



40th. OPEN CHALLENGE CUP 2025

POOMSAE

SATURDAY MARCH 1st 2025

TONGEREN - BELGIUM

Individual Pomsae, Pairs, Teams. Freestyle Pomsae. Para Pomsae

Belgian Taekwondo Federation Ranking Tournament

**Organization: Tkd Academy Ge-We under the auspice of Taekwondo Vlaanderen - BTF
With the cooperation of the sport council and the sport department of Tongeren**

Dear President, Dear Taekwondo Colleague,

It is our pleasure to invite you and your team to participate in the Open Challenge Cup Pomsae 2025 which will be held in Tongeren, Belgium.

Registrations: Can only be made using the online subscription site **TPSS**. To login and register please visit: www.tpss.eu **Deadline:** Saturday February 22th 2025!!

Entry Limit: In order to provide a high quality championships, the entries will be limited to no more than 350 entries. If we reach this number before the deadline, the online registration will be closed earlier.

All competition areas are with electronic points system for pomsae competition.
Each coach will receive a poule list with a complete time table.

If you need any assistance, please do not hesitate to contact the organization team.

Bruno Graziano: Tournament Director

Phone +32 (0)11/31.49.41 Mobil + 32 (0)475/61.38.39 E-mail: bruno.graziano@telenet.be

Referee Coordinator Mustapha Moutarazak

m.moutarazak@hotmail.com

www.challengecup.be



Place

Sportcomplex "Sportoase Eburons Dome"
Vrijheidweg 9,3700 Tongeren (Oost),België
Tel: +32 (0)12/39.31.11

Date

Saturday: March,1st 2025

License

Belgian participants must be in possession of a valid taekwondo license 2025 delivered by one of the regional recognized and subsidized unisport federations that offers WT.- taekwondo.

Foreign participants must be in possession of a valid license 2025 of a recognized taekwondo federation that offers WT. taekwondo

Rules

TKDV./WT. rules www.taekwondo.be (see downloads)

[Regulation for spectators](#), see RIO TKDV.vzw and [disciplinary regulations TKDVvzw](#)

Competition Rules:WT. / TKDV.www.taekwondo.beVTB vzw en RIO TKDV.vzw

System

Cut Off Systeem

+ 20competitors3 rounds: from the preliminary round 50% goes to semi-finals)

9/19competitors2 rounds: the best 8 goes to the final

Categories:8 competitors final round:

Graduation

A-category:1st Poom / Dan and higher.

B-category:4th Kup until 1stKup

C-category:8thKup until 5thKup

D-category: 10thkup until 9thKup

Forms:A-Class : BY DRAWING LOTS Announcement on www.taekwondo.be 26/02/2025

1st round: 1 taegeuk

2nd round: 1 taegeuk

3rd. round: (final) 2 taegeuks

Categories

Individual, Competitors shall be allowed to participate in one or more divisions.

Pair, Team Division

Free Style Poomsae: Individual, pair and team division – only for A-categories!!

A-CLASS : BY DRAWING LOTS– Announcement on www.taekwondo.be on 26/02/2025

B, C & D-Class (New Rules Flemish federation T.V. See Table Below)

All age categories in the competition are based on the year of birth. For example, if someone is 17 years old on the day of the competition but will become 18 before the end of the year (2025) then he/she will participate in the category of 1st Seniors (18-30 years old).

Individual(Male/Female separate): A, B, C, D

Age: till 8y, 9-11y, 12-14y, 15-17y, 18-30y, 31-40y, 41-50y, 51-60y, 61-65y, ≥66y

Pair (1 male + 1 female): A, B, C, D

Age: till 11y, 12-14y, 15-17y, 18-30y, **31-40y, 41y-50y, 51y-60y-61-65 +65**

Team (3 male or 3 female– not mixed): A, B, C, D

Age: till 11y, 12-14y, 15-17y, 18-30y, **31-40y, 41y-50y, 51y-60y-61-65 +65**

Para-Taekwondo– only individual (male/female separate): A category and BCD (1 group)

Individual: A: age: till 17y, ≥ 18y

B+C+D (1 group): age: till 17y, ≥ 18y

Each participant is free to choose a poomsae. One round only.

Free Style– Individual (male/female separate), Pair (1 male+1 female),

Team (3 male or female), Mixed team (2male+3female or 3male+2female)

ONLY A/B-categories!!

Individual A: till 17y, ≥ 18y

Pair A: till 17y, ≥ 18y

Mixed team A: All ages

Music A: min. 90 sec – max. 100sec – **bring your music on CD or USB**

Only for belts B, C and D:

- In the individual discipline, each athlete has the choice of participating in the age category above his own.
- A pair or a team is formed in the same age category. Nevertheless, it is admitted that one person of the pair or 2 persons of the team can have the category of ages just below or above.
- A pair or a team is formed in the same class of belts. Nevertheless, a combination of different belts B, C, D is allowed.
- **A pair or a team must participate in the highest age category and the highest belts class.** This does not apply to A class!

Registrations: www.tpss.eu

Deadline: Saturday February 22th 2025!!!

Information Bruno Graziano: +32(0)11/31.49.41 / +32 (0)475/61.38.39

E-mail: bruno.graziano@telenet.be

Time Table

Registration. Friday 28th February 2025, 18:30 – 20:00: registration at the Sport Hall

Registration. Saturday 1st March 2025

07:30 – 08:30: registrations!!!

09:00 – 09:30: Referee meeting

09:45 – 10:00: Coach meeting

10:30: start contests

The detailed time schedule will be available at the registration

The prizes will be distributed immediately on the fields.

Entry Fee

Individual: € 25,- Pairs: (2) € 35,- Teams: (3) € 40,-

Individual: Freestyle Music 25€.- Pairs 35€

Spectators Adult € 8,00 Childeren – 12 year admission free

Entry fees must be paid by bank in advance: Before February 20th 2025!!!

Name: Taekwondo Academy GE-WE Wellen

Account number: IBANBE15 0011 9676 9630 / BIC: GEBABEBB

Mentioning: OCC Poomsae 2025, name team + number of participants individual. pair. & team freestyle. Mail your proof of payment to: bruno.graziano@telenet.be

Awards

To all winners of 1st, 2nd and 3rd place - Teams 1st 2nd 3rd place

Teams: Gold m. 7 points, Silver m. 3 points, Bronze m. 1 point

Hall Rules

Only the competitors and their coaches have admittance by the registration cards to the contest areas. One coach for every five competitors has free admission with a maximum of 3 coaches per team. Only in sportswear.

Protest:

Only the official coach is allowed to protest to the LSC, immediately after the end of the contest within 10 minutes. An amount of € 50,- will have to be paid to the competition board. The decision of the referee chairman is final.

Liability

All competitors are considered to participate at their own risk. The organization crew and the organizer assume no responsibility for any damages, injuries or losses

Belts	Compulsory poomsae	Round 1	Round 2	Round 3
A	Drawing of lots on 26/02/2025	1 taegeuk	1 taegeuk	2 taegeuks
B	Free choice – seetable	1 taegeuk	1 taegeuk	2 taegeuks
C	Free choice – seetable	1 taegeuk	1 taegeuk	2 taegeuks
D	Free choice – seetable	1 taegeuk	1 taegeuk	1 taegeuk
G Taekwondo	Free choice	/	/	1 taegeuk

For the B, C, D, G. Category it is obligatory to register the poomsae before closing of the registrations, at the latest 23/02/2025 on the website www.tpss.eu

TABLE A-CLASS	
DRAWING OF LOTS Announcement: 26/02/2025 www.taekwondo.be	
1 st round 1 poomsae 2 nd round 1 poomsae 3 rd . round (final) 2 poomsae	
INDIVIDUAL. A	
Age	Poomsae
until 8y	Taegeuk 1,2,3,4,5,6,7,8 jang
9-11y	Taegeuk 2,3,4,5,6,7,8 jang, Koryo
12-14y	Taegeuk 3,4,5,6,7,8 jang, Koryo, Keumgang
15-17y	Taegeuk 4,5,6,7,8 jang, Koryo, Keumgang, Taeback
18-30y	Taegeuk 6,7,8 jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
31-40y	
41-50y	Taegeuk 8 jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
51-60y	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
61-65y	
≥66y	
PAIR. A	
Age	Poomsae
until 11y	Taegeuk 2,3,4,5,6,7,8 jang, Koryo
12-14y	Taegeuk 3,4,5,6,7,8 jang, Koryo, Keumgang
15-17y	Taegeuk 4,5,6,7,8 jang, Koryo, Keumgang, Taeback
18-30y	Taegeuk 6,7,8 jang, Koryo, Keumgang, Taeback, Pyongwon, Shipji
31y -40y	Taegeuk 7,8 jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
41y -50y	Taegeuk 8 jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chongkwon
51y – 60y	Taegeuk 8 jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chongkwon
61y – 65y	Taegeuk 8 jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chongkwon
+65y	Taegeuk 8 jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chongkwon
TEAM. A	
Age	Poomsae
Until 11y	Taegeuk 2,3,4,5,6,7,8 jang, Koryo
12-14y	Taegeuk 3,4,5,6,7,8 jang, Koryo, Keumgang
15-17y	Taegeuk 4,5,6,7,8 jang, Koryo, Keumgang, Taeback
18y - 30y	Taegeuk 6,7,8 jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin

31y – 40y	Taegeuk 8 jang, Koryo, Keumgang, Taeback, Shipjin, Jitae,
41y -50y	Taegeuk 8 jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
51y – 60y	Taegeuk 8 jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
61y -65y	Taegeuk 8 jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
+65y	Taegeuk 8 jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon

AGE CATEGORIES CLASS B CLASS C CLASS D

Individual	Pupil until 8y	Taegeuk 4, 5, 6, 7, 8	Taegeuk 1, 2, 3,4	Taegeuk 1, 2
	Miniem 9-11y	Taegeuk 4, 5, 6, 7, 8	Taegeuk 1, 2, 3,4	Taegeuk 1, 2
	Cadet 12-14	Taegeuk 4, 5, 6, 7,8,9	Taegeuk 1, 2, 3,4	Taegeuk 1, 2
	Junior 15-17	Taegeuk 4, 5, 6, 7,8,9	Taegeuk 1, 2, 3,4	Taegeuk 1, 2
	U30 18-30	Taegeuk 4, 5, 6, 7,8,9	Taegeuk 1, 2, 3,4	Taegeuk 1, 2
	U40 31-40	Taegeuk 4, 5, 6, 7,8,9	Taegeuk 1, 2, 3,4	Taegeuk 1, 2
	U50 41-50	Taegeuk 4, 5, 6, 7,8,9	Taegeuk 1, 2, 3,4	Taegeuk 1, 2
	U60 51-60	Taegeuk 4, 5, 6, 7,8,9	Taegeuk 1, 2, 3,4	Taegeuk 1, 2
	U65 61-65	Taegeuk 4, 5, 6, 7,8,9	Taegeuk 1, 2, 3,4	Taegeuk 1, 2
	O65 + 65	Taegeuk 4, 5, 6, 7,8,9	Taegeuk 1, 2, 3,4	Taegeuk 1, 2
PAIR	Miniem until 11y	Taegeuk 4, 5, 6, 7, 8	Taegeuk 1, 2, 3,4	Taegeuk 1, 2
	Cadet 12-14	Taegeuk 4, 5, 6, 7,8,9	Taegeuk 1, 2, 3,4	Taegeuk 1, 2
	Junior 15-17	Taegeuk 4, 5, 6, 7,8,9	Taegeuk 1, 2, 3,4	Taegeuk 1, 2
	U30 18-30	Taegeuk 4, 5, 6, 7,8,9	Taegeuk 1, 2, 3,4	Taegeuk 1, 2
	31y – 40y	Taegeuk 4, 5, 6, 7,8,9	Taegeuk 1, 2, 3,4	Taegeuk 1, 2
	41y -50y	Taegeuk 4,5,6,7,8,9	Taegeuk 1,2,3,4	Taegeuk 1,2
	51y -60y	Taegeuk 4,5,6,7,8,9	Taegeuk 1,2,3,4	Taegeuk 1,2
	61y -65y	Taegeuk 4,5,6,7,8,9	Taegeuk 1,2,3,4	Taegeuk 1,2
	+65y	Taegeuk 4,5,6,7,8,9	Taegeuk 1,2,3,4	Taegeuk 1,2

TEAM	Miniemuntil 11y	Taegeuk 4, 5, 6, 7, 8	Taegeuk 1, 2, 3,4	Taegeuk 1, 2
	Cadet 12-14	Taegeuk 4, 5, 6, 7,8,9	Taegeuk 1, 2, 3,4	Taegeuk 1, 2
	Junior 15-17	Taegeuk 4, 5, 6, 7,8,9	Taegeuk 1, 2, 3,4	Taegeuk 1, 2
	U30 18-30	Taegeuk 4, 5, 6, 7,8,9	Taegeuk 1, 2, 3,4	Taegeuk 1, 2
	31y – 40y	Taegeuk 4, 5, 6, 7,8,9	Taegeuk 1, 2, 3,4	Taegeuk 1, 2
	41y – 50y	Taegeuk 4,5,6,7,8,9	Taegeuk 1,2,3,4	Taegeuk 1,2
	51 y – 60y	Taegeuk 4,5,6,7,8,9	Taegeuk 1,2,3,4	Taegeuk 1,2
	61y – 65y	Taegeuk 4,5,6,7,8,9	Taegeuk 1,2,3,4	Taegeuk 1,2
	+ 65y	Taegeuk 4,5,6,7,8,9	Taegeuk,1,2,3,4	Taegeuk 1,2

