



## 13<sup>th</sup> NATIONAL POOMSAE CHAMPIONSHIPS 2019

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

- Organizer : Singapore Taekwondo Federation  
35 Joo Chiat Place  
Singapore 427759
- Schedule
- Registration
- **Monday 29 April 2019 to Thursday 2 May 2019**
- : at the STF Secretariat during office hours  
(9.00am to 4.30pm – closed for lunch from  
1.00pm to 2.00pm )
- Competition
- Saturday **25 May 2019** from 12.30pm to 9.00pm
  - Sunday **26 May 2019** from 9.00am to 9.00pm
- Venue 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  
(shall be decided by ballot)
  - Pair / Team / Sibling / Family  
(shall be decided by ballot)

Method of Competition : Cut-off system  
Semi-finals – Any number of participants  
Finals – 8  
(The Organizers reserve the right to vary the number selected for each stage)

Classification : Individual, Pair, Team, Siblings and Family events

Division : There are 9 divisions –  
**A** (4 to 6 years old),  
**B** (7 to 9 years old),  
**C** (10 to 12 years old),  
**D** (13 & 14 years old),  
**E** (15 to 17 years old),  
**F** (18 to 30 years old),  
**G** (31 to 40 years old),  
**H** (41 to 50 years old), and  
**J** (51 years old and older)

Category : Black 1 - 1<sup>st</sup> Dan  
Black 2 - 2<sup>nd</sup> Dan  
Black 3 - 3<sup>rd</sup> Dan and higher  
Poom 1 - 1<sup>st</sup> Poom  
Poom 2 - 2<sup>nd</sup> Poom  
Poom 3 - 3<sup>rd</sup> Poom 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  
**White - Grade 10 (For age 12 years & below)**

( Based on highest grade obtained on or before the **January 2019** – First quarter grading season.)

- Recognized Poomsae : Please see Annex A
- Semi-finals - Respective patterns
  - Finals - Respective patterns
- Participation : A performer may participate in one individual colour-category. He or she is allowed to participate in his or her belt categories only.
- There is no limit to the number of participants, pair, team, sibling and family groups a club can field for the individual / pair / team / sibling and family events.
- Team event shall comprise of three (3) participants. Each Participant is allowed to participate in one poomsae team event only
- Please see Annex A.
- Participation Fees : \$26.75 per participant for Individual, pair, team & sibling category.
- \$53.50 per Poomsae Family
- Fees paid will not be refunded under any circumstances. All fees included GST.
- 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.
- Competition Official Coach : Poomsae coaches must hold a minimum of **Level 2** qualification. Clubs must produce sufficient coaches to take care of their own athletes during the competition. Athletes will be disqualified if coaches from their clubs are not available to accompany them to the arena.
- Provision of Referee and volunteer : All participating teams or clubs are compulsory to provide sufficient qualified National Referee for the tournament. Based on one Referee for every 30 participants (Individual event) per club.
- All participating teams or clubs are compulsory to provide one volunteer (Junior or Senior, Full day) for the tournament.
- Enquiries : For more information, please call Mr Andy Lee Thiam Poh (Tournament Chairman) at 9106 4421. or STF Secretariat at 6345 1491.

## ANNEX A

**SINGAPORE TAEKWONDO FEDERATION**  
**13<sup>th</sup> NATIONAL POOMSAE CHAMPIONSHIPS 2019**

**PARTICIPATION**

Division (Age)	Gender	A (4 - 6)	B (7 -9)	C (10 - 12)	D (13 &14)	E (15 - 17)	F (18 - 30)	G (31 - 40)	H (41 - 50)	J (51 & older)
<b>Individual</b>	M	No limit								
	F	No limit								
<b>Pair</b>	1M & 1F	No limit								
<b>Team</b> (Form Team 1 to 6)	M	No limit								
	F	No limit								
	Mixed	No limit								
(Form Team 7 & 8 )	Combined Grades & Mixwd	No limit								
<b>Siblings</b>	M/F*	No limit								
<b>Family</b>	M/F*	No limit								

***\*Family group: Any combination of at least 2 (Siblings / a parent and child) in the group – for example, siblings, a father or a mother 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 10 - for age 12 years & below	Introductory Poomsae
White 9	Preliminary Poomsae
Yellow 8	Taegeuk Il Jang
Yellow 7	Taegeuk E Jang
Green 6	Taegeuk Sam Jang
Green 5	Taegeuk Sa Jang
Blue 4	Taegeuk O Jang
Blue 3	Taegeuk Yuk Jang
Red 2	Taegeuk Chil Jang
Red 1	Taegeuk Pal Jang
1 <sup>st</sup> Poom / 1 <sup>st</sup> Dan	*Pal Jang / **Koryo
2 <sup>nd</sup> Poom / 2 <sup>nd</sup> Dan	*Koryo / **Keumgang
3 <sup>rd</sup> Poom / 3 <sup>rd</sup> Dan & higher	*Keumgang / **Taebak
Team 1 - (1st Poom)	*Pal Jang / **Koryo
Team 2 - (2 <sup>nd</sup> Poom)	*Koryo / **Keumgang
Team 3 - (3 <sup>rd</sup> Poom & higher)	*Keumgang / **Taebak
Team 4 - (1st Dan)	*Pal Jang / **Koryo
Team 5 - (2 <sup>nd</sup> Dan)	*Koryo / **Keumgang

