

4th NATIONAL TAEKWONDO DEMONSTRATION CHAMPIONSHIPS
SINGAPORE TAEKWONDO FEDERATION

INFORMATION SHEET

1. SCHEDULE

- 1.1 Registration : Open from 14 Sept to 17 Sept 2015 (Mon-Thu),
From 9.30am to 12pm and 2pm to 4pm at STF office.
- 1.2 Competition : 3 & 4 October 2015 (Sat & Sun)
at **Toa Payoh Sports Hall**

2. ELIGIBILITY

- 2.1 Members of clubs affiliated to the Singapore Taekwondo Federation (STF) who hold the grades they are completing in (based on grade obtained on or before the July 2015 grading).

(Grading cards or certificates of participants must be produced for verification during the registration)

3. CLASSIFICATIONS

- 3.1 Age classification

Category	Age	Birth Year
Young Junior 1	05 – 08	2007- 2010
Young Junior 2	09 – 12	2003 - 2006
Junior 1	13 – 15	2000 - 2002
Junior 2	16 – 18	1997 - 1999
Senior 1	19 – 29	1986 - 1996
Senior 2	30 – 39	1976- 1985
Master	Above 40	Before 1975

3.2 Events classification (Team & Individual)

TEAM

Event	Eligibility	Gender	Young Junior		Junior		Senior		Master	Entry Fees
			1	2	1	2	1	2		
Creative Poomsae (Team of 3)	Grade 9 & Above	Mixed	✓		✓		✓		✓	\$30
Taekwondo Aerobics (Team of 5)	Grade 9 & Above	Mixed	✓		✓			✓		\$50
Self Defense (Up to 5 pax)	Poom / Dan holder	Mixed		✓		✓			✓	\$50

INDIVIDUAL

Event	Eligibility	Gender	Young Junior		Junior		Senior		Master	Entry Fees
			1	2	1	2	1	2		
Fist Breaking	Dan holder	Male					✓		✓	\$15
Knife-Hand Breaking	Dan holder	Male					✓		✓	\$15
High Jump Kick	Red 2 & above	Male			✓		✓		✓	\$15
		Female			✓		✓		✓	
Long Jump Kick	Red 2 & above	Male				✓	✓		✓	\$15
		Female				✓	✓		✓	
Reverse Kick Breaking	Blue 4 & above	Male				✓	✓		✓	\$15
		Female				✓	✓		✓	
Freestyle Breaking	Poom / Dan holder	Male				✓	✓		✓	\$15
		Female				✓	✓		✓	

The Organising committee reserves the right to combine categories of events.

4. REGISTRATION

- 4.1 Registration for the championships will be open from 14 to 17 Sept 2015 (Mon-Thu), from 9.30am to 12pm and 2pm to 4pm at STF office.
- 4.2 There is no limit to the number of participants for all events.
- 4.3 Grading cards or certificates of participants must be produced for verification during the registration
- 4.4 Submission of incomplete registration form will constitute in disqualification of the participant.
- 4.5 Fees paid will not be refunded under any circumstances.

5. CONDITIONS OF PARTICIPATION

- 5.1 All participating affiliates and competitors shall abide by the rules and regulations of the competition and accept the decisions of the judges and officials gracefully.

6 AWARD

- 6.1 Medals will be awarded to five finalists according to positions. The medals present is as follow:
 - 1st place: Gold Medal
 - 2nd place: Silver Medal
 - 3rd to 5th place: Bronze Medal
- 6.2 All medal winners must be presented in taekwondo dodok to receive their prizes.

7. APPEAL

- 7.1 Appeal against a decision shall be entertained. Appeal submission must be accompanied by a fee of \$150. If it is upheld, the sum will be refunded. Appeal must be submitted on the prescribed form within 10 minutes of the decision.

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COMPETITION OUTLINES

1. EVENT REQUIREMENTS

TEAM

Event	Gender	Category	Requirement	Contest Time
Creative Poomsae	Mixed	Young Junior 1 & 2	To perform in Tkd Dodok	Complete within 1 min
		Junior 1 & 2		
		Senior 1 & 2		
		Master		
Taekwondo Aerobics	Mixed	Young Junior 1 & 2	Dodok trouser and belt must be worn.	Complete within 1.5 min
		Junior 1 & 2		
		Senior 1 & 2		
		Master		
Self Defense	Mixed	Young Jr 2 & Jr 1	To perform in tkd dodok (shirt or jacket over the dodok is allowed)	Complete within 1 min
		Jr 2, Sr 1 & Sr 2		
		Master		

