

The Singapore Taekwondo Federation (STF) will be conducting open selection trials to identify promising athletes to participate in the national squad training so as to prepare them for championships in 2020 and 2021. All affiliates are invited to participate in the open trials for both Kyorugi and Poomsae events. The selection details are as follows.

A tentative list of championships (to be confirmed at a later date) are as follows. A final selection may be conducted for each individual championship nearer to the actual championship. STF reserves the right not to send a team due to athletes' performances or safety reasons.

- Herning 2020 World Taekwondo Poomsae Championships (G8) (21st – 24th May 2020)
- WT President's Cup-Oceania (G2) (5th June 2020)
- 2020 Tahiti Open (G2) (7th June 2020)
- Chuncheon Korea Open (G1) (2-8 July 2020)
- Malaysia Open Championship 2020 (G1) (21st-23 August 2020)

Please note that due to the Covid-2019 situation, the selection trials will be spilt across two days (Technical and Physical). Furthermore, the selection trials will be spilt into different sessions per day based on registration numbers. Athletes who have registered are advised to visit the STF on 13 March 2020 to check on the exact reporting time.

Date : Saturday 14 March 2020 (Technical) and 21 March 2020 (Physical)
Venue : OCBC Arena Hall 5 (14 March) and NYSI (21 March)

Technical Trials (14 March 2020)

Kyorugi:

- Trial - 08.30am – 12:30pm (exact timing tbc on 13 March)
 - Weigh-in - Will be done at the start of the session.
 - Age Groups - 12 to 14 years old (Cadet)
 - 15 to 17 years old (Junior)
 - 18 years & above (Senior)
 - Assessment - Performance of sparring against selected opponents
 - Attire - STF-approved Dobok
 - Equipment - KPNP head gear, chest protector and foot protectors will be provided.
- Athletes have to bring their own personal equipment. Athletes can also bring their own KPNP foot protectors.

Poomsae:

- Trial: - 1:00pm – 5:00pm (exact timing tbc on 13 March)
- Age Groups - Below 12 years old (Development) - Taegeuk 4 to Keumgang
- Age Groups - 12 to 14 years old (Cadet) - Taegeuk 4 to Keumgang
- 15 to 17 years old (Junior) - Taegeuk 4 to Taebaek
- 18 to Under 40 years old - Taegeuk 6 to Shipjin
- 40 to Under 50 years old - Taegeuk 8 to Chonkwon
- 50 and above - Koryo to Hansu
- Assessment - Performance of basic techniques and stances
- Performance of poomsae
- Attire - STF-approved Dobok

Freestyle Poomsae:

- Trial - 1:00pm – 5:00pm (exact timing tbc on 13 March)
- Age Groups - 12 to 17 years old - Individual, Pair, Mixed Team
- 18 and above - Individual, Pair, Mixed Team
- Assessment - Performance of freestyle poomsae
- Attire - STF-approved Dobok
- Equipment - Athletes have to bring their own sound track and sound system (i.e. phone + speakers)

Physical Trials (21 March 2020):

- Trial - 8:00am – 12:00pm, 3:00pm – 6:00pm (exact timing tbc)
- Attire - Sports Attire

All participants must be **SINGAPORE CITIZENS** and are STF poom or black belt holders.

Please fill in the attached forms (including the NYSI indemnity form) and submit them to the Secretariat by **Thursday 12 March 2020**. There is no limit to the number of athletes each affiliate can field. We reserve the right not to accept late submission, incomplete forms or registration without the necessary supporting documents.

Registered athletes for the trials are to report at the OCBC Arena Hall 4/5 by the stated timing. Kyorugi athletes shall be considered for the category based on their actual weight on the day of the weigh-in and not according to the weight submitted in the form as we do not want to disqualify any athletes. No weight allowance will be given.

Athletes who are injured on the day of the trials must submit a doctor's certified documentation on the day of the trials.

The panel of selectors will comprise any **3** of the following senior technical members and the National Coaches (Mr Henry Tan & Ms Lee Na Lee). The number of selectors may be subjected to change on the actual day.

- Mr Steven Soh
- Mr RA Jeyaraman
- Mr Lee Thiam Poh
- Mr Tan Kok Heng
- Mr Tan Cheng Hui
- Mr S. Sinnathurai
- Mr Lai Han Seng

The player's undertaking form is also attached. The form must be signed by parents for players under the age of 21 years old. Players will not be allowed to participate in the trials if they do not comply with the administrative requirements. Players with medical history must provide medical clearance from their doctor.

Due to the Covid-2019 situation, the trials would only be open for observation by the registered accompanying coaches (**must be Level 2 qualified**) only. Temperature screening and travel declaration will be conducted and individuals who are unwell, on Leave of Absence, Stay-Home Notice or have recent travel history to mainland China, Daegu city or Cheongdo county in Republic of Korea, North Italy and Iran should not attend.

Please note that no photography and video recording will be allowed.