



15TH NATIONAL TAEKWONDO POOMSAE CHAMPIONSHIPS 2022

- Ambassador Cup

Organised by
SINGAPORE TAEKWONDO FEDERATION
(Recognized by the Singapore Sports Council and
affiliated to the Singapore National Olympic Council)

Supported by
Tampines West CSC

- Organiser : Singapore Taekwondo Federation
35 Joo Chiat Place
Singapore 427759
- Schedule : **Registration**
Monday 20 June 2022 to Friday 24 June 2022
At the STF Secretariat during office hours (9.00am
to 5.00pm - closed for lunch from 1.00pm to
2.00pm)
- Competition**
Saturday 23 July 2022
Sunday 24 July 2022
- Time: 8.00am to 10.00pm
- Venue: Our Tampines Hub, Level 3 Community
Auditorium
1 Tampines Walk, Singapore 528523
- 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.)
- 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 : Cut-off system
- Semi-finals – Any number of participants
- Finals – 8
- (The Organisers reserve the right to vary the number selected for each stage)
- 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)
- 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
- (Based on highest grade obtained on or before **31 May 2022**)
- Recognized poomsae : Please see Annex A
- Semi-finals: Respective patterns
 Finals: Respective patterns

- 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.
- Team events shall comprise three (3) participants. Each Participant is allowed to participate in one poomsae team event only.
- Please see Annex A.
- Participation Fees : **\$37.45** per participant for Individual, pair, team & sibling category.
- \$74.90** per Poomsae Family
- Fees paid will not be refunded under any circumstances. All fees included GST.
- Awards : Medals will be awarded to eight 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 bring themselves back to the live competition scene after a long COVID hiatus.
- Clubs 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 : Poomsae coaches must hold a minimum of **Level 2** qualification. Clubs must produce sufficient coaches to take care of their own athletes during the competition. Athletes will be disqualified if coaches from their clubs are not available to accompany them to the arena.

Provision of Referees and
Volunteers

: Referees will be appointed by the Singapore
Taekwondo.

Participating clubs are also encouraged to send
referees for the Championships.

All participating teams or clubs are to provide one
volunteer (Junior or Senior, Full day) for the
tournament.

COVID-19 Safe Management Measures (SMM)

To ensure the safety of all participants while
providing a smooth transition from COVID times
back to live competitions, the following measures
will be adhered to:

- All officials (i.e., team managers), coaches, participants etc need to be fully vaccinated according to prevailing MOH guideline, "Persons who have completed their primary vaccination series who are recommended to receive a booster dose, are considered "fully vaccinated" for the purpose of vaccine-differentiated safe management measures (VDS) for 270 days after the last dose of their primary vaccination series." before entry is allowed.
- VDS Exemptions. Individuals who have recovered from a COVID-19 infection, medically ineligible for COVID-19 vaccination and unvaccinated children aged 12 and below are exempted from VDS and can participate VDS activities similar to fully vaccinated individuals.
- All officials (i.e., team managers), coaches, participants etc must be prepared to show proof of your vaccination statuses before entry is allowed.
- To coordinate the implementation of SMM during the competitions, participants are to report according to the given timeslot. Anyone who wishes to enter outside the given timeslot will be turned away.
- All participants, coaches, and officials (i.e., team managers), who have completed their event will have to exit the OTH Community Auditorium immediately. No lingering is allowed.
- No mixing between groups/club at all times.
- Masks should be worn as a default during the duration of competition. Masks can be taken off when performing strenuous activities.

- Movement control will apply to competition venue.

Enquires

: For more information,

- please call Mr Andy Lee Thiam Poh (Tournament Chairman) at 9106 4421, STF Secretariat at 6345 1491, or
- Email to stf.nationalpoomsae@gmail.com

SINGAPORE TAEKWONDO FEDERATION
15TH NATIONAL TAEKWONDO POOMSAE CHAMPIONSHIPS 2022
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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	Male	No Limit								
	Female	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)	Combine d Grades & Mixed	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.*

RECOGNISED POOMSAE

	Category	Compulsory Poomsae
Individual / Pair (For pair, both have to be of the same grade)	White 10 - for age 12 years & below	Introductory Poomsae
	White 9	Preliminary Poomsae
	Yellow 8	Taeguek Il Jang
	Yellow 7	Taeguek E Jang
	Green 6	Taeguek Sam Jang
	Green 5	Taeguek Sa Jang
	Blue 4	Taeguek O Jang
	Blue 3	Taeguek Yuk Jang
	Red 2	Taeguek Chil Jang
	Red 1	Taeguek Pal Jang
	1st Poom / 1st Dan	*Koryo **Keumgang
	2nd Poom / 2nd Dan	*Keumgang **Taebaek
	3rd Poom / 3rd Dan	*Pyongwon **Sipjin
	Team	Team 1 - (1st Poom)
Team 2 - (2nd Poom)		*Keumgang **Taebaek
Team 3 - (3rd Poom & higher)		*Taebaek **Pyongwon
Team 4 - (1st Dan)		*Keumgang **Taebaek
Team 5 - (2nd Dan)		*Taebaek **Pyongwon
Team 6 - (3rd Dan & higher)		*Pyongwon **Sipjin
Team 7 (Combined Grades & Mixed Gender) – (1st Poom, 2nd Poom & higher)		*Keumgang **Taebaek
Team 8 (Combined Grades & Mixed Gender) – (1st Dan, 2nd Dan & higher)		*Taebaek **Pyongwon
	Open Category – For E Div and F Div Dan only***	Refer to next table

**First Poomsae for Semi-Finals round, and **second Poomsae for the Final round.*

**** Past and present National Athletes are only allowed to compete in the Open Category only. Dan participants are allowed to compete in the open category, but can only participate in one individual category (i.e., only open category or individual). Non-STF certificate (WT/ Kukkiwon recognized certificates – must be under respective National Sports Association [NSA]) holders from STF affiliates & invited parties are able to participate in the Open Category.*

Open Category[#]	1st Poomsae	2nd Poomsae
E Division	Taeguek Sa-Jang, O-Jang, Yuk-Jang, Chil-Jang,	Taeguek Pal-Jang, Koryo, Keumgang, Taebaek
F Division	Taeguek Yuk-Jang, Chil-Jang, Pal-Jang, Koryo,	Keumgang, Taebaek, Pyongwon, Sipjin

#For semi-finals and finals, 2 poomsae will be selected for the list of compulsory poomsae and contestants have to perform both poomsaes for each round.

- 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



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**To: Organising Chairman,
15th National Taekwondo Poomsae Championships 2022 Organising Committee**

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		



15TH NATIONAL TAEKWONDO POOMSAE CHAMPIONSHIPS 2022

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*



15TH NATIONAL TAEKWONDO POOMSAE CHAMPIONSHIPS 2022

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*



15TH NATIONAL TAEKWONDO POOMSAE CHAMPIONSHIPS 2022

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*



15TH NATIONAL TAEKWONDO POOMSAE CHAMPIONSHIPS 2022

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*



15TH NATIONAL TAEKWONDO POOMSAE CHAMPIONSHIPS 2022

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*



15TH NATIONAL TAEKWONDO POOMSAE CHAMPIONSHIPS 2022

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*



15TH NATIONAL TAEKWONDO POOMSAE CHAMPIONSHIPS 2022

FORM G

TEAM (Combined Grades & Mixed Gender) – For Team 7 & 8 Only

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					
		P1	P2	P3+	D1	D2	D3+

**Please tick accordingly*



15TH NATIONAL TAEKWONDO POOMSAE CHAMPIONSHIPS 2022

FORM J

FAMILY

Affiliate			
Team Manager		Contact No.	

Status	Name		
Father			Age:
Mother			Age:
Child		Gender:	Age:
Child		Gender:	Age:
Child		Gender:	Age:
Child		Gender:	Age:
Child		Gender:	Age:



15TH NATIONAL TAEKWONDO POOMSAE CHAMPIONSHIPS 2022

FORM K

REGISTRATION FORM (to be completed by all participants)

Affiliate			
Name		Age (as of year 2022)	
Year of Birth		Grade (as of 31 May 2022)	
Contact No.		Gender	
Emergency Contact No.	(Mobile)	(Home)	
Pre-existing Medical Conditions		Vaccination Status (Date)	(1 st Shot)
			(2 nd Shot)
			(3 rd Shot)
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 all the participation of the above-named applicant, who is my *child/ward, in the 15th National Taekwondo Poomsae Championships 2022. I hereby release Singapore Taekwondo Federation and its agents from all liabilities that may arise in connection therein.

Name		Signature / Date	
Relationship		Contact No.	
Witnessed By			
Team Manager		Signature / Date	
Email		Contact No.	



15TH NATIONAL TAEKWONDO POOMSAE CHAMPIONSHIPS 2022

OPEN CATEGORY

INDIVIDUAL (MALE)

Affiliate			
Team Manager		Contact No.	

Please Circle

Division	E	F
Age	15 - 17	18 - 30

No.	Name	Grade

**Please tick accordingly*

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OPEN CATEGORY

INDIVIDUAL (FEMALE)

Affiliate			
Team Manager		Contact No.	

Please Circle

Division	E	F
Age	15 - 17	18 - 30

No.	Name	Grade

**Please tick accordingly*

***** Past and present National Athletes are only allowed to compete in the Open Category only. Dan participants are allowed to compete in the open category, but can only participate in one individual category (i.e., only open category or individual). Non-STF certificate (WT/ Kukkiwon recognized certificates – must be under respective National Sports Association [NSA]) holders from STF affiliates & invited parties are able to participate in the Open Category.**