



**12th Asian Junior Taekwondo Championships
September 2nd- 4th, 2023
7th Asian Junior Taekwondo Poomsae Championships
September 5th, 2023
Beirut, Lebanon**

June 15th, 2023

To: Presidents of ATU Member National Associations

**Re: Invitation to the 12th Asian Junior Taekwondo Championships
And 7th Asian Junior Taekwondo Poomsae Championships, Beirut, Lebanon.**

Dear Colleagues,

We would like to inform you that as the instruction from Asian Taekwondo Union to host 12th Asian Junior Taekwondo Championships and 7th Asian Junior Taekwondo Poomsae Championships at Nouhad Naufal Indoor Stadium, Beirut, Lebanon, from September 2nd - 5th, 2023.

It is our great pleasure to extend an official invitation to your association to participate in these prestigious events,

The Lebanese Taekwondo Federation is committed to make this event a successful one, we adhere the highest standards of preparation in order to create an ideal atmosphere for all participating athletes.



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Beirut, Lebanon**

We are looking forward to seeing you in Beirut, Lebanon.

Sincerely yours,

Dr. Habib Zarifeh, President LTF

OUTLINE

1. PROMOTER: ASIAN TAEKWONDO UNION

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

2. ORGANIZING COMMITTEE: LEBANESE TAEKWONDO FEDERATION

ADDRESS: Sin El Fil- Qubic Center-5th floor-section J, Beirut, Lebanon.
TEL/FAX: +961 71 464040
EMAIL: asianchampionships23@gmail.com
administration@lebanesetaekwondo.org

3. VENUE: NOUHAD NAUFAL INDOOR SPORTS STADIUM

ADDRESS: Zouk MiKael, Joünié

4. DATE OF CHAMPIONSHIPS: September 2nd - 5th, 2023



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5. QUALIFICATIONS:

a. In accordance with Article 4: Qualification of Contestant of the WT Competition Rules, the contestant must be:

In accordance with Article 4 of the WT Competition Rules and the WT Poomsae Competition Rules, the contestant must be:

Criterion #1

Holder of the nationality of the participating team.

Criterion #2

An athlete must be nominated by the pertinent Member National Association (MNA) that is recognized by the Asian Taekwondo Union (ATU).

Criterion #3

Holder of a Kukkiwon Poom or Dan certificate. (A copy of the Poom or Dan certificate should be enclosed when registering for accreditation.

In case a contestant has applied for a Kukkiwon Dan certificate but has not received it yet, a copy of the Dan application form and the remittance certificate sent to the Kukkiwon must be enclosed when registering for accreditation. Please refer to the Kukkiwon website www.kukkiwon.or.kr for more information.)

Criterion #4

Holder of a valid 2023 WT Global Athlete License (GAL). Please contact your designate WT GMS Manager for any questions on the WT GAL application.

Criterion #5

An athlete must be 15-17 years old based on the year 2023, not on the date, as follows.

Athletes born between 1 January 2006 and 31 December 2008 will be eligible to participate in the Championships.



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b. Coach License: All coaches (Kyorugi) for 12th Asian Junior Taekwondo Championships must be holders of the WT Coach License [Level I] (granted by WT).

6. COMPETITION RULES

- a. The WT Competition Rules and Interpretation (in force as of January 27th, 2023), Poomsae Competition Rules and Interpretation (in force as of May 14th, 2019) and WT Para Taekwondo Competition Rules shall be applied.
- b. The WT Athlete Classification Rules shall be applied.

7. METHOD OF COMPETITION: Single elimination system

- (1) Kyorugi: Best of 3 System
Contest time: 2 minutes x 3(2) rounds with 1 minute break for all matches
- (2) Poomsae: Cut-off system
Contest time:
 - Recognized Poomsae – up to 90 seconds (break time between 1st Poomsae and 2nd Poomsae is 30 to 60 seconds)
 - Freestyle Poomsae - 90 to 100 seconds.

8. CLASSIFICATIONS AND DIVISIONS FOR KYORUGI:

Kyorugi:

Maximum entry: 10 male and 10 female athletes, one per weight category.

