



IMSF Taekwondo Championship

11 January 2018

Competition rules

Sparring equipment

- PSS chest guard will be provided-Do not bring chest guard and socks
- Not required to wear PSS socks (Foot guard)
- Bring your own-Arm/Shin guard, Groin guard and head gear (White or Blue/Red)
- Bring your own mouth guard-White or clear

Tournament

- All division and All ages will conduct 3 rounds 90 seconds
- Once final draw published, no refund will be accepted
- Head kick-Refer to the information package
- 1 of Gold, 1 of Silver and all others will receive Bronze

Poomsae

- Tournament by picking the numbers in respective division
- Poomsae-Refer to the information package for selected Poomsae
- Black belt Poomsae will be selected and announced by Technical director 7 days prior to competition

If you have any queries feel free to ask me by email.

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