



OUTLINE

TVSH Fun Cup 2022

Poomsae – Family – hanbon-kyorugi – Breaking – Freestyle – Para

- promoter:** Taekwondo-Federation Schleswig-Holstein e.V.
www.tv-sh.de
- responsible:** Malte Mergner – TVSH- Vice-President Poomsae & Mass Sports
e-mail: mergner@tvsh-mail.de
- organizer:** Gettorfer TV von 1889 e.V.
Gert Petersen
phone: +49 – 171 860 78 38
E-Mail: gert.petersen@web.de
- date:** **Saturday, 11th June 2022**
- place:** Sportshall of the Park School,
Tüttendorfer Weg 2, 24214 Gettorf, GERMANY
- schedule:**
- | | |
|-------------------|-----------------------------|
| 07.30 am | opening of the hall |
| 07.45 – 08.45 am: | registration for all groups |
| 09.00 – 09.30 am: | referee test |
| 09.30 – 09.45 am: | coach meeting |
| 09.45 – 10.00 am: | official welcome |
| 10.00 am: | start of the competition |
- competitors:** TKD-competitors 9th Kup and above, with a valid WTE/WT-membership
- Those who are not recognized as adults by law in their own country must submit a written consent signed by parents or lawful guardian accepting the participation and all parts of the official invitation (liability declaration).
- rules:** The competition rules of the DTU are valid, with the following modification:
- for poomsae (individual, pair, synchron, para):
1. 2 rounds for all competitors: semi-final and final.
 2. Achieved points from the semi-final will count for the final.
 3. A change of the category (age-group/graduation) is not permitted.
 4. The compulsory Poomsae for each category are defined in this outline.
 5. Two different Poomsae must be shown. Competitors with the 9th and 8th Kup are allowed to repeat Taeguk 1.



6. For pair and synchron, the competitor with the lowest graduation defines the Poomsae.
7. For pair and synchron, same and mixed gender teams are allowed.
8. All participants in the para divisions must show a medical certificate to prove their disability at the registration. This certificate can be issued in German or English language. If the participant is in possession of a disabled ID card, it needs to be shown as well. INAS Master List is accepted by number

for hanbon-kyorugi (= Einschrittkampf / 1SK):

1. 1 round for all competitors: final.
2. It will be shown 4 attacks only with the fist.
3. Thrown actions are not permitted.
4. The defence should consist of minimum 3 movements.
5. It's not allowed to hit the attacker after the defence movement.
6. Only the defender will be scored.
7. The overall impression of techniques will be scored.

for family:

1. 2 competitors can start as a family.
2. 1 round for all competitors: final.
3. The Poomsae can be chosen freely.

for breaking:

1. 1 round for all competitors: final.
2. The competitor must bring his own breaking material.
3. Only single-breaking or combinations with up to 3 techniques are allowed.
4. A combination is a sequence of techniques in which no more than two steps are allowed between the individual techniques and no concentration phase or interruption of the flow of movement between the techniques can be detected.
5. Breaking with the hand is only allowed for competitors older than 18 years.
6. Only wood is allowed, 30 cm x 30 cm.
7. The belt-promotion-rules of the DTU for breaking are valid for the wood thickness. With increased difficulty these can be reduced.
8. All partners who will assist have to wear a dobok.

for freestyle (regular):

1. 1 round for all competitors: final.
2. The music must be sent as an mp3 file until the deadline by e-mail to reg@tvsh-mail.de
3. The freestyle Poomsae shall have a duration:
division under 11: from 60 to 100 seconds
division above 12: from 90 to 100 seconds



for freestyle light:

1. 1 round for all competitors: final.
2. The use of music is voluntary. If music is used, the mp3-file should be sent until the deadline by e-mail to reg@tvsh-mail.de
3. The following basic techniques are mandatory:
twio-ap-chagi, twio-yop-chagi, acrobatic action
4. The freestyle Poomsae shall have a duration from 30 to 100 seconds.
5. If a basic technique is missing it will be sanctioned with -0.3 points.

categories:

individual

| LK 1 = category 1 | | |
|--------------------------|----------------------|-------------------------------|
| participants | year of birth | graduation |
| division under 9 | before 2013 | 2 nd Kup and above |
| division under 11 | 2012 – 2011 | |
| division under 14 | 2010 – 2008 | |
| division under 17 | 2007 – 2005 | |
| division under 30 | 2004 – 1992 | |
| division under 40 | 1991 – 1982 | |
| division above 41 | after 1981 | |

| LK 2 = category 2 | | |
|--------------------------|----------------------|---|
| participants | year of birth | graduation |
| division under 9 | before 2013 | 6 th Kup – 3 rd Kup |
| division under 11 | 2012 – 2011 | |
| division under 14 | 2010 – 2008 | |
| division under 17 | 2007 – 2005 | |
| division under 30 | 2004 – 1992 | |
| division under 40 | 1991 – 1982 | |
| division above 41 | after 1981 | |

| LK 3 = category 3 | | |
|--------------------------|----------------------|---|
| participants | year of birth | graduation |
| division under 9 | before 2013 | 9 th Kup – 7 th Kup |
| division under 11 | 2012 – 2011 | |
| division under 14 | 2010 – 2008 | |
| division under 17 | 2007 – 2005 | |
| division under 30 | 2004 – 1992 | |
| division under 40 | 1991 – 1982 | |
| division above 41 | after 1981 | |



pair, synchron and hanbon-kyorugi (= Einschrittkampf / 1SK):

| LK 1 = category 1 | | |
|--------------------------|----------------------|-------------------------------|
| participants | year of birth | graduation |
| division under 11 | before 2011 | 4 th Kup and above |
| division under 17 | 2010 – 2005 | |
| division under 30 | 2004 – 1992 | |
| division above 31 | after 1991 | |

| LK 2 = category 2 | | |
|--------------------------|----------------------|---|
| participants | year of birth | graduation |
| division under 11 | before 2011 | 9 th Kup – 5 th Kup |
| division under 17 | 2010 – 2005 | |
| division under 30 | 2004 – 1992 | |
| division above 31 | after 1991 | |

breaking:

| participants | year of birth | thickness | graduation |
|---------------------|----------------------|---|-------------------------------|
| division under 17 | 2008 – 2005 | min. 1.5 cm | 9 th Kup and above |
| division above 18 | after 2004 | 18 – 40 male: min. 2.5 cm 18 – 40 female: min. 2.0 cm + 41: min. 1.5 cm | |

family:

| participants | year of birth | graduation |
|------------------------|----------------------|-------------------------------|
| all Taeguk 5 and below | all | 9 th Kup and above |
| all Taeguk 6 and above | | |

freestyle and freestyle light:

| participants | year of birth | graduation |
|---------------------|----------------------|-------------------------------|
| division under 11 | before 2011 | 9 th Kup and above |
| division under 17 | 2010 – 2005 | |
| division above 18 | after 2004 | |

para:

| P10, P20, P30, P60 | | |
|---------------------------|----------------------|-------------------------------|
| participants | year of birth | graduation |
| division under 15 | before 2007 | 9 th Kup and above |
| division under 30 | 2006 – 1992 | |
| division above 31 | after 1991 | |



compulsory Poomsae

| graduation | semi-final | final |
|---|--------------------------------|--------------------------------|
| 9 th Kup – 8 th Kup | Taeguk 1 | free choice Taeguk 1 and above |
| 7 th Kup | Taeguk 1 | free choice Taeguk 2 and above |
| 6 th Kup | Taeguk 2 | free choice Taeguk 1 and above |
| 5 th Kup | Taeguk 3 | free choice Taeguk 1 and above |
| 4 th Kup | Taeguk 4 | free choice Taeguk 2 and above |
| 3 th Kup | Taeguk 5 | free choice Taeguk 3 and above |
| 2 th Kup | Taeguk 6 | free choice Taeguk 4 and above |
| 1 th Kup | Taeguk 7 | free choice Taeguk 5 and above |
| 1 st Dan and above | free choice Taeguk 7 and above | |
| para | free choice Taeguk 1 and above | |

fee:

registration before 22nd May 2022: early-bird
 registration after 23rd May 2022: regular

| category | early-bird | regular |
|-----------------|-------------------|----------------|
| individual | 20.00 € | 23.00 € |
| pair | 15.00 € | 18.00 € |
| synchron | 15.00 € | 18.00 € |
| hanbon-kyorugi | 15.00 € | 18.00 € |
| breaking | 7.00 € | 10.00 € |
| family | 15.00 € | 18.00 € |
| para | 15.00 € | 18.00 € |
| freestyle | 15.00 € | 18.00 € |

Entry fees must be paid for all competitors on the following account. Registrations without evidence of the transfer are considered as not delivered. If a competitor does not start, the fee will expire. Cash payment isn't possible.

bank account:

recipient: TVSH
 bank name: Sparkasse Südholstein
 IBAN: DE 43 2305 1030 0510 1014 62
 BIC: NOLA DE 21 SHO
 reference: TVSH Fun Cup / CLUB NAME



deadline: Sunday, 5th June 2022

The registration after the deadline is possible until Thursday, 9th June 2022, by paying the double fees.

limit: The online-registration closes on exceeding the limit of competitors.

registration: TVSH-Online-Registration
<https://reg.tv-sh.de/>

You will need to register on the internet. Please register the name of your club, your nation and your personal e-mail.

chairman: Claudia Kohl – TVSH Referee Director Poomsae

| | | | |
|----------------|--|--|-----------------------------------|
| awards: | individual: | 1 st place: | trophy + certificate |
| | individual: | 2 nd + 3 rd place: | medal + certificate |
| | individual: | no place: | participation medal + certificate |
| | pair: | 1 st – 3 rd place: | medal + certificate |
| | synchron: | 1 st – 3 rd place: | medal + certificate |
| | hanbon-kyorugi: | 1 st – 3 rd place: | medal + certificate |
| | family: | 1 st – 3 rd place: | medal + certificate |
| | breaking: | 1 st – 3 rd place: | medal + certificate |
| | freestyle: | 1 st – 3 rd place: | medal + certificate |
| | para: | 1 st – 3 rd place: | medal + certificate |
| clubs: | 1 st – 3 rd place: | trophy | |

The award ceremony will take place immediately after the respective contest on the competition area.

scoring: Places 1 - 3 will be scored for classification of clubs and countries.
The formula 6 - 3 - 1 will be used. For win by default 1 point is given.

coach: For every start a coach is mandatory. The minimum age is 12 years. At least a training suit top must be worn.

liability: All competitors participate at their own risk. The registration application implies that the competitors agree to assume responsibility for themselves and to release all others from all and any liability which may directly or indirectly result from the tournament.

data privacy: The competitors agree with the registration that the results (with the name of the athletes) will be reported on the internet as well as in printed media.

anti-doping: All competitors accept with the registration the agreement with the NADA/WADA (National & World Antidoping Agency) www.nada.de