



VLAŠTOFKAP 2018

## HIRUNDO POOMSAE CUP 2018

### **Organizer:**

Klub Hirundo z.s.

**Tournament partners are Tusah.cz and the Czech Taekwondo Federation.**

**Competition methods:** National Poomsae League (10th–4th kup) cut-off system – Individuals and pairs, Poomsae Extraleague (3rd kup or higher) single elimination system – only individuals, power breaking

**Date:** Saturday, 26 May 2018

### **Contacts:**

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### **Venue:**

Sports hall Lužiny, Bellušova 1877/68, Praha 13, 155 00

GPS: N 50°02'28.9", E 14°19'30.5"

### **Registration:**

Deadline: Wednesday 23 May 2018 11:59 PM, at <http://www.tkdregistrace.cz/>

Registration for power breaking – via excel table „registration\_breaking.xlsx“ – <http://www.tkdregistrace.cz/>

**Entry fee:** 15 € / 350 CZK





## VLAŠTOFKAP 2018

### Schedule:

8:30 AM - 9:30 AM	Registration
9:50 AM - 11:00 AM	Pairs – National Poomsae League
11:00 AM - 2:30 PM	National Poomsae League (10th-4th kup)
2:30 PM - 4:00 PM	Poomsae Extraleague (3rd kup or higher)
4:00 PM – 5:30 PM	Power breaking

(The schedule is indicative, the organizers reserve the right to make reasonable changes of the schedule. The start is planned to happen at 9:50 AM.)

### Participation requirements:

Contestant has to be a member of ČSTKD WTF or of a different national federation which is a member of WT.

### National Poomsae League competition system (cut-off):

#### 1. 8 or fewer contestants

- final round, 2 Poomsae

#### 2. 9-19 contestants

- semi-final round - 1 Poomsae, 8 contestants advance to the final round
- final round - 2 Poomsae

#### 3. More than 20 contestants

- preliminary round - 1 Poomsae, 50 % of contestants advance to the semi-final round
- semi-final round - 1 Poomsae, 8 contestants advance to the final round
- final round - 2 Poomsae

There are 3 competition areas.

Pairs and divisions of National Poomsae League are scored electronically. In the case of improbable technical issues the organizer reserves the right to switch to manual scoring (paper sheets).





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### National Poomsae League (NLP) Age divisions:

**Dwarfs (not included in NLP rankings):** Males and females in one division – age 7 years or less (year of birth 2011, 2012, 2013)

**Pupils:** Males, females – are 8-11 years (year of birth 2007, 2008, 2009, 2010)

**Cadets:** Males, females – age 12-14 years (year of birth 2004, 2005, 2006)

**Juniors:** Males, females – age 15-17 years (year of birth 2001, 2002, 2003)

**Seniors under 30:** Males, females – age 18-30 years (year of birth od 1988 do 2000)

**Seniors under 40:** Males, females – age 31-40 years (year of birth od 1978 do 1987)

**Seniors under 50:** Males, females – age 41-50 years (year of birth od 1968 do 1977)

**Seniors over 50:** Males, females – age 51 or more years (year of birth 1967 and older)

### National Poomsae League technical grade divisions (individual):

C Class: 6th–4th kup

D Class: 10th-7th kup

### National Poomsae League assigned poomsae:

Kup	Poomsae
10th kup	Taeguk 1 – (2 optional)
9th kup	Taeguk 1 – (2 optional)
8th kup	Taeguk 1–3
7th kup	Taeguk 1–4
6th kup	Taeguk 1–5
5th kup	Taeguk 2–6
4th kup	Taeguk 3–7



## VLAŠTOFKAP 2018

### **Pairs: Male + female**

#### **Pairs age divisions (not included in National Poomsae League rankings):**

Pupils – age 8-11 years (year of birth 2007, 2008, 2009, 2010)

Cadets – age 12-14 years (year of birth 2004, 2005, 2006)

Juniors - age 15-17 years (year of birth 2001, 2002, 2003)

Seniors – age 18-99 years (year of birth od 1988 do 2000)

#### **Pairs technical grade division:**

ONLY B Class: 10th–4th kup

Pairs are only male + female.

Contestants starting in the same pair have to be in the same age and technical grade divisions.

Pairs can choose Poomsae from the list of assigned Poomsae for National Poomsae League (above, page 3).

Pairs can choose a Poomsae according to the lower technical grade of the pair.



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### Single elimination system:

- Contestants perform Poomsae in pair at the same time, the better advances
- Poomsae will be drawn right before the start of each division
- Winner advances to next round
- For every round new Poomsae will be drawn

### Age divisions for Single elimination system

Age divisions are the same as the ones of National Poomsae League.

### Technical grade divisions for Single elimination system

A Class: 1st DAN or higher

B Class: 3rd-1st kup

### Evaluation system:

Flags.

List of assigned Poomsae, 2 or 3 will be drawn from this list:

Grade division	Poomsae
Pupils A	Taeguk 4–8, Koryo
Pupils B	Taeguk 4–8
Cadets A	Taeguk 4–8, Koryo, Kumgang
Cadets B	Taeguk 4–8
Juniors A	Taeguk 5–8, Koryo, Kumgang, Taebaek
Juniors B	Taeguk 4–8
Seniors A	Taeguk 6–8, Koryo, Kumgang, Taebaek, Pyongwon, Sipjin
Seniors B	Taeguk 4–8



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### **Power breaking competition:**

- Contestants will break plastic rebreakable boards, which have 3 level of hardness
- Every contestant shall find his board holder
- A successful attempt is when the two parts of board are completely separated
- 1st round – yellow board (the easiest one), 1 attempt, if the attempt is successful the contestant advances to 2nd round
- 2nd round – red board, 1 attempt
- 3rd round – black board, 2 attempts (the pause between attempts is maximum 1 minute)
- 4th round – black board + yellow board, 2 attempts
- 5th round – black board + red board, 2 attempts
- 6th round – 2 black boards, 2 attempts

### **Techniques for breaking - disciplines:**

Punch – ap jumok jirugi

Kick – yop chagi

**Divisions: Pupils, Cadets, Juniors, Seniors**

### **Merging of divisions in general:**

Every technical grade division in which is few than 2 contestants (2 pairs) will be merged with the division of higher or lower technical grades. Merger is possible only in a case of two related divisions and will be dealt with on the spot. In case of merging with higher technical grade division, the Poomsae for merged division will be drawn from the list for lower technical grade.



## VLAŠTOFKAP 2018

### **Awards:**

#### **Individuals:**

1st place – medal, trophy

2nd place - medal

3rd place - medal

#### **Pairs:**

1st-3rd place - medals

#### **Team ranking:**

1st-3rd place - trophies

We are looking forward to seeing you! Hirundo

