



12th NATIONAL POOMSAE CHAMPIONSHIPS 2018

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 7 May 2018 to Thursday 10 May 2018 at the STF Secretariat during office hours (9.00am to 4.30pm – closed for lunch from 1.00pm to 2.00pm)
- Competition
- Saturday **2 June 2018** from 12.30pm to 9.00pm
 - Sunday **3 June 2018** from 9.00am to 9.00pm
- Venue 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
(shall be decided by ballot)
 - Pair / Team / Sibling / Family
(shall be decided by ballot)

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, Siblings and Family events

Division : There are 9 divisions –
:
A (4 to 6 years old),
B (7 to 9 years old),
C (10 to 12 years old),
D (13 & 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
White - Grade 10 (For age 12 years & below)

(Based on highest grade obtained on or before the **January 2018** – First quarter grading season.)

- Recognized Poomsae : Please see Annex A
- Semi-finals - Respective patterns
 - Finals - Respective patterns
- Participation : A performer may participate in one individual colour-category. He or she is allowed to participate in his or her belt categories only.
- There is no limit to the number of participants, pair, team, sibling and family groups a club can field for the individual / pair / team / sibling and family events.
- Team event shall comprise of three (3) participants. Each Participant is allowed to participate in one poomsae team event only
- Please see Annex A.
- Participation Fees : \$21.40 per participant for Individual, pair team & sibling category.
- \$42.80 per Poomsae Family
- Fees paid will not be refunded under any circumstances. All fees included GST.
- 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. 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.
- Provision of Referee and volunteer : All participating teams or clubs are compulsory to provide sufficient qualified National Referee for the tournament. Based on one Referee for every 30 participants (Individual event) per club.
- All participating teams or clubs are compulsory to provide one volunteer (Junior or Senior) for the tournament.
- Enquiries : For more information, please call Mr Andy Lee Thiam Poh (Tournament Chairman) at 9106 4421. or STF Secretariat at 6345 1491.

**SINGAPORE TAEKWONDO FEDERATION
12th NATIONAL POOMSAE CHAMPIONSHIPS 2018**

PARTICIPATION

Division (Age)	Sex	A (4 - 6)	B (7 -9)	C (10 - 12)	D (13 &14)	E (15 - 17)	F (18 - 30)	G (31 - 40)	H (41 - 50)	J (51 & older)
Individual	M	No limit								
	F	No limit								
Pair	1M & 1F	No limit								
Team	M	No limit								
	F	No limit								
	Mixed	No limit								
Family	M/F*	No limit								

****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.***

RECOGNISED POOMSAE

Category	Compulsory Poomsae
White (Grade 10) - for age 12 years & below	Introductory 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)	*Pal Jang / **Koryo
Poom 2 (2 nd Poom & higher)	*Koryo / **Keumgang
Dan 1 (1st Dan)	*Pal Jang / **Koryo
Dan 2 (2 nd Dan & higher)	*Koryo / **Keumgang

Team 1 - (1st Poom)	*Pal Jang / **Koryo
Team 2 - (2 nd Poom & higher)	*Koryo / **Keumgang
Team 3 - (1st Dan)	*Pal Jang / **Koryo
Team 4 - (2 nd Dan & higher)	*Koryo / **Keumgang
Team 5 (Combined Grades & Mixed) – (1 st Poom, 2 nd Poom & higher)	*Pal Jang / **Koryo
Team 6 (Combined Grades & Mixed) – (1 st Dan, 2 nd Dan & higher)	*Pal Jang / **Koryo

**First Poomsae for Semi-Finals round ,and **second Poomsae for Final round.*

- **White (Grade 10) category, for age 12 years and below only.**
- Each Poomsae team shall comprise of three (3) participants..
- Each Participant is allowed to participate in one poomsae team event only.



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To : **Organising Chairman**
12th National Poomsae Championships 2018

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 - 6	7 - 9	10-12	13 & 14	15 - 17	18 - 30	31 - 40	41 - 50	51 & older

No	Name	*Category													
		W 10	W 9	Y 8	Y 7	G 6	G 5	B 4	B 3	R 2	R 1	P 1	P2 +	D 1	D2 +

**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 - 6	7 - 9	10-12	13 & 14	15 - 17	18 - 30	31 - 40	41 - 50	51 & older

No	Name	*Category													
		W 10	W 9	Y 8	Y 7	G 6	G 5	B 4	B 3	R 2	R 1	P 1	P2 +	D 1	D2 +

**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 - 6	7 - 9	10-12	13 & 14	15 - 17	18 - 30	31 - 40	41 - 50	51 & older

No	Name	*Category													
		W 10	W 9	Y 8	Y 7	G 6	G 5	B 4	B 3	R 2	R 1	P 1	P2 +	D 1	D2 +

**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 - 6	7 - 9	10-12	13 & 14	15 - 17	18 - 30	31 - 40	41 - 50	51 & older

No	Name	*Category													
		W 10	W 9	Y 8	Y 7	G 6	G 5	B 4	B 3	R 2	R 1	P 1	P2 +	D 1	D2 +

**Please tick accordingly*



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FORM F

TEAM (Mixed Male & Female)

Affiliate			
Team Manager		Contact No	

Please circle

Division	A	B	C	D	E	F	G	H	J
Age	4 - 6	7 - 9	10-12	13 & 14	15 - 17	18 - 30	31 - 40	41 - 50	51 & older

No	Name	*Category													
		W 10	W 9	Y 8	Y 7	G 6	G 5	B 4	B 3	R 2	R 1	P 1	P2 +	D 1	D2 +

**Please tick accordingly*



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FORM G

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 H

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 J

REGISTRATION FORM (to be completed by all participants)

Affiliate	
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Name		Age (as year 2018)	
Date of Birth		Grade (as Jan 2018)	
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 12 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)