

POOMSAE OUTLINE

AMBASSADOR'S CUP

September 23th 2023



(Photo by Elina Glad)



SUOMEN TAEKWONDOLIITTO RY
THE FINNISH TAEKWONDO FEDERATION



Welcome to Ambassador's Cup 2023 organized by The Finnish Taekwondo Federation and Malmin Taekwondo Ry in co-operation with the Embassy of the Republic of Korea to Finland!

Date: Saturday, September 23th 2023

Venue: Tikkurila Sports Park/
Trio Sport Center
Läntinen Valkoisenlähteentie 52
01300 Vantaa
Finland

POOMSAE

Categories: Official, beginners, and kids

Registration: Please make registrations through www.tpss.eu .
Deadline for entries is September 16th 2023.

Entry fees:

| Categories | Fee | |
|------------|------|------------------------|
| Kids | 39 € | Individual, pair |
| Beginners | 39 € | Individual, pair, team |
| Official | 39 € | Individual, pair, team |
| | | |

Participating in more than one kids' or beginners' category costs 55 € per competitor. In official categories, the fee is 39 € per individual, pair, or team, for every category, regardless of how many categories the person participates in.

Categories:

Official categories

| Categories | Age | Gender |
|----------------------|-----------|--|
| Cadets | 12-14 y. | Girls and boys in their own categories |
| Juniors | 15-17 y. | Girls and boys in their own categories |
| Under 30 | 18-30 y. | Women and men in their own categories |
| Under 40 | 31-40 y. | Women and men in their own categories |
| Under 50 | +41-50 y. | Women and men in their own categories |
| Over 50 | +51 y. | Women and men in their own categories |
| | | |
| Pairs under 17 | 12-17 y. | One (1) girl and one (1) boy |
| Pairs under 30 | 18-30 y. | One (1) woman and one (1) man |
| Pairs over 30 | +31 y. | One (1) woman and one (1) man |
| | | |
| Teams under 17 | 12-17 y. | Three (3) girls or three (3) boys * |
| Teams under 30 | 18-30 y. | Three (3) women or three (3) men * |
| | | |
| Teams over 30 | +31 y. | Three (3) women or three (3) men * |
| | | *Female and male teams compete in the same category. |
| Freestyle individual | +12 y. | Women and men in their own categories |
| Freestyle pairs | +12 y. | One (1) woman and one (1) man |

The age limit for each division is based on the year, not on the date, when the competition is held. For this year, a person born between January 1st 2005 and December 31st 2007 is eligible to participate in the junior category.

Beginners (no age limit)

| Categories | Belt | Gender | Poomsae list |
|----------------------|-------------------|---|--|
| Yellow belts | 8th-7th kup | Separate categories for females and males | Taegeuk 1-4 Jang |
| Green belts | 6th-5th kup | | Taegeuk 2-6 Jang |
| Blue belts | 4th-3rd kup | | Taegeuk 4-8 Jang |
| Red and black belts | 2nd kup – 2nd dan | | Taegeuk 6-8 Jang, Koryo, Keumgang, Taeback |
| Diesel, over 30 y. | 8th kup – 9th dan | | Taegeuk 4-8 Jang, Koryo, Keumgang, Taeback |
| Pairs, lower belts | 8th-5th kup | Mixed | Taegeuk 2-6 Jang |
| Pairs, higher belts | 4th kup – 2nd dan | Mixed | Taegeuk 5-8 Jang, Koryo |
| Teams, beginners | 8th kup – 2nd dan | Mixed | Taegeuk 4-8 Jang, Koryo |
| Freestyle, beginners | 8th kup – 2nd dan | Mixed | |

Kids (under 13 years old)

| Categories | Belt | Gender | Poomsae list |
|----------------------|---------------|--------|--|
| Yellow belts | 8.-7. kup | Mixed | Taegeuk 1-4 Jang |
| Green belts | 6.-5. kup | Mixed | Taegeuk 2-6 Jang |
| Blue belts | 4.-3. kup | Mixed | Taegeuk 4-8 Jang |
| Red- and black belts | 2.kup-2. poom | Mixed | Taegeuk 6-8 Jang, Koryo, Keumgang, Taeback |
| Pairs | 8.kup-2. poom | Mixed | Taegeuk 2-6 Jang |

Kids (under 13 years old) can participate both in the kids' and beginners' categories. Competitors competing in the official categories cannot compete in the kids' or beginners' categories.

In the beginners' pair and team categories the players can be of the same or different gender. If the players of the pair are of different belt grade groups, they compete in the pairs, higher belts category.

In case there is a low number of competitors in the kids' or beginners' categories, the organizers may combine categories if permitted by the referee director. If two categories are combined, the players will perform poomsae according to the category they were originally registered to.

Rules:

The WT Poomsae rules (as of May 14, 2019) will be used except as noted below.

- A competitor participating in any official category cannot participate in kids' or beginners' categories.
- The compulsory poomsae for the official categories will be drawn and published on the competition's website on Friday, September 22nd before 8 pm. The poomsae lists are as described in Article 8 of the WT Poomsae rules, except for the following: in individual over 50 the WT list for individual under 60 will be used, and in the pairs and teams under 17 the WT lists for junior pairs and junior teams, respectively, will be used.
- In the official categories, only a final round will be held if there are eight (8) or fewer competitors. If there are nine (9) or more competitors, a semi-final round will be held, and the eight (8) players with the highest score will advance to the final round. In beginning round will not be held. In the final round, two (2) drawn poomsae will be performed. In the semi-final round, only one (1) poomsae will be performed.
- 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 it's the lowest in that category's poomsae list..
- Prizes: one (1) gold medal for the first place, one (1) silver medal for the second place, and one (1) bronze medal for the third place. No medal will be awarded for the fourth place.

Preliminary Schedule: Saturday
07.00 Doors are opened.
08.00-08.30 Referee meeting.
08.30-09.00 Head of Team meeting
09.00-19.00 Competition.

The Organizer reserves the right to make changes to schedules.
The schedule will be updated to Finnish Taekwondo Federation's
website <https://www.suomentaekwondoliitto.fi>

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