



12th CHOI YOUNG SEOK CUP
INTERNATIONAL TAEKWONDO CHAMPIONSHIPS PATTAYA 2025
(February 8-9, 2025) / Pattaya City, Thailand
Official Outline



12TH CHOI YOUNG SEOK CUP
INTERNATIONAL TAEKWONDO CHAMPIONSHIPS
PATTAYA 2024





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12TH CHOI YOUNG SEOK CUP
INTERNATIONAL TAEKWONDO CHAMPIONSHIPS PATTAYA 2025

PROMOTER: Dr.Chatchai CHOI (Coach Chai)
(Head of Thailand Taekwondo Team)

Email: coach@tkd.or.th

DATE: February 8~9, 2025 (2 Days)

VENUE: Eastern National Sports Training Center
Chaiyaphruek 2 Rd, Pattaya City, Bang Lamung District, Chon Buri

EVENT: 2 types of Competition (Kyoruki & Poomsae)

ONLINE REGISTRATION (Only foreigners)

- All foreign athletes and team officials must be registered at
<https://gmacscore.com/app.gmacscore.com/home/index.php?tourid=370>

กลุ่ม WhatsApp



Website for registration



DEADLINE: January 31, 2025 (18:00 Local Thailand Time)



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Classification of Competition

Kyoruki Competition	Recognized Poomsae Competition	
Youth 9-10 years (2016-2015) (Male/ Female)	Individual (Male/ Female) Pair (1 Male & 1 Female) Team (3 Male / 3 Female)	under 9 years (more than 2016)
Youth 11-12 years (2014-2013) (Male/ Female)		Youth 10-11 years (2015-2014)
Cadet 12-14 years (Poom) (2013-2011) (Male/ Female)		Cadet 12-14 years (Poom) (2013-2011)
Junior 15-17 years (POOM/DAN) (2010-2008) (Male/ Female)		Junior 15-17 years (POOM/DAN) (2010-2008)
Senior 18 years and older (2007 or under) (Male/ Female)		Senior 18-30 years (DAN) (1995-2007)

Award Presentation:

Kyoruki

1st Place:

Gold Medal(s) and certificate(s)

2nd Place:

Silver Medal(s) and certificate(s)

3rd Place (2 persons):

Bronze Medal(s) and certificate(s)

Trophies MVP (Male/Female):

One (1) Male and One (1) Female Cadet

One (1) Male and One (1) Female Junior

One (1) Male and One (1) Female Senior



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Poomsae

1st Place:	Gold Medal(s) and certificate(s)
2nd Place:	Silver Medal(s) and certificate(s)
3 rd Place and 4 th place:	Bronze Medal(s) and certificate(s)
Trophies MVP Individual (Male/Female):	One (1) Male and One (1) Female Cadet One (1) Male and One (1) Female Junior One (1) Male and One (1) Female Senior
Trophies MVP Pair:	One (1) Cadet One (1) Junior One (1) Senior
Trophies MVP Team (Male/Female):	One (1) Male and One (1) Female Cadet One (1) Male and One (1) Female Junior One (1) Male and One (1) Female Senior

Total Score Trophy

Best Coach	One (1) Kyoruki and One (1) Poomsae
Best of Team (Kyoruki/Poomsae)	1 st Place, Category: 2 Awards 2 nd Place, Category: 2 Awards 3 rd Place, Category: 2 Awards

Best of team, All categories will not count in the total score if there are less than 4 competitors/pairs/teams in the category. The total score trophy will be counted from the Gold, Silver, and Bronze medals. If there are equal medals, the team that sends more athletes to compete will be the winner.



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Competition Rule:

○ Kyoruki:

- WT Competition Rules & Interpretation as of September 30, 2024 shall be applied.
- The best of three (3) system shall be applied.
- KPNP Protector and Scoring System (PSS) will be used in Kyorugi competition.
- The OC will provide KPNP trunk PSS, head PSS, and related items and equipment to the participating contestants. All competitors should bring their own safety equipment.
(Groin Guard, Forearm Guard, Sensing Socks, Gloves, Mouthpiece, etc.)
- Youth (9-10 Years) and Youth (11-12 Years) All Color Belt.
- Cadet, Junior, and Senior DAN or POOM Only (Black Belt).

○ Poomsae: WT Poomsae Competition Rules & Interpretation as of September 30, 2024 shall be applied.

Duration of Contest

○ Kyoruki: From the preliminaries to the finals - 1 minute 30 seconds x 3 rounds

Break time of Kyoruki: within 30sec

○ Poomsae: Individual, Pair, and Team competitions for up to 90 seconds.

Break time of Recognized Poomsae: within 30sec to 60sec / Exceeding the time, deduction shall be applied.

METHODS OF COMPETITION

○ Kyoruki:

- Male / Female: (Respectively) Single elimination tournament system for each weight category.
- All competitors must wear WT officially approved Taekwondo uniform (Dobok)
- Competitors should bring their own Mandatory Safety Equipment



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○ **Poomsae:**

- Single-elimination tournament system: Each person/team, 2 Poomsae, then adds the scores of the 2 Poomsae together to find the average, or let the committee vote to find the winner with 3 out of 5 votes. The decision will be made by raising the flag; no score will be shown. The method of competition is as follows.
 - Simultaneous dance competition (side by side)
 - Competition in the form of individual/pair/team dancing (one by one), with the blue team dancing first.
- Singles/Mixed Doubles The first round until the final 8 will be competed side by side. The semi-finals and finals will be competed one by one.
- Team type: from the first round to the final round, compete in a one-by-one dance format.
- The poomsae that are enforced in the competition are in Rule 6 Random before the competition. (Before the competition begins in each pair)
- Individual, Pair, and Team Competitors should be wearing either WT-recognized Poomsae uniform (Dobok)

WEIGH-IN (Kyoruki)

- Weigh-in of the Competitors shall be completed on the previous day before the pertinent competition. (Time and location will be noted later)
- The competitors participating in Under 11, Cadet and Junior categories must be weighed with underwear(s) and 100 grams will be allowed to compensate.
- During weigh-in the Male contestant shall wear underpants and the female contestant shall wear underpants and a brassiere. However, weigh-in may be conducted in the nude if the contestant wishes to do so.
- Weigh-in shall be made once, however, in case of under or exceeding, one more chance will be given within the weigh-in time.



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- All competitors should bring their AD cards when they weigh-in, otherwise disqualification.

OTHERS

- The above is subject to change in the Head of Team meeting.
- All officials including the Head and coaches of each team must complete the registration as officials and hold an AD card to enter the stadium.
- If the competitor is called 3 times 30 minutes before the start of the game and do not participate after declaring the participation, the competitor will be disqualified.

REGISTRATION

ENTRY FEES:

- KYORUGI / POOMSAE (Individual): US \$30
- POOMSAE (Pair): US \$50 per Pair
- POOMSAE (Team): US \$80 per Team

- ❖ In case of participation in both Kyorugi and Poomsae, US \$60
- ❖ All officials are exempt from their entry fees.
- ❖ Entry fee cannot be refunded for any reason.
- ❖ Entry fee must be paid in US dollars only in cash at the registration center before issuing AD card.

Deadline: **The entry deadline is January 26, 18:00 Local Thailand time.** Entry submissions after this date will not be accepted under any circumstances.



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KYORUGI (Individual)

Youth 9-10 years (2015-2014) – PSS Protector (KPNP)

Men's division & Women's division	
Under 23 Kg	Not exceeding 23 Kg
Under 25 Kg	Over 23 Kg & Not exceeding 25 Kg
Under 28 Kg	Over 25 Kg & Not exceeding 28Kg
Under 31 Kg	Over 28 Kg & Not exceeding 31 Kg
Under 35 Kg	Over 31 Kg & Not exceeding 35 Kg
Under 39 Kg	Over 35 Kg & Not exceeding 39 Kg
Over 39 Kg	Over 39 Kg

Youth 11-12 years (2013-2012) – PSS Protector (KPNP)

Men's division & Women's division	
Under 25 Kg	Not exceeding 25 Kg
Under 29 Kg	Over 25 Kg & Not exceeding 29 Kg
Under 32 Kg	Over 29 Kg & Not exceeding 32 Kg
Under 35 Kg	Over 32 Kg & Not exceeding 35 Kg
Under 38 Kg	Over 35 Kg & Not exceeding 38 Kg
Under 41 Kg	Over 38 Kg & Not exceeding 41 Kg
Under 43 Kg	Over 41 Kg & Not exceeding 43 Kg
Under 45 Kg	Over 43 Kg & Not exceeding 45 Kg
Over 45 Kg	Over 45 Kg



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Cadet 12-14 years (2012-2010) – PSS Protector (KPNP)

Men's division		Women's division	
Under 33 Kg	Not exceeding 33 Kg	Under 29 Kg	Not exceeding 29 Kg
Under 37 Kg	Over 33 Kg & Not exceeding 37 Kg	Under 33 Kg	Over 29 Kg & Not exceeding 33 Kg
Under 41 Kg	Over 37 Kg & Not exceeding 41Kg	Under 37 Kg	Over 33 Kg & Not exceeding 37 Kg
Under 45 Kg	Over 41 Kg & Not exceeding 45 Kg	Under 41 Kg	Over 37 Kg & Not exceeding 41 Kg
Under 49 Kg	Over 45 Kg & Not exceeding 49 Kg	Under 44 Kg	Over 41 Kg & Not exceeding 44 Kg
Under 53 Kg	Over 49 Kg & Not exceeding 53 Kg	Under 47 Kg	Over 44 Kg & Not exceeding 47 Kg
Under 57 Kg	Over 53 Kg & Not exceeding 57 Kg	Under 51 Kg	Over 47 Kg & Not exceeding 51 Kg
Under 61 Kg	Over 57 Kg & Not exceeding 61 Kg	Under 55 Kg	Over 51 Kg & Not exceeding 55 Kg
Under 65 Kg	Over 61 Kg & Not exceeding 65 Kg	Under 59 Kg	Over 55 Kg & Not exceeding 59 Kg
Over 65 Kg	Over 65 Kg	Over 59 Kg	Over 59 Kg

