



Taekwondo Club JUNGLINSTER a.s.b.l.

DAE BAK

LËNSTER **대박**
POOMSÆ CUP
2024

태권도



Sunday

12 May 2024

At 9:00 - END

TaeKwonDo
JUNGLINSTER

Junglinster "Op Fréinen"

INSCRIPTION: www.martial.events



Taekwondo Club JUNGLINSTER a.s.b.l.

DAE BAK


Lënster Poomsae Cup

12.05.2024

PLACE AND DATE

Date Sunday 12/05/2024
Sporthall Centre Sportif « Op Fréinen »
Address 6130 Junglinster

ORGANISATION

Organiser  Taekwondo-Club Junglinster a.s.b.l.
<http://www.tkd-junglinster.lu>

Contact Teresa Majerus-Bednarz
info@tkd-junglinster.lu
691 287 711

Access The competition is open to World Taekwondo member clubs and associations.

INSCRIPTION

Registration deadline date No more registrations will be accepted after **05.05.2024, by 23:59.**

Online registration Registrations exclusively via: www.martial.events

Competitors Maximum of 120

Registration fee

- ⇒ **Individual: 25 € / Competitor**
- ⇒ **Pair: 30 € / Pair**
- ⇒ **Team: 30 € / Team**
- ⇒ **Family: 15 € / Participant**

Payment must be made before 05.05.2024 at 23:59. After this deadline, an additional €10 per participant will be charged.

Exclusively by bank transfer to the account

IBAN LU04 0030 0977 0464 1000

Taekwondo Club Junglinster a.s.b.l.

- ⇒ With the communication: DAE BAK Lënster Poomsae Cup 2024 + NAME OF CLUB + number of participants (Ind/Pair/Team).
- ⇒ Please send us a proof of payment (screenshot of the transaction) to accounting@tkd-junglinster.lu.
- ⇒ The registration fee must be paid for all registered competitors.
- ⇒ No refunds are possible after the registration deadline.



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⇒ No registrations will be made on the day of the competition.

Coach

⇒ Free admission for one coach per 5 participants.

- 1 - 5: 1 Coach
- 6 - 10: 2 Coaches
- 11 - 15: 3 Coaches

⇒ When coaching, the coach must wear sportswear (tracksuit and sports shoes). He/she must be in possession of his/her identity card or passport.

Spectators

Free of charge.

TOURNAMENT

Tournament programme

⇒ **Sunday 12.05.2024**

- 08 :00 - 09:00h Registration
- 09 :15 Coach meeting
- 09 :30 – END / Tournament

Access rules

⇒ Access to the sports hall is only permitted with sports shoes. Persons who do not comply with this rule must take a seat in the tribune.

⇒ **Only athletes, coaches, officials, referees and VIPs have access to the competition area.**

⇒ The coaches wear tracksuits and sports shoes.

⇒ Coaches are not permitted to wear a Dobok. **Black rewers are not permitted for categories B, C and D!**

⇒ Eating in the sports hall is not permitted.

System

Cut-off-System

1st round: from 20 participants

2nd round: 9 to 19 participants

3rd round (final): maximum 8 participants

Playing field

2-3 fields with electronic counters, depending on the registrations.

Tournament rules

WT, WTE

<http://worldtaekwondo.org/rules-wt/rules.html?sc=02>

Individual/pair awards

⇒ The 1st, 2nd and 3rd place in each category will receive a gold, silver and bronze medal respectively.

⇒ The medals are presented at the end of the round.

Awards per team

The 1st, 2nd, 3rd, 4th and 5th clubs will receive a trophy.

Protest

Only the official coach may lodge a protest immediately after the end of the category. **The referee's decision is final.**

Safety and security

Participation in the championship is at your own risk. The organisers do not take any responsibility for injuries, theft or damage to personal property.



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DISCIPLINES AND CATEGORIES

All age categories are based on the year of birth. Example: If a person was born in 2009, they will be 15 years old in 2024 and will take part in the 15-17 years category on 28 January 2024. It is possible to participate in several categories (individual, pair, team, family).

