



OPEN POOMSAE 2024


28 January 2024

Poomsae • Freestyle

Sportshall De Prins, Nijverheidslaan 15, 3290 Diest (B)

Taekwondo Hakyo
Taekwondo Vlaanderen

Process – Project – Program
Consultancy

TriProCon 


Dagbladhandel
RIDEL
Koning Albertstraat 36
3290 Diest

diest mijn
stad

ORGANIZATION



Taekwondo.be



Taekwondo Hakyo, under the auspices of Taekwondo Vlaanderen, with the cooperation of the city of Diest.

LICENSE

Belgian participants: valid taekwondo license delivered by one of the regional recognized and subsidized uni-sports federation.

Foreign participants: valid license of a recognized taekwondo federation that offers WT taekwondo.

No valid license (with photo/identity card) means no participation.

LIABILITY

All participants participate at their own risk.

ENTRY

Spectators: 5 € pp • up to 12 years old free entrance

Regulations for spectators: RIO TKDV and Reglement voor bemiddeling en rechtspraak

Coaches: 0-9 competitors: 1 coach free entrance

10-14 competitors: 2 coaches' free entrance

> 15 competitors: 3 coaches' free entrance

Every extra coach needs to pay the entrance fee.

LOCATION

Sportshall De Prins, Nijverheidslaan 15, 3290 Diest

INFORMATION

Concerning the organization of the competition:

Wim Dehasque • info@taekwondoschool.be • 0032 477 51 47 71

Concerning the registration of the competitors:

Annelies Van Hoofstat • recreatie@taekwondo.be • 0032 11 87 09 19

REFEREES

Coordinator Poomsae: Mustapha Moutarazak • m.moutarazak@hotmail.com

REGULATIONS

TKDV/WT-regulations: www.taekwondo.be • downloads • competitie

All participants participate at their own risk.

CATEGORIES

The year of birth is decisive for the category in which the participant will compete. For ex. someone born on 31/12/2009 will turn 15 in 2024 and will compete on 28/01/2024 in the category 15-17 year.

One can participate in multiple categories (individual, pair, team, freestyle).

A ≥ 1st dan/poom • B = 4th-1st kup • C = 8th-5th kup • D = 10th -9th kup

Disciplines	Belts	Ages
Individual	A, B, C, D	≤ 8y, 9-11y, 12-14y, 15-17y, 18-30y, 31-40y, 41-50y, 51-60y, 61-65y, ≥66y
Pair + Team	A, B, C, D	≤ 11y, 12-14y, 15-17y, 18-30y, ≥31y
FS Individual + Pair	A, (B+C+D)	≤ 17y, ≥ 18y
FS Pair	A, (B+C+D)	≤ 17y, ≥ 18y
FS Team	A, (B+C+D)	All ages
G-taekwondo	A, (B+C+D)	≤ 17y, ≥ 18y
Family	A+B+C+D	All ages

Only for belts B, C and D:

- In the individual discipline, each athlete has the choice of participating in the age category above his own.
- A pair or a team is formed in the same age category. Nevertheless, it is admitted that one person of the pair or 2 persons of the team can have the category of ages just above.
- A pair or a team is formed in the same class of belts. Nevertheless, a combination of different belts B, C, D is allowed.

A pair or a team must participate in the highest age category and the highest belts class.

This does not apply to A class!

COMPULSORY POOMSÆ

For the B, C, D and G category it is obligatory to register the poomsae before closing of the registrations, i.e. at the latest 21/01/2024 on the **website tpss.eu**

Belts	Compulsory poomsae	Round 1	Round 2	Round 3
A	Drawing of lots on 22/01/2023 – see table	2 taegeuks	2 taegeuks	2 taegeuks
B	Free choice – see table	1 taegeuk	1 taegeuk	2 taegeuks
C	Free choice – see table	1 taegeuk	1 taegeuk	2 taegeuks
D	Free choice – see table	1 taegeuk	1 taegeuk	1 taegeuk
G	Free choice	/	/	1 taegeuk

SYSTEM

Cut off system

TIMETABLE

08:00-09:00 Registration all categories
09:35 Start competition
11:00-12:00 Registration U30 and older

REGISTRATIONS

Website **<https://www.tpss.eu>**
Deadline **21/01/2024 until 23:59**
Participation fee

- Payment in advance for:
25€/individual (FS en G), 30€/pair (FS), 40€/team (FS), 15€/per person family
The fee must be on the account of the organization at least 1 day prior to the competition.
Mail your proof of payment to: info@taekwondoschool.be
- Payment on the spot: **5 EUR** extra per athlete

There must be a payment for all athletes on the competition list. No refund possible.
Bank account Wim Dehasque, Oude Baan 33/2, 3290 Diest
IBAN: BE48 9733 9350 8927 • BIC : ARSPBE22
Reference: Clubname + amount of participants (ind/pair/team/mix/family)

PRIZES

Individual • Pair • Team • Mixed Team: 1st, 2nd and 3rd place.
Trophy for 1st, 2nd and 3rd place.

