

Coupe Hennuyère 2025 – 7th edition

Poomsae

DATE AND PLACE

Date Saturday 04/26/2025
Place Hall des sports Max Audain
Address Rue du Chapitre 1Z 7080 Frameries

ORGANISATION

Organisers



Taekwondo Imjin Academy et discipline associée

Contact

Fiori Agostino
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0472/675583

Technical representative

Mustapha Moutarazak

Promotor



Association Belge Francophone de Taekwondo
(ABFT asbl)

Chaussée de Wavre, 2057
1160 Auderghem
www.abft.be



Access



Each club must have a license recognised by the World Taekwondo.

REGISTRATION

Registration deadline ⇒ No registration possible after 04/20/2025.

Registration website ⇒ Registration possible only on www.martial.events



Spots available ⇒ 300 spots available

Participation fee

- ⇒ **Individual:** 25 € / athlete
- ⇒ **Pair:** 30 € / pair
- ⇒ **Team:** 40 € / team
- ⇒ **Family:** 0 € / competitor
- ⇒ Must be paid before **04/20/2025, 11.59 pm.**
- ⇒ Uniquement par virement bancaire sur le compte
Bank transfer only, to this account:

BE45 0688 9639 2989

Taekwondo Imjin Academy

BIC: GKCCBEBB

⇒ ⚠ **No individual transfer, only one transfer per club** ⚠

- **Kyorugi and poomsae in two different transfers**

	<p>⇒ Add this in communication</p> <p style="text-align: center;">Coupe Hennuyère + Poomsae + Name of the club</p> <p>⇒ Please send a proof of your payment (screenshot or pdf file of the transfer) to agostino.fiori170361@gmail.com</p> <p>⇒ All entries of a club must be paid.</p> <p>⇒ No refund is allowed, especially after the registration deadline.</p> <p>⇒ No registration possible on the day of the competition.</p> <p>⇒ No athlete may compete in more than one category on the same day.</p>
Coach	<p>⇒ Free entrance for one coach per team of 5 athletes.</p> <ul style="list-style-type: none"> • From 1 to 5: 1 coach • From 6 to 10: 2 coaches • From 11 to 15: 3 coaches • ... <p>⇒ Each extra coach costs 5 €.</p> <p>⇒ The coach must be 18 years old or older.</p> <p>⇒ To be allowed in the area, the coach must wear sports clothes (tracksuit and sport shoes).</p> <p>⇒ they must have their ID-card or their passport.</p> <p>⇒ The coach must have a valid license-insurance for the current season/ year.</p>
Spectators	<p>⇒ 8 € / person (you can pay by card or cash)</p> <p>⇒ Free for children under 6 years old.</p>

COMPETITION	
Ethical sport	By entering this competition, the competitor acknowledges and understands the rules of their sport, the ABFT charter regarding the right sportive behaviour while competing and the FWB (sports section) charter: https://www.abft.be/reglements-bonnes-pratiques/
Type	Cut-off system 1 st round: From 20 competitors 2 nd round: from 9 to 19 competitors 3 rd round (final): max 8 competitors
Areas	2 or 3 areas with electronic systems, depends on the number of competitors
Competition rules	The last WT regulations and the ABFT's additions: https://www.abft.be/reglements-bonnes-pratiques/
Referees	International (IR-WT) and national referees
Récompenses individuelles	<p>⇒ The 1st, 2nd and 3rd of each category will respectively receive a gold, a silver and a bronze medal.</p> <ul style="list-style-type: none"> • Only one 3rd place. <p>⇒ Medals will be handed in at the end of the category round.</p>
Team prizes	⇒ There will be a cup for the first five teams.
Claims	Only the head coach can make a claim immediately after the end of the fight. They will have to fill in the form handed by the organiser.

Each claim costs 100€. This sum will be refunded if the coach wins the case. The head referee's decision is the only valid one. Competition rules and claim form: <https://www.abft.be/reglements-bonnes-pratiques/>

Categories

Individual

Grade categories:

- A: from 1st dan/poom
- B: 4th – 1st keup
- C: 8th – 5th keup
- D: 10th – 9th keup

Age categories:

- Pupils: up to 8 years old: born in 2017 and after
- Minors: 9-11 yo: born between 2016 and 2014
- Cadets: 12-14 yo: born between 2013 and 2011
- Juniors: 15-17 yo: born between 2010 and 2008
- Seniors 1: 18-30 yo: born between 2007 and 1995
- Seniors 2: 31-40 yo: born between 1994 and 1985
- Master 1: 41-50 yo: born between 1984 and 1975
- Master 2: 51-60 yo: born between 1974 and 1965
- Master 3: 61-65 yo: born between 1964 and 1960
- Master 4: ≥66 yo: born in 1959 and before

