

Taekwondo Club JUNGLINSTER a.s.b.l.



DAE BAK

LËNSTER **대박**
POOMSÆ CUP
2025

태권도



Sunday
18 May 2025
At 9:00 - END

TaeKwonDo 
JUNGLINSTER

Junglinster "Op Fréinen"

INSCRIPTION: www.turnier-check-in.eu

Taekwondo Club JUNGLINSTER a.s.b.l.

DAE BAK Lënster Poomsae Cup 18.05.2025



PLACE AND DATE

Date	Sunday 18/05/2025
Sporthall	Centre Sportif « Op Fréinen »
Address	1, Op de Fréinen L-6130 Junglinster

ORGANISATION

Organiser	 Taekwondo-Club Junglinster a.s.b.l. http://www.tkd-junglinster.lu
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General management:	Teresa Majerus-Bednarz info@tkd-junglinster.lu 691 287 711
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Competition management:	UschuDo Softwaretechnik Uwe Schuss Telefon: 0172 71 67 203 uwe.schuss@uschudo.de
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Tournament management:	GM Christopher Vella
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Access	The competition is open to World Taekwondo member clubs and associations. Participants must show proof of age with an ID. Athletes under the age of consent need a signed declaration of consent from a parent or guardian upon registration, confirming their agreement to participate, acceptance of regulations, and assurance of good health. A copy of the required form is attached. Participation depends on meeting all eligibility requirements.
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REGISTRATION

Registration deadline	No more registrations will be accepted after 10.05.2025, by 23:59.
Online registration	Registrations exclusively via: www.turnier-check-in.eu The only exception is the Family Poomsae. Participants must register by 10 May 2025 by sending an email to uwe.schuss@uschudo.de
Competitors	Maximum of 150
Registration fee	⇒ Individual: 25 € / Competitor ⇒ Pair: 30 € / Pair ⇒ Team: 35 € / Team ⇒ Family: 15 € / per Family Payment must be made before 11.05.2025 at 23:59. After this deadline, an additional €10 per participant will be charged.

Exclusively by bank transfer to the account

IBAN LU04 0030 0977 0464 1000

Taekwondo Club Junglinster a.s.b.l.



With the communication: DAE BAK Lënster Poomsae Cup 2025 + NAME OF CLUB + number of participants (Ind/Pair/Team/Family).

- ⇒ Please send us a proof of payment (screenshot of the transaction) to accounting@tkd-junglinster.lu.
- ⇒ The registration fee must be paid for all registered competitors.
- ⇒ No refunds are possible after the registration deadline.
- ⇒ No registrations will be made on the day of the competition.

Coach:

- ⇒ For every 5 participants, at least 1 coach must be present (max. 6 coaches per gym)
- ⇒ When coaching, the coach must wear sportswear (tracksuit and sports shoes). He/she must be in possession of his/her identity card or passport.

Spectators: Free of charge.

TOURNAMENT

Tournament plan: Sunday 18.05.2025

- 08 :00 - 09:00h Registration
- 09 :15 Coach meeting
- 09 :30 Start Competition – awarding at the end of each category
- 13 :00 Lunch break
- 14 :00 - END / Tournament

Access rules

- ⇒ Access to the sports hall is only permitted with sports shoes. Persons who do not comply with this rule must take a seat in the tribune.
- ⇒ **Only athletes, coaches, officials, referees and VIPs have access to the competition area.**
- ⇒ The coaches wear tracksuits and sports shoes.
- ⇒ Coaches are not permitted to wear a Dobok. **Black revers are not permitted for categories B, C and D!**
- ⇒ Eating in the sports hall is not permitted.

System Cut-off-System
 1st round: from 20 participants
 2nd round: 11 to 19 participants
 3rd round (final): maximum 10 participants

Playing field 2 fields with electronic counters.

Tournament rules WT <http://worldtaekwondo.org/rules-wt/rules.html?sc=02>

Individual/pair/team awards

- ⇒ The 1st, 2nd and 3rd place in each category will receive a gold, silver and bronze medal respectively.
- ⇒ The medals are presented at the end of the round.

Awards per club

- 1st place: medal and certificate
- 2nd place: medal and certificate
- 3rd place: medal and certificate
- Club classification: trophies for the three best clubs



Protest Only the official coach may lodge a protest immediately after the end of the category. **The referee's decision is final.**

Safety and security Participation in the championship is at your own risk. The organizers do not take any responsibility for injuries, theft or damage to personal property.

DISCIPLINES AND CATEGORIES

All age categories are based on the year of birth. Example: If a person was born in 2010, they will be 15 years old in 2025 and will take part in the 15-17 years category. It is possible to participate in several categories (individual, pair, team, family).