- A: from 1. dan/poom
- B: 4. - 1. kup
- C: 8. - 5. kup
- D: 9. - 10. kup

Discipline	Categorie	Age
Individual	A, B, C, D	≤ 8a, 9-11a, 12-14a, 15-17a, 18-30a, 31-40a, 41-50a, 51-60a, 61-65a, ≥66a
Pair + Team	A, B, C, D	≤ 11a, 12-14a, 15-17a, 18-30a, ≥31a
Family	A+B+C+D	All ages

Only for categories B, C and D:

- ⇒ In the individual discipline, each athlete has the choice of competing in the age group above their own.
- ⇒ A pair or team is formed in the same age category. However, it is permissible for one person in the pair or two people in the team to be in the next higher age category.
 - ⇒ A pair or team is formed in the same class. However, a combination of different classes B, C, D is permitted. You must compete in the highest age group and the highest category.

This does not apply to category A!

Family category:

- No limit on the number, category or age.
- Participants from the same family.

Note

- Free choice of two poomsae to be presented.
- Registration for this category takes place separately via: info@tkd-junglinster.lu

Gender categories :

- Male
- Female

MANDATORY POOMSAE

For classes B, C and D, it is mandatory to select the poomsae before 05/05/2024 and add them to the website www.martial.events

Class D: Competitors may present the same poomsae three times.

Categorie	Mandatory Poomsae	Round 1	Round 2	Round 3
A	Draw on 05/05/2024 - Table	2 taegeuks	2 taegeuks	2 taegeuks
B	Free choice - table	1 taegeuk	1 taegeuk	2 taegeuks
C	Free choice - table	1 taegeuk	1 taegeuk	2 taegeuks
D	Free choice - table	1 taegeuk	1 taegeuk	1 taegeuks



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Alter	A		
	Individual	Pair	Team
6-8	Taegeuk 1, 2, 3, 4, 5, 6, 7, 8	Taegeuk 2, 3, 4, 5, 6, 7, 8, Koryo	Taegeuk 2, 3, 4, 5, 6, 7, 8, Koryo
9-11	Taegeuk 2, 3, 4, 5, 6, 7, 8, Koryo		
12-14	Taegeuk 3, 4, 5, 6, 7, 8, Koryo, Keumgang		
15-17	Taegeuk 4,5,6,7,8, Koryo, Keumgang, Taebaek		
18-30	Taegeuk 6,7,8, Koryo, Keumgang, Taebaek Pyongwon, Sipjin		
31-40	Taegeuk 6,7,8, Koryo, Keumgang, Taebaek Pyongwon, Sipjin	Taegeuk 8, Koryo, Keumgang, Taebaek Pyongwon, Sipjin	Taegeuk 8, Koryo, Keumgang, Taebaek Pyongwon, Sipjin
41-50	Taegeuk 8, Koryo, Keumgang, Taebaek Pyongwon, Sipjin		
51-60	Koryo, Keumgang, Taebaek Pyongwon, Sipjin, Jitae,		
61+			

Alter	B			C			D		
	Individual	Pair	Team	Individual	Pair	Team	Individual	Pair	Team
... - 8	Taegeuk 4, 5, 6, 7, 8			Taegeuk 1, 2, 3, 4			Taegeuk 1, 2		
9 - 11									
12 - 14									
15 - 17									
18-30									
31 - 40	Taegeuk 4, 5, 6, 7, 8, 9								
41 - 50									
51-60									
61 +									



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Einverständniserklärung
Autorisation de participation
Authorisation to participate

Hiermit erlaube ich meiner Tochter/meinem Sohn:

Par la présente, j'autorise mon fils / ma fille :

Hereby authorise my son/daughter:

an folgender Veranstaltung teilzunehmen:

à participer à la manifestation suivante :

to take part in the following event:

DAE BAK Lënster Poomsee Turnier

Datum und Ort der Veranstaltung

Date et lieu de la manifestation

Date and venue of the event

12.05.2024 JUNGLINSTER / LUXEMBOURG

Ich entbinde hiermit den Veranstalter und den TaeKwonDo Club Junglinster a.s.b.l. von jeglicher Haftung für Körper- und Sachschäden während der An- und Heimfahrt sowie während des Aufenthalts.

Par la présente, je décharge l'organisateur et le TaeKwonDo Club Junglinster a.s.b.l. de toute responsabilité pour dégâts corporels ou matériels occasionnés pendant les voyages et le séjour.

I hereby release the organiser and the TaeKwonDo Club Junglinster a.s.b.l. from any liability for personal injury or material damage caused during the travel and stay.

Erziehungsberechtigte(r) / Personne investie de l'autorité parentale / Person with parental authority:

Date/Datum:.....

Signature / Unterschrift: