






# Coupe Hennuyère 2025 – 7<sup>th</sup> edition

## Poomsae

DATE AND PLACE	
Date	<b>Saturday 04/26/2025</b>
Place	Hall des sports Max Audain
Address	Rue du Chapitre 1Z 7080 Frameries
ORGANISATION	
Organisers	 <b>Taekwondo Imjin Academy et discipline associée</b>
Contact	Fiori Agostino <a href="mailto:agostino.fiori170361@gmail.com">agostino.fiori170361@gmail.com</a> 0472/675583
Technical representative	Mustapha Moutarazak
Promotor	 Association Belge Francophone de Taekwondo (ABFT asbl) Chaussée de Wavre, 2057 1160 Auderghem <a href="http://www.abft.be">www.abft.be</a>
	
Access	 Each club must have a license recognised by the World Taekwondo.
REGISTRATION	
Registration deadline	⇒ No registration possible after 04/20/2025.
Registration website	⇒ Registration possible only on <a href="http://www.martial.events">www.martial.events</a>
	
Spots available	⇒ <b>300</b> spots available
Participation fee	⇒ <b>Individual:</b> 25 € / athlete ⇒ <b>Pair:</b> 30 € / pair ⇒ <b>Team:</b> 40 € / team ⇒ <b>Family:</b> 0 € / competitor ⇒ Must be paid before <b>04/20/2025, 11.59 pm.</b> ⇒ Uniquement par virement bancaire sur le compte Bank transfer only, to this account: <b>BE45 0688 9639 2989</b> <b>Taekwondo Imjin Academy</b> <b>BIC: GKCCBEBB</b> ⇒ ⚠ <b>No individual transfer, only one transfer per club</b> ⚠ • <b>Kyorugi and poomsae in two different transfers</b>

	<p>⇒ Add this in communication</p> <p><b>Coupe Hennuyère + Poomsae + Name of the club</b></p> <p>⇒ Please send a proof of your payment (screenshot or pdf file of the transfer) to <a href="mailto:agostino.fiori170361@gmail.com">agostino.fiori170361@gmail.com</a></p> <p>⇒ All entries of a club must be paid.</p> <p>⇒ <b>No refund is allowed</b>, especially after the registration deadline.</p> <p>⇒ No registration possible on the day of the competition.</p> <p>⇒ No athlete may compete in more than one category on the same day.</p>
<b>Coach</b>	<p>⇒ Free entrance for one coach per team of 5 athletes.</p> <ul style="list-style-type: none"> <li>• From 1 to 5: 1 coach</li> <li>• From 6 to 10: 2 coaches</li> <li>• From 11 to 15: 3 coaches</li> <li>• ...</li> </ul> <p>⇒ Each <b>extra coach</b> costs <b>5 €</b>.</p> <p>⇒ The coach must be 18 years old or older.</p> <p>⇒ To be allowed in the area, the coach must wear sports clothes (tracksuit and sport shoes).</p> <p>⇒ they must have their ID-card or their passport.</p> <p>⇒ The coach must have a valid license-insurance for the current season/ year.</p>
<b>Spectators</b>	<p>⇒ <b>8 € / person</b> (you can pay by card or cash)</p> <p>⇒ Free for children under 6 years old.</p>
<b>Schedule</b>	<p><b>8:00 – 9:30: registration/ accreditation</b></p> <p><b>10:00: competition starts</b></p>
<b>COMPETITION</b>	
<b>Ethical sport</b>	By entering this competition, the competitor acknowledges and understands the rules of their sport, the ABFT charter regarding the right sportive behaviour while competing and the FWB (sports section) charter: <a href="https://www.abft.be/reglements-bonnes-pratiques/">https://www.abft.be/reglements-bonnes-pratiques/</a>
<b>Type</b>	<p>Cut-off system</p> <p>1<sup>st</sup> round: From 20 competitors</p> <p>2<sup>nd</sup> round: from 9 to 19 competitors</p> <p>3<sup>rd</sup> round (final): max 8 competitors</p>
<b>Areas</b>	2 or 3 areas with electronic systems, depends on the number of competitors
<b>Competition rules</b>	The last WT regulations and the ABFT's additions: <a href="https://www.abft.be/reglements-bonnes-pratiques/">https://www.abft.be/reglements-bonnes-pratiques/</a>
<b>Referees</b>	International (IR-WT) and national referees
<b>Récompenses individuelles</b>	<p>⇒ The 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> of each category will respectively receive a gold, a silver and a bronze medal.</p> <ul style="list-style-type: none"> <li>• Only one 3<sup>rd</sup> place.</li> </ul> <p>⇒ Medals will be handed in at the end of the category round.</p>
<b>Team prizes</b>	⇒ There will be a cup for the first five teams.

<b>Claims</b>	<p>Only the head coach can make a claim immediately after the end of the fight. They will have to fill in the form handed by the organiser. <b>Each claim costs 100€.</b> This sum will be refunded if the coach wins the case. The head referee's decision is the only valid one. Competition rules and claim form: <a href="https://www.abft.be/reglements-bonnes-pratiques/">https://www.abft.be/reglements-bonnes-pratiques/</a></p>
<b>Categories</b>	
<b>Individual</b>	<p><u>Grade categories:</u></p> <ul style="list-style-type: none"> <li>• A: from 1st dan/poom</li> <li>• B: 4th – 1st keup</li> <li>• C: 8th – 5th keup</li> <li>• D: 10th – 9th keup</li> </ul> <p><u>Age categories:</u></p> <ul style="list-style-type: none"> <li>• Pupils: up to 8 years old: born in 2017 and after</li> <li>• Minors: 9-11 yo: born between 2016 and 2014</li> <li>• Cadets: 12-14 yo: born between 2013 and 2011</li> <li>• Juniors: 15-17 yo: born between 2010 and 2008</li> <li>• Seniors 1: 18-30 yo: born between 2007 and 1995</li> <li>• Seniors 2: 31-40 yo: born between 1994 and 1985</li> <li>• Master 1: 41-50 yo: born between 1984 and 1975</li> <li>• Master 2: 51-60 yo: born between 1974 and 1965</li> <li>• Master 3: 61-65 yo: born between 1964 and 1960</li> <li>• Master 4: ≥66 yo: born in 1959 and before</li> </ul> <p><u>Gender categories:</u></p> <ul style="list-style-type: none"> <li>• Male</li> <li>• Female</li> </ul>
<b>Pairs</b>	<p><u>Grades categories:</u></p> <ul style="list-style-type: none"> <li>• A: from 1st dan/poom</li> <li>• B: 4th– 1st keup</li> <li>• C: 8th – 5th keup</li> <li>• D: 10th and 9th keup</li> </ul> <p><u>Age categories:</u></p> <ul style="list-style-type: none"> <li>• Up to 11 yo: born in 2014 and after</li> <li>• 12-14 yo: born between 2013 and 2011</li> <li>• 15-17 yo: born between 2010 and 2008</li> <li>• 18-30 yo: born between 2007 and 1995</li> <li>• 31 yo and over: born in 1994 and before</li> </ul> <p><u>Gender category</u></p> <ul style="list-style-type: none"> <li>• 1 male and 1 female</li> </ul> <p><u>Remark</u></p> <ul style="list-style-type: none"> <li>• In one pair, one of the competitors may be in a higher age <b>and/or</b> grade category (one category only). This pair will then compete in the highest age <b>and/or</b> grade category.</li> </ul>
<b>Team</b>	<p><u>Grade categories</u></p> <ul style="list-style-type: none"> <li>• A: from 1st dan/poom</li> <li>• B: 4th – 1st keup</li> <li>• C: 8th – 5th keup</li> <li>• D: 10th et 9th keup</li> </ul>

