



BELGIAN OPEN HANMADANG

29 APRIL 2023
THOMAS MORE
CAMPUS BLAIRON

THOMAS
MORE
TAEKWONDO
VLAANDEREN

29 april 2023

Campus Blairon, 2300 Turnhout

Taekwondo Vlaanderen
Thomas More Hogeschool

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.		
ENTRANCE		
Spectators: 5 € pp • up to 12 years old free entrance		
Regulations for spectators: Intern Reglement TKDV and Tuchtreglement .		
Coaches:	0-5 competitors : 1 free coach	
	6-10 competitors: 2 free coaches	
	> 10 competitors: 3 free coaches	
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 • Chris Thoen recreatie@taekwondo.be • +32 11 87 09 19 • Annelies Van Hoofstat sporttechnisch@taekwondo.be • +32 11 87 09 18 • Sarina Vanrusselft		
REFEREES		
Coordinator Hanmadang: Chris Thoen • chris.thoen@telenet.be		
RULES AND REGULATIONS		
TKDV/WT-regulations: 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 or cancel disciplines if needed.		
CATEGORIES		
The year of birth is decisive for the category in which the participant will compete. For ex. someone born on 31/12/2007 will turn 15 in 2022 and will compete on 23/04/2022 in the category 15-17 year.		
One can participate in multiple categories (individual, pair, team).		
Individual disciplines		
1.	≤ 9j (≤ 2014)	Junior I
2.	10y – 12y (2011-2013)	Junior II

3.	13y – 15y (2008-2010)	Junior III
4.	16y – 18y (2005-2007)	Junior IV
5.	19y – 29y (1994-2004)	Senior I
6.	30y – 39y (1984-1993)	Senior II
7.	40y – 49y (1974-1983)	Senior III
8.	50y – 59y (1964-1973)	Master I
9.	60 and older (1963- ...)	Master II

Pair- and groupdisciplines: gender, mixed and non-mixed		
1.	≤ 9j (≤ 2014)	Junior I
2.	10y – 12y (2011-2013)	Junior II
3.	13y – 15y (2008-2010)	Junior III
4.	16y – 18y (2005-2007)	Junior IV
5.	19y – 29y (1994-2004)	Senior I
6.	30 and older (1993- ...)	Senior II

DISCIPLINES	
<p>The Belgian Open Hanmadang 2023 will include almost all official Hanmadang disciplines.</p> <ul style="list-style-type: none"> • Individual authorized poomsae : taegeuks/ poomsae according to the official poomsae regulations. Taegeuks/ poomsae may be chosen freely. Only one preliminary round !! • Pair authorized poomsae: gender not imposed, according to the official poomsae regulations. Taegeuks/ poomsae may be chosen freely. Only one preliminary round !! • Team authorized poomsae: 3 - 5 participants, gender not imposed. In this discipline ladyteams can compete with mentteams in the same category, according to the official poomsae regulations. Taegeuks/ poomsae may be chosen freely. Only one preliminary round !! • Creative poomsae: pair or teams, 3 - 5 participants, duration 70 to 80 seconds. Gender not imposed. The following techniques are required to be demonstrated during this discipline : <ul style="list-style-type: none"> ○ 2 x 2 or more side kicks at once (double, triple ... yeop chagi). ○ 2 jump side kicks (twio yeop chagi). ○ 2 back kicks (dwit chagi) ○ 2 turning kicks (=token = dolgaechagi = tornado kick) ○ 2 spinning kicks (=momdollyo chagi) ○ Optional: 2 540° jump kicks (540° mondollyo chagi). Not for -12y. This technique must not be performed by all participants. 	
<ul style="list-style-type: none"> • Power breaking: <ul style="list-style-type: none"> ○ 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 techniques shall be performed on roof tiles. ○ There are no qualification rounds, each participant shall immediately take part in the final. 	
<ul style="list-style-type: none"> • 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. 	
<ul style="list-style-type: none"> • Self defence: 3 – 7 participants. Within a time frame of one minute, the team will demonstrate self defence. (Hosinsul). Music is allowed. 	
<ul style="list-style-type: none"> • Taekwondo aerobics: 3 – 9 participants. This is a combination of aerobics and taekwondo on music performed between 1'50 and 2 minutes. The following techniques are required to be demonstrated. <ul style="list-style-type: none"> ○ 2 x 2 or more side kicks at once (double, triple, ... yeop chagi) ○ 2 jump side kicks (twio yeop chagi). ○ 2 head high round house kick (dollyo chagi) ○ 2 back kicks (dwit chagi) 	

<ul style="list-style-type: none"> ○ 2 turning kicks (=tolken = dolgaechagi = tornado kick) ○ 2 spinning kicks (=momdollyo chagi) ○ 2 acrobatic movements. This technique must not be performed by all participants. 	
<ul style="list-style-type: none"> ● Recording contests <ul style="list-style-type: none"> ○ Height jump: breaking a 1 cm thick board as high as possible. 2 possible attempts. ○ Long jump: breaking a 1 cm thick board in the air after jumping over an obstacle. 2 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. 	
<ul style="list-style-type: none"> ● 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: <ul style="list-style-type: none"> ○ Creative poomsae ○ 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 	
Please follow the facebook page ' Hanmadang Taekwondo Vlaanderen ' Each participant can only participate in a maximum of two disciplines.	
TIMETABLE	
08:00 – 09:00	Registration (Teams that register too late will be declined)
09:30	Start competition
REGISTRATION	
Website	Martial Events • https://www.martial.events/fr Pre-registrations shall be submitted using the attached spreadsheet and should be sent by email to : hanmadangbelgianopen@gmail.com
Deadline	Friday 21/04/2023 until 23:59
Registration fee	<ul style="list-style-type: none"> - Payment by bank transfer is obligated. - The registration fees differs for the different disciplines: <ul style="list-style-type: none"> ○ Individual authorized poomsae: €15/person ○ Pair authorized poomsae and creative poomsae: €25/pair ○ Disciplines d'équipe (authorized poomsae, creative poomsae, self-defense, taekwondo aerobic, team demo): €35/team ○ Test de casse: €15/person ○ All-round breaking et recording contests: €20/person - The entry fee includes the break items. - The entrance fee must be on the account of Taekwondo Vlaanderen, at the latest one day before the competition. - Proof of payment should be send to recreatie@taekwondo.be - No payments on the spot possible. - Each participant can only participate in max. two disciplines - Max. 250 competitors.
Banc account	Taekwondo Vlaanderen IBAN: BE21 0682 3723 0503 BIC: GKCCBEBB Reference: Open Hanmadang 2023 + name of the club
PRICES	
Individual: 1st, 2nd and two 3th places.	

COVID-19

In case there is a need for extra regulations, all measures and information relating to COVID-19 are collected in an accompanying health protocol.

All attendees are expected to have read the health protocol before entering the competition venue. By entering the competition, they commit themselves to follow it.

TRAVEL

You can find all travel restrictions and conditions for Belgium via <https://www.info-coronavirus.be/en/travels/>