Referee

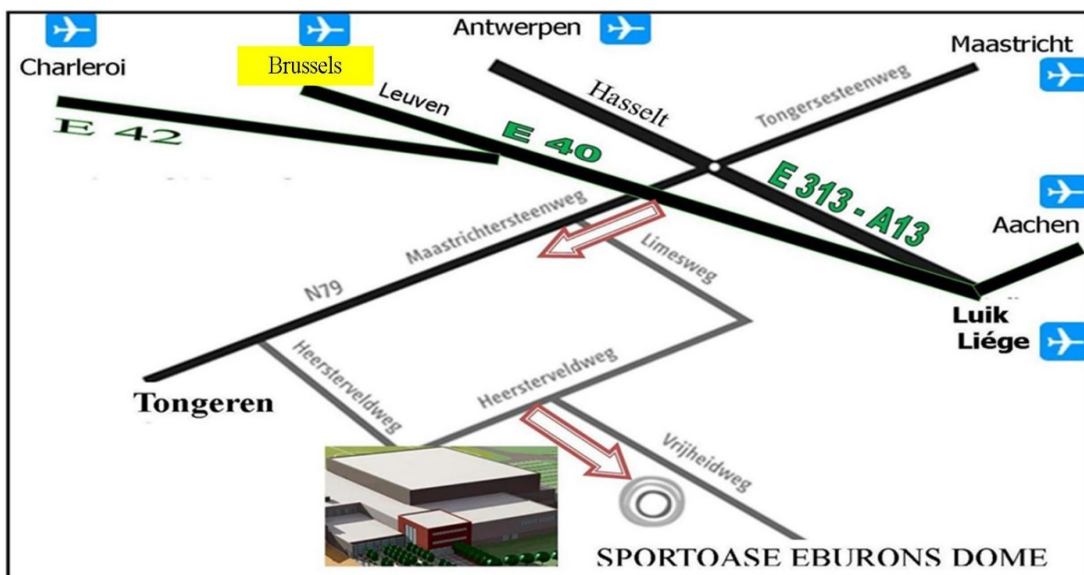
We will have a neutral competition. Each team invited, will be asked to support us with maximum 1 national or international Referee. As there are not enough referees, we will complete it with national Referees. All judges who participate will receive a monetary allowance (€ 75 day) as well as free full lunch and refreshments.

The organizer provides a hotel room for one night with breakfast

Information: bruno.graziano@telenet.be

Airport

For your own comfort and budget, please use Brussels National Airport (Zaventem) and try to avoid Brussels South Charleroi



Sportcomplex



ACCOMODATION

Hotel Limburgia

Adres: Op 't Broek 43770 Kanne (Riemst) (± 5 Km. Sportcomplex)
Phone: + 32 (0) 12 45 46 00 Fax: 0032 (0)12 - 45 66 28
E-mail:hotellimburgia@telenet.bewww.hotellimburgia.be

Hotel Holliday Inn Hasselt

Kattegatstraat 1 3500 Hasselt (± 20 Km. Sportcomplex)
Phone +32 (0) 11 24 22 00
www.hihasselt.com E-mail: info@hihasselt.com

EBURON HOTEL

Adres: de Schiervelstraat 10, 3700 Tongeren (± 5 Km. Sportcomplex)
Phone: + 32 (0) 12 23 01 99 fax :+32 (0)12 26 13 70
info@eburonhotel.bewww.eburonhotel.be

Hotel Malpertuus

Adres: Tongersesteenweg 145 3770 Riemst (± 5 Km. Sportcomplex)
Phone + 32 (0) 12 45 15 38 Fax + 32 (0) 12 45 57 73
www.malpertuus.be

Hotel Ambiotel

Adres: Veemarkt 2, 3700 Tongeren (± 5 Km. Sportcomplex)
Phone +32(0) 12 26 29
www.ambiotel.beambiotel.tongeren@belgacom.net

RadissonBlu Hotel, Hasselt

Adres: Torenplein 8, B-3500 Hasselt, Belgium (± 20 KmSportcomplex)
T: +32 11 77 00 00, D: +32 11 77 00 74
www.radissonblu.com/hotel-hasselt

Hotel Century

Adres:Leopoldplein 1, 3500 Hasselt (± 20 Km. Sportcomplex)
Phone +32 (0)11 22.47.99 Fax +32 11 23 18 24
hotel@century.bewww.century.be

Hotel Hollyday Inn Express Hasselt

Adres: Thonissenlaan 37, 3500 Hasselt Belgium (± 20 Km Sportcomplex)
Phone: +32 0)11379300 info@hiexhasselt.com;

YUP HOTEL

Adres:Thonissenlaan 52, 3500 Hasselt, (± 20 Km. Sportcomplex)
Phone: +32 (0) 11 23 11 11info@yuphotel.comwww.yuphotel.com

B&B Hotel Hasselt

Adres: Thonissenlaan, 75, 3500 Hasselt (± 20 Km. Sportcomplex)
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Henisstraat 20, 3700 Tongeren
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info@huysvansteyns.bewww.huisvansteyns.be

Hotel Campanile Liégé

Location: RUE JEAN BAPTISTE JUPPIN 17/18, LIEGE,(± 15 KmSportcomplex)
Phone:+ 32 04 224 02 72 www.campanile.com/hotel/liege