



## STF PARA-TAEKWONDO POOMSAE CHAMPIONSHIP 2025

Organised by  
SINGAPORE TAEKWONDO FEDERATION  
(Recognised by the Sport Singapore and  
affiliated to the Singapore National Olympic Council)

- Organiser : Singapore Taekwondo Federation (STF)
- Schedule : **Registration Period**  
24 February to 25 March 2025
- Registration is at STF office at 7 Bedok North Street 2,  
Singapore 469646 on Monday to Friday, 9.00am to  
1.00pm and 2.00pm to 5.00pm.
- Competition Details:**  
5 April 2025
- 2:00PM – 6:00PM
- Singapore Taekwondo Federation  
7 Bedok North Street 2, Singapore 469646
- Eligibility : Members of clubs affiliated to the Singapore Taekwondo  
Federation holding the grades they are competing in.
- Grading cards or certificates of participants must be produced  
for verification during registration.
- Submission will be disqualified if any information submitted is  
incorrect/incomplete.
- Competition Rules : WT & STF rules shall apply
- Competition Categories : Recognised Category (Para Taekwondo)
- Events Classification : Individual

Competition Flow : The sequence of performance\* for competitors shall be as follow:

- Recognised Individual (Para Taekwondo)

*\*Computer generated sequencing for all categories*

Method of Competition : Cut-off system

Competition Rounds : Finals\* Top 8 performers from semi-finals

*\*Direct finals for all other events not involved in semi-finals regardless of number of participants*

*The Organisers reserve the right to vary the numbers selected for each stage*

Age Divisions : 3 age divisions for recognised category.  
(Age as of 31 December 2025)

A - 8 to 14 years old, year born 2011 to 2017)

B - 15 to 17 years old, year born 2008 to 2010)

C - 18 years old and older, year born before 2007)

Grade Classification : Black /Poom - 1st Dan, 2nd Dan, 3rd Dan and higher  
- 1st Poom, 2nd Poom, 3rd Poom and higher

Geup - 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

Based on highest grade obtained during 1<sup>st</sup> quarter (January, February and March) of 2025.

- Sports Classes : P10 - For all new athletes with a visual impairment  
P20 - For all new athletes with an intellectual impairment  
P30 - For all athletes with a neurological impairment  
P50 - For all athletes using assistive technology  
P60 - For all athletes with hearing impairment  
P70 - For all athletes with short stature
- Performing Poomsae : Please see Annex A for Recognised Categories
- Participation : A performer may participate in one individual colour category.  
  
There is no limit to the number of Individual events a club can field.  
  
Please see Annex A for the details.
- Participation Fees : \$21.80 per participant for Individual category.  
  
Fees paid will not be refunded under any circumstances.  
All fees are inclusive of GST.
- Awards : Medals and Certificate of participation will be awarded to the top eight finalists.
- Benefits of Participation : Clubs 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 & caregiver to take care of their own athletes during the competition. Athletes will be disqualified if coaches& caregiver from their clubs are not available to accompany them to the arena.
- Provision of Referees and Volunteers : Not required.
- Enquires : Singapore Taekwondo Federation Office  
Office Number: 6345 1491  
Email: Tournament.stf@gmail.com

**SINGAPORE TAEKWONDO FEDERATION**  
**STF PARA-TAEKWONDO POOMSAE CHAMPIONSHIP 2025**

**PARTICIPATION**

Event	Sports Classes	Age Div	A (4 – 14)	B (15 – 17)	C (18 & older)
		Gender			
Recognised Individual (Dan/Poom/Geup)	P10 P11 & P12	Male (M) / Female (F)	No Limit	No Limit	No Limit
Recognised Individual (Dan/Poom/Geup)	P20 P21, P22, P23	Male (M) / Female (F)	No Limit	No Limit	No Limit
Recognised Individual (Dan/Poom/Geup)	P30 P31, P32, P33, P34, P35	Male (M) / Female (F)	No Limit	No Limit	No Limit
Recognised Individual (Dan/Poom/Geup)	P50 P51, P52, P53	Male (M) / Female (F)	No Limit	No Limit	No Limit
Recognised Individual (Dan/Poom/Geup)	P60	Male (M) / Female (F)	No Limit	No Limit	No Limit
Recognised Individual (Dan/Poom/Geup)	P70 P72	Male (M) / Female (F)	No Limit	No Limit	No Limit

**RECOGNISED POOMSAE**

	Category	Compulsory Poomsae
<b>Recognised Individual</b>	White 10	Introductory Poomsae
	White 9	Preliminary Poomsae
	Yellow 8	Taeguk Il Jang (1)
	Yellow 7	Taeguk E Jang (2)
	Green 6	Taeguk Sam Jang (3)
	Green 5	Taeguk Sa Jang (4)
	Blue 4	Taeguk O Jang (5)
	Blue 3	Taeguk Yuk Jang (6)
	Red 2	Taeguk Chil Jang (7)
	Red 1	Taeguk Pal Jang (8)
	Dan/Poom	Koryo



## STF PARA-TAEKWONDO POOMSAE CHAMPIONSHIP 2025

To: Organising Chairman,  
STF Para-Taekwondo Poomsae Championship 2025 Organising Committee

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	





## STF PARA-TAEKWONDO POOMSAE CHAMPIONSHIP 2025

**FORM B**

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

Name of Affiliate			
Name		Age (as of 31 Dec 2025)	
Year of Birth		Grade (as of Q1 2025)	
Contact No.		Gender	
Emergency Contact No.	(Mobile)		(Mobile)
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 all the participation of the above-named applicant, who is my *child/ward, in the STF Para-Taekwondo Poomsae Championship 2025. I hereby release Singapore Taekwondo Federation and its agents from all liabilities that may arise in connection therein.			
Name		Signature / Date	
Relationship		Contact No.	
Witnessed By			
Team Manager		Signature / Date	
Email		Contact No.	

