



7th Asian Taekwondo Poomsae Championships
Chuncheon City, Gangwon Province,
Republic of Korea / June 23rd, 2022 (1Day)



March 30th, 2022

To: Presidents of ATU Member National Associations

Re: Invitation to the 7th Asian Taekwondo Poomsae Championships, Chuncheon City, Gangwon Province, Republic of Korea.

Dear Colleagues,

We would like to inform you that as the instruction from Asian Taekwondo Union(ATU), the 7th Asian Taekwondo Poomsae Championships will be held at the Hoban Gym, Chuncheon City, Gangwon Province, Republic of Korea, from June 23rd, 2022. It is our great pleasure to extend an official invitation to your association to participate in these prestigious events,

Korea Taekwondo Association and Chuncheon City will provide the best quality championships and hospitality for all participating athletes. We will make sure that the 7th Asian Taekwondo Poomsae Championships will be the best in the history of the Championships.

We are looking forward to seeing you in Chuncheon City, Gangwon Province, Republic of Korea.

Sincerely yours,

Jin Bang Yang

President of Korea Taekwondo Association

Jae Soo Lee

Chairman of 2022 Asian TKD Championships
Organizing Committee



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Chuncheon City, Gangwon Province,
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OUTLINE

1. PROMOTER: ASIAN TAEKWONDO UNION

ADDRESS: 1E-3 Tancheon Main Stadium
215, Tancheon-ro, Bundang-gu, Seongnam-si,
Gyeonggi-do, Republic of Korea
TEL/FAX: +82 31 708 9994 / +82 31 709 9994
EMAIL: admin@wtasia.org

2. CO-ORGANIZING COMMITTEE

a. KOREA TAEKWONDO ASSOCIATION

ADDRESS: Velodrome 101, Olympic-ro 424(Bangi-dong),
Songpa-gu, Seoul, Republic of Korea
TEL/FAX: +82 2 420 4271
EMAIL: eccent082@nate.com / gkimtkd@naver.com

b. 2022 ASIAN TAEKWONDO CHAMPIONSHIPS ORGANIZING COMMITTEE

ADDRESS: Hoban Gym, 102 Useok-ro, Chuncheon,
Gangwon-do, Republic of Korea
TEL/FAX: +82 33 245 5882 / +82 33 250 4100
EMAIL: 2022asiantkd@gmail.com

3. VENUE: HOBAN GYM

ADDRESS: 102 Useok-ro, Chuncheon, Gangwon-do, Republic of Korea

4. DATE OF CHAMPIONSHIPS: June 23rd, 2022 (1day)

5. QUALIFICATIONS:

In accordance with Article 4: Qualification of Contestant of the WT Competition Rules & Interpretation(May 14, 2019), the contestant must be:

Criterion #1: Holder of the nationality of the participating team.

Criterion #2: One recommended by the WT MNA.

Criterion #3: Holder of Taekwondo Dan certificate issued by the Kukkiwon.

Criterion #4: Holder of the WT Global Athlete License (GAL).

Criterion #5: The age limits are based on the year 2022, not on the date.

Poomsae (18 years old or older) contestants in the year of the 2022.

Athletes born in 2004 or before are eligible.

6. COMPETITION RULES

a. The WT Poomsae Competition Rules and Interpretation(In force as of May 14, 2019).

b. The WT Athlete Classification Rules shall be applied.

7. METHOD OF COMPETITION FOR POOMSAE:

- The number of Court: 1 or 2 courts (depending on the number of athletes)

Recognized Poomsae Competition	Free Style Poomsae Competition
<p>- Two (2) Poomsae from designated Compulsory Poomsae will be decided by TD for each division and must be performed for all competitions.</p> <p>ONLY FOR THE INDIVIDUAL CATEGORIES UNDER 30 and UNDER 40:</p> <p>Single elimination tournament system</p> <p>From Preliminaries to Finals: All competitions shall be conducted in a single elimination format. All athletes will be seeded based on the WT Poomsae Ranking of June (June 1st). If an athlete has no ranking points, he or she will not be seeded and will be placed in a random draw. An athlete from the host country who is not seeded among the Top-4 athletes will be given the 4th-placed seed. Contestants shall perform two assigned Compulsory Poomsae for each round. Medals shall be awarded to the top four (4) contestants.</p> <p>ALL OTHER CATEGORIES:</p> <p>Combination System:</p> <p>Cut-off System</p> <p>1) Preliminaries: In case twenty (20) or more contestants/ pairs/teams are participating, the competition shall start from preliminary round with division of groups at different courts. After performing two (2) assigned Compulsory Poomsae, the top half of each group shall advance to semi-final based on the points.</p>	<p>Cut-off System</p> <p>1) Free Style Poomsae is the performance based on taekwondo techniques with composition of music and choreography.</p> <p>2) Composition of Free Style Poomsae</p> <p>2.1 Yeon-mu line shall choice of contestant</p> <p>2.2 Performed techniques must be within boundary of taekwondo. The definition of taekwondo techniques shall be determined by WT Poomsae Committee, when contestant submits performance plan.</p> <p>2.3 Music and choreography shall be the choice of contestants</p> <p>Note: Music in USB (<u>sound without words</u>) should NOT contain any <u>political</u>, <u>social</u> and <u>religious</u> and any contents that may harm, discriminate or offend others.</p>

