

Irish Inter-club Poomsae Championships



Irish Taekwondo Union

Sunday 11th November 2018

**Phibblestown Community Centre,
Pibblestown, Dublin 15**





Irish Taekwondo Union

Dear Taekwondo Friends,

It is our pleasure to extend this formal invitation to you and your students to take part in the Inter-club Poomsae Championships to be held at Phibblestown Community Centre, on Sunday the 11th November 2018

It is the hope of the competition organisers that this event will serve to help stimulate and develop the growing interest in WT Poomsae Competition throughout the Ireland. Therefore in order that everyone from complete novice to experienced competitor gets an opportunity to compete to their full potential **the organising body has modified the age divisions for this Competition and included Dan, K1, K2, K3, Para, Freestyle & Bigak divisions.**

In order to ensure the smooth running of this event the organisers would welcome applications from suitably qualified individuals to act as competition Referees and officials

If you require any further information please do not hesitate to contact us for assistance. We look forward to seeing both you and your students on the Sunday the 11th November 2018
2018

Closing Date for the competition entries is Friday 26th October 2018

Best Regards

Martin Fleming
ITU President



COMPETITION DETAILS



1. ORGANISATION

Promoter: Irish Taekwondo Union

Organiser: Irish Taekwondo Union

Competition Director:
E-Mail: Martin Fleming
president@taekwondoireland.ie

Competition Management: Glen Culbert
Contact: +44(0)7815805902
Email: glentkd@hotmail.co.uk

Competition Website: www.poomsae-reg.com

2. Date and Venue

Venue: Phibblestown Community Centre
Phibblestown, Dublin 15

Date: Sunday 11th November 2018

Deadline: **Online entry will close on Friday 26th October 2018**
Contact www.poomsae-reg.com for an online password complete application

3. SCHEDULE

Sunday 11th November 2018

09:00 – 09:15	Registration
09:15 – 09:40	Referees / officials meeting
10:00 a.m.	Start of the competition
13:30 – 14:00	Lunch Break
18:00 – 18:30	End of competition - Awards Ceremony (approx.)





4. CONDITION FOR PARTICIPATION

Competitors must be members of World Taekwondo MNA

Proof of membership by means of a valid licence, insurance and grade will be required at registration

All contestants/clubs must have their own insurance as The ITU and any of its representatives will not be responsible for any injury cost.

All competitors must hold a valid licence and insurance

(The organisers have the right to refuse registration of applicants)

5. ENTRY FEES

Divisions	All Divisions
Individual competition:	30.00 Euro
Pair Competition (per pair):	30.00 Euro
Team Competition (per team):	30.00 Euro

Entry fees are payable via online banking, payable to: **Irish Taekwondo Union**

Bank Details:

Irish Taekwondo Union

IBAN IE35AIBK93252310042028

BIC AIBKIE2D

Please email a copy of the payment to info@taekwondoireland.ie for verification

6. APPLICATION

Online Application

Please complete the competition application online. www.poomsae-reg.com

Contact www.poomsae-reg.com for an online password to complete application



7. CONTESTANTS

Membership	Participants must be members of the World Taekwondo MNA	
Divisions	Dan:	1 st Dan / Poom and higher, Kukkiwon Holder
	K1:	1 st Kup (Black Tag) – 4 th Kup (Blue Belt)
	K2:	5 th Kup (Blue Tag) – 7 th Kup (Green Tag)
	K3:	8 th Kup (Yellow Belt) - 10 th Kup (White Belt)
	K2/K3	Pairs & Teams 10 th Kup (White belt) – 5 th Kup (Blue Tag)

Age categories are based on the year of birth. For example, if someone is 17 years old on the day of the competition but will be 18 before the end of the year (2018) then he/she shall participate in the category of 1st Senior's (18-30 years old).

**Dan Divisions: the competitor will perform one Poomse of own choice from each of the compulsory lists
Compulsory 1, Compulsory 2**

**Kup Poomsae shall be chosen by the Competitor, there will no drawn Compulsory Poomsae for Kup Divisions
Competitor's choice**

8. SYSTEM OF COMPETITION

Cut-Off System will used

1st Round: If there are over 20 competitors in a division then they will start in this round.

Two Poomsae will be required and may be performed with a one minute rest period in between. One Poomsae of the competitor's choice from the 1st Compulsory section of the table, and one from the 2nd Compulsory section of the table

2nd Round: top 50% of the competitors with the highest scores will qualify for this round.

Two Poomsae will be required and may be performed with a one minute rest period in between. One Poomsae of the competitor's choice from the 1st Compulsory section of the table, and one from the 2nd Compulsory section of the table

Final Round: The top 8 competitors (with the highest scores) from the 2nd round will qualify

Two Poomsae will be required and may be performed with a one minute rest period in between. One Poomsae of the competitor's choice from the 1st Compulsory section of the table, and one from the 2nd Compulsory section of the table

Final: Divisions may start in the final if there are 8 entrants or less

**Dan Divisions: the competitor will perform one Poomse of own choice from each of the compulsory lists
Compulsory 1, Compulsory 2**

9. DAN DIVISION (DAN/POOM GRADES)

Dan Grades

Individual (Male & Female)		
Division	1st Compulsory Poomsae	2nd Compulsory Poomsae
Peewee – 11yrs	Taeguk 4, 5, 6, 7 Jang	Taeguk 8 Jang, Koryo, Keumgang,
Cadet 12 - 14yrs		
Junior 15 – 17yrs		
1 st Senior 18 - 30yrs	Taeguk 4, 5, 6, 7 Jang	Taeguk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon,
2 nd Senior 31yrs -50yrs	Taeguk 5, 6, 7, 8 Jang	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae
1 st Master 51yrs +	Taeguk 6, 7, 8 Jang, Koryo	Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chongwon

Pairs (1 Male and 1 Female)		
Division	1st Compulsory Poomsae	2nd Compulsory Poomsae
Peewee – 11yrs	Taeguk 4, 5, 6, 7 Jang	Taeguk 8 Jang, Koryo, Keumgang,
Cadet Pair – 14yrs	Taeguk 4, 5, 6, 7 Jang	Taeguk 8 Jang, Koryo, Keumgang,
1 st Pair 15- 30yrs	Taeguk 4, 5, 6, 7 Jang	Taeguk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon,
2 nd Pair 31yrs +	Taeguk 5, 6, 7, 8 Jang	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae

Mixed Teams (2 Males & 1 Female or 1 Male & Females)		
Division	1st Compulsory Poomsae	2nd Compulsory Poomsae
Peewee – 11yrs	Taeguk 4, 5, 6, 7 Jang	Taeguk 8 Jang, Koryo, Keumgang,
Cadet Team – 14yrs	Taeguk 4, 5, 6, 7 Jang	Taeguk 8 Jang, Koryo, Keumgang,
1 st Team 15 – 30yrs	Taeguk 4, 5, 6, 7 Jang	Taeguk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon,
2 nd Team 31yrs +	Taeguk 5, 6, 7, 8 Jang	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae

**Dan Divisions: the competitor will perform one Poomse of own choice each of the compulsory lists
Compulsory 1, Compulsory 2**

10. K1 DIVISION (Kup Grades 4th Kup Blue Belt to 1st Kup Black Tag)



K1 Competition Method

If 9 competitors, Pairs, Teams or more: Two Poomsae to be performed in first round (top 8 to progress), and two further Poomsae in the final. A Poomsae cannot be repeated in the final.

If 8 competitors, Pairs, Teams or less: Straight to final, two Poomsae performed

Individual (Male & Female)	
Division	Compulsory Poomsae
Mini Peewee up to 9yrs	Competitors choice of Poomsae From Taegeuk 3 to Taegeuk 8
Peewee 10 - 11yrs	
Cadet 12 – 14yrs	
Junior 15 – 17yrs	
1 st Senior 18 - 30yrs	
2 nd Senior over 31yrs	

Pairs (1 Male and 1 Female)	
Division	Compulsory Poomsae
Peewee Pair up to 11yrs	Competitors choice of Poomsae From Taegeuk 3 to Taegeuk 8
Cadet Pair 12 -14yrs	
1 st Pair 15 - 30yrs	
2 nd Pair 31yrs+	

Mixed Teams (2 Males & 1 Female or 1 Male & Females)	
Division	Compulsory Poomsae
Peewee Team up to 11yrs	Competitors choice of Poomsae From Taegeuk 3 to Taegeuk 8
Cadet Team 12 - 14yrs	
1 st Team 15 - 30yrs	
2 nd Team 31yrs +	

11. K2 DIVISION (Kup Grades 7th Kup Gren Tag to 5th Kup Blue Tag)



K2 Competition Method

If 9 competitors, Pairs, Teams or more: Two Poomsae to be performed in first round (top 8 to progress), and two further Poomsae in the final. A Poomsae can be repeated in the final.

If 8 competitors, Pairs, Teams or less: Straight to final, two Poomsae performed

Individual (Male & Female)	
Division	Compulsory Poomsae
Mini Peewee up to 9yrs	Competitors choice of Poomsae From Taegeuk 1 to Taegeuk 6
Peewee 10 - 11yrs	
Cadet 12 – 14yrs	
Junior 15 – 17yrs	
1 st Senior 18 - 30yrs	
2 nd Senior 31yrs +	

12. K3 DIVISION (Kup Grade 10th- 8th Kup)

K3 Competition Method

If 9 competitors, Pairs, Teams or more: Two Poomsae to be performed in first round (top 8 to progress), and two further Poomsae in the final. A Poomsae can be repeated in the final.

