

# The 12th Annual Premier Sport Poomsae Event in the USA !!

WTF WORLD POOMSAE CHAMPIONSHIPS FORMAT  
MODIFIED CUT OFF SYSTEM - TWO FORMS IN ALL ROUNDS



# US POOMSAE CLASSIC



## OPEN FREESTYLE DIVISION



DIVISIONS FOR BLACK BELTS & COLOR BELTS

DIVISIONS FOR ALL AGES

SPECIAL BLACK BELT OPEN DIVISION

SO ALL MAY PARTICIPATE

# OCTOBER 26, 2019

## CT CHUNG DO KWAN ACADEMY COLCHESTER, CT

Info & Registration  
ONLINE at  
[www.ctcdk.com](http://www.ctcdk.com)

For more information please contact:  
Connecticut Chung Do Kwan Academy

[www.ctcdk.com](http://www.ctcdk.com)

Tournament Director:  
Grand Master David J. Turgeon  
USA National Team Coach

50 Parum Rd.  
Colchester, CT 06415  
(860) 537-6333 e-mail [ctcdk@comcast.net](mailto:ctcdk@comcast.net)





# 2019 UNITED STATES POOMSAE CLASSIC

50 Parum Rd. Colchester, CT 06415 \* (860) 537-6333  
ctcdk@comcast.net \* www.ctcdk.com

August 15, 20189

Dear Grand Masters, Masters, Instructors and Taekwondo Students,

I would like to invite you and your students to participate in our 12<sup>th</sup> annual poomsae tournament, THE UNITED STATES POOMSAE CLASSIC. This tournament will be held on Saturday, October 26 at the CT Chung Do Kwan Academy in Colchester, CT.

Going into our 12<sup>th</sup> year of hosting this Poomsae only event, I am very excited to offer you and your students the opportunity to participate in the US Poomsae Classic. The US Poomsae Classic is run to encourage all levels of Taekwondo practitioners to strive toward the goal of bringing poomsae competition to the forefront of our sport. There will be divisions for both black belt and color belt and for all ages during the tournament. A modified version of the WTF cut off system will be used to ensure all competitors have the opportunity to perform and be scored on at least two different poomsae. Color belt divisions will be able to choose for themselves what forms they wish to compete with. For Novice Color Belts(10 geup - 7th geup) repeating the same form through various rounds will be allowed. The Intermediate (6th geup - 3rd geup) and Advanced (2nd & 1st geup) Color Belt Divisions may choose any Taegeuk form to perform but will not be allowed to repeat the same form they have already done in a previous round. There will also be an open pair/team division for any age and rank groups that wish to perform together. Our goal is to give all competitors valuable ring time and important feedback of their performances. **Again this Year - Open Freestyle Division - If you are interested or need more freestyle info please contact me.**

Black belt competition will be done as it is in World Poomsae competition with the forms for each round chosen for the competitors at random from the designated set of compulsory forms for their respective divisions. Enclosed are the division breakdown and required forms for each age group. I have added divisions for under 11 year olds so that they will also have the opportunity to compete and learn this format. **Please remember that in World Poomsae Format it is age, not rank, that designates what poomsae are required for the division. (i.e. 1st degree black belts in the 41-50 division must know up to Chonkwon, 51 and up division must know Hansu, etc.)**

In addition to official divisions, the US Poomsae Classic will offer an Open Division for black belts who wish to compete using WTF black belt forms, but may not be familiar with the form requirements. (i.e.: A black belt age 31-40 may not be familiar with Sipjin, a poomsae requirement based on WTF standards.) By competing in the Open Division, the black belt may choose any two WTF recognized poomsae to perform (Taegeuk or Yudanja). It is important to note that the poomsae that the black belt chooses must be WTF recognized poomsae and they must be performed to standard and will be judged by the standard.

I do believe that this format is the best way to promote poomsae competition and include many more students in the thrill and excitement of competing in our sport. I extend a special invitation to all current US Poomsae Team members to compete at this tournament and hope to display their many talents to all present. Together we can improve the level of competition of our US Poomsae Team and give the United States a competitive edge at the world level.

To avoid any unnecessary confusion or delays the morning of the competition, there will be **ABSOLUTELY NO DOOR REGISTRATION**. All registrations must be postmarked no later than October 19<sup>th</sup>. If you wish to pay by Visa, Mastercard or Discover, you may register online, [www.ctcdk.com](http://www.ctcdk.com), by October 24<sup>th</sup>. Enclosed you will find information for the tournament including registration forms, tournament poster, directions and hotel information. All black belt competitors must be checked in by 8:30am. **Opening ceremonies will begin at 9:00am sharp!**

I look forward to making the US Poomsae Classic a unique and rewarding experience for this tournament season. Your support and participation is greatly appreciated.

See you on October 26!

  
David J. Turgeon, Tournament Director  
US Poomsae Classic  
USA National Team Coach



# 2019 UNITED STATES POOMSAE CLASSIC

## GENERAL INFORMATION

Hosted by: CT Chung Do Kwan Academy  
Director: Grand Master David J. Turgeon  
Date: Saturday- October 26, 2019  
Place: CT Chung Do Kwan Academy  
50 Parum Rd. Colchester, CT 06415

**SCHEDULE of EVENTS:**

8:00 A.M.- Check In (All Black Belt Competitors, All Pairs & Teams)  
8:30 A.M. - Official's Meeting  
9:00 A.M. - Opening Ceremonies and Start all black belt divisions  
(Black Belt Adult 41- 50 and 51 & up divisions will go first)  
1:00P.M. - All Pairs and Team Divisions  
1:30P.M. - Freestyle Division (All one open division)  
1:00 P.M.- Check In (All Color Belt Individual Competitors)  
2:00 P.M. - Start all color belt divisions

**ENTRY FEE:** Pre-registration only - \$60 one event / \$15 each additional event (for pairs or team)  
***NO DOOR REGISTRATION - YOU MUST PRE-REGISTER***

**MAIL:** Credit card or certified check or money order payable to - CT Chung Do Kwan

**Registrations must be postmarked by October 19, 2019**

**ONLINE [www.ctcdk.com](http://www.ctcdk.com) :** Credit card payments only - VISA, MASTERCARD or DISCOVER

**Online Registration by October 24, 2019**

**GENERAL ADMISSION:** \$5 (Children 5 and under FREE)

**NO FOOD OR DRINKS ALLOWED IN GYM**

**COMPETITORS MAY USE PLASTIC, CAPPED SPORTS BOTTLES ONLY**

## **RULES:**

**Poomsae** - This is a WTF Poomsae only competition. A modified cut-off system will be used to ensure all competitors will be scored on a minimum of two forms. Color belts will be required to know their rank form and any other Taegeuk forms. Black belts will be required to know all forms for their age category regardless of their rank. (See the attached sheet for the appropriate division requirements). WTF World Championship rules will be applied and all poomsae standards are based on the WTF and Kukkiwon documented standards. See <http://www.worldtaekwondo.org/wp-content/uploads/2016/10/WTF-Poomsae-Competition-Rules-Interpretation-March-19-2014.pdf> for complete set of rules. **Black belts who are not familiar with all poomsae for their age may participate in an Open Division, run similar to the color belt division.**

**EQUIPMENT:** WTF recognized uniform - either Y-neck uniform, appropriate for age, or white V-neck uniform/ black trim for black belts only, is mandatory.

**AWARDS:** Awarded for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place in each division.

**FOR FURTHER INFORMATION CALL GRAND MASTER TURGEON AT (860) 537-6333**

# Cut-off System

# of competitors starting the division	Preliminary Round	Semi- Finals	Finals
1-8	Not Applicable	Not Applicable	BB - 2 forms from the Compulsory Set
	Not Applicable	Not Applicable	Color - Rank form & any other form
9-20	Not Applicable	BB - 2 forms from the Compulsory Set - Top 8 advance to finals	BB - 2 forms from the Compulsory Set
	Not Applicable	Color - Rank form & any other form - Top 8 advance to finals	Color - 2 forms they have not performed previously
over 20	BB - 2 forms from the Compulsory Set - top 50% advance to semi-finals	BB - 2 forms from the Compulsory Set - Top 8 advance to finals	BB - 2 forms from the Compulsory Set
	Color - Rank form & any other form - Top 50% advance to semi-finals	Color - 2 forms they have not performed previously	Color - 2 forms they have not performed previously

\*\*\* Color belt Novice (10th geup - 7th geup) Divisions may repeat a form as many times as necessary (I.e. Taegeuk Il Jang done three times.)

\*\*\* Color Belt Intermediate (6th geup - 3rd geup) & Advanced (2nd & 1st geup) Divisions may not repeat the same form during the competition.

\*\*\* Black Belt Divisions - Forms will be randomly selected by the tournament committee and posted prior to the start of the division

**Black belts who are not familiar with all poomsae for their age may participate in an Open Division, run similar to the color belt division (choose your own two forms to perform).**

## Required Forms

Age Group (Male & Female Separate)	Black Belt Compulsory Set	Color Belt Novice (10th Geup - 7th Geup) Repeats Allowed	Color Belt Intermediate (6th Geup - 3rd Geup) No Repeat Forms	Color Belt Advanced (2nd Geup - 1st Geup) No Repeat Forms
Up to 9 & 10 - 11 (combined if less than 3 competitors)	Taegeuk 2(Yi), 3(Som), 4(Sa), 5(Oh), 6(Yuk), 7(Chil), 8(Pal) Jang, Koryo	Rank Form & Any other Form of Their Choosing	Rank Form & Any other Form of Their Choosing	Rank Form & Any other Form of Their Choosing
12 - 14	Taegeuk 3(Som), 4(Sa), 5(Oh), 6(Yuk), 7(Chil), 8(Pal) Jang, Koryo, Keumgang	Rank Form & Any other Form of Their Choosing	Rank Form & Any other Form of Their Choosing	Rank Form & Any other Form of Their Choosing
15 - 17	Taegeuk 4(Sa), 5(Oh), 6(Yuk), 7(Chil), 8(Pal) Jang, Koryo, Keumgang, Taeback	Rank Form & Any other Form of Their Choosing	Rank Form & Any other Form of Their Choosing	Rank Form & Any other Form of Their Choosing
18 - 30	Taegeuk 6(Yuk), 7(Chil), 8(Pal) Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin	Rank Form & Any other Form of Their Choosing	Rank Form & Any other Form of Their Choosing	Rank Form & Any other Form of Their Choosing
31 - 40	Taegeuk 6(Yuk), 7(Chil), 8(Pal) Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin	Rank Form & Any other Form of Their Choosing	Rank Form & Any other Form of Their Choosing	Rank Form & Any other Form of Their Choosing
41 - 50	Taegeuk 8(Pal) Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon	Rank Form & Any other Form of Their Choosing	Rank Form & Any other Form of Their Choosing	Rank Form & Any other Form of Their Choosing
51 - 60	Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu	Rank Form & Any other Form of Their Choosing	Rank Form & Any other Form of Their Choosing	Rank Form & Any other Form of Their Choosing
61 - 65 & 66 & over (combined if less than 3 competitors)	Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu	Rank Form & Any other Form of Their Choosing	Rank Form & Any other Form of Their Choosing	Rank Form & Any other Form of Their Choosing
Open Pairs Any Age or Rank (M or F)	Any Two Forms of Their Choosing	Any Two Forms of Their Choosing		
Team of 3 members Any Age or Rank (M or F)	Any Two Forms of Their Choosing	Any Two Forms of Their Choosing		

Division Breakdown

**Color Belt Rank Forms: 10th - 8th geup =Taegeuk 1, 7th geup =Taegeuk 2, 6th geup =Taegeuk 3, 5th geup =Taegeuk 4, 4th geup =Taegeuk 5, 3rd geup =Taegeuk 6, 2nd geup =Taegeuk 7, 1st geup =Taegeuk 8.**





# 2019 UNITED STATES POOMSAE CLASSIC

SATURDAY - OCTOBER 26, 2019  
CT CHUNG DO KWAN ACADEMY - COLCHESTER, CT  
REFEREE/COACH REGISTRATION FORM

Name \_\_\_\_\_ Hm Phone ( ) \_\_\_\_\_  
First Last

Address \_\_\_\_\_  
Street City State Zip  
( ) M ( ) F Dan Rank \_\_\_\_\_ Kukkiwon # \_\_\_\_\_

E-mail \_\_\_\_\_ Fax ( ) \_\_\_\_\_

Taekwondo School Name \_\_\_\_\_

Address \_\_\_\_\_  
Street City State Zip

Instructor's Name \_\_\_\_\_ School Phone ( ) \_\_\_\_\_

*Please check one*

.....  
\_\_\_\_\_ I will be attending as a coach/Instructor. (Limit one coach per school/club per 6 competitors)  
*(Additional coaches passes will be \$15 for admittance to ring side)*

\_\_\_\_\_ I will be attending as an official. (Please fill in following information)

Referee classification _____ Certificate # _____
Knowledge of WTF Standards for Poomsae is needed to officiate.
Please list the highest Poomsae you are most comfortable judging: _____
<i>Please check here if you have assisted us with officiating at any Northeast Technical Championship or US Taekwondo Classic _____</i>
<b>***Any referee committing to the entire day of competition will receive food and hotel accommodations. (Two officials per room for Fri and/or Sat night) Transportation to and from airport is also available. Please contact Grand Master Turgeon by October 11, 2019 to reserve your room.</b>

\_\_\_\_\_ Unfortunately, I will not be able to attend this years competition. Please keep me on the mailing list for future area tournaments.

Online at [www.ctcdk.com](http://www.ctcdk.com) or mail to 50 Parum Rd. Colchester, CT 06415

FOR FURTHER INFORMATION CALL GRAND MASTER TURGEON AT (860) 537-6333



# 2019 UNITED STATES POOMSAE CLASSIC

## DIRECTIONS

**CT CHUNG DO KWAN ACADEMY**  
**50 PARUM RD. COLCHESTER, CT 06415**  
**860-537-6333**

### **FROM ROUTE 2 EAST**

Take RT2 East to exit 19 (RT11) – Take the immediate exit off RT11 (exit 6) - Turn left off exit onto Lake Hayward Rd. – Go straight through stop sign and take a left at second stop sign onto Parum Rd. - The CT CDK Academy is the grey building on the left before the next stop sign.

### **FROM NEW YORK and POINTS WEST**

From NY City or South Interstate 95 North to 91 North to Interstate 84 East - Take I84 East to RT2 East (exit 55) and follow instructions above;

### **FROM MASS and POINTS NORTH**

Interstate 91 South to Interstate 84 East – Take I84 East to RT2 East (exit 55) and follow instructions above;

### **FROM MASS PIKE/BOSTON**

Interstate 90 (Mass Pike) to Interstate 84 West - Take I84 West to RT2 east (exit 55) and follow instructions above;

### **FROM RHODE ISLAND or BOSTON AREA**

From 290 or Mass Pike (MA) or Route 6 (RI) take 395 South to Connecticut. Take exit 82 for Route 2 West Towards Hartford. (Take a right at the end of the ramp and follow signs straight - turning left onto Route 2 West) Follow Route 2 west to exit 20 Parum Rd. Turn right and the CT CDK Academy is the grey building on the left before the next stop sign.

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## **ADDITIONAL PARKING INFORMATION**

**Commuter Lot on Lake Hayward Road** – We will be using the commuter lot located on Lake Hayward Rd., right near the exit from RT 2 East, for additional parking. A van will be running all day to bring you to and from the dojang. Feel free to drop off passengers at CT Chung Do Kwan, 50 Parum Rd., then park in the commuter lot. Turn right out of the CTCDK drive way – take first right onto Lake Hayward Rd. – go through stop sign and the commuter lot is on the right.

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## **HOTEL INFORMATION**

**Holiday Inn Express** - 20 Waterchase Drive, Rocky Hill, Connecticut, 06067 - This hotel offers rooms with 2 Double beds or 1 King bed with AAA rate of \$108 double beds or King. The hotel also offers Deluxe Breakfast included with your stay and free wifi.

**Sleep Inn & Suites** - 5 King Arthur, Niantic, CT 06357 860-739-1994 This hotel offers rooms with 2 Double beds or 1 King bed with AAA rate of \$94 double beds \$94 King. The hotel also offers free breakfast and free wifi included.

*These are two suggested hotels; there are other hotels in the area that may have better rates. Check for hotels in Glastonbury, Manchester and Rocky Hill area if coming from I91 or I84 East or West and the town of Norwich if coming from I290, I95 North or Rhode Island.*

**FOR FURTHER INFORMATION CALL GRAND MASTER TURGEON AT ( 860 ) 537-6333**