<p>2) Semi-final: In case nine (9) to nineteen (19) Contestants / pairs / teams are participating, competition shall start from semi-final. Contestants shall perform two (2) assigned Compulsory Poomsae and top eight (8) of them shall advance to final based on the points.</p> <p>Elimination tournament system</p> <p>3) Final: When eight (8) or less contestants/ pairs/teams are participating, competition shall start from final round. Final shall be conducted in a single elimination format. A random draw will be conducted among the finalists. Contestants shall perform two assigned Compulsory Poomsae for each round of the finals(round of 8, semi-finals and final). Medals shall be awarded to the top four (4) contestants/pairs/teams.</p>	
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- Duration of Contest:

- 1) Recognized Poomsae: Individual, Pair and Team competitions up to 90 seconds.
 (Break time between 1st Poomsae and 2nd Poomsae is 30 to 60 seconds.)
- 2) Free Style Poomsae: Individual, Pair and Mixed Team competitions from 90 seconds to 100 seconds.

8. CLASSIFICATIONS AND DIVISIONS:

*** Contestants may compete up to two divisions of competition.**

a. Recognized Poomsae Competition

1) Classifications

- Men's Individual
- Women's Individual
- Men's Team (3 Males)
- Women's Team (3 Females)
- Pair

2) Competition Divisions

DIVISION		UNDER 30	UNDER 40	UNDER 50	UNDER 60	UNDER 65	OVER 65
AGE		18-30	31-40	41-50	51-60	61-65	66 & OVER
INDIVIDUAL	MALE	1	1	1	1	1	1
	FEMALE	1	1	1	1	1	1

DIVISION		UNDER 30	OVER 30
AGE		18-30	31 & OVER
PAIR		2	2
TEAM	MALE	3	3
	FEMALE	3	3

3) List of Poomsae To Be Performed

Competition	Division	Compulsory Poomsae
Individual	Under 30	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
	Under 40	
	Under 50	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
	Under 60	Koryo, Keumgang, Taeback Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
	Under 65	
	Over 65	
Pair	Under 30	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
	Over 30	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
Team	Under 30	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
	Over 30	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon

b. Freestyle Poomsae Competition

1) Classifications

- Men’s Individual
 - Women’s Individual
 - Pair
 - Mixed Team
- (Composition of 5 members including more than 2 males and 2 females)

2) Competition Divisions

Division		Over 17
Age		18 Years Old and Over
Individual	Male	1
	Female	1
Pair		2
Mixed Team		5 (+1 Substitute max.)

9. CONDITIONS FOR PARTICIPATING TEAMS

a. Round-trip airfare and accommodation charges of room and board shall be borne by the participating National Association.

b. Entry Fees for Poomsae: US\$ 100 per Athlete

The OC shall collect the entry fees from the participating national teams. The national team shall pay an entry fee to the OC in cash in US dollar at the accreditation center in Chuncheon prior to the start of the Championships. Athletes shall not be allowed to compete without successful payment of entry fees to the OC.

- Entry deadline is **May 31st, 2022 (18:00 Korean Standard Time, KST)** and entry will be only accepted via online registration at <https://worldtkd.simplycompete.com>
- Entry submission after **May 31st, 2022 (18:00 KST)** will not be accepted under any circumstances.
- Entry fee of US\$ 100 per athlete will not be charged in case of cancellation of participation until **May 31st, 2022 (18:00 KST)**. Entry fee must be paid in case of the notice of cancellation of participating athletes or no show after **May 31st, 2022 (18:00 KST)**.



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A corresponding amount will be charged accordingly by the OC at the accreditation center in Chuncheon if any team official who is not registered online wants to be accredited at the accreditation center in Chuncheon. This shall apply even the total number of team officials do not exceed the designated number.

c. Ground transportation:

Ground transportation will be provided for National Teams on arrival and departure, provided that the OC has been informed of the date, time, and flight number of the National Team’s arrival and departure **no later than May 31st, 2022 (18:00 KST)**. The OC will also provide ground transportation to and from all official hotels, training venue and the competition venue.

d. The participating teams are required to submit the Accommodation/Transportation Form and Visa Form to Organizing Committee no later than **May 31st, 2022 (18:00 KST)**.

10. TEAM ENTRIES:

Member National Association can register online a maximum of:

POSITIONS	Max. No. of Members (MALE)	Max. No. of Members (FEMALE)
Head of Team	1	
Manager	1	1
Coach	3	3
Trainer	2	2
Team Medical Staff	3	3

11. CLASSIFICATION OF RESULTS

- Medals & Certificates:

- 1st Place Gold Medal and Certificate
- 2nd Place Silver Medal and Certificate
- 3rd Place Bronze Medal and Certificate
- 4th Place Bronze Medal and Certificate



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- Trophies:

Individual: For MVPs one male and one female in Recognized Poomsae, one male and one female in Free- Style Poomsae

Team award: 1st, 2nd, and 3rd place (Gold 7, Silver 3, Bronze 1, one win (advance) 1, one participation 1 point.)

Best Referees: Three (3) trophies will be awarded to the best referees.

Best Coaches: Three (3) trophies will be awarded to the best coaches.

Best Athletes: Two (2) trophies will be awarded to the best male and female athletes.

Other Prize: The 'Good Fighting Spirit Prize' may be awarded to selected athlete.
(One male & one female)

- Dress Code for Medalists:

All medalists should be dressed as follows during the awards ceremony.

- ▶ Dobok or Training suits
- ▶ Sneakers or Taekwondo shoes

The information on medal ceremony will be announced at the head of team meeting.

12. INTERNATIONAL REFEREES

ATU will appoint at least 45 International Referees (IR) including 2 Referee-Chairmen. The appointed IRs shall officiate at the 7th Asian Taekwondo Poomsae Championships and the 25th Asian Taekwondo Championships. The following conditions shall apply.

- IRs are required to pay for their own round-trip airfares.
- The OC shall provide free accommodation, meals and transportation (Check-in: June 21st and Check-out: June 28th, 2022).
- The OC shall also pay a per diem of US \$100 to IRs for each competition day.

13. DRESS CODE FOR COACHES

- Coaches must be appropriately attired in sportswear while accompanying their athletes. For semi-finals and finals, coaches are to wear formal jacket. Coaches who do not follow the dress code will not be allowed to enter the field of play.

14. WT-RECOGNIZED POOMSAE COMPETITION UNIFORM

- a. Participating contestants must wear the WT-recognized Poomsae Competition uniform. Any contestants who do not wear WT-approved Poomsae competition uniform will not

be permitted to compete. The latest version of WT-recognized manufacturers' list is available at the website of WT(<http://www.worldtaekwondo.org>).

- b. Standardization for Poomsae Competition Uniforms: The mandatory Poomsae competition uniforms for competitors, have been standardized into two categories:
- c. **Senior Division** (Ages 18-49): White top with dark blue pants for males; white top with light blue pants for females.
- d. **Master Division** (Ages 50 and up): Yellow top and dark blue pants for both males and females.



15. IDENTIFICATION OF NOC CODE AND MANUFACTURER

- a. National flag shall be located between 3.5cm below the right shoulder line of upper garment. Flag size should be 10cm width x 7cm height. Please see attached guidelines on NOC code and national flag.



- b. NOC Code is a three-letter National Olympic Committee abbreviation, and it shall be printed at the back of the upper garment of Poomsae competition uniform in black color and centered 12cm from the top line of the upper garment within the size of 30cm width x 12cm height. The font of the letters shall be in bold “Verdana”. Please see attached guidelines on NOC code and national flag.



* For those MNAs who do not have IOC-recognized NOCs, please contact WT GMS Team for three- letter MNA code at saroar.gms@worldtaekwondo.org or WT Sports &Event Management Department at sport@worldtaekwondo.org.

- c. The number of manufacturer’s identification (name, designation trademark, logo or any distinctive sign of the manufacturer) shall be one per garment within 20 cm² except at the location of the WT logo according to the related WT guidelines in force as of this event.

- e. The end of the belt must be at least 10cm or higher above the knee.