Team 6 - (3 <sup>rd</sup> Dan & higher)	*Keumgang / **Taeback
Team 7 (Combined Grades & Mixed Gender) – (1 <sup>st</sup> Poom, 2 <sup>nd</sup> Poom & higher )	*Pal Jang / **Koryo
Team 8 (Combined Grades & Mixed Gender) – (1 <sup>st</sup> Dan, 2 <sup>nd</sup> Dan & higher )	*Pal Jang / **Koryo

*\*First Poomsae for Semi-Finals round, and \*\*second Poomsae for Final round.*

- **White (Grade 10) category, for age 12 years and below only.**
- Each Poomsae team shall comprise of three (3) participants..
- Each Participant is allowed to participate in one poomsae team event only.



## 13<sup>th</sup> NATIONAL POOMSAE CHAMPIONSHIPS 2019

To : **Organising Chairman**  
**13<sup>th</sup> National Poomsae Championships 2019**

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On behalf of \_\_\_\_\_ (name of affiliate), I submit the attached entry forms and confirm that the players are all members of the Club.

Name of Team Manager		
	Signature	Official Stamp
Date		



**13<sup>th</sup> NATIONAL POOMSAE CHAMPIONSHIPS 2019**

**FORM A**

**INDIVIDUAL ( MALE )**

Affiliate			
Team Manager		Contact No	

**Please circle**

Division	A	B	C	D	E	F	G	H	J
Age	4 - 6	7 - 9	10-12	13 & 14	15 - 17	18 - 30	31 - 40	41 - 50	51 & older

No	Name	*Category															
		W 10	W 9	Y 8	Y 7	G 6	G 5	B 4	B 3	R 2	R 1	P 1	P 2	P 3 +	D 1	D 2	D 3 +

*\*Please tick accordingly*



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**FORM B**

**INDIVIDUAL ( FEMALE )**

Affiliate			
Team Manager		Contact No	

**Please circle**

Division	A	B	C	D	E	F	G	H	J
Age	4 - 6	7 - 9	10-12	13 & 14	15 - 17	18 - 30	31 - 40	41 - 50	51 & older

No	Name	*Category															
		W 10	W 9	Y 8	Y 7	G 6	G 5	B 4	B 3	R 2	R 1	P 1	P 2	P 3 +	D 1	D 2	D 3 +

*\*Please tick accordingly*



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**FORM C**

**PAIR**

Affiliate			
Team Manager		Contact No	

**Please circle**

Division	A	B	C	D	E	F	G	H	J
Age	4 - 6	7 - 9	10-12	13 & 14	15 - 17	18 - 30	31 - 40	41 - 50	51 & older

No	Name	*Category															
		W 10	W 9	Y 8	Y 7	G 6	G 5	B 4	B 3	R 2	R 1	P 1	P 2	P 3 +	D 1	D 2	D 3 +

*\*Please tick accordingly*



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### FORM D

**TEAM ( MALE ) - For Team 1 to 6**

Affiliate			
Team Manager		Contact No	

**Please circle**

Division	A	B	C	D	E	F	G	H	J
Age	4 - 6	7 - 9	10-12	13 & 14	15 - 17	18 - 30	31 - 40	41 - 50	51 & older

No	Name	*Category															
		W 10	W 9	Y 8	Y 7	G 6	G 5	B 4	B 3	R 2	R 1	P 1	P 2	P 3 +	D 1	D 2	D 3 +

*\*Please tick accordingly*









## 13<sup>th</sup> NATIONAL POOMSAE CHAMPIONSHIPS 2019

### FORM H

#### SIBLINGS

Affiliate			
Team Manager		Contact No	

Status	Name		
Child		Sex:	Age :
Child		Sex:	Age :
Child		Sex:	Age :
Child		Sex:	Age :
Child		Sex:	Age :
Child		Sex:	Age :



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### FORM J

### FAMILY

Affiliate			
Team Manager		Contact No	

Status	Name
Father	Age :
Mother	Age :
Child	Sex:      Age :
Child	Sex:      Age :
Child	Sex:      Age :
Child	Sex:      Age :



## 13<sup>th</sup> NATIONAL POOMSAE CHAMPIONSHIPS 2019

### FORM K

#### REGISTRATION FORM (to be completed by all participants)

Affiliate			
Name		Age (as year 2019)	
Year of Birth		Grade (as Jan 2019)	
Contact No		Sex	
Emergency Contact No	(Mobile)		(Home)
Pre-existing medical conditions :			
Name of Coach			(Mobile)

I agree to abide by the rules and regulations of the tournament and will not hold the Singapore Taekwondo Federation responsible for any injury, damage or loss sustained as a result of my participation.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

#### Parental/Guardian Consent for Participants Below 21 Years of Age

I consent to the participation of the above named applicant, who is my \*child/ward, in the 13<sup>th</sup> National Poomsae Championships. I hereby release the Singapore Taekwondo Federation and its agents from all liabilities that may arise in connection therein.

Name		Signature / Date	
Relationship :		Contact No	(Mobile)
<b>Witnessed By</b>			
Team Manager		Signature/Date	
Email :		Contact No	(Mobile)