



## OUTLINE

### TVSH Open Poomsae & Breaking 2023

#### Poomsae – Breaking –Freestyle – Para

- promoter:** Taekwondo Federation Schleswig-Holstein e.V.  
[www.tv-sh.de](http://www.tv-sh.de)
- responsible:** Malte Mergner – TVSH- Vice-President Poomsae & Mass Sports  
e-mail: [mergner@tvsh-mail.de](mailto:mergner@tvsh-mail.de)
- organizer:** Gettorfer TV von 1889 e.V.  
Gert Petersen  
phone: +49 – 171 860 78 38  
E-Mail: [gertp-mail@web.de](mailto:gertp-mail@web.de)
- date:** **Saturday, 23<sup>rd</sup> September 2023**
- 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 7<sup>th</sup> 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 individual, pair, synchron:
- number of rounds:  
9 competitors and above: 2 rounds (semi-final & final)  
1 – 8 competitors: 1 round (final)
  - number of competitors:  
semi-final: all competitors  
final: 8 best scored competitors



3. Achieved points from the semi-final will not count for the final.
4. number of Poomsae:  
semi-final: 1 Poomsae  
final: 2 Poomsae, starting with the second Poomsae not later than 1 minute after the end of the first Poomsae
5. A change of the category (age-group/graduation) is not permitted.
6. compulsory Poomsae:  
individual LK 1: drawn by lot for each category and published on 1<sup>st</sup> November 2020 on the TVSH website in the "Termine" section at [www.tv-sh.de](http://www.tv-sh.de)  
individual LK 2 + LK 3: defined in this outline  
pair & synchron: defined in this outline  
para: free choice Taeguk 1 and above
7. 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 breaking:

1. 1 round for all competitors: final.
2. The competitor has to 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](mailto: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](mailto: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	compulsory Poomsae	graduation
division under 9	before 2014	Taeguk 4 – Poomsae Koryo	1 <sup>st</sup> Kup and above
division under 11	2013 – 2012		
division under 14	2011 – 2009		
division under 17	2008 – 2006	Taeguk 6 – Poomsae Taebaek	
division under 30	2005 – 1993		
division under 40	1992 – 1983		
division above 41	after 1982		

LK 2 = category 2				
participants	year of birth	semi-final	final	graduation
division under 9	before 2014	Taeguk 4	Taeguk 5 + Taeguk 6	4 <sup>th</sup> Kup – 1 <sup>st</sup> 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				
year of birth	year of birth	semi-final	final	graduation
division under 9	before 2014	Taeguk 1	Taeguk 2 + Taeguk 3	7 <sup>th</sup> Kup – 5 <sup>th</sup> 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 and synchron:**

<b>LK 1 = category 1</b>				
<b>participants</b>	<b>year of birth</b>	<b>semi-final</b>	<b>final</b>	<b>graduation</b>
division under 11	before 2012	Taeguk 5	Taeguk 6 + Taeguk 7	3 <sup>rd</sup> Kup and above
division under 17	2011 – 2006			
division under 30	2005 – 1993			
division above 31	after 1992			

<b>LK 2 = category 2</b>				
<b>participants</b>	<b>year of birth</b>	<b>semi-final</b>	<b>final</b>	<b>graduation</b>
division under 11	before 2012	Taeguk 1	Taeguk 2 + Taeguk 3	7 <sup>th</sup> Kup – 4 <sup>th</sup> Kup
division under 17	2011 – 2006			
division under 30	2005 – 1993			
division above 31	after 1992			

### **breaking:**

<b>participants</b>	<b>year of birth</b>	<b>thickness</b>	<b>graduation</b>
division under 17	2009 – 2006	min. 1.5 cm	7 <sup>th</sup> Kup and above
division above 18	after 2005	18 – 40 male: min. 2.5 cm 18 – 40 female: min. 2.0 cm + 41: min. 1.5 cm	

### **freestyle & freestyle light:**

<b>participants</b>	<b>year of birth</b>	<b>graduation</b>
division under 11	before 2012	7 <sup>th</sup> Kup and above
division under 17	2011 – 2006	
division above 18	after 2005	

### **para:**

<b>P10 – visual impairment</b>		
<b>P20 – intellectual disability</b>		
<b>P30 – neurological impairment</b>		
<b>P40 – physical impairment</b>		
<b>P50 – medical aids</b>		
<b>P60 – deaf</b>		
<b>P70 – short stature</b>		
<b>participants</b>	<b>year of birth</b>	<b>graduation</b>
division under 15	before 2008	7 <sup>th</sup> Kup and above
division under 30	2007 – 1993	
division above 31	after 1992	



**fee:** registration before 3<sup>rd</sup> September 2023: early-bird  
 registration after 4<sup>th</sup> September 2023: regular  
 registration after 18<sup>th</sup> September 2023: late

category	early-bird	regular	late
individual	25.00 €	28.00 €	56.00 €
pair	20.00 €	23.00 €	46.00 €
synchron	20.00 €	23.00 €	46.00 €
breaking	10.00 €	13.00 €	26.00 €
freestyle	20.00 €	23.00 €	46.00 €
para	25.00 €	28.00 €	56.00 €

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 Open Poomsae / CLUB NAME

**deadline:** Sunday, 17<sup>th</sup> September 2023

The registration after the deadline is possible until Thursday, 21<sup>st</sup> September 2023, by paying the double fees.

**limit:** The online-registration closes on exceeding the limit of competitors. During the early bird period, online-registration may close when a certain number of starts per club has been reached.

**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  
Leon Rixen – TVSH Vice-Referee Director Poomsae

**awards:**individual & para

1<sup>st</sup> place: trophy & certificate  
2<sup>nd</sup> & 3<sup>rd</sup> place: medal & certificate

pair, synchron, hanbon-kyorugi, family & freestyle

1<sup>st</sup> – 3<sup>rd</sup> place: medal + certificate

clubs:

1<sup>st</sup> – 3<sup>rd</sup> 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](http://www.nada.de)