



14th NATIONAL POOMSAE CHAMPIONSHIPS AMBASSADOR CUP 2021

Organized by
Singapore Taekwondo Federation
(Recognised by the Singapore Sports Council and
affiliated to the Singapore National Olympic Council)

- Organizer : Singapore Taekwondo Federation
35 Joo Chiat Place
Singapore 427759
- Schedule : Registration
- **Tuesday 10 August 2021 to Friday 20 August 2021**
- Please submit your registration form to:
national.poomsae2021@gmail.com
- Video Submission
- **Monday 16 August 2021 to Friday 27 August 2021**
- Mode of submission to be updated.
- Video Scoring
- Saturday 11 & 18 September 2021
- Sunday 12 & 19 September 2021
- To be confirmed with accordance with the latest Covid measures.
- Eligibility : Members of clubs affiliated to the Singapore Taekwondo Federation who hold the grades they are competing in.
- (Grading cards or certificates of participants must be produced for verification during registration.)
- Team Managers are to submit the softcopy of the participants' grading cards or black/poom belt cards (front and back on the same page) to the organiser

though this email national.poomsae2021@gmail.com with the following naming convention: Category, Division, Name of participant, Name of Club.

Team Managers are to ensure that the original registration forms are available for verification by the organiser when required.

Submission **will be disqualified** if any information submitted is incorrect/incomplete.

Competition Rules : WT & STF rules shall apply.

The sequence of performance for the competitors shall be as follow:

- Individual
(Computer generated sequence)
- Pair / Team / Siblings / Family
(Computer generated sequence)

Method of Competition : Top 8 based on highest score.

(The Organizers reserve the right to vary the number selected)

Classification : Individual, Pair, Team, Siblings and Family events

Divisions : There are 9 divisions –
A (4 to 6 years old),
B (7 to 9 years old),
C (10 to 12 years old),
D (13 & 14 years old),
E (15 to 17 years old),
F (18 to 30 years old),
G (31 to 40 years old),
H (41 to 50 years old), and
J (51 years old and older)

Category : Black 1 - 1st Dan
Black 2 - 2nd Dan
Black 3 - 3rd Dan and higher
Poom 1 - 1st Poom
Poom 2 - 2nd Poom
Poom 3 - 3rd Poom and higher
Red (BT) - Grade 1
Red - Grade 2
Blue (RT) - Grade 3
Blue - Grade 4
Green (BT) - Grade 5
Green - Grade 6
Yellow (GT) - Grade 7
Yellow - Grade 8
White (YT) - Grade 9
White - Grade 10 (For age 12 & below)

(Based on highest grade obtained on or **before 30 June 2021.**)

Participation : A performer may participate in one individual colour category. He or she is allowed to participate in his or her belt categories only.

There is no limit to the number of participants, pair, team, sibling, and family groups a club can field for the individual / pair / team / sibling and family events.

However, for the family event, only one participation is allowed. This means that for each family, they can only choose to participate in either Family of 2, Family of 3 or Family of 4 only.

Team event shall comprise of three (3) participants. Each Participant is allowed to participate in one poomsae team event only.

Participation Fees : \$26.75 per participant for Individual, pair, team & sibling category.

\$53.50 per Poomsae Family

Fees paid will not be refunded under any circumstances. All fees included GST.

Awards : Medals and certificate of award will be awarded to eight (8) finalists according to positions.

Certificates of participation will be given upon request.

Benefits of Participation : This is an avenue for competitors to test their Poomsae standard in the competition and bring it to a higher level for their upcoming gradings. This is also an opportunity to expose themselves to the competition scene after a long COVID hiatus.

The club can use it as another avenue to expose their members to competition.

Conditions of Participation : All participating affiliates and competitors shall abide by the rules and regulations of the competition and accept the decisions of the judges and officials gracefully.

- Competition Official Coach : Minimum of Level 2 qualification.
- Provision of Referees : Referees will be appointed by the Singapore Taekwondo Federation.
- Video Submission : All videos must be submitted in the **.mp4** format. Any other video formats will not be accepted.
- The performance of the competition should be taken in one take and no editing is allowed.
- Coaches should ensure that the entire body of the competitor should be captured inside the video. Deductions will be awarded if the competitor performs out of frame or there are parts being cut out (e.g. leg out of frame when performing a kick.)
- Prior to the performance, the competitor must show to the video recorder on a piece of paper, the following details: Category, Division, Belt Level, Name of participant, Name of Club. An example can be found on the following page.
- Enquires : For more information, please call Mr. Andy Lee Thiam Poh (Tournament Chairman) at 9106 4421 or STF Secretariat at 6345 1491.

EXAMPLE:

INDIVIDUAL , C DIVISON

BELT LEVEL

NAME IN FULL

(CLUB)

ANNEX A

SINGAPORE TAEKWONDO FEDERATION 14th NATIONAL POOMSAE CHAMPIONSHIPS 2021

PARTICIPATION

Division (Age)	Gender	A (4 - 6)	B (7 -9)	C (10 - 12)	D (13 &14)	E (15 - 17)	F (18 - 30)	G (31 - 40)	H (41 - 50)	J (51 & older)
Individual	M	No limit								
	F	No limit								
Pair	1M & 1F	No limit								
Team (Form Team 1 to 6)	M	No limit								
	F	No limit								
	Mixed	No limit								
(Form Team 7 & 8)	Combined Grades & Mixwd	No limit								
Siblings	M/F*	No limit								
Family	M/F*	No limit								

****Family group: Any combination of at least 2 (Siblings / a parent and child) in the group – for example, siblings, a father or a mother and a son or daughter or a father, a mother and a child or a few children. They can hold any grade. The parent can be a black belt while the child is a yellow belt or vice versa. The Poomsae they perform shall be of their choice.***

RECOGNIZED POOMSAE

Category	Compulsory Poomsae
White 10 - for age 12 years & below	Introductory Poomsae
White 9	Preliminary Poomsae
Yellow 8	Taegeuk Il Jang
Yellow 7	Taegeuk E Jang
Green 6	Taegeuk Sam Jang
Green 5	Taegeuk Sa Jang
Blue 4	Taegeuk O Jang
Blue 3	Taegeuk Yuk Jang
Red 2	Taegeuk Chil Jang
Red 1	Taegeuk Pal Jang
1 st Poom / 1 st Dan	*Chil Jang / **Pal Jang
2 nd Poom / 2 nd Dan	*Koryo / **Keumgang
3 rd Poom & higher	*Keumgang / **Taeback
3 rd Dan & higher	*Pyongwon / **Sipjin
Team 1 - (1 st Poom)	*Pal Jang / **Koryo
Team 2 - (2 nd Poom)	*Koryo / **Keumgang
Team 3 - (3 rd Poom & higher)	*Keumgang / **Taeback
Team 4 - (1 st Dan)	*Pal Jang / **Koryo

Team 5 - (2 nd Dan)	*Koryo / **Keumgang
Team 6 - (3 rd Dan & higher)	*Keumgang / **Taebak
Team 7 (Combined Grades & Mixed Gender) – (1 st Poom, 2 nd Poom & higher)	*Pal Jang / **Koryo
Team 8 (Combined Grades & Mixed Gender) – (1 st Dan, 2 nd Dan & higher)	*Pal Jang / **Koryo

**First Poomsae and **second Poomsae – Two Poomsae for Poom and Dan categories.*

- **White (Grade 10) category, for age 12 years and below only.**
- Each Poomsae team shall comprise of three (3) participants.
- Each Participant is allowed to participate in one poomsae team event only.



14th NATIONAL POUMSAE CHAMPIONSHIPS 2021

To : **Organizing Chairman**
14th National Poomsae Championships 2021

On behalf of _____ (name of affiliate), I submit the attached entry forms and confirm that the players are all members of the Club.

Name of Team Manager		
	Signature	Official Stamp
Date		



14th NATIONAL POOMSAE CHAMPIONSHIPS 2021

FORM A

INDIVIDUAL (MALE)

Affiliate			
Team Manager		Contact No	

Please circle

Division	A	B	C	D	E	F	G	H	J
Age	4 - 6	7 - 9	10-12	13 & 14	15 - 17	18 - 30	31 - 40	41 - 50	51 & older

No	Name	*Category															
		W 10	W 9	Y 8	Y 7	G 6	G 5	B 4	B 3	R 2	R 1	P 1	P 2	P 3 +	D 1	D 2	D 3 +

**Please tick accordingly*



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FORM B

INDIVIDUAL (FEMALE)

Affiliate			
Team Manager		Contact No	

Please circle

Division	A	B	C	D	E	F	G	H	J
Age	4 - 6	7 - 9	10-12	13 & 14	15 - 17	18 - 30	31 - 40	41 - 50	51 & older

No	Name	*Category															
		W 10	W 9	Y 8	Y 7	G 6	G 5	B 4	B 3	R 2	R 1	P 1	P 2	P 3 +	D 1	D 2	D 3 +

**Please tick accordingly*



14th NATIONAL POOMSAE CHAMPIONSHIPS 2021

FORM C

PAIR

Affiliate			
Team Manager		Contact No	

Please circle

Division	A	B	C	D	E	F	G	H	J
Age	4 - 6	7 - 9	10-12	13 & 14	15 - 17	18 - 30	31 - 40	41 - 50	51 & older

No	Name	*Category															
		W 10	W 9	Y 8	Y 7	G 6	G 5	B 4	B 3	R 2	R 1	P 1	P 2	P 3 +	D 1	D 2	D 3 +

**Please tick accordingly*



14th NATIONAL POOMSAE CHAMPIONSHIPS 2021

FORM D

TEAM (MALE) - For Team 1 to 6

Affiliate			
Team Manager		Contact No	

Please circle

Division	A	B	C	D	E	F	G	H	J
Age	4 - 6	7 - 9	10-12	13 & 14	15 - 17	18 - 30	31 - 40	41 - 50	51 & older

No	Name	*Category															
		W 10	W 9	Y 8	Y 7	G 6	G 5	B 4	B 3	R 2	R 1	P 1	P 2	P 3 +	D 1	D 2	D 3 +

**Please tick accordingly*



14th NATIONAL POOMSAE CHAMPIONSHIPS 2021

FORM E

TEAM (FEMALE) - For Team 1 to 6

Affiliate			
Team Manager		Contact No	

Please circle

Division	A	B	C	D	E	F	G	H	J
Age	4 - 6	7 - 9	10-12	13 & 14	15 - 17	18 - 30	31 - 40	41 - 50	51 & older

No	Name	*Category															
		W 10	W 9	Y 8	Y 7	G 6	G 5	B 4	B 3	R 2	R 1	P 1	P 2	P 3 +	D 1	D 2	D 3 +

**Please tick accordingly*



14th NATIONAL POOMSAE CHAMPIONSHIPS 2021

FORM F

TEAM (Mixed Male & Female) - For Team 1 to 6

Affiliate			
Team Manager		Contact No	

Please circle

Division	A	B	C	D	E	F	G	H	J
Age	4 - 6	7 - 9	10-12	13 & 14	15 - 17	18 - 30	31 - 40	41 - 50	51 & older

No	Name	*Category															
		W 10	W 9	Y 8	Y 7	G 6	G 5	B 4	B 3	R 2	R 1	P 1	P 2	P 3 +	D 1	D 2	D 3 +

**Please tick accordingly*



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FORM H

SIBLINGS

Affiliate			
Team Manager		Contact No	

Status	Name		
Child		Sex:	Age :
Child		Sex:	Age :
Child		Sex:	Age :
Child		Sex:	Age :
Child		Sex:	Age :
Child		Sex:	Age :



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FORM J

FAMILY

Affiliate			
Team Manager		Contact No	

Status	Name		
Father			Age :
Mother			Age :
Child		Sex:	Age :
Child		Sex:	Age :
Child		Sex:	Age :
Child		Sex:	Age :



14th NATIONAL POOMSAE CHAMPIONSHIPS 2021

FORM K

REGISTRATION FORM (to be completed by all participants)

Affiliate			
Name		Age (as year 2021)	
Year of Birth		Grade (as Jun 2021)	
Contact No		Sex	
Emergency Contact No.	(Mobile)		(Home)
Pre-existing medical conditions:			
Name of Coach			(Mobile)

I agree to abide by the rules and regulations of the tournament and will not hold the Singapore Taekwondo Federation responsible for any injury, damage or loss sustained as a result of my participation.

Signature

Date

Parental/Guardian Consent for Participants Below 21 Years of Age			
I consent to the participation of the above-named applicant, who is my *child/ward, in the 14 th National Poomsae Championships. I hereby release the Singapore Taekwondo Federation and its agents from all liabilities that may arise in connection therein.			
Name		Signature / Date	
Relationship:		Contact No	(Mobile)
Witnessed By			
Team Manager		Signature/Date	
Email:		Contact No.	(Mobile)