Gender categories:

- Male
- Female

Pairs

Grades categories:

- A: from 1st dan/poom
- B: 4th– 1st keup
- C: 8th – 5th keup
- D: 10th and 9th keup

Age categories:

- Up to 11 yo: born in 2014 and after
- 12-14 yo: born between 2013 and 2011
- 15-17 yo: born between 2010 and 2008
- 18-30 yo: born between 2007 and 1995
- 31 yo and over: born in 1994 and before

Gender category

- 1 male and 1 female

Remark

- In one pair, one of the competitors may be in a higher age **and/or** grade category (one category only). This pair will then compete in the highest age **and/or** grade category.

Team

Grade categories

- A: from 1st dan/poom
 - B: 4th – 1st keup
 - C: 8th – 5th keup
 - D: 10th et 9th keup
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	<p><u>Age categories</u></p> <ul style="list-style-type: none"> • Up to 11 yo: born in 2014 and later • 12-14 yo: born between 2013 and 2011 • 15-17 yo: born between 2010 and 2008 • 18-30 yo: born between 2007 and 1995 • 31 and over: born in 1994 and before <p><u>Gender categories</u></p> <ul style="list-style-type: none"> • 3 males • 3 females <p><u>Remark</u></p> <ul style="list-style-type: none"> • In one team, one of the competitors may be in a higher age and/or grade category (one category only). This pair will then compete in the highest age and/or grade category.
Family	<p><u>Categories</u></p> <ul style="list-style-type: none"> • No number, grade and age limit • Competitors must be from the same family <p><u>Remark</u></p> <ul style="list-style-type: none"> • Competitors can choose which two poomsae to present. • Registration for this category via: m.moutarazak@hotmail.com (please, put agostinofiori170361@gmail.com in CC).
Para Taekwondo Individual	<p><u>Grade categories</u></p> <ul style="list-style-type: none"> • A: from 1st dan/poom • B (4th – 1st keup), C (8th – 5th keup) and D (10th and 9th keup) <p><u>Age categories</u></p> <ul style="list-style-type: none"> • 17 yo and under: born in 2008 and after • 18 yo and over: born in 2007 and before <p><u>Gender categories</u></p> <ul style="list-style-type: none"> • Male • Female
Free Style - Individual	<p><u>Grades categories</u></p> <ul style="list-style-type: none"> • A: from 1st dan/poom • B (4th – 1st keup), C (8th – 5th keup) et D (10th and 9th keup) <p><u>Age categories</u></p> <ul style="list-style-type: none"> • 17 yo and under: born in 2008 and after • 18 yo and over: born in 2007 and after <p><u>Gender categories</u></p> <ul style="list-style-type: none"> • Male • Female
Free Style - Pair	<p><u>Grades categories</u></p> <ul style="list-style-type: none"> • A: from 1st dan/poom • B (4th – 1st keup), C (8th – 5th keup) et D (10th and 9th keup) <p><u>Age categories</u></p> <ul style="list-style-type: none"> • 17 yo and under: born in 2008 and after • 18 yo and over: born in 2007 and before

Gender category

- 1 male and 1 female

Free Style – mixed pairs

Grades categories

- A: from 1st dan/poom
- B (4th – 1st keup), C (8th – 5th keup) et D (10th and 9th keup)

Age categories

- All ages

Gender categories

- 2 males and 3 females
- 3 males and 2 females

Remark

- 60-second music minimum and 100-second music maximum (on CD or USB).
 - Compulsory positions: Dwit kubi, Beom seogi, Hakdari soegi
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POOMSAE

A-category

- See table A below
 - Random draw
 - Poomsae to present will be posted from **04/23/2025**
 - 1st round: 1 poomsae
 - 2nd round: 1 poomsae
 - Final: 2 poomsae
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Âge	A		
	Individuel	Pair	Team
... - 8	Taegeuk 1, 2, 3, 4, 5, 6, 7, 8	Taegeuk 2, 3, 4, 5, 6, 7, 8, Koryo	Taegeuk 2, 3, 4, 5, 6, 7, 8, Koryo
9 - 11	Taegeuk 2, 3, 4, 5, 6, 7, 8, Koryo		
12 - 14	Taegeuk 3, 4, 5, 6, 7, 8, Koryo, Keumgang	Taegeuk 3, 4, 5, 6, 7, 8, Koryo, Keumgang	Taegeuk 3, 4, 5, 6, 7, 8, Koryo, Keumgang
15 - 17	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang, Taebaek	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang, Taebaek	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang, Taebaek
18-30	Taegeuk 6, 7, 8, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin	Taegeuk 6, 7, 8, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin	Taegeuk 6, 7, 8, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin
31 - 40	Taegeuk 6, 7, 8, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin	Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, Cheonkwon	Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, Cheonkwon
41 - 50	Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, Cheonkwon		
51-60	Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, Cheonkwon, Hansoo		
61 - 65	Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, Cheonkwon, Hansoo		
66 - ...	Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, Cheonkwon, Hansoo		