MEN'S DIVISION		WOMEN'S DIVISION	
Under 45kg	Not exceeding 45 kg	Under 42kg	Not exceeding 42 kg
Under 48kg	Over 45kg not exceeding 48kg	Under 44kg	Over 42kg not exceeding 44kg
Under 51kg	Over 48kg not exceeding 51kg	Under 46kg	Over 44kg not exceeding 46kg



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Under 55kg	Over 51kg not exceeding 55kg	Under 49kg	Over 46kg not exceeding 49kg
Under 59kg	Over 55kg not exceeding 59kg	Under 52kg	Over 49kg not exceeding 52kg
Under 63kg	Over 59kg not exceeding 63kg	Under 55kg	Over 52kg not exceeding 55kg
Under 68kg	Over 63kg not exceeding 68kg	Under 59kg	Over 55kg not exceeding 59kg
Under 73kg	Over 68kg not exceeding 73kg	Under 63kg	Over 59kg not exceeding 63kg
Under 78kg	Over 73kg not exceeding 78kg	Under 68kg	Over 63kg not exceeding 68kg
Over 78kg	Over 78kg	Over 68kg	Over 68kg

Poomsae:

Recognized	Men's	Women's	Freestyle	Men's	Women's
Individual	1	1	Individual	1	1
Pair	1 male & 1 female		Pair	1 male & 1 female	
Team	3	3	Mixed Team	3 male & 2 female or 2 male & 3 female and 1 substitution	

- Recognized Poomsae

Division	Compulsory Poomsae
Junior	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taeback

IMPORTANT NOTE:

Kyorugi

Article 6.4 of the WT Competition Rules: All international-level competitions recognized by the WT shall be formed with participation of at least four (4) countries with no less than four (4) contestants in each weight class, and any weight class with less than four (4) contestants cannot be recognized in the official results.

Poomsae

Article 7.1 of the WT Poomsae Competition Rules: All international-level competitions



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recognized by the WT shall be formed with the participation of at least six (6) countries with no fewer than six (6) contestants or six (6) teams in each division.

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:**
 - Kyorugi: US\$ 100 per Athlete
 - Poomsae competition: 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 Beirut prior to the start of the Head of Team meeting. Athletes shall not be allowed to compete without successful payment of entry fees to the OC.

- Entry deadline is **August 18th, 2023**, local time (23:59) in Beirut and entry will be only accepted via online registration at <https://worldtkd.simplycompete.com>
- Entry submission after **August 18th, 2023**, local time (23:59) in Beirut will be not accepted under any circumstances.
- Entry fee of US\$ 100 per athlete (Kyorugi) will not be charged in case of cancellation of participation until **August 18th, 2023**, local time (23:59) in Beirut. Entry fee must be paid in case of the notice of cancellation of participating athletes or no show after **August 18th, 2023**, local time (23:59) in Beirut, Lebanon.

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



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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 August 18th, 2023**, local time (23:59) in Beirut. The OC will also provide ground transportation to and from all official hotels, training venue and the competition venue, provided that the National Teams stay at the host hotels.

d. The participating teams are required to submit the hotel reservation to Organizing Committee no later than **August 18th, 2023**, local time (23:59) in Beirut.

10. TEAM ENTRIES:

- Member National Association can register online a maximum of:

Kyorugi:

Position	Max No. of Members (Male)	Max No. of Members (Female)
Head of Team	1	
Manager	1	1
Coach	3	3
Trainer	2	2
Team Doctor	3	3
Contestants	10	10

Poomsae:

Position	Max No. of Members	Max No. of Members
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	(Male)	(Female)
Head of Team	1	
Manager	1	1
Coach	2	2
Trainer	1	1
Team Doctor	1	1
Recognized Poomsae		
Individual	1	1
Pair	2 (1 male & 1 female)	
Team	3	3
Freestyle Poomsae		
Individual	1	1
Pair	2 (1 male & 1 female)	
Team	6 (3 male & 2 female or 2 male & 3 female and 1 substitution)	

11. CLASSIFICATION OF RESULTS

Kyorugi:

- Individual Awards: medals will be awarded to the top four athletes in the respective weight categories of the pertinent championships:

- 1st Place Gold Medal
- 2nd Place Silver Medal
- 3rd Place Bronze Medal
- 3rd Place Bronze Medal

According to the Bylaw of WT World Ranking, the athletes who advance to round of 16 or above will get ranking points. The points will be reflected in WT World Ranking.

- Team Awards: based on the point system below, the top three (3) teams of the Men's



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division and the top three (3) teams of the Women’s division will receive trophies.

