





**2010 WA State Selections Taekwondo Championship**  
**Saturday 7<sup>th</sup> August - Poomsae**  
**Kwinana Recreation & Leisure Centre, (Kwinana Recquatic),**  
**Corner Gilmore Avenue & Chisham Avenue, Kwinana WA**

Name: ..... Surname: .....  
 Address: .....  
 Suburb: ..... State : ..... Post Code: .....  
 Email : ..... Phone : .....  
 Date of Birth: ..... Age at 31-12-2010: ..... Belt:  .... Gup .... Dan / Poom  
 Male  Female >> Name of Club: .....  
 Club Location: ..... Club Instructor: ..... Instructor Signature: .....

<input type="checkbox"/> <b>Individual Traditional Poomsae</b> Clearly mark your entry categories with an <b>X</b> in the box provided.				
<input type="checkbox"/> under 10	<input type="checkbox"/> 11-13	<input type="checkbox"/> 14-18		
<input type="checkbox"/> 19-30	<input type="checkbox"/> 31-40	<input type="checkbox"/> 41-50	<input type="checkbox"/> 51+	
<b>Belt Level</b>	<b>1<sup>st</sup> Compulsory</b>	<b>2<sup>nd</sup> Option</b> (circle one or the judges will pick one for you)		
<input type="checkbox"/> Yellow	iL Jang (1)	E Jang (2) or Sam Jang (3)		
<input type="checkbox"/> Blue	Sar Jang (4)	Sam Jang (3) or Oh Jang (5)		
<input type="checkbox"/> Red	Chil Jang (7)	Yuk Jang (6) or Pal Jang (8)		
<input type="checkbox"/> 1 <sup>st</sup> Poom or Dan	Koryo	Geumgang or Pal Jang (8)		
<input type="checkbox"/> 2 <sup>nd</sup> Poom or Dan	Geumgang	Taebaek or Koryo		
<input type="checkbox"/> 3 <sup>rd</sup> Poom or Dan	Taebaek	Pyongwon or Geumgang		
<input type="checkbox"/> 4 <sup>th</sup> Poom or Dan	Pyongwon	Shipjin or Taebaek		
<input type="checkbox"/> 5 <sup>th</sup> Dan	Shipjin	Jitae or Pyongwon		
<input type="checkbox"/> 6 <sup>th</sup> Dan	Jitae	Cheonkwon or Shipjin		
<input type="checkbox"/> 7 <sup>th</sup> Dan	Cheonkwon	Hansu or Jitae		

Note: The organisers may merge divisions to enable competition if there is only one contestant entered for any of the individual or team divisions.



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 Male  Female >> Name of Club: .....  
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<input type="checkbox"/> <b>Individual Creative Poomsae to music</b>				
Age Division	<input type="checkbox"/> 0-13	<input type="checkbox"/> 14-35	<input type="checkbox"/> 36+	
Gender	<input type="checkbox"/> Male	<input type="checkbox"/> Female		
Belt Division	<input type="checkbox"/> Mixed colour belt		<input type="checkbox"/> Black	

<input type="checkbox"/> <b>Pairs Creative Poomsae to music – 2 players</b>				
Age Division	<input type="checkbox"/> 0-13	<input type="checkbox"/> 14-35	<input type="checkbox"/> 36+	
Gender	<input type="checkbox"/> Male	<input type="checkbox"/> Female		
Belt Division	<input type="checkbox"/> Mixed colour belt		<input type="checkbox"/> Black	
Team Name:				
Team Name & Team Members:				

<input type="checkbox"/> <b>Team Creative Poomsae to music - (minimum 3 to maximum 8 players)</b>					
Age Division	<input type="checkbox"/> 0-13	<input type="checkbox"/> 14-35	<input type="checkbox"/> 36+	Number in team	
Gender	<input type="checkbox"/> Mixed	Belt Division:	<input type="checkbox"/> Mixed		
Team Name:					
Team Name & Player names:					

There shall be 90% standard Taekwondo techniques and no weapons or props are allowed. White dobok pants must be worn. Time limit is 2 minutes. Music must finish at the completion of the routine. Players are to provide their own music piece on CD.



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Male  Female >> Name of Club: .....

Club Location: ..... Club Instructor: ..... Instructor Signature: .....

Players entered in the mixed belt or family teams must perform one poomsae from the range of the highest ranked player in the team or family. All teams perform only one poomsae of their choice.

Note: The WA Technical Committee may merge divisions to enable competition if there is only one team entered for any of the Family or Team divisions.

<input type="checkbox"/> <b>Pairs &amp; Team Traditional Poomsae</b> – <i>minimum 2 to maximum 8 players; any gender</i>				
Age Division	<input type="checkbox"/> 0-13	<input type="checkbox"/> 14-35	<input type="checkbox"/> 36+	Number of players in the team
Belt Division	<input type="checkbox"/> Mixed colour belt		<input type="checkbox"/> Black	
Team Name & Player names:				

<input type="checkbox"/> <b>Family Traditional Poomsae</b> – <i>minimum 2 to maximum 8 players, any gender</i>			
Belt Division	<input type="checkbox"/> Mixed	<input type="checkbox"/> Black	Number of players in team:
Family Team name & Player names:			

<input type="checkbox"/> <b>Pairs Hosinsul (unarmed self defence)</b> – <i>2 players</i>	
2 minute maximum time limit. Weapons used must be deemed safe by the head of court judge (ie no sharp or pointy 'live' blades). Both players must attack and defend alternatively. Minimum uniform is white taekwondo pants.	
Open Age, Gender and Mixed Belt division only	
Team Name & Players names	