	<u>Age categories</u> <ul style="list-style-type: none"> <li>• Up to 11 yo: born in 2014 and later</li> <li>• 12-14 yo: born between 2013 and 2011</li> <li>• 15-17 yo: born between 2010 and 2008</li> <li>• 18-30 yo: born between 2007 and 1995</li> <li>• 31 and over: born in 1994 and before</li> </ul> <u>Gender categories</u> <ul style="list-style-type: none"> <li>• 3 males</li> <li>• 3 females</li> </ul> <u>Remark</u> <ul style="list-style-type: none"> <li>• In one team, one of the competitors may be in a higher age <b>and/or</b> grade category (one category only). This pair will then compete in the highest age <b>and/or</b> grade category.</li> </ul>
<b>Family</b>	<u>Categories</u> <ul style="list-style-type: none"> <li>• No number, grade and age limit</li> <li>• Competitors must be from the same family</li> </ul> <u>Remark</u> <ul style="list-style-type: none"> <li>• Competitors can choose which two poomsae to present.</li> <li>• Registration for this category via:  <a href="mailto:m.moutarazak@hotmail.com">m.moutarazak@hotmail.com</a> (please, put <a href="mailto:agostinofiori170361@gmail.com">agostinofiori170361@gmail.com</a> in CC).</li> </ul>
<b>Para Taekwondo Individual</b>	<u>Grade categories</u> <ul style="list-style-type: none"> <li>• A: from 1st dan/poom</li> <li>• B (4th – 1st keup), C (8th – 5th keup) and D (10th and 9th keup)</li> </ul> <u>Age categories</u> <ul style="list-style-type: none"> <li>• 17 yo and under: born in 2008 and after</li> <li>• 18 yo and over: born in 2007 and before</li> </ul> <u>Gender categories</u> <ul style="list-style-type: none"> <li>• Male</li> <li>• Female</li> </ul>
<b>Free Style - Individual</b>	<u>Grades categories</u> <ul style="list-style-type: none"> <li>• A: from 1st dan/poom</li> <li>• B (4th – 1st keup), C (8th – 5th keup) et D (10th and 9th keup)</li> </ul> <u>Age categories</u> <ul style="list-style-type: none"> <li>• 17 yo and under: born in 2008 and after</li> <li>• 18 yo and over: born in 2007 and after</li> </ul> <u>Gender categories</u> <ul style="list-style-type: none"> <li>• Male</li> <li>• Female</li> </ul>
<b>Free Style - Pair</b>	<u>Grades categories</u> <ul style="list-style-type: none"> <li>• A: from 1st dan/poom</li> <li>• B (4th – 1st keup), C (8th – 5th keup) et D (10th and 9th keup)</li> </ul> <u>Age categories</u>

	<ul style="list-style-type: none"> <li>• 17 yo and under: born in 2008 and after</li> <li>• 18 yo and over: born in 2007 and before</li> </ul>
	<u>Gender category</u>
	<ul style="list-style-type: none"> <li>• 1 male and 1 female</li> </ul>
<b>Free Style – mixed pairs</b>	<u>Grades categories</u>
	<ul style="list-style-type: none"> <li>• A: from 1st dan/poom</li> <li>• B (4th – 1st keup), C (8th – 5th keup) et D (10th and 9th keup)</li> </ul>
	<u>Age categories</u>
	<ul style="list-style-type: none"> <li>• All ages</li> </ul>
	<u>Gender categories</u>
	<ul style="list-style-type: none"> <li>• 2 males and 3 females</li> <li>• 3 males and 2 females</li> </ul>
	<u>Remark</u>
	<ul style="list-style-type: none"> <li>• 60-second music minimum and 100-second music maximum (on CD or USB).</li> <li>• Compulsory positions: Dwit kubi, Beom seogi, Hakdari soegi</li> </ul>
<b>POOMSAE</b>	
<b>A-category</b>	<ul style="list-style-type: none"> <li>• See table A below</li> <li>• Random draw</li> <li>• Poomsae to present will be posted from <b>04/23/2025</b> <ul style="list-style-type: none"> <li>○ 1st round: 1 poomsae</li> <li>○ 2<sup>nd</sup> round: 1 poomsae</li> <li>○ Final: 2 poomsae</li> </ul> </li> </ul>

Âge	A		
	Individuel	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, Jitae, Cheonkwon	Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, Cheonkwon
41 - 50	Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, Cheonkwon		
51-60	Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, Cheonkwon, Hansoo		
61 - 65	Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, Cheonkwon, Hansoo		
66 - ...	Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, Cheonkwon, Hansoo		

#### B-category

- See table B below
- Competitor may choose:
  - 1st round: 1 poomsae
  - 2<sup>nd</sup> round: 1 poomsae
  - Final: 2 poomsae

#### C-category

- See table C below
- Competitor may choose:
  - 1st round: 1 poomsae
  - 2<sup>nd</sup> round: 1 poomsae
  - Final: 2 poomsae

#### Remark

Competitors of 7th and 8th keup may perform the same poomsae twice over the 3 rounds, except in the final (where the poomsae must be different).

Example of an authorised programme:

- 1st round: Taegeuk 1, 2nd round: Taegeuk 2 and final: Taegeuk 1 and 2.

Examples of non-authorized programmes:

- 1st round: Taegeuk 1, 2nd round: Taegeuk 1 and final: Taegeuk 1 and 2

- 1st round: Taegeuk 1, 2nd round: Taegeuk 2 and final: Taegeuk 1 and 1

#### D-category

- See table D below
- Competitor may choose:
  - 1st round: 1 poomsae
  - 2<sup>nd</sup> round: 1 poomsae
  - Final: 1 poomsae
- Competitors may perform the same poomsae three times.

Âge	B			C			D		
	Individuel	Pair	Team	Individuel	Pair	Team	Individuel	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		