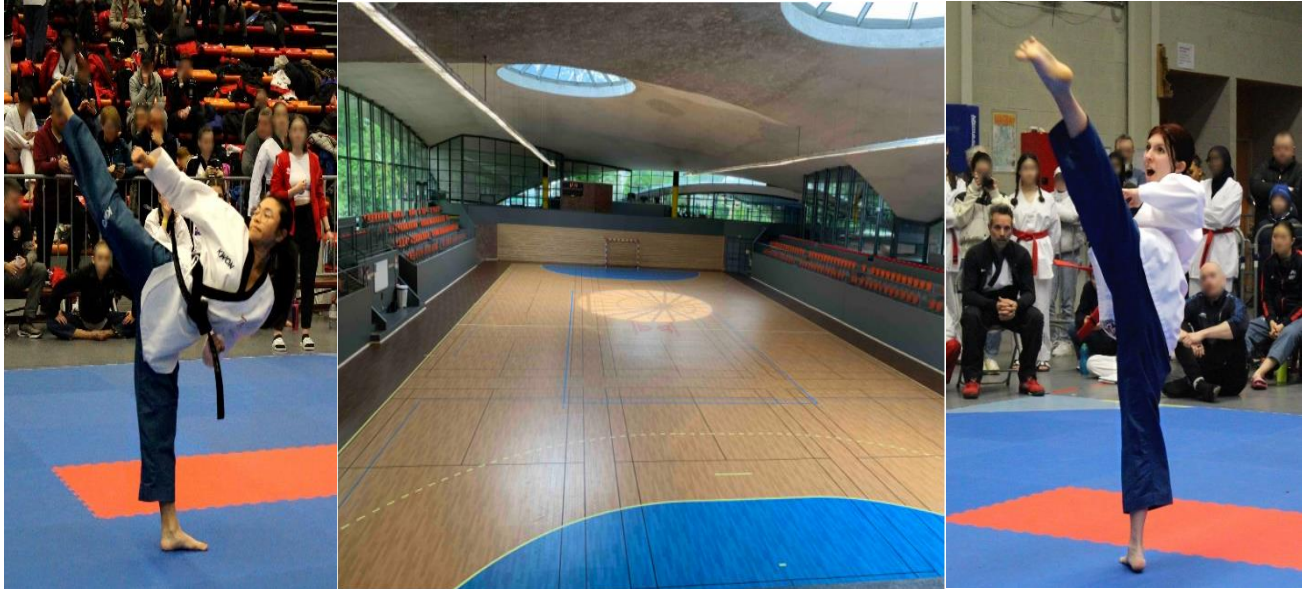




CHALLENGE DU MONT BLANC SATURDAY, MAY 6, 2023



INDIVIDUAL POOMSAE – DUET – TRIO – FREESTYLE PARA POOMSAE
FAMILY POOMSAE

Invitation

We are glad to invite you for the “Challenge du Mont-Blanc 2023” which will take place at Chamonix. We are looking forward to see you on May 6th and 7th for this Poomsae and Kyorugi tournament.

Place: Sports complex Richard Bozon - gym Coubertin, which can welcome 500 seats and 900 people.

Inscriptions on www.martial.events/fr

Registration deadline: April 22, 2023

Participants limit: 250

For more information: M. Chaffin Alexandre

Tel +33 6 58 31 74 00

Email: ilgidojang-valleedelarve@hotmail.com






Registration fees

- Individual : 15€
- Duet : 25€
- Trio : 40€
- Para-Poomsae : 15€
- Family Poomsae : 20€
- Free Poomsae : 15€

- The regulation must be perform :
- On the Martial Events website for category A.
- On the account IBAN FR76 1027 8024 2000 0205 6720 143 for category B-C (entitled: CMB 2023 / number of technicians)

 - **Admission price per spectator** : 3€ - free for children under 10 years old (payment on the spot)

One photographer per club authorized to be on the areas.

