



# CUP Poomsae



SATURDAY  
9 NOVEMBER 2019



hall omnisport Point du jour - Rue de la gare 24 - 4990 Lierneux



Organisateurs et éditeurs responsables : Gathy Yong Academy ASBL - 0032-478 34 64 41 - brunomarc7@proximus.be

# ARDENNES CUP 2019

## POOMSAE

### 1 ORGANIZATION

#### 1.1 Organizer



Name of the club : **Gathy Yong Academy ASBL**  
 Administrative adress : Grand Sart 50  
 4990 LIERNEUX  
 BELGIQUE

#### 1.2 Community promoter



Association Belge Francophone de Taekwondo (ABFT asbl)  
 Rue Beeckman, 53  
 1180 Uccle  
 Belgique  
[www.abft.be](http://www.abft.be)

#### 1.3 Person to contact

Competition Director: Frédéric GATHY  
 mobile : +32-0471/21.30.82  
 E-mail : [gathyfrederic4664@gmail.com](mailto:gathyfrederic4664@gmail.com)  
 Site web : <https://gya.kalisport.com/>

#### 1.4 Co-ordinator

Bruno MARC  
 mobile : +32-478/34.64.41  
 E-mail : [brunomarc7@proximus.be](mailto:brunomarc7@proximus.be)  
 Page Facebook de l'événement :  
<https://www.facebook.com/ArdenneCup/>

#### 1.5 Access

The competition is open to all the Belgian Competitors with a Taekwondo licence valid for 2019 and delivered by one of the local federation.

The competition is open to foreign competitors with a licence from a Taekwondo federation recognized by the WTF.

#### 1.6 Sport Ethics

Each competitor promises to respect the rules of his sport, the ABFT charter for good sporting spirit during the competition and the charter of the sport movement from the Federation Wallonie-Bruxelles.

### 2 PLACE AND DATE

#### 2.1 Sports Hall

Hall Omnisport – Point du jour

#### 2.2 Adress

Rue de la gare 24 – 4990 LIERNEUX

#### 2.3 Date

**09/11/2019**

### 3 COMPETITION

<b>3.1 Type</b>	<b>Cut-off système</b> 1 <sup>st</sup> Round : from 20 competitors 2 <sup>nd</sup> Round : 9 to 19 competitors 3 <sup>rd</sup> Round (Final) : maximum 8 competitors
<b>3.2 Compétition rules</b>	The last rules of Poomsae Compétition from the WTF from 19/03/2014 and possible adaptations from the ABFT.
<b>3.3 Poomsae to show</b>	For A categorie , a draw for the poomsae to be presented will be done on 03/11/2019 and posted on Martial Event.  The competitors from B and C categories have to choose different poomsae for each tour (see chart enclosed), except less than 11 years C who can make the same Poomsae twice at two different rounds.
<b>3.4 Battle areas</b>	2 battle areas are installed and equipped with electronic scoreboards
<b>3.5 Individual reward</b>	The 1st, 2nd et 3rd of each category receives a golden, silver or bronze medal. Three cups are awarded : <ul style="list-style-type: none"><li>- The fair-play cup (for a club)</li><li>- The best referee's cup</li><li>- The cup for the winner club in the category interclub</li></ul>
<b>3.6 Team Reward</b>	Les 1st, 2nd et 3rd club receive a cup.

### 4. THE COMPETITORS

<b>4.1 Grades</b>	A : From 1st dan/poom B : 4th – 1 <sup>st</sup> keup C : 8th – 5th keup D : 10th – 9th keup
<b>4.2 Age categories</b>	<b>Individual</b> (men/woman separated): A, B, C, D Up to 8 years : born in 2011 and after. 9-11 years : born between 2010 and 2008 12-14 years : born between 2007 and 2005 15-17 years : born between 2005 and 2002 18-30 years : born between 2001 and 1989 31-40 years : born between 1988 and 1979 41-50 years : born between 1978 and 1969 51-60 years : born between 1968 and 1959 61-65 years : born between 1958 and 1954 ≥66 years : born in 1953 and before

**Pair** (1 men + 1 woman together) : A, B, C, D

Up to 8 years : born in 2011 and after.

