



10TH NATIONAL POOMSAE CHAMPIONSHIPS 2016

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 9 May 2016 to Thursday 12 May 2016
at the STF Secretariat during office hours
(9.00am to 4.30pm – closed for lunch from
1.00pm to 2.00pm)
- Competition
- Saturday 4 June 2016 from 1.30pm to 9.30pm
and Sunday 5 June 2016 from 9.30am to
9.30pm at **Jurong East 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

Semi-finals – Any number of participants

Finals – 8

(The Organizers 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 17 years old),
- F** (18 to 30 years old),
- G** (31 to 40 years old),
- H** (41 to 50 years old), and
- J** (51 years old and older)

Category : Dan - 1st and higher
Poom - 1st 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 2016 grading.)

Recognized Poomsae : Please see Annex A

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.

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.

Competition Official Coach : Strictly not allowed to employ coaches from other clubs to coach their members during the competitions.

Clubs must produce sufficient coaches to take care of their own athletes during the competition. Athletes will be disqualified if coaches from their clubs are not available to accompany them to the arena.

Enquiries : For more information, please call Mr Andy Lee Thiam Poh (Tournament Chairman) at 9106 4421.

SINGAPORE TAEKWONDO FEDERATION 10TH NATIONAL POOMSAE CHAMPIONSHIPS 2016

PARTICIPATION

Division (Age)	Sex	A	B	C	D	E	F	G	H	J
		(4 - 5)	(6 -8)	(9 - 11)	(12 - 14)	(15 - 17)	(18 - 30)	(31 - 40)	(41 - 50)	(51 & older)
Individual	M	No limit to the number of participants each affiliates can field.								
	F									
Pair	1M /1F									
Team	M									
	F									
Family	M/F*									

****Family group: Any combination of at least 2 (Siblings / a parent and child) in the group – for example, siblings, a father or a mother 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.***

RECOGNIZED 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)	**Keumgang / Taebaek

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



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To : **Organising Chairman**
10th National Poomsae Championships 2016

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		



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FORM B

INDIVIDUAL (FEMALE)

Affiliate			
Team Manager		Contact No	

Please circle

Division	A	B	C	D	E	F	G	H	J
Age	4 - 5	6 - 8	9 - 11	12 - 14	15 - 17	18 - 30	31 - 40	41 - 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*



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FORM C

PAIR

Affiliate			
Team Manager		Contact No	

Please circle

Division	A	B	C	D	E	F	G	H	J
Age	4 - 5	6 - 8	9 - 11	12 - 14	15 - 17	18 - 30	31 - 40	41 - 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*



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FORM D

TEAM (MALE)

Affiliate			
Team Manager		Contact No	

Please circle

Division	A	B	C	D	E	F	G	H	J
Age	4 - 5	6 - 8	9 - 11	12 - 14	15 - 17	18 - 30	31 - 40	41 - 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*



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FORM E

TEAM (FEMALE)

Affiliate			
Team Manager		Contact No	

Please circle

Division	A	B	C	D	E	F	G	H	J
Age	4 - 5	6 - 8	9 - 11	12 - 14	15 - 17	18 - 30	31 - 40	41 - 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*



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FORM F

SIBLINGS

Affiliate			
Team Manager		Contact No	

Status	Name		
Child		Sex:	Age :
Child		Sex:	Age :
Child		Sex:	Age :
Child		Sex:	Age :
Child		Sex:	Age :
Child		Sex:	Age :



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FORM G

FAMILY

Affiliate			
Team Manager		Contact No	

Status	Name		
Father		Age :	
Mother		Age :	
Child		Sex:	Age :
Child		Sex:	Age :
Child		Sex:	Age :
Child		Sex:	Age :



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FORM H

REGISTRATION FORM (to be completed by all participants)

Affiliate	
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Name		Age (as at 2016)	
Date of Birth		Grade (as at April 2016)	
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

Parental/Guardian Consent for Participants Below 21 Years of Age

I consent to the participation of the above named applicant, who is my *child/ward, in the 9th 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)