The clubs must indicate the surname and first name of the photographer on:

ilgidojang-valleedelarve@hotmail.com

Rewards

Individual – duet – trio – Para-Poomsae – Family Poomsae : 1st, 2nd et 3rd places
Teams: 1st place = 5points, 2nd place = 4 points, 3rd place = 3 points

Complaints

In the case of a disagreement, only the coach is allowed to come at the jury table after the time limit for complaints of 10 minutes after the end of the category.

WT Competition Regulations

Disciplinary regulations and internal order regulations for FFTDA spectators:

Each competitor shall have their license and 2023 passport up-to-date, with medical stamp. Without this document, participation is impossible.

Each coach shall have their license and 2023 passport. They will be able to accompany their student only if they are wearing a sport outfit.

Responsibility

In no circumstances the organization can be held responsible for losses, thefts, violence, damages on the equipment...



Place

Sports complex Richard Bozon – gym Coubertin
214 avenue de la plage
74400 Chamonix Mont Blanc

Parking

Parking des tennis, parking du fond des Gires, parking Bouchet

Date

Saturday, May 6, 2023

Access

The competition is accessible to clubs and federations which are members of World Taekwondo.

The attendants shall have a valid license (2023) delivered by taekwondo federations. Foreign attendants shall have a valid license (2023) of a taekwondo federation recognized by the World Taekwondo.

Attendants

Athletes are allowed to participate in several categories: individual-duo-trio-free Poomsae and family Poomsae.



CLASS B/C BOARD

Competitors must imperatively indicate the choice of their poomsaes on:
ilgidojang-valleedelarve@hotmail.com

1st round: 1 Poomsae

2nd round : 1 Poomsae

3rd round : 2 Poomsaes

INDIVIDUAL		
AGE CATEGORIES	C CLASS/ TAEGEUK	B CLASS/ TAEGEUK
PUPIL 8 ANS	Taegeuk 1-2-3-4	Taegeuk 5-6-7-8
MINIME 9-11 ANS	Taegeuk 1-2-3-4	Taegeuk 5-6-7-8
CADET 12-14 ANS	Taegeuk 1-2-3-4	Taegeuk 5-6-7-8
JUNIOR 15-17 ANS	Taegeuk 1-2-3-4	Taegeuk 5-6-7-8
U30 18-30 ANS	Taegeuk 1-2-3-4	Taegeuk 5-6-7-8-9
U40 31-40 ANS	Taegeuk 1-2-3-4	Taegeuk 5-6-7-8-9
U50 41-50 ANS	Taegeuk 1-2-3-4	Taegeuk 5-6-7-8-9
U60 51-60 ANS	Taegeuk 1-2-3-4	Taegeuk 5-6-7-8-9
U65 61-65 ANS	Taegeuk 1-2-3-4	Taegeuk 5-6-7-8-9
O65 +65 ANS	Taegeuk 1-2-3-4	Taegeuk 5-6-7-8-9

DUET		
AGE CATEGORIES	C CLASS/ TAEGEUK	B CLASS/ TAEGEUK
MINIME 9-11 ANS	Taegeuk 1-2-3-4	Taegeuk 5-6-7-8
CADET 12-14 ANS	Taegeuk 1-2-3-4	Taegeuk 5-6-7-8
JUNIOR 15-17 ANS	Taegeuk 1-2-3-4	Taegeuk 5-6-7-8
U30 18-30 ANS	Taegeuk 1-2-3-4	Taegeuk 5-6-7-8-9
O30 +30 ANS	Taegeuk 1-2-3-4	Taegeuk 5-6-7-8-9

TRIO		
AGE CATEGORIES	C CLASS/ TAEGEUK	B CLASS/ TAEGEUK
MINIME 9-11 ANS	Taegeuk 1-2-3-4	Taegeuk 5-6-7-8
CADET 12-14 ANS	Taegeuk 1-2-3-4	Taegeuk 5-6-7-8
JUNIOR 15-17 ANS	Taegeuk 1-2-3-4	Taegeuk 5-6-7-8
U30 18-30 ANS	Taegeuk 1-2-3-4	Taegeuk 5-6-7-8-9
O30 +30 ANS	Taegeuk 1-2-3-4	Taegeuk 5-6-7-8-9



CLASS A.POOM/DAN BOARD. RANDOM DRAW.

