



40th. OPEN CHALLENGE CUP 2025

POOMSAE

SATURDAY MARCH 1<sup>st</sup> 2025

TONGEREN - BELGIUM

**Individual Pomsae, Pairs, Teams. Freestyle Pomsae. Para Pomsae**

**Belgian Taekwondo Federation Ranking Tournament**

**Organization: Tkd Academy Ge-We under the auspice of Taekwondo Vlaanderen - BTF  
With the cooperation of the sport council and the sport department of Tongeren**

Dear President, Dear Taekwondo Colleague,

It is our pleasure to invite you and your team to participate in the Open Challenge Cup Pomsae 2025 which will be held in Tongeren, Belgium.

**Registrations:** Can only be made using the online subscription site **TPSS**. To login and register please visit: [www.tpss.eu](http://www.tpss.eu) **Deadline:** Saturday February 22<sup>th</sup> 2025!!

Entry Limit: In order to provide a high quality championships, the entries will be limited to no more than 350 entries. If we reach this number before the deadline, the online registration will be closed earlier.

All competition areas are with electronic points system for pomsae competition.  
Each coach will receive a poule list with a complete time table.

If you need any assistance, please do not hesitate to contact the organization team.

Bruno Graziano: Tournament Director

Phone +32 (0)11/31.49.41 Mobil + 32 (0)475/61.38.39 E-mail: [bruno.graziano@telenet.be](mailto:bruno.graziano@telenet.be)

Referee Coordinator Mustapha Moutarazak

[m.moutarazak@hotmail.com](mailto:m.moutarazak@hotmail.com)

[www.challengecup.be](http://www.challengecup.be)



## Place

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Sportcomplex "Sportoase Eburons Dome"  
Vrijheidweg 9,3700 Tongeren (Oost),België  
Tel: +32 (0)12/39.31.11

## Date

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Saturday: March,1<sup>st</sup> 2025

## License

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Belgian participants must be in possession of a valid taekwondo license 2025 delivered by one of the regional recognized and subsidized unisport federations that offers WT.- taekwondo.

Foreign participants must be in possession of a valid license 2025 of a recognized taekwondo federation that offers WT. taekwondo

## Rules

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TKDV./WT. rules [www.taekwondo.be](http://www.taekwondo.be) (see downloads)

[Regulation for spectators](#), see RIO TKDV.vzw and [disciplinary regulations TKDVvzw](#)

Competition Rules:WT. / TKDV.[www.taekwondo.be](http://www.taekwondo.be)VTB vzw en RIO TKDV.vzw

## System

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Cut Off Systeem

+ 20competitors3 rounds: from the preliminary round 50% goes to semi-finals)

9/19competitors2 rounds: the best 8 goes to the final

Categories:8 competitors final round:

## Graduation

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A-category:1<sup>st</sup> Poom / Dan and higher.

B-category:4<sup>th</sup> Kup until 1<sup>st</sup>Kup

C-category:8<sup>th</sup>Kup until 5<sup>th</sup>Kup

D-category: 10<sup>th</sup>kup until 9<sup>th</sup>Kup

**Forms:A-Class : BY DRAWING LOTS** Announcement on [www.taekwondo.be](http://www.taekwondo.be) 26/02/2025

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1<sup>st</sup> round: 1 taegeuk

2<sup>nd</sup> round: 1 taegeuk

3<sup>rd</sup>. round: (final) 2 taegeuks

## Categories

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Individual, Competitors shall be allowed to participate in one or more divisions.

Pair, Team Division

Free Style Poomsae: Individual, pair and team division – only for A-categories!!

**A-CLASS : BY DRAWING LOTS**– Announcement on [www.taekwondo.be](http://www.taekwondo.be) on 26/02/2025

**B, C & D-Class ( New Rules Flemish federation T.V. See Table Below )**

All age categories in the competition are based on the year of birth. For example, if someone is 17 years old on the day of the competition but will become 18 before the end of the year (2025) then he/she will participate in the category of 1<sup>st</sup> Seniors (18-30 years old).

