

# KOREAN AMBASSADORS' CUP POOMSAE

**9 November 2024**  
Helsinki - Finland



SUOMEN TAEKWONDOLIITTO RY  
THE FINNISH TAEKWONDO FEDERATION

Welcome to Korean Ambassador's Cup 2024 organized by The Finnish Taekwondo Federation and Malmin Taekwondo in co-operation with the Embassy of the Republic of Korea in Finland!

**Date** Saturday, November 9<sup>th</sup> 2024

**Venue** Ruskeasuon liikuntahalli  
Ratsastie 10  
00280 Helsinki  
Finland



**Venue: Ruskeasuon liikuntahalli**

# 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 Wednesday, October 30<sup>th</sup>, 2024.

## Entry fees

Categories	Fee
Individual	39,00 €
Pair	19,50 € / person
Team	13,00 € / person
Freestyle Mix-team	7,80 € / person

Participating in more than one kids' or beginners' category costs 55 € 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	Taeguek 4–8 Jang, Koryo, Keumgang, Taeback
Juniors	15-17 y.	Girls and boys in their own categories	Taeguek 5–8 Jang, Koryo, Keumgang, Taeback, Pyongwon
Under 30	18-30 y.	Women and men in their own categories	Taeguek 7–8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae
Under 40	31-40 y.	Women and men in their own categories	Taeguek 7–8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae
Under 50	+41-50 y.	Women and men in their own categories	Taeguek 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	Taeguek 5–8 Jang, Koryo, Keumgang, Taeback, Pyongwon
Pairs under 30	18-30 y.	One (1) woman and one (1) man	Taeguek 7–8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae
Pairs over 30	+31 y.	One (1) woman and one (1) man	Taeguek 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon

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 over 30	+31 y.	Three (3) women or three (3) men *	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
		*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> 2007 and December 31<sup>st</sup> 2009 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 WT Poomsae rules (as of June 14, 2024) 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 categories will be drawn and published on the competition's website on Friday, November 8th before 8 pm. The poomsae lists are as described in Article 8 of the WT Poomsae rules, except for the following: in individual over 50 the WT list for individual under 60 will be used, and in the pairs and teams under 17 the WT lists for junior pairs and junior teams, respectively, will be used.
- In the official categories, only a final round will be held if there are eight (8) or fewer competitors. If there are nine (9) or more competitors, a semi-final round will be held, and the eight (8) players with the highest score will advance to the final round. If there are twenty (20) or more competitors, a preliminary round will be held, and 50 % (rounded up) of the players with the highest score will advance to the semi-final round. In all rounds, two (2) drawn poomsae will be performed. The organizers reserve the right to start the competition directly from the semi-final round if necessary for the schedule.
- 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 freestyle mix-team: If the team wishes to use boards for breaking, they have to bring their own boards. The organizer doesn't provide boards.

## Preliminary Schedule

### Saturday

07.00	Doors are opened.
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
12.45-13.45	Opening Ceremony inc. Kukkiwon Demo Team Show
14.00	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:  
Mrs. Laura Ojanen

Poomsae Referee Director:  
Mr. Christian Hagman  
hadehagman@gmail.com