RATIONALE	POINTS AWARDED
For every contestant who passed the official weigh-in:	1
For every win (including byes):	1
For every Gold Medal:	7
For every Silver Medal:	3
For every Bronze Medal:	1

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: One (1) trophy will be awarded to the best male and female athletes each.

Other Prize: The ‘Good Fighting Spirit Prize’ may be awarded to selected athlete.

Poomsae:

Individual Awards: The following will be awarded to the top four athletes in the respective divisions of the pertinent Championships.

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

Team Awards: The top three (3) teams of the Men’s and Women’s divisions will receive trophies based on the following point system.

Rationale	Points
Participation	1



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For every win (advancement)	1
For every Gold medal	7
For every Silver medal	3
For every Bronze medal	1

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: One (1) trophy will be awarded to the best male and female athletes each.

Other Prize: The 'Good Fighting Spirit Prize' may be awarded to selected athlete.

- Dress Code for Medalists:

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

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

12. INTERNATIONAL REFEREES

The ATU will appoint International Referees (IRs). The appointed IRs shall officiate at the 8th Asian Para Taekwondo Open Championships, 7th Asian Taekwondo Junior Poomsae Championships, 5th Asian Taekwondo Cadet Poomsae Championships, 12th Asian Taekwondo Junior Championships and 5th Asian Taekwondo Cadet Championships and the following conditions shall apply.

- The OC shall provide ATU international referees with free accommodation, meals, and transportation (a bus) including airport pick up for at least two (2) days before and one (1) day after the championships.

- The OC shall also pay a per diem of US\$150 to IRs for each competition day.



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13. DRESS CODE FOR COACHES

- **For Kyorugi 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. TECHNICAL DELEGATE AND COMPETITION SUPERVISORY BOARD

The WT will appoint one (1) Technical Delegate (TD) and ATU will appoint four (4) members to the Competition Supervisory Board (CSB).

15. WT-RECOGNIZED TAEKWONDO UNIFORM (DOBOK) AND PROTECTIVE EQUIPMENT

- **Daedo Protector and Scoring System (PSS)** will be used in Kyorugi competition.
- Participating contestants are required to wear only WT-approved competition Uniform (Dobok) and protective equipment. The latest version of WT recognized manufacturers' list is available at the website of World Taekwondo.
- The OC will provide Daedo trunk PSS, head PSS and related items and equipment to the participating contestants, while contestants are required to bring their own groin, forearm and shin guards, mouthpieces, hand protector, sensing sock for their personal use.

Poomsae contestants are required to wear WT-recognized Poomsae doboks for Junior Division.

16. ANTI-DOPING

The WT Anti-Doping Rules and where necessary the Code of the World Anti-Doping Agency, shall apply throughout the competition.

Random anti-doping tests will be carried out during the competitions. The WT and/or WADA may carry out random out-of-competition testing prior to the Championships.



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Athletes who take any substance or medicine listed in the “Prohibited List” of the WT Anti-Doping Rules and Anti-Doping Code of World Anti-Doping Agency (WADA) are requested to visit the website of WADA and make online filing of their TUE (Therapeutic Use Exemption) applications on ADAMS <https://www.wada-ama.org/en/what-we-do/adams> and report to ATU at admin@wtasia.org (copy to OC at asianchampionships23@gmail.com) by no later than August 18th, 2023, local time (23:59) in Beirut. For more details, please visit http://www.worldtaekwondo.org/anti_doping-wt/about.html

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 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 for 12th Asian Junior Taekwondo Championships & 7th Asian Junior Poomsae Championships shall be conducted on **September 1st, 2023**, in the presence of ATU officials and representatives of MNAs. Seeding will be announced by TD at the Head of Team Meeting.

The Head of Team Meeting and Drawing of Lots for 5th Asian Cadet Taekwondo Championships & 5th Asian Cadet Poomsae Championships shall be conducted on **September 5th, 2023**, in the presence of ATU officials and representatives of MNAs. Seeding will be announced by TD at the Head of Team Meeting.



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The Head of Team Meeting and Drawing of Lots for 8th Asian Para Open Championships shall be conducted on **September 9th, 2023**, in the presence of ATU officials and representatives of MNAs.

The method and order of the draw may be changed depending on the decision of the TD.

Depending on the decision of the TD, ATU officials or OC volunteers could be designated to draw lots on behalf of the officials of the MNAs.

