



**INTERNATIONAL TAEKWON-DO FEDERATION**

# **1st JAPANESE CUP**

**22 SAT, 23 SUN NOV. 2025**

**MEMORIAL CENTER GIFU**

**2675-28 OONO FUKUMITSU GIFU CITY GIFU PREF. JAPAN**

contact : [genji0421@hotmail.co.jp](mailto:genji0421@hotmail.co.jp)



# INTRODUCTION AND TOURIST INFORMATION

Gifu, the host city, is located in the center of Japan.

It was the center of Japan's first unified nation when it was divided into several countries, and the castle symbolizing this remains to this day atop Mount Kinka.

North of Gifu are the world-famous Shirakawa-go and Gujo Hachiman. The rich natural scenery and Japanese-style buildings delight many tourists. Kyoto, Japan's most historic city, is also located about 40 minutes away by Superexpress. Osaka is one hour away, and Tokyo two hours. Nagoya, the third largest city, is nearby.





# GENERAL INFORMATION

<b>ORGANIZER</b>	International Taekwondo Federation JAPAN
<b>DATE</b>	22th-23th November 2025 (Saturday and Sunday)
<b>VENUE</b>	Gifu Memorial Center <a href="https://gifu-sports.org/gmc/">https://gifu-sports.org/gmc/</a>
<b>ADDRESS OF VENUE</b>	2675-28 Nagara fukumitsu ono Gifu-city
<b>PARTICIPANTION</b>	Only our ITF group
<b>REGISTRATION VENUE</b>	Gifu Taekwondo club honbu Dojo
<b>CONTACT</b>	genji0421@hotmail.co.jp



# IMPORTANT DATE

31 October 2025	Online registration close at 23:59 Japan. Payment deadline
21 November 2025	Registration and Weight in (10:00-20:00)
22 November 2025	Competition day 1 for black belt
23 November 2025	Competition day 2 for color belt and team competition

# REGISTRATION GUIDELINE

STEP1	Please contact us to get Online registration form and consent form.
STEP2	Please register your competitors and coaches through Online registration form.
STEP3	In 22th November, please come to venue for registration and to get ID card. The venue is same as weight in.



# REGISTRATION and WEIGHT IN

Date and Time	21 November 2025 10:00-20:00
Venue	Gifu Taekwondo Club Honbu Dojo <a href="https://gifu.itf-japan.net/">https://gifu.itf-japan.net/</a>
Address of venue	3-5-63 Nishinosyo Gifu-city
Nearest station	JR NISHIGIFU Station (5minutes by walk)

**Note) Please be sure to bring your passport.**

- You will be able to get ID card for competitors and coaches there.
- After registration, you will be able to do weight in.
- If you can not pass weight in, please lose weight by the morning of the competition.
- Weigh-in will also be available on the morning of the competition.
- Measurements will be taken with dobok pants on the bottom and a T-shirt on top.
- Taking into consideration the weight of the uniform, up to 12 years old competitors are allowed to exceed 300g, and 13 years old and above competitors are allowed to exceed 500g.
- if you want, you will be able to practice in the venue.





# ENTRY FEE

Entry fee	Local (Japanese)	Foreign (non-Japanese)
Individual (Color and black belt)	6000JPY	60US\$
Individual (White belt)	3000JPY	30US\$
Team	1000JPY/1person	10US\$/1person
Coach	0JPY	30US\$

Note1) If you need to change or add about competitors after deadline, you need extra charge.(30US\$)

Note2) There is no cost for substitutes in team competitions.

Number of competitors	Number of free coaches tag
1 to 5 competitors	2 coaches free
6 to 10 competitors	3 coaches free
11 to 20 competitors	4 coaches free
21 to 40 competitors	8 coaches free
41 and above competitors	10 coaches free



# PAYMENT INFORMATION

Bank name and Branch	Sumitomo Mitsui Banking Corporation Gifu branch
Account No	0818665
Swift Code	SMBCJPJT
Address	7-9 Kandamachi Gifu-City Gifu JAPAN
Payee	ITF-JAPAN

Note1) For bank transfers, please bear the transfer fee at the sender's expense.

