

# PEOPLE'S ASSOCIATION-SINGAPORE TAEKWONDO FEDERATION TAEKWONDO CHAMPIONSHIP 2016

## 1 General Information

- 1.1 The competition shall be called the People's Association - Singapore Taekwondo Federation Taekwondo Championship 2016.
- 1.2 The Championship is jointly organised by People's Association and Singapore Taekwondo Federation (STF).

## 2 Date and Time of Championship

8 October 2016 (Saturday) 1.00 pm and  
9 October 2016 (Sunday) 9.30 am

## 3 Tournament Venue

Toa Payoh Sports Complex

## 4 Registration Closing Date

All entry forms must be signed by CSC/GRO and endorsed by Constituency Office staff.

Registration from 12 to 15 Sept 2016 (Mon to Thu) from 9.30am to 4.30pm  
Venue at STF Secretariat Office  
260A Tanjong Katong Road  
Singapore 437048

## 5 Briefing and Balloting

25 Sept 2016 (Sunday) @ 4.30pm to 6.30pm  
Venue at STF National Training Centre  
Blk 80 Lorong Limau #04-191  
Singapore 320080

## 6 Eligibility

- 6.1 Only Singaporeans and Permanent Residents (holding blue Identity Card) and non- Singaporeans could register.
- 6.2 Members of clubs affiliated to the **Singapore Taekwondo Federation** could register.
- 6.3 For Poomsae Event - Holding at least a grade 9 (white with yellow tip) certification issued or endorsed by the STF. The grade shall be based in **July 2016 ,third quarter grading season** or earlier.
- 6.4 For Kyorugi Event – Only Red belt, Poom belt and Black belt holders (Highest grades obtained in **July 2016 ,third quarter grading season** or earlier).

## 6 Age Category

- 7.1 Young Junior (1) (Boys and Girls) – 9 years old\* and below
- 7.2 Young Junior (2) (Boys and Girls) – 10 to 11 years old\*
- 7.3 Cadet (Boys and Girls) ) – 12 to 14 years old\*
- 7.4 Junior (Boys and Girls) – 15 to 17 years old\*
- 7.5 Senior (1) (Men and Women) – 18 to 30 years old \*
- 7.6 Senior (2) (Men and Women) – 31 to 40 years old \*
- 7.7 Master (1) (Men and Women) – 41 to 50 years old \*
- 7.8 Master (2) (Men and Women) – 51 years old and above\*

\*Age will be based on year of tournament.

## 8 Events and Entries

### 8.1 Poomsae - Individual Pattern Competition : ( Male and Female )

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
1 <sup>st</sup> Poom	*Koryo / **Keumgang
2 <sup>nd</sup> Poom & higher	*Keumgang / **Taeback
Dan (1st & higher)	*Taeback / **Pyongwon

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

### 8.2 Poomsae - Family Pattern Competition

Open patterns – ***The Poomsae they perform shall be of their choice ( From Preliminary Poomsae to Taeback only)***

\* There is no limit to the number of participants/family groups a club can field for the individual / family events.

### 8.3 Poomsae (Open) - Team Pattern Competition ( Mixed )

Age Category	Compulsory Poomsae	Participation
Young Junior (1)	Taegeuk II Jang	Two Teams
Young Junior (2)	Taegeuk E Jang	Two Teams
Cadet	Taegeuk Sam Jang	Two Teams
Junior	Taegeuk Sa Jang	Two Teams
Senior (1)	Taegeuk O Jang	Two Teams
Senior (2)	Taegeuk Pal Jang	Two Teams
Master (1)	Koryo	Two Teams
Master (2)	Keumgang	Two Teams

- Each team shall comprise of three (3) participants.
- Each Participant is allowed to participate in one poomsae team event only.
- Each CSC can submit two teams for each category.

### 8.4 Kyorugi (Red and Poom/Balck Belt ) – Sparring Competition

#### YOUNG JUNIOR ( 1 ) CATEGORY ( 9 years old & Below)

BOYS	Red	GIRLS	Red
	Poom		Poom
Under 26 kg	22 - 25.9 kg	Under 26 kg	22 - 25.9 kg
Under 30 kg	26 - 29.9 kg	Under 30 kg	26 - 29.9 kg
Under 34 kg	30 - 33.9 kg	Under 34 kg	30 - 33.9 kg
Under 38 kg	34 - 37.9 kg	Under 38 kg	34 - 37.9 kg
Under 42 kg	38 - 41.9 kg	Under 42 kg	38 - 41.9 kg
Under 46 kg	42 - 45.9 kg	Under 46 kg	42 - 45.9 kg
Over 46 kg	46 kg +	Over 46 kg	46 kg +

#### YOUNG JUNIOR ( 2 ) CATEGORY ( 10 to 11 years old)

BOYS	Red	GIRLS	Red
	Poom		Poom
Under 30 kg	26 - 29.9 kg	Under 30 kg	26 - 29.9 kg
Under 34 kg	30 - 33.9 kg	Under 34 kg	30 - 33.9 kg
Under 38 kg	34 - 37.9 kg	Under 38 kg	34 - 37.9 kg
Under 42 kg	38 - 41.9 kg	Under 42 kg	38 - 41.9 kg
Under 46 kg	42 - 45.9 kg	Under 46 kg	42 - 45.9 kg
Under 50 kg	46 - 49.9 kg	Under 50 kg	46 - 49.9 kg
Over 50 kg	50 kg +	Over 50 kg	50 kg +

**CADET CATEGORY ( 12 to 14 years old)**

<b>BOYS</b>	Red	<b>GIRLS</b>	Red
	Poom		Poom
Under 32 kg	27 - 31.9 kg	Under 32 kg	27 - 31.9 kg
Under 36 kg	32 - 35.9 kg	Under 36 kg	32 - 35.9 kg
Under 40 kg	36 - 39.9 kg	Under 40 kg	36 - 39.9 kg
Under 44 kg	40 - 43.9 kg	Under 44 kg	40 - 43.9 kg
Under 48 kg	44 - 47.9 kg	Under 48 kg	44 - 47.9 kg
Under 52 kg	48 - 51.9 kg	Under 52 kg	48 - 51.9 kg
Over 52 kg	52 kg +	Over 52 kg	52 kg +

**JUNIOR CATEGORY ( 15 to 17 years old)**

<b>BOYS</b>	Red	<b>GIRLS</b>	Red
	Poom / Black		Poom / Black
Under 36 kg	32 - 35.9 kg	Under 36 kg	32 - 35.9 kg
Under 40 kg	36 - 39.9 kg	Under 40 kg	36 - 39.9 kg
Under 44 kg	40 - 43.9 kg	Under 44 kg	40 - 43.9 kg
Under 48 kg	44 - 47.9 kg	Under 48 kg	44 - 47.9 kg
Under 52 kg	48 - 51.9 kg	Under 52 kg	48 - 51.9 kg
Under 56 kg	52 - 55.9 kg	Under 56 kg	52 - 55.9 kg
Over 56 kg	56 kg +	Over 56 kg	56 kg +

**SENIOR (1) , (2) & Master (1) , (2) CATEGORY ( > 18 years old)**

<b>MALE</b>	Red	<b>FEMALE</b>	Red
	Black		Black
Under 46 kg	42 - 45.9 kg	Under 46 kg	42 - 45.9 kg
Under 50 kg	46 - 49.9 kg	Under 50 kg	46 - 49.9 kg
Under 54 kg	50 - 53.9 kg	Under 54 kg	50 - 53.9 kg
Under 58 kg	54 - 57.9 kg	Under 58 kg	54 - 57.9 kg
Under 62 kg	58 - 61.9 kg	Under 62 kg	58 - 61.9 kg
Under 66 kg	62 - 65.9 kg	Under 66 kg	62 - 65.9 kg
Over 66 kg	66 kg +	Over 66 kg	66 kg +

# There is no limit to the number of participants a club can field for the Kyorugi events.

## Participants in the Kyorugi category are allowed to participate in one weigh category only.

### Participants in the Poomsae category are allowed to participate in the Kyorugi and vice-versa provided they are registered for the event.

**9 Registration Fee**

\$20 per participant for Poomsae Individual & Kyorugi  
\$40 per Poomsae Family  
\$60 per Poomsae Team

For cheque payment, please made cheque payable to “**Singapore Taekwondo Federation**”

**10 Equipment**

- 10.1 Participants are responsible for their own protective equipment.
- 10.2 Equipment used for the competition must be approved by STF.
- 10.3 Wearing of mouthguard & protective guards are compulsory .
- 10.4 In the use of PSS . PSS equipment will be provided.

**11 Uniform**

- 11.1 Participants shall wear uniform approved by STF.

**12 Weigh-in ( For Kyorugi Event )**

- 12.1 It is compulsory for all participants to undergo the official weigh-in on the event days . Weigh-in shall be conducted once. Not weigh allowance given . Players who are over weight or under weight shall be disqualified. Switching of weight categories after weigh-in will not be allowed

**13 Method of Competition**

- 13.1 Cut-off for Poomsae.
- 13.2 Single Elimination for Kyorugi.

(The organising committee reserves the right to modify the method of competition.)

**14 Rules and Regulations**

- 14.1 World Taekwondo Federation and Singapore Taekwondo Federation rules will apply. Website:<http://www.wtf.org>
- 14.2 Sparring will be conducted in 3 rounds of 1.0-minute each with 0.5 minute rest in between rounds. The highest score for the three rounds will be declared the winner. In the event of a tie after the third round, the rules for Golden Point Round will be applied for the fourth round.  
(The organising committee reserves the right to modify the duration.)

## 15 Provision Of Referee

- 15.1 All participating teams or clubs are compulsory to provide sufficient qualified National Referee ( Poomsae & Kyorugi ) for the tournament. Based on one Referee for every 30 participants per club.

## 16 Declaration

- 16.1 Any previous training in other martial arts must be declared. (For example types of martial arts, level and years of trainings).
- 16.2 Team Manager/Coaches must ensure that parents of participants under 21 years old personally endorse the indemnity form. They will be held responsible if the forms contain fake signatures.

## 17 Random Check

- 17.1 Random weight checks will be conducted during the championship. Participants, who fail their weight requirement, shall be disqualified.

## 18 Protest

- 18.1 Any protest against a judgement shall be made on a prescribed form and submit together with the fee of **\$200.00** to the Supervisory Board Committee within 15 minues after the match.

## 19 Scoring

- 19.1 The total medal tally awarded for both the Poomsae and Kyorugi events will contribute to the Overall Team Champion. **Team must participate in Poomsae events before they will be considered for the Overall Team Championship.**
- 19.2 In the event of a tie, the title will be awarded to the team with the most gold medals, followed by silver medals and then bronze.
- 19.3 If there is still a tie after considering the bronze medals, the teams will be awarded joint team champion.

## 20 Prizes

- 20.1 Prizes will be awarded to the following position:
- First place : Gold medal
  - Second place : Silver medal
  - Third place : Bronze medals (two 3<sup>rd</sup> placings)

## 21 Enquires

- 21.1 For more information, please call Singapore Taekwondo Federation at 63451491 or Mr Andy Lee Thiam Poh at 91064421.

# GUIDELINES

## **CODE OF CONDUCT**

The following guidelines are not intended to be exhaustive and include at the absolute minimum the code of conduct herein described.

1. The participants must at all times conduct and behave themselves in a manner befitting of a Taekwondo exponent and will take reasonable care to ensure that the good name of the Federation will not be tarnished by rowdy or bad behavior.
2. The decisions of all judges and referees are deemed final save that in the event of a genuine dispute or disagreement, the complainant must:
  - a) **Refrain from use of abusive language;**
  - b) **Channel his / her protest through the Team Manager or coach of his / her club to an authorised official of the Federation on the day of the event.**
3. Any attempts to discredit any officials, judges, and referees without good cause subjects those participants to disciplinary actions.
4. No one, including the Team Manager or coaches is allowed to step beyond the boundary line of the RECORDER'S table.
5. Anyone previously disqualified is not allowed to participate without first seeking clearance from the Secretariat.
6. The Federation and / or its organisers reserve the right to vary or add to the above rules if and whenever necessary.

## **Arbitration and Sanction**

The Competition Supervisory Board shall make corrections of misjudgments according to their decision regarding protests and take disciplinary action against the officials committing the misjudgment or any illegal behavior and the results of which shall be sent to the Secretariat of the STF. The Competition Supervisory Board shall also be entitled the Extraordinary Committee of Sanction concurrently at the competition for the matters in relation to competition management.

- 1) The STF President or Hon Secretary (in case of their absence, the Technical Delegate) may request the Extraordinary Committee of Sanction for deliberation when any of the following behaviors are committed by a coach or a contestant.
  - a) Interfering with the management of contest or stirring up the spectators for the same purpose.
  - b) Interfering with the operation of the competition conducted by the STF and the Organising Committee.
  - c) Spreading false rumor for the purpose of exerting an unwarranted influence on the judgement.
- 2) When judged reasonable, the Extraordinary Committee of Sanction shall deliberate over the matter and takes disciplinary action immediately. The result of deliberation shall be announced to the public and reported to the STF Secretariat afterwards.
- 3) The Extraordinary Committee of Sanction may summon the person concerned for confirmation of events.

## **Agreement**

Our team agrees to abide by the guidelines.

_____	_____	_____
CLUB	Full Name & Signature of Team Manager / Coach	Date
_____	_____	_____
CSC Stamp	Full Name & Signature of CSC Chairperson	Date

# REGISTRATION FORM A - Young Junior ( 1 )

## PEOPLE'S ASSOCIATION - SINGAPORE TAEKWONDO FEDERATION TAEKWONDO CHAMPIONSHIP 2016

I agree to abide by the rules and regulations of the tournament and hold myself solely responsible for any injury, damage or loss sustained as a result of my participation.

NAME:(in full) \_\_\_\_\_ Sex: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age \_\_\_\_\_  
(as at 2016)

NRIC/Passport No: \_\_\_\_\_ Tel: \_\_\_\_\_ H/P: \_\_\_\_\_

Address: \_\_\_\_\_ (S) \_\_\_\_\_

Grade: \_\_\_\_\_ Date Obtained: \_\_\_\_\_ Name of Coach: \_\_\_\_\_ HP: \_\_\_\_\_

AFFILIATE: \_\_\_\_\_ Name of Manager: \_\_\_\_\_ HP: \_\_\_\_\_

Others Martial Art: \_\_\_\_\_ Level: \_\_\_\_\_ Years there: \_\_\_\_\_

( Please **X** the appropriate box )

**YOUNG JUNIOR ( 1 ) CATEGORY ( 9 years old & below ) ( born on or after year 2007 )**

DIVISION	BOY's		DIVISION	GIRL's	
BELT	Red		BELT	Red	
	Poom			Poom	
Under 26 kg	22 kg – 25.9 kg		Under 26 kg	22 kg – 25.9 kg	
Under 30 kg	26 kg – 29.9 kg		Under 30 kg	26 kg – 29.9 kg	
Under 34 kg	30 kg – 33.9 kg		Under 34 kg	30 kg – 33.9 kg	
Under 38 kg	34 kg – 37.9 kg		Under 38 kg	34 kg – 37.9 kg	
Under 42 kg	38 kg – 41.9 kg		Under 42 kg	38 kg – 41.9 kg	
Under 46 kg	42 kg – 45.9 kg		Under 46 kg	42 kg – 45.9 kg	
Over 46 kg	➤ 46 kg +		Over 46 kg	➤ 46 kg +	

**Actual Weight  
Must Fill In**

\_\_\_\_\_  
**Signature of Participant**

**( To be completed by parent / guardian of participant below 21 years old )**

I, Mr/Mrs/Ms \_\_\_\_\_, the parent / guardian of \_\_\_\_\_ consent to his / her participating in the championships and undertake to indemnify and keep indemnified the Federation and PA CSC Council against all claims arising out of injury, damage or loss suffered or caused in the course of his / her participation in the event.

