

gent: **gent:**

BELGIAN OPEN
HANMADANG

**Open Hanmadang Gent
2024**

**Place: Sporthal Hekers, Ter Linden 29, 9052 Gent
8:00 registration - 10:00 competition**

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21 april 2024

Sporthal Hekers, Ter Linden 29 9052 Gent

Taekwondo Chindojang Gent
Taekwondo Chindojang Menen
Thomas More Hogeschool

ORGANIZATION		
Students of Thomas More Hogeschool, under the auspices of Chindojang Gent and Chindojang Menen, with the cooperation of the city of Ghent.		
LICENSE		
Belgian participants: valid taekwondo license delivered by one of the regional recognized sports federations.		
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: 8 € pp • students 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. 5 € per coach card warranty will be asked.		
LOCATION		
Sporthal Hekers, Ter Linden 29 9052 Gent		
INFORMATION		
Concerning the organization of the competition and the registration of the competitors : veronique.casters@gmail.com • Véroniaue Casters		
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 31/12/2009 will turn 15 in 2024 and will compete on 21/04/2024 in the category 15-17 year.		
One can participate in multiple categories (individual, pair, team).		
Individual disciplines		
1.	≤ 9j	Junior I
2.	10y – 12y	Junior II
3.	13y – 15y	Junior III
4.	16y – 18y	Junior IV

5.	19y – 29y	Senior I
6.	30y – 39y	Senior II
7.	40y – 49y	Senior III
8.	50y – 59y	Master I
9.	60y and older	Master II

Pair- and groupdisciplines: gender, mixed and non-mixed		
1.	≤ 9j	Junior I
2.	10y – 12y	Junior II
3.	13y – 15y	Junior III
4.	16y – 18y	Junior IV
5.	19y – 29y	Senior I
6.	30y and older	Senior II

DISCIPLINES

The **Open Hanmadang Ghent 2024** will include almost all official Hanmadang disciplines.

- **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 60 to 70 seconds. Gender not imposed. 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)
 - Optional: 2 540° jump kicks (540° mondollyo chagi). Not for -12y. This technique must **not** be performed by all participants.
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- **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 techniques is not present this edition!**
 - 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.
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- **Self defence**: 2 – 7 participants. Within a time frame of one minute, the team will demonstrate self defence. (Hosinsul). Music is allowed.
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- **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.
 - 2 x 2 or more side kicks at once (double, triple, ... yeop chagi)
 - 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.
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- **Recording contests**

- 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.

- **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 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 instagram page <https://www.instagram.com/openhanmadanggent/>

Each participant can only participate in a maximum of two disciplines.

TIMETABLE

08:00 – 09:00 Registration (teams registering too late can be declined)

10:00 Start competition

REGISTRATION

Website Martial Events • <https://www.martial.events/en>

Deadline **Sunday 14/04/2023 until 23:59**

Registration fee

- Payment by bank transfer is obligated.
- The registration fees differs for the different disciplines:
 - 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, at the latest one day before the competition.
- Proof of payment should be send to hanmadanggent@gmail.com .
- **Each participant can only participate in max. two disciplines**
- **Max. 250 competitors.**

Banc account Chindojang Gent
 IBAN : BE93 8915 8419 7967
 BIC: VDSPBE91
 Reference: Open Hanmadang Ghent 2024 + name of the club

PRICES 1st, 2nd and two 3th places.