Note2) If you can not accept bank transfer, we may be able to accept by paypal.

Note3) For PayPal payments, please add the applicable service fee to the payment amount.



# ABOUT UMPIRE

If you can join as umpire, please tell us. We will welcome it.  
Who will be able to join as umpire is only black belt.

## 【About judge system】

Judge system is ITF official system for black belt, and old flag system for white and color belt and team competition.  
However, depending on the number of participants, the number of flag system may increase.

## 【About number of judges】

About black belt, number of judges is 5 persons for pattern, and 4 persons for sparring.  
About white and color belt, number of judges is 3 persons for pattern, and 3 persons for sparring.  
However, depending on the number of participants and judges, the number of judges may decrease for black belt.

# Age division

**Your age as of the end of March 2026 will be your age division at the time of competition.**

Note1) For example, if you were born on January 3, 2010, you will be 15 years old on the day of the match, but will be 16 years old by the end of March 2026, so your category will be 16 years old.

Note2) This is due to the Japanese school year system. Thank you for your understanding.





# CATEGORY DAY1 for Black belt

(If want to join, red belt can join this category.)

Category	Age division	Grade	Rule
Individual Pattern	Up to 15 years old	2cup-3degree	Two competitors perform at the same time until the quarterfinals. Starting from the semi-finals, they will compete one by one.  Up until semi-finals, one designated pattern will be performed, and in finals only, two designated pattern will be performed.
	16 years old and above	2cup-1degree	
		2degree	
		3degree	
		4-6degree	

Indeividual sparring	Male Up to 15 years old (2cup-3degree)	Female Up to 15 years old (2cup-3degree)	Male 16 Years old and above (2cup-6degree)	Female 16 years old and above (2cup-6degree)
Micro	Up to 35kg	Up to 35kg	Up to 57kg	Up to 50kg
Light	35-40kg	35-40kg	57-63kg	50-55kg
Middle	40-45kg	40-44kg	63-69kg	55-60kg
Light heavy	45-50kg	44-48kg	69-75kg	60-65kg
Heavy	50-55kg	48-52kg	75-81kg	65-70kg
Super heavy			81-87kg	70-75kg
Hyper	Over 55kg	Over 52kg	Over 87kg	Over 75kg
Rule	2min × 2R			

Note) Male and Female are separated.



# CATEGORY DAY2 for White and Color belt

Category	Age division	Grade	Rule
Individual Pattern	Up to 12 years old	White belt (Only 10cup)	<p><b>【White belt】</b> Two competitors perform at the same time.</p> <p>Up to 12 years old / only Saju-jirugi The other age division / Only Saju-jirugi until semi-finals, Saju-jirugi and Saju-makgi in finals</p> <p><b>【yellow-Red belt】</b> Two competitors perform at the same time.</p> <p>Up until semi-finals, one designated pattern will be performed, and in finals only, two designated pattern will be performed.</p>
		Yellow belt (9-7cup)	
		Green belt (6-5cup)	
		Blue belt (4-3cup)	
		Red belt (2-1cup)	
	13-15 years old	White belt (Only 10cup)	
		Color belt (9-1cup)	
	16-35 years old	White belt (Only 10cup)	
		Yellow belt (9-7cup)	
		Green belt (6-5cup)	
		Blue belt (4-3cup)	
		Red belt (2-1cup)	
	36 years old and above	White belt (Only 10cup)	
		Color belt (9-1cup)	

Note1) Male and Female are separated.

Note2) Anyone over 36 years old can join the 16-35years old group if they wish.