Junior 15-17 years (2009-2007) – PSS Protector (KPNP)

Men's division		Women's division	
Under 45 Kg	Not exceeding 45Kg	Under 42 Kg	Not exceeding 42 Kg
Under 48 Kg	Over 45 Kg & Not exceeding 48 Kg	Under 44 Kg	Over 42 Kg & Not exceeding 44 Kg
Under 51 Kg	Over 48 Kg & Not exceeding 51Kg	Under 46 Kg	Over 44 Kg & Not exceeding 46 Kg
Under 55 Kg	Over 51 Kg & Not exceeding 55 Kg	Under 49 Kg	Over 46 Kg & Not exceeding 49 Kg
Under 59 Kg	Over 55 Kg & Not exceeding 59 Kg	Under 52 Kg	Over 49 Kg & Not exceeding 52 Kg
Under 63 Kg	Over 59 Kg & Not exceeding 63 Kg	Under 55 Kg	Over 52 Kg & Not exceeding 55 Kg
Under 68 Kg	Over 63 Kg & Not exceeding 68 Kg	Under 59 Kg	Over 55 Kg & Not exceeding 59 Kg
Under 73 Kg	Over 68 Kg & Not exceeding 73 Kg	Under 63 Kg	Over 59 Kg & Not exceeding 63 Kg
Under 78 Kg	Over 73 Kg & Not exceeding 78 Kg	Under 68 Kg	Over 63 Kg & Not exceeding 68 Kg
Over 78 Kg	Over 78 Kg	Over 68 Kg	Over 68 Kg



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Senior 18+ years (2006 or before) – PSS Protector (KPNP)

Men's division		Women's division	
Under 54 Kg	Not exceeding 54 Kg	Under 46 Kg	Not exceeding 46 Kg
Under 58 Kg	Over 54 Kg & Not exceeding 58 Kg	Under 49 Kg	Over 46 Kg & Not exceeding 49 Kg
Under 63 Kg	Over 58 Kg & Not exceeding 63 Kg	Under 53 Kg	Over 49 Kg & Not exceeding 53 Kg
Under 68 Kg	Over 63 Kg & Not exceeding 68 Kg	Under 57 Kg	Over 53 Kg & Not exceeding 57 Kg
Under 74 Kg	Over 68 Kg & Not exceeding 74 Kg	Under 62 Kg	Over 57 Kg & Not exceeding 62 Kg
Under 80 Kg	Over 74 Kg & Not exceeding 80 Kg	Under 67 Kg	Over 62 Kg & Not exceeding 67 Kg
Under 87 Kg	Over 80 Kg & Not exceeding 87 Kg	Under 73 Kg	Over 67 Kg & Not exceeding 73 Kg
Over 87 Kg	Over 87 Kg	Over 73 Kg	Over 73 Kg

Poomsae

Designated Compulsory Poomsae: Two (2) Poomsae from Designated Compulsory Poomsae decided for each division must be performed for all the preliminarily for all competitions. Compulsory Poomsae to be assigned for each division shall be decided at the time of drawing of lots by the Technical Delegate.

Competition	Division	Compulsory Poomsae
Individual 1 Male or 1 Female _____	under 9 years (more than 2015)	Taegeuk 2,3,4,5,6,7 Jang, Koryo
	Youth 10-11 years (2013-2014)	Taegeuk 3,4,5,6,7,8 Jang, Koryo,Keumgang



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Pair 1 Male & 1 Female <hr/> Team 3 Male or 3 Female	Cadet 12-14 years (2010-2012)	Taegeuk 4,5,6,7,8 Jang, Koryo,Keumgang
	Junior 15-17 years (2007-2009)	Taegeuk 4,5,6,7,8 Jang, Koryo,Keumgang, Taebak
	Senior 18-30 years (1994-2006)	Taegeuk 6,7,8 Jang, Koryo,Keumgang, Taebak, Pyongwon, Shipjin



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Location

Eastern National Sports Training Center

Chaiyaphruek 2 Rd, Pattaya City, Bang Lamung District, Chon Buri 20150



GOOGLE MAP

Map: Eastern National Sports Training Center



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TIMETABLE

(SUBJECT TO CHANGE)

Date	Time	Event	Place
Feb. 7	16:00 – 17:00	Head of Team Meeting	Eastern National Sports Training Center
	17:00 – 20:00	General Weight-in for Youth (9-10 Years) & Cadet (12-14 Years)	
Feb. 8	9:00 – 12:00	All Poomsae competition & Kyoruki Youth (9-10 Years) & Cadet (12-14 Years)	
	12:00 – 13:00	Opening Ceremony	
	13:00 – 18:00	Kyoruki Youth (9-10 Years) & Cadet (12-14 Years)	
	15:00 -18:00	General Weight-in for Youth (11-12 Years) Junior (15-17 Years) & Senior (18+ Years)	
Feb. 9	9:00 – 12:00	Youth (11-12 Years), Junior (15-17 Years) & Senior (18+ Years)	
	12:00 – 13:00	Lunch break	
	13:00 – 18:00	Youth (11-12 Years), Junior (15-17 Years) & Senior (18+ Years)	