



## OUTLINE

### TVSH Linden Cup 2016

- promoter:** Taekwondo Federation Schleswig-Holstein e.V.  
[www.tv-sh.de](http://www.tv-sh.de)
- responsible:** Malte Mergner – TVSH- Vice-President Poomsae & Mass Sports  
e-mail: [vp-technik@tv-sh.de](mailto:vp-technik@tv-sh.de)
- organizer:** Bushido Bordesholm – Wattenbek e.V.  
Malte Mergner  
phone: +49 - 160 - 95 121 657  
e-Mail: [office@bushido.sh](mailto:office@bushido.sh)
- date:** **Saturday, 8<sup>th</sup> October 2016**
- place:** Sportshall the Hans-Brüggemann-School  
Langenheisch 27 – 29, 24582 Bordesholm, GERMANY
- schedule:**
- |                   |                             |
|-------------------|-----------------------------|
| 07.30 am          | opening of the hall         |
| 07.45 – 08.45 am: | registration for all groups |
| 09.15 – 09.45 am: | referee test                |
| 09.45 – 10.00 am: | official welcome            |
| 10.00 am:         | start of the competition    |
- competitors:** TKD-competitor 9<sup>th</sup> Kup and above, with a valid ETU/WTF-membership
- Those who are not recognized as adults by law in their own country must submit a written consent signed by parents or lawful guardian accepting the participation and all parts of the official invitation (liability declaration).
- rules:** The competition rules of the DTU are valid, with the following modification:
- for individual, pair, synchron:
1. 2 rounds for all competitors: semi-final and final.
  2. Achieved points from the semi-final will count for the final.
  3. A change of the category (age-group/graduation) is not permitted.

4. The compulsory Poomsae for each category are defined in this outline.
5. Two different Poomsae have to be shown. Competitors with the 9<sup>th</sup> and 8<sup>th</sup> Kup are allowed the repeat Taeguk 1.
6. For pair and synchron, the competitor with the lowest graduation defines the Poomsae.
7. For pair and synchron, same and mixed gender teams are allowed.

for hanbon-kyorugi (= Einschrittkampf):

1. 1 round for all competitors: final.
2. It will be shown 4 attacks only with the fist.
3. Thrown actions are not permitted.
4. The defence should consist of minimum 3 movements.
5. It's not allowed to hit the attacker after the defence movement.
6. Only the defender will be scored.
7. The overall impression of techniques will be scored.

for freestyle:

1. 1 round for all competitors: final.
2. It will be shown a self-created freestyle Poomsae.
3. If music is used, the mp3-file should be send until the deadline by e-mail to [reg@tv-sh.de](mailto:reg@tv-sh.de)
4. The following basic-techniques are mandatory:  
ap-chagi, dollyo-chagi, yop-chagi, 3 jump-kicks
5. The freestyle Poomsae shall have a duration from 50 to 70 seconds.
6. If a basic-technique is missing or the feestyle Poomsae is under or over time, it will be sanctioned with -0.3 points.

**categories:**

**individual**

<b>LK 1 = category 1</b>		
<b>participants</b>	<b>year of birth</b>	<b>graduation</b>
division under 9	before 2007	2 <sup>nd</sup> Kup and above
division under 11	2006 – 2005	
division under 14	2004 – 2002	
division under 17	2001 – 1999	
division under 30	1998 – 1986	
division under 40	1985 – 1976	
division above 41	after 1975	

<b>LK 2 = category 2</b>		
<b>participants</b>	<b>year of birth</b>	<b>graduation</b>
division under 9	before 2007	6 <sup>th</sup> Kup – 3 <sup>rd</sup> Kup
division under 11	2006 – 2005	
division under 14	2004 – 2002	
division under 17	2001 – 1999	
division under 30	1998 – 1986	
division under 40	1985 – 1976	
division above 41	after 1975	

<b>LK 3 = category 3</b>		
<b>participants</b>	<b>year of birth</b>	<b>graduation</b>
division under 9	before 2007	9 <sup>th</sup> Kup – 7 <sup>th</sup> Kup
division under 11	2006 – 2005	
division under 14	2004 – 2002	
division under 17	2001 – 1999	
division under 30	1998 – 1986	
division under 40	1985 – 1976	
division above 41	after 1975	