\_\_\_\_\_  
Name of Parent / Guardian

\_\_\_\_\_  
NRIC No.

\_\_\_\_\_  
Signature / HP

\_\_\_\_\_  
Name & Sign of Team Manager

\_\_\_\_\_  
Name & Sign of CSC Chairperson

\_\_\_\_\_  
CSC Stamp

# REGISTRATION FORM B - Young Junior ( 2 )

## PEOPLE'S ASSOCIATION - SINGAPORE TAEKWONDO FEDERATION TAEKWONDO CHAMPIONSHIP 2016

I agree to abide by the rules and regulations of the tournament and hold myself solely responsible for any injury, damage or loss sustained as a result of my participation.

NAME:(in full) \_\_\_\_\_ Sex: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age \_\_\_\_\_  
(as at 2016)

NRIC/Passport No: \_\_\_\_\_ Tel: \_\_\_\_\_ H/P: \_\_\_\_\_

Address: \_\_\_\_\_ (S) \_\_\_\_\_

Grade: \_\_\_\_\_ Date Obtained: \_\_\_\_\_ Name of Coach: \_\_\_\_\_ HP: \_\_\_\_\_

AFFILIATE: \_\_\_\_\_ Name of Manager: \_\_\_\_\_ HP: \_\_\_\_\_

Others Martial Art: \_\_\_\_\_ Level: \_\_\_\_\_ Years there: \_\_\_\_\_

( Please **X** the appropriate box )

**YOUNG JUNIOR ( 2 ) CATEGORY ( 10 to 11 years old ) ( born on year 2005 to 2006 )**

DIVISION	BOY's		DIVISION	GIRL's	
BELT	Red		BELT	Red	
	Poom			Poom	
Under 30 kg	26 kg – 29.9 kg		Under 30 kg	26 kg – 29.9 kg	
Under 34 kg	30 kg – 33.9 kg		Under 34 kg	30 kg – 33.9 kg	
Under 38 kg	34 kg – 37.9 kg		Under 38 kg	34 kg – 37.9 kg	
Under 42 kg	38 kg – 41.9 kg		Under 42 kg	38 kg – 41.9 kg	
Under 46 kg	42 kg – 45.9 kg		Under 46 kg	42 kg – 45.9 kg	
Under 50 kg	46 kg – 49.9 kg		Under 50 kg	46 kg – 49.9 kg	
Over 50 kg	➤ 50kg +		Over 50 kg	➤ 50 kg +	

**Actual Weight  
Must Fill In**

\_\_\_\_\_  
**Signature of Participant**

**( To be completed by parent / guardian of participant below 21 years old )**

I, Mr/Mrs/Ms \_\_\_\_\_, the parent / guardian of \_\_\_\_\_ consent to his / her participating in the championships and undertake to indemnify and keep indemnified the Federation and PA CSC Council against all claims arising out of injury, damage or loss suffered or caused in the course of his / her participation in the event.

\_\_\_\_\_  
Name of Parent / Guardian

\_\_\_\_\_  
NRIC No.

\_\_\_\_\_  
Signature / HP

\_\_\_\_\_  
Name & Sign of Team Manager

\_\_\_\_\_  
Name & Sign of CSC Chairperson

\_\_\_\_\_  
CSC Stamp

# REGISTRATION FORM C - Cadet

## PEOPLE'S ASSOCIATION - SINGAPORE TAEKWONDO FEDERATION TAEKWONDO CHAMPIONSHIP 2016

I agree to abide by the rules and regulations of the tournament and hold myself solely responsible for any injury, damage or loss sustained as a result of my participation.

NAME:(in full) \_\_\_\_\_ Sex: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age \_\_\_\_\_  
(as at 2016)

NRIC/Passport No: \_\_\_\_\_ Tel: \_\_\_\_\_ H/P: \_\_\_\_\_

Address: \_\_\_\_\_ (S) \_\_\_\_\_

Grade: \_\_\_\_\_ Date Obtained: \_\_\_\_\_ Name of Coach: \_\_\_\_\_ HP: \_\_\_\_\_

AFFILIATE: \_\_\_\_\_ Name of Manager: \_\_\_\_\_ HP: \_\_\_\_\_

Others Martial Art: \_\_\_\_\_ Level: \_\_\_\_\_ Years there: \_\_\_\_\_

( Please **X** the appropriate box )

**CADET CATEGORY ( 12 to 14 years old ) ( born on year 2002 to 2004 )**

DIVISION	BOY's		DIVISION	GIRL's	
BELT	Red		BELT	Red	
	Poom / Black			Poom / Black	
Under 32 kg	27 kg – 31.9 kg		Under 32 kg	27 kg – 31.9 kg	
Under 36 kg	32 kg – 35.9 kg		Under 36 kg	32 kg – 35.9 kg	
Under 40 kg	36 kg – 39.9 kg		Under 40 kg	36 kg – 39.9 kg	
Under 44 kg	40 kg – 43.9 kg		Under 44 kg	40 kg – 43.9 kg	
Under 48 kg	44 kg – 47.9 kg		Under 48 kg	44 kg – 47.9 kg	
Under 52 kg	48 kg – 51.9 kg		Under 52 kg	48 kg – 51.9 kg	
Over 52 kg	➤ 52 kg +		Over 52 kg	➤ 52 kg +	

**Actual Weight  
Must Fill In**

\_\_\_\_\_  
**Signature of Participant**

**( To be completed by parent / guardian of participant below 21 years old )**

I, Mr/Mrs/Ms \_\_\_\_\_, the parent / guardian of \_\_\_\_\_ consent to his / her participating in the championships and undertake to indemnify and keep indemnified the Federation and PA CSC Council against all claims arising out of injury, damage or loss suffered or caused in the course of his / her participation in the event.

\_\_\_\_\_  
Name of Parent / Guardian

\_\_\_\_\_  
NRIC No.

\_\_\_\_\_  
Signature / HP

\_\_\_\_\_  
Name & Sign of Team Manager

\_\_\_\_\_  
Name & Sign of CSC Chairperson

\_\_\_\_\_  
CSC Stamp

# REGISTRATION FORM D - Junior

## PEOPLE'S ASSOCIATION - SINGAPORE TAEKWONDO FEDERATION TAEKWONDO CHAMPIONSHIP 2016

I agree to abide by the rules and regulations of the tournament and hold myself solely responsible for any injury, damage or loss sustained as a result of my participation.