19. WEIGH-IN

1. General weigh-in of the contestants on the day of competition shall be organized one day prior to the competition.
2. The method of Random weigh-in will be announced at the Head of Team meeting. Should a contestant fail to appear for the random weigh-in, he/she will be disqualified.
3. During the weigh-in, the male contestant shall wear underpants and the female contestant shall wear underpants and a brassiere.

3.1 Cadet and Junior contestant must be weighed with underwear(s) and 100 grams will be allowed to compensate.

20. 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



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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.

The OC will acquire general Public Liability event insurance.

21. 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 of the pertinent IOC-recognized national anthem

22. VISA/ACCOMMODATION/LOCAL TRANSPORTATION:

- All matters pertaining to hotel booking, visa and ground transportation should be filled directly through GMS. 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.
- The Organizing Committee can provide recommendation letters for visa applications. However, MNAs are required to check the Lebanon entry visa application waiting times in their own countries and submit requests for recommendation letters to the organizing committee. The Organizing Committee cannot guarantee entry into Lebanon and can only offer assistance. It is the responsibility of each athlete and MNA to apply for and secure the correct entry visa for Lebanon.



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Kindly note that the OC are fully committed to assisting Member National Associations (MNAs) that do not have a Lebanese Embassy in their country.

IMPORTANT: We strongly recommend that you register your team for the Asian championships as soon as possible and apply for your teams Visa (if required) to ensure sufficient time to receive your visa before travelling.

Please refer to the link below for Visa information provided by the Lebanese General Security:

<https://www.general-security.gov.lb/en/posts/38>

For more information on how to apply for your visa you can contact us by email:

asianchampionships23@gmail.com

- The transportation (Venue-Hotel-Venue) will be organized free of charge only for the teams who have reserved the hotel through the organizing committee.
- The transportation (Airport-Hotel, Hotel-Airport) will be provided free of charge only for the teams who have reserved the hotel through the organizing committee.

★ Three options to pay the accommodation:

1. **Bank Transfer:** You can make payment through bank transfer using the bank information as below. **Please note that a 2% processing fee applies to all bank transfers.**

-Bank Information

Bank Name: CREDITBANK SAL

IBAN: LB23010300121014779028750005

Name of account: LEBANESE TAEKWONDO FEDERATION

Address of Bank: HIGHWAY SIN EL FIL, FREEWAY CENTER, GF, METN



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Bank Swift code: CBCBLBBE

2. **Credit Cards:** You can reserve accommodation by submitting the form to the OC and make payment with your credit card upon arrival in Beirut, Lebanon. **A 4.5% processing fee will be charged by the bank for credit card transactions.**

3. **Cash:** If you prefer, you can settle the fees in cash during registration at the venue. This option allows you to avoid any processing fees and ensures a hassle-free payment experience.

FREE STYLE POOMSAE PERFORMANCE PLAN

* Please Fill out required information and free style Poomsae performance plan and send it to asianchampionships23@gmail.com / admin@wtasia.org by no later than **August 18th, 2023**, local time (23:59) in Beirut.

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					



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Subject:	(Please briefly explain the theme of performance)
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Performance Plan	(Please describe your performance plan keeping the order of the requirements 1-5 indicated in the left column)
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	
Key point of your performance	

LATE ATHLETE REPLACEMENT FORM

To: Prof. Kyu Seok Lee, President of Asian Taekwondo Union

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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)
Weight / 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)



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NATIONALITY		PHOTO
ATHELTE NAME (Family name in capital letter)		
Gender	MALE FEMALE	
WT GAL Number		
Date of Birth	(Day/ Month/ Year)	
Country of Birth		
Weight / Division		
Passport Number		
Kukkiwon Dan Certificate Number		

MNA PRESIDENT SIGNATURE & STAMP _____

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



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EVENT SCHEDULE

(Schedule may subject change)

