

# KOREAN AMBASSADOR'S CUP

Saturday, September 27<sup>th</sup>, 2025



## POOMSAE OUTLINE



SUOMEN TAEKWONDOLIITTO RY  
THE FINNISH TAEKWONDO FEDERATION



Welcome to Korean Ambassador's Cup 2025 organized by The Finnish Taekwondo Federation and Malmin Taekwondo in co-operation with the Embassy of the Republic of Korea in Finland!

**Date** Saturday, September 27<sup>th</sup>, 2025

**Venue** Tikkurilan urheilutalo  
Trio Sports Center  
Läntinen Valkoisenlähteentie 52  
01300 Vantaa  
Finland



**Venue: Trio Sports Center**

# POOMSAE

**Categories** Official, beginners, and kids

**Registration** Please make registration through [www.tpss2021.eu](http://www.tpss2021.eu). Please don't use the old site. Deadline for entries is Saturday, September 20<sup>th</sup>, 2025. Late entries will be accepted until September 24<sup>th</sup> with a 20 € additional charge. Late entries via email to [tatu.iivanainen@taekwondo.fi](mailto:tatu.iivanainen@taekwondo.fi).

## Entry fees

Categories	Official categories	Kids/Beginners
Individual	46 €	45 €
Pair	26 € / person	25 € / person
Team	20 € / person	20 € / person
Freestyle Mix-team	15 € / person	

Participating in more than one kids' or beginners' category costs 65 € per competitor. In official categories, the fee is 39 € per individual, pair, or team, for every category, regardless of how many categories the person participates in.

**Categories:** Official categories

Categories	Age	Gender	
Cadets	12-14 y.	Girls and boys in their own categories	Taegeuk 4–8 Jang, Koryo, Keumgang, Taeback
Juniors	15-17 y.	Girls and boys in their own categories	Taegeuk 5–8 Jang, Koryo, Keumgang, Taeback, Pyongwon
Under 30	18-30 y.	Women and men in their own categories	Taegeuk 7–8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae
Under 40	31-40 y.	Women and men in their own categories	Taegeuk 7–8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae
Under 50	+41-50 y.	Women and men in their own categories	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
Over 50	+51 y.	Women and men in their own categories	Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
Pairs under 17	12–17 y.	One (1) girl and one (1) boy	Taegeuk 5–8 Jang, Koryo, Keumgang, Taeback, Pyongwon
Pairs under 30	18-30 y.	One (1) woman and one (1) man	Taegeuk 7–8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae
Pairs under 50	31-50 y.	One (1) woman and one (1) man	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon

Pairs over 50	+51 y.	One (1) woman and one (1) man	Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
Teams under 17	12–17 y.	Three (3) girls or three (3) boys *	Taegeuk 5–8 Jang, Koryo, Keumgang, Taeback, Pyongwon
Teams under 30	18-30 y.	Three (3) women or three (3) men *	Taegeuk 7–8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae
Teams under 50	31-50 y.	One (1) woman and one (1) man	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
Teams over 50	+51 y.	One (1) woman and one (1) man	Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
		*Female and male teams compete in the same category.	
Freestyle individual	+12 y.	Women and men in their own categories	
Freestyle pairs	+12 y.	One (1) woman and one (1) man	
Freestyle mix-team	+12 y.	Two (2) women and three (3) men, or three (3) women and two (2) men	

The age limit for each division is based on the year, not on the date, when the competition is held. For this year, a person born between January 1<sup>st</sup>, 2008 and December 31<sup>st</sup>, 2010 is eligible to participate in the junior category.

#### Beginners (no age limit)

Categories	Belt	Gender	Poomsae list
Yellow belts	8th–7th kup	Separate categories for females and males	Taegeuk 1-4 Jang
Green belts	6th–5th kup		Taegeuk 2-6 Jang
Blue belts	4th–3rd kup		Taegeuk 4-8 Jang
Red and black belts	2nd kup – 2nd dan		Taegeuk 6-8 Jang, Koryo, Keumgang, Taeback
Diesel, over 30 y.	8th kup – 9th dan		Taegeuk 4-8 Jang, Koryo, Keumgang, Taeback
Pairs, lower belts	8th–5th kup	Mixed	Taegeuk 2-6 Jang
Pairs, higher belts	4th kup – 2nd dan	Mixed	Taegeuk 5-8 Jang, Koryo
Teams, beginners	8th kup – 2nd dan	Mixed	Taegeuk 4-8 Jang, Koryo
Freestyle, beginners	8th kup – 2nd dan	Mixed	

## Kids (under 13 years old)

Categories	Belt	Gender	Poomsae list
Yellow belts	8.-7. kup	Mixed	Taegeuk 1-4 Jang
Green belts	6.-5. kup	Mixed	Taegeuk 2-6 Jang
Blue belts	4.-3. kup	Mixed	Taegeuk 4-8 Jang
Red- and black belts	2.kup-2. poom	Mixed	Taegeuk 6-8 Jang, Koryo, Keumgang, Taeback
Pairs	8.kup-2. poom	Mixed	Taegeuk 2-6 Jang

Kids (under 13 years old) can participate both in the kids' and beginners' categories. Competitors competing in the official categories cannot compete in the kids' or beginners' categories. Please note that freestyle categories are official categories, so competitors competing in kids' or beginners' categories cannot compete in them.

In the beginners' pair and team categories the players can be of the same or different gender. If the players of the pair are of different belt grade groups, they compete in the pairs, higher belts category.

In case there is a low number of competitors in the kids' or beginners' categories, the organizers may combine categories if permitted by the referee director. If two categories are combined, the players will perform poomsae according to the category they were originally registered to.

## Rules

The latest WT Poomsae rules will be used except as noted below.

- A competitor participating in any official category cannot participate in kids' or beginners' categories
- The compulsory poomsae for the official pair and team categories will be drawn and published on the competition's website on Friday, September 26<sup>th</sup> before 8 pm. The compulsory poomsae for official individual categories will be drawn separately for each match just before the competitors enter the mat. The poomsae lists are as described above.
- In the official categories, individual categories will run with side-by-side elimination. Pair and team categories will run with cut-off system according to WT rules.
- In the kids' and beginners' categories only, the final round will be held regardless of the number of competitors. Each competitor will perform two poomsae. The poomsae are free of choice from the poomsae list of the category, except that the same poomsae cannot be performed twice by the player. In kids' categories the player is allowed to perform the lowest poomsae from the list of the category twice, but no other poomsae.

- Prizes: one (1) gold medal for the first place, one (1) silver medal for the second place, and one (1) bronze medal for the third place. No medal will be awarded for the fourth place. In official individual categories, two (2) bronze medals will be awarded.
- In freestyle mix-team: The team has to bring their own boards. The organizer doesn't provide boards. The competition will be held on a 10 m x 10 m mat.

## Preliminary Schedule

### Saturday

07.30	Doors are open
08.00-08.30	Referee meeting
08.30-09.00	Head of Team meeting
09.00-20.00	Competition
12.00-12.45	Lunch break
12.45-13.00	Opening Ceremony
13.00	Competition continues

The Organizer reserves the right to make changes to schedules. The schedule will be updated to Finnish Taekwondo Federation's website <https://www.suomentaekwondoliitto.fi>

## Contacts

Tournament director:  
Mr. Jörn-Peter Sairio

Poomsae Referee Director:  
Mr. Christian Hagman  
[hadehagman@gmail.com](mailto:hadehagman@gmail.com)