NAME:(in full) \_\_\_\_\_ Sex: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age \_\_\_\_\_  
(as at 2016)

NRIC/Passport No: \_\_\_\_\_ Tel: \_\_\_\_\_ H/P: \_\_\_\_\_

Address: \_\_\_\_\_ (S) \_\_\_\_\_

Grade: \_\_\_\_\_ Date Obtained: \_\_\_\_\_ Name of Coach: \_\_\_\_\_ HP: \_\_\_\_\_

AFFILIATE: \_\_\_\_\_ Name of Manager: \_\_\_\_\_ HP: \_\_\_\_\_

Others Martial Art: \_\_\_\_\_ Level: \_\_\_\_\_ Years there: \_\_\_\_\_

( Please **X** the appropriate box )

**JUNIOR CATEGORY ( 15 to 17 years old ) ( born on year 1999 to 2001 )**

DIVISION	BOY's		DIVISION	GIRL's	
BELT	Red		BELT	Red	
	Poom / Black			Poom / Black	
Under 36 kg	32 kg – 35.9 kg		Under 36 kg	32 kg – 35.9 kg	
Under 40 kg	36 kg – 39.9 kg		Under 40 kg	36 kg – 39.9 kg	
Under 44 kg	40 kg – 43.9 kg		Under 44 kg	40 kg – 43.9 kg	
Under 48 kg	44 kg – 47.9 kg		Under 48 kg	44 kg – 47.9 kg	
Under 52 kg	48 kg – 51.9 kg		Under 52 kg	48 kg – 51.9 kg	
Under 56 kg	52 kg – 55.9 kg		Under 56 kg	52 kg – 55.9 kg	
Over 56 kg	➤ 56 kg +		Over 56 kg	➤ 56 kg +	

**Actual Weight  
Must Fill In**

\_\_\_\_\_  
**Signature of Participant**

**( To be completed by parent / guardian of participant below 21 years old )**

I, Mr/Mrs/Ms \_\_\_\_\_, the parent / guardian of \_\_\_\_\_ consent to his / her participating in the championships and undertake to indemnify and keep indemnified the Federation and PA CSC Council against all claims arising out of injury, damage or loss suffered or caused in the course of his / her participation in the event.

\_\_\_\_\_  
Name of Parent / Guardian

\_\_\_\_\_  
NRIC No.

\_\_\_\_\_  
Signature / HP

\_\_\_\_\_  
Name & Sign of Team Manager

\_\_\_\_\_  
Name & Sign of CSC Chairperson

\_\_\_\_\_  
CSC Stamp

# REGISTRATION FORM E - SENIOR ( 1 )

## PEOPLE'S ASSOCIATION - SINGAPORE TAEKWONDO FEDERATION TAEKWONDO CHAMPIONSHIP 2016

I agree to abide by the rules and regulations of the tournament and hold myself solely responsible for any injury, damage or loss sustained as a result of my participation.

NAME:(in full) \_\_\_\_\_ Sex: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age \_\_\_\_\_  
(as at 2016)

NRIC/Passport No: \_\_\_\_\_ Tel: \_\_\_\_\_ H/P: \_\_\_\_\_

Address: \_\_\_\_\_ (S) \_\_\_\_\_

Grade: \_\_\_\_\_ Date Obtained: \_\_\_\_\_ Name of Coach: \_\_\_\_\_ HP: \_\_\_\_\_

AFFILIATE: \_\_\_\_\_ Name of Manager: \_\_\_\_\_ HP: \_\_\_\_\_

Others Martial Art: \_\_\_\_\_ Level: \_\_\_\_\_ Years there: \_\_\_\_\_

( Please **X** the appropriate box )

**SENIOR (1) CATEGORY ( 18 to 30 years old ) ( born on year 1986 to1998)**

DIVISION	MEN's		DIVISION	WOMEN's	
BELT	Red		BELT	Red	
	Black			Black	
Under 46 kg	42 kg – 45.9 kg		Under 46 kg	42 kg – 45.9 kg	
Under 50 kg	46 kg – 49.9 kg		Under 50 kg	46 kg – 49.9 kg	
Under 54 kg	50 kg – 53.9 kg		Under 54 kg	50 kg – 53.9 kg	
Under 58 kg	54 kg – 57.9 kg		Under 58 kg	54 kg – 57.9 kg	
Under 62 kg	58 kg – 61.9 kg		Under 62 kg	58 kg – 61.9 kg	
Under 66 kg	62 kg – 65.9 kg		Under 66 kg	62 kg – 65.9 kg	
Over 66 kg	➤ 66 kg +		Over 66 kg	➤ 66 kg +	

**Actual Weight  
Must Fill In**

\_\_\_\_\_  
**Signature of Participant**

**( To be completed by parent / guardian of participant below 21 years old )**

I, Mr/Mrs/Ms \_\_\_\_\_, the parent / guardian of \_\_\_\_\_ consent to his / her participating in the championships and undertake to indemnify and keep indemnified the Federation and PA CSC Council against all claims arising out of injury, damage or loss suffered or caused in the course of his / her participation in the event.

\_\_\_\_\_  
Name of Parent / Guardian

\_\_\_\_\_  
NRIC No.

\_\_\_\_\_  
Signature / HP

\_\_\_\_\_  
Name & Sign of Team Manager

\_\_\_\_\_  
Name & Sign of CSC Chairperson

\_\_\_\_\_  
CSC Stamp

# REGISTRATION FORM F - SENIOR (2)

## PEOPLE'S ASSOCIATION - SINGAPORE TAEKWONDO FEDERATION TAEKWONDO CHAMPIONSHIP 2016

I agree to abide by the rules and regulations of the tournament and hold myself solely responsible for any injury, damage or loss sustained as a result of my participation.

NAME:(in full) \_\_\_\_\_ Sex: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age \_\_\_\_\_  
(as at 2016)

NRIC/Passport No: \_\_\_\_\_ Tel: \_\_\_\_\_ H/P: \_\_\_\_\_

Address: \_\_\_\_\_ (S) \_\_\_\_\_

Grade: \_\_\_\_\_ Date Obtained: \_\_\_\_\_ Name of Coach: \_\_\_\_\_ HP: \_\_\_\_\_

AFFILIATE: \_\_\_\_\_ Name of Manager: \_\_\_\_\_ HP: \_\_\_\_\_

Others Martial Art: \_\_\_\_\_ Level: \_\_\_\_\_ Years there: \_\_\_\_\_

( Please **X** the appropriate box )

**SENIOR ( 2 ) CATEGORY ( 31 to 40 years old ) ( born on year 1976 to 1985)**

DIVISION	MEN's		DIVISION	WOMEN's	
BELT	Red		BELT	Red	
	Black			Black	
Under 46 kg	42 kg – 45.9 kg		Under 46 kg	42 kg – 45.9 kg	
Under 50 kg	46 kg – 49.9 kg		Under 50 kg	46 kg – 49.9 kg	
Under 54 kg	50 kg – 53.9 kg		Under 54 kg	50 kg – 53.9 kg	
Under 58 kg	54 kg – 57.9 kg		Under 58 kg	54 kg – 57.9 kg	
Under 62 kg	58 kg – 61.9 kg		Under 62 kg	58 kg – 61.9 kg	
Under 66 kg	62 kg – 65.9 kg		Under 66 kg	62 kg – 65.9 kg	
Over 66 kg	➤ 66 kg +		Over 66 kg	➤ 66 kg +	

**Actual Weight  
Must Fill In**

\_\_\_\_\_  
**Signature of Participant**

**( To be completed by participant)**

I, \_\_\_\_\_, is participating in the championships and undertake to indemnify and keep indemnified the Federation and PA CSC Council against all claims arising out of injury, damage or loss suffered or caused in the course of my participation in the event.

\_\_\_\_\_  
Name of Participant

\_\_\_\_\_  
NRIC No.

\_\_\_\_\_  
Signature / HP

\_\_\_\_\_  
Name & Sign of Team Manager

\_\_\_\_\_  
Name & Sign of CSC Chairperson

\_\_\_\_\_  
CSC Stamp

# REGISTRATION FORM G - MASTER (1)

## PEOPLE'S ASSOCIATION - SINGAPORE TAEKWONDO FEDERATION TAEKWONDO CHAMPIONSHIP 2016

I agree to abide by the rules and regulations of the tournament and hold myself solely responsible for any injury, damage or loss sustained as a result of my participation.

