



OUTLINE

TVSH Open Poomsae & Breaking 2025

Poomsae – 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.
Karsten Thiede
phone: +49 174 21 89 809
E-Mail: taekwondo@gettorfer-tv.de
- date:** **Saturday, 27th September 2025**
- 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 7th 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 14th September 2025 on the TVSH website in the "Termine" section at 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
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	compulsory Poomsae	graduation
division under 9	before 2016	Taeguk 4 – Taeguk 7	1 st Kup and above
division under 11	2015 – 2014		
division under 14	2013 – 2011	Taeguk 4 – Poomsae Kumgang	
division under 17	2010 – 2008	Taeguk 4 – Poomsae Taebaek	
division under 30	2007 – 1995	Taeguk 6 – Poomsae Sipjin	
division under 40	1994 – 1985		
division above 41	after 1984	Taeguk 8 – Poomsae Chonkwon	

LK 2 = category 2				
participants	year of birth	semi-final	final	graduation
division under 9	before 2016	Taeguk 4	Taeguk 5 + Taeguk 6	4 th Kup – 1 st Kup
division under 11	2015 – 2014			
division under 14	2013 – 2011			
division under 17	2010 – 2008			
division under 30	2007 – 1995			
division under 40	1994 – 1985			
division above 41	after 1984			

LK 3 = category 3				
year of birth	year of birth	semi-final	final	graduation
division under 9	before 2016	Taeguk 1	Taeguk 2 + Taeguk 3	7 th Kup – 5 th Kup
division under 11	2015 – 2014			
division under 14	2013 – 2011			
division under 17	2010 – 2008			
division under 30	2007 – 1995			
division under 40	1994 – 1985			
division above 41	after 1984			



pair and synchron:

LK 1 = category 1				
participants	year of birth	semi-final	final	graduation
division under 11	before 2014	Taeguk 5	Taeguk 6 + Taeguk 7	3 rd Kup and above
division under 17	2013 – 2008			
division under 30	2007 – 1995			
division above 31	after 1994			

LK 2 = category 2				
participants	year of birth	semi-final	final	graduation
division under 11	before 2014	Taeguk 1	Taeguk 2 + Taeguk 3	7 th Kup – 4 th Kup
division under 17	2013 – 2008			
division under 30	2007 – 1995			
division above 31	after 1994			

breaking:

participants	year of birth	thickness	graduation
division under 17	2011 – 2008	min. 1.5 cm	7 th Kup and above
division above 18	after 2007	18 – 40 male: min. 2.5 cm 18 – 40 female: min. 2.0 cm + 41: min. 1.5 cm	

freestyle & freestyle light:

participants	year of birth	graduation
division under 11	before 2014	7 th Kup and above
division under 17	2013 – 2008	
division above 18	after 2007	

para:

P10 – visual impairment P21+22 – intellectual disability P23 – intellectual disability P30 – neurological impairment P40 – physical impairment P50 – medical aids P60 – deaf P70 – short stature		
participants	year of birth	graduation
division under 17	before 2008	7 th Kup and above
division under 30	2007 – 1995	
division above 31	after 1994	



fee:

registration before 7 th September 2025:	early-bird (only TVSH)
registration after 8 th September 2025:	regular
registration after 18 th September 2025:	late

category	early-bird	regular	late
individual	28.00 €	30.00 €	60.00 €
pair	28.00 €	30.00 €	60.00 €
synchron	28.00 €	30.00 €	60.00 €
breaking	28.00 €	30.00 €	60.00 €
freestyle	28.00 €	30.00 €	60.00 €
para	28.00 €	30.00 €	60.00 €

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: Wednesday, 17th September 2025

The registration after the deadline is possible until Friday, 19th September 2025, by paying the double fees.

limit: The online-registration closes on exceeding the limit of competitors. The limit is adjusted variably based on the number of competition areas.

The online-registration also closes when a certain number of starts per club has been reached.

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

registration after 7th September 2025: only TVSH clubs
 registration after 8th September 2025: all clubs

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



TAEKWONDO-VERBAND

Schleswig-Holstein e.V.



chairman:

Leon Rixen – TVSH-Referee Director Poomsae
Claudia Kohl – TVSH-Vice-Referee Director Poomsae

awards:

individual & para

1st place: trophy & certificate

2nd & 3rd place: 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