**pair, synchron and hanbon-kyorugi:**

<b>LK 1 = category 1</b>		
<b>participants</b>	<b>year of birth</b>	<b>graduation</b>
division under 11	before 2005	4 <sup>th</sup> Kup and above
division under 17	2004 – 1999	
division under 30	1998 – 1986	
division above 31	after 1985	

<b>LK 2 = category 2</b>		
<b>participants</b>	<b>year of birth</b>	<b>graduation</b>
division under 11	before 2005	9 <sup>th</sup> Kup – 5 <sup>th</sup> Kup
division under 17	2004 – 1999	
division under 30	1998 – 1986	
division above 31	after 1985	

**freestyle:**

<b>participants</b>	<b>year of birth</b>	<b>graduation</b>
division under 11	before 2005	9 <sup>th</sup> Kup and above
division under 17	2004 – 1999	
division above 18	after 1998	

## compulsory Poomsae

graduation	semi-final	final
9 <sup>th</sup> Kup – 7 <sup>th</sup> Kup	Taeguk 1	free choice Taeguk 1 and higher
6 <sup>th</sup> Kup	Taeguk 2	free choice Taeguk 1 and higher
5 <sup>th</sup> Kup	Taeguk 3	free choice Taeguk 1 and higher
4 <sup>th</sup> Kup	Taeguk 4	free choice Taeguk 2 and higher
3 <sup>th</sup> Kup	Taeguk 5	free choice Taeguk 3 and higher
2 <sup>th</sup> Kup	Taeguk 6	free choice Taeguk 4 and higher
1 <sup>th</sup> Kup	Taeguk 7	free choice Taeguk 5 and higher
1 <sup>st</sup> Dan	Taeguk 8	free choice Taeguk 6 and higher
2 <sup>nd</sup> Dan and higher	Poomsae Koryo	free choice Taeguk 7 and higher

<b>fee:</b>	individual:	18.00 € per competitor
	pair:	15.00 € per pair
	synchron:	21.00 € per synchron
	hanbon-kyorugi:	15.00 € per defender
	freestyle:	15.00 € per competitor

Entry fees must be paid for all competitors on the following account. Registrations without evidence of the transfer are considered as not delivered. If a competitor does not start, the fee will expire. Cash payment isn't possible.

### bank account:

recipient: TVSH  
 bank name: Sparkasse Südholstein  
 IBAN: DE 43 2305 1030 0510 1014 62  
 SWIFT-BIC: NOLADE21 SHO  
 reference: TVSH Fun Cup / CLUB NAME

**deadline:** Sunday, 2<sup>nd</sup> October 2016

The registration after the deadline is possible until Tuesday, 4<sup>th</sup> October 2016 by paying the double fees.

**registration:** TVSH-Online-Registration  
<http://req.tv-sh.de/>

You will need to register on the internet. Please register the name of your club, your nation and your personal e-mail.

**chairman:** Claudia Kohl – TVSH Vice Referee Director Poomsae

<b>awards:</b>	individual:	1 <sup>st</sup> place:	trophy + certificate
	individual:	2 <sup>nd</sup> + 3 <sup>rd</sup> place:	medal + certificate
	individual:	no place:	participation medal + certificate
	pair:	1 <sup>st</sup> – 3 <sup>rd</sup> place:	medal + certificate
	synchron:	1 <sup>st</sup> – 3 <sup>rd</sup> place:	medal + certificate
	hanbon-kyorugi:	1 <sup>st</sup> – 3 <sup>rd</sup> place:	medal + certificate
	family:	1 <sup>st</sup> – 3 <sup>rd</sup> place:	medal + certificate
clubs:	1 <sup>st</sup> – 3 <sup>rd</sup> place:	trophy	

The award ceremony will take place immediately after the respective contest on the competition area.

**scoring:** Places 1 - 3 will be scored for classification of clubs and countries. The formula 6 - 3 - 1 will be used.

**liability:** All competitors participate at their own risk. The registration application implies that the competitors agree to assume responsibility for themselves and to release all others from all and any liability which may directly or indirectly result from the tournament.

**data privacy:** The contestants agree with the registration that the results (with the name of the athletes) will be reported on the internet as well as in printed media.

Best regards

Malte Mergner  
TVSH-Vice-President Poomsae & Mass Sports



**TAEKWONDO**

PHOENIX Budoport | Westkirchner Str. 90 | 59320 Ennigerloh | Fon 02524.4323 | info@phoenix-budo.de

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empfiehlt:

- WACOKU-TKD-Artikel  
in Deutschland  
(mit WTF-Zulassung)

