



# 16TH NATIONAL TAEKWONDO POOMSAE CHAMPIONSHIPS 2023

## - Ambassador Cup

Organised by  
**SINGAPORE TAEKWONDO FEDERATION**  
(Recognised by the Sport Singapore and  
affiliated to the Singapore National Olympic Council)

Organiser : Singapore Taekwondo Federation (STF)

Schedule : **Registration Period**  
19 June to 22 June 2023

Registration is at STF office at 35 Joo Chiat Place,  
Singapore 427759 on Monday to Friday, 9.00am to  
1.00pm and 2.00pm to 5.00pm.

**Competition Details:**  
15 July and 16 July 2023

8.00am to 10.00pm

Toa Payoh Sports Hall

297 Lorong 6 Toa Payoh, Singapore 319389

Eligibility : Members of clubs affiliated to the Singapore Taekwondo  
Federation holding the grades they are competing in.

Only for Open Individual event, STF invited parties and  
World Taekwondo (WT) recognised certificate from  
respective national governing bodies are accepted to  
participate in the Open Individual event.

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.

Competition Categories : Recognised Category, Open Category, Para Taekwondo  
(Refer to Annex B)

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

- Competition Flow : The sequence of performance\* for competitors shall be as follow:
- Recognised Individual / Open Individual
  - Recognised Pair / Team / Siblings / Family
  - Para Taekwondo

*\*Computer generated sequencing for all categories*

- Method of Competition : Cut-off system

- Competition Rounds : Semi-finals – Only for events with 2 Performing Poomsae (Poom and Dan Events) **and** has more than 8 participants

Finals\*\* Top 8 performers from semi-finals

*\*\*Direct finals for all other events not involved in semi-finals regardless of number of participants*

The Organisers reserve the right to vary the numbers selected for each stage

- Age Divisions : 9 age divisions for recognised and open category.  
(Age as of 31 December 2023)  
Please see Annex B for Para Taekwondo age division

A (4 to 6 years old, year born 2017 to 2019),  
B (7 to 9 years old, year born 2014 to 2016),  
C (10 to 12 years old, year born 2011 to 2013),  
D (13 & 14 years old, year born 2009 and 2010),  
E (15 to 17 years old, year born 2006 to 2008),  
F (18 to 30 years old, year born 1993 to 2005),  
G (31 to 40 years old, year born 1983 to 1992),  
H (41 to 50 years old, year born 1973 to 1982), and  
J (51 years old and older, year born before 1973)

- Grade Classification :
- |             |                       |
|-------------|-----------------------|
| 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 **22 June 2023**

Performing Poomsae	: Please see Annex A for Recognised and Open Categories  Please see Annex B for Para Taekwondo Category
Participation	: Individual event - Dan holder may participate in <b>either</b> Recognised individual <b>OR</b> Open Individual Categories.  A performer may participate in one individual colour category. He or she is eligible to participate in his or her belt categories only.  Team events shall comprise three (3) participants. Each participant is allowed to participate in one poomsae team event only.  National and Ex-National Athlete (have represented Singapore internationally) can only compete in the Open Individual, Sibling and Family Event.  There is no limit to the number of Individual, Pair, Team, Sibling and Family event a club can field.  Please see Annex A for the details.
Participation Fees	: <b>\$43.20</b> per participant for Individual, pair, team & sibling category.  <b>\$86.40</b> per Poomsae Family  Fees paid will not be refunded under any circumstances. All fees are inclusive of GST.
Awards	: Medals will be awarded to the top eight finalists.  Certificate of participation will be given upon request at a fee of \$20 per certificate.
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.  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 <b>Level 2</b> 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 : All participating teams or clubs must provide sufficient qualified National Referee for the tournament [per day](#). Based on one Referee for every 30 participants\* per club

All participating teams or clubs must provide one volunteer per day for a full day for the tournament. The volunteer to be 15 years old or older.

*\*Participants based on individual events (Open, Recognised and Para category) headcount*

Enquires : Singapore Taekwondo Federation Office  
Office Number: 6345 1491.

Email: [Tournament.stf@gmail.com](mailto:Tournament.stf@gmail.com)

**SINGAPORE TAEKWONDO FEDERATION**  
**16TH NATIONAL TAEKWONDO POOMSAE CHAMPIONSHIPS 2023**  
**Ambassador Cup**

**PARTICIPATION**

Event	Age Div 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)
Open* Individual	Male (M)					No Limit	No Limit			
	Female (F)					No Limit	No Limit			
Recognised* Individual	M	No Limit								
	F	No Limit								
Pair	1M & 1F	No Limit								
Team (Same Grade)	M	No Limit								
	F	No Limit								
	Mixed Gender	No Limit								
Team (Combined Grades)**	Mixed Gender	No Limit								
Siblings***	M/F	No Limit								
Family***	M/F	No Limit								

\*Dan participants can only participate in one individual category; **either** open individual **or** recognised individual category.

\*\*Only for Poom and Dan participants

\*\*\*Sibling & Family event: Participants can be of different grade (i.e., parent can be a black belt while the child is a yellow belt). Poomsae performed shall be of their choice.

National and Ex-National Athlete (have represented Singapore internationally) can only compete in the Open Individual, Sibling and Family Event.

# RECOGNISED POOMSAE

	Category	Compulsory Poomsae	
Recognized Individual / Pair (Pair participants to hold the same grade)	White 10 - only age 12 & 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	
		*First Poomsae	**Second Poomsae
	1st Poom	Taeguek Yuk-Jang	Koryo
	2nd Poom	Taeguek Chil-Jang	Keumgang
	3rd Poom	Taeguek Pal-Jang	Taebaek
	1st Dan	Taeguek Yuk-Jang, Chil-Jang, Pal-Jang, Koryo,	Keumgang, Taebaek, Pyongwon, Sipjin
	2nd Dan		
	3rd Dan		
Team (Same grade)	Color Grade	Respective Grade Poomsae	
	1st Poom	*Koryo **Keumgang	
	2nd Poom	*Keumgang **Taebaek	
	3rd Poom & higher	*Taebaek **Pyongwon	
	1st Dan	*Keumgang **Taebaek	
	2nd Dan	*Taebaek **Pyongwon	
	3rd Dan & higher	*Pyongwon **Sipjin	
Mixed Team (Combined Grades)	Poom 1, 2, 3, 4	*Keumgang **Taebaek	
	Dan 1, 2, 3, 4~	*Taebaek **Pyongwon	

*\*First Poomsae for Semi-Finals round, and \*\*second Poomsae for the Final round. Competing poomsae will be balloted and informed during coach briefing on competition day*

## OPEN CATEGORY

Open Individual* (Only Dan participants)	Age Division	First Poomsae <sup>#</sup>	Second Poomsae <sup>#</sup>
	E (15 - 17)	Taeguek Sa-Jang, O-Jang, Yuk-Jang, Chil-Jang	Taeguek Pal-Jang, Koryo, Keumgang, Taebaek
	F (18 - 30)	Taeguek Yuk-Jang, Chil- Jang, Pal-Jang, Koryo	Keumgang, Taebaek, Pyongwon, Sipjin

*\*Dan participants can only participate in one individual category; **either** open individual **or** recognized individual category.*

*<sup>#</sup>For semi-finals and finals, 2 poomsae will be selected from the list of compulsory poomsae and contestants must **perform both poomsaes for each round**. Competing poomsae will be balloted and informed during coach briefing on competition day.*

*Past and present National Athletes are only allowed to compete in the Open Individual, Siblings and Family Event.*

**SINGAPORE TAEKWONDO FEDERATION**  
**16TH NATIONAL TAEKWONDO POOMSAE CHAMPIONSHIPS 2023**  
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## **PARA TAEKWONDO**

### **Para Taekwondo Sport Classes**

P10 – Visual Impairments

P12 – A decrease in the ability to see to a certain degree that causes problems not fixable by usual means, such as glasses or surgery.

P60 – Deaf

- Deaf, defined as a hearing loss of at least 55dB in the better ear (3 tone frequency average of 500, 1000 and 2000 Hertz, ANSI 1969 standard)
- Not using hearing aids or external cochlear implant aids during this event.

Para Taekwondo Age Divisions : Super Junior (8 years old and below),  
 Young Junior (9 to 11 years old),  
 Cadet (12 to 14 years old),  
 Junior (15 to 17 years old),  
 Senior (18 to 30 years old)

Competition Flow : The sequence of performance\* for competitors shall be as follow:

- Recognised Individual / Open Individual
- Recognised Pair / Team / Siblings / Family
- Para Taekwondo

\*Computer generated sequencing for all categories

## **PARTICIPATION**

Division (Age)	Gender	Super Junior (8 & Below)	Young Junior (9 - 11)	Cadet (12 - 14)	Junior (15 - 17)	Senior (18 - 30)
<b>Individual</b>	Male	No Limit				
	Female	No Limit				
<b>Team</b>	M	No Limit				
	F	No Limit				
	Mixed	No Limit				



**RECOGNISED POOMSAE**

	Category	Compulsory Poomsae
<b>Individual / Pair</b> (Pair participants to hold the same grade)	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
	2 <sup>nd</sup> Poom / 2 <sup>nd</sup> Dan	Keumgang



## 16<sup>TH</sup> NATIONAL TAEKWONDO POOMSAE CHAMPIONSHIPS 2023

Ambassador Cup

15 July and 16 July 2023

To: Organising Chairman,

16th National Taekwondo Poomsae Championships 2023 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		



**\*White 10 category only for age 12 and below**





## 16TH NATIONAL TAEKWONDO POOMSAE CHAMPIONSHIPS 2023

### FORM D

#### TEAM\* (MALE) – SAME GRADES

Name of Affiliate			
Name of Team Manager		Contact No. Email	

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 (Please tick)															
		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+

\*Team participant can only compete in one team event

\*\*White 10 category only for age 12 and below



## 16TH NATIONAL TAEKWONDO POOMSAE CHAMPIONSHIPS 2023

### FORM E

#### TEAM\* (FEMALE) – SAME GRADES

Name of Affiliate			
Name of Team Manager		Contact No. Email	

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 (Please tick)															
		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+

\*Team participant can only compete in one team event

\*\*White 10 category only open to age 12 and below



## 16TH NATIONAL TAEKWONDO POOMSAE CHAMPIONSHIPS 2023

### FORM F

#### TEAM\* (MIXED GENDER) – SAME GRADES

Name of Affiliate			
Name of Team Manager		Contact No. Email	

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 (Please tick)															
		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+

\*Team participant can only compete in one team event

\*\*White 10 category only open to age 12 and below





## 16TH NATIONAL TAEKWONDO POOMSAE CHAMPIONSHIPS 2023

### FORM G

#### TEAM\* (MIXED GENDER) – COMBINED GRADES

Name of Affiliate			
Name of Team Manager		Contact No. Email	

#### 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 (Please tick)					
		P1	P2	P3+	D1	D2	D3+

\*Team participant can only compete in one team event





## 16TH NATIONAL TAEKWONDO POOMSAE CHAMPIONSHIPS 2023

### FORM J

### FAMILY

Name of Affiliate			
Name of Team Manager		Contact No. Email	

Please Circle Accordingly

Event	Spouse	Two Generation*	Three Generation
Composition	Husband and Wife	Parent and Child	Grandparent, Parent and Child

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

*\*Two generation event can also comprise grandparent with child*



## 16TH NATIONAL TAEKWONDO POOMSAE CHAMPIONSHIPS 2023

### FORM K

#### REGISTRATION FORM (to be completed by all participants)

Name of Affiliate			
Name		Age (as of 31 Dec 2023)	
Year of Birth		Grade (as of 22 June 2023)	
Contact No.		Gender	
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 all the participation of the above-named applicant, who is my \*child/ward, in the 16th National Taekwondo Poomsae Championships 2023. 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.	



## 16TH NATIONAL TAEKWONDO POOMSAE CHAMPIONSHIPS 2023

**OPEN CATEGORY**

**INDIVIDUAL (MALE)**

Name of Affiliate			
Name of Team Manager		Contact No. Email	

**Please Circle**

Division	E	F
Age	15 – 17	18 – 30

No.	Name	Grade (Dan Only)*

*\*Dan participants are allowed to compete only in one individual category EITHER the open category OR recognised individual category.*

*Non-STF Certificate (WT recognised certificate) from respective national governing bodies and STF invited parties can participate in the Open category*

*Past and present National Athletes are only allowed to compete in the Open Category only.*



## 16TH NATIONAL TAEKWONDO POOMSAE CHAMPIONSHIPS 2023

**OPEN CATEGORY**

**INDIVIDUAL (FEMALE)**

Name of Affiliate			
Name of Team Manager		Contact No. Email	

**Please Circle**

Division	E	F
Age	15 – 17	18 – 30

No.	Name	Grade (Dan Only)*

*\*Dan participants are allowed to compete only in one individual category EITHER the open category OR recognised individual category.*

*Non-STF Certificate (WT recognised certificate) from respective national governing bodies and STF invited parties can participate in the Open category*

*Past and present National Athletes are only allowed to compete in the Open Category only.*



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[illegible]

[illegible]

[illegible]