INDIVIDUAL

Event	Gender	Category	Requirement	Breaking Target
High Jump Kick	Male	Young Junior 2 & Junior 1	Start with 1.6m	1pc of 5mm wooden plank.(within 30 secs)
	Female			
	Male	Junior 2, Senior 1 & Senior 2	Start with 1.8m	
	Female			
	Male	Master		
Female				
Long Jump Kick	Male	Junior 1 & 2	Start with Distant:1.8m & Height: 0.5m	Preliminary & Semi-finals: 1pc of artificial plank.
	Female			
	Male	Senior 1 & 2	Start with Distant: 2.0m & Height: 0.75m	Finals: 1pc of 10mm Wooden or artificial plank. (within 30 secs)
	Female			
	Male	Master 1 & 2		
	Female			
Fist Breaking	Male	Senior 1 & 2	One attempt only & maximum number of concrete decided by participant.	Light Weight Concrete Or Marble (within 30 secs)
		Master		
Knife-hand Breaking	Male	Senior 1 & 2		
		Master		

Freestyle Breaking	Male	Junior 1 & 2	- Provide own holders (max. of 10 pax)	Maximum of 10pcs of 5mm wooden planks (within 1 min)
	Female			
	Male	Senior 1 & 2		
	Female			
	Male	Master		
	Female			
Reverse Kick Breaking	Male	Junior 1 & 2	- Provide own holders (max. of 2pax) - Target above the waist height of the participant.	5mm Wooden Plank (within 20 secs, with same leg)
	Female			
	Male	Senior 1 & 2		
	Female			
	Male	Master		
	Female			

2. DETAILS OF EVENTS

i. High Jump Kick (Jumping Front Kick)

- Breaking must be complete within 30 seconds from “Sijak”
- Each participant is allowed a maximum of 2 tries at a stated height
- Any part of the body other than the two feet making contact with the floor upon the break constitutes an unsuccessful attempt
- Artificial planks may be used.
- Participants will be provided with a running distance of up to 7 meters.

ii. Long Jump Kick (Flying Side Kick)

- Breaking must be complete within 30 seconds from “Sijak”
- Each participant is allowed a maximum of 2 tries at a stated distance
- A running start of up to 7 meters is allowed.
- Any part of the body coming in contact with the barrier constitutes an unsuccessful attempt
- Any part of the body other than the foot touching the ground constitutes an unsuccessful attempt
- Artificial planks may be used.

iii. Fist Breaking

- Break must be completed within 30 seconds from “sijak”

- Punch must be delivered with the front and knuckles of the forefinger and middle finger, all other techniques will be disqualified.
- Participants will stack their own concrete slabs.
- Participants are only allowed one attempt to achieve the break
- No bandages or covering is allowed on the part of the body making contact with the concrete slab, should dressings for injury be required, it must be approved by referees and done by approved medical personnel on stand-by.
- Spacers (minimum of 3mm will be provided)

iv. Knife-hand Breaking

- Break must completed within 30 seconds from “sijak”
- Only “open-knife-hand” (i.e. Side of palm from wrist to first knuckle of the little finger), all other techniques will be disqualified.
- Participants will stack their own concrete slabs.
- Participants are only allowed one attempt to achieve the break
- Any part of the body above the knees touching the floor will constitute an unsuccessful attempt.
- No bandages or covering is allowed on the part of the body making contact with the concrete slab, should dressings for injury be required, it must be approved by referees and done by approved medical personnel on stand-by.
- Spacers (minimum of 3mm will be provided)

v. Freestyle Breaking

- Maximum time allowed is 1 minutes inclusive of setup time
- Participants are to provide their own holders (up to a maximum of 10) throughout the competition.
- No bandages or covering is allowed on the part of the body making contact with the planks, should dressings for injury be required, it must be approved by referees and done by approved medical personnel on stand-by.
- No gunpowder, firecrackers, knife, fruits are allowed.
- No forehead breaking is allowed

vi. Reverse Kick Breaking

- Middle of target will be at the above standing waist height of the participant
- Participant will perform maximum number of breaks within 20 seconds, with the same leg
- No bandages or covering is allowed on the part of the body making contact with the planks, should dressings for injury be required, it must be approved by referees and done by approved medical personnel on stand-by.
- Both feet of participant must remain within the 2m X 2m contest area, for a break to be considered successful.
- Total number of assistants must be 5 or less, with minimum of 2 at the front (holding the planks)

vii. Self Defense

- To perform in approved tkd dodok (shirt or jacket over the dodok is allowed)
- Maximum allocated time is 1 minutes including setup time.
- Participant is required to create a scenario and display the application of appropriate self defense tactics
- Poom belts and black belts will compete in the same category
- Number of helpers will be limited to a maximum of 4.

viii. Creative Poomsae

- Each team will comprise of 3 participants.
- To perform in approved tkd dodok
- A mixture of grade is allowed
- Poomsae must consist of 20 to 24 steps, (each step may consist a maximum of 5 techniques)
- At least two of the following types of kicks must be included in the poomsae; Front Kick, Turning Kick, Side Kick.
- Movements must follow the principles of basic Taekwondo movements
- No music is allowed for this event
- Points will be deducted for poomsae exceeding 1 minutes.

ix. Taekwondo Aerobics

- Refers to the continuous movements, combining Taekwondo movements, dance and gymnastics with the accompaniment of music.
- Each team will comprise of 5 participants.
- A mixture of grade is allowed
- At least two of the following types of kicks must be included in the poomsae; Front Kick, Turning Kick, Side Kick.
- Dodok trouser and belt must be worn.
- No props or additional equipment (weapons, etc) will be allowed for the routine
- CD(s) must be recorded with only one music track and submitted one week before the competition.
- Onus is on the participating team to ensure a workable music media for the event.
- Testing of the audio medium will be made available the day before the competition.
- Points will be deducted for routines exceeding 1.5 minutes.