If 8 competitors, Pairs, Teams or less: Straight to final, two Poomsae performed

Individual (Male & Female)	
Division	Compulsory Poomsae
Mini Peewee up to 9yrs	Competitors choice of Poomsae from Taegeuk 1 to Taegeuk 3
Peewee 10 - 11yrs	
Cadet 12 – 14yrs	
Junior 15 – 17yrs	
1 st Senior 18 - 30yrs	
2 nd Senior 31yrs +	



13. K2 & K3 Pairs and Teams DIVISION (Kup Grade 10th- 5th Kup)



K3 Competition Method

If 9 Pairs, Teams or more: Two Poomsae to be performed in first round (top 8 to progress), and two further Poomsae in the final. A Poomsae can be repeated in the final.

If 8 competitors, Pairs, Teams or less: Straight to final, two Poomsae performed

Pairs (1 Male and 1 Female)	
Division	Compulsory Poomsae
Peewee Pair up to 11yrs	Competitors choice of Poomsae From Taegeuk 1 to Taegeuk 6
Cadet Pair 12 -14yrs	
1 st Pair 15 - 30yrs	
2 nd Pair 31yrs+	

Mixed Teams (2 Males & 1 Female or 1 Male & Females)	
Division	Compulsory Poomsae
Peewee Team up to 11yrs	Competitors choice of Poomsae From Taegeuk 1 to Taegeuk 6
Cadet Team 12 - 14yrs	
1 st Team 15 - 30yrs	
2 nd Team 31yrs +	

14. FREESTYLE



Freestyle Poomsae (K1 & Dan Grades only -14yrs & 15yrs +)

Individual Male

Individual Female

Mixed Pairs (One male & one female)

Freestyle Poomsae is the performance based on Taekwondo techniques with composition of music and choreography.

Composition of Poomsae

1. Yeon-mu line shall be the choice of the competitor
2. Number of Poom: each performance shall be composite of 20 - 24 poom (composition shall be no more than 5 motions)
3. Technique: each performance shall be composite of defending and attacking techniques of Taekwondo with 60% foot techniques and 40% hand techniques.
4. Music and choreography shall be the competitors choice
5. Performance shall be within the boundary line.
6. Performance shall be within 60 - 70 seconds.
7. The competitor must **submit a plan of their freestyle performance on registration.**
8. Music shall be supplied by the competitor; **this must be in MP3 format and be done on registration.**
9. Music track **must not** contain any Political, Religious or Social lyrics

Guide line for Freestyle Poomsae

Technical Skills

1. Level of difficulty of foot and hand techniques
2. Height of jump kicks
3. Number of jumping kicks
4. Gradient of turn kicks
5. Number of consecutive kicks
6. Acrobatic actions
7. Taekwondo basic accuracy of movements

Presentation

1. Creativeness
2. Expression of energy
3. Good music & Choreography
4. Harmony



15. BIGAK DIVISIONS

If 9 or more: One Poomsae to be performed in first round (top 8 to progress), and one further Poomsae in the final.

Individual (Male & Female)	
Division	Bigak Compulsory Poomsae
Peewee & Cadet - 14yrs	Bigak 1
Junior & 1 st Senior 15 – 30yrs	Bigak 2
2 nd Senior 31yrs +	

16. FURTHER INFORMATION

Awards: 1st, 2nd and 3rd Place medals shall be awarded in each category.

There shall also be 1st, 2nd and 3rd Place overall team trophies based on number of medals won by each Team:

5pts Gold, 3pts Silver, 1pt Bronze

Dress: Competitors may only compete wearing full WTF uniform. Jewellery is strictly not permitted.

Hall Rules: Only competitors and their coaches shall be admitted to the contest areas.

Spectators: Admission
Adults 5 Euro
Children Free

Guests: Coaches/Competitors
2 coaches per team

Protest: Only the official head coach is allowed to protest to the Competition Director. This must be made within 10 minutes of the end of the contest. A protest fee of 75 Euro will be payable immediately to the competition board. This will be refunded if the protest is accepted and won.

Liability: All competitors are considered to participate at their own risk. The organisers, ITU shall accept No responsibility for any damages, injuries or losses sustained or incurred.

17. PHOTOGRAPHY & VIDEO RECORDING AT EVENTS POLICY



In the interests of Child Protection the ITU requires ANY person (relative, friend, coach or other official) wishing to engage in photography or video recording (including the use of mobile phones as recording equipment) to register their intent using the Photography Registration form provided with this application. The Photography Registration form must be completed and then submitted to the event organiser on the day of the competition.

Many coaches wish to use video facilities at events in order to provide feedback for their students and by entering your child for this event you are accepting that they may be photographed or videoed and are therefore providing the necessary consent

