

# III. BEACH POOMSAE

and speed kicking

08.06.2024.

I POOMSAE I SPEED KICKING I

BALATONFÜRED  
8230 Széchenyi István u. 24.





## The competition

Date	June 8, 2024 (Saturday)
Location	Balatonfüred Campsite Balatonturist Camping, Széchenyi István u. 24, 8230
Announcer	Hungarian Taekwondo Federation
Director	Hungarian Taekwondo Federation
Race Director	Kiss Roland
Rules	MTKDSZ/ETU/WT rules
Entry deadline	June 6, 2024 (Thursday)
Submit entries	tpss.eu
Entry fee	<ul style="list-style-type: none"><li>• Speed kicking: 10 EUR/person</li><li>• Poomsae: 20 EUR/person</li><li>• Para Poomsae: 10 EUR/person</li><li>• Double/Family entry: 15 EUR/2 person</li><li>• Singles Poomsae and Family/Doubles Poomsae in one: 20 EUR/person (the two categories for one person)</li><li>• Team Poomsae 20 EUR/team</li></ul> <p>The Entry Fee also includes Beach Ticket.</p>
Information	Kiss Roland <ul style="list-style-type: none"><li>• 0670/770-47-54</li><li>• kiss.roland@wttaekwondo.hu</li></ul>
Entry	<ul style="list-style-type: none"><li>• Adults: 5 EUR</li><li>• Student, Senior: 2 EUR (with valid student ID)</li><li>• Under 6 years: free of charge</li></ul> <p>It includes all-day beach entrance at a discounted price, which must be paid to the Hungarian Taekwondo Federation.</p>

## Important

All associations must drop off the expected participants to the [kiss.roland@wttaekwondo.hu](mailto:kiss.roland@wttaekwondo.hu) in advance so that the attendants can purchase discounted tickets. In a separate list of competitors and fans, guests. This condition of entry is that we submit the lists to Balaton Tourist in advance. Tickets can only be purchased on site at full cost.



## Terms and Conditions

Only competitors of sports clubs and sections operating as members of MTKDSZ can participate in the Poomsae competition, who have a valid sports medicine certificate. Competitors under the age of 18 can only participate in the competition with parental permission! Sports medicine certificates must also be presented and submitted at registration, there is no way to do so afterwards!

In the case of competitors, it is an additional condition that they have fulfilled all their obligations related to association membership (annual membership fee), have valid sports insurance, and present their valid competitor card and membership book at registration. There is no requirement to enter the quick kick tournament.

## Entry fee

The entry fee can be transferred to the account of the Hungarian Taekwondo Federation or in cash form on site. On-site registration is open until 9:00 a.m.

IBAN számlaszám: HU21 1030 0002 2016 2768 4882 0019

Account holder: Hungarian Taekwondo Federation.

Bank name: MBH Bank

Address of the Bank: 1056 Budapest, Váci u. 38. Hungary

Swift code: MKKBHUHBXXX

<b>Poomsae individual</b>			
<b>Category</b>	<b>Age</b>	<b>Belt category</b>	<b>Forms</b>
A category	Pupils (7-11)	2.kup or higher	Taegeuk 4,5,6,7
	Cadet (12-14)		Taegeuk 4,5,6,7,8
	Junior (15-17)		Taegeuk 4, 5, 6,7,8 Koryo
	Senior (18+)		Taegeuk 6,7,8 Koryo, Keumgang, Taebaek
B category	Pupils (7-11)	6-3.kup	Optional (Taeguk 1 cannot be chosen for category "B")
	Cadet (12-14)		
	Junior (15-17)		
	Senior (18+)		
C category	Pupils (7-11)	10-7.kup	
	Cadet (12-14)		
	Junior (15-17)		
	Senior (18+)		



<b>Para</b>	Adult (18+)	any belt grade	Taeguk 1,2,3,4,5,6,7,8
<b>Freestyle</b>	Child (7-11)	any belt grade	
	Cadet (12-14)		
	Junior (15-17)		
	Senior (18+)		

<b>Poomsae Pair</b>			
Category	Age	Belt category	Forms
A category	U14 (7-14)	2.kup or higher	Taeguk 4,5,6,7,8
	15+ (15+)		Taeguk 6,7,8 Koryo, Keumgang, Taebaek
B category	U14 (7-14)	6-3.kup	Optional (Taeguk 1 cannot be chosen for category "B")
	15+ (15+)		
C category	U14 (7-14)	10-7.kup	
	15+ (15+)		
Family category	free	free	

<b>Poomsae team</b>			
Category	Age	Belt category	Forms
A category	U14 (7-14)	2.kup or higher	Taeguk 4,5,6,7,8
	15+ (15+)		Taeguk 6,7,8 Koryo, Keumgang, Taebaek
B category	U14 (7-14)	6-3.kup	Optional (Taeguk 1 cannot be chosen for category "B")
	15+ (15+)		
C category	U14 (7-14)	10-7.kup	
	15+ (15+)		
Family category	free	free	



- In category "A", contestants need to know all possible poomsae in their category! Form exercises drawn from among those given must be presented.
- If the contestant does not know the poomsae drawn, another of the format exercises in the category can be presented, but then the opponent automatically advances to the next round.
- The draw takes place during the week of the competition. The list of poomsaes drawn will be published on the websites of the association and the association.
- There is no draw in category "B", competitors are free to choose from the given form exercises.
- The year of birth counts when determining age groups.
- **ATTENTION!** In any age group category, if only one competitor enters, he/she must also present the form exercise valid for that category! **Your result will count towards the team competition!**
- At the pair competition only mixed sex can compete and a single-sex team can compete in the team event at the "A" category.
- Any sex can compete at the „B” and „C” category.

## Freestyle Poomsae

- The individual creative freestyle poomsae competition will be held **in according with official WT rules.**
- The result counts towards the team points competition
- For creative form exercises, the music must be sent to the e-mail address [kiss.roland@wttaekwondo.hu](mailto:kiss.roland@wttaekwondo.hu) by June 6. **Music bringh on mobile phones cannot be acceptable!**

## Para and Autist Poomsae Individual Competition

In accordance with our traditions, we would like to give space to our fellow athletes with disabilities, so we have included the Para and Autistic poomsae categories here as well.

- In this category, two freely chosen form exercises are presented by the competitors.
- Category breakdown based on individual classification.

## Course of the competition

- The competition is conducted in a straight knockout system.
- Judges judge using a flag system.
- The chief judge of the competition may, in agreement with the organizers, change the procedure for conducting categories "B" and "C" at the beginning of the competition. Coaches shall be informed of this.



## Competition outfit

In the competition using the lower part of the dobok and the belt is mandatory.

Male Athletes	Female Athletes
Top: Sleeveless or Topless	Top: Long Shirts or Tank Top or Sleeveless
Bottom: Long & Shorts	Bottom: Long & Shorts

- Hijab is allowed.
- Wearing sport-sunglasses is allowed.
- Make up is allowed.

## Speed kicking competition

### Rules:

- **Running the competition:**  
The competitors take turns one after the other. Each competitor can try **twice**. The better result counts towards the competition. In the event of a tie, the competitors decide the medal positions in an extra round by "shooting".
- A valid result is when the entire foot is in contact with the part of the protector.
- Clothing: any sportswear, can be performed in combs.
- Running time: 20 sec
- Manual counting
- Between two consecutive kicks, the executive foot must touch the ground (e.g. scissor, snap).
- After the time has expired, the counter announces and records the kick count.
- The judge leads, controls, and starts the contestants.

### Age categories (boy, girl):

- **Children I** (6-7 years old),
- **Children II** (8-9 years old),
- **Children III** (10-11 years old),
- **Cadet** (12-14 years old),
- **Junior** (15-17 years old)



- **Adult** (18-35 years old)
- **Veteran** (35+ years old)

### Remuneration:

- I-III. Medals, certificates

### Program

08.00-09:30	Registration
09.30-10:00	Technical meeting
10:00-10.15	Opening Ceremony
10:15-12:00	Start of the competition (quick kick)
12:00-13:00	Lunch break – Breaking Technical presentation.
13:00-17:00	Start of Poomsae competition (singles, doubles and team)
17.00	Closing of the competition

### Other information

When registering, the club leader can register on behalf of his students by presenting membership cards, sports medicine, entry fees and parental permission at the same time. We kindly ask everyone to arrive on time if possible so that we can complete the registration by 9:00 am!

The Tournament Director and the Chief Judge reserve the right to make changes as appropriate.



**MAGYAR TAEKWONDO SZÖVETSÉG**  
HUNGARIAN TAEKWONDO FEDERATION

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**We wish everyone good preparation, fair competition and success!**

Hungarian Taekwondo Federation

**dr. Zsolt Krisztián Márton**  
President

**Kiss Roland**  
Secretary general





## **Beach Poomsae and Speed Kick Competition**

### **Parental consent**

I, the undersigned, \_\_\_\_\_ agree that my child \_\_\_\_\_  
\_\_\_\_\_ will \_\_\_\_\_ participate in the Beach Poomsae contest to be  
held on June 8, 2024. I am aware of the risks and injuries that competition can entail under  
competition rules. I acknowledge that the competition is conducted according to MTKDSZ/  
ETU / WTF rules and the organizers do not take responsibility for any injuries or damages. The  
Federation is not responsible for any accident occurring outside the sports ground.

\_\_\_\_\_, 2024 \_\_\_\_\_. \_\_\_\_\_.

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