



**POOMSAE
INTERNATIONAL**

SINGAPORE TAEKWONDO FEDERATION (STF)

INTERNATIONAL SCHOOLS TAEKWONDO CHAMPIONSHIPS 2016

OUTLINE FOR POOMSAE COMPETITION

- Promoter : Singapore Taekwondo Federation (STF)
260A Tanjong Katong Road
Singapore 437048
- Schedule : Registration
22-23 February 2016 (Mon to Tue)
10.00am to 4.30pm
STF Office
260A Tanjong Katong Road Singapore 437048
- Briefing and Drawing of Lots
23 March 2016 (Wed)
4.15pm to 5.30pm
STF National Training Centre
Block 80 Lorong Limau #04-191
Singapore 320080
- Competition
11 April 2016 (Monday)
1.00pm onwards
Toa Payoh Sports Hall
- Eligibility : Students in the Senior and Junior Divisions holding at least a grade 9 (white with yellow tip) certification issued or endorsed by the STF. The grade shall be on or before January 2016.
Grading cards or certificates of participants must be produced for verification during registration
- Application forms, where required, have to be endorsed by the respective schools before they can be accepted***
- Competition Rules : WTF rules adopted and modified by the STF

Uniform : STF Uniform. A performer will be barred from participating if he or she cannot fulfill this condition fully.

Method of Competition : Cut-off system

• Divisions

SENIOR DIVISION

- Born in 2003 & 2004

JUNIOR DIVISION

- Born After 2005

B DIVISION

- Born in 1996 to 1999

C DIVISION

- Born In 2000 to 2002

Individual (Male)

White 9

Yellow 8

Yellow 7

Green 6

Green 5

Blue 4

Blue 3

Red 2

Red 1

Poom

Individual (Female)

White 9
Yellow 8
Yellow 7
Green 6
Green 5
Blue 4
Blue 3
Red 2
Red 1
Poom

Team of Three (Male)

White 9
Yellow 8
Yellow 7
Green 6
Green 5
Blue 4
Blue 3
Red 2
Red 1
Poom

Team of Three (Female)

White 9
Yellow 8
Yellow 7
Green 6
Green 5
Blue 4
Blue 3
Red 2
Red 1
Poom

Competition
Poomsae for all
stages

:	White 9	-	Preliminary Taegeuk
	Yellow 8	-	Taegeuk 1
	Yellow 7	-	Taegeuk 2
	Green 6	-	Taegeuk 3
	Green 5	-	Taegeuk 4
	Blue 4	-	Taegeuk 5
	Blue 3	-	Taegeuk 6
	Red 2	-	Taegeuk 7
	Red 1	-	Taegeuk 8
	Poom	-	Koryo

Performance
Order

: The sequence of performance for the competitors shall be as follows:

Individual

(By alphabetical order of the names of the participants)

Team of 3

(By alphabetical order of the names of the schools)

Participation

: **A student may participate in both the individual and team events and is allowed to complete in a maximum of two categories each – his/her grade and another higher grade up to Red 1 (Black stripe) or any two grades higher than his or her present grade up to Red 1.**

The performer shall wear the belt colour of the category he or she is competing.

NO Limit for each school to field individual male and female performers per individual colour category, and male team and female team per colour category for each Division.

This is so the team can still complete in the event that one or more of the actual member(s) is/are unable to participate, without having to seek the Organising Committee's approval for substitution.

- Fees : \$12.00 per player per colour category
- Payment by crossed cheques to “Singapore Taekwondo Federation “. Cash payment will not be accepted.
- Fees paid will not be refunded under any circumstances.
- Decision : The decision shall be made by a panel of 3, 5 or 7 judges to be determined and appointed by the STF.
- Condition of Participation : All participants shall abide by the general rules and regulations governed by the Singapore Schools Sports Council and Singapore Taekwondo Federation of the competition and accept the decisions of the judges or the Competition Supervisory Board graciously.
- Enquiries : For more information, please call the STF Secretariat at 6345 1491.



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NATIONAL PRIMARY SCHOOLS TAEKWONDO CHAMPIONSHIPS 2016
POOMSAE COMPETITION

**To : Organizing Chairman
International Schools Taekwondo Championships 2016**

On behalf of _____ (Name of School),
I submit the attached entry forms and confirm that the players are all students of
the School.

