



# 5<sup>th</sup> NEPAL OPEN INTERNATIONAL TAEKWONDO CHAMPIONSHIP-2025 KATHMANDU, NEPAL



ORGANIZED BY:

VENUE: DASARATH STADIUM  
KATHMANDU, NEPAL

September 18 • 20, 2025



PROMOTED BY:



MASTKD



**5<sup>th</sup> Nepal Open International  
Taekwondo Championship  
2025  
Sep 18-20**



To

The .....  
.....

**Date: 6<sup>th</sup> July 2025**

Dear Sir/Madam,

Greetings from Nepal!

We are delighted to inform you that we will be hosting the 5th Nepal Open International Taekwondo Championship 2025 (5th NOITC25) at the iconic Dasharath Stadium, Kathmandu, Nepal.

This prestigious championship is sanctioned by the National Sports Council (NSC) and organized by the International Martial Arts Academy Nepal (IMAN).

As a gesture of friendship and sporting unity, we have extended invitations to Taekwondo teams from across the globe to take part in this grand event.

Please find the championship outline attached for your kind reference. We kindly request you to review the details and confirm your team's participation before the registration deadline.

We look forward to welcoming you and your team to Nepal for a memorable and spirited competition.

Thanking you with deep respect,  
With best regards,

**(Master Rakesh Kumar Rai)  
Championship Director**



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# 5<sup>th</sup> Nepal Open International Taekwondo Championship 2025 Sep 18-20






## Championship Details

Event Title	<b>“5<sup>th</sup> Nepal Open International Taekwondo championship 2025”</b>
Date	18 <sup>th</sup> -20 <sup>th</sup> Sep 2025
Starting Time	07.00 am
Venue	Dashrath Stadium, Kathmandu, Nepal
Organized by	International Martial Arts Academy Nepal (IMAN)
Sanction by	National Sports Council of Nepal
Promoted by	National Taekwondo Association-Nepal
Number of Participants	Maximum 600 Competitors (first come first)
Registration for local team	<a href="mailto:imacademynepal@gmail.com">imacademynepal@gmail.com</a> <b>(Submit registration form via email only)</b>
Regular registration dateline	Regular entry fee period will end on 30th Aug 2025 at 23:59 (GMT).
Late registration dateline	The late entry fee period will end on 8th Sep 2025 at 23:59 (GMT).
Accreditation	18 <sup>th</sup> Sep 2025, Thursday (ONLY 1 day), Time: 12 noon -5.00 pm
Coach Meeting	18 <sup>th</sup> July 2025 (Thursday) Time: 4.00-5.00 pm *Team head or coach of team must attend coach meeting on 18 <sup>th</sup> Sep 2025 Venue: Tournaments headquarter hotel: Kathmandu Guesthouse, Thamel, Kathmandu.
Participation Fee for foreigners	Kyorugi: 1. Individual \$75 Poomsae: 1. Individual \$75 * 40\$ for each additional event. <b>*\$25 will be charged after the 30th of Aug 2025 as a late fee.</b>
Participation Fee for Local (for Nepali team only)	Kyorugi & Poomsae: 1. Rs. 2500 each for a single event 2. Rs. 1000 for each additional event <b>*Rs.500 will be charged after the 30th of Aug 2025 as a late fee.</b>
Team entry term & conditions	The participants completing their registration and payment during this period will be charged the regular registration fee: <ul style="list-style-type: none"> <li>Participants must manage all the expenses themselves during the championship.</li> <li>No changes will be allowed after registration. There will be no refund on withdrawal.</li> <li>If the registration form is not filled completely, the athlete may be rejected.</li> <li>All teams must follow the regulations and competition rules.</li> </ul>



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Registration & Payment method for international team	<p><b>PayPal via online registration:</b></p> <p><a href="https://www.protaekwondo.org/upcoming-events">https://www.protaekwondo.org/upcoming-events</a></p> <p>Scan here for registration</p> 
Registration & Payment method for local team	<p><b>1. Local team can do bank deposit or QR pay</b></p> <p>-----</p> <p>Name of Receiver: <b>International Martial Arts academy Nepal</b></p> <p>Country: Nepal</p> <p><b>Bank Details:</b></p> <p><b>Rastriya Banijya Bank, Lagankhel - Branch</b></p> <p><b>AC Name: International Martial Arts academy Nepal</b></p> <p><b>AC NO.: - 1120100001739001 (Swift code-RBBANPKA)</b></p> <p><b>Note: Participant's registration will not be accepted without payment.</b></p> <p><b>All participants must register by email (<a href="mailto:imacademynepal@gmail.com">imacademynepal@gmail.com</a>) with bank voucher.</b></p>  
Competition Type	<p><b>Kyorugi:</b></p> <ol style="list-style-type: none"> <li>1. Individual (male/female)</li> </ol> <p><b>Poomsae:</b></p> <ol style="list-style-type: none"> <li>1. Individual (male/female)</li> <li>2. Pair of male and female</li> <li>3. Team (3 athletes per team; male team/female team)</li> </ol>
Documents for Registration	<ol style="list-style-type: none"> <li>1. The registration form sent by LOC.</li> <li>2. 1 Photo</li> <li>3. Receipt of payment</li> </ol> <p><b># A copy of valid age verification ID (can be accepted in accreditation time.)</b></p> <p><b>You must submit by typing in the registration form ONLY.</b></p> <p><b>After you submit your team documents, the organizer will confirm your team by sending a confirmation email. If you do not receive our confirmation email, your team cannot attend the competition.</b></p>
Contact details:	<p>Master Rakesh Kumar Rai +977-9840057663</p> <p>Master Radha Bahadur Tamang +979855061368</p> <p>Master Vijay Kumar +9779819469906</p> <p>Email: <a href="mailto:imacademynepal@gmail.com">imacademynepal@gmail.com</a></p> <p>Website: <a href="http://www.imacademynepal.com">www.imacademynepal.com</a></p>




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## PRINCIPLES OF COMPETITION

### KYORUGI

1	<b>Rules:</b>	Current WT Competition Rules
2	<b>Equipment:</b>	Athletes must wear all the protective gear before entering the arena. Athletes must manage all the equipment themselves. Head Gear, groin-, forearm-, shin guard, mouthpiece and gloves.
3	<b>Competition System:</b>	Single elimination tournament system.
4	<b>Categories:</b>	List of matches is made according to the Age Gender / Weight (Kids, Cadet, Junior & Senior )
5	<b>Rounds and Breaks time: Best up 3 system</b>	1. Sub Junior (1 Minute - 2 Round, 30Sec Rest), 2. Cadet (1 Minute - 3 Rounds, 30 Sec. Rest), 3. Junior (1:30 Minute -3 Round, 1m. Rest 4. Senior (2 Minute - 3 Round 1m. Rest) (Time may be changed following the situation)
6	<b>Hall Rules:</b>	Only the competitors and their coaches with valid accreditation will have admittance to the contest area.
7	<b>Protest:</b>	Only the official coach is allowed to protest, immediately after the end of the contest. The amount of \$500 will have to be paid for each protest. The protest amount will not be refunded in any case the decision of the referee chairman is final.
8	<b>Liability:</b>	All competitors participate at their own risk. International Martial Arts Academy Nepal (IMAN) and the organizer of the event shall not accept responsibility for any damages, injuries or losses sustained or incurred in championship.
9	<b>First Aid:</b>	Only First Aid Will be provided by the organizer and if only to be used in case of an emergency.
10	<b>Insurance:</b>	The organizer and championship director assume no responsibility for teams, any damages, violence, losses and injuries during the stay in Nepal. All contestants must bring their own documents and forms for any medical treatment in Nepal.
11	<b>Accreditation:</b>	Extra coach passes can be requested separately for \$50 for each individual coach. Please note that only 1 competitor and 1 coach can enter the competition area. All other accreditations are not allowed. Please note that for every 15 competitors 1 coach is granted free admission.
12	<b>ACCOMMODATION:</b>	<p><b>Tournaments headquarter hotel: Kathmandu Guesthouse, Thamel, Kathmandu.</b></p> <p>Special hotel rates for all participants. Please contact the hotel to reserve your room.</p> <p>Sajani Shrestha OTA &amp; Reservation Manager +977-9849148634 ota@ktmgh.com www.ktmgh.com</p> 



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## Kyorugi Weight Division:

SUB-JUNIOR MALE / FEMALE AGE 8 -11 YEARS OLD (2014-2017)	
Under 18 kg	Not Exceeding 18 kg
Under 20 kg	Over 18 kg Not Exceeding 20kg
Under 22 kg	Over 20 kg Not Exceeding 22kg
Under 25 kg	Over 22 kg Not Exceeding 25kg
Under 28 kg	Over 25 kg Not Exceeding 28kg
Under 31 kg	Over 28 kg Not Exceeding 31kg
Under 33 kg	Over 33kg

CADET MALE / FEMALE AGE 12 -14 YEARS OLD (2011-2013)			
MALE		FEMALE	
Under 33 kg	Not Exceeding 33kg	Under 29 kg	Not Exceeding 29 kg
Under 37 kg	Over 33 kg Not Exceeding 37kg	Under 33 kg	Over 29 kg Not Exceeding 33kg
Under 41 kg	Over 37 kg Not Exceeding 41kg	Under 37 kg	Over 33 kg Not Exceeding 37kg
Under 45 kg	Over 41 kg Not Exceeding 45kg	Under 41 kg	Over 37 kg Not Exceeding 41kg
Under 49 kg	Over 45 kg Not Exceeding 49kg	Under 44 kg	Over 41 kg Not Exceeding 44kg
Under 53 kg	Over 49 kg Not Exceeding 53kg	Under 47 kg	Over 44 kg Not Exceeding 47kg
Under 57 kg	Over 57kg	Under 51 kg	Over 51kg



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## JUNIOR MALE / FEMALE AGE 15 -17 YEARS OLD (2008-2010)

MALE		FEMALE	
Under 45 kg	Not Exceeding 45 kg	Under 42 kg	Not Exceeding 42 kg
Under 48 kg	Over 45 kg Not Exceeding 48kg	Under 44 kg	Over 42 kg Not Exceeding 44kg
Under 51 kg	Over 48 kg Not Exceeding 51kg	Under 46 kg	Over 44 kg Not Exceeding 46kg
Under 55 kg	Over 51 kg Not Exceeding 55kg	Under 49 kg	Over 46 kg Not Exceeding 49kg
Under 59 kg	Over 55 kg Not Exceeding 59kg	Under 52 kg	Over 49 kg Not Exceeding 52kg
Under 63 kg	Over 59 kg Not Exceeding 63kg	Under 55 kg	Over 52 kg Not Exceeding 55kg
Under 68 kg	Over 68kg	Under 59 kg	Over 59kg

## SENIOR MALE / FEMALE AGE 18 YEARS OLD ABOVE (2007 & BEFORE)

MALE		FEMALE	
Under 54 kg	Not Exceeding 54 kg	Under 46 kg	Not Exceeding 46 kg
Under 58 kg	Over 54 kg Not Exceeding 58kg	Under 49 kg	Over 46 kg Not Exceeding 49kg
Under 63 kg	Over 58 kg Not Exceeding 63kg	Under 53 kg	Over 49 kg Not Exceeding 53kg
Under 68 kg	Over 63 kg Not Exceeding 68kg	Under 57 kg	Over 53 kg Not Exceeding 57kg
Under 74 kg	Over 68 kg Not Exceeding 74kg	Under 62 kg	Over 57 kg Not Exceeding 62kg
Over 74 kg	Over 74 kg	Over 62 kg	Over 62 kg

The Tournament Director reserved the right to Change or Modify Divisions as necessary.



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<u>POOMSAE</u>		
1	<b>Uniform:</b>	Taekwondo V - neck Dobok (Uniform) or WT poomsae uniform (Y- neck)
2	<b>Competition System:</b>	Cut off system
3	<b>Categories:</b>	The list of matches is made according to the Age/ Gender (Kids, Cadet, Junior & Senior)
4	<b>Participation criteria:</b>	One athlete can participate up to 3 poomsae events (single, pair, & team)
5	<b>Award:</b>	1st, 2nd, 3rd Medals and Certificate

## Poomsae

**KIDS SUB JUNIOR MALE / FEMALE (Age Under 8)- 2017 & later**

### Individual, Male/Female

Belt	Pattern
White belt (Fresher)	Taegeuk 1
Color Belt (Keup)	Taegeuk 1,2

**SUB JUNIOR Age 9–11-year-old (2014-2016)**

### Individual, Male/Female

Belt	Pattern
White belt (Fresher)	Taegeuk 1
Color Belt (Keup)	Taegeuk 1,2
Poom	Taegeuk 3,5