9-11 years : born between 2010 and 2008

12-14 years : born between 2007 and 2005

15-17 years : born between 2005 and 2002

18-30 years : born between 2001 and 1989

More than 31 years : born in 1988 and before

**Team** (3 men ou 3 women together, not mixed) : A, B, C, D

Up to 11 years : born in 2008 and after

12-14 years : born between 2007 and 2005

15-17 years : born between 2005 and 2002

18-30 years : born between 2001 and 1989

More than 31 years : born in 1988 and before

**G-Taekwondo (Para)** – Individual (men/ women separated): A et B+C+D (1 group)

Up to 17 years : born in 2002 and after

More than 18 years : born in 2001 and before

**Family** – Competitors from a same family.

No limit of number, grade or age.

Poomsae: Free choice of two Poomsae to show

*For this category, you have to register at this adress :*

[brunomarc7@proximus.be](mailto:brunomarc7@proximus.be)

**Interclub** – On the sidelines of the traditional competition, an interclub competition will be organized. Each club wishing to participate will nominate its 4 representatives of -17 years of age A, B, C or D on the day of the competition.

The first representative of each club will pass the jury by presenting the poomsae of their choice. A provisional classification will be established. The second representative of each club then passes before the jury and the classification evolves. Ditto for the 3rd and 4th representatives.

## 5. PROPRAM

**5.1 Registration** from 08.30 to 09.30 am

**5.2 Referees briefing** from 9.30 to 10.00 am

**5.3 Welcome speech** from 9.45 am

**5.4 Start of the competition** at 10.00 am

## 6 RESPONSABILITIES

### 6.1 Fédération

### 6.2 Competitors

- ⇒ Every competitor must have his insurance licence for 2019.
- ⇒ every competitor must have his ID or passport (without ID or passport, no competition).
- ⇒ every competitor takes part in the competition at his own risks.
- ⇒ The host club and the ABFT are not responsible for any physical damage, acts of violence, injury or theft..

### 6.3 Coach

- ⇒ Free entrance for a coach with 5 competitors.
  - from 1 to 5 : 1 coach
  - from 6 to 10 : 2 coaches
  - from 11 to 15 : 3 coaches
- ⇒ with a maximum of 3 coaches for a team.
- ⇒ each extra coach costs 5 €.
- ⇒ the coach must wear sport clothes during the competition.
- ⇒ the coach must be over 18 years.
- ⇒ he must have his ID or passport.
- ⇒ he must have his insurance licence for 2019.

### 6.4 First care

A doctor will be there during all the competition.

### 6.6 Protest

Only the main coach can complain immediately at the end of the match. He will have to fill in the form given by the organizer. 50€ will be paid for each complain. This sum will be paid back if the coach is right. The decision of the responsible adjudicator is the only one valid.

## 7 REGISTRATION

### 7.1 Closing date of registration

No registration possible after **01/11/2019**  
No registration possible on the date of competition

### 7.2 Registration online

Only by :  
<https://www.martial.events/>

### 7.3 Numbers of competitors

Maximum 200 competitors will be accepted for this competition.

### 7.4 Registration fee

Individual : **20 €** for each competitor  
Pair : **25 €** for a pair  
Team : **30 €** for a team  
Family : **5 €** for each member  
Interclub : **free**  
No repayment will be done.

#### 7.5 Payment

Registration fee must be paid on the bank account :  
**BE61 0018 5051 9217**  
before **31/10/2019** with the communication : **numbers  
of competitors + (name of the club)**.  
Proof of payment must be given at check-in.

**Be careful : if you pay on the day of the competition, an additional  
charge of 5€ will be put on each price**

#### 7.6 Spectators

5 € for an adult  
free for children under 10 years

### 8 PARTNERS



**9 POOMSAE : category A (from the 1st Dan/Poom)**

**Category chart A (from 1st Dan/Poom) : by drawing lots**

The poomsae to present are going to be post on the Martial Event site from 02/11/2019

1st round : 1 figure – 2<sup>nd</sup> round : 1 figure - Finale : 2 figures

<b>INDIVIDUAL</b>	
<b>Ages</b>	<b>Poomsae required</b>
<b>until 8 years</b>	Taegeuk 1,2,3,4,5,6,7,8 jang
<b>9-11</b>	Taegeuk 2,3,4,5,6,7,8 jang, Koryo
<b>12-14</b>	Taegeuk 4,5,6,7,8 jang, Koryo, Keumgang
<b>15-17</b>	Taegeuk 4,5,6,7,8 jang, Koryo, Keumgang, Taeback
<b>18-30</b>	Taegeuk 6,7,8 jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
<b>31-40</b>	
<b>41-50</b>	Taegeuk 8 jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
<b>51-60</b>	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
<b>61-65</b>	
<b>≥66</b>	