16. MEDICAL CONTROL

- For all 2022 ATU Taekwondo events, any use or administration of drugs or chemical substance described in the WT Anti-Doping Rules is prohibited. The WADA Anti-Doping Code shall be applied to these competitions.
- The OC shall be responsible for making all necessary preparations for conducting doping tests. The details of the WT Anti-Doping Rules shall be enacted as part of the bylaws.

17. TEAM DOCTOR ACCREDITATION

- At the time of submission of entry for team officials, copies of relevant and appropriate licenses of team doctor or physiotherapist written in English shall be attached. After



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verification, special accreditation cards shall be issued to the team doctors and physiotherapists. Only those who have obtained proper accreditation shall be allowed to proceed to the competition area with the coach.

18. HEAD OF TEAM MEETING & DRAWING OF LOTS

- The Head of Team Meeting and Drawing of lots shall be conducted on **June 22nd, 2022** for Poomsae and Kyorugi competitions. (Time and location will be noticed later)
- At the end of the designated registration date, the OC shall announce the list of registered contestants in each division on the official website of the OC/ATU.
- Participating teams are responsible for confirming their entries before the drawing of lots.
- The drawing of lots shall be conducted by random computerized drawing.
- A certain number of contestants shall be seeded based on the WT Ranking.

19. INDEMNITIES

- The respective Member National Associations shall be responsible for ensuring that their participants have validly completed and signed the official participation forms, thus indemnifying the organizers and its officials and/or staff/ volunteers, WT, ATU and/or its officials/ staff, any Technical Officials and other contestants of the Championships from any claims of injuries, losses, fatalities or otherwise arising in the course of participation in these championships or any activities thereto.
- The respective Member National Associations shall be responsible for ensuring that all officials and participants are covered with effective insurance coverage.
- Participants without proper participation entry forms and effective insurance coverage will not be allowed to compete at the championships.

20. NATIONAL FLAG AND ANTHEM

- Every participating MNAs are required to bring along the following items for use at the Opening and/or Closing ceremonies:
 - + Two (2) IOC-recognized national flags, Size: 90cm x 130cm
 - + USB or (CD/DVD) of the pertinent IOC-recognized national anthem

21. VISA/ACCOMMODATION/LOCAL TRANSPORTATION:

- All matters pertaining to hotel booking, visa and ground transportation should be



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submitted directly to OC(2022asiantkd@gmail.com). Please fill out the relevant forms:

- Visa form is attached.
- Accommodation/Transportation Form is attached.
- Participating teams are requested to fill out the “Accommodation/Transportation Form” completely so that the OC can arrange local transportation. Local transportation may not be provided by the OC for the teams that do not send this form.

- National teams with NO confirmed booking in the official hotel via Organizing Committee will not be able to participate due to Covid-19 restrictions and overall safety.

- All teams in the event shall mandatorily book their hotel accommodation via the Organizing Committee Any athlete or mixed team members that do not comply with this regulation will not be able to participate at the event.

22. ATHLETE REPLACEMENT

In the event that the registered athletes should be replaced by another due to injuries, the Member National Association can officially request to the ATU for the replacement by no later than **May 31st, 2022 (18:00 KST)** by submitting ‘Late athlete replacement form’ together with certification from the medical doctor in the language of the pertinent country and also in English to ATU (admin@wtasia.org). The decision on the acceptance will be made after evaluation of the submitted documents.

EVENT SCHEDULE

(Schedule may be subject change)

Date	Time	Event	Place
21 June Tuesday	All Day	Team Arrival	Incheon Airport
	09:00 – 21:00	Registration of Teams	Hoban Gym Registration Center
22 June Wednesday	08:00 – 10:00	ATU Council Meeting	Main Hotel
	09:00 – 21:00	Registration for all Athletes	Hoban Gym Registration Center
	10:00 – 12:00	International Referee Training (Theory)	Hoban Gym Auxiliary Court
	11:00 – 13:00	ATU General Assembly	Main Hotel
	14:00 – 15:30	Head of Team Meeting and Drawing of lots	Chuncheon City Library(Auditorium)
	15:00 – 17:00	International Referee Training (Practical)	Hoban Gym Auxiliary Court
	16:00 – 18:00	Opening Ceremony	Hoban Gym
	18:00 – 20:00	Welcoming Reception	Sky Convention
23 June Thursday	09:00 – 12:30	Poomsae Competition – Preliminaries to Quarter Final	Hoban Gym
	12:30 – 13:30	Lunch Break	
	13:30 – 18:30	Semi-Finals	
	15:00 – 17:00	General Weigh-in [Men: -54kg, -68kg] [Women: -46kg, -53kg, -57kg]	
	18:30 – 19:30	Finals	
24 June Friday	08:00	Random Weigh-in	Hoban Gym
	09:00 – 12:30	Kyorugi Competition – Day 1, Preliminaries to Quarter Finals [Men: -54kg, -68kg] [Women: -46kg, -53kg, -57kg]	
	10:00 – 12:00	General Weigh-in [Men: -58kg, -74kg] [Women: -49kg, -62kg]	
	12:30 – 13:30	Lunch Break	
	13:30 - 19:00	Quarter Finals	

	19:00 – 21:00	Semi Final & Final	
25 June Saturday	08:00	Random Weigh-in	Hoban Gym
	09:00 – 12:30	Kyorugi Competition – Day 2 Preliminaries to Quarter Finals [Men: -58kg, -74kg] [Women: -49kg, -62kg]	
	10:00 – 12:00	General Weigh-in [Men: -87kg, +87kg] [Women: -73kg, +73kg]	
	12:30 – 13:30	Lunch Break	
	13:30 - 19:00	Quarter Finals	
	19:00 – 21:00	Semi Final & Final	
		19:00 – 21:00	
26 June Sunday	08:00	Random Weigh-in (excluding heavy weight)	Hoban Gym
	09:00 - 12:30	Kyorugi Competition – Day 3 Preliminaries to Quarter Finals [Men: -87kg, +87kg] [Women: -73kg, +73kg]	
	10:00 – 12:00	General Weigh-in [Men: -63kg, -80kg] [Women: -67kg]	
	12:30 – 13:30	Lunch Break	
	13:30 – 16:00	Quarter Finals	
	16:00- 20:00	Semi Final & Final Matches	
27 June Monday	08:00	Random Weigh-in	Hoban Gym
	09:00 – 13:00	Kyorugi Competition – Day 4 Preliminaries to Quarter Finals [Men: -63kg, -80kg] [Women: -67kg]	
	13:00 – 14:00	Lunch Break	
	14:00 – 16:30	Semi Final & Final Matches	
28 June Tuesday	All Day	Team Departures	Incheon Airport
29 June Wednesday	All Day	Team Departures	Incheon Airport



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FREE STYLE POOMSAE PERFORMANCE PLAN

* Please fill out required information and Freestyle Poomsae performance plan, and send it to 2022asiantkd@gmail.com by no later than **May 31st, 2022**.

Name of Association					
Title of Free style Poomsae					
Number of team members		Male ()	Female ()		
Name of Music					
Division	Individual	Male	Female	Pair	Mixed Team
Contact Person					

Subject:	<i>(Please briefly explain the theme of performance)</i>
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Performance Plan	
Performance 1 Jumping kicks (Side kick) Performance 2 Multiple kicks in a jump (Front kick) Performance 3 Turning kicks (Spinning hook kick or turning kick) Performance 4 Performance level of consecutive kicks (Kyorugi style kick) Performance 5 Acrobatic kicks	<i>(Please describe your performance plan keeping the order of the requirements 1-5 indicated in the left column)</i>
Key point of your performance	



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LATE ATHLETE REPLACEMENT FORM

To: Prof. Kyu Seok LEE, President of ATU
The 7th Asian Taekwondo Poomsae Championships

SUBSTITUTED ATHLETE (to be removed from team list)

NAME OF NATIONAL ASSOCIATION	
ATHLETE NAME (Family name in capital letter)	
Gender	___MALE ___FEMALE
WT GAL Number	
Date of Birth	(Day/ Month/ Year)
Division	
Date and place of Injury	
Medical Condition	
Name of MNA President	
Signature of MNA President	

** A separate certificate by the medical doctor on the athlete's injury and medical condition should be attached in the language of the pertinent country and in English.*

SUBSTITUTED ATHLETE (to be added to team list)

NATIONALITY		PHOTO
ATHLETE NAME (Family name in capital letter)		
Gender	___MALE ___FEMALE	
WT GAL Number		
Date of Birth	(Day/ Month/ Year)	
Country of Birth		
Division		
Passport Number		
Kukkiwon Dan Certificate Number		

MNA PRESIDENT SIGNATURE & STAMP _____

** IMPORTANT: This form will be accepted only if medical confirmation in writing in English from the responsible medical doctor is attached to this form after due evaluation of ATU.*