**Individual**(Male/Female separate): A, B, C, D

Age: till 8y, 9-11y, 12-14y, 15-17y, 18-30y, 31-40y, 41-50y, 51-60y, 61-65y, ≥66y

**Pair** (1 male + 1 female): A, B, C, D

Age: till 11y, 12-14y, 15-17y, 18-30y, ≥31y

**Team** (3 male or 3 female– not mixed): A, B, C, D

Age: till 11y, 12-14y, 15-17y, 18-30y, ≥31y

**Para-Taekwondo**– only individual (male/female separate): A category and BCD (1 group)

Individual: A: age: till 17y, ≥ 18y

B+C+D (1 group): age: till 17y, ≥ 18y

Each participant is free to choose a poomsae. One round only.

**Free Style**– Individual (male/female separate), Pair (1 male+1 female),

Team (3 male or female), Mixed team (2male+3female or 3male+2female)

**ONLY A/B-categories!!**

**Individual** A: till 17y, ≥ 18y

**Pair** A: till 17y, ≥ 18y

**Mixed team** A: All ages

**Music** A: min. 90 sec – max. 100sec – **bring your music on CD or USB**

Only for belts B, C and D:

- In the individual discipline, each athlete has the choice of participating in the age category above his own.
  - A pair or a team is formed in the same age category. Nevertheless, it is admitted that one person of the pair or 2 persons of the team can have the category of ages just below or above.
  - A pair or a team is formed in the same class of belts. Nevertheless, a combination of different belts B, C, D is allowed.
  - **A pair or a team must participate in the highest age category and the highest belts class.** This does not apply to A class!
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**Registrations:** [www.tpss.eu](http://www.tpss.eu)

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**Deadline:** Saturday February 22<sup>th</sup> 2025!!!

**Information** Bruno Graziano: +32(0)11/31.49.41 / +32 (0)475/61.38.39

**E-mail:** [bruno.graziano@telenet.be](mailto:bruno.graziano@telenet.be)

## **Time Table**

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**Registration. Friday 28<sup>th</sup> February 2025,** 18:30 – 20:00: registration at the Sport Hall

**Registration. Saturday 1<sup>st</sup> March 2025**

**07:30 – 08:30: registrations!!!**

09:00 – 09:30: Referee meeting

09:45 – 10:00: Coach meeting

10:30: start contests

The detailed time schedule will be available at the registration

**The prizes will be distributed immediately on the fields.**

## **Entry Fee**

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**Individual:** € 25,- **Pairs:** (2) € 35,- **Teams:** (3) € 40,-

**Individual:** Freestyle Music 25€.- Pairs 35€

Spectators Adult € 8,00 Childeren – 12 year admission free

**Entry fees must be paid by bank in advance: Before February 20<sup>th</sup> 2025!!!**

Name: Taekwondo Academy GE-WE Wellen

Account number: IBANBE15 0011 9676 9630 / BIC: GEBABEBB

**Mentioning:** OCC Poomsae 2025, name team + number of participants individual. pair. & team freestyle. Mail your proof of payment to: [bruno.graziano@telenet.be](mailto:bruno.graziano@telenet.be)

## **Awards**

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To all winners of 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place - Teams 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> place

**Teams:** Gold m. 7 points, Silver m. 3 points, Bronze m. 1 point

## **Hall Rules**

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Only the competitors and their coaches have admittance by the registration cards to the contest areas. One coach for every five competitors has free admission with a maximum of 3 coaches per team. Only in sportswear.

## **Protest:**

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Only the official coach is allowed to protest to the LSC, immediately after the end of the contest within 10 minutes. An amount of € 50,- will have to be paid to the competition board. The decision of the referee chairman is final.

## **Liability**

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All competitors are considered to participate at their own risk. The organization crew and the organizer assume no responsibility for any damages, injuries or losses

## Referee

We will have a neutral competition. Each team invited, will be asked to support us with maximum 1 national or international Referee. As there are not enough referees, we will complete it with national Referees. All judges who participate will receive a monetary allowance (€ 75 day) as well as free full lunch and refreshments.