# CATEGORY DAY2 for White and Color belt

Individual sparring	Male Up to 12 Years old (8cup-1cup)	Female Up to 12 Years old (8cup-1cup)	Male 13-15 Years old (8cup-1cup)	Female 13-15 Years old (8cup-1cup)	Male 16-35 Years old (8cup-1cup)	Female 16-35 Years old (8cup-1cup)
Micro	Up to 22kg	Up to 22kg	Up to 35kg	Up to 35kg	Up to 57kg	Up to 50kg
Light	22-27kg	22-27kg	35-40kg	35-40kg	57-63kg	50-55kg
Middle	27-32kg	27-32kg	40-45kg	40-44kg	63-69kg	55-60kg
Light heavy			45-50kg	44-48kg	69-75kg	60-65kg
Heavy	32-38kg	32-38kg	Over 50kg	Over 48kg	75-81kg	65-70kg
Super heavy					81-87kg	70-75kg
Hyper	Over 38kg	Over 38kg			Over 87kg	Over 75kg
Rule	1.5min × 1R Final / 1.5min × 2R		2min × 1R Final / 2min × 2R			

Individual sparring	Male 36 years old And above (8cup-1cup)	Female 36 years old And above (8cup-1cup)
Light	Up to 63kg	Up to 55kg
Heavy	Over 63kg	Over 55kg
Rule	1.5min × 1R Final / 1.5min × 2R	

Note1) Anyone over 36 years old can join the 16-35years old group if they wish.



# CATEGORY DAY2 for White and Color belt

Category	Age division	Grade	Rule
<b>Individual Power Breaking</b>	Up to 12 years old	10cup-1cup	Plastic boards are used, and the competition is based on the number of boards broken by kicking (any technique is allowed).
	13-15 years old		
	16-35 years old		
	36 years old and above		

Note1) Male and Female are separated.

Note2) Age deviation of up to 12 years old is subdivided by age.

Category	Age division	Grade	Rule
Individual Special Technique	Up to 12 years old	8cup-1cup	TWIMYO NOPI APCHA BUSIGI
	13-15 years old		TWIMYO DOLLYO CHAGI
	16-35 years old		【Qualifying】 TWIMYO NOPI APCHA BUSIGI
			【Final】 Male/TWIMYO BANDAE DOLLYO CHAGI Female/TWIMYO DOLLYO CHAGI

Note1) Male and Female are separated.

Note2) Age deviation of up to 12 years old is subdivided by age.





# CATEGORY DAY2 for Team competition

Category	Age division	Number of competitors	Grade	Rule
Team pattern	Up to 15 years old	4-5competitors	9cup-3degree	Performing one optional pattern
Team pattern	16 years old and above	4-5competitors	9cup-6degree	
Team male sparring	16 years old and above	3-5competitors	9cup-6degree	The winner of three wins
Team female sparring	16 years old and above	3competitors	9cup-6degree	The winner of two wins

Note1) Mixed gender teams are allowed in team pattern competitions.

Note2) Only one substitute can be registered.








# Regulations about Dobok and Sparring equipment

## Dobok

- All competitors must wear our ITF official Dobok.(Topten, Mightyfist, Fujimae, Granmark, etc)
- No need to attach national flag on chest and national name tag on behind of dobok.
- About black belt, person who is under 18 years old prefer to wear black belt with white stripe. (Not obligatory)

## Sparring equipment

Category	Age division	 Glove and boots	 Headgear (Full face)	 Headgear (Open face)	 Body protector	 Shin guard
Color belt	Up to 12 years old	(Compulsory) ITF official Or similar	(Compulsory) You can choose either type. If you choose Open face type, you must use transparent mouthguard.		(Optional)	(Optional)
	13-15 years old					
	16 years old and above					
Black belt	Up to 15 years old	(Compulsory) ITF official	(Can not use)	(Compulsory) ITF official	(Can not use)	
	16 years old and above					

Note1) All male competitors must wear Groin guard inside dobok.

Note2) Black belt of 16 years old and above must use transparent mouthguard.





# Others

## Tournament

- If there are many participants in a category, it may be subdivided.
- If there are few or no participants in a category, it may be merged.

## Coach

- All coaches must wear one of the following:
  - 1) training pants and T-shirt or training jacket.
  - 2) Dobok.
- A coach is not always required during the competitions, and it's okay if a coach isn't available.

## Award

- In the black belt division, one winner, one runner-up, and two third place winners will be awarded.
- In the white and colored belt divisions, one winner, one runner-up, and one third place winner will be awarded.
- Only winners of the white belt and colored belt Power Breaking and Special Technique divisions will be awarded.
- In team competitions, only the winning team will be awarded.



# Others

## Visa

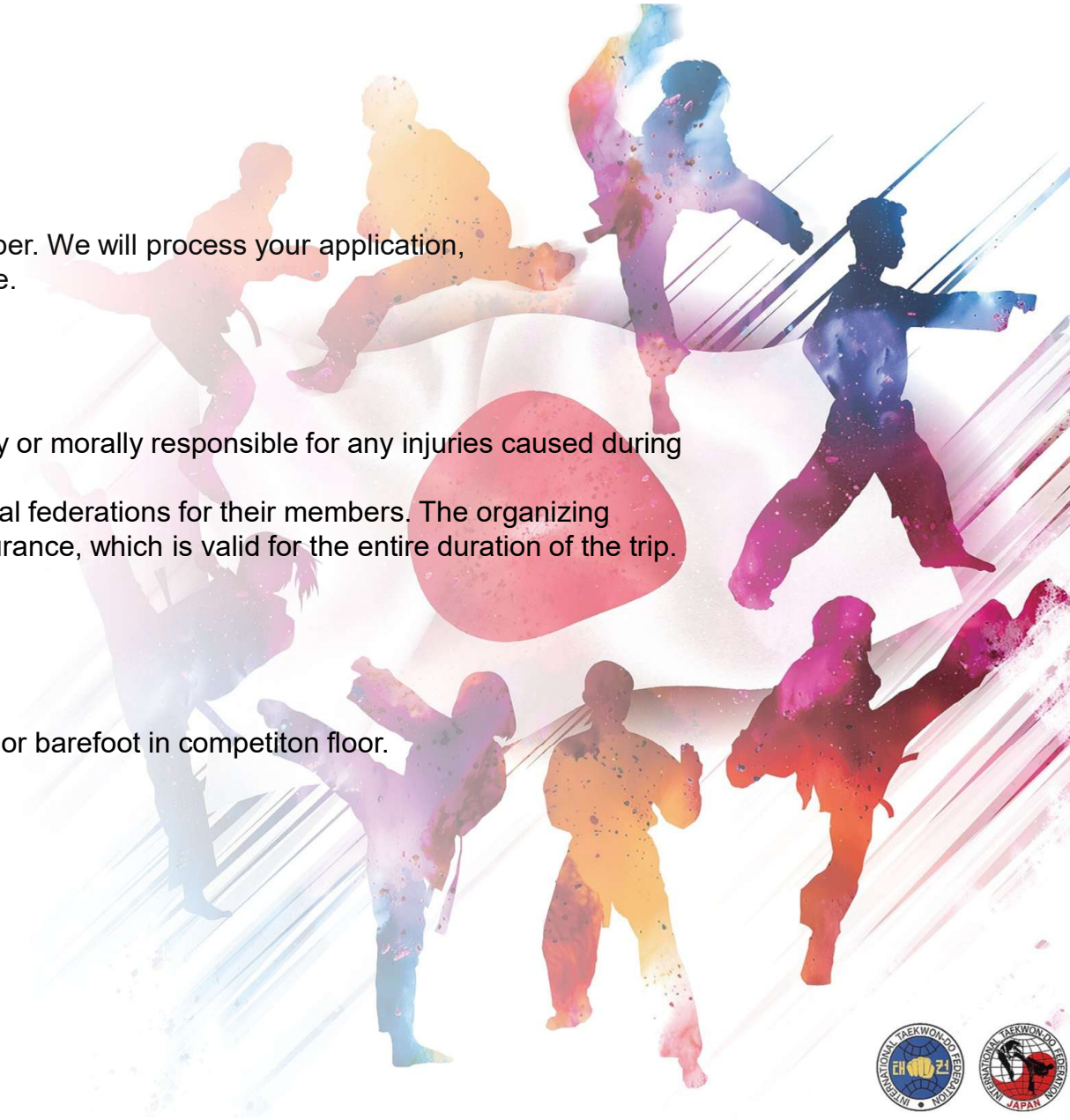
- If you need a visa, please let us know by the end of September. We will process your application, but if you submit it late, we may not be able to make it in time.

