

# Open Hanmadang Ghent 2022

Sports hall Bourgoyen, Driepikkelstraat 30 9030 Mariakerke-Ghent

Sunday November 6 2022

**Organisation:** Taekwondo clubs Ghent and Menen, under supervision of the Flemish Taekwondo (TV).

## Regulations:

TKDV/WT regulations: [www.taekwondo.be](http://www.taekwondo.be) • downloads • competition

Each athlete participates under his own responsibility.

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.

## Age groups:

All age limits are based on the year of birth.

Eg: Someone born on 31/12/2007 becomes 15 in 2022 15 and will participate on 6/11/2022 in the age group 15-17 years.

You can participate in several categories (individual, pair, group).

### Individual disciplines

1. up to 9 years : junior I
2. 10 - 12 years : junior II
3. 13 - 15 years : junior III
4. 16 - 18 years : junior IV
5. 19 - 29 years : senior I
6. 30 - 39 years : senior II
7. 40 - 49 years : senior III
8. 50 - 59 years : master I
9. >=60 years : master II

### Pair- and groupdisciplines

1. up to 9 years : junior I
2. 10 - 12 years : junior II
3. 13 - 15 years : junior III
4. 16 - 18 years : junior IV
5. 19 - 29 years : senior I
6. 30 years and older : senior II

## Disciplines:

The Open Hanmadang Chindojang Ghent will include almost all official Hanmadang disciplines.

- **Individual authorized poomse** : taegeuks/poomses according to the official poomse regulations. Taegeuks/poomses may be chosen freely. Only one preliminary round !!
- **Pair authorized poomse**: gender not imposed, according to the official poomse regulations. Taegeuks/poomses may be chosen freely. Only one preliminary round !!
- **Team authorized poomse**: 3 - 5 participants, gender not imposed. In this discipline ladyteams can compete with menteteams in the same category, according to the official poomse regulations. Taegeuks/poomses may be chosen freely. Only one preliminary round !!
- **Creative poomse**: 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 :
  - 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 (= tolken = dolgaechagi = tornado kick),
  - 2 spinning kicks (= momdollyo chagi),
  - Optional : 2 540° jump kicks (540° mondollyo chagi) (not for -12 years old)(This technique must **not** be performed by all participants).
- **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 absent!!**
- 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 which 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.
- **Self defence:** 3 – 7 participants. Within a time frame of one minute, the team will demonstrate self defence. (Hosinsul). Music is allowed.
- **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 jump side kicks (two 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.
- **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 held 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 poomse
  - Self defence
  - Single jump breaking
  - Various target breaking (= moving multi-direction breaking)
  - Spinning breaking (horizontal and vertical)
  - Freestyle team breaking (before known as creative breaking)
  - Power breaking

Please follow the facebook page [Open Hanmadang Gent | Facebook](#)

**Registration:** at the venue from 08.00hrs to 09.00hrs.

**Start time:** Tournament starts at 10u00 hrs.

**Subscription:** Only pre-registrations are accepted.  
 Each participant can only participate in two disciplines.  
**The participation fee must be paid in advance by bank transfer!!**  
 Entry fee to be paid by bank transfer to 'Chindojang Ghent'  
**Iban number :** BE93 8915 8419 7967 (BIC: VDSPBE91),  
 Reference : Open Hanmadang Ghent 2022 + name of the club.  
 Proof of payment shall be shown upon registration at the venue.  
 Pre-registrations shall be submitted using the attached spreadsheet and should be sent by E-mail to [hanmadanggent@gmail.com](mailto:hanmadanggent@gmail.com) .  
**Deadline entries: Tuesday October 25th 2022.**  
 Maximum 250 entries. Free admission at the venue for one coach per 5 participants.  
 5 € per coach card warranty will be asked.

**Participation fees:**

- Individual authorized poomse : 15 €
- Pair authorized and creative poomse: 25 € per pair.

- Team disciplines (authorized poomse, creative poomse, self defence, taekwondo aerobic, team demo): 35 € per team.
  - Power breaking: 15 €.
  - All-round breaking and recording contests: 20 € pp.
- The entry fee includes the break items.

**Spectators:** 5€ admission fee. Free entry for children under the age of 12.

**Prizes:** Individual: 1<sup>st</sup>, 2<sup>nd</sup> and two 3<sup>rd</sup> places.

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