



OUTLINE



ESPOO TKD OPEN 2023

KYORUGI and POOMSAE



ORGANIZER ESPOO TAEKWONDO ACADEMY RY

DATE: 16.04.2023 at 08:00 - 20:00

PLACE: Espoonlahti Sports Hall (Espoonlahden Liikuntahalli) Rehtorintie 1, 02360 Espoo



REGISTRATION

KYORUGI

Online registration: www.tpss2021.eu

Application deadline: Sunday 9th April 2023

POOMSAE

Online registration: www.tpss2021.eu

Application deadline: Sunday 9th April 2023

Pairs and groups for Poomsae with members from more than one club are registered by e-mail to tatu.iivanainen@taekwondo.fi

For foreign participants, the payment must be paid as a team in advance to the Espoo Taekwondo

Academy ry account **fi0440550012557423 BIC HELSFIHH**

In the message **club** and reference number **10184**. The list of participants will be sent by email to

info.espootkd.academy@gmail.com

COMPETITION CATEGORIES

Kyorugi	Fee
Kids' categories (E1, D2, C2)	35,00 €
Youth beginners (B2) Adult beginners (H) and Masters (S)	35,00 €
League categories (D1, C1, B1 ja R)	45,00 €
Participating in two kids' or beginners' category	55,00 €

Single elimination tournament system will be used in all Kyorugi categories.

A competitor can apply for the right to participate in an age group one higher than her/his own. Exemption applications must be sent to the kyorugi committee well before the competition to the following e-mail: tpetjoi@gmail.com

Poomsae	Fee
Individual category	39,00 €
Pair category	19,50 €/competitor
Team category	13,00 €/competitor
More than one kids' or beginners' category	55,00 €

Competition fees are determined according to the last day of registration. Foreign clubs must pay the entry fees in advance to the organizer's bank account. The competition fee for kyorugi is not invoiced (excluding league series), if the competitor is the only registrant in her/his series, and it is not possible to organize a match for her/him through series combinations.

CATEGORY TRANSFERS / CANCELLATIONS

Look at Finland Taekwondo Federation's website:

www.suomentaekwondoliitto.fi/seurat/peruutusehdot

Possible category transfers and cancellations must be reported to the competition director by e-mail without delay after the deadline:

KYORUGI: email: otteluvaliokunta@taekwondo.fi

POOMSAE: email: tatu.iivanainen@taekwondo.fi

KYORUGI CATEGORIES

The series are played in the **cup** system.

A competitor can apply for the right to participate in an age group one higher than his own age group using the exemption procedure. Exceptions must be sent to the match committee well before the games to the following address: tpetjoi@gmail.com

Category	Age	Duration	Weight class
Children amateurseries			
E1 Kids	6-8 Y 2015 - 2017	3 x 1 min Rest 30 s	Boys and girls in combined weight classes. Registration separately, the weight classes will be combined later. -23, -26, -30, -34, -38, -42, -46, +46
D2 Kids	9-11 Y 2012 - 2014	3 x 1 min Rest 30 s	Male/Female: -27, -30, -33, -36, -40, -44, -48, -52, -57, +57
C2 Kids Boys/Girls	12-14 Y 2009 - 2011	2 x 1 min Rest 30 s	Male: -33, -37, -41, -45, -49, -53, -57, -61, -65, +65 Female: -29, -33, -37, -41, -44, -47, -51, -55, -59, +59
Amateur category			
B2-juniors	15-17 Y 2006 – 2008	3 x 1,5 min Rest 30 s	Male: -45, -48, -51, -55, -59, -63, -68, -73, -78, +78 Female: -42, -44, -46, -49, -52, -55, -59, -63, -68, +68
Beginners (H)	+17 Y 2006 or before	3 x 1,5 min Rest 30 s	Male: -54, -58, -63, -68, -74, -80, -87, +87 Female: -46, -49, -53, -57, -62, -67, -73, +73
Masters (S)	+30 Y 1993 or before	3 x 1,5 min Rest 30 s	
League			
Pre-Cadets (D1)	9-11 Y 2012 - 2014	3 x 1,5 min Rest 30 s	Boys/Girls -27, -30, -33, -36, -40, -44, -48, -52, -57, +57
Cadets (C1)	12-14 Y 2009 – 2011	3 x 1,5 min Rest 30 s	Male: -33, -37, -41, -45, -49, -53, -57, -61, -65, +65 Female: -29, -33, -37, -41, -44, -47, -51, -55, -59, +59
Juniors (B1)	15-17 Y 2006 – 2008	3 x 1,5 min Rest 30 s	Male: -45, -48, -51, -55, -59, -63, -68, -73, -78, +78 Female: -42, -44, -46, -49, -52, -55, -59, -63, -68, +68
Masters (R1)	+17 Y 2006 tai aik.	3 x 1,5 min Rest 30 s	Male: -54, -58, -63, -68, -74, -80, -87, +87 Female: -46, -49, -53, -57, -62, -67, -73, +73

Note! The organizer reserves the right to update the match times due to the number of participants in the competition if required by the schedule.

