






# Coupe Hennuyère 2026 – 8<sup>th</sup> edition

## Poomsae

DATE AND PLACE	
Date	Saturday 04/25/2026
Place	Mons Arena
Address	Rue des laminoirs, 2, 7012 Mons
ORGANISATION	
Organisers	 <b>Taekwondo Imjin Academy et discipline associée</b>
Contact	Fiori Agostino <a href="mailto:agostino.fiori170361@gmail.com">agostino.fiori170361@gmail.com</a> 0472/675583
Technical representative	Ansion Esteban
Promotor	 Association Belge Francophone de Taekwondo (ABFT asbl) Chaussée de Wavre, 2057 1160 Auderghem <a href="http://www.abft.be">www.abft.be</a>
Access	  Each club must have a license recognised by the World Taekwondo.
REGISTRATION	
Registration deadline	<input type="checkbox"/> No registration possible after 04/20/2026.
Registration website	<input type="checkbox"/> Registration possible only on <a href="http://www.martial.events">www.martial.events</a>
	
Spots available	<input type="checkbox"/> 300 spots available
Participation fee	<input type="checkbox"/> Individual: 25 € / athlete <input type="checkbox"/> Pair: 30 € / pair <input type="checkbox"/> Team: 40 € / team <input type="checkbox"/> Family: 0 € / competitor <input type="checkbox"/> Must be paid before <b>04/20/2026, 11.59 pm.</b> <input type="checkbox"/> Bank transfer only, via this bank account: <b>BE45 0688 9639 2989</b> <b>Taekwondo Imjin Academy</b> <b>BIC: GKCCBEBB</b> <input type="checkbox"/> <b>No individual transfer, only one transfer per club</b> <ul style="list-style-type: none"> <li>• Kyorugi and poomsae in two different transfers</li> </ul>

	<p>☐ Add this in communication</p> <p><b>Coupe Hennuyère + Poomsae + Name of the club</b></p> <p>☐ Please send a proof of your payment (screenshot or pdf file of transfer) to <a href="mailto:agostino.fiori170361@gmail.com">agostino.fiori170361@gmail.com</a></p> <p>☐ All entries of a club must be paid.</p> <p>☐ <b>No refund is allowed</b>, since there were many absentees last year.</p> <p>⇒ No registration is possible on the day of the competition.</p> <p>⇒ No athlete may compete in more than one category on the same day.</p>
<b>Coach</b>	<p>☐ Free entrance for one coach per team of 5 athletes.</p> <ul style="list-style-type: none"> <li>• From 1 to 5: 1 coach</li> <li>• From 6 to 10: 2 coaches</li> <li>• From 11 to 15: 3 coaches</li> <li>• ...</li> </ul> <p>☐ Each <b>extra coach</b> costs <b>5 €</b>.</p> <p>☐ The coach must be 18 years old or older.</p> <p>☐ To be allowed in the area, the coach must wear sportswear clothes (tracksuit and sport shoes).</p> <p>☐ they must have their ID-card or their passport.</p> <p>☐ The coach must have a valid license-insurance..</p>
<b>Spectators</b>	<p>⇒ <b>10 €</b> / person (you can pay by card or cash)</p> <p>⇒ Free for children under 6 years old.</p>

<b>COMPETITION</b>	
<b>Ethical sport</b>	By entering this competition, the competitor acknowledges and understands the rules of their sport, the ABFT charter regarding the right sportive behaviour while competing and the FWB (sports section) charter: <a href="https://www.abft.be/reglements-bonnes-pratiques/">https://www.abft.be/reglements-bonnes-pratiques/</a>
<b>Type</b>	<p>Cut-off system</p> <p>1<sup>st</sup> round: From 20 competitors</p> <p>2<sup>nd</sup> round: from 9 to 19 competitors</p> <p>3<sup>rd</sup> round (final): max 8 competitors</p>
<b>Areas</b>	3 to 4 areas with electronic systems, depends on the number of competitors
<b>Competition rules</b>	The last WT regulations and the ABFT's additions: <a href="https://www.abft.be/reglements-bonnes-pratiques/">https://www.abft.be/reglements-bonnes-pratiques/</a>
<b>Referees</b>	International (IR-WT) and national referees
<b>Récompenses individuelles</b>	<p>☐ The 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> of each category will respectively receive a gold, silver and bronze medal.</p> <ul style="list-style-type: none"> <li>• Only one 3<sup>rd</sup> place.</li> </ul> <p>☐ Medals will be handed in at the end of the category round.</p> <p>No medal for family competitors.</p>
<b>Team prizes</b>	☐ There will be a cup for the first five teams.

<b>Claims</b>	<p>Only the head coach can make a claim immediately after the end of the fight. They will have to fill in the form handed by the organiser. <b>Each claim costs 100€.</b> This sum will be refunded if the coach wins the case. The head referee's decision is the only valid one. Competition rules and claim form: <a href="https://www.abft.be/reglements-bonnes-pratiques/">https://www.abft.be/reglements-bonnes-pratiques/</a></p>
<b>Categories</b>	
<b>Individual</b>	<p><u>Grade categories:</u></p> <ul style="list-style-type: none"> <li>• A: from 1st dan/poom</li> <li>• B: 4th – 1st keup</li> <li>• C: 8th – 5th keup</li> <li>• D: 10th – 9th keup</li> </ul> <p><u>Age categories:</u></p> <ul style="list-style-type: none"> <li>• Pupils: up to 8 years old: born in 2018 and after</li> <li>• Minors: 9-11 yo: born between 2017 and 2015</li> <li>• Cadets: 12-14 yo: born between 2014 and 2012</li> <li>• Juniors: 15-17 yo: born between 2011 and 2009</li> <li>• U30: 18-30 yo: born between 2008 and 1996</li> <li>• U50: 31-50 yo: born between 1995 and 1976</li> <li>• U60: 51-60 yo: born between 1975 and 1966</li> <li>• O60: 61+: born</li> </ul> <p><u>Gender categories:</u></p> <ul style="list-style-type: none"> <li>• Male</li> <li>• Female</li> </ul>
<b>Pairs</b>	<p><u>Grades categories:</u></p> <ul style="list-style-type: none"> <li>• A: from 1st dan/poom</li> <li>• B: 4th– 1st keup</li> <li>• C: 8th – 5th keup</li> <li>• D: 10th and 9th keup</li> </ul> <p><u>Age categories:</u></p> <ul style="list-style-type: none"> <li>• Up to 11 yo: born in 2015 and after</li> <li>• 12-14 yo: born between 2014 and 2012</li> <li>• 15-17 yo: born between 2011 and 2009</li> <li>• U30: 18-30 yo: born between 2008 and 1996</li> <li>• 31 yo and over: born in 1995 and before</li> </ul> <p><u>Gender category</u></p> <ul style="list-style-type: none"> <li>• 1 male and 1 female</li> </ul> <p><u>Remark</u></p> <ul style="list-style-type: none"> <li>• In one pair, one of the competitors may be in a higher age <b>and/or</b> grade category (one category only). This pair will then compete in the highest age <b>and/or</b> grade category.</li> </ul>
<b>Team</b>	<p><u>Grade categories</u></p> <ul style="list-style-type: none"> <li>• A: from 1st dan/poom</li> <li>• B: 4th – 1st keup</li> <li>• C: 8th – 5th keup</li> <li>• D: 10th et 9th keup</li> </ul>

