









**Saturday 28<sup>th</sup> of November 2015**

- Organization** Flemish Taekwondo Union (FTU), in cooperation with the Hanmadang Commission and with the help of Chin Do Jang Gent.
- License** Belgian participants: valid taekwondo license delivered by one of the regional recognized and subsidized uni-sports federation.  
Foreign participants: valid license of a recognized taekwondo federation that offers WTF taekwondo.  
No valid license (with photo/identity card) means no participation.
- Regulations** FTU/Kukkiwon regulations ([Hanmadang competitiereglement VTB](#) and [Hanmadang disciplines en quoteringen](#)). Some of these regulations may be different from the official Kukkiwon Hanmadang Regulations.
- Disciplines** All the official Hanmadang disciplines will be present. **Each participant can participate in only 2 categories.** For each discipline there need to be at least 4 participants, pairs or teams. In case there are not enough participants, some disciplines may be combined or the discipline may be cancelled.
-  **Authorized poomsae:**
- **Individual**
  - **Pair:** gender not imposed (F+M or F+F or M+M)
  - **Team** 3-5 participants, gender not imposed (f.e. in this discipline lady teams can compete with men teams in the same category)
- Regulations according to the official [poomsae regulations](#).**  
**Taegeuks/poomsaes to be chosen by the participant. Only 1 preliminary.**
-  **Creative poomsae:** Pair or team (3-5 participants).  
Duration: 60-70 seconds. Gender not imposed.  
The following techniques are required to be demonstrated during this discipline:
- 2 or more yeop chagi
  - 2 jumped yeop chagi
  - 2 dwit chagi
  - 2 turning kicks (= tolken = dolgaechagi = tornado kick)
  - 2 momdollyo chagi (= spinning kick)
  - 2 jumped momdollyo 540° (not for -12 years old) (not to be performed by everyone)
-  **Power breaking:**
- Minimum age of 18 year or minimum 6<sup>th</sup> kup
  - Breaking shall be performed within 20 seconds from the start of the test
  - Breaking with knife hand shall be performed on tiles
  - Breaking with fist shall be performed on roof tiles
  - Breaking tests with yeop chagi and dwit chagi shall be performed on boards of 2cm
  - There are no qualification rounds, each participant shall immediately take part in the finals

-  **All-round breaking:** breaking tests carried out by one person for maximum 1 minute, during which a minimum of 7 and a maximum of 10 boards of 1 cm should be broken. No more than 15 people can assist in holding up the boards.
-  **Self-defence:** 3-7 participants. A team must demonstrate 7 different disciplines within a time frame of 6 minutes. The sequence of the different disciplines can be freely chosen, but shall be provided to the judges prior to the start of the demonstration. Music is allowed.
-  **Taekwondo aerobics:** 3-9 participants. This is a combination of aerobics and Taekwondo on music. Duration: 110-120 seconds. The following techniques are required to be demonstrated:
  - 2 or more yeop chagi
  - 2 dollyo at head height
  - 2 dwit chagi
  - 2 turning kicks (= tolken = dolgaechagi = tornado kick)
  - 2 momdollyos (= spinning kick)
  - 2 acrobatic movements (not to be performed by everyone)
-  **Recording contests:**
  - **Height jump:** breaking a 1 cm thick board as high as possible. One gets 3 attempts.
  - **Long jump:** breaking a thick board as far as possible in the air after jumping over an obstacle. One gets 3 attempts.
  - **Momdollyo:** breaking as many 1cm thick boards as possible while performing momdollyo chagi within 20 seconds.
-  **Team competition:** 4-11 participants. A team must demonstrate 7 different disciplines within a time frame of 6 minutes. The sequence of the different disciplines can be freely chosen, but shall be provided to the judges prior to the start of the demonstration. The following disciplines are required to be demonstrated:
  - Creative poomsae
  - Self-defence
  - Single jump breaking
  - Various target breaking (= moving multi-direction breaking)
  - Spinning breaking (horizontal and vertical)
  - Creative breaking
  - Power breaking

## Time schedule






Registration: 08h00 – 09h00  
Start competition: 10h00

## Subscriptions

**1) [Click here to open the registration form.](#)** Maximum 250 subscriptions.

The completed Excel-file must be send to: [hanmadangbelgianopen@gmail.com](mailto:hanmadangbelgianopen@gmail.com)

**2) Subscription fee according to the different disciplines:**

-  15 EUR per person: Individual authorized poomsae
-  25 EUR per pair/team: Pair authorized poomsae, creative poomsae
-  35 EUR per team: Team disciplines (authorized poomsae, creative poomsae, Self-defence, taekwondo aerobics, team demonstration)
-  15 EUR per person: Power breaking
-  20 EUR per person: All-round breaking and recording contests

These prices include the breaking materials.

**Only payment in advance will be accepted.**

Account: **Vlaamse Taekwondo Bond vzw**  
IBAN: **BE21 0682 3723 0503** - BIC: **GKCCBEBB**  
Reference: **Open Hanmadang 2015 + club name**

**3) If applicable: Music should be given in advance in MP3 format!**

**DEADLINE subscriptions + payment + music: Thursday 19<sup>th</sup> of November (23:59:59)**

**Entrance**

5 EUR entrance fee. Kids -12 year free entrance.  
1 coach free for 5 participants.

**Trophies**

Individual: 1<sup>st</sup>, 2<sup>nd</sup> and two 3<sup>rd</sup> places.

*The Cup of the Korean Ambassador will be given to the team who participates in the most disciplines.*

**Location**

**Sports hall Bourgoyen, Driepikkelstraat 30, 9030 Mariakerke-Gent**

**Information**

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*Some pictures of the Open Hanmadang February 2015. Participation and friendship are more important than winning!*



This tournament is supported by:



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Republic of Korea  
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