ACCOMODATION

See **www.taekwondoschool.be** > Open Poomsæ

Age	A		
	Individual	Pair	Team
... - 8	Taegeuk 1, 2, 3, 4, 5, 6, 7, 8	Taegeuk 2, 3, 4, 5, 6, 7, 8, Koryo	Taegeuk 2, 3, 4, 5, 6, 7, 8, Koryo
9 - 11	Taegeuk 2, 3, 4, 5, 6, 7, 8, Koryo		
12 - 14	Taegeuk 3, 4, 5, 6, 7, 8, Koryo, Keumgang	Taegeuk 3, 4, 5, 6, 7, 8, Koryo, Keumgang	Taegeuk 3, 4, 5, 6, 7, 8, Koryo, Keumgang
15 - 17	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang, Taebaek	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang, Taebaek	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang, Taebaek
18 - 30	Taegeuk 6, 7, 8, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin	Taegeuk 6, 7, 8, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin	Taegeuk 6, 7, 8, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin
31 - 40	Taegeuk 6, 7, 8, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin	Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Yitae, Cheonkwon	Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Yitae, Cheonkwon
41 - 50	Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Yitae, Cheonkwon		
51 - 60	Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Yitae, Cheonkwon, Hansoo		
61 - 65	Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Yitae, Cheonkwon, Hansoo		
66 - ...	Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Yitae, Cheonkwon, Hansoo		

Age	B			C			D		
	Individual	Pair	Team	Individual	Pair	Team	Individual	Pair	Team
... - 8	Taegeuk 4, 5, 6, 7, 8	Taegeuk 4, 5, 6, 7, 8	Taegeuk 4, 5, 6, 7, 8	Taegeuk 1, 2, 3, 4	Taegeuk 1, 2, 3, 4	Taegeuk 1, 2, 3, 4	Taegeuk 1, 2	Taegeuk 1, 2	Taegeuk 1, 2
9 - 11	Taegeuk 4, 5, 6, 7, 8			Taegeuk 1, 2, 3, 4			Taegeuk 1, 2		
12 - 14	Taegeuk 4, 5, 6, 7, 8, 9	Taegeuk 4, 5, 6, 7, 8, 9	Taegeuk 4, 5, 6, 7, 8, 9	Taegeuk 1, 2, 3, 4	Taegeuk 1, 2, 3, 4	Taegeuk 1, 2, 3, 4	Taegeuk 1, 2	Taegeuk 1, 2	Taegeuk 1, 2
15 - 17	Taegeuk 4, 5, 6, 7, 8, 9	Taegeuk 4, 5, 6, 7, 8, 9	Taegeuk 4, 5, 6, 7, 8, 9	Taegeuk 1, 2, 3, 4	Taegeuk 1, 2, 3, 4	Taegeuk 1, 2, 3, 4	Taegeuk 1, 2	Taegeuk 1, 2	Taegeuk 1, 2
18 - 30	Taegeuk 4, 5, 6, 7, 8, 9	Taegeuk 4, 5, 6, 7, 8, 9	Taegeuk 4, 5, 6, 7, 8, 9	Taegeuk 1, 2, 3, 4	Taegeuk 1, 2, 3, 4	Taegeuk 1, 2, 3, 4	Taegeuk 1, 2	Taegeuk 1, 2	Taegeuk 1, 2
31 - 40	Taegeuk 4, 5, 6, 7, 8, 9	Taegeuk 4, 5, 6, 7, 8, 9	Taegeuk 4, 5, 6, 7, 8, 9	Taegeuk 1, 2, 3, 4	Taegeuk 1, 2, 3, 4	Taegeuk 1, 2, 3, 4	Taegeuk 1, 2	Taegeuk 1, 2	Taegeuk 1, 2
41 - 50	Taegeuk 4, 5, 6, 7, 8, 9			Taegeuk 1, 2, 3, 4			Taegeuk 1, 2		
51 - 60	Taegeuk 4, 5, 6, 7, 8, 9			Taegeuk 1, 2, 3, 4			Taegeuk 1, 2		
61 - 65	Taegeuk 4, 5, 6, 7, 8, 9			Taegeuk 1, 2, 3, 4			Taegeuk 1, 2		
66 - ...	Taegeuk 4, 5, 6, 7, 8, 9			Taegeuk 1, 2, 3, 4			Taegeuk 1, 2		