



11st NATIONAL POOMSAE CHAMPIONSHIPS 2017

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

- Organizer : Singapore Taekwondo Federation
260A Tanjong Katong Road
Singapore 437048
- Schedule : Registration
- Monday 8 May 2017 to Thursday 11 May 2017
at the STF Secretariat during office hours (9.00am to 4.30pm – closed for lunch from 1.00pm to 2.00pm)
- Competition
- Saturday 3 June 2017 from 1.30pm to 6.00pm
- Sunday 4 June 2017 from 9.30am to 6.00pm
and
- Saturday 10 June 2017 from 1.30pm to 6.00pm
- Sunday 11 June 2017 from 9.30am to 6.00pm
- Venue at **Jurong East Sports Complex**
- 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 9 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 1 - 1st Dan
 Dan 2 - 2nd Dan and higher
 Poom 1 - 1st Poom
 Poom 2 - 2nd Poom 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 2017** – Second quarter grading season.)

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.

****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.***

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 : Poomsae coaches must hold a minimum of Level 2 qualification.
- 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.

Referees : **Participating team must provide at least one referee per every 30 participants** for the duration of the championships to qualify for participation. The referee may not be the same person. For example, it is acceptable for a club to submit four referees, one each for every competition day. A club will be barred from future participation if its referee fails to fulfil his or her obligations without the approval of the Tournament Chairman.

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

**SINGAPORE TAEKWONDO FEDERATION
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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 1 (1st Poom)	*Koryo / **Keumgang
Poom 2 (2 nd Poom & higher)	*Keumgang / **Taebaek
Dan 1 (1st Dan)	*Koryo / **Keumgang
Dan 2 (2 nd Dan & higher)	*Taebaek / **Pyongwon

**First Poomsae for Semi-Finals round*

***Second Poomsae for Final round.*



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To : **Organising Chairman**
10th National Poomsae Championships 2017

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 A

INDIVIDUAL (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											
		White		Yellow		Green		Blue		Red		Poom	Dan
		9	8	7	6	5	4	3	2	1			

**Please tick accordingly*



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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 year 2017)	
Date of Birth		Grade (as Apr 2017)	
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 9 th 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)