OPEN POLISH POOMSAE CUP

Date: 9th October 2021, Saturday

Venue: POLAND/ Bialystok, Str.: Antoniuk Fabryczny 5/7 SPORT HALL

Promoter: Polish Taekwondo Federation

Chairman: Mirosław Furman

Organization: Paweł Baranowski
Urszula Wardzińska Tel.: + 48692169694

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Conditions of participation:

Participants must be members of national taekwondo federation affiliated by WT.
All participants must proof their age and nationality by presenting a valid passport or ID card at the registration.

Liability: All contestants participate at their own risk

Rules: Category –WT rules

Entry fee: Category – 30 €/individual; 30 €/pair 45€ /Team

Entry fee has to be paid upon registration, for all applied contestants even in case of no show.
Modifications (e.g. of category) and extra applications after the application deadline are possible for a fee of 20 €

Application – online: At www.tpss.eu until 3h October 2021 (Sunday)
Please note that the number of applications accepted will be limited to 150 contestants.

Competition schedule: **REGISTRATION:** Friday (8 October 2021) 18.00-20.00
Saturday (9 October 2021) 08.00-08.45
Registration Place: Bialystok, Str.: Antoniuk Fabryczny 5/7 - SPORT HALL
Late registration – only upon previous arrangement with the organizers.
09:00 Opening of the competition

Competition Awarding: Medal for 1.-3. places

Protest: Only the official coach is allowed to protest, right after the contest for the fee of 100 € have to be paid for competition board.

Dobok: Every competitor has to wear WT approved competition uniform or dobok.

Accomodation: Contestants roganize accommodation on their own, however you may send an inquiry to the office.

For more information please contact us at e-mail: poomsaebialystok@gmail.com

CATEGORIES AND RULES POOMSAE

- **INDIVIDUAL**

no	F/M AGE CATEGORY	Preliminary	Semi-final	Final
1	Children U9	Taegeuk IL JANG (1)	Taegeuk IL JANG (1) Taegeuk I JANG (2)	Taegeuk I JANG (2) Taegeuk SAM JANG (3)
2	Children 10-11	Taegeuk SAM JANG (3)	Taegeuk SAM JANG (3) Taeguk SA JANG (4)	Taegeuk SA JANG (4) Taegeuk OH JANG (5)
3	CADET 12-14	Taegeuk SA JANG (4)	Taegeuk OH JANG (5) Taegeuk YUK JANG (6)	Taegeuk, CHIL JANG (7) Taegeuk PAL JANG (8)
4	Junior 15-17	Taegeuk CHIL JANG (7)	Taegeuk OH JANG (5) Taegeuk PAL JANG (8)	Taegeuk YUK JANG (6) Poomsae KORYO (9)
5	Senior I 18-30	Taegeuk CHIL JANG (7)	Taegeuk PAL JANG (8) Poomsae KORYO (9)	Poomsae KEUMGANG(10) Poomsae TAEBAEK (11)
6	Senior II 31-40	Taegeuk PAL JANG (8)	Poomsae KEUMGANG(10) Poomsae KORYO (9)	Poomsae PYONGWON (12) Poomsae SIP JIN (13)
7	Masters I 41-50	Taegeuk PAL JANG (8)	Taegeuk CHIL JANG (7) Poomsae KORYO (9)	Poomsae TAEBAEK (11) Poomsae PYONGWON (12)
8	Masters II O51	Taegeuk CHIL JANG (7)	Taegeuk Pal Jang (8) Poomsae PYONGWON(12)	Poomsae KEUMGANG(10) Poomsae TAEBAEK (11)

- **PAIR**

no	AGE CATEGORY	Preliminary	Semi-final	Final
1	Children U 9 Chidren 10-11	Taegeuk IL JANG (1)	Taegeuk IL JANG (1) Taegeuk I JANG (2)	Taegeuk I JANG (2) Taegeuk SAM JANG (3)
2	CADET 12-14 JUNIOR 15-17	Taegeuk SAM JANG (3)	Taegeuk SAM JANG (3) Taeguk SA JANG (4)	Taegeuk OH JANG (5) Taegeuk YUK JANG (6)
3	Senior I 18-30 Senior II 31-40 MASTERS+ 41+	Taegeuk YUK JANG (6)	Taegeuk CHIL JANG (7) Taegeuk PAL JANG (8)	Poomsae KORYO (9) Poomsae KUMGANG (10)

- **TEAM**

no	F/M AGE CATEGORY	Preliminary	Semi-final	Final
1	Children U 9 Chidren 10-11 CADET 12-14	Taegeuk IL JANG (1)	Taegeuk IL JANG (1) Taegeuk I JANG (2)	Taegeuk I JANG (2) Taegeuk SAM JANG (3)
2	JUNIOR + 15+	Taegeuk SAM JANG (3)	Taegeuk SAM JANG (3) Taeguk SA JANG (4)	Taegeuk OH JANG (5) Taegeuk YUK JANG (6)

AGE CATEGORIES:

1. Children on 2012 and after
2. Children 10-11 born between 2010-2011
3. Cadet: born between 2009 - 2007
4. Junior: born between 2006 and 2004
5. SENIOR I: born between 2003 and 1991.
6. SENIOR II: born between 1990 and 1981.
7. MASTERS I: born between 1980 and 1971.
8. MASTERS II: born on 1970 and before.

Pair: Pair one female and one male competitors are performing together.

Team: In female team 3 female competitors, in male team 3 male competitors are competing together.

Rules: In the first round, one poomsae has to be performed according to the table.
In the second round two poomsae have to be performed according to the table.
In the final round two poomsae have to be performed according to the table.

Number of rounds:

20 or more competitors: three rounds. From the preliminary round 50% go to semi-final.
From the semi-final the best 8 go to the final.

9-19 competitors: There will be two rounds. The best 8 go to final.

8 competitors or less: There will be only one final round.

Belt

In principle 1st Dan/Poom or higher, however, anyone is allowed to compete in the Category, but the contestant must be able to perform the selected poomsae.