POOMSAE CATEGORIES

Ranking categories. Belt grade at least 6th Kup.			
Category	Age	Division	Poomsae list
Cadets	12–14 years	Girls and boys in their own category	Taegeuk 4–8 Jang, Koryo, Keumgang
Juniors	15–17 years	Girls and boys in their own category	Taegeuk 4–8 Jang, Koryo, Keumgang, Taeback
Under 30	18–30 years	Men and women in their own category	Taegeuk 6–8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
Under 40	31–40 years	Men and women in their own category	Taegeuk 6–8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
Under 50	41–50 years	Men and women in their own category	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
Over 50	51 years or more	Men and women in their own category	Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
Pairs under 17	12–17 years	One (1) boy and one (1) girl	Taegeuk 4–8 Jang, Koryo, Keumgang, Taeback
Pairs under 30	18–30 years	One (1) man and one (1) woman	Taegeuk 6–8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
Pairs over 30	31 years or more	One (1) man and one (1) woman	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
Teams under 17	12–17 years	Three (3) boys or three (3) girls, boys and girls in the same category	Taegeuk 4–8 Jang, Koryo, Keumgang, Taeback
Teams under 30	18–30 years	Three (3) men or three (3) women, men and women in the same category	Taegeuk 6–8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
Teams over 30	31 years or more	Three (3) men or three (3) women, men and women in the same category	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
Freestyle	12 years or more	Men and women in their own category	
Freestyle pairs	12 years or more	One (1) man and one (1) woman	

The compulsory poomsae for the ranking categories will be drawn and published at the Finnish Taekwondo Federation's website on Friday, 14th of April. If there are 20 or more competitors/pairs/teams in the category, the competition will start from the preliminary round, half of which (rounded up) will continue to the semi-final round. If there are 9-19 competitors/pairs/teams, the competition starts with the semi-final round, from which the best 8 continue to the final round. If there are 8 or fewer competitors/pairs/groups, the competition starts directly from the final round. In each round, two sets of Poomsaes are performed. In the freestyle categories, there is only a final round, in which competitors/pairs perform one poomsae.

Beginners' and kids' categories				
Category	Age	Belt grade	Division	Poomsae list
Yellow belts	No age limit	8th–7th kup	Men and women in their own category	Taegeuk 1–4 Jang
Green belts	No age limit	6th–5th kup	Men and women in their own category	Taegeuk 2–6 Jang
Blue belts	No age limit	4th–3rd kup	Men and women in their own category	Taegeuk 4–8 Jang, Koryo
Red and black belts	No age limit	2nd kup – 2nd poom/dan	Men and women in their own category	Taegeuk 6–8 Jang, Koryo, Keumgang, Taeback
Kids, yellow belts	13 years or younger	8th–7th kup	Girls and boys in the same category	Taegeuk 1–4 Jang
Kids, green belts	13 years or younger	6th–5th kup	Girls and boys in the same category	Taegeuk 2–6 Jang
Kids, blue belts	13 years or younger	4th–3th kup	Girls and boys in the same category	Taegeuk 4–8 Jang, Koryo
Kids, red and black belts	13 years or younger	2nd kup – 2nd poom	Girls and boys in the same category	Taegeuk 6–8 Jang, Koryo, Keumgang, Taeback
Diesel	30 years or older	At least 8th kup	Men and women in their own category	Taegeuk 4–8 Jang, Koryo, Keumgang, Taeback
Pairs, lower belts	No age limit	8th–5th kup	Two (2) competitors, either of the same or different gender	Taegeuk 2–6 Jang
Pairs, higher belts	No age limit	4th kup – 2nd poom/dan	Two (2) competitors, either of the same or different gender	Taegeuk 5–8 Jang, Koryo
Pairs, kids	13 years or younger	8th kup – 2nd poom	Two (2) competitors, either of the same or different gender	Taegeuk 2–6 Jang
Team, beginners	No age limit	8th kup – 2nd poom/dan	Three (3) competitors, either of the same or different gender	Taegeuk 4–8 Jang, Koryo
Freestyle, beginners	No age limit	8th kup – 2nd poom/dan	Men and women in the same category	

In the kids' and beginners' categories only the final round will be held regardless of the number of competitors. Each competitor will perform two poomsae. The poomsae are free of choice from the poomsae list of the category, except that the same poomsae cannot be performed twice by the player. In kids' categories the player is allowed to perform the same poomsae twice.

If the players of the pair are of different belt grade groups, they compete in the pairs, higher belts category.

The beginners' freestyle category uses the same judging criteria as the ranking category.

ENTRY REQUIREMENTS

Finnish competitors, coaches and team leaders must have a valid Finnish Taekwondo Federation license. Coaches and team managers must have the association's trustee agreement completed and returned to the association's office before the competition.

Head of team must ensure that their club's competitors have valid sports or accident insurance covering taekwondo competitions. The organizers are not responsible for the competitors' insurance coverage.

RULES

KYORUGI

World Taekwondo Competition Rules & Interpretation as implemented in Finland. For further information regarding the competition rules, please contact the referee director of the competition.

Daedo PSS (Gen. 1 and Gen. 2) will be used at this Tournament and will be provided by the Organizing Committee. All athletes must bring their own Daedo sensor socks. Video replay will be used in Pre-cadet, Cadet, Junior, and Senior categories. Head gears, groin/forearm/shin guards and gloves are mandatory and must be brought by the contestants. Mouthpiece is also mandatory (only white or transparent)!

POOMSAE

World Taekwondo Poomsae Competition Rules & Interpretation as implemented in Finland. For further information regarding the competition rules, please contact the referee director of the competition.

SCHEDULE

KYORUGI

Sunday 16th: April 2023

08:00 – 08:15 Possible Random weigh for those named (kids, amateurs)

08:30 – 08:45 Referee meeting

08:45 – 09:00 Head of team meeting

09:00 – 12:00 Kyorugi competitions, children / amateur category

12:30 – 12:45 Random weigh, league categories

13:00 – 19:00 Kyorugi competitions (league categories)

12:00 – 12:45 Lunch break

POOMSAE

Sunday 16th April 2023

08:00 – 08:30 Registration

08:30 – 08:45 Referee meeting

08:45 – 09:00 Head of team meeting

09:00 – 19:00 Poomsae competitions

12:00 – 12:45 Lunch break

The organizer reserves the right to make changes. A more detailed schedule will be published closer to the competition.

WEIGH-IN

Saturday 15th April 2023 at 18.00 – 20.00 Weigh-in at the competition venue, possible for everyone!

REMOTE WEIGHING LOCATION

It is possible to arrange remote weighing places in advance by contacting us by April 12, 2023:

To the referee supervisor tpetjoi@gmail.com remote weigh-ins will be carried out during 15 April 2023

You can find remote & random weighing places on the pages: www.taekwondoacademy.fi/espoo-tkd-open

KYORUGI LISTS

The kyorugi lists and the names of those drawn for the check weigh-in will be published the evening before the competition.

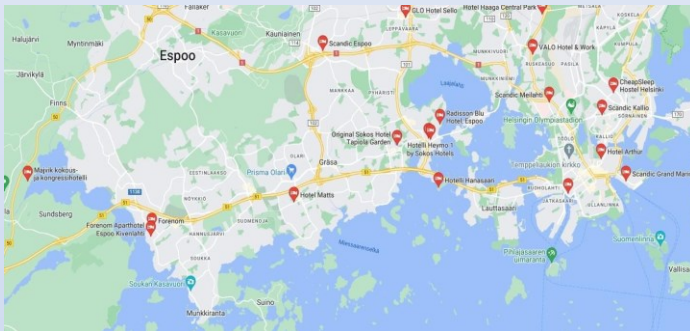
MEALS

Competition lunch ordered in advance €10/portion. Reservations by sports club by 12th April 2023 via online form: <https://www.taekwondoacademy.fi/espoo-tkd-open/>

Lunches are billed by the sports club.

OTHER ISSUES RELATED TO THE COMPETITIONS

- Outdoor shoes may not be worn at the competition venue. There is a shoe park in the entrance hall of the competition venue.
- As a warm-up place, you can use the weight room area of the Espoonlahti sports hall, corridors, or a designated area.
- Espoonlahti sports park is next to the sports hall.
- Accommodations can be found according to the map below or on the internet around the competition venue.
- Google maps [LINK](#)



ADDITIONAL INFORMATION

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<https://www.taekwondoacademy.fi/espoo-tkd-open/>

Tervetuloa!

Welcome!



Tere tulemast!

Sveiki!



Laipni lūdzam!

Välkommen!