NAME:(in full) \_\_\_\_\_ Sex: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age \_\_\_\_\_  
(as at 2016)

NRIC/Passport No: \_\_\_\_\_ Tel: \_\_\_\_\_ H/P: \_\_\_\_\_

Address: \_\_\_\_\_ (S) \_\_\_\_\_

Grade: \_\_\_\_\_ Date Obtained: \_\_\_\_\_ Name of Coach: \_\_\_\_\_ HP: \_\_\_\_\_

AFFILIATE: \_\_\_\_\_ Name of Manager: \_\_\_\_\_ HP: \_\_\_\_\_

Others Martial Art: \_\_\_\_\_ Level: \_\_\_\_\_ Years there: \_\_\_\_\_

( Please X the appropriate box )

**MASTER ( 1 ) CATEGORY ( 41 to 50 years old ) ( born on year 1966 to 1975 )**

DIVISION	MEN's	
BELT	Red	
	Black	
Under 46 kg	42 kg – 45.9 kg	
Under 50 kg	46 kg – 49.9 kg	
Under 54 kg	50 kg – 53.9 kg	
Under 58 kg	54 kg – 57.9 kg	
Under 62 kg	58 kg – 61.9 kg	
Under 66 kg	62 kg – 65.9 kg	
Over 66 kg	➤ 66 kg +	

DIVISION	WOMEN's	
BELT	Red	
	Black	
Under 46 kg	42 kg – 45.9 kg	
Under 50 kg	46 kg – 49.9 kg	
Under 54 kg	50 kg – 53.9 kg	
Under 58 kg	54 kg – 57.9 kg	
Under 62 kg	58 kg – 61.9 kg	
Under 66 kg	62 kg – 65.9 kg	
Over 66 kg	➤ 66 kg +	

<b>Actual Weight</b>
Must Fill In

\_\_\_\_\_  
Signature of Participant

**( To be completed by participant )**

I, \_\_\_\_\_, is participating in the championships and undertake to indemnify and keep indemnified the Federation and PA CSC Council against all claims arising out of injury, damage or loss suffered or caused in the course of my participation in the event.

\_\_\_\_\_  
Name of Participant

\_\_\_\_\_  
NRIC No.

\_\_\_\_\_  
Signature / HP

\_\_\_\_\_  
Name & Sign of Team Manager

\_\_\_\_\_  
Name & Sign of CSC Chairperson

\_\_\_\_\_  
CSC Stamp

# REGISTRATION FORM H - MASTER (2)

## PEOPLE'S ASSOCIATION - SINGAPORE TAEKWONDO FEDERATION TAEKWONDO CHAMPIONSHIP 2016

I agree to abide by the rules and regulations of the tournament and hold myself solely responsible for any injury, damage or loss sustained as a result of my participation.

NAME:(in full) \_\_\_\_\_ Sex: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age \_\_\_\_\_  
(as at 2016)

NRIC/Passport No: \_\_\_\_\_ Tel: \_\_\_\_\_ H/P: \_\_\_\_\_

Address: \_\_\_\_\_ (S) \_\_\_\_\_

Grade: \_\_\_\_\_ Date Obtained: \_\_\_\_\_ Name of Coach: \_\_\_\_\_ HP: \_\_\_\_\_

AFFILIATE: \_\_\_\_\_ Name of Manager: \_\_\_\_\_ HP: \_\_\_\_\_

Others Martial Art: \_\_\_\_\_ Level: \_\_\_\_\_ Years there: \_\_\_\_\_

( Please X the appropriate box )

**MASTER ( 2 ) CATEGORY ( 51 years old & Above ) ( born on or before year 1965)**

DIVISION	MEN's	
BELT	Red	
	Black	
Under 46 kg	42 kg – 45.9 kg	
Under 50 kg	46 kg – 49.9 kg	
Under 54 kg	50 kg – 53.9 kg	
Under 58 kg	54 kg – 57.9 kg	
Under 62 kg	58 kg – 61.9 kg	
Under 66 kg	62 kg – 65.9 kg	
Over 66 kg	➤ 66 kg +	

DIVISION	WOMEN's	
BELT	Red	
	Black	
Under 46 kg	42 kg – 45.9 kg	
Under 50 kg	46 kg – 49.9 kg	
Under 54 kg	50 kg – 53.9 kg	
Under 58 kg	54 kg – 57.9 kg	
Under 62 kg	58 kg – 61.9 kg	
Under 66 kg	62 kg – 65.9 kg	
Over 66 kg	➤ 66 kg +	

<b>Actual Weight</b>
Must Fill In

\_\_\_\_\_  
Signature of Participant

**( To be completed by participant)**

I, \_\_\_\_\_, is participating in the championships and undertake to indemnify and keep indemnified the Federation and PA CSC Council against all claims arising out of injury, damage or loss suffered or caused in the course of my participation in the event.

\_\_\_\_\_  
Name of participant

\_\_\_\_\_  
NRIC No.

\_\_\_\_\_  
Signature / HP

\_\_\_\_\_  
Name & Sign of Team Manager

\_\_\_\_\_  
Name & Sign of CSC Chairperson

\_\_\_\_\_  
CSC Stamp

PEOPLE'S ASSOCIATION - SINGAPORE TAEKWONDO FEDERATION  
TAEKWONDO CHAMPIONSHIP 2016

ENTRIES FOR AFFILIATE

CLUB : \_\_\_\_\_

Head of Team : \_\_\_\_\_ HP: \_\_\_\_\_

Team Manager : \_\_\_\_\_ HP: \_\_\_\_\_

Name of Coaches: 1) \_\_\_\_\_ 5) \_\_\_\_\_  
(Professional Passes)

2) \_\_\_\_\_ 6) \_\_\_\_\_

3) \_\_\_\_\_ 7) \_\_\_\_\_

4) \_\_\_\_\_ 8) \_\_\_\_\_

Poomsae Referees : 1) \_\_\_\_\_ 5) \_\_\_\_\_

2) \_\_\_\_\_ 6) \_\_\_\_\_

3) \_\_\_\_\_ 7) \_\_\_\_\_

4) \_\_\_\_\_ 8) \_\_\_\_\_

Kyorugi Referees : 1) \_\_\_\_\_ 5) \_\_\_\_\_

2) \_\_\_\_\_ 6) \_\_\_\_\_

3) \_\_\_\_\_ 7) \_\_\_\_\_

4) \_\_\_\_\_ 8) \_\_\_\_\_

**YOUNG JUNIOR ( 1 ) CATEGORY ( 9 years old & below)**

**Form A**

<b>S/No</b>	<b>SEX</b>	<b>BELT</b>	<b>CATEGORY</b>	<b>WEIGHT</b>	<b>NAME</b>	<b>Kg</b>
	Male	Red	<b>Under 26 kg</b>	22 – 25.9 kg		
	Male	Red	<b>Under 30 kg</b>	26 – 29.9 kg		
	Male	Red	<b>Under 34 kg</b>	30 – 33.9 kg		
	Male	Red	<b>Under 38 kg</b>	34 – 37.9 kg		
	Male	Red	<b>Under 42 kg</b>	38 – 41.9 kg		
	Male	Red	<b>Under 46 kg</b>	42 – 45.9 kg		
	Male	Red	<b>Over 46 kg</b>	>46 kg		
	Male	Poom	<b>Under 26 kg</b>	22 – 25.9 kg		
	Male	Poom	<b>Under 30 kg</b>	26 – 29.9 kg		
	Male	Poom	<b>Under 34 kg</b>	30 – 33.9 kg		
	Male	Poom	<b>Under 38 kg</b>	34 – 37.9 kg		
	Male	Poom	<b>Under 42 kg</b>	38 – 41.9 kg		
	Male	Poom	<b>Under 46 kg</b>	42 – 45.9 kg		
	Male	Poom	<b>Over 46 kg</b>	> 46 kg		
	Female	Red	<b>Under 26 kg</b>	22 – 25.9 kg		
	Female	Red	<b>Under 30 kg</b>	26 – 29.9 kg		
	Female	Red	<b>Under 34 kg</b>	30 – 33.9 kg		
	Female	Red	<b>Under 38 kg</b>	34 – 37.9 kg		
	Female	Red	<b>Under 42 kg</b>	38 – 41.9 kg		

	Female	Red	<b>Under 46 kg</b>	42 – 45.9 kg		
	Female	Red	<b>Over 46 kg</b>	>46 kg		
	Female	Poom	<b>Under 26 kg</b>	22 – 25.9 kg		
	Female	Poom	<b>Under 30 kg</b>	26 – 29.9 kg		
	Female	Poom	<b>Under 34 kg</b>	30 – 33.9 kg		
	Female	Poom	<b>Under 38 kg</b>	34 – 37.9 kg		
	Female	Poom	<b>Under 42 kg</b>	38 – 41.9 kg		
	Female	Poom	<b>Under 46 kg</b>	42 – 45.9 kg		
	Female	Poom	<b>Over 46 kg</b>	>46 kg		

**YOUNG JUNIOR ( 2 ) CATEGORY ( 10 to 11 years old )**

**Form B**

S/No	SEX	BELT	CATEGORY	WEIGHT	NAME	Kg
	Male	Red	<b>Under 30 kg</b>	26 – 29.9 kg		
	Male	Red	<b>Under 34 kg</b>	30 – 33.9 kg		
	Male	Red	<b>Under 38 kg</b>	34 – 37.9 kg		
	Male	Red	<b>Under 42 kg</b>	38 – 41.9 kg		
	Male	Red	<b>Under 46 kg</b>	42 – 45.9 kg		
	Male	Red	<b>Under 50 kg</b>	46 – 49.9 kg		
	Male	Red	<b>Over 50 kg</b>	>50 kg		

	Male	Poom	<b>Under 30 kg</b>	26 – 29.9 kg		
	Male	Poom	<b>Under 34 kg</b>	30 – 33.9 kg		
	Male	Poom	<b>Under 38 kg</b>	34 – 37.9 kg		
	Male	Poom	<b>Under 42 kg</b>	38 –41.9 kg		
	Male	Poom	<b>Under 46 kg</b>	42 – 45.9 kg		
	Male	Poom	<b>Under 50 kg</b>	46 – 49.9 kg		
	Male	Poom	<b>Over 50 kg</b>	>50 kg		
	Female	Red	<b>Under 30 kg</b>	26 – 29.9 kg		
	Female	Red	<b>Under 34 kg</b>	30 – 33.9 kg		
	Female	Red	<b>Under 38 kg</b>	34 – 37.9 kg		
	Female	Red	<b>Under 42 kg</b>	38 –41.9 kg		
	Female	Red	<b>Under 46 kg</b>	42 – 45.9 kg		
	Female	Red	<b>Under 50 kg</b>	46 – 49.9 kg		
	Female	Red	<b>Over 50 kg</b>	>50 kg		
	Female	Poom	<b>Under 30 kg</b>	26 – 29.9 kg		
	Female	Poom	<b>Under 34 kg</b>	30 – 33.9 kg		
	Female	Poom	<b>Under 38 kg</b>	34 – 37.9 kg		
	Female	Poom	<b>Under 42 kg</b>	38 –41.9 kg		
	Female	Poom	<b>Under 46 kg</b>	42 – 45.9 kg		
	Female	Poom	<b>Under 50 kg</b>	46 – 49.9 kg		
	Female	Poom	<b>Over 50 kg</b>	>50 kg		

**CADET CATEGORY ( 12 to 14 years old )**

**Form C**

<b>S/No</b>	<b>SEX</b>	<b>BELT</b>	<b>CATEGORY</b>	<b>WEIGHT</b>	<b>NAME</b>	<b>Kg</b>
	Male	Red	<b>Under 32 kg</b>	27 – 31.9 kg		
	Male	Red	<b>Under 36 kg</b>	33 – 35.9 kg		
	Male	Red	<b>Under 40 kg</b>	36 – 39.9 kg		
	Male	Red	<b>Under 44 kg</b>	40 – 43.9 kg		
	Male	Red	<b>Under 48 kg</b>	44 – 47.9 kg		
	Male	Red	<b>Under 52 kg</b>	48 – 51.9 kg		
	Male	Red	<b>Over 52 kg</b>	>52 kg		
	Male	Poom	<b>Under 32 kg</b>	27 – 31.9 kg		
	Male	Poom	<b>Under 36 kg</b>	32 – 35.9 kg		
	Male	Poom	<b>Under 40 kg</b>	36 – 39.9 kg		
	Male	Poom	<b>Under 44 kg</b>	40 – 43.9 kg		
	Male	Poom	<b>Under 48 kg</b>	44 – 47.9 kg		
	Male	Poom	<b>Under 52 kg</b>	48 – 51.9 kg		
	Male	Poom	<b>Over 52 kg</b>	>52 kg		
	Female	Red	<b>Under 32 kg</b>	27 – 31.9 kg		
	Female	Red	<b>Under 36 kg</b>	32 – 35.9 kg		
	Female	Red	<b>Under 40 kg</b>	36 – 49.9 kg		
	Female	Red	<b>Under 44 kg</b>	40 – 43.9 kg		

	Female	Red	<b>Under 48 kg</b>	44 – 47.9 kg		
	Female	Red	<b>Under 52 kg</b>	48 – 51.9 kg		
	Female	Red	<b>Over 52 kg</b>	>52 kg		
	Female	Poom	<b>Under 32 kg</b>	27 – 31.9 kg		
	Female	Poom	<b>Under 36 kg</b>	32 – 35.9 kg		
	Female	Poom	<b>Under 40 kg</b>	36 – 39.9 kg		
	Female	Poom	<b>Under 44 kg</b>	40 – 43.9 kg		
	Female	Poom	<b>Under 48 kg</b>	44 – 47.9 kg		
	Female	Poom	<b>Under 52 kg</b>	48 – 51.9 kg		
	Female	Poom	<b>Over 52 kg</b>	>52 kg		

**JUNIOR CATEGORY ( 15 to 17 years old )**

**Form D**

<b>S/No</b>	<b>SEX</b>	<b>BELT</b>	<b>CATEGORY</b>	<b>WEIGHT</b>	<b>NAME</b>	<b>Kg</b>
	Male	Red	<b>Under 36 kg</b>	32 – 35.9 kg		
	Male	Red	<b>Under 40 kg</b>	36 – 39.9 kg		
	Male	Red	<b>Under 44 kg</b>	40 – 43.9 kg		
	Male	Red	<b>Under 48 kg</b>	44 – 47.9 kg		
	Male	Red	<b>Under 52 kg</b>	48 – 51.9 kg		
	Male	Red	<b>Under 56 kg</b>	52 – 55.9 kg		
	Male	Red	<b>Over 56 kg</b>	>56 kg		