Categories:

Individual:	Pair/Team
<ul style="list-style-type: none"> • A: from 1. dan/poom • B: 4. - 1. kup • C: 6. - 5. kup • D: 9. - 7. kup 	<ul style="list-style-type: none"> • A: from 4. kup • B: 6 - 5 kup • C: 9 - 7 kup

Age and gender categories:

Age	Class	Categorie	gender categorie
6- 8	B, C, D	Individual	<ul style="list-style-type: none"> • Male (M) • Female (F)
9-11	A, B, C, D		
12-14			
15-17			
18-30			
31-40			
≥41			
≤ 11	A, B, C	Pair + Team	Pair: 2 participants: MM, MW, WW Team: 3 participants: MMM, MMW, MWW, WWW
12-14			
15-17			
≥18			
1 category for everyone	A+B+C+D	Family	Alle

Family category:

- No limit on the number, category or age.
- Participants from the same family.
- Free choice of two poomsae to be presented.
- Registrations are made only via e-mail: uwe.schuss@uschudo.de

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MANDATORY POOMSAE

Individual

	Mandatory Poomsae	Round 1	Round 2	Round 3
A	See the table 1 -> draw*	2 taegeuks	2 taegeuks	2 taegeuks
B	See table 2 -> Free choice	1 taegeuk	1 taegeuk	2 taegeuks
C	See table 2 -> Free choice	1 taegeuk	1 taegeuk	2 taegeuks
D	See table 2 (all in finals)	/	/	2 taegeuks

The forms are freely selectable in classes C and B according to the table 2. The same forms can be performed in the preliminary round, semi-final and final. However, different forms must be performed within a round. In class D it is permitted to present the same poomsae twice.

*The result of the Class A draw will be announced on 11 May 2025 and published on www.turnier-check-in.eu.

Pair/Team

	Mandatory Poomsae	Round 2	Round 3
A	See table 3	1 taegeuk	2 taegeuks
B	See table 3	1 taegeuk	2 taegeuks
C	See table 3	1 taegeuk	2 taegeuks

Table 1

Individual (m/f)	Category A		
	1. Preliminary (All)	2. Semi-Finals (11-19)	3. Finals (max 10)
Age	Poomsae	Poomsae	Poomsae
9-11y	4-8*	4-8*	4-8*
12 - 14	4-9*	4-9*	4-9*
15 - 17	4-9*	4-9*	4-9*
18 - 30	Taeguk Oh Jang - Taebak (5-11)*	Taeguk Oh Jang - Taebak (5-11)*	Taeguk Oh Jang - Taebak (5-11)*
31-50	Taeguk Yuk Jang - Pyongwon (6-12)*	Taeguk Yuk Jang - Pyongwon (6-12)*	Taeguk Yuk Jang - Pyongwon (6-12)*
≥51	Taeguk Chill Jang - Sipjin (7-13)*	Taeguk Chill Jang - Sipjin (7-13)*	Taeguk Chill Jang - Sipjin (7-13)*

*The result of the draw for class A will be announced on 11.05.2025 and published on www.turnier-check-in.eu

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Table 2

Poomsae choice table for category Individual (M/W), all age groups, Class B, C, and D

Individual (m/w)	Poomsae	
	1. Semi-Finals (All)	2. Finals (max 10)
B	4 - 8	4 - 8
C	1 - 4	1 - 4
D	/	1

Table 3

Poomsae for Pair / Team all age groups:

Category	1. Round (All)	2. Round (max 10)
A	5	6 + 7
B	2	3 + 4
C	1	1 + 2

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Einverständniserklärung
Autorisation de participation
Authorisation to participate

Hiermit erlaube ich meiner Tochter/meinem Sohn:

Par la présente, j'autorise mon fils / ma fille :

Hereby authorise my son/daughter:

an folgender Veranstaltung teilzunehmen:

à participer à la manifestation suivante :

to take part in the following event:

DAE BAK Lënster Poomsee Cup

Datum und Ort der Veranstaltung

Date et lieu de la manifestation

Date and venue of the event

18.05.2025 JUNGLINSTER / LUXEMBOURG

Ich entbinde hiermit den Veranstalter und den TaeKwonDo Club Junglinster a.s.b.l. von jeglicher Haftung für Körper- und Sachschäden während der An- und Heimfahrt sowie während des Aufenthalts.

Par la présente, je décharge l'organisateur et le TaeKwonDo Club Junglinster a.s.b.l. de toute responsabilité pour dégâts corporels ou matériels occasionnés pendant les voyages et le séjour.

I hereby release the organiser and the TaeKwonDo Club Junglinster a.s.b.l. from any liability for personal injury or material damage caused during the travel and stay.

Erziehungsberechtigte(r) / Personne investie de l'autorité parentale / Person with parental authority:

Date/Datum:.....

Signature / Unterschrift: