XI Polish Open
POOMASE CHAMPIONSHIPS

IV Polish
PARA-POOMSAE CHAMPIONSHIPS

HUZAR
Taekwondo Cup

12th October 2019

HALA SPORTOWA SZKOŁY PODSTAWOWEJ NR 24
UL. ANTONIUK FABRYCZNY 5/7, BIAŁYSTOK

The competition takes place with the support of:

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XI OPEN POLISH POOMSAE CHAMPIONSHIP
IV OPEN POLISH PARA POOMSAE

Date: 12th October 2019, Saturday

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

Promoter: Polish Taekwondo Federation

Chairman: Mirosław Furman

Organization: Paweł Baranowski Tel.: +48608299821

e-mail: poomsaebialystok@gmail.com

Facebook event: https://www.facebook.com/events/2311349455848803/

Conditions of participation:

Participants must be members of national taekwondo federation affiliated by WTF.
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, see down

Entry fee: Category – 30 €/individual; 30 €/pair
Para taekwondo – 25 € (only individual)

Entry fee has to be paid 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.nl until 6th October 2019 (Sunday)
Please note that the number of applications accepted will be limited to 300 contestants.

Competition schedule: **REGISTRATION:** Friday (11 October 2019) 18.00-20.00
Saturday (12 October 2019) 08.00-09.00
Registration Place: Bialystok, Str.: Antoniuk Fabryczny 5/7 - SPORT HALL
Late registration – only upon previous arrangement with the organizers.
09:45 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.

Accomodation: Please contact the office to find a suitable accomodation.

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

CATEGORIES AND RULES POOMSAE

INDIVIDUAL F/M AGE CATEGORY	COMPULSORY POOMSAE	
	Preliminary/Semi-final	Final
CADET	Taegeuk PAL JANG (8)	Taegeuk YUK JANG (6) Taegeuk KORYO (9)
Junior	Taegeuk CHIL JANG (7)	Taegeuk PAL JANG (8) Taegeuk KORYO (9)
U21	Taegeuk Pal Jang (8)	Taegeuk KORYO (9) Taegeuk TAEBAEK (11)
Senior I U30	Taegeuk KORYO (9)	Taegeuk TAEBAEK (11) Taegeuk SIP JIN (13)
Senior II U40	Taegeuk KEUMGANG (10)	Taegeuk SIP JIN (13) Taegeuk PYONGWON (12)
Masters I U50	Taegeuk PAL JANG (8)	Taegeuk TAEBAEK (11) Taegeuk PYONGWON (12)
Masters II O51	Taegeuk KEUMGANG (10)	Taegeuk TAEBAEK (11) Taegeuk SIP JIN (13)

CATEGORY	PRELIMINARY	SEMI-FINAL	FINAL
PAIR	Taegeuk CHIL JANG (7)	Taegeuk PAL JANG (8)	Taegeuk YUK JANG (6) Taegeuk KORYO (9)

AGE CATEGORIES:

1. Cadet: born between 2007 - 2005
2. Junior: born between 2004 and 2002
3. Under 21 division: born between 2001 and 1998.
4. Under 30 division: born between 1997 and 1989.
5. Under 40 division: born between 1988 and 1979.
6. Under 50 division: born between 1978 and 1969.
7. Over 51 division: born on 1968 and before.

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

Rules: In the first round, one poomsae has to be performed that is drawn from the compulsory poomsae.
In the second round one poomsae from the Compulsory Poomsae group has to be performed also drawn according to the table.
In the final round two poomsae have to be performed according to the table.
The poomsae are drawn, not chosen by the competitors themselves!

Number of rounds:

21 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.

9-20 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.

CATEGORIES AND RULES PARA POOMSAE

AGE CATEGORY Individual (F/M)	Semi-final 2 poomsae	Final 2 poomsae
U25	**Any**	**Any**
U39	**Any**	**Any**
O40+	**Any**	**Any**

Rules: In the para poomsae categories, two poomsae have to be performed (one round).
The poomsae are chosen by the competitors themselves.