



7TH NATIONAL POOMSAE CHAMPIONSHIPS 2013

Organized by
SINGAPORE TAEKWONDO FEDERATION
(Recognized by the Singapore Sports Council and
affiliated to the Singapore National Olympic Council)

- Organizer : Singapore Taekwondo Federation
260A Tanjong Katong Road
Singapore 437048
- Schedule : Registration
- Thursday 9 May 2013 to Thursday 16 May 2013
at the STF Secretariat during office hours (9.00am to 5.00pm – closed for lunch from 1.00pm to 2.00pm)
- Competition
- Saturday 8 June 2013 from 1.30pm to 9.30pm
and Sunday 9 June 2013 from 9.30am to 9.30pm 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
(By alphabetical order of the names of the participants)

- Pair/Team/Family
(By alphabetical order of the names of the Clubs)

Method of Competition : Cut-off system

Preliminaries – Any number of participants
Semi-finals – About 50% of the number of participants in the preliminaries
Finals – 8

(The judges reserve the right to vary the number selected for each stage)

Classification : Individual, pair, team and family events

Division : There are 7 divisions – A (4 & 5 years old), B (6 to 8 years old), C (9 to 11 years old), D (12 to 14 years old), E (15 to 20 years old), F (21 to 30 years old), G (31 to 50 years old) and H (51 years old and older)

The STF reserves the right to combine any division if deemed necessary.

Category : Dan - 1st and higher
Poom - 1st 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

(Based on highest grade obtained on or before the April 2013 grading.)

- Recognized Poomsae : Please see Annex A
- Preliminaries - Respective patterns
 - Semi-finals - Respective patterns
 - Finals - Respective patterns
- Participation : There is no limit to the number of participants/family groups a club can field for the individual/family events. However, for the pair and team events, only 1 pair and 1 team are allowed for each division and category.
- Please see Annex A.
- Participation Fees : \$20.00 per participant for all categories
- Fees paid will not be refunded under any circumstances.
- 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.
- Enquiries : For more information, please call Mr Lee Thiam Poh (Tournament Chairman) at 9106 4421.

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PARTICIPATION

Division (Age)	Sex	A (4 - 5)	B (6 - 8)	C (9 - 11)	D (12 - 14)	E (15 - 20)	F (21 - 30)	G (31 - 50)	H (51 & older)
Individual	M	No limit							
	F	No limit							
Pair	1M/1F	1	1	1	1	1	1	1	1
Team	M	1	1	1	1	1	1	1	1
	F	1	1	1	1	1	1	1	1
Family	M/F*	No limit							

****Family group: Any combination of at least 2 (a parent and child) in the group – for example, a father 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 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 (1st & higher)	Koryo
Dan (1st & higher)	Koryo (Preliminary) Keumgang (Semi-Final) Taebaek (Final)

****Poom – Apply to Divisions A to D only.***