

**5th International Taekwondo  
Mustang Championship 2026 (ITMC 5)  
Speed Kicking & Mustang Parkour  
~ Open to all Taekwondo athletes ~**



- 36. Age and gender**    Ages based on year of birth and gender.
- a) 6 and below (Bambini)
  - b) 7- 11 (Children)
  - c) 12-14 (Cadet)
  - d) 15-17 (Junior)
  - e) 18-30 (Senior)
  - f) 31 and above

**37. Target group**    The disciplines (Speed Kicking and Mustang Parkour challenges) are open to all TKD athletes regardless of belts, according to age and gender.

**38. Time:**

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| <p>10:00 a.m. - 12:30 p.m.<br/>12:30 p.m. - 1:00 p.m.<br/>1:00 p.m.</p> <p>1:30 p.m. – 3:30 p.m.<br/>3:30 p.m. – 4:00 p.m.<br/>4:00 p.m.</p> | <p>Participants may start at any time during this period.<br/>Break + consolidation of results<br/>Awarding of medals (Bambini + Children under 12 years of age)</p> <p>Participants may start at any time during this period.<br/>Break + consolidation of results<br/>Awarding of medals (ages 12 and up)</p> |
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- 39. Methods of competition (Kicking Challenge):**
- a) Only pandal-chagi kicks on the hogu (vest on the dummy) are valid.
  - b) Use either the right OR the left leg. Not both.
  - c) The kicking leg must be placed on the floor before kicking another time.
  - d) The highest number of correct kicks in 60 seconds onto the hogu wins.
  - e) Medals will be awarded to the top three from each age group and gender category.

- 40. Method of competition (Mustang Parkour):**
- a) Participants must complete the fitness parkour as fast as possible.
  - b) Medals will be awarded to the top three participants from each age and gender group who finished the fastest.