Date	Time	Event	Place
31 August Thursday	All Day	Team Arrival	Beirut Airport
	09:00-21:00	Registration of Teams	Host Hotel
01 September Friday	08:00-10:00	ATU Council Meeting	Host Hotel
	09:00-21:00	Registration of Teams	
	10:00-12:00	International Referee Training (Theory)	
	11:00-13:00	ATU General Assembly	
	14:00-16:00	International Referee Training (Practical)	Nouhad Naufal Stadium
	15:00-17:00	Official Weigh-in (Junior) [Men: -45kg, -48kg, -63kg, +78Kg] [Women: -42kg, -52kg, +68kg]	Nouhad Naufal Stadium
	17:00-19:00	Head of Team meeting and Drawing of lots for Kyorugi (Junior), Poomsae (Junior)	Host Hotel
02 September Saturday	08:00	Random Weigh-in	Nouhad Naufal Stadium
	09:00-12:30	Kyorugi Competition – Day 1 [Men: -45kg, -48kg, -63kg, +78Kg] [Women: -42kg, -52kg, +68kg]	
	10:00-12:00	Official Weigh-in (Junior) [Men: -51kg, -55kg, -78kg] [Women: -44kg, -49kg, -68kg]	
	12:30-13:30	Lunch Break	
	13:30-	Competition Continues & Awarding Ceremony	
	08:00	Random Weigh-in	



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03 September Sunday	09:00-12:30	Kyorugi Competition – Day 2 [Men: -51kg, -55kg, -78kg] [Women: -44kg, -49kg, -68kg]	Nouhad Naufal Stadium
	10:00-12:00	Official Weigh-in (Junior) [Men: -59kg, -68kg, -73kg] [Women: -46kg, -55kg, -59kg, -63kg]	
	12:30-13:30	Lunch Break	
	13:30-17:00	Competition Continues	
	17:00-18:00	Opening Ceremony	
	19:00-	Competition Continues & Awarding Ceremony	
04 September Monday	08:00	Random Weigh-in	Nouhad Naufal Stadium
	09:00-12:30	Kyorugi Competition – Day 3 [Men: -59kg, -68kg, -73kg] [Women: -46kg, -55kg, -59kg, -63kg]	
	12:30-13:30	Lunch Break	
	13:30-	Competition Continues & Awarding Ceremony	
05 September Tuesday	09:00-12:00	Poomsae Competition	Nouhad Naufal Stadium
	12:00-14:00	Lunch Break	
	12:30-	Head of Team meeting and Drawing of lots for Kyorugi (Cadet), Poomsae (Cadet)	
	14:00-	Competition Continues & Awarding Ceremony	
	15:00-17:00	Official Weigh-in (Cadet) [Men: -148cm, -152cm, -156cm, -160cm] [Women: -144cm, -148cm, -152cm]	
06 September Wednesday	09:00-12:30	Kyorugi Competition – Day 1 [Men: -148cm, -152cm, -156cm, -160cm] [Women: -144cm, -148cm, -152cm]	Nouhad Naufal Stadium
	10:00-12:00	Official Weigh-in (Cadet) [Men: -164cm, -168cm, -172cm] [Women: -156cm, -160cm, -164cm, -168cm]	



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	12:30-13:30	Lunch Break	
	13:30-	Competition Continues & Awarding Ceremony	
07 September Thursday	09:00-12:30	Kyorugi Competition – Day 2 [Men: -164cm, -168cm, -172cm] [Women: -156cm, -160cm, -164cm, -168cm]	Nouhad Naufal Stadium
	10:00-12:00	Official Weigh-in (Cadet) [Men: -176cm, -180cm, +180cm] [Women: -172, -176cm, +176cm]	
	12:30-13:30	Lunch Break	
	13:30-	Competition Continues & Awarding Ceremony	
08 September Friday	09:00-12:30	Kyorugi Competition – Day 3 [Men: -176cm, -180cm, +180cm] [Women: -172, -176cm, +176cm]	Nouhad Naufal Stadium
	12:30-13:30	Lunch Break	
	13:30-	Competition Continues & Awarding Ceremony	
09 September Saturday	09:00-12:30	Poomsae Competition	Nouhad Naufal Stadium
	10:00-12:00	Athlete Classification for 8 th Asian Para Open	
	12:30-13:30	Lunch Break	
	13:30-	Competition Continues & Awarding Ceremony	
	15:00-17:00	Weigh-In for 8 th Asian Para Open	
	17:00-19:00	Head of Team meeting and Drawing of lots for 8 th Asian Para Open	
10 September Sunday	08:00	Random Weigh-in	Nouhad Naufal Stadium
	09:00-12:30	Para Competition -	
	12:30-13:30	Lunch Break	
	13:30-	Competition Continues & Awarding Ceremony	



**12th Asian Junior Taekwondo Championships
September 2nd- 4th, 2023
7th Asian Junior Taekwondo Poomsae Championships
September 5th, 2023
Beirut, Lebanon**