## REFERENCES

### SPORT CLASSES

Poomsae P10 Sport Class	
P11	For all new athletes with a visual impairment (Visual acuity poorer than LogMAR 2.60)
P12	For all new athletes with a visual impairment with visual acuity ranges from LogMAR 1.50 to 2.60 inclusive, and/or a visual field that is constricted to a radius of less than 5 degrees, OR For all new athletes with a visual impairment with visual acuity ranges from LogMAR 1.40 to 1 inclusive, and/or a visual field that is constricted to a radius of less than 20 degrees.

Poomsae P20 Sport Class	
P21	Only IQ* if affected I.Q: 75 or below. *IQ: Intelligence quotient
P22	IQ affected + Other health conditions I.Q: 75 or below. Other Medical conditions e.g. Neuromuscular
P23	Autism Athletes diagnosed with Autism Spectrum Disorder (ASD)

Poomsae P30 Sport Class		
P31	Which condition:	Hypertonia (Spasticity) or Athetosis or Dystonia or Ataxia
	Severity:	Moderate
	No. of limbs affected:	4 limbs affected
P32	Which condition:	Hypertonia (Spasticity) or Athetosis or Dystonia or Ataxia
	Severity:	Moderate
	No. of limbs affected:	3 limbs affected
P33	Which condition:	Hypertonia (Spasticity) or Athetosis or Dystonia or Ataxia
	Severity:	Moderate
	No. of limbs affected:	2 limbs affected or Hemi or Truncal
P34	Which condition:	Hypertonia (Spasticity) or Athetosis or Ataxia / NO DYSTONIA
	Severity:	Mild
	No. of limbs affected:	2 limbs affected or Hemi or Truncal
P35	Which condition:	Hypertonia (Spasticity) or Athetosis or Ataxia / NO DYSTONIA
	Severity:	Mild or Moderate
	No. of limbs affected:	1 limb affected



Poomsae P50 Sport Class	
P50	<p>Assistive Devices includes</p> <ul style="list-style-type: none"> <li>- Long back wheelchair <ul style="list-style-type: none"> <li>o MUST HAVE truncal strap, thigh strap, leg strap, and leg rest (if lower limbs are available).</li> <li>o SIDE HANDLES <u>CAN BE KEPT</u></li> </ul> </li> <li>- Short back wheelchair <ul style="list-style-type: none"> <li>o MUST HAVE thigh strap, leg strap, and leg rest (if lower limbs are available).</li> <li>o SIDE HANDLES <u>MUST BE KEPT</u></li> </ul> </li> <li>- Canes <ul style="list-style-type: none"> <li>o Standard Cane</li> <li>o Crab foot Cane</li> <li>o Four-legged Pyramid Cane</li> </ul> </li> <li>- Crutches <ul style="list-style-type: none"> <li>o Auxiliary Crutch</li> <li>o Forearm Crutch</li> </ul> </li> <li>- Walkers <ul style="list-style-type: none"> <li>o Forward rest walker</li> <li>o Backward rest walker</li> </ul> </li> </ul>
P51	<ul style="list-style-type: none"> <li>- Any medical condition (e.g. impaired muscle power, impaired passive range of movement or neuro-muscular conditions) that affect BOTH lower limbs and THE TRUNCAL AREA to an extent that an athlete CAN NOT stand and would require a back strap to stabilize on the wheelchair.</li> <li>- MUST APPLY TRUNK &amp; TRUNK STRAP</li> <li>- Leg strap and leg rest (if applicable), side handles can be kept.</li> </ul>
P52	<ul style="list-style-type: none"> <li>- Any medical condition (amputation, dysmelia, impaired muscle power, impaired passive range of movement or neuro-muscular conditions) that affect ONE or BOTH lower limbs to an extent that an athlete CAN NOT stand. Stable on the wheelchair (trunk NOT affected).</li> <li>- MUST REMOVE SIDE HANDLES &amp; APPLY THIGH STRAP</li> <li>- Leg strap and leg rest (if applicable)</li> </ul>
P53	<ul style="list-style-type: none"> <li>- Any medical condition (e.g. impaired muscle power, impaired passive range of movement or neuro-muscular conditions) that affect ONE or BOTH lower limbs to an extent that an athlete CAN stand stable using an assistive device.</li> <li>- MUST HAVE BOTH LOWER LIMBS</li> </ul>

Poomsae P60 Sport Class	
P60	<ul style="list-style-type: none"> <li>- Deaf, defined as a hearing loss of at least 55dB in the better ear (3 tone frequency average of 500, 1000 and 2000 Hertz, ANSI 1969 standard)</li> <li>- Not using hearing aids or external cochlear implant aids during this event.</li> </ul>

Poomsae P70 Sport Class		
P72	<p>Male</p> <p>Standing height ≤ 145 cm and</p> <p>*Arm length ≤ 66 cm and</p> <p>Standing height + arm length ≤ 200</p>	<p>Female</p> <p>Standing height ≤ 137 cm and</p> <p>*Arm length ≤ 63 cm and</p> <p>Standing height + arm length ≤ 190</p>

\*Arm measured from acromion to the tip of longest finger