



**INTERNATIONAL POOMSAE & FREESTYLE TRAINING CAMP,
HIGH STANDARD SPORTS WORKSHOP
&
FIRE OPEN POOMSAE & FREESTYLE CHAMPIONSHIP 2022 –
BULGARIA**





Dear European National Federations,

Dear Poomsae & Freestyle Masters, Athletes and International Referees,

It is my sincere pleasure and honor to invite you to the 1st European National Teams Poomsae and Freestyle Training Camp, the first specialized event in Europe, bringing together national teams, aiming at contributing to the further development and progress of European Poomsae & Freestyle.

This event is organized by TSC FIRE – SOFIA and comprises a training camp, high standard sports workshop and an open Poomsae & Freestyle competition.

The CAMP is available for all European Poomsae & Freestyle National team members (2018-present).

The main objective of the international training camp, the workshop and open competition is to elevate the European Poomsae & Freestyle teams on top at the next World Poomsae Championships and to help athletes score the foremost places of the world ranking list!

We are pleased to welcome all European National teams to be part of the NEW ERA OF EUROPEAN POOMSAE & FREESTYLE!!!

Sincerely,

**Hristo Varbanov
WT IR Poomsae
Head of TSC Fire-Sofia**

EVENT OFFICIAL OUTLINE

PROMOTER

BULGARIAN TAEKWONDO FEDERATION

ORGANIZING COMMITTEE

TSC FIRE – SOFIA

and Master Hristo Varbanov, IR Poomsae & Kyorugi

Events Dates

August 15th – 19th – International Poomsae & Freestyle Training Camp 2022

August 19th – High Standard Sports Workshop 2022

August 20th– Fire Open Poomsae & Freestyle Championship – Bulgaria 2022

Location address

AquaLife sports complex & AquaLife Tower Hotel

Kranevo village, Bulgaria, Chernomorets str.41, Kranevo, Dobrich reg. 9649

Venue

MARTIAL ARTS SPORTS HALL – AquaLife sports complex

(60 000 square meters professional sports facilities), Kranevo village

www.en.aqualife-sport.com

Registration

INTERNATIONAL TRAINING CAMP 2022 – BULGARIA

firetkd@yahoo.com

HIGH STANDARD SPORTS WORKSHOP 2022 – BULGARIA

firetkd@yahoo.com

FIRE OPEN POOMSAE & FREESTYLE CHAMPIONSHIP 2022 – BULGARIA

www.tpss.eu

Questions and requests

Email: firetkd@yahoo.com

Mobile: +359896865981

Qualification for TRAINING CAMP & WORKSHOP

Children and Cadets must be at least 2nd Geup (Red belt)

Junior and above must be 1st Poom/Dan or higher

All Athletes must be members of the National Poomsae teams

Types of Events & Schedule

Training camp for poomsae & freestyle – from 15th to 19th of August

European Poomsae Workshop – 19th of August

Poomsae & Freestyle Competition – 20th of August

Championship – Rules & Qualifications

A class (3rd Geup & above) – will follow the WT Poomsae Competition Rules in force as of May 14, 2019 shall apply.

All divisions will follow “Cut off” system except individual A class Senior 1 & 2

B class (9th – 4th Geup):

Until 9 contestant (final), 10 contestant and more – Preliminary

Championship – Divisions & classes

	Age	Individual	Pair	Team	
A class	7 – 11	V	V	V	
	12 – 14	V	V	V	
	15 – 17	V	V	V	
Recognize Poomsae	18 – 30	V	V	V	
	31 – 40	V			
WT Poomsae Dobok	41 – 50	V			
	51 – 60	V	V	V	
	61 – 65	V			
	+ 66	V			
	A class	U 17	V	V	V
Freestyle Poomsae	O 18	V	V		
	B class	7 – 11	V	V	V
Recognize Poomsae	12 – 14	V	V	V	
	15 – 17	V	V	V	
	18 – 30	V	V	V	
	Traditional or WT	31 – 40	V	V	V
	Poomsae Dobok	+ 30	V	V	V

