



# 30° COLUMBUS CUP DI TAEKWONDO POOMSAE & FREE STYLE

8 DICEMBRE 2024

GENOVA  
PALACUS



REGIONE LIGURIA

Con il Patrocinio del



COMUNE DI GENOVA



# 30° COLUMBUS CUP TAEKWONDO (ITALY)

## POOMSAE & FREE STYLE

8th DECEMBER 2024 – GENOVA (ITALY)

**PROMOTER:** SCUOLA TAEKWONDO GENOVA ASD-Master Fugazza Pietro 8° Dan

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**VENUE:** PALACUS Viale Garibaldi, 52 – Genova Albaro, ITALY

**Date & Plan:** SUNDAY 8th DECEMBER 2024

8.30 a.m. Briefing coach

9.00 a.m. Start Competition – awarding at the end of each category

13.00 Lunch break

14.00 Start Competition – awarding at the end of each category

18.00 End Competition – awarding clubs

### INDIVIDUAL POOMSAE CATEGORY

Beginners (2018-17) / Children (2016-15) / Kids (2014-13) / Cadets (2012-11-10) / Juniors (2009-08-07) / Seniors until 40 (2006-> 1984) / Master Over 40 (1983, 1982, 1981....)

BELT		Preliminary	Semi-Final	Final	
10°-9° Kup	WHITE	1° Jang	1° Jang	1° Jang	
8°-7° Kup	YELLOW	1° Jang	2° Jang	2° Jang	
6°-5° Kup	GREEN	1° Jang	2° Jang	3° Jang	
4°-3° Kup	BLUE	3° Jang	4° Jang	5° Jang	
2°-1° Kup	RED	5° Jang	6° Jang	7° Jang	
1° - 2° - 3° Poom	POOM	4° + 5° Jang	6° + 7° Jang	8° Jang+ Koryo	
1°-2° Dan	BLACK	6° + 7° Jang	8° Jang+ Koryo	Keumgang + Taebeak	
3° Dan and Over	BLACK	Koryo+ Keumgang	Taebeak + Pyongwon	Sipjin + Jitae	

### POOMSAE PAIR CATEGORY (M + F)

Beginners / Children / Kids / Cadets / Junior / Senior until 40 / Master Over 40

10°-9° -8°-7°Kup	WHITE – YELLOW	1° Jang	1° Jang	1° Jang	
6°-5°-4°-3° Kup	GREEN – BLUE	1° Jang	2° Jang	3° Jang	
2°-1° Kup + dan/Poom	RED - BLACK/POOM	3°+4° Jang	5°+6° Jang	7° + 8° Jang	

### FAMILY PAIR CATEGORY (including 2 or 3 DIFFERENT GENERATIONS)

(father/mother+daughter/son; Grandpa/Grandma+grandchild) (not two brothers) M+M or M+F

With one < 4°Kup	At least 1 athlete max green belt	1° Jang	1° Jang	1° Jang	
With both >=4° Kup	Both blue belt or over	5° Jang	5° Jang	5° Jang	

## INDIVIDUAL FREE STYLE CATEGORY

SENIOR-90-100	10°->7° kup	WHITE – YELLOW	6°->3°Kup	GREEN – BLUE	2°-1° kup / DAN -RED/BLACK
JUNIOR-90-100	10°->7° kup	WHITE – YELLOW	6°->3°Kup	GREEN – BLUE	2°-1°kup / DAN -RED/BLACK
CADETS-60-70	10°->7° kup	WHITE – YELLOW	6°->3°Kup	GREEN – BLUE	2°-1°kup / POOM – RED/BLACK
KIDS-60-70	10°->7° kup	WHITE – YELLOW	6°->3°Kup	GREEN – BLUE	2°-1°kup / POOM – RED/BLACK

## FREESTYLE PAIR CATEGORY

KIDS + CADETS	60-70"	4°-3°-2°-1°Kup + Poom	BLUE -> POOM
JUNIOR + SENIOR	90-100"	4°-3°-2°-1°Kup + Dan	BLUE ->POOM

## BABY FREE STYLE CATEGORY

BEGINNERS/CHILDREN	(60-70")	ALL BELTS
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WT/FITA rules with some simplifications

minimum 180° instead than 360°, number of kicks minimum 2 instead of 3, acrobatic action with no kick 1 point

## PARA TAEKWONDO POOMSAE CATEGORY

Divisions will be decided due to the athletes registered **on [tpss.eu](https://tpss.eu)**

**Poomsae and Free Style rules:** WT e F.I.TA. Cut-Off system.

Poomsae: preliminary over 19 athletes, semi final 50% and final 8 athletes.

Freestyle in a single shift: 90/100 seconds for Juniores e Seniores, 60/70 seconds for Cadets, Kids e Babies.

All musics must be delivered at the beginning of the competition on a USB key. File denomination: SURNAME NAME, CATEGORY, CLUB

**Registrations:** Available to all F.I.TA. / E.T.U. / W.T. athletes

**Dead Line Registration:** 30th november 2024– maximum 600 athletes - by mail to [deneb.pedemonte@virgilio.it](mailto:deneb.pedemonte@virgilio.it) using a specific form included on [tpss.eu](https://tpss.eu).

### Entry fees:

30 Euro for Beginners, Children e Kids, unique fee for all competitions.

40 Euro per Cadets, Juniores, Seniores and Masters, unique fee for all competitions.

Free for Para Taekwondo

Payment within 30th novembre 2024 with transfer to SCUOLA TAEKWONDO GENOVA ASD, Iban IT38E0307502200CC8500222411 - Banca Generali Spa – SWIFT code BGENIT2T

**Awardings:** Medals 1°, 2° e 3°+3° for each category.

Cups for the first 5 clubs - Points classification (7 points for gold medal, 3 points for silver medal, 1 point for bronze medal, 1 point for athlete with no opponent).

“Fair Play” Cup award