	Male	Poom	<b>Under 36 kg</b>	32 – 35.9 kg		
	Male	Poom	<b>Under 40 kg</b>	36 – 39.9 kg		
	Male	Poom	<b>Under 44 kg</b>	40 – 43.9 kg		
	Male	Poom	<b>Under 48 kg</b>	44 – 47.9 kg		
	Male	Poom	<b>Under 52 kg</b>	48 – 51.9 kg		
	Male	Poom	<b>Under 56 kg</b>	52 – 55.9 kg		
	Male	Poom	<b>Over 56 kg</b>	>56 kg		
	Female	Red	<b>Under 36 kg</b>	32 – 35.9 kg		
	Female	Red	<b>Under 40 kg</b>	36 – 39.9 kg		
	Female	Red	<b>Under 44 kg</b>	40 – 43.9 kg		
	Female	Red	<b>Under 48 kg</b>	44 – 47.9 kg		
	Female	Red	<b>Under 52 kg</b>	48 – 51.9 kg		
	Female	Red	<b>Under 56 kg</b>	52 – 55.9 kg		
	Female	Red	<b>Over 56 kg</b>	>56 kg		
	Female	Poom	<b>Under 36 kg</b>	32 – 35.9 kg		
	Female	Poom	<b>Under 40 kg</b>	36 – 39.9 kg		
	Female	Poom	<b>Under 44 kg</b>	40 – 43.9 kg		
	Female	Poom	<b>Under 48 kg</b>	44 – 47.9 kg		
	Female	Poom	<b>Under 52 kg</b>	48 – 51.9 kg		
	Female	Poom	<b>Under 56 kg</b>	52 – 55.9 kg		
	Female	Poom	<b>Over 56 kg</b>	>56 kg		

--	--	--	--	--	--	--

**SENIOR ( 1 ) CATEGORY ( 18 to 30 years old )**

**Form E**

<b>S/No</b>	<b>SEX</b>	<b>BELT</b>	<b>CATEGORY</b>	<b>WEIGHT</b>	<b>NAME</b>	<b>Kg</b>
	Male	Red	<b>Under 46 kg</b>	42 – 45.9 kg		
	Male	Red	<b>Under 50 kg</b>	46 – 49.9 kg		
	Male	Red	<b>Under 54 kg</b>	50 – 53.9 kg		
	Male	Red	<b>Under 58 kg</b>	54 – 57.9 kg		
	Male	Red	<b>Under 62 kg</b>	58 – 61.9 kg		
	Male	Red	<b>Under 66 kg</b>	62 – 65.9 kg		
	Male	Red	<b>Over 66 kg</b>	>66 kg		
	Male	Black	<b>Under 46 kg</b>	42 – 45.9 kg		
	Male	Black	<b>Under 50 kg</b>	46 – 49.9 kg		
	Male	Black	<b>Under 54 kg</b>	50 – 53.9 kg		
	Male	Black	<b>Under 58 kg</b>	54 – 57.9 kg		
	Male	Black	<b>Under 62 kg</b>	58 – 61.9 kg		
	Male	Black	<b>Under 66 kg</b>	62 – 65.9 kg		
	Male	Black	<b>Over 66 kg</b>	>66 kg		
	Female	Red	<b>Under 46 kg</b>	42 – 45.9 kg		
	Female	Red	<b>Under 50 kg</b>	46 – 49.9 kg		

	Female	Red	<b>Under 54 kg</b>	50 – 53.9 kg		
	Female	Red	<b>Under 58 kg</b>	54 – 57.9 kg		
	Female	Red	<b>Under 62 kg</b>	58 – 61.9 kg		
	Female	Red	<b>Under 66 kg</b>	62 – 65.9 kg		
	Female	Red	<b>Over 66 kg</b>	>66 kg		
	Female	Black	<b>Under 46 kg</b>	42 – 45.9 kg		
	Female	Black	<b>Under 50 kg</b>	46 – 49.9 kg		
	Female	Black	<b>Under 54 kg</b>	50 – 53.9 kg		
	Female	Black	<b>Under 58 kg</b>	54 – 57.9 kg		
	Female	Black	<b>Under 62 kg</b>	58 – 61.9 kg		
	Female	Black	<b>Under 66 kg</b>	62 – 65.9 kg		
	Female	Black	<b>Over 66 kg</b>	>66 kg		

**SENIOR ( 2 ) CATEGORY ( 31 to 40 years old )**

**Form F**

<b>S/No</b>	<b>SEX</b>	<b>BELT</b>	<b>CATEGORY</b>	<b>WEIGHT</b>	<b>NAME</b>	<b>Kg</b>
	Male	Red	<b>Under 46 kg</b>	42 – 45.9 kg		
	Male	Red	<b>Under 50 kg</b>	46 – 49.9 kg		
	Male	Red	<b>Under 54 kg</b>	50 – 53.9 kg		
	Male	Red	<b>Under 58 kg</b>	54 – 57.9 kg		
	Male	Red	<b>Under 62 kg</b>	58 – 61.9 kg		
	Male	Red	<b>Under 66 kg</b>	62 – 65.9 kg		
	Male	Red	<b>Over 66 kg</b>	>66 kg		

	Male	Black	<b>Under 46 kg</b>	42 – 45.9 kg		
	Male	Black	<b>Under 50 kg</b>	46 – 49.9 kg		
	Male	Black	<b>Under 54 kg</b>	50 – 53.9 kg		
	Male	Black	<b>Under 58 kg</b>	54 – 57.9 kg		
	Male	Black	<b>Under 62 kg</b>	58 – 61.9 kg		
	Male	Black	<b>Under 66 kg</b>	62 – 65.9 kg		
	Male	Black	<b>Over 66 kg</b>	>66 kg		
	Female	Red	<b>Under 46 kg</b>	42 – 45.9 kg		
	Female	Red	<b>Under 50 kg</b>	46 – 49.9 kg		
	Female	Red	<b>Under 54 kg</b>	50 – 53.9 kg		
	Female	Red	<b>Under 58 kg</b>	54 – 57.9 kg		
	Female	Red	<b>Under 62 kg</b>	58 – 61.9 kg		
	Female	Red	<b>Under 66 kg</b>	62 – 65.9 kg		
	Female	Red	<b>Over 66 kg</b>	>66 kg		
	Female	Black	<b>Under 46 kg</b>	42 – 45.9 kg		
	Female	Black	<b>Under 50 kg</b>	46 – 49.9 kg		
	Female	Black	<b>Under 54 kg</b>	50 – 53.9 kg		
	Female	Black	<b>Under 58 kg</b>	54 – 57.9 kg		
	Female	Black	<b>Under 62 kg</b>	58 – 61.9 kg		
	Female	Black	<b>Under 66 kg</b>	62 – 65.9 kg		

	Female	Black	Over 66 kg	>66 kg		

**MASTER ( 1 ) CATEGORY ( 41 to 50 years old )**

**Form G**

<b>S/No</b>	<b>SEX</b>	<b>BELT</b>	<b>CATEGORY</b>	<b>WEIGHT</b>	<b>NAME</b>	<b>Kg</b>
	Male	Red	Under 46 kg	42 – 45.9 kg		
	Male	Red	Under 50 kg	46 – 49.9 kg		
	Male	Red	Under 54 kg	50 – 53.9 kg		
	Male	Red	Under 58 kg	54 – 57.9 kg		
	Male	Red	Under 62 kg	58 – 61.9 kg		
	Male	Red	Under 66 kg	62 – 65.9 kg		
	Male	Red	Over 66 kg	>66 kg		
	Male	Black	Under 46 kg	42 – 45.9 kg		
	Male	Black	Under 50 kg	46 – 49.9 kg		
	Male	Black	Under 54 kg	50 – 53.9 kg		
	Male	Black	Under 58 kg	54 – 57.9 kg		
	Male	Black	Under 62 kg	58 – 61.9 kg		
	Male	Black	Under 66 kg	62 – 65.9 kg		
	Male	Black	Over 66 kg	>66 kg		
	Female	Red	Under 46 kg	42 – 45.9 kg		

