8 – 11 years old	
Cadet	12 – 14 years old	Taegeuk 4.-8., Koryo, Keumgang, Taebak
Junior	15 – 17 years old	Taegeuk 4.-8., Koryo, Keumgang, Taebak, Pyongwon
Senior	18 – 30 years old	Taegeuk 7.-8., Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae
Master 1	31 – 50 years old	Taegeuk 8., Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon
Master 2	51 – 60 years old	Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
Master 3	61 years old and over	

**COMPETITION CATEGORIES B CLASS - INDIVIDUAL**

Age Category	Age Range	POOMSAE
Younger pioneers	7 years old and under	Taegeuk 2.-8., Koryo
Older pioneers	8 – 11 years old	
Cadet	12 – 14 years old	Taegeuk 4.-8., Koryo, Keumgang, Taebak
Junior	15 – 17 years old	Taegeuk 4.-8., Koryo, Keumgang, Taebak, Pyongwon
Senior 1	18 – 30 years old	Taegeuk 7.-8., Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae
Senior 2	31 – 40 years old	
Master 1	41 – 50 years old	Taegeuk 8., Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon
Master 2	51 – 60 years old	Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
Master 3	61 – 65 years old	
Master 4	66 years old and over	

5.2 Rank / Grade Divisions B class

Grade Category individual	Belt / Rank
Beginner	10th – 7th Gup (White – Yellow belt – Yellow/Green stripe)
Intermediate lower	6th – 5th Gup (Green belt – Green/Blue stripe)
Intermediate higher	4th – 3rd Gup (Blue belt – Blue/Red stripe)
Advanced	2nd – 1st Gup (Red belt – Red/Black stripe)

Grade Category pairs/teams	Belt / Rank
Beginner	10th – 5th Gup (White – Green/Blue stripe)
Advanced	4th – 1st Gup (Blue belt – Red/Black stripe)

5.3 Event Types

Event	Composition
Individual	One (1) male or one (1) female competitor
Pair	One (1) male and one (1) female competitor
Team	Three (3) competitors of the same gender

Competitors may enter a maximum of two (2) Poomsae events (e.g., Individual and Pair, or Individual and Team), unless stated otherwise in the final technical regulations published on tkd-reg.com.

Freestyle Poomsae is a performance, based on the Taekwondo techniques composition of music and choreography. Composition of freestyle Poomsae

- Yeon-mu line will be selected by the contestant.
- Music and choreography will be selected by the contestant.



- The performance must be within the limits of the Taekwondo technique. The definition of Taekwondo technique will be determined by the Refereeing Committee when the contestant submits a freestyle Poomsae. The plan is sent to the email: referee_poomsae@tas.org.rs by the end of the application deadline.
- Poomsae must contain the required elements (5). If one of the required elements is missing it will not be scored.

CATEGORIES IN FREE STYLE POOMSAE

Category	12 – 17 years old	18+ years old
Individual male	1	1
Individual female	1	1
Pair	2	2
Team (mix)	5 (1 replacement)	5 (1 replacement)

6. Fast Kick — Discipline Rules & Categories

Fast Kick is a supplementary, non-contact speed and technique discipline testing the number of correctly executed kicks (e.g., dolgo/dollyo chagi) landed on an electronic target/kick counter within a fixed time limit. It is organized in addition to the official WT disciplines to encourage broad participation, including the youngest competitors.

6.1 Format

- Each competitor performs individually, kicking a designated target (kick counter / sensor pad) with maximum speed and correct technique.
- Time limit: 30 seconds per attempt (two attempts may be allowed; the better result counts, subject to on-site technical regulations).
- Only clean, correctly executed and clearly registered kicks are counted; technical judges/referees supervise correct technique and target contact.
- Ranking is determined by the highest number of valid kicks recorded within the time limit; in case of a tie, a decisive additional attempt is held.

6.2 Age Categories

Category	Age Range
Kids	6 – 8 years old
Pioneer	9 – 11 years old
Cadet	12 – 14 years old
Junior	15 – 17 years old
Senior	18 years old and over

Categories are further divided by gender (male/female). The Organizing Committee may merge categories with an insufficient number of entries.

7. General Competition Rules

- The tournament is conducted under the current World Taekwondo (WT) Statutes, Competition Rules & Interpretation Guidelines (Kyorugi and Poomsae), which take precedence in all matters not covered by this invitation.



- All athletes must wear WT-approved dobok, protective equipment (hogu, head guard, forearm/shin/groin guards, mouth guard) appropriate to the discipline and age division.
- Only WT-recognized electronic body/head protector and scoring systems will be used for Kyorugi matches, where applicable to the age division.
- Weigh-in is mandatory for all Kyorugi competitors on 28 November 2026 at the venue; competitors must present valid identification and, where required, a national federation/WT license.
- The Organizing Committee, together with the appointed WT-certified referees and technical officials, will resolve any situation not explicitly covered by the rules, in the spirit of fair play.
- Protests must be submitted in writing by the head of delegation within the timeframe and procedure set out in the WT Competition Rules.

8. Organizer & Contact

Organizer	Taekwondo Club Feniks Bulevar
Contact person	Nikola Bursać — +381 62 622 086
Contact person	Stevan Đorđević — +381 60 456 6736
Online registration	tkd-reg.com
Registration deadline	To be confirmed — see tkd-reg.com
Venue address	Elementary School “Duško Radović”, Niš, Serbia
Google location	8W9J+RG Niš

We are confident that “Feniks Open 2026” will be a well-organized and competitive event, and we warmly welcome your delegation to Niš. Please do not hesitate to contact the Organizing Committee for any additional information.



With sporting regards,

Organizing Committee — Taekwondo Club Feniks Bulevar