

IX Open Ciudad de Pamplona/ Iruña

# TAEKWONDO

**COMBATE**  
SENIOR  
JUNIOR

**POOMSAE**  
ADULTOS

**Free Style**

**3 y 4 Septiembre 2016**

**POOMSAE**  
**RANKING**  
**RFET**



Gobierno  
de Navarra



Ayuntamiento de  
Pamplona

cajanavarra  
fundación



**C/PAULINO CABALLERO, Nº 13**

**699 461714**

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FEDERACION NAVARRA DE

**TAE KWONDO y D.A./i.k.**



NAFARROAKO FEDERAZIOA

**[www.openpamplona.taekwondonavarra.com](http://www.openpamplona.taekwondonavarra.com)**

**ORGANIZER:** Federación Navarra de Taekwondo y D.A.

**PROMOTER:** Gobierno de Navarra, Ayuntamiento de Pamplona y Fundación Caja Navarra.

**DATE:** 3<sup>th</sup> - 4<sup>th</sup>September 2016  
Saturday POOMSAE / Sunday KYORUGI.

**VENUE:** Pabellón Polideportivo ARROSADÍA.  
<http://11870.com/pro/polideportivo-municipal-arrosadia-1/map>

**WEIGHING:** **SATURDAY:** 19.00H TO 21.00H  
HOTEL HOLIDAY INN \*\*\*  
Hotel Holiday Inn Express Pamplona  
**Address:** Area Comercial Galaria, Calle R, 111,  
31192 Mutilva, Pamplona  
**Teléfono:(+34) 948 29 32 93**

**SUNDAY:** 8.00H to 9.00H  
**At pabellónPolideportivoArrosadía.**

**REGISTRATION:**

There is no a maximum number of participants for each team and club.  
In POOMSAE and FREESTYLE, competitors can't participate in more than 2 categories.

Entries must be completed before 13:00h August 22th in the web page:  
[www.openpamplona.taekwondonavarra.com](http://www.openpamplona.taekwondonavarra.com)

**ENTRY FEES :** 20€ individual contestant (kyorugi&poomsae), 20€pairs y 20€ Teams.  
Payment should be made in the following account number:  
CAIXA 2100 5264 40 2100566015  
(in the document control must present the payment transfer document)

**DRAWS:** 08/31/2016.

**Competition rules:** W.T.F Competition rules

## POOMSAE Adults Categories

The tournament will have the categories mentioned above:

- 1) Individual
- 2) Pairs
- 3) Team
  
- 4) Freestyle Individual
- 5) Freestyle Pairs
- 6) Freestyle Team

*Competitors can participate in a maximum of 2 categories.*

### Categories by sex and age:

- Male, female and mixed categories must be according to de age.
- Minimum grade 1<sup>st</sup>Poom for cadet competition and 1<sup>st</sup> DAN for other categories is required.
- Categories are cording to the year of birth.

DOBOK: Both the white and the colored (European) doboks are allowed, as long as it corresponds with the belt level.

MINIMUM OF PARTICIPANTS: If there is not a minimum of 3 participants per category, it will be cancelled.

**POOMSAE:**

Competition	Division	Compulsory Poomsae
<b>Individual</b>	Cadet Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Junior Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taeback
	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	
<b>Pair</b>	Cadet Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Junior Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taeback
	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>Team</b>	Cadet Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Junior Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taeback
	Under 30	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
	Over 30	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon

**FREE STYLE POOMSAE:**

Competition	Free Style Poomsae	
<i>Individual</i>	<i>Under 17 and Over 17 divisions</i>	<i>Athletes shall perform Free style Poomsae based on taekwondo techniques with composition of music and choreography.. Music and choreography shall be the choice of contestants. Performed techniques must be within the boundary of taekwondo. The definition of taekwondo techniques shall be determined by WTF Poomsae Committee when contestants submit performance plan of free-style Poomsae.</i>
<i>Pair</i>		
<i>Mixed Team</i>		

Mixed team (5 participants: 2 male and 3 females or 3 males and 2 females )

## AWARD PRESENTATION

### Medals:

- 1st place: Gold medal(s)
- 2nd place: Silvermedal(s)
- 3rd place and 4th place: Bronzemedal(s)

### Trophies:

1st, 2nd and 3rd places for general classification

### **KYORUGI JUNIOR category:**

**AGES:** Can participate competitors born in 1999, 2000 Y 2001 years-  
For competitors born in 1999 and 2000, they must choice **only 1 category** (Junior or Senior)

**GRADE:** Blue belt for males and green belt for females.

### **PROTECTIONS:**

Homologated by the WTF,  
([http://www.wtf.org/wtf\\_eng/site/about\\_wtf/recognized.html](http://www.wtf.org/wtf_eng/site/about_wtf/recognized.html)).

There is not E-HeadGear in this competition, so E-foot (heel) is not allowed.

**DURATION OF CONTESTS** :Three rounds of 1 minute 30 second each, but may be adjusted upon de decision of the technical delegate.

## OLYMPIC WEIGHTS:

MALES	FEMALES
-48	-44
48-55	44-49
55-63	49-55
63-73	55-63
+73	+63

## COMPLAINTS:

Complaints must be completed on the official written form for this purpose. The delegate/team leader signature and a deposit of 60E is required, which will be returned if the complaint is accepted by the appeals committee.

### **Trophies and medals:**

Gold, Silver and 2 bronze medals

Team classification: Male and female categories following the Olympic scoring system.

## **KYORUGI SENIOR Category:**

**AGES:** Can participate competitors born in year 2000 or earlier-

For competitors born in 1999 and 2000, they must choice **only 1 category** (Junior or Senior)

**GRADE:** Brown belt for Males and Blue belt for females

## PROTECTIONS:

Homologated \_\_\_\_\_ by \_\_\_\_\_ the \_\_\_\_\_ WTF,  
([http://www.wtf.org/wtf\\_eng/site/about\\_wtf/recognized.html](http://www.wtf.org/wtf_eng/site/about_wtf/recognized.html)).

There is not E-HeadGear in this competition, so E-foot (heel) is not allowed.

**DURATION OF CONTESTS** :Three rounds of 1 minute 30 second each, but may be adjusted upon de decision of the technical delegate.

## OLYMPIC WEIGHTS:

MALE	FEMALE
-58	-49
58-68	49-57
68-80	57-67
+80	+67

## COMPLAINTS:

Complaints must be completed on the official written form for this purpose. The delegate/team leader signature and a deposit of 60E is required, which will be returned if the complaint is accepted by the appeals committee.

### Trophies and medals:

Gold, Silver and 2 bronze medals

Team classification: Male and female categories following the Olympic scoring system.

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