The organizer provides a hotel room for one night with breakfast

Information: [bruno.graziano@telenet.be](mailto:bruno.graziano@telenet.be)

<b>TABLE A-CLASS</b>	
<b>DRAWING OF LOTS</b> Announcement: 26/02/2025 <a href="http://www.taekwondo.be">www.taekwondo.be</a>	
1 <sup>st</sup> round 1 poomsae 2 <sup>nd</sup> round 1 poomsae 3 <sup>rd</sup> round (final) 2 poomsae	
<b>INDIVIDUAL. A</b>	
Age	Poomsae
until 8y	Taegeuk 1,2,3,4,5,6,7,8 jang
9-11y	Taegeuk 2,3,4,5,6,7,8 jang, Koryo
12-14y	Taegeuk 3,4,5,6,7,8 jang, Koryo, Keumgang
15-17y	Taegeuk 4,5,6,7,8 jang, Koryo, Keumgang, Taeback
18-30y	Taegeuk 6,7,8 jang, Koryo, Keumgang,
31-40y	Taebaek, Pyongwon, Shipjin
41-50y	Taegeuk 8 jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
51-60y	Koryo, Keumgang, Taebaek, Pyongwon,
61-65y	Shipjin, Jitae, Chonkwon, Hansu
≥66y	
<b>PAIR. A</b>	
Age	Poomsae
until 11y	Taegeuk 2,3,4,5,6,7,8 jang, Koryo
12-14y	Taegeuk 3,4,5,6,7,8 jang, Koryo, Keumgang
15-17y	Taegeuk 4,5,6,7,8 jang, Koryo, Keumgang, Taeback
18-30y	Taegeuk 6,7,8 jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
≥31y	Taegeuk 8 jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
<b>TEAM. A</b>	
Age	Poomsae
until 11y	Taegeuk 2,3,4,5,6,7,8 jang, Koryo
12-14y	Taegeuk 3,4,5,6,7,8 jang, Koryo, Keumgang
15-17y	Taegeuk 4,5,6,7,8 jang, Koryo, Keumgang, Taeback
18-30y	Taegeuk 6,7,8 jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
≥ 31y	Taegeuk 8 jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon

Belts	Compulsorypoomsae	Round 1	Round 2	Round 3
A	Drawing of lots on 26/02/2025	1 taegeuk	1 taegeuk	2 taegeuks
B	Free choice – seetable	1 taegeuk	1 taegeuk	2 taegeuks
C	Free choice – seetable	1 taegeuk	1 taegeuk	2 taegeuks
D	Free choice – seetable	1 taegeuk	1 taegeuk	1 taegeuk
G Taekwondo	Free choice	/	/	1 taegeuk

**For the B, C, D, G. Category it is obligatory to register the poomsae before closing of the registrations, at the latest 23/02/2025 on the website [www.tpss.eu](http://www.tpss.eu)**

**AGE CATEGORIES**

**CLASS B**

**CLASS C**

**CLASS D**

<b>Individual</b>	Pupil until 8y	Taegeuk 4, 5, 6, 7, 8	Taegeuk 1, 2, 3,4	Taegeuk 1, 2
	Minim 9-11y	Taegeuk 4, 5, 6, 7, 8	Taegeuk 1, 2, 3,4	Taegeuk 1, 2
	Cadet 12-14	Taegeuk 4, 5, 6, 7,8,9	Taegeuk 1, 2, 3,4	Taegeuk 1, 2
	Junior 15-17	Taegeuk 4, 5, 6, 7,8,9	Taegeuk 1, 2, 3,4	Taegeuk 1, 2
	U30 18-30	Taegeuk 4, 5, 6, 7,8,9	Taegeuk 1, 2, 3,4	Taegeuk 1, 2
	U40 31-40	Taegeuk 4, 5, 6, 7,8,9	Taegeuk 1, 2, 3,4	Taegeuk 1, 2
	U50 41-50	Taegeuk 4, 5, 6, 7,8,9	Taegeuk 1, 2, 3,4	Taegeuk 1, 2
	U60 51-60	Taegeuk 4, 5, 6, 7,8,9	Taegeuk 1, 2, 3,4	Taegeuk 1, 2
	U65 61-65	Taegeuk 4, 5, 6, 7,8,9	Taegeuk 1, 2, 3,4	Taegeuk 1, 2
	O65 + 65	Taegeuk 4, 5, 6, 7,8,9	Taegeuk 1, 2, 3,4	Taegeuk 1, 2