	Female	Red	<b>Under 50 kg</b>	46 – 49.9 kg		
	Female	Red	<b>Under 54 kg</b>	50 – 53.9 kg		
	Female	Red	<b>Under 58 kg</b>	54 – 57.9 kg		
	Female	Red	<b>Under 62 kg</b>	58 – 61.9 kg		
	Female	Red	<b>Under 66 kg</b>	62 – 65.9 kg		
	Female	Red	<b>Over 66 kg</b>	>66 kg		
	Female	Black	<b>Under 46 kg</b>	42 – 45.9 kg		
	Female	Black	<b>Under 50 kg</b>	46 – 49.9 kg		
	Female	Black	<b>Under 54 kg</b>	50 – 53.9 kg		
	Female	Black	<b>Under 58 kg</b>	54 – 57.9 kg		
	Female	Black	<b>Under 62 kg</b>	58 – 61.9 kg		
	Female	Black	<b>Under 66 kg</b>	62 – 65.9 kg		
	Female	Black	<b>Over 66 kg</b>	>66 kg		

**MASTER ( 2 ) CATEGORY ( 51 years old & Above )**

**Form H**

<b>S/No</b>	<b>SEX</b>	<b>BELT</b>	<b>CATEGORY</b>	<b>WEIGHT</b>	<b>NAME</b>	<b>Kg</b>
	Male	Red	<b>Under 46 kg</b>	42 – 45.9 kg		
	Male	Red	<b>Under 50 kg</b>	46 – 49.9 kg		
	Male	Red	<b>Under 54 kg</b>	50 – 53.9 kg		
	Male	Red	<b>Under 58 kg</b>	54 – 57.9 kg		
	Male	Red	<b>Under 62 kg</b>	58 – 61.9 kg		

	Male	Red	<b>Under 66 kg</b>	62 – 65.9 kg		
	Male	Red	<b>Over 66 kg</b>	>66 kg		
	Male	Black	<b>Under 46 kg</b>	42 – 45.9 kg		
	Male	Black	<b>Under 50 kg</b>	46 – 49.9 kg		
	Male	Black	<b>Under 54 kg</b>	50 – 53.9 kg		
	Male	Black	<b>Under 58 kg</b>	54 – 57.9 kg		
	Male	Black	<b>Under 62 kg</b>	58 – 61.9 kg		
	Male	Black	<b>Under 66 kg</b>	62 – 65.9 kg		
	Male	Black	<b>Over 66 kg</b>	>66 kg		
	Female	Red	<b>Under 46 kg</b>	42 – 45.9 kg		
	Female	Red	<b>Under 50 kg</b>	46 – 49.9 kg		
	Female	Red	<b>Under 54 kg</b>	50 – 53.9 kg		
	Female	Red	<b>Under 58 kg</b>	54 – 57.9 kg		
	Female	Red	<b>Under 62 kg</b>	58 – 61.9 kg		
	Female	Red	<b>Under 66 kg</b>	62 – 65.9 kg		
	Female	Red	<b>Over 66 kg</b>	>66 kg		
	Female	Black	<b>Under 46 kg</b>	42 – 45.9 kg		
	Female	Black	<b>Under 50 kg</b>	46 – 49.9 kg		
	Female	Black	<b>Under 54 kg</b>	50 – 53.9 kg		

	Female	Black	<b>Under 58 kg</b>	54 – 57.9 kg		
	Female	Black	<b>Under 62 kg</b>	58 – 61.9 kg		
	Female	Black	<b>Under 66 kg</b>	62 – 65.9 kg		
	Female	Black	<b>Over 66 kg</b>	>66 kg		

**Total:** \_\_\_\_\_

**Payment :** \_\_\_\_\_ **Receipt No:** \_\_\_\_\_

Cheque No / Bank: \_\_\_\_\_

Cash : \_\_\_\_\_

By Invoice : Yes / No

\_\_\_\_\_  
Name & Signature of CSC Chairperson

\_\_\_\_\_  
CSC Stamp

# REGISTRATION FORM - J - Poomsae Individual ( Male )

## PEOPLE'S ASSOCIATION - SINGAPORE TAEKWONDO FEDERATION TAEKWONDO CHAMPIONSHIP 2016

( Please X the appropriate box )

Young Junior (1)	Young Junior (2)	Junior	Senior (1)	Senior (2)	Master (1)	Master (2)

CLUB			
COACH		Contact No	

No	Name	*Category												
		White		Yellow			Green		Blue		Red		Poom Grade	Dan Grade
		9	8	7	6	5	4	3	2	1				

*\*Please tick accordingly*

Name & Sign of Team Manager

Name & Sign of CSC Chairperson

CSC Stamp

# REGISTRATION FORM - K                      - Poomsae Individual ( Female )

## PEOPLE'S ASSOCIATION - SINGAPORE TAEKWONDO FEDERATION TAEKWONDO CHAMPIONSHIP 2016

( Please X the appropriate box )

<b>Young Junior (1)</b>	<b>Young Junior (2)</b>	<b>Junior</b>	<b>Senior (1)</b>	<b>Senior (2)</b>	<b>Master (1)</b>	<b>Master (2)</b>

<b>CLUB</b>			
<b>COACH</b>		<b>Contact No</b>	

No	Name	*Category												
		White		Yellow			Green		Blue		Red		Poom Grade	Dan Grade
		9	8	7	6	5	4	3	2	1				

*\*Please tick accordingly*

\_\_\_\_\_  
Name & Sign of Team Manager

\_\_\_\_\_  
Name & Sign of CSC Chairperson

\_\_\_\_\_  
CSC Stamp



# REGISTRATION FORM - M - POOMSAE TEAM

## PEOPLE'S ASSOCIATION - SINGAPORE TAEKWONDO FEDERATION TAEKWONDO CHAMPIONSHIP 2016

### POOMSAE TEAM OF THREE (MIXED)

Name of Club			
Name of Coach		Contact No	

Category	Team (1)	Race	Team (2)	Race
Young Junior ( 1 )				
Young Junior ( 2 )				
Junior				

\_\_\_\_\_  
Name & Sign of Team Manager

\_\_\_\_\_  
Name & Sign of CSC Chairperson

\_\_\_\_\_  
CSC Stamp

# REGISTRATION FORM - N - POOMSAE TEAM

**PEOPLE'S ASSOCIATION - SINGAPORE TAEKWONDO FEDERATION  
TAEKWONDO CHAMPIONSHIP 2016**

<b>POOMSAE TEAM OF THREE (MIXED)</b>
--------------------------------------

Name of Club			
Name of Coach		Contact No	

Category	Team (1)	Race	Team (2)	Race
Senior ( 1 )				
Senior ( 2 )				
Master ( 1 )				
Master ( 2 )				

\_\_\_\_\_  
Name & Sign of Team Manager
\_\_\_\_\_  
Name & Sign of CSC Chairperson
\_\_\_\_\_  
CSC Stamp

# REGISTRATION FORM - P

## PEOPLE'S ASSOCIATION - SINGAPORE TAEKWONDO FEDERATION TAEKWONDO CHAMPIONSHIP 2016

### POOMSAE PARTICIPANT FORM

( To be completed by all Poomsae participants )

Name of Club	
--------------	--

Name of Participant		NRIC No	
Date of Birth		Race	
Grade (as July 2016)		Sex	
Contact No	(Mobile)	(Home)	
<b>Home Address</b>	Singapore		
<b>Medical Condition</b>	Any Letter : Yes / No		
Team Manager	(Mobile)		
Name of Coach	(Mobile)		

Parental/Guardian Consent			
I consent to the participation of the above named applicant, who is my *child/ward, in the PA-STF Taekwondo C'ships. I hereby release the Singapore Taekwondo Federation, PA CSC Council and its agents from all liabilities that may arise in connection therein.			
Name		Signature/Date	
NRIC No.		Contact No	(Mobile)
Witnessed By			
Team Manager		Signature/Date	
NRIC No.		Contact No	(Mobile)

\_\_\_\_\_  
Name & Sign of Team Manager

\_\_\_\_\_  
Name & Sign of CSC Chairperson

\_\_\_\_\_  
CSC Stamp