



**8TH KUKKIWON CUP HANMADANG
CHOI YOUNG SEOK RSU
INTERNATIONAL TAEKWONDO CHAMPIONSHIP 2020**

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8th Kukkiwon Cup Hanmadang Choi Young Seok RSU International Taekwondo Championship 2020

- Promoter:** Mr. Choi Young Seok
(Head Coach of the Thailand Taekwondo National Team)
- Competition Date:** 1-2 February 2020 (2 Days)
- Venue:** Recreation Building, Rangsit University
52/347 Muang-Ake, Phaholyothin Road, Lak-Hok, Muang, Pathumthani 12000
- Type of Competition:** Kyorugi - Individual (Class B, Class A)
Team (3 Persons)
Poomsae - Individual, Mixed Pair, Team
Taekwondo Aerobics - Team
Pine Board Breaking - Individual
- Kyorugi Time Mode:** Class B – 1 minute x 3 rounds with 30 seconds break
Class A – 1.30 minute x 3 rounds with 30 seconds break
- Taekwondo Aerobics Time Mode:** 1.50 - 2 minutes
- Expected Number of Participants:** 1,500 Athletes

Award Presentation:

Kyorugi

Winner:	Gold Medal with Certificate.
2 nd Place:	Silver Medal with Certificate
3 rd Place (2P):	Bronze Medals with Certificates
Best Player (Male/Female Cadet 12-14 Years):	2 Awards
Best Player (Male/Female Junior 15-17 years):	2 Awards
Best Player (Male/Female Senior 18+ years):	2 Awards

Poomsae

Winner:	Gold Medal with Certificate.
2 nd Place:	Silver Medal with Certificate
3 rd Place:	Bronze Medal with Certificate
Best Player (Male/Female):	4 Awards (2 Youths/2 Juniors)
Best Pair:	2 Awards (1 Youths/1 Juniors)
Best Team (Male/Female):	4 Awards (2 Youths/2 Juniors)

Aerobics

Winner:	Gold Medal with Certificate.
2 nd Place:	Silver Medal with Certificate
3 rd Place:	Bronze Medal with Certificate

Pine Board Breaking

Winner:	Gold Medal with Certificate.
2 nd Place:	Silver Medal with Certificate
3 rd Place:	Bronze Medal with Certificate
Best Player (Male/Female):	4 Awards (2 Youths/2 Juniors)

Award Presentation:

Best coach for Kyorugi:	1 Award
Best coach for Poomsae:	1 Award
Best coach for Aerobics:	1 Award
1 st Total Score Team for Kyorugi:	1 Award and 10,000 Baht
2 nd Total Score Team for Kyorugi:	1 Award and 5,000 Baht
3 rd Total Score Team for Kyorugi:	1 Award and 3,000 Baht
1 st Total Score Team for Poomsae:	1 Award and 10,000 Baht
2 nd Total Score Team for Poomsae:	1 Award and 5,000 Baht
3 rd Total Score Team for Poomsae:	1 Award and 3,000 Baht
Best Taekwondo Aerobics Team:	1 Award and 10,000 Baht

Kyorugi

Youth under 6 years (2014+)

Male, Female Class B, Class A (No Rank)

1. Type A	Under	18 KG.
2. Type B	Between	18 – 20 KG.
3. Type C	Between	20 – 23 KG.
4. Type D	Between	23 – 26 KG.
5. Type E	Over	26 KG.

Youth 7-8 years (2012-2013)

Male, Female Class B, Class A (No Rank)

1. Type A	Under	20 KG.
2. Type B	Between	20 – 23 KG.
3. Type C	Between	23 – 26 KG.
4. Type D	Between	26 – 30 KG.
5. Type E	Over	30 KG.

Youth 9-10 Years (2010-2011)

Male, Female Class B, Class A (No Rank)

1. Type A	Under	23 KG.
2. Type B	Between	23 – 25 KG.
3. Type C	Between	25 – 28 KG.
4. Type D	Between	28 – 31 KG.
5. Type E	Between	31 – 35 KG.
6. Type F	Between	35 – 39 KG.
7. Type G	Over	39 KG.

Youth 11-12 years (2008-2009)

Male, Female Class A (No Rank)

1. Type A	Under	25 KG.
2. Type B	Between	25 – 29 KG.
3. Type C	Between	29 – 32 KG.
4. Type D	Between	32 – 35 KG.
5. Type E	Between	35 – 38 KG.
6. Type F	Between	38 – 41 KG.
7. Type G	Between	41 – 43 KG.
8. Type H	Between	43 – 45 KG.
9. Type I	Over	45 KG.

Cadet 12-14 years (2006-2008)

Male

Class A (KP&P PSS-Protector)

1. Type A	Under	33 KG.
2. Type B	Between	33 – 37 KG.
3. Type C	Between	37 – 41 KG.
4. Type D	Between	41 – 45 KG.
5. Type E	Between	45 – 49 KG.
6. Type F	Between	49 – 53 KG.
7. Type G	Between	53 – 57 KG.
8. Type H	Between	57 – 61 KG.
9. Type I	Between	61 – 65 KG.
10. Type J	Over	65 KG.

Cadet 12-14 years (2006-2008)

Female

Class A (KP&P PSS-Protector)

1. Type A	Under	29 KG.
2. Type B	Between	29 – 33 KG.
3. Type C	Between	33 – 37 KG.
4. Type D	Between	37 – 41 KG.
5. Type E	Between	41 – 44 KG.
6. Type F	Between	44 – 47 KG.
7. Type G	Between	47 – 51 KG.
8. Type H	Between	51 – 55 KG.
9. Type I	Between	55 – 59 KG.
10. Type J	Over	59 KG.

Junior 15-17 years (2003-2005)

Male

Class A (KP&P PSS-Protector)

1. Type A	Under	45 KG.
2. Type B	Between	45 – 48 KG.
3. Type C	Between	48 – 51 KG.
4. Type D	Between	51 – 55 KG.
5. Type E	Between	55 – 59 KG.
6. Type F	Between	59 – 63 KG.
7. Type G	Between	63 – 68 KG.
8. Type H	Between	68 – 73 KG.
9. Type I	Between	73 – 78 KG.
10. Type J	Over	78 KG.

Junior 15-17 years (2003-2005)

Female

Class A (KP&P PSS-Protector)

1. Type A	Under	42 KG.
2. Type B	Between	42 – 44 KG.
3. Type C	Between	44 – 46 KG.
4. Type D	Between	46 – 49 KG.
5. Type E	Between	49 – 52 KG.
6. Type F	Between	52 – 55 KG.
7. Type G	Between	55 – 59 KG.
8. Type H	Between	59 – 63 KG.
9. Type I	Between	63 – 68 KG.
10. Type J	Over	68 KG.

Senior 18+ years

Male

Class A (KP&P PSS-Protector)

1. Type A	Under	54 KG.
2. Type B	Between	54 – 58 KG.
3. Type C	Between	58 – 63 KG.
4. Type D	Between	63 – 68 KG.
5. Type E	Between	68 – 74 KG.
6. Type F	Between	74 – 80 KG.
7. Type G	Between	80 – 87 KG.
8. Type H	Over	87 KG.

Senior 18+ years

Female

Class A (KP&P PSS-Protector)

1. Type A	Under	46 KG.
2. Type B	Between	46 – 49 KG.
3. Type C	Between	49 – 53 KG.
4. Type D	Between	53 – 57 KG.
5. Type E	Between	57 – 62 KG.
6. Type F	Between	62 – 67 KG.
7. Type G	Between	67 – 73 KG.
8. Type H	Between	73 KG.

Team Kyorugi

1. Cadet Team 12-14 years 3P (KP&P PSS-Protector)
 - Male - 150 Kg
 - Female - 140 Kg
2. Junior 15-17 years 3P (KP&P PSS-Protector)
 - Male – 180 Kg
 - Female - 160 Kg
3. Senior 18+ years 3P (KP&P PSS-Protector)
 - Male – 200 Kg
 - Female – 180 Kg

Types of Competition (For Individual Kyorugi)

- **Class B** Blue belt and below, must not participated in the competition over than 5 times
- **Class A** Yellow belt and above

Competition Clothing-Contestant uniform and protective equipment

- An athlete shall wear a WTF-recognized uniform, trunk protector, head protector, groin guard, forearm guards, shin guards, hand protectors, socks and be equipped with a mouth piece before entering the field of play. Head protector must be firmly tucked under left arm when entering into competition area. Head protector shall be put on the head following instructions of the referee before the start of the contest.
- The groin, forearm and shin guards shall be worn beneath the Taekwondo uniform. Wearing any item on the head other than the head protector shall not be permitted. Any religious item shall be worn beneath the head protector and inside the uniform and shall not cause harm or obstruct the opposing athlete.
- The athlete shall bring WTF-recognized uniform and protective equipment as well as socks and mouthpiece for his/her personal use.

***Non-PSS equipment will be used for the youth athletes, and PSS equipment (KP&P) will be used for cadet, junior and senior athletes (12 Years and above); except Kyorugi team competition, electronic equipment will be used in all categories. All athletes should bring their all own equipment (Except the PSS-protectors for juniors and they should bring their own censoring socks).

Weight-in

Recreation Building, Rangsit University

- Friday, January 31st, 2020 from 4 PM to 8 PM for those who compete on Saturday
- Saturday, February 1st, 2020 from 4 PM to 7 PM for those who compete on Sunday
- 2 times for weight-in are acceptable (if not pass, the athletes have to be disclaimed)
- Athletes in Class B must bring the belt test certificate to show in the day of weight-in

Poomsae

Individual

Type	Step	Pattern
Youth Male / Female Under 10 years	Under Blue	3 , 4
Youth Male / Female 11-12 years	Under Blue	3 , 4
Youth Male / Female 13-14 years	Under Blue	3 , 4
Junior Male / Female 15-17 years	Under Blue	3 , 4
Youth Male / Female Under 10 years	Under Red	7 , 8
Youth Male / Female 11-12 years	Under Red	7 , 8
Youth Male / Female 13-14 years	Under Red	7 , 8
Junior Male / Female 15-17 years	Under Red	7 , 8
Youth Male / Female Under 10 years	Poom	KORYO, KUEMKUNG
Youth Male / Female 11-12 years	Poom	KORYO, KUEMKUNG
Youth Male / Female 13-14 years	Poom	KORYO, KUEMKUNG
Junior Male / Female 15-17 years	Dan	KORYO, KUEMKUNG
Senior 18+ years	Dan	KUEMKUNG, TAEBAEK

Mixed Pair

Type	Step	Pattern
Youth Under 10 years	Under Blue	3 , 4
Youth 11-12 years	Under Blue	3 , 4
Youth 13-14 years	Under Blue	3 , 4
Junior 15-17 years	Under Blue	3 , 4
Youth Under 10 years	Under Red	7 , 8
Youth 11-12 years	Under Red	7 , 8
Youth 13-14 years	Under Red	7 , 8
Junior 15-17 years	Under Red	7 , 8
Youth Under 10 years	Poom	KORYO, KUEMKUNG
Youth 11-12 years	Poom	KORYO, KUEMKUNG
Youth 13-14 years	Poom	KORYO, KUEMKUNG
Junior 15-17 years	Dan	KORYO, KUEMKUNG
Senior 18+ years	Dan	KUEMKUNG, TAEBAEK

Team (1 Team / 3 Persons) (Male Team/Female Team)

Type	Step	Pattern
Youth Under 10 years	Under Blue	3 , 4
Youth 11-12 years	Under Blue	3 , 4
Youth 13-14 years	Under Blue	3 , 4
Junior 15-17 years	Under Blue	3 , 4
Youth Under 10 years	Under Red	7 , 8
Youth 11-12 years	Under Red	7 , 8
Youth 13-14 years	Under Red	7 , 8
Junior 15-17 years	Under Red	7 , 8
Youth Under 10 years	Poom	KORYO, KUEMKUNG
Youth 11-12 years	Poom	KORYO, KUEMKUNG
Youth 13-14 years	Poom	KORYO, KUEMKUNG
Junior 15-17 years	Dan	KORYO, KUEMKUNG
Senior 18+ years	Dan	KUEMKUNG, TAEBAEK

Taekwondo Aerobics

Taekwondo aerobics refers to the Taekwondo movements composed with music and musical instruments to perform gymnastic-type movements.

Competition will be divided into 2 categories;

1. Mix Team Under 12 years
2. Mix Team 13-17 years

Competition method : Cut-off

Competition Duration : More than 1 minute and 50 seconds and less than 2 minutes

Uniform : Choice of top, **MUST** wear Dobok pants, and belt
***Please select appropriate tops for the performance

Number of contestants : 7 to 9 members per team

Compulsory regulations

1. Designated technical movements

All contestants shall perform the designated techniques together. However, acrobatic motions do not need to be performed by all contestants.

- A. Roundhouse kick: 2 times
- B. Repeating side kick: 2 times
- C. Back whip kick: 2 times
- D. Jumping side kick: 2 times
- E. Tornado kick: 2 times
- F. Acrobatic motions: 2 times

2. Hand movements shall follow basic Taekwondo movements.
3. Kicks shall follow basic Taekwondo kicks.
4. Submit your music file (USB) during the representative meeting or before the contest.
5. It is required to change formation during the performance more than 3 times.

Technical Regulations

1. Make-up is allowed.
2. Any items can be used in the performance, but they will not affect the scoring.

Marking Criteria

1. Accuracy (4.0 points)
 - A. Accuracy of movements (2.0) : Accuracy of Taekwondo movements
 - B. Designated technique movements (2.0) : Designated technique movements which are specified in the competition regulations
2. Program arrangement (6.0 points)
 - A. Skill (2.0 points) : Balance between rhythm and the movements
 - B. Expressivity (2.0 points) : Balance between the dynamic expressions and music
 - C. Creativeness (2.0 points) : Creative presentation and artistic values

Penalty (Deduction ("Gam-jeom") and Disqualification ("Sil-gyook"))

1. Penalties are given by the referees.
2. The penalties are warning ("Gyong-go"), deduction ("Gam-jeom"), and disqualification ("Sil-gyook").
One deduction penalty is equal to a -0.1 point deduction.
3. Warning or deduction is given to the following acts
 - A. Conducting undesirable behavior

- B. Disturbing the referee or the staffs to proceed during the competition
 - C. If a contestant lacks or exceeds the time; 0.3 points will be deducted for every 10 seconds.
 - D. If the number of contestants does not meet the required limit, 3 points will be deducted per person.
 - E. Stepping over the boundary line of the competition area results to a 0.3 point deduction.
 - F. Not performing the compulsory technical movements will deduct 0.3 points per movement.
4. Penalty points shall be deducted from the participant's total score.
 5. Entering the contest in the name of others will be disqualified

Decision and Declaration of the Winner

1. The winner has the highest final score.
2. In case of a tie, the contestant (team) with the higher program arrangement score shall be selected as a winner. In case of a tie again, the highest and lowest points (which were excluded) will be added to the total score to determine a winner.
3. If the abovementioned provision fails to decide a winner, the tied contestants shall compete with each other once more.
4. In case the scores of the tiebreaker are still tied, the calculation method in provision 2 shall be applied. If tied again after applying the abovementioned provision 2, the contestants shall be deemed as co-winners.

Pine Board Breaking

Competition will be divided into these following categories;

1. Fist Breaking

- A. Youth Male Under 14 years
- B. Youth Female Under 14 years
- C. Junior Male 15-17 years
- D. Junior Female 15-17 years

2. Knife Hand Breaking

- A. Youth Male Under 14 years
- B. Youth Female Under 14 years
- C. Junior Male 15-17 years
- D. Junior Female 15-17 years

Competition method : Cut-off

Competition Duration : 20 seconds or less

Fist Breaking

The fist breaking technique should follow the description in the Kukkiwon textbook. It is a straight down punch technique to break targets, which are set by breaking holders with a certain height.

Compulsory Regulations

1. Contestants must decide the number of breaking targets and request them while waiting for an event.
2. The breaking targets must be authorized by the Organizing Committee.
3. Contestants may place the protective materials given by the contest headquarters on the breaking targets to protect themselves from fist injuries, but they should never put any material directly around their fists.
4. The fist breaking use the front part of the forefinger and the middle finger.
5. Breaking is conducted only once and must be done within 20 seconds after the “Si-Jak” command.
6. The time to stack breaking targets may not exceed 1 minute, and the width of the support for the breaking target may not be adjusted randomly.