### Individual, Male/Female

**CADET MALE / FEMALE  
AGE 12 -14 YEARS OLD (2011-2013)**

Belt	Pattern
Color Belt (Kuep)	Taegeuk 2,4
Poom	Taegeuk 4,7



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## Individual, Male/Female

### JUNIOR MALE / FEMALE AGE 15 -17 YEARS OLD (2008-2010)

Belt	Pattern
Color Belt (Kuep)	Taegeuk 2,3
Poom/Dan	Taegeuk 6,8

## Individual, Male/Female

### AGE 18 -30 YEARS OLD (1995- 2007)

Belt	Pattern
Color Belt (Kuep)	Taegeuk 2,4
Dan Holder	Koryo, Kuemgang

## Individual, Male/Female

### Male/Female, 31-40 Years (1985-1993)

Belt	Pattern
Dan Holder	Kuemgang, Taebaek

## Individual, Male

### Male, 41-50 Years (1975-1984)

Belt	Pattern
Dan Holder	Pyongwon, Sipjin

## Individual, Male

### Male, 51 Years and above (Born before 1974)

Belt	Pattern
Dan Holder	Sipjin, Jitae



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## Pair of Male/Female

### CADET MALE / FEMALE AGE 12 -14 YEARS OLD (2011-2013)

Belt	Pattern
Color	Taegeuk 2,4
Poom	Taegeuk 5,8

## Pair of Male and Female

### JUNIOR MALE / FEMALE AGE 15 -17 YEARS OLD (2008-2010)

Belt	Pattern
Poom/Dan	Taegeuk 6,8

## Pair of male and female

### Male/Female, 18-30 (1995-2007)

Belt	Pattern
Dan Holder	Koryo, Taebaek

## Pair of male and female

### Male/Female, 31 Years & Above (1994 and before)

Belt	Pattern
Dan Holder	Koryo, Taebaek

## Team Male/Female

### CADET MALE / FEMALE AGE 12 -14 YEARS OLD (2010-2013)

Belt	Pattern
Color/Poom	Taegeuk 4, 6



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## Team Male and Female

### **JUNIOR MALE / FEMALE AGE 15 -17 YEARS OLD (2008-2010)**

Belt	Pattern
Poom/Dan	Taegeuk 5,7

## Team (3 athletes per team, male team and female team)

### **Male/Female, AGE 18 -30 YEARS OLD (1995- 2007)**

Belt	Pattern
Dan Holder	Taegeuk 7, Koryo,

## Team (3 athletes per team, male team and female team)

### **Male/Female, AGE 31 years and above (Born before 1994)**

Belt	Pattern
Dan Holder	Koryo, Taebaek



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# 5<sup>th</sup> Nepal Open International Taekwondo Championship

## 2025

### Sep 18-20



## 5th Nepal Open International Taekwondo Championship -event schedule

DATE	TIME	PROGRAM	Event Categories	VENUE	REMARKS
18-Sep-25	1 pm -5 pm	Weigh in	All	NTAN training Hall, Stadium for local team. Kathmandu Guesthouse for International team	
	2 pm - 6 pm	registration and accreditation		NTAN training Hall, Stadium for local team. Kathmandu Guesthouse for International team	
	4 pm- 5 pm	Coach/team head meeting		Kathmandu Guesthouse, Thamel, Kathmandu	
	5 pm- 6 pm	Referee meeting		Kathmandu Guesthouse, Thamel, Kathmandu	
	19-Sep-25	7:00 AM	Competition starts	Under 11 y (all Categories), Cadet (all categories) poomsae (all categories)	Dasharath Covered Hall
12 noon-1pm		Lunch break			
1:00 PM		Competition resume			
2:00 PM		Inauguration program			
3:30 PM		Competition resume			
6:00 PM		Competition end for 1st day			
20-Sep-25	7:00 AM	Competition starts	Junior (all categories) Senior (all Categories)	Dasharath Covered Hall	
	12 noon-1pm	Lunch break			
	1:00 PM	Competition resume			
	4:00 PM	Closing program			
21 Sep, 2025	Departure				

Good Luck!



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