

**SINGAPORE TAEKWONDO FEDERATION
OPEN SELECTION 2025
4, 5 and 11 January 2025**



Section 1: To be completed by candidate

NAME of Candidate:(in full) _____ Gender: _____ Year of Birth: _____ Age: _____
(As of 2025)

Next of Kin (NOK)'s Name: _____ NOK's Email Address: _____ NOK's H/P: _____

Address of Candidate: _____ (S) _____

Name of Affiliate Coach: _____ Coach's H/P: _____ Tel: _____

AFFILIATE: _____ Affiliate's Email Address: _____

Medical condition of candidate (if any): _____

I am attending the Open Selection for *Kyorugi / Poomsae (Circle where appropriate – Only 1 category is allowed)

Section 2: Coach's evaluation on candidate (To be completed by Affiliate Coach) - Please tick (✓) at the appropriate box

Qualities of candidate	Fair (1)	Good (2)	Very Good (3)	Excellent (4)
1. Attitude and behavior towards coaches, teammates, fellow athletes, officials, and sports administrators, whether in relation to sporting matters or otherwise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. General conduct and character which may affect the reputation, image, values or best interests of the athlete or the sport	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Discipline	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Potential for future development	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Ability to demonstrate team spirit and work well with teammates and officials	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Section 3: Approval for Application of Candidate to attend Open Selections (To be completed by Affiliate Coach) - Please tick (✓) at the appropriate box

Approved Not Approved

Affiliate Coach's comments about the candidate:

Name of Affiliate Coach	Date of Approval	Signature of Affiliate Coach	Stamp of Affiliate

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Section 4: To be completed by Candidate - Please tick (✓) at the appropriate box (ONLY 1 Category (Kyorugi OR Poomsae) is allowed)

**KYORUGI
CADET
(Born in 2011 or 2012)**

Please (✓) at the appropriate box

Male			Female		
Under 33kg	32.9 kg & Under		Under 29kg	28.9 kg & Under	
Under 37kg	33 kg – 36.9 kg		Under 33kg	29 kg – 32.9 kg	
Under 41kg	37 kg – 40.9 kg		Under 37kg	33 kg – 36.9 kg	
Under 45kg	41 kg – 44.9 kg		Under 41kg	37 kg – 40.9 kg	
Under 49kg	45 kg – 48.9 kg		Under 44kg	41 kg – 43.9 kg	
Under 53kg	49 kg – 52.9 kg		Under 47kg	44 kg – 46.9 kg	
Under 57kg	53 kg – 56.9 kg		Under 51kg	47 kg – 50.9 kg	
Under 61kg	57 kg – 60.9 kg		Under 55kg	51 kg – 54.9 kg	
Under 65kg	61 kg – 64.9 kg		Under 59kg	55 kg – 58.9 kg	
Over 65kg	Over 65 kg		Over 59kg	Over 59 kg	

Name of Accompanying Coach		Level 2 Coach Pass No.
		Contact Number

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KYORUGI
JUNIOR
(Born in 2010, 2009 or 2008)

Please (✓) at the appropriate box

Male			Female		
Under 45kg	Not exceeding 45kg		Under 42kg	Not exceeding 42kg	
Under 48kg	45 kg – 47.9 kg		Under 44kg	42 kg – 43.9kg	
Under 51kg	48 kg – 50.9 kg		Under 46kg	44 kg – 45.9 kg	
Under 55kg	51 kg – 54.9 kg		Under 49kg	46 kg – 48.9 kg	
Under 59kg	55 kg – 58.9 kg		Under 52kg	49 kg – 51.9 kg	
Under 63kg	59 kg – 62.9 kg		Under 55kg	52 kg – 54.9 kg	
Under 68kg	63 kg – 67.9 kg		Under 59kg	55 kg – 58.9 kg	
Under 73kg	68 kg – 72.9 kg		Under 63kg	59 kg – 62.9 kg	
Under 78kg	73 kg – 77.9 kg		Under 68kg	63 kg – 67.9 kg	
Over 78kg	Over 78 kg		Over 68kg	Over 68 kg	

Name of Accompanying Coach		Level 2 Coach Pass No.
		Contact Number

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**KYORUGI
SENIOR
(Born in 2007 or earlier)**

Please (✓) at the appropriate box

Male			Female		
Under 54kg	Not exceeding 54 kg		Under 46kg	Not exceeding 46 kg	
Under 58kg	54 kg to 57.9 kg		Under 49kg	46 kg to 48.9 kg	
Under 63kg	58 kg to 62.9 kg		Under 53kg	49 kg to 52.9 kg	
Under 68kg	63 kg to 67.9 kg		Under 57kg	53 kg to 56.9 kg	
Under 74kg	68 kg to 73.9 kg		Under 62kg	57kg to 61.9 kg	
Under 80kg	74 kg to 79.9 kg		Under 67kg	62 kg to 66.9 kg	
Under 87kg	80 kg to 86.9 kg		Under 73kg	67 kg to 72.9 kg	
Over 87kg	Over 87 kg		Over 73kg	Over 73 kg	

Name of Accompanying Coach		Level 2 Coach Pass No.
		Contact Number

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POOMSAE

Male		
Division	Age	Circle where appropriate*
Cadet	Born in 2011 or 2012	Recognised / Freestyle
Junior	Born in 2008, 2009 or 2010	Recognised / Freestyle
Senior	Born in 2007 or earlier	Recognised / Freestyle

*Candidate may choose either one or both category (i.e. Recognised or Freestyle or both)

Female		
Division	Age	Circle where appropriate*
Cadet	Born in 2011 or 2012	Recognised / Freestyle
Junior	Born in 2008, 2009 or 2010	Recognised / Freestyle
Senior	Born in 2007 or earlier	Recognised / Freestyle

*Candidate may choose either one or both category (i.e. Recognised or Freestyle or both)

Name of Accompanying Coach	Level 2 Coach Pass No.
	Contact Number