## Insurance

- The organizing committee of this event will NOT be financially or morally responsible for any injuries caused during the competition.
- All competitors must have full insurance, provided by national federations for their members. The organizing committee recommends that all participants get accident insurance, which is valid for the entire duration of the trip.

## Venue regulations

- Entry with shoes on is prohibited. Please wear indoor shoes or barefoot in competition floor.
- Eating is not permitted on the competition floor.
- Please take your trash with you.



# Hotels

- We will no prepare official hotels so please make reservation for yourself.
- There are many hotel nearby Gifu station. From Gifu station you can go to venue about 15 minutes by taxi.
- Nagoya station from Gifu station is about 20 minutes by train, and there are much more hotels in Nagoya city.

- We recommend follows hotels.

**<MIYAKO HOTEL>** 5 minutes by walk to venue. (nearby venue)

<https://www.miyakohotels.ne.jp/gifu/>

**<HOTEL RESOL GIFU>** 15 minutes by taxi to venue. (nearby Gifu station)

<https://www.resol-hotel.jp/gifu/>

**<Confort HOTEL>** 15 minutes by taxi to venue. (nearby Gifu station)

<https://www.choice-hotels.jp/hotel/gifu/>

**<dormy hotels and RESORT Gifu>** 15 minutes by taxi to venue. (nearby Gifu station)

<https://dormy-hotels.com/dormyinn/hotels/gifu/>

**<Daiwa Roynet Hotel GIFU>** 15 minutes by taxi to venue. (nearby Gifu station)

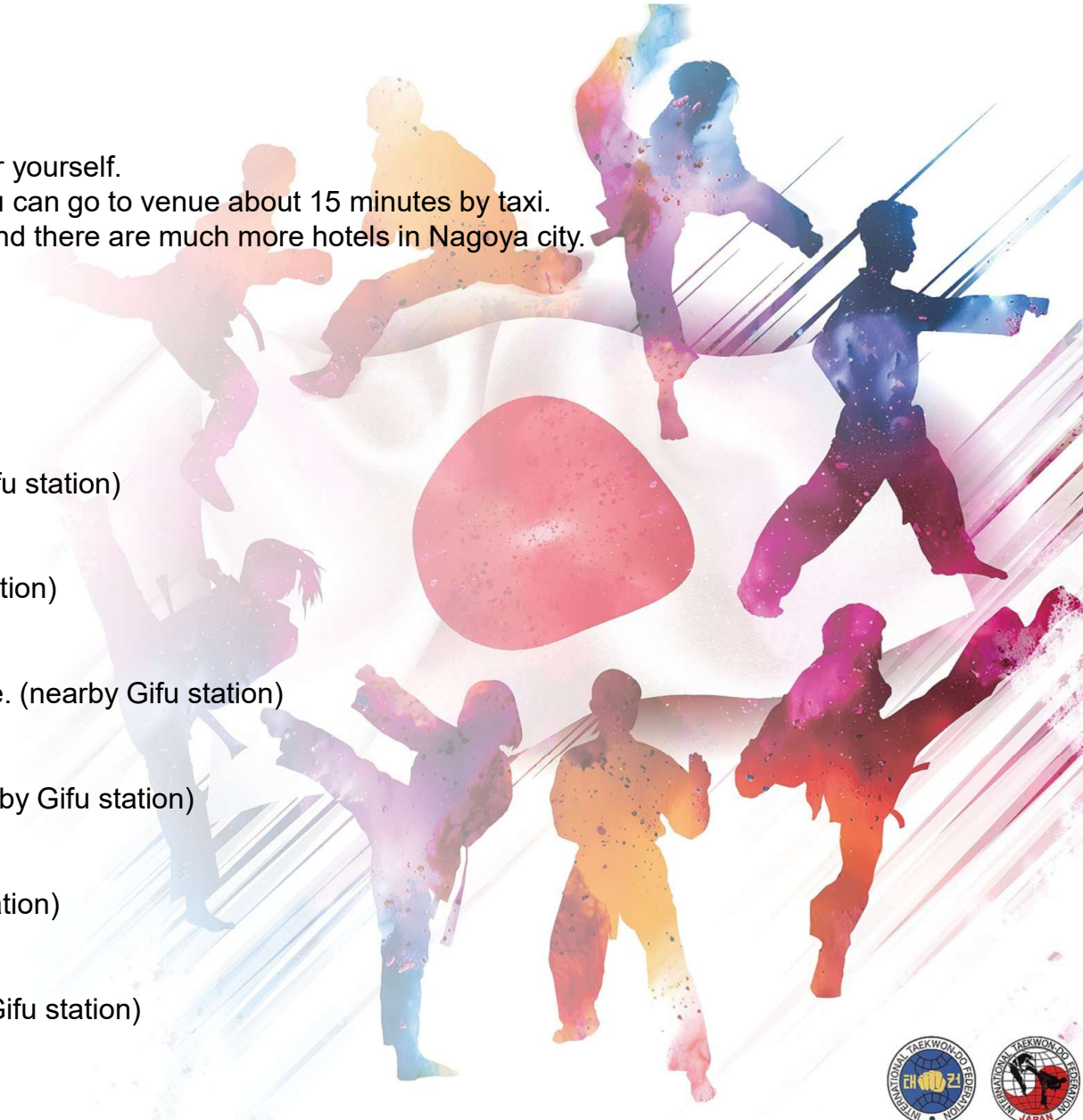
<https://www.daiwaroynet.jp/en/gifu/>

**<AB HOTEL Gifu>** 15 minutes by taxi to venue. (nearby Gifu station)

<https://www.ab-hotel.jp/gifu/>

**<HOTEL ENDEAR Gifu>** 15 minutes by taxi to venue. (nearby Gifu station)

<https://www.hotel-endeard.jp/>





# Transportation

## From airport to hotel

### <From Narita airport (NRT Tokyo)>

- please take Narita Express from airport to Tokyo station.(60minutes) And transfer to superexpress bound for Nagoya.(90minutes)
- From Nagoya station, you can use train of JR Line to Gifu station.(20minutes)

### <From Haneda airport (HND Tokyo)>

- Please take KEIKYU Line from airport to Shinagawa station.(20minutes) And transfer to superexpress bound for Nagoya.(90minutes)
- From Nagoya station, you can use train of JR Line to Gifu station.(20minutes)

### <From Kansai airport (KIX Osaka)>

- Please take Limited express HARUKA from airport to Shin-Osaka station.(50minutes) And transfer to superexpress bound for Nagoya.(50minutes)
- From Nagoya station, you can use train of JR Line to Gifu station.(20minutes)

### <From Centrair airport (NGO Nagoya)>

- Please take Limited express by Meitetsu Line from airport to Gifu station.(60minutes)

## From hotel to venue

### <By bus>

You will be able to get bus at north of JR Gifu station. Then you choice MITAHORA Line, you will be able to get venue 20 minutes.

### <By taxi>

You will get many taxi nearby Gifu station. Then you will be able to get venue 15minutes.





INTERNATIONAL TAEKWON-DO FEDERATION

# Welcom to JAPAN!!

## 1st JAPANCUP

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