



# Open ILYO Poomsae

Saturday 5<sup>th</sup> of October 2013



VLAAMSE TAEKWONDO BOND v.z.w.  
www.taekwondo.be

<b>Organization</b>	<b>Taekwondo-club Ilyo Testelt Aarschot vzw</b> – under the auspices of the Flemish Taekwondo Union (VTB), with the cooperation of the sports council and the sports department of Aarschot.
<b>Licence</b>	All participants must be in the possession of a valid VTB-licence or a valid licence of a recognized taekwondo federation that offers WTF taekwondo. No valid licence (with passport photo or ID card), no participation.
<b>Regulations</b>	<b>VTB/WTF-regulations</b> - www.taekwondo.be <b>All competitors participate at their own risk.</b> All age limits are based on the year of birth. Example: Someone who was born in 1998, will be 15 years old in 2013 and will compete in the category 15-17 years old on the 5 <sup>th</sup> of October.
<b>Categories</b>	<b>Individual (Male/Female separate)</b> A, B, C, D                      A: 1 <sup>st</sup> dan/poom and higher    B: 4 <sup>th</sup> - 1 <sup>st</sup> kup    C: 8 <sup>th</sup> - 5 <sup>th</sup> kup    D: 10 <sup>th</sup> - 9 <sup>th</sup> kup Age                                      up to 7 years old, 8-10, 11-14, 15-17, 18-29, 30-39, 40-49, 50-59, ≥60 Poomsae-table                      see attachment  A                                      drawing lots WTF-system – see www.taekwondo.be on the 2 <sup>nd</sup> of October B                                      4 different forms to your choice C                                      3 different forms or 3 times the same form to your choice D                                      3 times the same form to your choice  Final                                      A+B: 2 forms with a break of 30-60 sec, C+D: 1 form  <b>G-class –individuals only (Male/Female separate)</b> A, B, C, D                      A: 1 <sup>st</sup> dan/poom and higher    B: 4 <sup>th</sup> - 1 <sup>st</sup> kup    C: 8 <sup>th</sup> - 5 <sup>th</sup> kup    D: 10 <sup>th</sup> - 9 <sup>th</sup> kup Categories will be divided depending on the number of participants. Each participant is free to choose a poomsae. There will be one round only.  <b>Pair (1 Male + 1 Female together)</b> A, B, C, D                      A: 1 <sup>st</sup> dan/poom and higher    B: 4 <sup>th</sup> - 1 <sup>st</sup> kup    C: 8 <sup>th</sup> - 5 <sup>th</sup> kup    D: 10 <sup>th</sup> - 9 <sup>th</sup> kup Age                                      up to 14 years old, 15-29 years old, ≥30 years old  <b>Team (3 Males or 3 Females together – not mixed!)</b> A, B, C, D                      A: 1 <sup>st</sup> dan/poom and higher    B: 4 <sup>th</sup> - 1 <sup>st</sup> kup    C: 8 <sup>th</sup> - 5 <sup>th</sup> kup    D: 10 <sup>th</sup> - 9 <sup>th</sup> kup Age                                      up to 14 years old, 15-29 years old, ≥30 years old  <b>Free Style: individual (M/F separate), pair (1 Male + 1 Female together), mix (2 Males + 3 Females or 3 Males + 2 Females)</b> Musical forms                      min 60 – max 70 sec    (bring your music on CD) A, B+C+D                      A: 1 <sup>st</sup> dan/poom and higher    B+C+D: 10 <sup>th</sup> - 1 <sup>st</sup> kup (1 group) Age                                      ≥15 years old Obligatory                      Dwit kubi, Beom seogi, Hakdari soegi
<b>Time table</b>	8.30-9.30                      Registration 10.30                              Start of the competition
<b>System</b>	<b>Cut off system</b>

## Subscription

[www.tpss.nl](http://www.tpss.nl) - before Sunday 29<sup>th</sup> of September

Individual	15€/ind
Pair	20€/pair
Team-Mix	25€/team-mix

### Obliged via bank transfer before Sunday 29<sup>th</sup> of September

Account Account name: Taekwondo ILYO vzw  
IBAN: BE34 0012 9762 6590 – BIC: GEBABEBB  
Reference: club name + POOMSAE + number of participants  
(ind/pair/team/mix)

No refunds.

## Trophies

Individual - pair - team/mix: 1<sup>st</sup> - 2<sup>nd</sup> - 3<sup>rd</sup> place  
Club trophy 1<sup>st</sup> - 2<sup>nd</sup> - 3<sup>rd</sup> place  
Trophy for the club that travelled the greatest distance  
Challenge cup for the club with the largest number of participants

## Entry

Spectators 5€ - up to 12 years old: free entrance  
Coach free entrance for 1 coach per 5 participants with a maximum of 3 coaches  
Coaches must be at least 18 years old.  
The competition area is to be entered in a tracksuit and sports shoes

## Venue

### Address

Stedelijk Sportcentrum Demervallei - Demervallei 8, 3200 Aarschot

### Itinerary

On the E314: take exit 22, direction: 'CENTRUM' - follow the orange traffic signs 'PARKING CENTRUM'

## Information

e-mail [info@ilyo.be](mailto:info@ilyo.be)  
telephone +32 495 71.30.79 - Johan Alles  
website [www.ilyo.be](http://www.ilyo.be)

## Referees

Coordinator Mustapha Moutarazak – [m.moutarazak@hotmail.com](mailto:m.moutarazak@hotmail.com)

## Partners



## Attachment

### Table D-class - 10<sup>th</sup> - 9<sup>th</sup> kup

3 times the same taegeuk/basic technique to your own choice (final: always 1 taegeuk/basis technique)

INDIVIDUAL	
Age	All rounds
Up to 7 years old	<b>Basic techniques</b> (3 steps forward and backward) or <b>Taegeuk 1,2 jang</b>
8-10	
11-14	
15-17	
18-29	
30-39	
40-49	
50-59	
≥60	

PAIR	
Age	All rounds
Up to 14 years old	<b>Basic techniques</b> (3 steps forward and backward) or <b>Taegeuk 1,2 jang</b>
15-29	
≥30	

TEAM	
Age	All rounds
Up to 14 years old	<b>Basic techniques</b> (3 steps forward and backward) or <b>Taegeuk 1,2 jang</b>
15-29	
≥30	

## Table C-class - 8<sup>th</sup> - 5<sup>th</sup> kup

**3 times the same or 3 different taegeuks/saju to your own choice (final: always 1 taegeuk/saju)**

<b>INDIVIDUAL</b>	
<b>Age</b>	<b>All rounds</b>
Up to 7 years old	<p><b>Saju</b> (1 x to the right and 1 x to the left) or <b>Taegeuk 1,2,3,4,5,6 jang</b></p>
8-10	
11-14	
15-17	
18-29	
30-39	
40-49	
50-59	
≥60	

<b>PAIR</b>	
<b>Age</b>	<b>All rounds</b>
Up to 14 years old	<p><b>Saju</b> (1 x to the right and 1 x to the left) or <b>Taegeuk 1,2,3,4,5,6 jang</b></p>
15-29	
≥30	

<b>TEAM</b>	
<b>Age</b>	<b>All rounds</b>
Up to 14 years old	<p><b>Saju</b> (1 x to the right and 1 x to the left) or <b>Taegeuk 1,2,3,4,5,6 jang</b></p>
15-29	
≥30	

**Table B-class – 4<sup>th</sup> - 1<sup>st</sup> kup****4 different taegeuks to your own choice (final: always 2 taegeuks)**

<b>INDIVIDUAL</b>	
<b>Age</b>	<b>All rounds</b>
Up to 7 years old	<b>Taegeuk 1,2,3,4,5,6,7,8 jang</b>
8-10	
11-14	
15-17	
18-29	
30-39	
40-49	
50-59	
≥60	

<b>PAIR</b>	
<b>Age</b>	<b>All rounds</b>
Up to 14 years old	<b>Taegeuk 1,2,3,4,5,6,7,8 jang</b>
15-29	
≥30	

<b>TEAM</b>	
<b>Age</b>	<b>All rounds</b>
Up to 14 years old	<b>Taegeuk 1,2,3,4,5,6,7,8 jang</b>
15-29	
≥30	

**Table A-class – 1<sup>st</sup> Dan/Poom and higher****The forms for the competition will be announced the 2<sup>nd</sup> of October on [www.taekwondo.be](http://www.taekwondo.be)**

<b>INDIVIDUAL</b>	
<b>Age</b>	<b>Compulsory poomsae</b>
Up to 10 years old	Taegeuk 2,3,4,5,6,7,8 jang, Koryo
11-14	
15-17	Taegeuk 4,5,6,7,8 jang, Koryo, Keumgang, Taebaek
18-29	Taegeuk 6,7,8 jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
30-39	
40-49	Taegeuk 8 jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
50-59	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
≥60	

<b>PAIR</b>	
<b>Age</b>	<b>Compulsory poomsae</b>
Up to 14 years old	Taegeuk 2,3,4,5,6,7,8 jang, Koryo
15-29	Taegeuk 6,7,8 jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
≥30	Taegeuk 8 jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon

<b>TEAM</b>	
<b>Age</b>	<b>Compulsory poomsae</b>
Up to 14 years old	Taegeuk 2,3,4,5,6,7,8 jang, Koryo,
15-29	Taegeuk 6,7,8 jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
≥30	Taegeuk 8 jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon