

# **INVITATION**

## **KYORUGI AND POOMSAE**

## **KOREAN AMBASSADOR**

## **CUP**

**November 12<sup>th</sup> 2016**



(Photo by Elina Glad)



SUOMEN TAEKWONDOLIITTO RY  
THE FINNISH TAEKWONDO FEDERATION



Welcome to Ambassador's Cup 2016 organized by The Finnish Taekwondo Federation and Malmin Taekwondo Ry in co-operation with the Embassy of the Republic of Korea to Finland! During the opening ceremony of the competition, you can also enjoy taekwondo and haedong kumdo demonstrations.

Date: Saturday 12<sup>th</sup> of November 2016

Venue: Tikkurila Sports Park/  
Trio Sport Center  
Läntinen Valkoisentie 52  
01300 Vantaa  
Finland

## KYORUGI

Categories: Kids, Cadets, Juniors, Seniors and Masters both beginners and advanced players.  
Single elimination system (cup) is applied in all categories.

Registration: All registrations through [www.tpss.eu](http://www.tpss.eu).  
Deadline for entries is the 5<sup>th</sup> of November 2016.

Every competitor must enroll to weight-in at competition venue.  
Please check the schedule of weigh-in times.

Entry fees:

Category	Entry fee
Kids' categories (E1,D2,D1,C1,B2)	30 €
Adult beginners (H) and Masters (S30)	30 €
Cadets (C1), Juniors (B1) and Seniors (R)	40 €

Please pay the entry fees by cash (euros only) at the registration.

## Kids & Juniors

Category	Age	Duration	Weight classes
E1-kids No head contact	6-8 y. 2008-2010	2 x 1,5 min rest 30 sec	Girls/Boys: 26, -30, -34, -38, -42, -46, +46 Girls and Boys in same category. TPSS application separately, the categories will be combined later.
D2-kids Beginners, no head contact	9-11 y. 2005-2007	2 x 1,5 min rest 30 sec	Girls/Boys: -30, -35, -40, -45, -50, +50
D1-kids Advanced, no head contact	9-11 y. 2005-2007	2 x 1,5 min rest 30 sec	Girls/Boys: -26, -28, -30, -34, -37, -40, -43, -46, -50, +50
C2-kids Beginners, no head contact	12-14 y. 2002-2004	2 x 1,5 min rest 30 sec	Girls: -36, -42, -48, -52, -58, +58 Boys: -38, -44, -50, -56, -62, +62
C1-cadets (Cadets) WTF rules, except no knockouts allowed	12-14 y. 2002-2004	3 x 1,5 min rest 30 sec	Girls: -29, -33, -37, -41, -44, -47, -51, -55, -59, +59 Boys: -33, -37, -41, -45, -49, -53, -57, -61, -65, +65
B2-juniors Beginners Head contact optional	15-17 y. 1999-2001	2 x 1,5 min rest 30 sec	Girls: -44, -49, -55, -63 +63 Boys: -48, -55, -63, -73, +73

## Adult beginners

Adults (H) Head contact optional	+17 y. 1999 or earlier.	2 x 2 min rest 30 sec	Female: -49, -57, -67, +67 Male: -58, -68, -80, +80
Seniors (S30) Head contact optional	+30 v. 1986 or earlier	2 x 2 min rest 30 sec	

## Juniors and Seniors

Juniors(B1) WTF rules	15-17 y. 1999-2001	3 x 2 min rest 30 sec	Female: -42, -44, -46, -49, -52, -55, -59, -63, -68, +68 Male: -45, -48, -51, -55, -59, -63, -68, -73, -78, +78
Seniors(R1) WTF rules	+17 y. 1999 tai aik.	3 x 2 min rest 30 sec	Female: -46, -49, -53, -57, -62, -67, -73, +73 Male: -54, -58, -63, -68, -74, -80, -87, +87

## Qualification and liability:

The athletes must represent their own club. It is the responsibility of each club to ensure that sufficient insurance coverage has been taken out for all officials and participants. Kids under 18

years old must have approval from their guardians to participate in the contest. Participants in beginners' categories have to be at least holders of 8<sup>th</sup> kup belt and participants in advanced categories must be at least holders of 6<sup>th</sup> kup belt.

Club coaches are responsible to add their competitors in categories of correct skill level. Competition's Jury has a right to cancel a player's participation in beginners' categories if the player has been entered in a category of wrong level considering players age, level of skill, experience, and the safety of other competitors in the same category. The Jury's decision is final and entry fees will not be returned.

#### Competition rules:

World Taekwondo Federation's Official Competition Rules and Guidelines.

Explanation: WTF competition rules as implemented in Finland. For further information regarding the competition rules, please contact the referee coordinator of the competition.

Daedo PSS will be used at this Tournament and will be provided by the Organizing Committee. All athletes must bring their own Daedo sensor socks

Video replay will be used in Cadet, Junior and Senior categories.. Head gears, groin/forearm/shin guards and gloves are mandatory and must be brought by the contestants. Mouth piece is also mandatory (only white or transparent)!

#### Preliminary schedule:

##### Friday

19.00-21.00 Weight-in, open for all competitors.

##### Saturday

07.15-08.00 **Weigh-in**, open for all competitors.

08.00-08.30 Referee meeting.

08.30-08.45 Head of Team meeting.

09.00-20.00 **Fights** (E1, D1, D2, B2, H and S30)

12.00-12.45 Lunch

12.00-12.30 **Weigh-in** of C1-, B1- and R-categories.

12.45-13.45 Opening ceremony and show.

13.00-20.00 **Fights** (C1, B1, R1)

The Organizer reserves the right to make changes to schedules. The schedule will be updated to Finnish Taekwondo Federations web site at <http://www.suomentaekwondoliitto.fi/ambassador-s-cup/>

# POOMSAE

Categories: Official, beginners, and kids

Registration: Please make registrations through [www.tpss.eu](http://www.tpss.eu).  
Deadline for entries is 5<sup>th</sup> of November 2016.

Entry fees:

Categories	Fee	
Kids	35 €	Individual, pair
Beginners	35 €	Individual, pair, team
Official	35 €	Individual, pair, team

Participating in more than one kids' or beginners' category costs 50 € per competitor. In official categories, the fee is 35 € per individual, pair, or team, for every category, regardless of how many categories the person participates in.

Please pay the entry fees by cash (euros only) at the registration.

Categories: Official categories

Categories	Age	Gender
Cadets	12-14 y.	Girls and boys in their own categories
Juniors	15-17 y.	Girls and boys in their own categories
Under 30	18-30 y.	Women and men in their own categories
Under 40	31-40 y.	Women and men in their own categories
Over 40	+41 y.	Women and men in their own categories
Pairs under 17	12–17 y.	One (1) girl and one (1) boy
Pairs under 30	18-30 y.	One (1) woman and one (1) man
Pairs over 30	+31 y.	One (1) woman and one (1) man
Teams under 17	12–17 y.	Three (3) girls or three (3) boys *
Teams under 30	18-30 y.	Three (3) women or three (3) men *
Teams over 30	+31 y.	Three (3) women or three (3) men *
		*Female and male teams compete in the same category.
Freestyle individual	+12 y.	Women and men in their own categories
Freestyle pair	+12 y.	One (1) woman and one (1) man

The age limit for each division is based on the year, not on the date, when the competition is held. For this year, a person born between January 1<sup>st</sup> 1999 and December 31<sup>st</sup> 2001 is eligible to participate in the junior category.

### Beginners (no age limit)

Categories	Belt	Gender	Poomsae list
Yellow belts	8th–7th kup	Separate categories for females and males	Taegeuk 1-4 Jang
Green belts	6th–5th kup		Taegeuk 2-6 Jang
Blue belts	4th–3rd kup		Taegeuk 4-8 Jang
Red and black belts	2nd kup – 2nd dan		Taegeuk 6-8 Jang, Koryo
Pairs, lower belts	8th–5th kup	Mixed	Taegeuk 2-6 Jang
Pairs, higher belts	4th kup – 2nd dan	Mixed	Taegeuk 5-8 Jang, Koryo
Teams, beginners	8th kup – 2nd dan	Mixed	Taegeuk 4-8 Jang, Koryo

### Kids (under 13 years old)

Categories	Belt	Gender	Poomsae list
Yellow belts	8.-7. kup	Mixed	Taegeuk 1-4 Jang
Green belts	6.-5. kup	Mixed	Taegeuk 2-6 Jang
Blue belts	4.-3. kup	Mixed	Taegeuk 4-8 Jang
Red- and black belts	2.kup-2. poom	Mixed	Taegeuk 6-8 Jang, Koryo
Pairs	8.kup-2. poom	Mixed	Taegeuk 2-6 Jang

In the beginners' pair and team categories the players can be of the same or different gender. If the players of the pair are of different belt grade groups, they compete in the pairs, higher belts category.

In case there is a low number of competitors in the kids' or beginners' categories, the organizers may combine categories if permitted by the referee director. If two categories are combined, the players will perform poomsae according to the category they were originally registered to.

### Rules:

The WTF Poomsae rules will be used except as noted below.

