

SINGAPORE TAEKWONDO FEDERATION OPEN SELECTION 2025 – UPDATES ON PROGRAMME AND VENUE

Thank you for your interest in participating in the Open Selection 2025.

Please take note of the following details and the programme is attached for more information.

Date	4, 5 and 11 January 2025
Venue	4 and 11 January 2025: STF Bedok National Training Centre (7 Bedok North Street 2, Singapore 469646) 5 January 2025: Woodlands Sport Hall, Section E (2 Woodlands Street 12, Singapore 738620)

4 January 2025

Poomsae & Kyorugi Technical Component:

- Senior Category candidates are to report at 8.30 am
- Cadet & Junior Category candidates are to report at 10.30 am

Information on Reporting and Attire

- Candidates are to bring along a valid ID with photo for registration
- Attire for Poomsae & Kyorugi Technical Component will be STF Approved “Dobok”

5 January 2025

Poomsae & Kyorugi Physical Component:

- Cadet Category candidates are to report at 12.30pm
- Junior Category candidates are to report at 2.00pm
- Senior Category candidates are to report at 3.30pm

Information on Reporting and Attire

- Candidates are to bring along a valid ID with photo for registration
- Attire for Physical Component will be Sports Attire and running shoes are compulsory.

10 January 2025

Weigh in for all Kyorugi Candidates

- Weigh-in for all Kyorugi Candidates will be conducted on 10 January 2025, at the STF Bedok National Training Centre, from **2pm to 9pm**.
- Weigh-in can be done in T-shirt and shorts/tights. Strictly **NO NUDE WEIGH-IN** is allowed.

- Candidates who fail to come for weigh in or fail to make the applied category will be disqualified from the selection

11 January 2025 (Morning Block)

Poomsae Component:

- Senior Category candidates are to report at 8.00 am
- Cadet & Junior candidates are to report at 10.00 am

Information on Reporting and Attire

- Candidates are to bring along a valid ID with photo for registration
- Attire for Poomsae Component will be STF Approved “Dobok”

11 January 2025 (Afternoon Block)

Kyorugi Component:

- Cadet Category candidates are to report at 1.00 pm
- Junior Category candidates are to report at 2.30 pm
- Senior Category candidates are to report at 4.30 pm

Information on Reporting, Attire and Equipment

- Candidates are to bring along a valid ID with photo for registration
- Attire for Kyorugi Component will be STF Approved “Dobok”
- All Kyorugi Candidates are expected to bring their Personal Protective Equipment (PPE) including mouth guard and their personal electronic socks (KPNP).

Please refer to the attached programme for more information.