INDIVIDUAL	
AGE CATEGORIES	POOMSAE
	Taegeuk 1-2-3-4-5-6-7-8 Jang
	Taegeuk 2-3-4-5-6-7-8 Jang, Koryo
CADET 12-14 ANS	Taegeuk 3-4-5-6-7-8 Jang, Koryo, keumgang
JUNIOR 15-17 ANS	Taegeuk 3-4-5-6-7-8 Jang, Koryo, keumgang, taeback
18-30 ANS	Taegeuk 6-7-8 Jang, Koryo, keumgang, taeback, pyongwon, shipjin
31-40ANS	
41-50ANS	Taegeuk 8 Jang, Koryo, keumgang, taeback, pyongwon, shipjin, jitae, chonkwon
51-60 ANS	Koryo, keumgang, taeback, pyongwon, shipjin, jitae, chonkwon, hansu
61-65ANS	
≥66ANS	

DUET	
AGE CATEGORIES	POOMSAE
	Taegeuk 2-3-4-5-6-7-8 Jang, koryo
CADET 12-14 ANS	Taegeuk 3-4-5-6-7-8 Jang, Koryo, keumgang
JUNIOR 15-17 ANS	Taegeuk 4-5-6-7-8 Jang, Koryo, keumgang, taeback
18-30 ANS	Taegeuk 6-7-8 Jang, Koryo, keumgang, taeback, pyongwon, shipjin
≥31 ans	Taegeuk 8 Jang, Koryo, keumgang, taeback, pyongwon, shipjin, jitae, chonkwon

TRIO	
AGE CATEGORIES	POOMSAE
	Taegeuk 2-3-4-5-6-7-8 Jang, koryo
CADET 12-14 ANS	Taegeuk 3-4-5-6-7-8 Jang, Koryo, keumgang
JUNIOR 15-17 ANS	Taegeuk 4-5-6-7-8 Jang, Koryo, keumgang, taeback
18-30 ANS	Taegeuk 6-7-8 Jang, Koryo, keumgang, taeback, pyongwon, shipjin
≥31 ans	Taegeuk 8 Jang, Koryo, keumgang, taeback, pyongwon, shipjin, jitae, chonkwon

The random drawn Poomsaes will be communicated 3 days before the competition by email at the request of the clubs on ilgidojang-valleedelarve@hotmail.com



FAMILY POOMSAES CATEGORIES

Come accompanied by your student or your master, your father or mother to make the Poomsae of your choice! Forget the ranks and come measure yourself at the top!

For Duo categories: one of the two participants must be over 18 years old.

For Trio categories: one of the three participants must be over 18 years old.

The rank of the participants may be different from one to another.

The same participant can compete in two different categories.

All Poomsaes will be chosen and must be indicated when registering on ilgidojang-valleedelarve@hotmail.com

B-C CATEGORIES

Participants will need to register on ilgidojang-valleedelarve@hotmail.com indicating imperatively the choice of their Poomsaes for the 1st, 2nd and 3rd round (2 Poomsaes)

For duet and trio– SAME

DEVELOPMENT

Categories with more than 20 competitors: The competition will start in the 1st round

Categories of 9/19 competitors: The competition will start in the 2nd round

Categories with 8 competitors: All candidates are in the final

Final: Participants qualified for the final will perform 2 executive Poomsaes.

Categories with more than 20 competitors at the end of the 1st round, 50 % of the participants are eliminated. After the 2nd round, there are 8 candidates left for the final.