Teacher in Charge		
Teacher's Contact No		
Teacher's Email		
Teacher's Signature		
Principal's Name & Signature		School Stamp
Date		

Name of Qualified Coach(es) with Coach Pass

- (1) _____ (Pass No _____)
- (2) _____ (Pass No _____)
- (3) _____ (Pass No _____)
- (4) _____ (Pass No _____)



**POOMSAE
INTERNATIONAL
(SENIOR DIVISION)
INDIVIDUAL**

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INTERNATIONAL SCHOOLS TAEKWONDO CHAMPIONSHIPS 2016

REGISTRATION FORM

DIVISION : SENIOR - INDIVIDUAL BOYS /GIRLS* **Please delete accordingly*

School : _____

No	Name of Players as in NRIC or Student Pass (in BLOCK LETTERS)	Sex	Belt	Age	Date of Birth dd/mm/yy	Passport Number	Nationality
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							



**POOMSAE
INTERNATIONAL
(JUNIOR DIVISION)
INDIVIDUAL**

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INTERNATIONAL SCHOOLS TAEKWONDO CHAMPIONSHIPS 2016

REGISTRATION FORM

DIVISION : JUNIOR - INDIVIDUAL BOYS /GIRLS* **Please delete accordingly*

School : _____

No	Name of Players as in NRIC or Student Pass (in BLOCK LETTERS)	Sex	Belt	Age	Date of Birth dd/mm/yy	Passport Number	Nationality
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							



POOMSAE INTERNATIONAL (D DIVISION) INDIVIDUAL	P 4
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INTERNATIONAL SCHOOLS TAEKWONDO CHAMPIONSHIPS 2016

REGISTRATION FORM

DIVISION : D DIVISION- INDIVIDUAL BOYS /GIRLS* **Please delete accordingly*

School : _____

No	Name of Players as in NRIC or Student Pass (in BLOCK LETTERS)	Sex	Belt	Age	Date of Birth dd/mm/yy	Passport Number	Nationality
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							



**POOMSAE
INTERNATIONAL
(E DIVISION)
INDIVIDUAL**

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INTERNATIONAL SCHOOLS TAEKWONDO CHAMPIONSHIPS 2016

REGISTRATION FORM

DIVISION : E DIVISION - INDIVIDUAL BOYS /GIRLS* **Please delete accordingly*

School : _____

No	Name of Players as in NRIC or Student Pass (in BLOCK LETTERS)	Sex	Belt	Age	Date of Birth dd/mm/yy	Passport Number	Nationality
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
14							
15							
16							



**POOMSAE
INTERNATIONAL
(SENIOR DIVISION)
TEAM OF 3**

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INTERNATIONAL SCHOOLS TAEKWONDO CHAMPIONSHIPS 2016

REGISTRATION FORM

DIVISION : SENIOR DIVISION - TEAM OF THREE

School : _____

No	Name of Players as in NRIC or Student Pass (in BLOCK LETTERS)	Sex	Belt	Age	Date of Birth dd/mm/yy	Passport Number	Nationality
1							
2							
3							
4							
5							



**POOMSAE
INTERNATIONAL
(JUNIOR DIVISION)
TEAM OF 3**

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**INTERNATIONAL SCHOOLS TAEKWONDO CHAMPIONSHIPS 2016
REGISTRATION FORM**

DIVISION : JUNIOR DIVISION - TEAM OF THREE

School : _____

No	Name of Players as in NRIC or Student Pass (in BLOCK LETTERS)	Sex	Belt	Age	Date of Birth dd/mm/yy	Passport Number	Nationality
1							
2							
3							
4							
5							



**POOMSAE
INTERNATIONAL
(D DIVISION)
TEAM OF 3**

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INTERNATIONAL SCHOOLS TAEKWONDO CHAMPIONSHIPS 2016

REGISTRATION FORM

DIVISION : D DIVISION - TEAM OF THREE

School : _____

No	Name of Players as in NRIC or Student Pass (in BLOCK LETTERS)	Sex	Belt	Age	Date of Birth dd/mm/yy	Passport Number	Nationality
1							
2							
3							
4							
5							



**POOMSAE
INTERNATIONAL
(E DIVISION)
TEAM OF 3**

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INTERNATIONAL SCHOOLS TAEKWONDO CHAMPIONSHIPS 2016

REGISTRATION FORM

DIVISION : E DIVISION - TEAM OF THREE

School : _____

No	Name of Players as in NRIC or Student Pass (in BLOCK LETTERS)	Sex	Belt	Age	Date of Birth dd/mm/yy	Passport Number	Nationality
1							
2							
3							
4							
5							



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INTERNATIONAL SCHOOLS TAEKWONDO CHAMPIONSHIPS 2016

PARTICIPANT

REGISTRATION FORM

(to be completed by all participants)

Name of School	
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Name of Student	(Class)	Passport No	
Date of Birth	(dd/mm/yyyy)	Age (as at 1 Jan 2016)	
Grade (as at January 2016)		Sex	
Contact No	(Mobile)		(Home)
Teacher in Charge			(Mobile)
Name of Coach			(Mobile)

Signature of Student

Signature of Parent

Signature of Teacher