



## 9<sup>TH</sup> NATIONAL POOMSAE CHAMPIONSHIPS 2015

Organized by  
**SINGAPORE TAEKWONDO FEDERATION**  
(Recognized by the Singapore Sports Council and  
affiliated to the Singapore National Olympic Council)

- Organizer : Singapore Taekwondo Federation  
260A Tanjong Katong Road  
Singapore 437048
- Schedule : Registration  
- Monday 29 June 2015 to Thursday 2 July 2015  
at the STF Secretariat during office hours ( 9.00am to 5.00pm – closed for lunch from 1.00pm to 2.00pm )
- Competition  
- Saturday 25 July 2015 from 1.30pm to 9.30pm  
and Sunday 26 July 2014 from 9.30am to 9.30pm at **Toa Payoh Sports Hall**
- Eligibility : Members of clubs affiliated to the Singapore Taekwondo Federation who hold the grades they are competing in.
- (Grading cards or certificates of participants must be produced for verification during registration.)
- Competition Rules : WTF & STF rules shall apply.
- The sequence of performance for the competitors shall be as follows.
- Individual  
(By alphabetical order of the names of the participants)
  - Pair/Team/Family  
(By alphabetical order of the names of the Clubs)

Method of Competition : Cut-off system

Preliminaries – Any number of participants  
Semi-finals – About 50% of the number of participants in the preliminaries  
Finals – 8

(The judges reserve the right to vary the number selected for each stage)

Classification : Individual, pair, team and family events

Division : There are 8 divisions – **A** (4 & 5 years old), **B** (6 to 8 years old), **C** (9 to 11 years old), **D** (12 to 14 years old), **E** (15 to 20 years old), **F** (21 to 30 years old), **G** (31 to 50 years old) and **H** (51 years old and older)

Category : Dan - 1<sup>st</sup> and higher  
Poom - 1<sup>st</sup> and higher  
Red (BT) - Grade 1  
Red - Grade 2  
Blue (RT) - Grade 3  
Blue - Grade 4  
Green (BT) - Grade 5  
Green - Grade 6  
Yellow (GT) - Grade 7  
Yellow - Grade 8  
White (YT) - Grade 9

(Based on highest grade obtained on or before the April 2015 grading.)

Recognized Poomsae : Please see Annex A

Preliminaries - Respective patterns  
Semi-finals - Respective patterns  
Finals - Respective patterns

- Participation : There is no limit to the number of participants/family groups a club can field for the individual/family events. However, for the pair and team events, only 1 pair and 1 team are allowed for each division and category.
- Please see Annex A.
- Participation Fees : \$20.00 per participant for all categories
- Fees paid will not be refunded under any circumstances.
- Awards : Medals will be awarded to eight finalists according to positions.
- Certificates of participation will be given upon request.
- Benefits of Participation : Competitors will be able to test their poomsae standard in the competition and bring it to a higher level for their grading which will be held a few weeks later
- The club can use it as another avenue to expose their members to competition.
- Conditions of Participation : 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.
- Enquiries : For more information, please call Mr Andy Lee Thiam Poh (Tournament Chairman) at 9106 4421.

# SINGAPORE TAEKWONDO FEDERATION

## 9<sup>TH</sup> NATIONAL POOMSAE CHAMPIONSHIPS 2015

### PARTICIPATION

Division (Age)	Sex	A (4 - 5)	B (6 - 8)	C (9 - 11)	D (12 - 14)	E (15 - 20)	F (21 - 30)	G (31 & 50)	H (51 & older)
Individual	M	No limit							
	F	No limit							
Pair	1M/1F	1	1	1	1	1	1	1	1
Team	M	1	1	1	1	1	1	1	1
	F	1	1	1	1	1	1	1	1
Family	M/F*	No limit							

***\*Family group: Any combination of at least 2 (a parent and child) in the group – for example, a father and a son or daughter or a father, a mother and a child or a few children. They can hold any grade. The parent can be a black belt while the child is a yellow belt or vice versa. The poomsae they perform shall be of their choice.***

### RECOGNISED POOMSAE

Category	Compulsory Poomsae
White (Grade 9)	Preliminary Poomsae
Yellow (Grade 8)	Taegeuk Il Jang
Yellow (Grade 7)	Taegeuk E Jang
Green (Grade 6)	Taegeuk Sam Jang
Green (Grade 5)	Taegeuk Sa Jang
Blue (Grade 4)	Taegeuk O Jang
Blue (Grade 3)	Taegeuk Yuk Jang
Red (Grade 2)	Taegeuk Chil Jang
Red (Grade 1)	Taegeuk Pal Jang
Poom (1st & higher)	Koryo
Dan (1st & higher)	**Koryo/Keumgang/Taebaek

***\*\*To be announced on the competition day***



## 9<sup>TH</sup> NATIONAL POOMSAE CHAMPIONSHIPS 2015

To : **Organising Chairman**  
**9<sup>th</sup> National Poomsae Championships 2015**

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On behalf of \_\_\_\_\_ (name of affiliate), I submit the attached entry forms and confirm that the players are all members of the Club.

Name of Team Manager		
	Signature	Official Stamp
Date		



## 9<sup>TH</sup> NATIONAL POOMSAE CHAMPIONSHIPS 2015

### FORM A

### INDIVIDUAL ( MALE )

Affiliate			
Team Manager		Contact No	

**Please circle**

Division	A	B	C	D	E	F	G	H
Age	4 -5	6 – 8	9 – 11	12 – 14	15 – 20	21 – 30	31 - 50	51 & older

No	Name	*Category											
		White		Yellow		Green		Blue		Red		Poom	Dan
		9	8	7	6	5	4	3	2	1			

*\*Please tick accordingly*



## 9<sup>TH</sup> NATIONAL POOMSAE CHAMPIONSHIPS 2015

### FORM B

### INDIVIDUAL ( FEMALE )

Affiliate			
Team Manager		Contact No	

**Please circle**

Division	A	B	C	D	E	F	G	H
Age	4 -5	6 -8	9 - 11	12 - 14	15 - 20	21 - 30	31 - 50	51 & older

No	Name	*Category										Poom	Dan
		White		Yellow		Green		Blue		Red			
		9	8	7	6	5	4	3	2	1			

*\*Please tick accordingly*



## 9<sup>TH</sup> NATIONAL POOMSAE CHAMPIONSHIPS 2015

### FORM C

### PAIR

Affiliate			
Team Manager		Contact No	

**Please circle**

Division	A	B	C	D	E	F	G	H
Age	4 - 5	6 - 8	9 - 11	12 - 14	15 - 20	21 - 30	31 - 50	51 & older

No	Name	*Category											
		White		Yellow		Green		Blue		Red		Poom	Dan
		9	8	7	6	5	4	3	2	1			

*\*Please tick accordingly*





**9<sup>TH</sup> NATIONAL POOMSAE CHAMPIONSHIPS 2015**

**FORM D**

**TEAM ( MALE )**

Affiliate			
Team Manager		Contact No	

**Please circle**

Division	A	B	C	D	E	F	G	H
Age	4 -5	6 – 8	9 – 11	12 – 14	15 – 20	21 – 30	31 - 50	51 & older

No	Name	*Category										Poom	Dan
		White		Yellow		Green		Blue		Red			
		9	8	7	6	5	4	3	2	1			

*\*Please tick accordingly*



**9<sup>TH</sup> NATIONAL POOMSAE CHAMPIONSHIPS 2015**

**FORM E**

**TEAM ( FEMALE )**

Affiliate			
Team Manager		Contact No	

**Please circle**

Division	A	B	C	D	E	F	G	H
Age	4 -5	6 – 8	9 – 11	12 – 14	15 – 20	21 – 30	31 - 50	51 & older

No	Name	*Category										Poom	Dan
		White		Yellow		Green		Blue		Red			
		9	8	7	6	5	4	3	2	1			

*\*Please tick accordingly*



## 9<sup>TH</sup> NATIONAL POOMSAE CHAMPIONSHIPS 2015

### FORM F

#### FAMILY

Affiliate			
Team Manager		Contact No	

Status	Name
Father	
Mother	
Child	
Child	
Child	
Child	



## 9<sup>TH</sup> NATIONAL POOMSAE CHAMPIONSHIPS 2015

### FORM G

#### REGISTRATION FORM (to be completed by all participants)

Affiliate	
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Name		Age (as at 2015)	
Date of Birth		Grade (as at April 2015)	
NRIC No		Sex	
Contact No	(Mobile)	(Home)	
Name of Coach		(Mobile)	

I agree to abide by the rules and regulations of the tournament and will not hold the Singapore Taekwondo Federation responsible for any injury, damage or loss sustained as a result of my participation.

\_\_\_\_\_

Signature

\_\_\_\_\_

Date

<b>Parental/Guardian Consent for Participants Below 21 Years of Age</b>			
I consent to the participation of the above named applicant, who is my *child/ward, in the 9 <sup>th</sup> National Poomsae Championships. I hereby release the Singapore Taekwondo Federation and its agents from all liabilities that may arise in connection therein.			
Name		Signature / Date	
NRIC No		Contact No	(Mobile)
Witnessed By			
Team Manager		Signature/Date	
NRIC No		Contact No	(Mobile)