Categories of less than 9/19 competitors: the competition will start in the 2nd round, there are 8 candidates left for the final.

Categories with 8 competitors: All the candidates are in the final.

A POOM/DAN CLASS: RANDOM DRAW

B/C CLASS : (see board below)

A CLASS: The imposed random drawn Poomsaes will be communicated 3 days before the competition on email at the request of the clubs on ilgidojang-valleedelarve@hotmail.com

B/C CATEGORIES

Age limits are based on year of birth

Example: if a person is 17 on the day of the competition, but turns 18 the same year, they will participate in the 18 to 30 division.



FAMILY POOMSAES CATEGORIES

Only for classes B/C, each athlete has the right to participate in the age category above his own.

Inscriptions

On Internet by this website www.martial.events/fr

For the B/C categories, and family Poomsae, on: ilgidojang-valleedelarve@hotmail.com

Alexandre CHAFFIN 06 58 31 74 00 – stark.industrie@hotmail.com

REGISTRATION DEADLINE: APRIL 22, 2023

Be careful! The limit is 250 attendants (4 areas).

Accreditations

Friday May 5, 2023 from 6:30 p.m. to 8 p.m.

Saturday, May 6, 2023 from 7:30 a.m. to 8:30 a.m.

At the sports complex Richard Bozon-room Coubertin

8:30 a.m.: Arrival of participants

9 a.m. to 9:30 a.m.: Judges meeting.

9:45 a.m.: Coachs meeting

Beginning at 10:15 a.m. – End around 7 p.m.



MEALS :

Book your lunch and evening meals (to take away for the evening) at the following address :

ilgidojang-valleedelarve@hotmail.com

Payment by bank transfer: On the account IBAN FR76 1027 8024 2000 0205 6720 143 entitled CMB repas

All our menus are accompanied by a drink of your choice:
Coca, ice tea, water, orangina, orange juice

We suggest you:



BIBIMBAP

A complete and delicious dish, of Korean origin. A real culinary journey!

Vegetarian BIBIMBAP: Tofu, rice, egg, 4 vegetables, sauce 10€

Beef BIBIMBAP, rice, 4 vegetables, sauce. 10€



COUSCOUS / HALAL

Chicken merguez couscous 10€

Egg Bricks: potato, egg, tuna, cheese, coriander 5€



BAO BURGER

Butter chicken and carrots with orange 10€

Lamb shoulder tagine and coleslaw 10€

Blanquette of tofu and mushrooms 10€

Our burgers are sold by 3.

Possibility to choose 3 different flavors

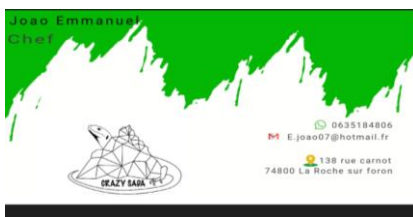


SANDWICHES

Ham/butter Sandwich 5€

Cheese sandwich (melted raclette) and pickles 5€

Merguez sandwich 5€





ACCOMODATIONS

IBIS SALLANCHES PORTE DU MONT BLANC
Address : 1643 Av. de Genève, 74700 Sallanches
Phone : 04 50 58 14 42
hb2q5@accor.com



IBIS BUDGET SALLANCHES
Address : 2055 Av. de Genève, 74700 Sallanches
Phone : 0 892 70 74 09
h9465@accor.com



IBIS STYLE SALLANCHES
Address : 2055 Av. de Genève, 74700 Sallanches
Phone : 04 50 55 88 90
hb2q5@accor.com