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	<p><u>Age categories</u></p> <ul style="list-style-type: none"> <li>• Minors: Up to 11 yo: born in 2015 and later</li> <li>• Cadets: 12-14 yo: born between 2014 and 2012</li> <li>• Juniors: 15-17 yo: born between 2011 and 2009</li> <li>• U30: 18-30 yo: born between 2008 and 1996</li> <li>• U50: 31-50 yo: born between 1995 and 1976</li> <li>• U60: 51-60 yo: born between 1975 and 1966</li> <li>• O60: 61+: born</li> </ul> <p><u>Gender categories</u></p> <ul style="list-style-type: none"> <li>• 3 males</li> <li>• 3 females <u>Remark</u></li> <li>• In one team, one of the competitors may be in a higher age <b>and/or</b> grade category (one category only). This pair will then compete in the highest age <b>and/or</b> grade category.</li> </ul>
<b>Family</b>	<p><u>Categories</u></p> <ul style="list-style-type: none"> <li>• No number, grade and age limit</li> <li>• Competitors must be from the same family</li> </ul> <p><u>Remark</u></p> <ul style="list-style-type: none"> <li>• Competitors can choose which two poomsae to present.</li> <li>• Registration for this category via email to <a href="mailto:ansion-esteban@hotmail.com">ansion-esteban@hotmail.com</a> (please, put <a href="mailto:agostinofiori170361@gmail.com">agostinofiori170361@gmail.com</a> in CC).</li> </ul>
<b>Para Taekwondo Individual</b>	<p><u>Grade categories</u></p> <ul style="list-style-type: none"> <li>• A: from 1st dan/poom</li> <li>• B (4th – 1st keup), C (8th – 5th keup) and D (10th and 9th keup)</li> </ul> <p><u>Age categories</u></p> <ul style="list-style-type: none"> <li>• Cadets-juniors: 12-17 yo: born between 2014 and 2009</li> <li>• Seniors: 16 yo and over: born in 2010 and before</li> </ul> <p><u>Gender categories</u></p> <ul style="list-style-type: none"> <li>• Male</li> <li>• Female</li> </ul>
<b>Para Taekwondo Pair</b>	<p><u>Grade categories</u></p> <ul style="list-style-type: none"> <li>• A: from 1st dan/poom</li> <li>• B (4th – 1st keup), C (8th – 5th keup) and D (10th and 9th keup)</li> </ul> <p><u>Age categories</u></p> <ul style="list-style-type: none"> <li>• Cadets-juniors: 12-17 yo: born between 2014 and 2009</li> <li>• Seniors: 16 yo and over: born in 2010 and before</li> </ul> <p><u>Gender categories</u></p> <ul style="list-style-type: none"> <li>• Male</li> <li>• Female</li> </ul>

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<b>Para Taekwondo Team</b>	<u>Grade categories</u> <ul style="list-style-type: none"> <li>• A: from 1st dan/poom</li> <li>• B (4th – 1st keup), C (8th – 5th keup) and D (10th and 9th keup)</li> </ul> <u>Age categories</u> <ul style="list-style-type: none"> <li>• Cadets-juniors: 12-17 yo: born between 2014 and 2009</li> <li>• Seniors: 16 yo and over: born in 2010 and before</li> </ul> <u>Gender categories</u> <ul style="list-style-type: none"> <li>• Male</li> <li>• Female</li> </ul>
<b>Free Style - Individual</b>	<u>Grades categories</u> <ul style="list-style-type: none"> <li>• A: from 1st dan/poom</li> <li>• B (4th – 1st keup), C (8th – 5th keup) et D (10th and 9th keup)</li> </ul> <u>Age categories</u> <ul style="list-style-type: none"> <li>• 17 yo and under: born in 2008 and after</li> <li>• 18 yo and over: born in 2007 and after</li> </ul> <u>Gender categories</u> <ul style="list-style-type: none"> <li>• Male</li> <li>• Female</li> </ul>
<b>Free Style - Pair</b>	<u>Grades categories</u> <ul style="list-style-type: none"> <li>• A: from 1st dan/poom</li> <li>• B (4th – 1st keup), C (8th – 5th keup) et D (10th and 9th keup)</li> </ul> <u>Age categories</u> <ul style="list-style-type: none"> <li>• U17: born in 2009 and after</li> <li>• O17: born in 2008 and before</li> </ul> <u>Gender category</u> <ul style="list-style-type: none"> <li>• 1 male and 1 female</li> </ul>
<b>Free Style – mixed pairs</b>	<u>Grades categories</u> <ul style="list-style-type: none"> <li>• A: from 1st dan/poom</li> <li>• B (4th – 1st keup), C (8th – 5th keup) et D (10th and 9th keup)</li> </ul> <u>Age categories</u> <ul style="list-style-type: none"> <li>• All ages</li> </ul> <u>Gender categories</u> <ul style="list-style-type: none"> <li>• 2 males and 3 females</li> <li>• 3 males and 2 females</li> </ul> <u>Remark</u> <ul style="list-style-type: none"> <li>• 60-second music minimum and 100-second music maximum (on CD or USB).</li> <li>• Compulsory positions: Dwit kubi, Beom seogi, Hakdari soegi</li> </ul>
<b>POOMSAE</b>	
<b>A-category</b>	<ul style="list-style-type: none"> <li>• See table A below</li> <li>• Random draw</li> <li>• Poomsae to present will be posted from <b>04/21/2026</b> <ul style="list-style-type: none"> <li>○ 1st round: 1 poomsae</li> <li>○ 2<sup>nd</sup> round: 1 poomsae</li> <li>○ Final: 2 poomsae</li> </ul> </li> </ul>

