



3rd Dutch Open Hanmadang

Saturday, October 19, 2019

Sports hall De Slagen, De Gaard 2, Waalwijk

Organisation	Taekwondo Association Garuda Waalwijk, under auspices of The Taekwondo Bond Nederland.
General	This will be the 3th Dutch Open Hanmadang, held in The Netherlands. We will use the official Hanmadang rules. All competitors are considered to participate at their own risk. Taekwondo Association Garuda Waalwijk the organizer, nor The Taekwondo Bond Nederland assume no responsibility for any damages, injuries or losses.
Participation	All members of The Taekwondo Bond Nederland and members of all the European or World Taekwondo Associations.
Decision	At least 4 competitors per discipline (individual, pairs, teams). If there are less, competitors will be merged or that part will be canceled.
Continue contests	If there are inadequate competitors, The Hanmadang will be canceled. If so refund will take place.
Presence	Participation in various disciplines is allowed, but one is responsible to attend at time at the competition area. One can risk overlap, but we want to guarantee the continuity of all competitions, so one is self responsible and the coaches as well.
Breaking materials	You must bring your own breaking materials and return them with you afterwards. Fire wood planks with at least 0,8 cm thickness, dimensions 20x20 cm or 30x30 cm. Roof tiles and aerated concrete are allowed also. Please mention this on the registration form?
Para sportsman	You can only participate at the individual Taegeuk/Poomsae contests. We warmly invite you to participate.
Program With reservation	08.00-08.30u. Report 09.30-09.45u. Opening/welcome/groupphoto 09.45-12.15u Start competitions 12.15-13.00u Pause 13.00-16.30u Continuation competitions 16.45u Closing
Information	Mr. Ernst Breuer, organizer Mobile +31625377352 Taekwondo Associaton Garuda Waalwijk through e-mail: <i>hanmadangwaalwijk2019@gmail.com</i> with indication 3th Open Dutch Hanmadang.
Categories	A = (1 st Dan/Poom and higher), B = (4 th t/m 1 st Geup), C = (8 th t/m 5 th Geup), D = (10 th t/m 9 th Geup).
Spectators	Only allowed to take place in the stands. The entrance is <u>FREE!</u>

Payment

- * Individual authorized poomsae: € 12,50 (Euro) for each contestant.
- * Pair authorized poomsae: € 20,00 (Euro) for each pair.
- * Team authorized poomsae: € 20,00 (Euro) for each team
- * Family authorized poomsae: € 20,00 (Euro) for each family/group
- * Creative poomsee group € 25,00 (Euro) for each group
- * Selfdefence group (Hosinsul): € 20,00 (Euro) for each group
- * All-round breaking: € 12,50 (Euro) for each contestant

Bring your own breaking material!

- * Recording contests: € 12,50 (Euro) for each contestant

Bring your own breaking material!

- * Breaking free: € 12,50 (Euro) for each contestant

Bring your own breaking material!

Categories

The year of birth will be leading.

Individual M/V authorized poomsae:

till 8 year (Pupil), 9-11 year (Aspirant), 12-14 year (Cadet), 15-17 year (Junior), 18-30 year (Senior 1), 31-40 year (Senior 2), 41-50 year (Master 1), 51-60 year (Master 2), 61-66 year (Master 3), 67 year and older (Master 4).

Pair- and Team M/V authorized poomsae:

till 11 year (Pup/Asp), 12-14 year (Cadet), 15-17 year (Junior), 18-30 jaar (Senior), 31 year and older (Masters).

Disciplines

The Hanmadang will have the next disciplines:

Individual

Taegeuk/Poomsee

Individual (1) authorized poomsae:

A- / B- / C- en D-category Taegeuks/poomsaes free choice!
Just 1 preliminary round!! Top 8 to final.

Pair / Team

Taegeuk/Poomsee

Pair (2) and Team (3) authorized poomsae:

A-category (just 1 group) B- C- D- category (just 1 group)
Taegeuks/poomsaes own choice! Just 1 preliminary round!! Top 8 to final.

Family

Taegeuk/Poomsee

Family authorized poomsae:

father/mother/brother/sister/uncle/aunt etcetera:

All ages = A- B- C- D- category (just 1 group) Taegeuks/poomsaes
own choice! Just 1 preliminary round!! Top 8 to final.

Creative team

Creative poomsae with music: (don't forget to bring your own USB-Stick with your music):

All ages = A- B- C- D- category (just 1 group).

* Just 1 preliminary round!! Only a group of 3 – 5 attendees,
length of time between 60 and 70 sec. The following techniques are
mandatory to show during this discipline and should be performed by
everyone:

* 2 x 2 or more Yeop Chagi's.

* 2 jumped (Dwiewo) Yeop Chagi's.

* 2 jumped kicks (dwiewo) chagi's

* 2 twisted kicks (= tolken = dolgaechagi = tornado kick).

* 2 momdollyo's (= spinning kick). * **Optional** : 2 jumped momdollyo
540° (not for -12 year olds); this technique is not compulsory and does
not have to be performed by everyone to become!

Self defense	<p>Self defense (Hosinsul): All ages = A- B- C- D- category (just 1 group). * Just 1 preliminary round!! Only a group of 3-7 attendees,. This is Hosinsul as group discipline within a maximum time of 1 minute. Form is free!</p>
All-round break test	<p>All-roundbreaking: All ages= A- B- C- D- category (just 1 group) * There is only one round place !! Break tests performed by one person for up to 50 seconds. A minimum of 7 and a maximum of 10 planks of at least 1 cm must be broken. A maximum of 15 assistants may hold the breaking material</p>
Break test Individual	<p>Recording contests: All ages M / F = A category: Group 1 age up to and including 14 yrs., Group 2 as from 15 yrs.</p> <p>All ages M / F = B- C-D category: Group 1 age up to and including 14 yrs., Group 2 as from 15 yrs.</p> <p>Components: * Height jump: as high as possible a board of at least 1 cm break. One gets 3 attempts. * Long jump: break a board as far as possible while being in the air is hanging after jumping over an obstacle. Three attempts are made. * Momdollyo: break as many shelves of at least 1 cm with momdollyochagi within a period of 20 seconds. The board must be higher than the pelvis.</p>
Break test free	<p>All ages M / V = A category. (indicate material) Individual free breaking test in which as much breaking material as possible is broken. The breaking material consists of roof tiles or gas concrete blocks</p>
Registration Start Coach	<p>Present between 08.00 am. - 08.30 am. The opening is at 9.30 am, after which the matches begin. Per 5 participants 1 coach from 18 years (name via registration form).</p>
Subscriptions	<p>Only participation by pre-registration and timely payment. The registration fees must be paid at the same time as the registration. Refund only when there is no transit through organization! Please complete the registration via the attached registration form and fill it in as completely as possible. You will receive a notice of registration after payment has been received.</p>
Account	<p>Name: Taekwondo ver. Garuda Waalwijk Bank: Rabobank Country: The Netherlands IBAN: IBAN NL83RABO 0329 6710 06 Citing: 3rd Open Hanmadang 2019 Waalwijk Reference: The name of your club and place name <u>Citing 3rd Open Hanmadang to:</u></p>
Mail Closing date	<p>Hanmadangwaalwijk2019@gmail.com Receipt of registration form and payment not later than: <u>Sunday, October 6, 2019.</u></p>