

35th BELGIAN OPEN KYORUGI & POOMSAE 2014

A-class Tournament

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| INVITATION POOMSAE and FREE STYLE |
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Dear Mr President,
Dear Sir/Madam,
Dear Trainer/Coach/Athlete,

On behalf of the Flemish Taekwondo Union, I am proud to invite You and Your athletes to participate in the 35th Belgian Open Taekwondo Championships Kyorugi and Poomsae & Free Style 2014 which will be held in Gent, Belgium, on April 4-6th.

The Poomsae and Free Style competition will be held for only Poom/Dangrades on **Saturday, April 5th 2014.**

We guarantee high quality organization and competition - with only the best international referees worldwide - in order to guarantee high level transparency, fair play & impartiality for the athletes.

We are looking forward to receive your confirmation of participation for this event before 17th March 2014.

The Flemish Taekwondo Union will be honored to welcome You and Your athletes.

Yours sincerely,

Erik Baert

President Flemish Taekwondo Union

1. ORGANIZATION

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|---------------------------------|---|
| Organization | Flemish Taekwondo Union (Vlaamse Taekwondo Bond vzw) H. Van Veldekesingel 150/73 BE-3500 Hasselt Phone: + 32 11 87 09 19 Fax: + 32 11 87 09 17 belgianopen@taekwondo.be www.belgianopentaekwondo.be |
| President | Mr. Erik Baert |
| Poomsae Referee Director | Mr. Mustapha Moutarazak Email: m.moutarazak@hotmail.com |

2. DATE AND PLACE

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|--------------------------------------|--|
| Competition date | Saturday April 5 th |
| Competition venue | De Soeverein, Sportveldenstraat 10, 3920 Lommel, Belgium |
| <u>Time Table</u> | |
| Friday April 4th | Registration: 14:00 - 20:00 (local time) Because of organizational concern, teams and individual athletes are encouraged to register on Friday! |
| Saturday April 5th | 08.00 - 09.00: Registration 09.30: Start competition NOTE: Times are subject to change. |

3. CONTESTANTS

Membership

Participants must be member of a National Taekwondo Federation, affiliated to the W.T.F. This membership must be proved by the (GAL) Global Athlete Membership identification from the W.T.F. for **ALL** athletes and officials.

NB: WTF GAL application can **ONLY** be made through the WTF Member National Association (MNA) and WTF GAL's will only be approved and cards shipped to the WTF MNA once all required information, documents and payment has being made.

ONSITE registration for **WTF GAL** is **NOT POSSIBLE** and registration must be done **IN ADVANCE**. A Global Athlete Licence check will be done at onsite registration before any individual is allowed to compete. Any questions on the WTF GAL should be directed to your respective WTF Member National Association.



All competitors have to prove their age and nationality by presenting their passport or identification card at the registration. Those who are not recognized as adults by law in their own country must submit a passport or identification card together with a written consent (liability declaration) at registration signed by parents or lawful guardians, accepting the participation and all parts of the official invitation.

Uniform

Contestants shall wear WTF-approved Poomsae competition uniforms.

- Graduation** Dangrades A-Cat.: 1st Dan/Poom and higher
(Belt class according to WTF-regulations)
- Age** The age categories are based on the year of birth. For example, if someone is 17 years old on the day of competition but he/she is still to become 18 years, then he/she will participate in the division 18-30yr.
- Compulsory poomsae** One day before the competition the Taegeuk/Poomsae will be published on the website: www.belgianopentaekwondo.be
- 1st, 2nd and 3rd round (finals): 2 taegeuks/poomsae**
(1st and 2nd Compulsory Poomsae table).
- 2 Taegeuk/Poomsae with 30 second pause. For each Taegeuk/Poomsae 2 points will be given (each Taegeuk/Poomsae is judged separately and the points will be announced immediately after the Taegeuk/Poomsae).

Table individual A-class

| Individual Division | Compulsory Poomsae |
|----------------------------|---|
| Pupils until 8 year | Taegeuk 1, 2, 3, 4, 5, 6, 7, 8 jang |
| Aspirants 9 - 11 year | Taegeuk 2, 3, 4, 5, 6, 7, 8 jang, Koryo |
| Cadets 12 - 14 year | Taegeuk 3, 4, 5, 6, 7, 8 jang, Koryo, Keumgang |
| Juniors 15 – 17 year | Taegeuk 4, 5, 6, 7, 8 jang Koryo, Keumgang, Taeback |
| 18 - 30 year | Taegeuk 6, 7, 8 jang, Koryo Keumgang, Taeback, Pyongwon, Sipjin |
| 31 - 40 year | |
| 41 - 50 year | Taegeuk 8 jang, Koryo, Keumgang, Taeback Pyongwon, Sipjin, Jitae, Chonkwon |
| 51 - 60 year | Koryo, Keumgang, Taeback, Pyongwon Sipjin, Jitae, Chonkwon, Hansu |
| 61 - 65 year | |
| plus 66 year | |

Table Pair (1 male and 1 female) & **Teams** (3 male or 3 female) **A-class**

| Pair Division | Compulsory Poomsae |
|------------------------------|--|
| Pup. & Asp. until 11 year | Taegeuk 2, 3, 4, 5, 6, 7, 8 jang, Koryo |
| Cadet 12 - 14 year | Taegeuk 3, 4, 5, 6, 7, 8 jang, Koryo, Keumgang |
| Junior 15 - 17 year | Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang, Taeback |
| 18 - 30 year | Taegeuk 6, 7, 8 jang, Koryo Keumgang, Taeback, Pyongwon, Sipjin |
| plus 31 year | Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Sipjin, Jitae, Chonkwon |

| Team Division | Compulsory Poomsae |
|------------------------------|--|
| Pup. & Asp. until 11 year | Taegeuk 2, 3, 4, 5, 6, 7, 8 jang, Koryo |
| Cadet 12 - 14 year | Taegeuk 3, 4, 5, 6, 7, 8 jang, Koryo, Keumgang |
| Junior 15 - 17 year | Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang, Taeback |
| 18 - 30 year | Taegeuk 6, 7, 8 jang, Koryo, Keumgang, Taeback, Pyongwon, Sipjin |
| plus 31 year | Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Sipjin, Jitae, Chonkwon |

All compulsory Poomsae for the 1st, 2nd and final round for A-Categories will be announced 1 day before the competition on the website:

www.belgianopentaekwondo.be

WTF Poomsae Free Style Competition Guideline A-Class Categories

The Free Style competition will be started for only Dan/Poom degrees.

Below an overview of the rules which should be followed:

1. Composition of Free Style Poomsae

- Music & choreography shall be the choice of the contestant. However, it should not contain any political, social and religious contents.
- Performed techniques must be within boundary of taekwondo.

2. Divisions (age: until 17 year and plus 18 year)

- Individual: Male or Female.
- Pair: 1 Male and 1 Female.
- Mixed team: composition of 5 members including more than 2 males and females.

3. Duration of Contest

Individual, Pair and Team competition from 60 seconds to 70 seconds. (less than 60 or more than 70 seconds -0,1 deduction on every 5 second.)

4. Scoring Criteria

- Scoring shall be made in accordance with the rules of the WTF.
- The types of foot techniques designated are as follows in sequence:
 - **Heights of jump** – Jumping side-kick (in case of pair and team division, entire team members must perform this technique).
 - **Number of kicks in a jump** – Jumping front-kick (at least one member of the team must perform this technique).
 - **Gradient of spins in a spin kick** – Spinning hook-kick or turning kick (at least one member of the team must perform this technique).
 - **Performance level of consecutive kicks** – Kyorugi style kick shall be limited to five (5) (at least one member of the team must perform this technique) *3-5 bouncing steps in a spot is mandatory before execute the kyorugi style kicks. (exceeded bouncing of 6-8 -1 and over 8 -0,3 deduction)
 - **Acrobatic actions** – Based on the technical difficulty of all acrobatic actions (with taekwondo kick) performed in gymnastics. (at least one member of the team must perform this technique).
- Each foot technique shall be less than 3 step run-up. (exceeded each step run-up -0,1 deduction point)
- One of the following stances must be included in de performance at least once:
 - Dwitkubi
 - Beom-soegi
 - Hakdari-soegi

4. COMPETITION RULES

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|--------------------------|---|
| Competition Rules | WTF competition rules |
| Forms | Taegeuk and higher WTF/Kukkiwon poomsae |
| Mode | 1) Athletes shall be allowed to compete in more divisions: Individual Division, Team Division, Pair Division. 2) Cut off system: 1 st round: all competitors (+20 competitors) 2 nd round: at least 50% of the competitors (9-19) including participants with equal scores (possibility for extra rounds in case of equal scores to qualify for the finals) 3 rd round: maximum of 8 competitors (highest scores) can qualify for this round. 4 th round: after equal score: between 1 – 2 – 3 – 4 ranking |
| Doping Control | Some contestants chosen at random will be tested. The list of prohibited products will be equal to the list of the IOC. |
| Awards | To all winners of 1 st , 2 nd and two 3 rd places, cups will be awarded. |
| Hall Rules | Only the competitors and their coaches have admittance with their registration cards to the contest areas. |
| Protest | Must be made by the official coach within 10 minutes after the end of the pertinent contest to the Poomsae Referee Director. Protest fee is €150 , so as to ensure that a decision on the result may be announced after 30 minutes. |
| Liability | All competitors participate at their own risk. The organizers or the VTB shall not accept responsibility for any damages, injuries or losses sustained or incurred. |

5. ENTRY

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|---------------------|--|
| Applications | Subscriptions through Taekoplan Tournament Subscription Site. To register and login to the service please use this link: www.tpss.nl |
| Deadline | Monday March 17th 2014 Entries after this deadline will not be accepted |
| Entry Fee | INDIVIDUAL € 55 (Euro) for each contestant if paid by bank € 65 (Euro) for each contestant if paid in cash at the registration OR if paid after the registration. PAIR € 65 (Euro) for each contestant if paid by bank € 75 (Euro) for each contestant if paid in cash at the registration OR if paid after the registration. TEAM € 75 (Euro) for each contestant if paid by bank € 85 (Euro) for each contestant if paid in cash at the registration OR if paid after the registration. |

Entry fees must be paid by bank before the deadline of March 17th!
 The entry fee must be paid and specified to the bank account of:
 Vlaamse Taekwondo Bond vzw
 Address: H. Van Veldekesingel 150/73, B-3500 Hasselt
 Bank: Belfius, Havermarkt 36-38, B-3500 Hasselt
 Account: BE21 0682 3723 0503
 Swift Code: GKCCBEBB

Reference: Poomsae 2014 + club name or team name

The costs of the bank transfer (non-Euro zone) will be charged.
 There will be no refund if a registered competitor fails to show up
 for the competition!

NOTE: Registrations are only valid when payments have been
 received and can be confirmed by the Bank and the Organizer.

Modifications

For all modifications that are to be made after the deadline, an
 administration fee of **€ 25** will be charged. This must be paid in cash
 at the registration.

Coach

For every 5 contestants within the same team, one coach is granted
 free admission, with a maximum of 3 coaches.

An extra coach costs **€ 25**.

Only competitors and coaches have admittance to the competition
 areas. Coaching is only allowed in sports wear (no dobok!). All
 coaches must be 18 years or older!

All coaches need to register on www.tpss.nl and are obliged to upload
 a photograph. An amount of **€ 5** has to be paid when this is not done or
 if a photograph of another person was uploaded. In case you didn't
 upload a photo you can take a photo at the registration desk but it will
 cost 5 euro.

Spectators

Up to 7 years old: admission is free

10 years and older: **€ 10** (2 days)