<b>Individuel A</b>	<b>Poomsae obligatoire</b>
<b>Débutant ( 8 ans )</b>	Taegeuk 1,2,3,4,5,6,7,8
<b>Minime ( 9- 11)</b>	Taegeuk 2,3,4,5,6,7,8,Koryo
<b>Cadet</b>	Taegeuk 4,5,6,7,8,Koryo,Keumgang, Taebaek
<b>Junior</b>	Taegeuk 5,6,7,8,Koryo,Keumgang,Taebaek,Pyongwon
<b>U30</b>	Taegeuk 7,8,Koryo,Keumgang,Taebaek,Pyongwon,Sipjin, Jitae
<b>U40</b>	Taegeuk 7,8,Koryo,Keumgang,Taebaek,Pyongwon,Sipjin, Jitae
<b>U50</b>	Taegeuk 8,Koryo,Keumgang,Taebaek,Pyongwon,Sipjin, Jitae, Cheonkwon
<b>U60</b>	Taegeuk Koryo,Keumgang,Taebaek,Pyongwon,Sipjin, Jitae, Cheonkwon , Hansu
<b>U65</b>	Taegeuk Koryo,Keumgang,Taebaek,Pyongwon,Sipjin, Jitae, Cheonkwon,Hansu
<b>O65</b>	Taegeuk Koryo,Keumgang,Taebaek,Pyongwon,Sipjin, Jitae, Cheonkwon,Hansu

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**A-category Pair + Team**

- See table A below
  - Random draw
  - Poomsae to present will be posted from **04/21/2026**
    - 1st round: 1 poomsae
    - 2<sup>nd</sup> round: 1 poomsae
    - Final: 2 poomsae
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<b>Pair + Team A</b>	<b>Poomsae obligatoire</b>
<b>Minime</b>	Taegeuk 2,3,4,5,6,7,8, Koryo
<b>Cadet</b>	Taegeuk 4,5,6,7,8, Koryo,Keumgang, Taeback
<b>Junior</b>	Taegeuk 5,6,7,8, Koryo,Keumgang, Taeback,Pyongwon
<b>U30</b>	Taegeuk 7,8, Koryo,Keumgang, Taeback,Pyongwon,Shipjin,Jitae
<b>U50</b>	Taegeuk 8, Koryo,Keumgang, Taeback,Pyongwon,Shipjin,Jitae,Chonkwon
<b>U60</b>	Taegeuk Koryo,Keumgang,Taeback,Pyongwon,Shipjin, Jitae,Chonkwon,Hansu
<b>O60</b>	Taegeuk Koryo,Keumgang,Taeback,Pyongwon,ShipjinJ Jitae,Chonkwon,Hansu

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**B-category**

- See table B below
  - Competitor may choose:
    - 1st round: 1 poomsae
    - 2<sup>nd</sup> round: 1 poomsae
    - Final: 2 poomsae
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**C-category**

- See table C below
- Competitor may choose:
  - 1st round: 1 poomsae
  - 2<sup>nd</sup> round: 1 poomsae
  - Final: 2 poomsae

**Remark**

Competitors of 7th and 8th keup may perform the same poomsae twice over the 3 rounds, except in the final (where the poomsae must be different).