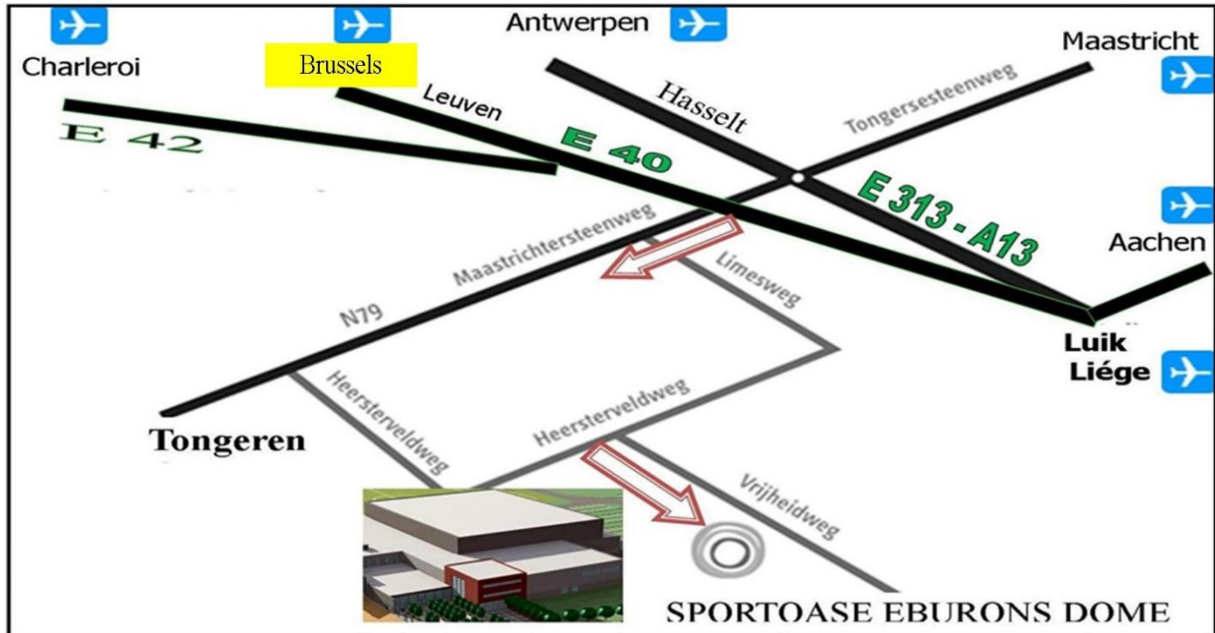
<b>Pair</b>	Minim until 11y	Taegeuk 4, 5, 6, 7, 8	Taegeuk 1, 2, 3,4	Taegeuk 1, 2
	Cadet 12-14	Taegeuk 4, 5, 6, 7,8,9	Taegeuk 1, 2, 3,4	Taegeuk 1, 2
	Junior 15-17	Taegeuk 4, 5, 6, 7,8,9	Taegeuk 1, 2, 3,4	Taegeuk 1, 2
	U30 18-30	Taegeuk 4, 5, 6, 7,8,9	Taegeuk 1, 2, 3,4	Taegeuk 1, 2
	O30 +31	Taegeuk 4, 5, 6, 7,8,9	Taegeuk 1, 2, 3,4	Taegeuk 1, 2

<b>Team</b>	Minim until 11y	Taegeuk 4, 5, 6, 7, 8	Taegeuk 1, 2, 3,4	Taegeuk 1, 2
	Cadet 12-14	Taegeuk 4, 5, 6, 7,8,9	Taegeuk 1, 2, 3,4	Taegeuk 1, 2
	Junior 15-17	Taegeuk 4, 5, 6, 7,8,9	Taegeuk 1, 2, 3,4	Taegeuk 1, 2
	U30 18-30	Taegeuk 4, 5, 6, 7,8,9	Taegeuk 1, 2, 3,4	Taegeuk 1, 2
	O30 + 31	Taegeuk 4, 5, 6, 7,8,9	Taegeuk 1, 2, 3,4	Taegeuk 1, 2



## Airport

For your own comfort and budget, please use Brussels National Airport (Zaventem) and try to avoid Brussels South Charleroi



## Sportcomplex



## ACCOMODATION

### **Hotel Limburgia**

Adres: Op 't Broek 43770 Kanne (Riemst) (± 5 Km. Sportcomplex)  
Phone: + 32 (0) 12 45 46 00 Fax: 0032 (0)12 - 45 66 28  
E-mail:[hotellimburgia@telenet.be](mailto:hotellimburgia@telenet.be)[www.hotellimburgia.be](http://www.hotellimburgia.be)

### **Hotel Holliday Inn Hasselt**

Kattegatstraat 1 3500 Hasselt (± 20 Km. Sportcomplex)  
Phone +32 (0) 11 24 22 00  
[www.hihasselt.com](http://www.hihasselt.com) E-mail: [info@hihasselt.com](mailto:info@hihasselt.com)

### **EBURON HOTEL**

Adres: de Schiervelstraat 10, 3700 Tongeren (± 5 Km. Sportcomplex)  
Phone: + 32 (0) 12 23 01 99 fax :+32 (0)12 26 13 70  
[info@eburonhotel.be](mailto:info@eburonhotel.be)[www.eburonhotel.be](http://www.eburonhotel.be)

### **Hotel Malpertuus**

Adres: Tongersesteenweg 145 3770 Riemst (± 5 Km. Sportcomplex)  
Phone + 32 (0) 12 45 15 38 Fax + 32 (0) 12 45 57 73  
[www.malpertuus.be](http://www.malpertuus.be)

### **Hotel Ambiotel**

Adres: Veemarkt 2, 3700 Tongeren ( ± 5 Km. Sportcomplex )  
Phone +32(0) 12 26 29  
[www.ambiotel.beambiotel.tongeren@belgacom.net](http://www.ambiotel.beambiotel.tongeren@belgacom.net)

### **RadissonBlu Hotel, Hasselt**

Adres: Torenplein 8, B-3500 Hasselt, Belgium (± 20 KmSportcomplex)  
T: +32 11 77 00 00, D: +32 11 77 00 74  
[www.radissonblu.com/hotel-hasselt](http://www.radissonblu.com/hotel-hasselt)

### **Hotel Century**

Adres:Leopoldplein 1, 3500 Hasselt (± 20 Km. Sportcomplex )  
Phone +32 (0)11 22.47.99 Fax +32 11 23 18 24  
[hotel@century.be](mailto:hotel@century.be)[www.century.be](http://www.century.be)

### **Hotel Hollyday Inn Express Hasselt**

Adres: Thonissenlaan 37, 3500 Hasselt Belgium (± 20 Km Sportcomplex)  
Phone: +32 0)11379300 [info@hiexhasselt.com](mailto:info@hiexhasselt.com);

### **YUP HOTEL**

Adres:Thonissenlaan 52, 3500 Hasselt, (± 20 Km. Sportcomplex )  
Phone: +32 (0) 11 23 11 11[info@yuphotel.com](mailto:info@yuphotel.com)[www.yuphotel.com](http://www.yuphotel.com)

### **B&B Hotel Hasselt**

Adres: Thonissenlaan, 75, 3500 Hasselt (± 20 Km. Sportcomplex )  
Phone +32 (0) 11 26 09 80**bb** [bb\\_7510@hotelbb.com](mailto:bb_7510@hotelbb.com)[www.hotel-bb.com](http://www.hotel-bb.com)

### **Hotel 't Huys van Steyns**

Henisstraat 20, 3700 Tongeren  
Phone: +32 (0)12 69 88 99  
[info@huysvansteyns.be](mailto:info@huysvansteyns.be)[www.huisvansteyns.be](http://www.huisvansteyns.be)

### **Hotel Campanile Liégé**

Location: RUE JEAN BAPTISTE JUPPIN 17/18, LIEGE,(± 15 KmSportcomplex )  
Phone:+ 32 04 224 02 72 [www.campanile.com/hotel/liege](http://www.campanile.com/hotel/liege)