B-category

- See table B below
- Competitor may choose:
 - 1st round: 1 poomsae
 - 2nd round: 1 poomsae
 - Final: 2 poomsae

C-category

- See table C below
- Competitor may choose:
 - 1st round: 1 poomsae
 - 2nd round: 1 poomsae
 - Final: 2 poomsae

Remark

Competitors of 7th and 8th keup may perform the same poomsae twice over the 3 rounds, except in the final (where the poomsae must be different).

Example of an authorised programme:

- 1st round: Taegeuk 1, 2nd round: Taegeuk 2 and final: Taegeuk 1 and 2.

Examples of non-authorized programmes:

- 1st round: Taegeuk 1, 2nd round: Taegeuk 1 and final: Taegeuk 1 and 2

- 1st round: Taegeuk 1, 2nd round: Taegeuk 2 and final: Taegeuk 1 and 1

D-category

- See table D below
- Competitor may choose:
 - 1st round: 1 poomsae
 - 2nd round: 1 poomsae
 - Final: 1 poomsae
- Competitors may perform the same poomsae three times.

Âge	B			C			D		
	Individuel	Pair	Team	Individuel	Pair	Team	Individuel	Pair	Team
... - 8	Taegeuk 4, 5, 6, 7, 8	Taegeuk 4, 5, 6, 7, 8	Taegeuk 4, 5, 6, 7, 8	Taegeuk 1, 2, 3, 4	Taegeuk 1, 2, 3, 4	Taegeuk 1, 2, 3, 4	Taegeuk 1, 2	Taegeuk 1, 2	Taegeuk 1, 2
9 - 11	Taegeuk 4, 5, 6, 7, 8			Taegeuk 1, 2, 3, 4			Taegeuk 1, 2		
12 - 14	Taegeuk 4, 5, 6, 7, 8, 9	Taegeuk 4, 5, 6, 7, 8, 9	Taegeuk 4, 5, 6, 7, 8, 9	Taegeuk 1, 2, 3, 4	Taegeuk 1, 2, 3, 4	Taegeuk 1, 2, 3, 4	Taegeuk 1, 2	Taegeuk 1, 2	Taegeuk 1, 2
15 - 17	Taegeuk 4, 5, 6, 7, 8, 9	Taegeuk 4, 5, 6, 7, 8, 9	Taegeuk 4, 5, 6, 7, 8, 9	Taegeuk 1, 2, 3, 4	Taegeuk 1, 2, 3, 4	Taegeuk 1, 2, 3, 4	Taegeuk 1, 2	Taegeuk 1, 2	Taegeuk 1, 2
18 - 30	Taegeuk 4, 5, 6, 7, 8, 9	Taegeuk 4, 5, 6, 7, 8, 9	Taegeuk 4, 5, 6, 7, 8, 9	Taegeuk 1, 2, 3, 4	Taegeuk 1, 2, 3, 4	Taegeuk 1, 2, 3, 4	Taegeuk 1, 2	Taegeuk 1, 2	Taegeuk 1, 2
31 - 40	Taegeuk 4, 5, 6, 7, 8, 9	Taegeuk 4, 5, 6, 7, 8, 9	Taegeuk 4, 5, 6, 7, 8, 9	Taegeuk 1, 2, 3, 4	Taegeuk 1, 2, 3, 4	Taegeuk 1, 2, 3, 4	Taegeuk 1, 2	Taegeuk 1, 2	Taegeuk 1, 2
41 - 50	Taegeuk 4, 5, 6, 7, 8, 9			Taegeuk 1, 2, 3, 4			Taegeuk 1, 2		
51 - 60	Taegeuk 4, 5, 6, 7, 8, 9			Taegeuk 1, 2, 3, 4			Taegeuk 1, 2		
61 - 65	Taegeuk 4, 5, 6, 7, 8, 9			Taegeuk 1, 2, 3, 4			Taegeuk 1, 2		
66 - ...	Taegeuk 4, 5, 6, 7, 8, 9			Taegeuk 1, 2, 3, 4			Taegeuk 1, 2		