- A competitor participating in any official category cannot participate in kids' or beginners' categories
- The compulsory poomsae for the official categories will be drawn and published on the competition's website on Friday the 11<sup>th</sup> of November before 8 pm. The poomsae lists are as described in Article 8 of the WTF Poomsae rules, except for the following: in individual over 40 the WTF list for individual under 50 will be used, and in the pairs and teams under 17 the WTF lists for junior pairs and junior teams, respectively, will be used.
- In the official categories, only a final round will be held if there are five (5) or fewer competitors. If there are six (6) to ten (10) competitors, a semi-final round will be held, and the five players with the highest score will advance to the final round. If there are eleven (11) or more competitors, a preliminary round

- will be held, and 50 % of the players with the highest score will advance to the semi-final round.
- In the kids' and beginners' categories only the final round will be held regardless of the number of competitors. Each competitor will perform two poomsae, the first of which must be the lowest poomsae in the poomsae list of the category. The second poomsae is free of choice from the poomsae list of the category, except that it cannot be the same as the first poomsae. In kids' categories the player is allowed to perform the same poomsae twice.
  - Prizes: one (1) gold medal for the first place, one (1) silver medal for the second place, and one (1) bronze medal for the third place. No medal will be awarded for the fourth place.

Preliminary Schedule: Saturday

- 07.15        Doors are opened.  
 08.30-08.45 registration for competition  
 09.00-09.30 Referee meeting.  
 09.30-10.00 Head of Team meeting  
 10.00-18.00 Competition.  
 12.00-12.45 Lunch  
 12.45-13.45 Opening ceremony and show

The Organizer reserves the right to make changes to schedules. The schedule will be updated to Finnish Taekwondo Federations web site at <http://www.suomentaekwondoliitto.fi/ambassador-s-cup/>

Accommodation and lunch:

Hotel Tikkurila and Original Sokos Hotel Vantaa will provide accommodation for a special price.

#### Hotel Tikkurila

Hotel Tikkurila is located in same building with the venue. If you want to book room(s), please contact Mr. Lauri Laitinen by email: lauri(at)malmintaekwondo.fi .

Reservations should be made before 26<sup>th</sup> of October 2016

Rooms:

- 1 person room: 10 pcs.
- 1-2 person room: 10 pcs.
- 1-5 person room: 4 pcs.
- 1-6 person room: 5 pcs.
- 1-7 person room: 1 pcs.
- 1-8 person room: 1 pcs.

Room prices: (incl. tax + breakfast)

- 1 person room: 65,00 €/room/night.
- 2 person room: 83,00 €/room/night.
- 3 person room: 99,00 €/room/night.
- 4 person room: 115,00 €/room/night.
- 5 person room: 135,00 €/room/night.
- 6 person room: 150,00 €/room/night.
- 7 person room: 170,00 €/room/night.
- 8 person room: 185,00 €/room/night.

Hotel bookings for Hotel Tikkurila have to be paid no later than 26<sup>th</sup> of October 2016 to Malmin Taekwondo Ry's bank account.

Payment details:

Account holder

Malmin Taekwondo Ry

Name of bank: Nordea Bank Finland

IBAN account: FI9514703000231525

Bank code (SWIFT): NDEAFIHH

Message field: Players- /payed for name + amba2016

Original Sokos Hotel Vantaa

Original Sokos Hotel Vantaa (Hertaksentie 2, 01300 Vantaa) is located in the center of Tikkurila, less than two kilometres from the venue. 30 rooms have been pre-booked for the participants of the competition with the following special prices:

- 1 person standard: 85,00 €/room/night
- 2 person standard: 100,00 €/room/night
- 2 person standard with an extra bed (for a child only): 120,00 €/room/night

The room prices include breakfast, sauna and wireless internet connection. The rooms are available at the special prices until October 28<sup>th</sup> 7 pm.

To book the rooms, please contact the Sokos Hotels customer service directly:

Phone: +35820-1234600 / individual rooms

Fax: +35820-1234640

Emai: [sokos.hotels@sok.fi](mailto:sokos.hotels@sok.fi)

The code **Taekwondo** must be mentioned when making the reservation.

More info: <https://www.sokoshotels.fi/fi/vantaa/sokos-hotel-vantaa>

## Lunch

The Sport Center has a cafeteria that offers snacks, beverages and lunch.

Lunches have to be booked up front, no later than 26<sup>th</sup> of October 2016. Price of the lunch is 9,20 €/person.

Lunch options:

(Please, choose your preferred dish - the one that gets most wishes will be served)

Option 1.

- Rice/Pasta bolognese/chicken gravy/veggie casserole.

Option 2.

- Pasta/Potato oven baked fish/chicken casserole/veggiepatty/sour cream gravy.

Option 3.

- Rice/Pasta oxcaserole/chicken roast/spring roll/sweet & sour dressing.

Lunch includes: salad, bread, juice, water, and coffee or tea.

Contacts:

Competition director

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## Referee directors

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