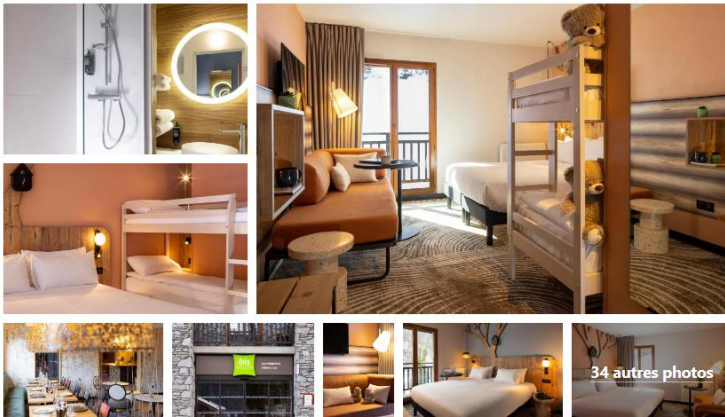


IBIS STYLES LES HOUCHES

Address : 333 Rue de l'Essert, 74310 Les Houches

Phone : 04 86 80 27 17

HB9P8@accor.com



AUBERGE DE JEUNESSE HI CHOMONIX MONT BLANC

Address : 127 Mnt Jacques Balmat, 74400 Chamonix-Mont-Blanc

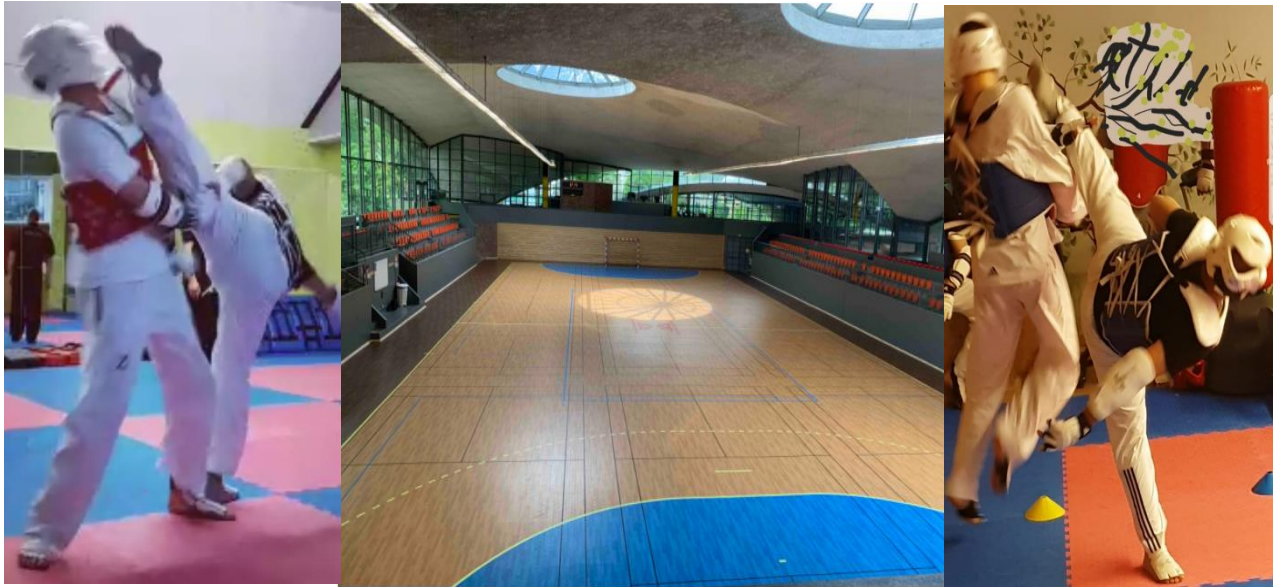
Phone: 04 50 53 14 52

chamonix@hifrance.org





CHALLENGE DU MONT BLANC KYORUGI SUNDAY THE 7TH OF MAY 2023



DAEDO ELECTRONIC CHEST PROTECTORS FOR EVERY CATEGORIES EXEPT BABIES
DAEDO ELECTRONIC HEADGEAR FROM CADET CATEGORY

Invitation

We are glad to invite you for the "Challenge du Mont-Blanc 2023" which will take place in Chamonix. We are looking forward to see you on the 6th and 7th of May for this Poomsae and fighting tournament.

Place: Sports Complex Richard Bozon-gym Coubertin, which can welcome 500 seats and 900 people.

Inscriptions on www.martial.events/fr

Registration deadline: 22nd of April 2023

Participant limit: 250

For more information: M. Chaffin Alexandre

Tel +33 6 58 31 74 00

Email: ilgidojang-valleedelarve@hotmail.com





Reward

Individual: 1st, 2nd & 2x3rd places / per club: 1st, 2nd & 3rd places
Teams: 1st place = 5points, 2nd place = 4 points, 3rd place = 3 points
Medals will be given at the end of fights.

Licenses

Attendants need to have a 2023 taekwondo license validated and delivered by one of the officials' federations of their country.
No valid license (without photo ID and identity card) nor medical stamp = **NO PARTICIPATION**

Complaints

In the case of a disagreement, only the coach is allowed to come to the jury table after the time limit of complaints (10min after the end of the fight). The referee's decision is definitive.

WT Competition Regulations

Disciplinary regulations et internal order regulations for FFTDA spectator.

Each competitor shall have their license and 2023 passport up-to-date, with the medical stamp. Without these documents, participation is impossible.

Each coach shall have their license and 2023 passport. They will be able to accompany their student only if they are wearing a sport outfit.

Responsibility

In no circumstances the organization can be held responsible for losses, thefts, violence, damages on the equipment...





Place

Sports Complex Richard Bozon – gym Coubertin
214 avenue de la plage
74400 Chamonix Mont Blanc

Car Parks

Parking des tennis, parking du fond des Gires, parking Bouchet

Date

Sunday, the 7th May 2023

Access

The competition is accessible to clubs and federation which are members of the World Taekwondo.

The attendants shall have a valid license (2023) delivered by taekwondo federations.

Foreign attendants shall have a valid license (2023) of a taekwondo federation recognized by the World Taekwondo.

Attendants

See attached table

Weight categories

See attached table

Babies' categories:

From 2018 to 2020 (3-5 years old) Class A

From 2016 to 2018 (6-7years old) Class B

Procedure:

3 rounds (without touches), 30 seconds with 30 seconds of rest.

Considered with blue and red flags.

2 winning rounds to be winner.

Equipment

DAEDO GEN 2 electronics chest protectors for every category. Attendants necessarily need to have their GEN2 equipment compatible with the DAEDO GEN 2 chest protectors. DAEDO electronic headgears + mouth guards (transparent) are mandatory from the cadet category. Benjamins et Minimes shall have their own helmets.

Each attendant need to have their own groin guard, forearm guards, shin guards, gloves, and foot protectors.



Inscriptions

On internet by this website: www.martial.events/fr (for all categories EXEPT babies)
For Babies categories: stark.industrie@hotmail.com
Alexandre CHAFFIN 06 58 31 74 00 – stark.industrie@hotmail.com

Registration deadline: 22nd of April 2023

Be careful! The limit is 250 attendants (6 areas)

Accreditations et weighing

Accreditations will be given on Sunday the 7th May from 8am.

Weighing: Saturday, the 6th of May from 6:30pm on 2 sites for every category:

- DOJANG OF BONNEVILLE
66 avenue Staufen
74130 Bonneville
- GYM COUBERTIN
74400 Chamonix Mt Blanc

100g Tolerance

Procession

Time of arrival: 8:30am

Referees briefing: 9-9:30am

Coaches briefing: 9:45am

Beginning of the fights: 10:15am Benjamins-Minimes-Cadets and Babies

Fights:

Benjamins, Minimes and Cadet: 3 x 1min

Juniors, Seniors, Masters: 3 x 1.30min

2 winning rounds

Finale: 3x2min

According to the processing of the competition, these times can be changed by the director of the competition.

Registration fees

- Competitor 15€
- Babies 10€
- Spectator 3€ (free for children under 10 years old) / payment on the spot
- 1 coach free for 5 competitors (each additional coach: 10€)

Payment

Payment necessarily needs to be done on www.martial.events/fr no later than 22nd of April.

Babies: on this IBAN account: FR76 1027 8024 2000 0205 6720 143 with the tittle being CMB 2023 name of club / number of fighters

Please send a proof of your payment to ilgidojang-valleedelarve@hotmail.com



MEALS

Book your meals for lunch and dinner (take out for dinner in the evening) there: ilgidojang-valleedelarve@hotmail.com

Payment by bank transfer: on this IBAN account FR76 1027 8024 2000 0205 6720 143 with the title being CMB meals

All our menus are served with a beverage of your choice, among:
Cola, iced tea, water, Orangina, orange juice

You can choose between:

BIBIMBAP

A complete and delicious meal from Korea. Truly a culinary journey!

Vegetarian BIBIMBAP: Tofu, rice, eggs, 4 vegetables, sauce	10€
BIBIMBAP with beef, rice, eggs, 4 vegetables, sauce	10€

COUSCOUS / HALAL

Couscous with chicken and merguez	10€
Egg Brick: potatoes, eggs, tuna, cheese, coriander	5€

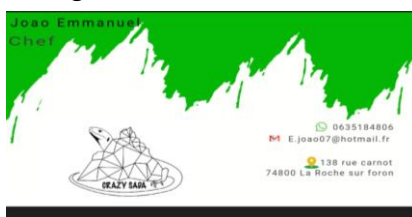
BAO BURGER

Butter chicken and orange-seasoned carrots	10€
Lamb shoulder tajine and coleslaw style	10€
Tofu blanquette with mushrooms	10€

Burgers are sold by lots of 3
3 flavors different to choose from

SANDWICHES

Ham and butter Sandwich	5€
Cheese (melted raclette) and pickles Sandwich	5€
Merguez Sandwich	5€





LODGINGS

IBIS SALLANCHES PORTE DU MONT BLANC
Address: 1643 Av. de Genève, 74700 Sallanches
Tel: 04 50 58 14 42
hb2q5@accor.com



IBIS BUDGET SALLANCHES
Address: 2055 Av. de Genève, 74700 Sallanches
Tel: 0 892 70 74 09
h9465@accor.com



IBIS STYLE SALLANCHES
Address: 2055 Av. de Genève, 74700 Sallanches
Tel: 04 50 55 88 90
hb2q5@accor.com



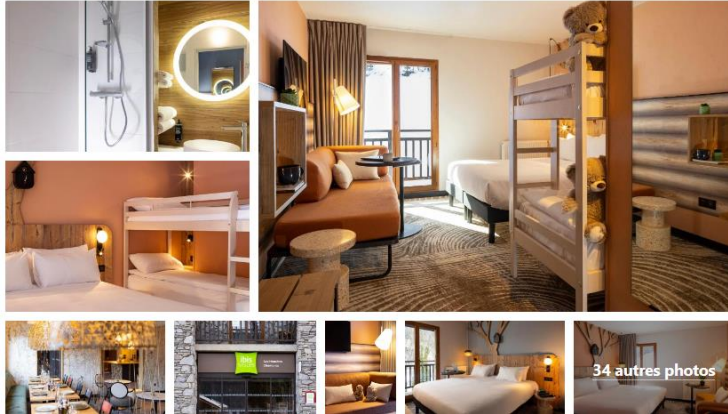


IBIS STYLES LES HOUCHES

Address: 333 Rue de l'Essert, 74310 Les Houches

Tel: 04 86 80 27 17

HB9P8@accor.com



YOUTH HOSTEL HI CHOMONIX MONT BLANC

Address: 127 Mnt Jacques Balmat, 74400 Chamonix-Mont-Blanc

Tel: 04 50 53 14 52

chamonix@hifrance.org