Technical Regulations

1. Contestants may use the application technique, which is to lift the stepping foot off the ground.
2. Contestants must use their fists or standing fists to break the target.
3. Contestants can decide the breaking direction.

Penalty (Warning, Deduction, and Disqualification)

1. Penalties are given by the referees.
2. The penalties are warning, deduction, and disqualification.
 - A. One warning penalty is equal to a 0.5 point deduction.
 - B. Two warning penalties are equal to a 1 deduction.
 - C. One deduction penalty is equal to 1.0 point deduction, and it is equal to one breaking target.

Warning and deduction

- A. Giving deliberate verbal attacks or movements for disturbing other contestant’s breaking
- B. Interfere the judges or the staffs to proceed during the contest.
- C. Damaging the breaking target before hitting the target.

- D. Exceeding the time to install breaking targets or breaking, 1.0 deduction shall be applied per 10 seconds.
 - E. Referees can give deduction penalties when the abovementioned acts are repeated after warning; or when the abovementioned acts are conducted deliberately and clearly, no matter how minor the acts in the above paragraphs A, B, and C are.
 - F. When compulsory regulations were violated, a deduction will be declared.
- 3. Penalty points shall be deducted from the participant's total score.
 - 4. Disqualification
 - A. when any parts of the body above the knees touch the ground after breaking (knees on the ground are accepted)
 - B. If breaking has been attempted twice
 - C. Breaking in an unfair manner

Decision and Declaration of Winner

- 1. The winner has the highest number of broken targets.
- 2. The winner will be decided by someone who requested for more breaking targets in case of a tie score.
- 3. If the abovementioned article fails to decide a winner, the winner shall be the one who weighs less.

Knife Hand Breaking

The knife hand breaking technique should follow the descriptions in the Kukkiwon textbook. It is a straight down knife hand breaking technique, which is set by breaking holders at a certain height.

Compulsory Regulations

1. Contestants must decide the number of breaking targets and request them while waiting for an event.
2. The breaking targets must be authorized by the Organizing Committee.
3. Contestants may place the protective materials given by the Organizing Committee on the breaking targets to protect themselves from injuries. However, they are not allowed to put any protective material around their blade of hands and wrist.
4. Knife hand breaking must be executed with the part between the side of the first knuckle of the little finger and side of the wrist.
5. Breaking is conducted only once and must be done within 20 seconds after the “Si-Jak” command.
6. The time to stack breaking targets may not exceed 1 minute, and the width of the support for the breaking target may not be adjusted randomly.

Technical Regulations

Contestants may use the application technique, which is to lift the stepping foot off the ground.

Penalty (Warning, Deduction, and Disqualification)

1. Penalties are given by the referees.
2. The penalties are warning, deduction, and disqualification.
 - A. One warning penalty is equal to a 0.5 point deduction.
 - B. Two warning penalties are equal to a 1 deduction.
 - C. One deduction penalty is equal to 1.0 point deduction, and it is equal to one breaking target.

3. Warning and deduction
 - A. Giving deliberate verbal attacks or movements for disturbing other contestant's breaking.
 - B. Interfere the judges or the staffs to proceed during the contest.
 - C. Damaging the breaking target before hitting the target
 - D. Exceeding the time to install breaking targets or breaking, 1.0 deduction shall be applied per 10 seconds.
 - E. Referees can give deduction penalties when the abovementioned acts are repeated after warning; or when the abovementioned acts are conducted deliberately and clearly, no matter how minor the acts in the above paragraphs A, B, and C are.
 - F. When compulsory regulations were violated, a deduction will be declared.
4. Penalty points shall be deducted from the participant's total score.
5. Disqualification
 - A. when any parts of the body above the knees touch the ground after breaking (knees on the ground are accepted)
 - B. Breaking targets by using only the wrist
 - C. Using a half-clenched fist or a hammer fist
 - D. Breaking in an unfair manner

Decision and Declaration of Winner

1. The winner has the highest number of broken targets.
2. In case of a tie, the winner is the one who has previously requested for more breaking targets. The winner will be decided by someone who requested for more breaking targets in case of a tie score.
3. If the article 2 does not determine a winner, the winner shall be the one who weighs less.

