



Danish Moo Duk Kwan Tang Soo Do Federation

Invite for the 20th year to Oedsted Cup a friendship competition
**Poomse / Hyungs / Tools / Kata, Weapon Hyungs, Synchron Hyungs,
Tang Soo Do Fight, Bon Kuk Kum Fight
Han bon kireugi / Il Soo Sik Deh Ryun, Showbreak, Speedbreak**



Soenderlund 6, Oedsted, 7100 Vejle +45 42398652 info: www.dmtf.dk

Saturday, April 11. 2026 at 9:00 am to approximately at 5:00 pm (judges meet at 8:30 am)
Location: [Brunmose Hallen, Moelkaerparken 5, Oedsted, 7100 Vejle.](#) (Food can be bought)

There is competition in 10 different disciplines which divided as good as possible in sex, grade, age, weight, height

- Discipline 1 – Individual Tools, Poomse or Hyungs
- Discipline 2 – Synchron Tools, Poomse or Hyungs (3 female or 3 male)
- Discipline 3 – Mix Synchron Tools, Poomse or Hyungs (1 female og 1 male)
- Discipline 4 – Han bon kireugi or Il Soo Sik Deh Ryun (2 participant together)
- Discipline 5 – Tang Soo Do Fight are divided into the age, weight and height.
- Discipline 6 – Showbreak
- Discipline 7 – Speedbreak
- Discipline 8 – Weapon Hyungs Tang Soo Do / Karate
- Discipline 9 – Sword Hyungs Bon Kuk Kum
- Discipline 10 – Sword fight Bon Kuk Kum

Price in DKK:

1 Category = 135,- 2 Categorys = 190,- 3 -Categorys = 245,- 4 Categorys = 300,- 5 Categorys = 355,-
6 Categorys = 410,- 7 Categorys = 465,- 8 Categorys = 520,- 9 Categorys = 575,- 10 Categorys = 600,-
ØDSTED CUP T-shirt = 200,- When registering before April 1, 2026

Accommodation: from Friday. April 11. at 17:00 and costs 70, - DKK incl. breakfast.
Accommodation is in a Dojang so bring your own sleeping mat and sleeping bag.

Payment is made to "Vestjyskbank" Reg. 9551 konto 0002198177. or on the day
By foreign transfers
IBAN Account number : DK7095510002198177
SWIFT.adress/BIC : VEHODK22

Sign in: Before April 2. on erik_kristensen123@hotmail.com
Contact: Kwan Jang Nim Erik Moebjerg Kristensen mobil +45 42398652
referees: We ask all the clubs involved to make they Dan carry available as a judges..

Judges and competitors must wear white dobok.

There are judge meeting at the "Brunmose hallen" Saturday at 8:30

Rules for individual, synchronous, mix synchronous Hyungs.

In each category there are three round as follows

1. There are four judge in the ring, the lowest and highest score is taken away and the two score in-between added together and divided by 2 = score result
2. 1st Round you perform the Poomsae / Hyung / Tool the belt you wear
3. The second round is optional but max 2 Hyungs below the belt that you wear
4. 3rd round is only for those who reach the final. Winner is found by counting together points from all three rounds.



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PS are you Orange Belt or 8th Gup you are allowed to go the same Poomsae / Hyung / Kata / Tool all three times.

Are you the 7th Gup or more, you are not allowed to perform the same Poomsae / Hyung / Kata / Tool more then one time.

You will be judged on the following criteria:

Correct Poomse / Hyung / Tool / Kata sequence (Figure)

Correct technique. Just as you have learned it at home from your master.

Flexibility and relaxation

Speed and rhythm control

Direction of movement

Spirit and attitude

Correct power on the technicians i.e. understanding of the Hyung / Kata, one's technical performance

Precision of the movements

Intensity

Correct Breathing control

Perfect ending. (That you should end up in the same spot you started the form)

Rules for synchronous, mix synchronous

Apart from the fact that you have to go synchronous, it is the same rules as with individual.

Rules Han bon kireugi / Il Soo Sik Deh Ryun

Han bon kireugi / Il Soo Sik Deh Ryun will be judged on efficiency, style and Show. Be aware that the style is free.

Rules Tang Soo Do fight Semi Contacts with gloves (Adults and children can participate)

The fight in one round of 2 minutes.

In Tang Soo Do fight there are three judges on fight map (one of which is the main judge) there also two assistants (one to keep track of time and to keep track of points)

You are allowed to punch and kick the head (including children) but it must be controlled kicks and punches. This means that you have to beat as the opponent gets a red cheek not harder.

You are also allowed to block the opponents punches and kicks

Knock or kick you as the opponent begins to bleed, lose teeth, then you have lost and the opponent won.

Punch without pulling the arm return or kicking it without pulling the lower leg returned is no points. This means that it is more technical fight. One are also allow to block kicks and punches

1. Proper discipline and respect must be maintained at all times. Any disrespect or improper attitudes will constitute an immediate disqualification.

2. There will be 3 judges in each ring.

3. Match duration is 2 minutes or 5 points difference or the first that achieves 10 points.

4. When 2 minutes are passed and there is no winner the match goes on in sudden death. This means the first one who scores is the winner. All judges must see the scoring point!

Sparring gear are required for all. Full-face helmets and giant boxing gloves that go up to the elbow are not allowed.



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Illegal Techniques:

- Spinning hand techniques.
- Below the belt kicks or hand techniques.
- hard blow directly to the face.
- No Sweeping or throwing the opponent.
- No grabbing

Also Not Allowed:

- Unsportsmanlike conduct such as "Showboating" (i.e. Jumping up and down, raising hand in air
- Cheering for oneself etc. when a point is scored or thought to be scored.
- Running out of the ring.
- Coaching from the sidelines from parents, instructors, etc.
- Arguing with judges.
- All of the above can result in a warning, loss of point or disqualification!

Point/Scoring System: 1 point techniques:

- Chung Dan Kwon Kong Kyuk
- Sang Dan Kwon Kong Kyuk
- Kap Kwon Kong Kyuk.
- Soo Do Chi Gi
- Yuk Soo Do Chi Gi
- Ahp Cha Gi
- Yup Cha Gi
- Dull Ryo Cha Gi.
- Bahl Deung Cha Gi
- Peet Cha Gi
- Ahneso Pakhu Ro Cha Gi
- Pahkeso Ahnu Ro Cha Gi
- Yup Hu Ri Gi
- Ne Ryo Cha Gi

2 point techniques: Spinning techniques to head or body

- Kick to the Head
- Spinning techniques to head or body
- Dwi Cha Gi
- Dwi Dull Ryo Cha Gi
- Dwi Pandal Cha Gi
- Jumping kicks or punch (non kicking leg must be knee level off the floor).
- Blocking and immediate counter technique

Rules Speedbreak.

There are several groups of level of difficulty of what is to be penetrated, but you can only join one group, what needs to be penetrated, it is estimated by age and physical body structure.

Mon 4-6 years Flamingo plates, **Mon 6-9** Plastic plates. For Mon children's Medal for everyone.

Children 9 - 12 years Plastic plates, **Children 13 years - 14 years** to 5 Kup blue and red plastic sheets, **from 15 years and adults from 5 Kup** (red and black belts) black plastic plates.



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There are 4 breaking stations

The time starts when the start-stop line is passed

you run to the first station where you break with Ahneso Pahkuro Soo Do Kong Kyuck

Then you run to the second station where you break with Naeryo Chagi

After that, you run to the third station where you break with Ee Ahp Chagi

Thereafter, you run to the 4th station where you break with Baldeung Dull Ryo Chagi

Here after you returning to the start-stop line where time stopped when it is passed

Failure to break through the board determined that five seconds is add to the time, you can run back and penetrates the board the five seconds canceled

Rules Showbreak

Evaluation based on difficulty, if no successful penetration means you are out.

BREAKING RULES

1. Materials for breaking will be special plastic breaking boards or wood.
2. Competitors must supply their own wood, breaking boards are available.
3. ONLY the competitors and their holders are allowed in the ring.
4. All adult competitors are limited to 3 breaks (stations).
5. all break must success.
6. Ties: Competitors will do one 1 break of their choosing, with one 1 board.
7. Separators are not allowed

All competitors under the age of 13 use identical breaking boards provided by the organization.

Size of the wood: For 13 yrs and above: 25 x 25 x 1,8cm Maximum wood size: 30 x 30cm

Wood breaking boards 30x30 can be purchased for 55 DKK each or there is plastic plate **which is free of charge**

We only sell 30x30x1.8 breakthrough boards, for other sizes you must bring your own boards.

Rules for fighter trophies:

You earn points to be considered for the fighter trophy.

5 points for the category you register for.

Gold medal gives 50

Silver medal gives 40

Bronze medal gives 30

you do not earn points for 4th place medals

Synchronous Hyungs (3 females or 3 males) - Mix Synchronous Hyungs (1 female and 1 male - Il Soo Sik Deh Ryun is the earning

Gold medal gives 60

Silver medal gives 50

Bronze medal gives 40

During the Ødsted Cup, the area around the tournament courts will be cordoned off with marking tape.

Only persons and athletes designated by DMTF are permitted on the tournament courts and the areas included therein. Failure to do so will result in expulsion.



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Nearest Airport:

Billund Airport 20 km. from the event and Danish Moo Duk Kwan Tang Soo Do Federation. It is best to flight to Amsterdam and from there to Billund.

Recommended to visit when you are in Denmark

<https://www.givskudzoo.dk/en>

<http://www.koldinghus.dk/uk/>

<http://www.hvidesande.com/ln-int/hvide-sande/hvide-sande-0>

<http://www.museum-sonderjylland.dk/SIDERNE/English/Dybbol-Banke/00-Historiecenter.html>

<https://en.natmus.dk/museums-and-palaces/kongernes-jelling-home-of-the-viking-kings/>

Hotels near by

Mølkjer kro 1 km from the event

Phone +4575865898

I can help You book.

<https://xn--mlkjr-kro-m0a0p.dk/kontakt>

Bredehus 6 km from the event

https://uk.hotels.com/ho239805/?pos=HCOM_UK&locale=en_GB&hotelid=239805&dateless=true&PSRC=AFF05&rffrid=sem.hcom.DK.google.003.03.02.s.kwr&semid=34301425919.680119901.1t1.kwd-20775847740.1005253.20252.bredehus&gclid=COFTp4C81NMFQwB0wodwdQCNw&gclsrc=aw.ds

It is also possible to book a hotels in 7100, Vejle, which is 10 km from the event

Special attraction, Legoland in Billund, the first Legoland, only 24 km from Ødsted

Friendly greetings

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