

# Open Hanmadang 2020



18 April 2020  
Campus Blairon 800,  
2300 Turnhout



STAD Turnhout



Taekwondo.be



**ORGANIZATION**

**Students of Thomas More Hogeschool**, under the auspices of **Taekwondo Vlaanderen**, with the cooperation of the city of Turnhout.

**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**

Campus Blairon 800, 2300 Turnhout

**INFORMATION**

Concerning the organization of the competition and the registration of the competitors:

hanmadangbelgianopen@gmail.com

sporttechnisch@taekwondo.be • +32 11 87 09 19 (Nele Schouterden)

recreatie@taekwondo.be • +32 11 87 09 19 (Annelies Van Hoofstat)

**REGULATIONS**

TKDV/WT-regulations: [www.taekwondo.be](http://www.taekwondo.be) • downloads • competitie

All participants participate at their own risk.

Some of the rules for this competition may differ from the official Kukkiwon Hanmadang Rules, the changes were approved by the Hanmadang Commission.

For each discipline a minimum number of 4 participants, pairs or teams is required. The organisation may merge disciplines if needed.

**CATEGORIES**

The year of birth is decisive for the category in which the participant will compete. For ex. someone born on 31/12/2005 will turn 15 in 2020 and will compete on 18/04/2020 in the category 15-17 year.

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

<b>Individual Disciplines</b>	
≤9j	Junior I
10-12j	Junior II
13-15j	Junior III
16-18j	Junior IV
19-29j	Senior I
30-39j	Senior II
40-49j	Senior III

50-59j	Master I
60j en ouder	Master II

Pair- en groupsdisciplines	
≤9j	Junior I
10-12j	Junior II
13-15j	Junior III
16-18j	Junior IV
19-29j	Senior I
30j en ouder	Senior II

## DISCIPLINES

The Open Hanmadang 2020 will include almost all official Hanmadang disciplines. Participants can compete in one or two of the following disciplines during the tournament.

- **Individual authorized poomse** : taegeuks/poomses according to the official poomse regulations. Taegeuks/poomses may be chosen freely. Only one preliminary round!
- **Pair authorized poomse**: gender not imposed, according to the official poomse regulations. Taegeuks/poomses may be chosen freely. Only one preliminary round!
- **Team authorized poomse**: 3 - 5 participants, gender not imposed. In this discipline ladyteams can compete with mentteams in the same category, according to the official poomse regulations. Taegeuks/poomses may be chosen freely. Only one preliminary round!
- **Creative poomse**: pair or teams, 3 - 5 participants, duration 70 to 80 seconds. Gender not imposed. Preferably on music. The following techniques are required to be demonstrated during this discipline :
  - 2 x 2 or more side kicks at once (double, triple, ... yeop chagi),
  - 2 jump side kicks ( two yeop chagi),
  - 2 back kicks (dwit chagi),
  - 2 turning kicks (= tolken = dolgaechagi = tornado kick),
  - 2 spinning kicks (= momdollyo chagi),
  - 2x 540° jump kicks (540° mondollyo chagi) (not for -12 years old)(This technique must **not** be performed by all participants).
- **Power breaking**:
  - Minimum age of 18 years and minimum level of 6th kup.
  - Breaking shall be performed within 20 seconds from start of the test.
  - Breaking with knife hand shall be performed on tiles.
  - Breaking with fist shall be performed on roof tiles.
  - Breaking tests using foot (yeop chagi and dwit chagi) shall be performed on boards of 2 cm.
  - There are no qualification rounds, each participant shall immediately take part in the final.
- **All-round breaking**: breaking tests carried out by one person for maximum 50 seconds, during wich a minimum of 10 and a maximum of 15 boards of 1 cm should be broken. No more than 15 people can assist in holding up the boards.
- **Self defence**: 3 – 7 participants. Within a time frame of one minute, the team will demonstrate self defence. (Hosinsul). Music is allowed.
- **Taekwondo aerobics**: 3 – 9 participants. Preferably on music. This is a combination of aerobics and Taekwondo on music. The following techniques are required to be demonstrated:
  - 2 x 2 or more side kicks at once (double, triple, ... yeop chagi)
  - 2 jumped yeopchagi's
  - 2 head high round house kick (dollyo chagi)
  - 2 back kicks (dwit chagi)
  - 2 turning kicks (= tolken = dolgaechagi = tornado kick)
  - 2 spinning kicks (= momdollyo chagi)

- 2 acrobatic movements. This technique must **not** be performed by all participants.
- **Recording contests**
  - Height jump: breaking a 1 cm thick board as high as possible. 3 possible attempts.
  - Long jump: breaking a 1 cm thick board in the air after jumping over an obstacle. 3 possible attempts.
  - Momdollyo: breaking as many 1 cm thick boards as possible while performing reverse hook kick (momdollyo chagi) during 20 seconds. The board must be above the waist.
- **Team competition:** 4 – 11 participants. A team must demonstrate 7 different disciplines within a time frame of 5 minutes 30 seconds. The sequence of the different disciplines can be freely chosen, but shall be provided to the judges prior to the start of the demonstration. The following disciplines are required to be demonstrated:
  - Creative poomse
  - Self defence
  - Single jump breaking
  - Various target breaking (= moving multi-direction breaking)
  - Spinning breaking (horizontal and vertical)
  - Freestyle team breaking (formerly known as creative breaking)
  - Power breaking

→ You can find example videos via our [website](#). Follow us on our [facebookpage Hanmadang](#).

#### TIMETABLE

08:00 - 09:00	Registration (teams that register too late will be declined)
10:00	Start competitions

#### REGISTRATIONS

Website	Taekwondo Vlaanderen – <a href="http://www.taekwondo.be">www.taekwondo.be</a>
Deadline	<b>Friday 10/04/2020 until 23:59</b>
Participation fee	<ul style="list-style-type: none"> <li>- Payment in advance for:           <ul style="list-style-type: none"> <li>○ Individual authorized poomsae: €15/pp</li> <li>○ Pair authorized and creative poomsae: €25 per pair</li> <li>○ Team disciplines (authorized poomsae, creative poomsae, hosinsul, taekwondo aerobics, team competition): €35 per team</li> <li>○ Power breaking: €15/pp</li> <li>○ All-round breaking and recording contests: €20/pp</li> </ul> </li> <li>The price includes breakingmaterials.</li> <li>- The fee must be on the account of the organization at least 1 day prior to the competition.</li> <li>- Mail your proof of payment to: 'hanmadangbelgianopen@gmail.com'</li> <li>- <b>No payment on the spot possible</b></li> </ul> <p>There must be a payment for all athletes on the competition list. No refund possible.</p>
Bank account	<p>Taekwondo Vlaanderen          IBAN: BE32 0682 3723 0402          BIC: GKCCBEBB          Reference: Open Hanmadang 2020 + name of the club</p>

#### PRIZES

Individual: 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place.