6. INTERNATIONAL REFEREES POOMSAE

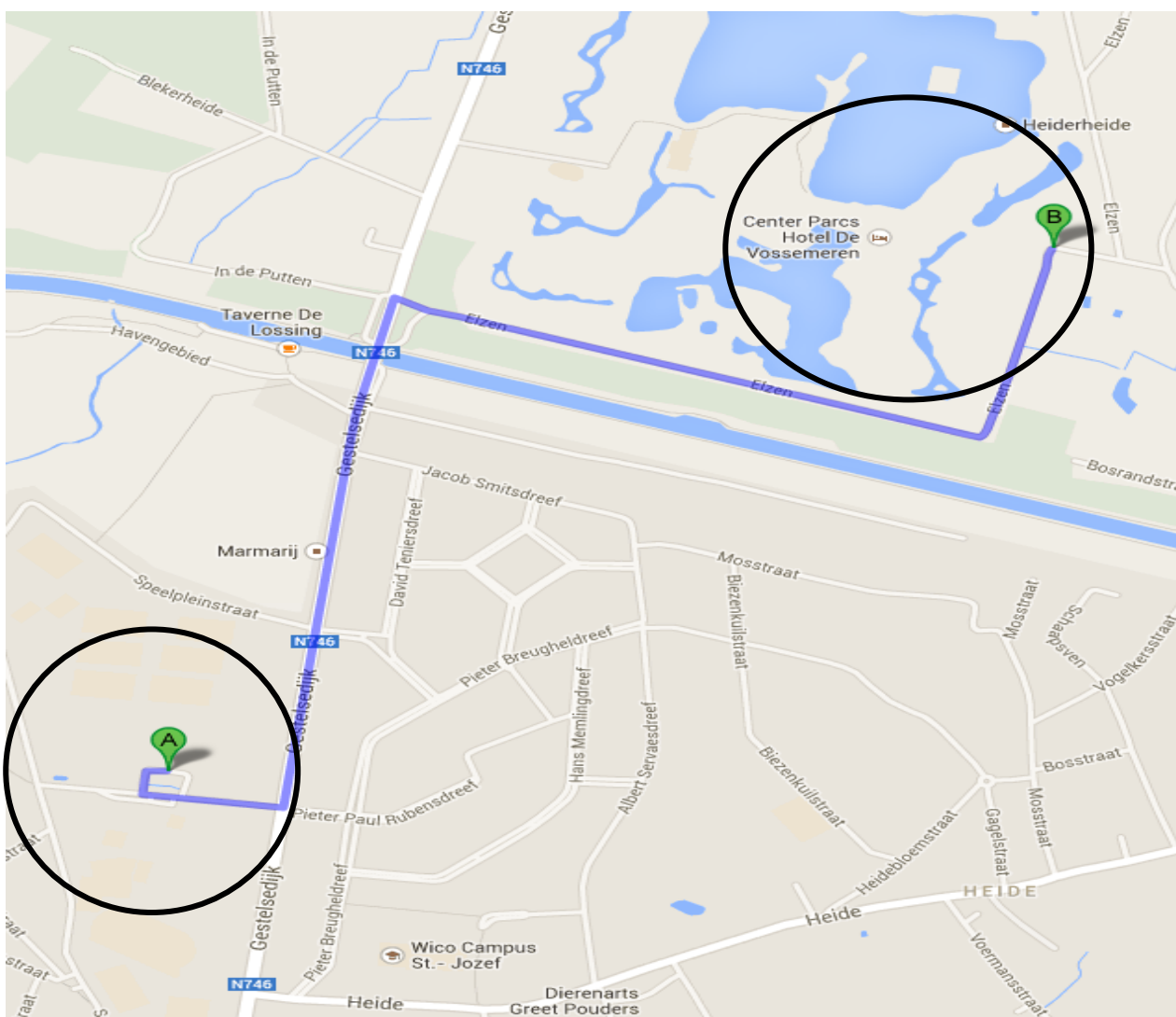
Invitations for International Poomsae Referees will be made by the Referee Director and the
 Organizing Committee.

Hotel and full board accommodation from April 4th until 6th April 2014 will be provided by the
 organization for international referees.

7. ACCOMMODATION AND TRANSPORT

Hotels are quickly fully booked in this period because this competition is situated in the holiday period (Easter) in Belgium! The organization is holding an allocation of cottages in **"Center Parcs De Vossemereen"** at very reasonable prices! Teams are encouraged to book their required number of cottages early through the organization of the Flemish Taekwondo Union vzw to guarantee cheap prices and enough cottages.

To download the registration form please check the website www.belgianopentaekwondo.be



Point A = Sports venue, Sportveldenstraat 10, Lommel
 Point B = Center Parcs, Elzen 145, 3920 Lommel
 Distance = 3km

8. OTHERS

First Aid

Will be provided by the organization and is only to be used in case of an emergency!

Insurance

The organization and supervisor assume no responsibility for teams, any damages, violence, losses and injuries during the stay in Belgium. All contestants must bring their own documents and forms for any medical treatment in Belgium. If not, this will have to be paid in cash.

Press

Filming and photographing is not allowed on the competition area, unless for press members.

Recording from the public stands is only allowed for handy cam-type cameras.

If you want to bring a photographer or a journalist, please mention it by email.

This tournament is supported by Vlaamse Overheid, Afdeling Sport en Jeugd.