<b>PAIR</b>	
<b>Âge</b>	<b>Poomsae required</b>
<b>Until 11 years</b>	Taegeuk 2,3,4,5,6,7,8 jang, Koryo
<b>12-14</b>	Taegeuk 4,5,6,7,8 jang, Koryo, Keumgang
<b>15-17</b>	Taegeuk 4,5,6,7,8 jang, Koryo, Keumgang, Taeback
<b>18-30</b>	Taegeuk 6,7,8 jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
<b>≥ 31</b>	Taegeuk 8 jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon

<b>TEAM</b>	
<b>Âge</b>	<b>Poomsae required</b>
<b>Until 11 years</b>	Taegeuk 2,3,4,5,6,7,8 jang, Koryo
<b>12-14</b>	Taegeuk 4,5,6,7,8 jang, Koryo, Keumgang
<b>15-17</b>	Taegeuk 4,5,6,7,8 jang, Koryo, Keumgang, Taeback
<b>18-30</b>	Taegeuk 6,7,8 jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
<b>≥ 31</b>	Taegeuk 8 jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon

**10 POOMSAE : Category B****Category chart B – 4th until 1st keup : you have the choice**

The poomsae have to be chosen before 09/02/2019 on the site Martial Event

- **The same Poomsae cannot be presented twice**

1st round : 1 figure – 2<sup>nd</sup> round : 1 figure - Finale : 2 figures

INDIVIDUAL	
Âge	Poomsae required
Until 8 years	Taegeuk 1,2,3,4 jang
9-11	
12-14	Taegeuk 1,2,3,4,5,6,7 jang
15-17	
18-30	
31-40	
41-50	
51-60	
61-65	
≥66	

PAIR	
Âge	Poomsae required
Until 11 years	Taegeuk 1,2,3,4 jang
12-14	Taegeuk 1,2,3,4,5,6,7 jang
15-17	
18-30	
≥ 31	

TEAM	
Âge	Poomsae required
Until 11 years	Taegeuk 1,2,3,4 jang
12-14	Taegeuk 1,2,3,4,5,6,7 jang
15-17	
18-30	
≥ 31	



## 11 POOMSAE : Category C

### Category chart C – 8th until 5th keup : you have the choice

The poomsae have to be chosen before 09/02/2019 on the site Martial Event

**8th Keup : the same Poomsae can be presented several times**

**7è Keup : the same Poomsae can be presented twice expect during the finale**

**6<sup>e</sup>/5<sup>e</sup> Keup : the same Poomsae can be presented twice expect during the finale**

1st round : 1 figure – 2<sup>nd</sup> round : 1 figure - Finale : 2 figures

INDIVIDUAL	
Âge	Poomsae required
Until 8 years	Taegeuk 1,2,3 jang
9-11	
12-14	Taegeuk 1,2,3,4,5 jang
15-17	
18-30	
31-40	
41-50	
51-60	
61-65	
≥66	

PAIR	
Âge	Poomsae required
Until 8 years	Taegeuk 1,2,3 jang
9-11	
12-14	Taegeuk 1,2,3,4,5 jang
15-17	
18-30	
≥ 31	

TEAM	
Âge	Poomsae required
Until 8 years	Taegeuk 1,2,3 jang
9-11	
12-14	Taegeuk 1,2,3,4,5 jang
15-17	
18-30	
≥ 31	

**12 POOMSAE : Category D**

**Category chart D – 10th until 9th keup : you have choice**  
The poomsae have to be chosen before 09/02/2019 on the site Martial Event

1st round : 1 figure – 2<sup>nd</sup> round : 1 figure - Finale : 1 figure

INDIVIDUAL	
Âge	Poomsae required
Until 8 years	Taegeuk 1,2 jang
9-11	
12-14	
15-17	
18-30	
31-40	
41-50	
51-60	
61-65	
≥66	

PAIR	
Âge	Poomsae required
Until 8 years	Taegeuk 1,2 jang
9-11	
12-14	
15-17	
18-30	
≥ 31	

TEAM	
Âge	Poomsae required
Until 8 years	Taegeuk 1,2 jang
9-11	
12-14	
15-17	
18-30	
≥ 31	

