

# II OPEN PORTUGAL 2020

# 30 | TAEKWONDO

MAIO

DAS 9H às 19h • PAVILHÃO MUNICIPAL CASAL VISTOSO - LISBOA

MAY 30<sup>th</sup> from 9.am till 7.p.m KYORUGUI | POOMSAES | FREESTYLE



ORGANIZAÇÃO / APOIOS



# II PORTUGAL TAEKWONDO OPEN

30<sup>th</sup> May 2020

Lisbon – PORTUGAL



# II PORTUGAL TAEKWONDO OPEN POOMSAE & FREE STYLE

Dear Mr. President,  
Dear Sir/Madam,

On behalf of the Federação Portugal Taekwondo, I am proud to invite you and your athletes to participate in the Portugal TAEKWONDO Open Poomsae and Free Style 2019. This tournament will be held in Lisbon, Portugal, on **May 30<sup>th</sup>**.

We guarantee **high quality organization and competition** - with national and international referees in order to guarantee high level transparency, fair play & impartiality for the athletes.

To provide your team the best and most convenient accommodation facilities **special rates** in hotels are available.

We are looking forward to receive your confirmation.  
The Federação Portugal Taekwondo will be honoured to welcome you and your athletes.

Yours sincerely,

Nuno Semedo

## 1. ORGANIZATION

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<b>ORGANIZATION</b>	<b>FEDERAÇÃO PORTUGAL TAEKWONDO</b> <b>ATLX – Associação de Taekwondo de Lisboa</b> R DAMIÃO DE GÓIS 11 R/C ESQ., 1400-087 LISBOA, PORTUGAL <a href="http://www.facebook.com/Portugal-Taekwondo-111705296357147">www.facebook.com/Portugal-Taekwondo-111705296357147</a>
<b>PRESIDENT</b>	Mr. Nuno Semedo Email: <a href="mailto:geral@portkd.com">geral@portkd.com</a>
<b>REFEREE DIRECTOR</b>	Mr. Henrique Leite Email: <a href="mailto:Kikevenz@gmail.com">Kikevenz@gmail.com</a>

## 2. DATE AND PLACE

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<b>COMPETITION DATE</b>	Saturday, May 30 <sup>th</sup> 2020
<b>REGISTRATIONS</b>	<b>Friday May 29<sup>th</sup></b> 14h00 – 22h00: <b>We kindly encourage all the teams to register on Friday</b>  <b>Saturday May 30<sup>th</sup></b> 08h00 – 09h00: Registration at the competition venue 09h30: Start competitions
<b>COMPETITION VENUE</b>	Pavilhão Municipal Casal Vistoso, R. João da Silva, 1900-098 Lisboa, Portugal

## 3. CONTESTANTS

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<b>MEMBERSHIP</b>	Athletes need a National Licence and insurance to participate, and the minimum graduation of 6 <sup>th</sup> KUP.
<b>UNIFORM</b>	Contestants shall wear WTF-approved Poomsae competition uniforms. <b>Kup's Division</b> (All ages): White top with white collar, plus white pants and colour belt. <b>Cadet Division</b> (Ages 12-14): White top with red and black collar, plus blue pants for males; the same top, but with red pants, for females. <b>Junior and Senior Division</b> (Ages 15-50): White top with dark blue pants for males; white top with light blue pants for females <b>Master Division</b> (Ages 51 and older): Yellow top and dark blue pants for both males and females  The latest version of WTF recognized 'manufacturers' list is available at the website of WTF: <a href="http://www.worldtaekwondofederation.net/recognized">http://www.worldtaekwondofederation.net/recognized</a>
<b>GRADUATION</b>	Dangrades A-Category: 1st DAN/POOM and higher Kup's grades B-Category: 8 <sup>th</sup> Kup until 1 <sup>st</sup> Kup

## AGE CATEGORIES

**The age categories are based on the year of birth.** For example, if someone is 17 years old on the day of competition but he/she is still to become 18 years, then he/she will participate in the division 18-30yr.

Those who are not recognized as adults by law in their own country must submit a passport or identification card together with a written consent **(liability declaration) at registration signed by parents or lawful guardians,** accepting the participation and all parts of the official invitation.  
**See attachment 1.**

Athletes shall be allowed to compete in more divisions: Individual division, Pair division, Team division.

### **Individual (1 male or 1 female)**

Kids division – under 11 years old  
 Cadet division: 12 to 14 years old  
 Junior division: 15 to 17 years old  
 Under 30 division: 18 to 30 years old  
 Under 40 division: 31 to 40 years old  
 Under 50 division: 41 to 50 years old  
 Under 60 division: 51 to 60 years old  
 Under 65 division: 61 to 65 years old  
 Over 66 division: 66 years old and older

### **Pair (1 male + 1 female)**

Kids pair division: 6 to 11 years old  
 Cadet pair division: 12 to 14 years old  
 Junior pair division: 15 to 17 years old  
 Pair 1 division: 18 to 30 years old  
 Pair 2 division: 31 years old or older

### **Team (3 male or 3 female)**

Kids team division: 6 to 11 years old  
 Cadet team division: 12 to 14 years old  
 Junior team division: 15 to 17 years old  
 Team 1 division: 18 to 30 years old  
 Team 2 division: 31 years old or older

### **Free Style**

- 2 age categories for Individual (1 male or 1 female) and Pair (1 male + 1 female): Until 17 years old and 18 years old or older division  
 - 1 age category for Mixed Team (2 male + 3 female OR 3 male + 2 female): 12 years old or older division

**KUP's Category**

Athletes should choose 2 different Taegeuk for their performance (free choice)

Cut-off system; order by final classification (rank)

**For each participation: 2 taegeuks with 30 second pause.**

INDIVIDUAL B-class	
Cadets 12 - 14 year	Choose two different Taegeuk from 1,2,3, 4, 5, 6, 7, 8 jang,
Juniors 15 - 17 year	
18 - 30 year	
31 - 40 year	
41 - 50 year	
51 - 60 Year	
61 – 65 Year	
plus 66 year	

	PAIR B-class (1 male + 1 female)	TEAM B-class (3 male or 3 female)
Kids 6 - 11 years	Taegeuk 1,2,3, 4, 5, 6, 7, 8 jang,	Taegeuk 1,2,3, 4, 5, 6, 7, 8 jang,
Cadets 12 - 14 years	Taegeuk 1,2,3, 4, 5, 6, 7, 8 jang,	Taegeuk 1,2,3, 4, 5, 6, 7, 8 jang,
Junior 15 - 17 years	Taegeuk 1,2,3, 4, 5, 6, 7, 8 jang,	Taegeuk 1,2,3, 4, 5, 6, 7, 8 jang,
18 - 30 years	Taegeuk 1,2,3, 4, 5, 6, 7, 8 jang,	Taegeuk 1,2,3, 4, 5, 6, 7, 8 jang,
plus 31 years	Taegeuk 1,2,3, 4, 5, 6, 7, 8 jang,	Taegeuk 1,2,3, 4, 5, 6, 7, 8 jang,

**COMPULSORY POOMSAE**

Five (5) days before the competition the Taegeuk/Poomsae will be published on the website: <https://www.martial.events/en>

**For each round: 2 taegeuks/poomsae with 30 second pause.**

For each Taegeuk/Poomsae 2 points will be given (each Taegeuk/Poomsae is judged separately and the points will be announced immediately after the Taegeuk/Poomsae).

INDIVIDUAL A-class	
Cadets 12 - 14 year	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang
Juniors 15 - 17 year	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang, Taeback
18 - 30 year	Taegeuk 6, 7, 8 jang, Koryo, Keumgang, Taeback, Pyongwon, Sipjin
31 - 40 year	
41 - 50 year	Taegeuk 8 jang, Koryo, Keumgang, Taeback, Pyongwon, Sipjin, Jitae, Chonkwon
51 - 60 year	Koryo, Keumgang, Taeback, Pyongwon, Sipjin, Jitae, Chonkwon, Hansu
61 - 65 year	
plus 66 year	

	PAIR A-class (1 male + 1 female)	TEAM A-class (3 male or 3 female)
Cadet 12 - 14 year	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang
Junior 15 - 17 year	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang, Taeback	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang, Taeback
18 - 30 year	Taegeuk 6, 7, 8 jang, Koryo Keumgang, Taeback, Pyongwon, Sipjin	Taegeuk 6, 7, 8 jang, Koryo, Keumgang, Taeback, Pyongwon, Sipjin
plus 31 year	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Sipjin, Jitae, Chonkwon	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Sipjin, Jitae, Chonkwon

## WTF POOMSAE FREE STYLE COMPETITION GUIDELINE A-CLASS CATEGORIES

The Free Style competition will be started for only **Dan/Poom** degrees.

