



ORGANIZATION

Students of Thomas More Hogeschool, under the auspices of **Taekwondo Vlaanderen**, with the cooperation of the city of Turnhout.

LICENSE

Belgian participants: valid taekwondo license delivered by one of the regional recognized and subsidized uni-sports federation.

Foreign participants: valid license of a recognized taekwondo federation that offers WT taekwondo.

No valid license (with photo/identity card) means no participation.

LIABILITY

All participants participate at their own risk.

ENTRY

Spectators: 5 € pp • up to 12 years old free entrance

Regulations for spectators: [Intern reglement TKDV](#) and [Tuchtreglement](#)

Coaches: 0-9 competitors: 1 coach free entrance

10-14 competitors: 2 coaches free entrance

From 15 competitors: 3 coaches free entrance

Every extra coach needs to pay the entrance fee.

LOCATION

Campus Blairon 800, 2300 Turnhout

INFORMATION

Concerning the organization of the competition and the registration of the competitors:

hanmadangbelgianopen@gmail.com

sporttechnisch@taekwondo.be • +32 11 87 09 19 (Nele Schouterden)

recreatie@taekwondo.be • +32 11 87 09 19 (Annelies Van Hoofstat)

REGULATIONS

TKDV/WT-regulations: www.taekwondo.be • downloads • competitie

All participants participate at their own risk.

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 disciplines if needed.

CATEGORIES

The year of birth is decisive for the category in which the participant will compete. For ex. someone born on 31/12/2007 will turn 15 in 2022 and will compete on 23/04/2022 in the category 15-17 year.

One can participate in multiple categories (individual, pair, team).

Individual Disciplines	
≤9j	Junior I
10-12j	Junior II
13-15j	Junior III
16-18j	Junior IV
19-29j	Senior I
30-39j	Senior II

40-49j	Senior III
50-59j	Master I
60j and older	Master II

Pair- en groupsdisciplines	
≤9j	Junior I
10-12j	Junior II
13-15j	Junior III
16-18j	Junior IV
19-29j	Senior I
30y and older	Senior II

DISCIPLINES

The Open Hanmadang 2022 will include almost all official Hanmadang disciplines. Participants can compete in one or two of the following disciplines during the tournament.

- **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 menteam 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. Preferably on music. The following techniques are required to be demonstrated by all participants during this discipline :
 - 2 x 2 or more side kicks at once (double, triple, ... yeop chagi),
 - 2 jump side kicks (two yeop chagi),
 - 2 back kicks (dwit chagi),
 - 2 turning kicks (= tolken = dolgaechagi = tornado kick),
 - 2 spinning kicks (= momdollyo chagi),
 - 2x 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 (yeop chagi and dwit chagi) shall be performed on boards of 2 cm.
 - 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. Preferably on music. This is a combination of aerobics and Taekwondo on music. The following techniques are required to be demonstrated by all participants :
 - 2 x 2 or more side kicks at once (double, triple, ... yeop chagi)
 - 2 jumped yeopchagi's
 - 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 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 (formerly known as creative breaking)
 - Power breaking

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TIMETABLE

08:00 - 09:00	Registration (teams that register too late will be declined)
10:00	Start competitions

REGISTRATIONS

Website	Taekwondo Vlaanderen – www.taekwondo.be
Deadline	Monday 18/04/2022 until 23:59
Participation fee	- Payment in advance for:

- o Individual authorized poomsae: €15/pp
- o Pair authorized and creative poomsae: €25 per pair
- o Team disciplines (authorized poomsae, creative poomsae, hosinsul, taekwondo aerobics, team competition): €35 per team
- o Power breaking: €15/pp
- o All-round breaking and recording contests: €20/pp

The price includes breaking materials.

- The fee must be on the account of the organization at least 1 day prior to the competition.
- Mail your proof of payment to: 'hanmadangbelgianopen@gmail.com'
- **No payment on the spot possible**

There must be a payment for all athletes on the competition list. No refund possible.

Bank account

Taekwondo Vlaanderen

IBAN: BE96 0682 3723 0705

BIC: GKCCBEBB

Reference: Open Hanmadang 2022 + name of the club

PRIZES

Individual: 1st, 2nd and two 3rd places.