Championship – Recognized Poomsae per divisions

	Age	Individual	Pair	Team
A class	7 – 11	Taegeuk 3 Jang to Koryo Poomsae		
	12 – 14	Taegeuk 4 Jang to Keumgang Poomsae		
	15 – 17	Taegeuk 4 Jang to Taebek Poomsae		
Recognize Poomsae	18 – 30	Taegeuk 6 Jang to Shipjin Poomsae		
	31 – 40	Taegeuk 6 Jang to Shipjin	Taegeuk 8 Jang to Chonkwon Poomsae	
41 – 50	Taegeuk 8 Jang to Chonkwon			
WT Poomsae Dobok	51 – 60	Koryo Poomsae to Hansu Poomsae		
	61 – 65			
	+ 66			

NOTICE :

According the program which the EVENTS follow for improvement of European Poomsae – an athlete can participate maximum in 3 divisions and an athlete can participate in his/her age or next higher ONLY in PAIR or TEAM division ONLY if He or She will change category in 2023!!!

(for example Cadet Male/Female is born between 1 Jan 2010 and 31 Dec 2010 He or She has to participate individual in Cadet Division, but in case the teammates in PAIR or TEAM are in Junior then He or She can do PAIR or/and TEAM in Junior Division) !!!

Championship – Drawing of lots and Head of team Meeting

Drawing of lots for A class will be on 19 th of August In each round (preliminary, semifinal & final) will do two Poomsaes by draws. In case of more athletes and time limit the organizers can reduce the numbers of poomsae or rounds!	17:00 – 18:00
Head of team meeting will be on 19 th of August B classes will do Taegeuk 4 Jang in Preliminary and 2 Different Poomsaes between Taegeuk 5-8 Jang in Final by their own choice	18:00 – 19:00

Awards

International Training Camp & Workshop:

Each participant who take part in the full program of the Training camp and Workshop will receive a Certificate

Fire Open Poomsae & Freestyle Championship 2022 – Bulgaria

- 1 Gold medal & Certificate for first place,
- 1 Silver medal & Certificate for second place
- 2 Bronze medals & Certificates for 3rd & 4th places
- Team Ranking in A class for 1st, 2nd & 3rd place
- Team Ranking in B class for 1st, 2nd & 3rd place
- Best Male/Female athletes

Types of Events & Schedule

Training camp for poomsae & freestyle – from 15th to 19th of August

European Poomsae Workshop – 19th of August

Poomsae & Freestyle Competition – 20th of August

Accommodation

AquaLife Tower hotel 4 stars 

Accommodation + full board (three meals) for 7 days(6 nights)

Discount period payment & Registration (Until 30 June 2022)	Single Standard room – 450 euro Double Standard room (per person) – 300 euro
No Discount period payment & Registration (21 June to 31 July 2022)	Single Standard room – 490 euro Double Standard room (per person) – 330 euro
Late Period Payment & Registration (01 to 10 August 2022)	Single Standard room – 530 euro Double Standard room (per person) – 370 euro

Sports facilities

AQUALIFE SPORTS COMPLEX

1. Martial Arts sports hall,
2. Fitness Gym,
3. swimming pools and
4. other indoor or outdoor facilities

Nearest Airports (Shuttle – available)

Varna Airport – 39 km (Shuttle – around 20 euros one way per person)

Burgas Airport – 149 km (Shuttle – around 40 euros one way per person)

Prices

Separate prices	Training camp (only A class athletes) – 250 euro		
	Workshop (only A class athletes) – 100 euro		
	Championship (A and B class) Poomsae & Freestyle:		
	A – class	DIVISIONS	B – class
	80 euro	Individual	40 euro
	100 euro	Pair	50 euro
	120 euro	Team	60 euro

Promotional prices for full package

SPECIAL Package price	Accommodation (FB) + Training camp + Workshop + Championship	
	Early reservation (Until 20 June 2022)	650 euro
	Normal period reservation (21 June to 31 July 2022)	690 euro
	Late Period Reservation (01 to 10 August 2022)	740 euro

Payment

BANK Details	Bank: Central Cooperation Bank (CCB)	
	Swift: CECBBGSF	
	IBAN: BG23CECB979010A8526600	
	Beneficiary name: Hristo Varbanov	
Address: Sofia 1784, Blvd. Al.Malinov #14		
Reason for payment:	Training Camp + Team Name + No Participants	
	Workshop + Team Name + No Participants	
	Fire Open + Team Name + No Participants	
Or	Fire Open All + Team Name + No Participants	

We welcome all European Poomsae & Freestyle Athletes, Coaches, Masters and Referees!

Let's make together our European Taekwondo the technical center and being the top worldwide!!!