Venue

Recreation Building, Rangsit University
52/347 Muang-Ake, Phaholyothin Road
Lak-Hok, Muang, Pathumthani 12000
THAILAND



Schedule (Subject to change)

8th Kukkiwon Cup Hanmadang Choi Young Seok RSU International Taekwondo Championship 2020

DATE	TIME	EVENT	PLACE
Today – 27 January 2020	Closed at 23.59 27 January 2020	Online Registration for the participating teams	GMS System https://tkdthailand.simplycompete.com/
31 January 2020	16.00 – 20.00	Weight-in Athletes competing on Saturday 1 st Feb - Youth Under 6 Years - Youth 7-8 Years - Youth 11-12 Years (No Rank) - Junior 15-17 Years (Individual/Team) - Senior 18+ Years (Female) (Individual/Team)	Weight-in room Rangsit University
1 February 2020	08.00 – 09.00	Team Manager's meeting	Recreation Building Rangsit University
	09.00 – 11.00	Morning Session <u>Poomsae</u> - Individual/Mixed Pair/Team <u>Kyorugi</u> - Youth Under 6 Years (No Rank) - Youth 7-8 Years (No Rank) - Youth 11-12 Years (No Rank) - Junior 15-17 Years (Individual/Team) - Senior 18+ Years (Female) (Individual/Team)	
	11.00 – 12.00	Opening Ceremony	
	12.00 – 13.00	Pine Board Breaking (All) / Taekwondo Aerobics (Non-Thai)	
	13.00 – 20.00	Afternoon Session	
	16.00 – 19.00	Weight-in Athletes competing on Sunday 2 nd Feb - Youth 9-10 Years (No Rank) - Cadet 12-14 Years (Individual/Team) - Senior 18+ Years (Male) (Individual/Team)	Weight-in room Rangsit University
2 February 2020	09.00 – 12.00	Morning Session <u>Kyorugi</u> - Youth 9-10 Years (No Rank) - Cadet 12-14 Years (Individual/Team) - Senior 18+ Years (Male) (Individual/Team)	Recreation Building Rangsit University
	12.00 – 13.00	Taekwondo Aerobics (Thai)	
	13.00 – 19.00	Afternoon Session	
	19.00 – 19.30	Awarding Ceremony	

Remark : Athletes receive medals after the end of the final round of each category

Qualification for participants

- Participants can only compete in one weight category for Individual Kyorugi
 - Some applications of the athletes or teams can be rejected by the committee and staff of the competition if the registration forms are wrong or not filled in completely
 - All participants must follow the competition rules and regulations strictly, in order to make the fair competition
- ***All athletes must bring **ID Card** and show to the committee in the day of weight-in. The participants in Class B please bring the belt test certificate with the above document.

Team staff

Only one coach can be with the competitor while participating in the competition and must wear shirt or tracksuit. Shorts and slippers are not allowed.

Entry Fee

Kyorugi (individual)	THB 600/Person	Kyorugi (team)	THB 1,000/Team
Poomsae (individual)	THB 600/Person	Poomsae (pair)	THB 800/Pair
Poomsae (team)	THB 1,000/Team	Aerobics (team)	THB 1,000/Team
Pine Board Breaking	THB 300/Person		

Entry fee should be paid by transferring to the account below

Kasikorn Bank Saving Account No. 035-1-12425-3

Miss Kamonruss Mongkhonsupkul

- Please put your team name in “Note” when transferring, and send the bank slip to Line ID “pppueraewoo” after completed your payment. Keep your bank slip to get ID cards on weight-in day
- The athletes who have already sent the application form cannot cancel, otherwise, the team’s manager must respond to the cost for registration (non-refund).

Rules and Regulations

Using the rules of the World Taekwondo Federation and Taekwondo Association of Thailand

**Kyorugi and Poomsae should be registered using the online registration system
“GMS” by the Taekwondo Association of Thailand only**

For Taekwondo Aerobics and Pine Board Breaking, apply via e-mail

Deadline for registration will be on Monday 27th January, 2020

For more information, please contact

Praewpraow +6680-802-9532

E-mail kamonrusm@gmail.com

Line ID pppueraewoo

Kakaotalk praowpraew