Below an overview of the rules which should be followed:

### 1. **Composition of Free Style Poomsae**

- Music & choreography shall be the choice of the contestant. However, it should not contain any **political, social** and **religious** contents.
- You may **only** bring the **USB stick with a MP3 audio format**, and then report to head off the table **before** the start competition (**Apple audio format is not supported!**)
- Performed techniques must be within boundary of taekwondo.

### 2. **Divisions**

- Individual: Male or Female (**age: until 17 years old and 18 years old or older**).
- Pair: 1 Male and 1 Female (**age: until 17 years old and 18 years old or older**).
- Mixed team: composition of 5 members including more than 2 males and females (**age: 12 years old or older**).

### 3. **Duration of Contest**

Individual, Pair and Team competition from 90 seconds to 100 seconds.  
(less than 90 or more than 100 seconds: - is penalized with 0,3 deduction)

### 4. **Scoring Criteria**

- Scoring shall be made in accordance with the rules of the WT.
- The types of foot techniques designated are as follows in **sequence**:
  - **Heights of jump** – Jumping side-kick (in case of pair and team division, entire team members must perform this technique).
  - **Number of kicks in a jump** – Jumping front-kick (at least one member of the team must perform this technique).
  - **Gradient of spins in a spin kick** – Spinning hook-kick or turning kick (at least one member of the team must perform this technique).
  - **Performance level of consecutive kicks** – Kyorugi style kick shall be limited to five (5) (at least one member of the team must perform this technique) \*3-5 bouncing steps in a spot is mandatory before execute the kyorugi style kicks.
  - **Acrobatic actions** – Based on the technical difficulty of all acrobatic actions (with taekwondo kick) performed in gymnastics. (at least one member of the team must perform this technique).
- Each foot technique shall be less than 3 step run-up. (exceeded each step run-up -0,1 deduction point)
- One of the following stances must be included in de performance at least once:
  - Dwit kubi (Backward inflection stance)
  - Beom-sogi (Tiger stance)
  - Hakdari-sogi (Crane stance)

#### 4. COMPETITION RULES

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<b>COMPETITION RULES</b>	WT competition rules
<b>FORMS</b>	Taegeuk and higher WT/Kukkiwon poomsae
<b>METHOD OF COMPETITION</b>	<b>Single Elimination Tournament System</b> for Individual Senior division 1 and 2 (U30 and U40), male and female  <b>1) Cut off system</b> for all other categories.
<b>DOPING CONTROL</b>	Some contestants chosen at random will be tested. The list of prohibited products will be equal to the list of the IOC.
<b>AWARDS</b>	To all winners of 1 <sup>st</sup> , 2 <sup>nd</sup> and two 3 <sup>rd</sup> places, cups will be awarded.
<b>PROTEST</b>	Must be made by the official coach within 10 minutes after the end of the pertinent contest to the Pomsae Referee Director. Protest fee is <b>€150</b> , so as to ensure that a decision on the result may be announced after 30 minutes.
<b>LIABILITY</b>	All competitors participate at their own risk. The organization, ATX- Associação de Taekwondo de Lisboa or Federação Portugal Taekwondo shall not accept responsibility for any damages, injuries or losses sustained or incurred and specifically note that they also take no responsibility for any damages, losses, injuries or other consequences due to (directly or indirectly) acts of terrorism or terrorist threats. All contestants must bring their own documents and forms for any medical treatment in Portugal . If not, this will have to be paid in cash.

#### 5. ENTRY

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**REGISTRATIONS** Registrations are only accepted through the website:  
<https://www.martial.events/en>

**DEADLINE: May 20<sup>th</sup>, 2020**

**! Registrations can only be made by the club admin of the team. Individual athletes won't have access to the registration system. Registrations onsite will not be accepted.**

**ENTRY FEE**

**INDIVIDUAL: € 10** for each contestant  
**PAIR: € 10** for each pair  
**TEAM: € 10** for each team  
**FREE STYLE:** - Individual: **€ 10** for each contestant  
 Pair: **€ 10** for each pair  
 - Mixed Team: **€ 10** for each team



**Entry fees must be paid by bank before the deadline of May 20th 2020 on the following bank account:**

**Name:** Federação Portugal Taekwondo

**Address:** R DAMIÃO DE GÓIS 11 R/C ESQ.,1400-087 LISBOA, PORTUGAL

**Bank:** Caixa Geral de Depósitos

**Account:** IBAN PT50 0035 0740 00019246 930 96

**Swift Code:** CGDIPTPL

**Reference:** PT 2020 + POOMSAE + team name

A copy of the proof of payment must be sent to: [geral@portkd.com](mailto:geral@portkd.com)

Entry fees are obligated at all times. There will be no refund if a registered competitor fails to show up for the competition!