3. JUDGING

- i. The panel of judges for the event will be nominated by the STF board of referees and approved by the STF Management Committee.
- ii. Competition will be based on cut-off system (50% will be eliminated in the preliminary, followed by another 50%, followed by 8 in the finals)
- iii. High Jump Kick (Jumping Front Kick)
 - Participants will be judged based on maximum height achieved with a successful break
 - Elimination is based on highest height achieved, followed by number of attempts at a prescribed height, followed by running distance.
- iv. Long Jump Kick (Flying Side Kick)
 - Participants will be judged based on maximum distance achieved with a successful break
 - Elimination is based on farthest distance achieved, followed by number of attempts at a prescribed distance, followed by running distance.

v. Fist Breaking

- Participants will be judged based on number of slabs achieved per break, with prescribed technique
- Participant will also be judged on style of execution
- Illegal techniques will lead to disqualification
- If there is a tie in the number of concrete slabs broken, the winner shall be decided by the weight of the participants – that is, the ranking will be from the lightest. If there is still a tie, it will be determined by the age – that is the oldest/older participant will take precedent.

vi. Knife-hand Breaking

- Participants will be judged based on number of slabs achieved per break, with prescribed technique
- Participant will also be judged on style of execution
- Illegal techniques will lead to disqualification
- If there is a tie in the number of concrete slabs broken, the winner shall be decided by the weight of the participants – that is, the ranking will be from the lightest. If there is still a tie, it will be determined by the age – that is the oldest/older participant will take precedent.

vii. Freestyle Breaking

Participants will be judged based on

- Perfection of performance
- Accuracy (% of breaks)
- Level of difficulty (height, rotation)
- Creativity
- Balance and Landing
- Style of execution

Emphasis is on skill rather than power

viii. Reverse Kick Breaking

- Participants will be judged based on number of planks broken within the time limit.
- If there is a tie, the participants will have to compete again for the winner to be decided.

ix. Self Defense

Participant will be judged based on

- Educational value
- Substance
- Preparation
- Creativity
- Practicality

x. Creative Poomsae

Participants will be judged based based on

- Accuracy of execution
- Mastery of poomsae
- Complexity of poomsae
- Rhythm and tempo
- Coordination of softness and hardness
- Balance
- Expression of Ki
- Unity of performance
- Movement rules

xi. Taekwondo Aerobics

Participants will be judged based based on

- Artistic value
- Creativity
- Composition of movement, direction and music
- Accuracy of execution
- Complexity of poomsae
- Rhythm and tempo
- Coordination of softness and hardness
- Balance
- Expression of Ki
- Unity of performance
- Movement rules

PARTICIPANT FORM

4th NATIONAL TAEKWONDO DEMONSTRATION CHAMPIONSHIPS

I agree to abide by the rules and regulations of the tournament and hold myself solely responsible for any injury, damage or loss sustained as a result of my participation.

NAME:(in full) _____ Sex: _____

Date of Birth: _____ Age _____ (as at 2015)

NRIC/Passport No: _____ Tel: _____ H/P: _____

Address: _____ (S) _____

Grade: _____ Date Obtained: _____

Name of Coach: _____ HP: _____

AFFILIATE: _____

Name of Manager: _____ HP: _____

(Please **X** the appropriate box)

DIVISION	MALE	
	FEMALE	
Young Junior 1	2007-2010	
Young Junior 2	2003-2006	
Junior 1	2000-2002	
Junior 2	1997-1999	
Senior 1	1986-1996	
Senior 2	1976-1985	
Master	Before 1975	

CATEGORY	
High Jump Kck	
Long Jump Kick	
Reverse Kick Breaking	
Freestyle Breaking	
Fist Breaking	
Knife-Hand Breaking	
Creative Poomsae	
Taekwon Aerobics	
Self- Defence	

Official
Check

Signature of Participant

(To be completed by parent / guardian of participant below 21 years old)

I, Mr/Mrs/Ms _____, the parent / guardian of _____ consent to his / her participating in the championships and undertake to indemnify and keep indemnified the Federation against all claims arising out of injury, damage or loss suffered or caused in the course of his / her participation in the event.

Name of Parent / Guardian

NRIC No.

Signature / HP

Name of Team Manager

NRIC No.

Signature / HP