

Ireland National Development Poomsae Training

Dear Sabeumnim,

Under the guidance and direction of Shin Sabeum (National Poomsae Coach), we are in the process of setting up a National Squad for competitive Poomsae.

From this squad we will select players to represent Ireland as part of the National Poomsae Team.

To begin the process we are inviting you to inform your students of our intent and to gather names of those interested in competition Poomsae.

Over the coming months we will hold National Poomsae Squad Development training days, after which we will be issuing invitations to those able and interested to participate at a High Performance level for Poomsae.

Our plan will be to identify upcoming competitions and select individuals, pairs and teams to compete and represent Ireland.

The initial sessions will be broken into Kup grades and Dan grades, but the format will change as we see the levels of the competitors.

It is advised that those interested in participating in these sessions should have the basic movements of the Poomsae required for their level of competition. (See below for guidelines)

Development sessions are NOT grading preparation sessions, they will be targeted training for selection and competition only.

Our first date will be 16th FEB

10:00 to 12:00 All Kup Grades and Dan Grades

12:30 to 2:30 K2, K1 and Dan Grades

Thank you
National Poomsae Development Co-ordinator

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Sample competition format -

Divisions

Dan: 1st Dan / Poom and higher, Kukkiwon Holder

K1: 1st Kup (Black Tag) – 4th Kup (Blue Belt)

K2: 5th Kup (Blue Tag) – 7th Kup (Green Tag)

K3: 8th Kup (Yellow Belt) - 10th Kup (White Belt)

K2/K3 Pairs & Teams 10th Kup (White belt) – 5th 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 (2019) then he/she shall participate in the category of 1st Senior's (18-30 years old).

DAN PAIRS/TEAMS MUST ALL BE OF THE CORRECT AGE DIVISION.

<u>DAN GRADES 2015</u>	<u>SET POOMSAE</u>
<u>U11 DAN</u> (age 11 & below)	Taeguek 4, 5, 6, 7, 8 Jang Koryo, Keumgang
<u>U14 DAN</u> (age 12-14)	
<u>U17 DAN</u> (age 15 - 17)	Taeguek 4, 5, 6, 7, 8 Jang Koryo, Keumgang, Taebek
<u>U30 DAN</u> (age 18-30)	Taeguek 6,7,8 Jang Koryo, Keumgang, Taebek, Pyongwon, Shipjin
<u>U40 DAN</u> (age 31 - 40)	
<u>U50 DAN</u> (age 41 - 50)	Taeguek 8 Jang, Koryo, Keumgang, Taebek, Pyongwon, Shipjin, Jitae, Chonkwon
<u>U60 DAN</u> (age 51 - 60)	Koryo, Keumgang, Taebek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansoo
<u>U65 DAN</u> (age 61 - 65)	
<u>66+ DAN</u> (age 66 & above)	

U11 DAN Pair	Taeguk 4, 5, 6, 7, 8 Jang Koryo, Keumgang, Taebek
U14 DAN Pair	
U17 DAN Pair	
U30 DAN Pair	Taeguk 6,7,8 Jang Koryo, Keumgang, Taebek, Pyongwon, Shipjin
+31 DAN Pair	Taeguk 8 Jang, Koryo, Keumgang, Taebek, Pyongwon, Shipjin, Jitae, Chonkwon

U11 DAN Team	Taeguk 4, 5, 6, 7, 8 Jang Koryo, Keumgang, Taebek
U14 DAN Team	
U17 DAN Team	
U30 DAN Team	Taeguk 6,7,8 Jang Koryo, Keumgang, Taebek, Pyongwon, Shipjin
+31 DAN Team(1985& before)	Taeguk 8 Jang, Koryo, Keumgang, Taebek, Pyongwon, Shipjin, Jitae, Chonkwon

KUP

Age Divisions

Mini Peewee	Age -9 yrs
Peewee	Age 10-11 yrs
Cadet	Age 12-14 yrs
Junior	Age 15-17 yrs
1 st Senior	Age 18-35 yrs
2 nd Senior	Age 36+

Kup Rules

K1 Individuals	<u>Compulsory Poomsae</u> (Taeguek 1, 2, 3, 4, 5, 6, 7, 8)	
K2 Individuals	Competitors Choice (Taeguek 1, 2, 3, 4, 5, 6)	Must do 2 different poomsae in 1 round
K3 Individuals	Competitors Choice (Taeguek 1, 2, 3)	Can Repeat Same Poomsae
K1 Pair	<u>Compulsory Poomsae</u> (Taeguek 1, 2, 3, 4, 5, 6, 7, 8)	
K2/3 Pair	Competitors Choice (Taeguek 1, 2, 3, 4, 5, 6)	Must do 2 different Poomsae in 1 round
K1 Teams	<u>Compulsory Poomsae</u> (Taeguek 1, 2, 3, 4, 5, 6, 7, 8)	
K2/3 Teams	Competitors Choice (Taeguek 1, 2, 3, 4, 5, 6)	Must do 2 different Poomsae in 1 round
All Categories perform 2 Poomsae each round.		