In case the competitor has not been removed from the list of participants before the deadline his/her team or official must fully (100%) pay the entry fee(s) for participation. In case of no show the invoice will be send to the team after the tournament.

#### MODIFICATIONS

For all modifications that are to be made after the deadline, an administration fee of **€ 20** will be charged. This must be paid in cash at the registration.

#### COACH

Only competitors and coaches have admittance to the competition areas. Coaching is only allowed in sportswear (no dobok). All coaches must be 18 years or older!

#### HALL RULES

Only the competitors and their coaches have admittance with their registration cards to the contest areas.

#### SPECTATORS

Free

#### PRESS

Filming and photographing is not allowed on the competition area, unless for press members. Recording from the public stands is only allowed for handy cam-type cameras. If you want to bring a photographer or a journalist, please mention it by e-mail:-[portugalopenpt@gmail.com](mailto:portugalopenpt@gmail.com)

## 6. INTERNATIONAL REFEREES

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Invitations for International Poomsae Referees will be made by the Referee Director and the Organizing Committee.

Hotel and full board accommodation from May 29<sup>th</sup> -31<sup>th</sup> 2020 will be provided by the organization for international poomsae referees.

## 7. ACCOMMODATION AND TRANSPORT

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To provide your team the best and most convenient accommodation facilities we offer special rates see in the ACCOMODATION ATTACH, you can find online on the event page.on the website:

<https://www.martial.events/en>

**Nearby airports:** Lisbon (LIS): 5km; Faro (FAO): 280km;; Porto (OPO) 308Km

## 8. OTHERS

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### FIRST AID

Will be provided by the organization and is only to be used in case of an emergency.

### INSURANCE

The organization and supervisor assume no responsibility for teams, any damages, violence, losses and injuries during the stay in Portugal. All contestants must bring their own documents and forms for any medical treatment in Portugal. If not, this will have to be paid in cash.

### VISA

If you need a VISA request, fill in attachment 2 and send it back to:  
[geral@portkd.com](mailto:geral@portkd.com)

## 9. SPONSORS

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**ATTACHMENT 1: Declaration of consent from the parents or legal guardians for under aged participant**

As legal guardian, .....(First name + surname) Date of birth: ... /... / .....

Address: ....., Point of relationship: ..... I

hereby declare with my consent that my son/daughter, ..... (First name + surname)

Date of birth: ... /... / ....., Address: .....

may participate as an active player at the 2<sup>nd</sup> Portugal Taekwondo Open Poomsae 2020 on May 30<sup>th</sup> in Lisbon (Portugal).

I do know that in Taekwondo injuries cannot be excluded. Neither the organizer or the promoter of the event can be held responsible for any damages or injuries and therefore.

I declare that there exists a valid insurance that will cover costs of possible injuries for my son/my daughter or that I will accept all costs in Connection with possible injuries or damages by myself.

I have read the competition conditions which are according to rules and regulation of the Federação Portugal Taekwondo. I have read the outline of the championships and all of the items of this outlines are known for me.

I recognize explicitly all the points of the outline.

In particular, I recognize unconditionally the liability of the organizer.

.....  
Place

.....  
Date

.....  
Signature of legal guardian

As legal guardian, .....(First name + surname) Date of birth: ... /... / .....

Address: ....., Point of relationship: ..... I

hereby declare with my consent that my son/daughter, ..... (First name + surname)

Date of birth: ... /... / ....., Address: .....

may participate as an active player at the 2<sup>nd</sup> Portugal Taekwondo Open Poomsae 2020 on May 30<sup>th</sup> in Lisbon (Portugal).

I do know that in Taekwondo injuries cannot be excluded. Neither the organizer or the promoter of the event can be held responsible for any damages or injuries and therefore.

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I recognize explicitly all the points of the outline.

In particular, I recognize unconditionally the liability of the organizer.

.....  
Place

.....  
Date

.....  
Signature of legal guardian

