



2011 WA State Selections Taekwondo Championship
Saturday 25th June - 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 31-12-2011: Belt: Gup Dan / Poom
 Male Female >> Name of Club:
 Club Location: Club Instructor: Head Instructor:

Poomsae categories entered:

Attach completed forms for the categories entered and staple together with this covering page.

- Individual Traditional Poomsae Pairs & Team Traditional Poomsae
- Individual Creative Poomsae to music Family Traditional Poomsae
- Pairs Creative Poomsae to music Pairs Hosinsul
- Team Creative Poomsae to music

Fees: \$30 - 1st event; \$15 - 2nd event; \$15 - 3rd event; \$15 - 4th event
 \$15 - 5th event; \$15 - 6th event; less \$10 if entered in sparring as well.

Add-up for the Total to pay:

\$

I, (the applicant, or if under 18 years old the parent / legal guardian) hereby acknowledge that a condition of entry to the above competition is that I will not hold the organising committee, trustees, servants, agents, instructors or members responsible or liable for any injury, damage or loss that I / my child / my ward may incur or sustain as a result of the above competition.

I agree, that in consideration of the organising committee allowing me / my child / my ward to compete in the above competition, I release and forever discharge and will indemnify and keep indemnified the organising committee, trustees, servants, agents, instructors and members against all actions, suits, demands, costs and expenses of every description whatsoever including injury, loss or damage.

I confirm that I / my child / my ward (*circle appropriate person*) have current sports insurance cover for this event as below: (*you must answer one of the below questions*).

1. TA sports insurance: Yes >> Player's current 2011 TA membership number is
2. TA sports insurance: No >> Player's insurance cover is with

(Name): (signature): Date: / /
 (*Applicant's signature or Parent / Legal guardian's signature if the applicant is under 18 years old*)

I,, the Head Instructor (signature):
 verify that the applicant player has sports insurance cover for this event. Date: / /

Note: Return this completed form to your instructor with the appropriate fee no later than Monday 13th June 2011
Instructors to post by Tuesday 14th June to reach the organisers by the closing date of 16th June 2011



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

Note: The organisers may merge divisions eg (1st dan & 2nd dan) to enable competition if there is only one contestant entered for any of the individual or team divisions.



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<input type="checkbox"/> Individual Creative Poomsae to music				
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"/> Pairs Creative Poomsae to music – 2 players				
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"/> Team Creative Poomsae to music - (minimum 3 to maximum 8 players)					
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 1 minute minimum to 2 minutes maximum. Music must finish at the completion of the routine. Players are to provide their own music piece on CD.



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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"/> Pairs & Team Traditional Poomsae – <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"/> Family Traditional Poomsae – <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"/> Pairs Hosinsul (unarmed self defence) – <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	