

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

## Poomsae

### DATE AND PLACE

Date	Saturday 04/25/2026
Place	Mons Arena
Address	Rue des lamoins, 2, 7012 Mons

### ORGANISATION

#### Organisers



Taekwondo Imjin Academy et discipline associée

#### Contact

Fiori Agostino  
[agostino.fiori170361@gmail.com](mailto:agostino.fiori170361@gmail.com)  
0472/675583

#### Technical representative

Ansion Esteban

#### Promotor



Association Belge Francophone de Taekwondo  
(ABFT asbl)  
Chaussée de Wavre, 2057  
1160 Auderghem  
[www.abft.be](http://www.abft.be)

#### Access



Each club must have a license recognised by the World Taekwondo.

### REGISTRATION

Registration deadline No registration possible after 04/20/2026.

Registration website Registration possible only on [www.martial.events](http://www.martial.events)



Spots available 300 spots available

Participation fee **Individual:** 25 € / athlete  
**Pair:** 30 € / pair  
**Team:** 40 € / team  
**Family:** 0 € / competitor  
 Must be paid before **04/20/2026, 11.59 pm.**  
 Bank transfer only, via this bank account:  
BE45 0688 9639 2989  
Taekwondo Imjin Academy  
BIC: GKCCBEBB  
 **I No individual transfer, only one transfer per club**  
• Kyorugi and poomsae in two different transfers

	<p><input type="checkbox"/> Add this in communication</p> <p><b>Coupe Hennuyère + Poomsae + Name of the club</b></p> <p><input type="checkbox"/> 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><input type="checkbox"/> All entries of a club must be paid.</p> <p><input type="checkbox"/> <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><input type="checkbox"/> 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><input type="checkbox"/> Each <b>extra coach</b> costs <b>5 €</b>.</p> <p><input type="checkbox"/> The coach must be 18 years old or older.</p> <p><input type="checkbox"/> To be allowed in the area, the coach must wear sportswear clothes (tracksuit and sport shoes).</p> <p><input type="checkbox"/> they must have their ID-card or their passport.</p> <p><input type="checkbox"/> 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><input type="checkbox"/> 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><input type="checkbox"/> Medals will be handed in at the end of the category round.</p> <p>No medal for family competitors.</p>
<b>Team prizes</b>	<input type="checkbox"/> There will be a cup for the first five teams.

<b>Claims</b>	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>
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Categories	
<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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#### Age categories

- Minors: Up to 11 yo: born in 2015 and later
- Cadets: 12-14 yo: born between 2014 and 2012
- Juniors: 15-17 yo: born between 2011 and 2009
- U30: 18-30 yo: born between 2008 and 1996
- U50: 31-50 yo: born between 1995 and 1976
- U60: 51-60 yo: born between 1975 and 1966
- O60: 61+: born

#### Gender categories

- 3 males
- 3 females Remark
- In one team, one of the competitors may be in a higher age **and/or** grade category (one category only). This pair will then compete in the highest age **and/or** grade category.

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### **Family**

#### Categories

- No number, grade and age limit
- Competitors must be from the same family

#### Remark

- Competitors can choose which two poomsae to present.
- Registration for this category via email to [ansion-esteban@hotmail.com](mailto:ansion-esteban@hotmail.com) (please, put [agostinofiori170361@gmail.com](mailto:agostinofiori170361@gmail.com) in CC).

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### **Para Taekwondo**

#### **Individual**

#### Grade categories

- A: from 1st dan/poom
- B (4th – 1st keup), C (8th – 5th keup) and D (10th and 9th keup)

#### Age categories

- Cadets-juniors: 12-17 yo: born between 2014 and 2009
- Seniors: 16 yo and over: born in 2010 and before

#### Gender categories

- Male
- Female

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### **Para Taekwondo**

#### **Pair**

#### Grade categories

- A: from 1st dan/poom
- B (4th – 1st keup), C (8th – 5th keup) and D (10th and 9th keup)

#### Age categories

- Cadets-juniors: 12-17 yo: born between 2014 and 2009
- Seniors: 16 yo and over: born in 2010 and before

#### Gender categories

- Male
- Female

<b>Para Taekwondo</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>

## POOMSAE

**A-category**

- 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

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

**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

Pair + Team A	Poomsae obligatoire
Minime	Taegeuk 2,3,4,5,6,7,8, Koryo
Cadet	Taegeuk 4,5,6,7,8, Koryo,Keumgang, Taeback
Junior	Taegeuk 5,6,7,8, Koryo,Keumgang, Taeback,Pyongwon
U30	Taegeuk 7,8, Koryo,Keumgang, Taeback,Pyongwon,Shipjin,Jitae
U50	Taegeuk 8, Koryo,Keumgang, Taeback,Pyongwon,Shipjin,Jitae,Chonkwon
U60	Taegeuk Koryo,Keumgang,Taeback,Pyongwon,Shipjin,Jitae,Chonkwon,Hansu
O60	Taegeuk Koryo,Keumgang,Taeback,Pyongwon,Shipjin,Jitae,Chonkwon,Hansu

**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.

Age	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		