



OUTLINE

TVSH Fun Cup 2023

Poomsae – Family – hanbon-kyorugi –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:** Moo Rim San e.V.
Thomas Karopka
e-mail: info@moorimsan.de
- date:** **Saturday, 11th February 2023**
- place:** Sportshall at Lakweg,
Lakweg 4, 24568 Kaltenkirchen, 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 ETU/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 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 2014	2 nd Kup and above
division under 11	2013 – 2012	
division under 14	2011 – 2009	
division under 17	2008 – 2006	
division under 30	2005 – 1993	
division under 40	1992 – 1983	
division above 41	after 1982	

LK 2 = category 2		
participants	year of birth	graduation
division under 9	before 2014	6 th Kup – 3 rd Kup
division under 11	2013 – 2012	
division under 14	2011 – 2009	
division under 17	2008 – 2006	
division under 30	2005 – 1993	
division under 40	1992 – 1983	
division above 41	after 1982	

LK 3 = category 3		
participants	year of birth	graduation
division under 9	before 2014	9 th Kup – 7 th Kup
division under 11	2013 – 2012	
division under 14	2011 – 2009	
division under 17	2008 – 2006	
division under 30	2005 – 1993	
division under 40	1992 – 1983	
division above 41	after 1982	



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

LK 1 = category 1		
participants	year of birth	graduation
division under 11	before 2012	4 th Kup and above
division under 17	2011 – 2006	
division under 30	2005 – 1993	
division above 31	after 1992	

LK 2 = category 2		
participants	year of birth	graduation
division under 11	before 2012	9 th Kup – 5 th Kup
division under 17	2011 – 2006	
division under 30	2005 – 1993	
division above 31	after 1992	

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 2012	9 th Kup and above
division under 17	2011 – 2006	
division above 18	after 2005	

para:

P10 – visual impairment P20 – intellectual disability P30 – neurological impairment P40 – physical impairment P50 – medical aids P60 – deaf P70 – short stature		
participants	year of birth	graduation
division under 15	before 2008	9 th Kup and above
division under 30	2007 – 1993	
division above 31	after 1992	



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 January 2023: early-bird
 registration after 23rd January 2023: 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 €
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 February 2023

The registration after the deadline is possible until Thursday, 9th February 2023, 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 & para
1st place: trophy + certificate
2nd + 3rd place: medal + certificate
no place: participation medal + certificate

pair, synchron, hanbon-kyorugi, family & freestyle
1st – 3rd place: medal + certificate

clubs:
1st – 3rd 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