Example of an authorised programme:

- 1st round: Taegeuk 1,
- 2nd round: Taegeuk 2 and
- final: Taegeuk 1 and 2.

Examples of non-authorised programmes:

- 1st round: Taegeuk 1,
  - 2nd round: Taegeuk 1 and
  - final: Taegeuk 1 and 2
  - 1st round: Taegeuk 1,
  - 2nd round: Taegeuk 2 and final: Taegeuk 1 and 1
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**D-category**

- See table D below
- Competitor may choose:
  - 1st round: 1 poomsae
  - 2<sup>nd</sup> round: 1 poomsae
  - Final: 1 poomsae
- Competitors may perform the same poomsae three times.

Âge	B			C			D		
	Individuel	Pair	Team	Individuel	Pair	Team	Individuel	Pair	Team
... - 8	Taegeuk 4, 5, 6, 7, 8	Taegeuk 4, 5, 6, 7, 8	Taegeuk 4, 5, 6, 7, 8	Taegeuk 1, 2, 3, 4	Taegeuk 1, 2, 3, 4	Taegeuk 1, 2, 3, 4	Taegeuk 1, 2	Taegeuk 1, 2	Taegeuk 1, 2
9 - 11	Taegeuk 4, 5, 6, 7, 8			Taegeuk 1, 2, 3, 4			Taegeuk 1, 2		
12 - 14	Taegeuk 4, 5, 6, 7, 8, 9	Taegeuk 4, 5, 6, 7, 8, 9	Taegeuk 4, 5, 6, 7, 8, 9	Taegeuk 1, 2, 3, 4	Taegeuk 1, 2, 3, 4	Taegeuk 1, 2, 3, 4	Taegeuk 1, 2	Taegeuk 1, 2	Taegeuk 1, 2
15 - 17	Taegeuk 4, 5, 6, 7, 8, 9	Taegeuk 4, 5, 6, 7, 8, 9	Taegeuk 4, 5, 6, 7, 8, 9	Taegeuk 1, 2, 3, 4	Taegeuk 1, 2, 3, 4	Taegeuk 1, 2, 3, 4	Taegeuk 1, 2	Taegeuk 1, 2	Taegeuk 1, 2
18-30	Taegeuk 4, 5, 6, 7, 8, 9	Taegeuk 4, 5, 6, 7, 8, 9	Taegeuk 4, 5, 6, 7, 8, 9	Taegeuk 1, 2, 3, 4	Taegeuk 1, 2, 3, 4	Taegeuk 1, 2, 3, 4	Taegeuk 1, 2	Taegeuk 1, 2	Taegeuk 1, 2
31 - 40	Taegeuk 4, 5, 6, 7, 8, 9	Taegeuk 4, 5, 6, 7, 8, 9	Taegeuk 4, 5, 6, 7, 8, 9	Taegeuk 1, 2, 3, 4	Taegeuk 1, 2, 3, 4	Taegeuk 1, 2, 3, 4	Taegeuk 1, 2	Taegeuk 1, 2	Taegeuk 1, 2
41 - 50	Taegeuk 4, 5, 6, 7, 8, 9			Taegeuk 1, 2, 3, 4			Taegeuk 1, 2		
51-60	Taegeuk 4, 5, 6, 7, 8, 9			Taegeuk 1, 2, 3, 4			Taegeuk 1, 2		
61 - 65	Taegeuk 4, 5, 6, 7, 8, 9			Taegeuk 1, 2, 3, 4			Taegeuk 1, 2		
66 - ...	Taegeuk 4, 5, 6, 7, 8, 9			Taegeuk 1, 2, 3, 4			Taegeuk 1, 2		