

# POOMSAE PRACTICE COMPETITION – 18<sup>th</sup> MARCH

Do you want to attend a competition where there will be no prizes?  
That's right, no trophies, no medals! But, you can compete for a cause!

MTC Doncaster branch will be running a Poomsae competition for all levels Yellow belt and above. Please note, all members must have their head instructor sign their competition application form.

The purpose of the competition is twofold. 1 - to provide experience for all athletes. You will be given feedback from the judges, we will have a winner in each division, and every athlete will be provided with the opportunity to perform at least twice. You may also choose to compete in a pair or team event, as well as our high jump kick competition!

The other purpose of the competition is to raise funds for the Leukaemia Foundation as part of the World's Greatest Shave. All entry fees will go to the Leukaemia Foundation, that is why we are not buying trophies or medals.

On the day you can also choose to have your hair coloured (or shaved). Again, all funds will go to the Leukaemia Foundation. You also get to see Greg Butterworth have his hair shaved (if you've got a steady hand you can even help to give him a trim!)

## WORLDS GREATEST SHAVE 2018



This year marks the 20<sup>th</sup> anniversary of “Shave for a Cure”. Everyone is welcome to join us, by either colouring or shaving their hair on the day.

New members may be unaware that for the past six years we have participated in the “World's Greatest Shave”, to support the Leukaemia Foundation. This will again take place on the 18th March, at Doncaster Secondary College. This six

years basically follows Greg's battle with Lymphoma, a related blood cancer. Following chemotherapy in 2010 and 2011, Greg has enjoyed relatively good health in recent years. However, in 2017 his health deteriorated, and he is now participating in a new drug trial at the Austin Hospital. This new drug is in tablet form, and is NOT chemo! You will still be seeing him regularly, and it is hoped that the new drug will improve his blood levels, and maybe even improve his energy levels.

If you wish to sponsor Greg you can go here:

<http://my.leukaemiafoundation.org.au/GregButterworth>

Or, join the team TKD SHAVERS here:

<http://my.leukaemiafoundation.org.au/TKDshavers>

(Members can raise their own funds and seek their own sponsors, as well as contribute to the cause!)

# COMPETITION INFORMATION

All TKD athletes are welcome to participate in this event. The entry fee of \$20.00 is a minimum recommended fee. This provides you with entry to as many events as you wish to participate in. Please note, the following times are suggested only, as, until all entries are received we cannot guarantee start and finish times for each division.

## FORMAT

### INDIVIDUAL ATHLETE

This will be a One on One competition, in groups of four (where entry numbers permit).

Wherever possible you will be placed in your own age group.

Each athlete will perform twice. Required patterns are listed below:

### INTRODUCTORY LEVEL COMPETITION

BELT	Pattern Required (regardless of age)		
YELLOW	BASIC PATTERN (or)	TAEGUK 1 (or)	TAEGUK 2
BLUE	TAEGUK 3 (or)	TAEGUK 4 (or)	TAEGUK 5
RED	TAEGUK 5 (or)	TAEGUK 6 (or)	TAEGUK 7
BLACK	TAEGUK 8 (or)	KORYO (or)	GUMGANG

NB – YELLOW AND BLUE BELTS CAN CHOOSE TO PERFORM THE SAME PATTERN EACH TIME. RED AND BLACK BELTS MUST BE ABLE TO PERFORM A DIFFERENT PATTERN IN EACH ROUND.

### PAIR EVENT

Pairs will be judged by the “old” WT Poomsae rules (2016) using iPads (Any judges with an iPad would be very welcome!)

Pairs will perform the patterns one pair at a time. Your score will be announced after each pattern (each pair to do two patterns, if any pair has to repeat a pattern, they will incur a 10% reduction in their score for the second pattern!)

Pairs may consist of any two people regardless of gender, however, you can only enter this division once!

### TEAM EVENT

Teams will be judged by the “old” WT rules (2016) using iPads.

Teams will perform the patterns one team at a time. Your score will be announced after each pattern (each team to do two patterns, if any team has to repeat a pattern, they will incur a 10% reduction in their score for the second pattern!)

Teams will consist of three or more people regardless of gender, however, you can only enter this division once!

### ADVANCED LEVEL COMPETITION

This event is for Black Belts only, able to perform the patterns required for International competition.

Required patterns do NOT include the new Beegak patterns. There will be an opportunity for members to perform any one of the new Beegak patterns, and while judges feedback will be available, these patterns will not be judged. Please note the required patterns, below:

## ADVANCED LEVEL COMPETITION (BLACK BELT ONLY)

(The required pattern will be drawn on the day of competition!)

AGE GROUP	REQUIRED PATTERNS							
	T 6	T 7	T 8	KORYO	GUMGANG	TAEBACK	PYONGWON	
CADET 12-14	T 6	T 7	T 8	KORYO	GUMGANG	TAEBACK	PYONGWON	
JUNIOR 15-17	T 6	T 7	T 8	KORYO	GUMGANG	TAEBACK	PYONGWON	SHIPJIN
SENIOR 18-30	KORYO	GUMGANG	TAEBACK	PYONGWON	SHIPJIN	JITAE	CHONKWON	HANSU
MASTERS 1 31-40	KORYO	GUMGANG	TAEBACK	PYONGWON	SHIPJIN	JITAE	CHONKWON	HANSU
MASTER PLUS 41 +	KORYO	GUMGANG	TAEBACK	PYONGWON	SHIPJIN	JITAE	CHONKWON	HANSU

This will be judged in a “One on One” format, and each pair will draw their required pattern prior to entering the court. (Note, if a pattern has already been performed it will not be available for re-draw in the next pattern).

NB – Individuals wishing to enter the advanced level competition are not eligible to also enter the introductory level competition!

NB – There will be no pair or Team events in the advanced level competition.

## HIGH KICKING COMPETITION

This will contest your jumping front kick height. Age groups will be divided according to the number of entries on the day.

For a successful jump you must hit the target and land safely on your feet!

## BEEGAK DEMONSTRATION

Individuals that have already learned one of the Beegak Patterns will be offered the opportunity to demonstrate the pattern. Feedback will be provided, but these patterns will NOT be scored!

## EVENT DETAILS

**VENUE** DAVID PERRY HALL, DONCASTER SECONDARY COLLEGE (enter via Dianella Street car park)

**TIME** 9.00 START (expected finish approx. 1.00pm)

**DATE** SUNDAY 18<sup>TH</sup> MARCH

**COST** \$20 entry fee for competitors (this is regardless of the number of events you enter)  
Please note, as this is a donation to the Leukaemia Foundation, \$20 is the minimum recommended amount. If you wish to donate more, please do so.

**ENTRY FEES** Can be paid direct to the LF link (below), or by cheque or cash on the day (Note – if you pay on line you can also claim the donation as a tax deduction!)

<http://my.leukaemiafoundation.org.au/TKDshavers>

**ENTRY FORM** See below ENTRIES CLOSE MONDAY 12<sup>TH</sup> MARCH 2018.

**SPECTATOR ENTRY FEE** There is no set spectator entry fee, however, a gold coin donation would be appreciated.

**JUDGES** All judges are most welcome to attend. If you are a judge and also wish to compete, that is not a problem. If you have an iPad with the 2016 WT rules / scoring app (iPoomsae or Techscore), please bring it with you. If you are available to judge, please contact Greg at:

[gregnbron@optusnet.com.au](mailto:gregnbron@optusnet.com.au)

# COMPETITION ENTRY FORM

NAME \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_

ADDRESS \_\_\_\_\_

EMAIL \_\_\_\_\_

PHONE NO \_\_\_\_\_

CLUB \_\_\_\_\_

BELT \_\_\_\_\_

HEAD INSTRUCTOR \_\_\_\_\_

HEAD INSTRUCTORS SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

APPLICANT / GUARDIAN SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

EVENTS I WISH TO ENTER (please tick)

INDIVIDUAL POOMSAE (Intro level)	INDIVIDUAL POOMSAE (Advanced level)	PAIRS EVENT (Partner listed below)	TEAM EVENT (Partners listed below)	JUMPING FRONT KICK	BEEGAK PATTERN DEMONSTRATION (List Beegak 1, 2 or 3)

Please list all partners: PAIR PARTNER \_\_\_\_\_

TEAM PARTNERS \_\_\_\_\_

**MEDICAL REPORT** (if you have any medical conditions or allergies that the competition managers need to be aware of, please list below)

The above form must be completed in full, including signature of applicant (or Parent / Legal Guardian if under 18), as well as the signature of your club Head Instructor.

The original should be presented at registration on the morning of the 11<sup>th</sup> March. A copy should be emailed or posted in no later than Monday 12<sup>th</sup> March, 2018. **If you have paid direct to the Leukaemia Foundation site, please include a copy of your receipt with this form.**

Email to: [gregnbron@optusnet.com.au](mailto:gregnbron@optusnet.com.au), or post to: 21 Mayfair Avenue, Lower Templestowe, 3107

All enquires to Greg Butterworth by email (as above), or by telephone on 9850 2121