

# GRAND FINAL ATA **KYORUGI** | **POOMSAE** CHAMPIONSHIP 2025



**DATE** : 7th DECEMBER 2025  
**VENUE** : KOMPLEKS 3K SS13 SUBANG JAYA  
**ORGANISE BY** : ASTRAL TAEKWONDO ACADEMY

LOCATION

SCAN ME



## **INVITATION**

### **GRAND FINAL ATA KYORUGI & POOMSAE CHAMPIONSHIP 2025**

**DATE : 7<sup>th</sup> DEC 2025 (SUNDAY)**  
**TIME : 9.00 AM ONWARDS**  
**VENUE : KOMPLEKS 3K SS13 SUBANG JAYA**  
**ORGANIZER : ASTRAL TAEKWONDO ACADEMY**

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**COMPETITION GUIDELINES & CONDITIONS**

<b>DATE</b>	7 <sup>th</sup> DECEMBER 2025 (SUNDAY)
<b>TIME</b>	2PM - 7PM ( KYORUGI)
<b>VENUE</b>	KOMPLEKS 3K SS13 SUBANG JAYA
<b>ORGANISER</b>	ASTRAL TAEKWONDO ACADEMY
<b>QUALIFICATION OF PARTICIPANTS</b>	ATA CLUB MEMBERS
<b>COMPETITION RULES</b>	CONVENTIONAL WT COMPETITION RULES/LOCAL RULES  <b>(BEST OF 3 ROUNDS)</b>
<b>METHOD OF SPARRING {</b>	SPARRING EVENT: DIVISION 'A', 'B' 'C' BOYS & GIRLS
<b>PSS SYSTEM {</b>	<i>(1 ½ MINUTES X3 ROUNDS @ 1 MNTS REST EACH ROUND)</i>
<b>ENTRIES</b>	ATA TAEKWONDO MEMBERS
<b>DISCIPLINE</b>	ALL OFFICIALS AND PARTICIPANTS SHOULD STRICTLY OBSERVE THE DECORUM CODE OF THE WT AND THE RULES AND REGULATIONS OF COMPETITION. DISCIPLINARY ACTION WILL BE TAKEN AGAINST ANY VIOLATION OF THE OFFICIALS OR PARTICIPANTS
<b>REFERREES</b>	BY TM/WT & ATA
<b>AWARD PRESENTATION</b>	<b>SPARRING EVENT</b>  MEDALS WILL BE AWARDED TO THE WINNER OF EACH WEIGHT CATEGORY: 1 GOLD, 1 SILVER, 2 BRONZE
<b>PARTICIPANT</b>	CHANGES CAN BE MADE BEFORE THE BOUT CHART IS GENERATED. NO REFUND ON WITHDRAWAL & DISQUALIFICATION.

<b>INDEMNITIES</b>	ALL PARTICIPANTS MUST COMPLETE THE INDEMNITY FORM AND THE SIGNATORY WILL TAKE FULL RESPONSIBILITY FOR ANY FATAL OR INJURIES TO THE PARTICIPANTS. IT IS THE RESPONSIBILITY OF ALL PARTICIPANTS TO POSSESS VALID INSURANCE COVERAGE
<b>TERMS &amp; CONDITIONS</b>	TRANSPORT, BOARD, LODGING AND F&B TO BE BORNE BY THE PARTICIPATING TEAMS
<b>PARTICIPATION FEE</b>	<b><u>WILL BE COVERED BY THE CLUB</u></b> PAYMENTS MADE BY CASH/CHEQUE PAYABLE TO <b>KELAB TAEKWONDO ATA (TM/WT)</b>
<b>PROTECTIVE APPAREL</b>	PARTICIPATING TEAM TO PROVIDE THEIR OWN, ALL PROTECTIVE GEAR FOR SPARRING EVENT IS COMPULSORY
<b>PROTEST FEE</b>	<b>RM200.00 PER PROTEST</b>
<b>REGISTRATION/OFFICIAL WEIGH IN</b>	KOMPLEKS 3K SS13, SUBANG JAYA  ON THE <b>7<sup>th</sup> DECEMBER 2025.</b>  PARTICIPANTS ARE TO BRING ALONG; 1. BC/IC COPY  2. ALL RELEVANT FORMS FOR SPARRING EVENT  3. WEIGH-IN SHALL BE DONE BY THE TEAM ANY PROTEST BY THE EXPONENT THEN THE WEIGH-IN WILL BE DONE IMMEDIATELY. IF FOUND OVERWEIGHT BY 1KG, HE/SHE WILL BE DISQUALIFIED.
<b>CLOSING DATE</b>	: ALL ENTRIES MUST REACH THE ORGANIZING COMMITTEE ON OR BEFORE <b><u>28<sup>th</sup> NOV 2025 BY 5.00 PM.</u></b> COMPLETED FORMS CAN BE E-MAILED TO; <a href="mailto:sivastral@gmail.com">sivastral@gmail.com</a>
<b>ENQUIRIES</b>	FOR FURTHER INFORMATION AND ENQUIRIES KINDLY CONTACT: MASTER SIVA @ 012-3751139

# KYORUGI FORM

APPENDIX 'B'

~~GRAND FINAL ATA KYORUGI & POOMSAE CHAMPIONSHIP 2025~~

PARTICIPATION FEE : RM 90.00

## PARTICIPANTS ENTRY & INDEMNITY FORM

TO,  
THE ORGANISING CHAIRMAN  
GRAND FINAL ATA KYORUGI & POOMSAE CHAMPIONSHIP 2025

NO 85-2, JALAN USJ 21/10,  
47630, SUBANG JAYA, SELANGOR DARUL EHSAN

DEAR  
SIR,

I HEREBY ALLOW MY SON/DAUGHTER TO COMPETE IN THE SPARRING EVENT OF THE GRAND  
FINAL ATA KYORUGI & POOMSAE CHAMPIONSHIP 2025 AT KOMPLEKS 3K SS13, SUBANG  
JAYA

- 1 NAME \_\_\_\_\_
- 2 NRIC/BC NO: \_\_\_\_\_ 3. DATE OF BIRTH : \_\_\_\_\_
- 4 ADDRESS \_\_\_\_\_
- 5 PRESENT GRADE/DAN/POOM: \_\_\_\_\_ 6. GENDER : \_\_\_\_\_
- 7 COUNTRY/STATE/CLUB \_\_\_\_\_
- 8 AGE GROUP: \_\_\_\_\_ 9. WEIGHT: \_\_\_\_\_ 10. CATEGORY : \_\_\_\_\_

I AM AWARE OF THE POSSIBILITIES OF MY SON/DAUGHTER BEING INJURED IN THE FULL  
BODY CONTACT SPARRING AND I HEREBY UNDERTAKE AND AGREE THAT I WILL NOT  
ATTACH ANY BLAME OR BRING CIVIL PROCEEDING AGAINST KELAB TAEKWONDO  
ATA (TM/WTF), THE ORGANISER, ITS OFFICIALS, COACHES AND OTHER PARTICIPANTS.

I HEREBY CONFIRM THAT I HAVE DULY READ, UNDERSTOOD AND AGREE TO THE ABOVE-  
MENTIONED TERMS AND CONDITIONS.

.....  
PARENT/GUARDIAN OF PARTICIPANTS  
NAME :  
NRIC NO :  
DATE :  
CONTACT NO :

.....  
TAEM MANAGER/ COACH  
NAME :  
NRIC NO :  
DATE :  
CONTACT NO

PLEASE ATTACH NRIC/BC COPY OF PARTICIPANTS

**9-11**

CATEGORY	MALE ( KG )	CATEGORY	FEMALE ( KG )
FIN	Below 20	FIN	Below 18
FLY	20.1 - 23	FLY	18.1 - 21
BANTAM	23.1 - 26	BANTAM	21.1 - 24
FEATHER	26.1 - 29	FEATHER	24.1 - 27
LIGHT	29.1 -32	LIGHT	27.1 - 30
WELTER	32.1 - 36	WELTER	30.1 - 34
MIDDLE	36.1 - 40	L/MIDDLE	34.1 - 38
HEAVY	40.1 Above	HEAVY	38.1 Above

**12-14**

CATEGORY	MALE ( KG )	CATEGORY	FEMALE ( KG )
FIN	Below 33	FIN	Below 29
FLY	33.1 - 37	FLY	29.1 - 33
BANTAM	37.1 - 41	BANTAM	33.1 - 37
FEATHER	41.1 - 45	FEATHER	37.1 - 41
LIGHT	45.1 - 49	LIGHT	41.1 - 44
WELTER	49.1 - 53	WELTER	44.1 - 47
L/MIDDLE	53.1 - 57	L/MIDDLE	47.1 - 51
MIDDLE	57.1 - 61	MIDDLE	51.1 - 55
L/HEAVY	61.1 - 65	L/HEAVY	55.1 - 59
HEAVY	65.1 Above	HEAVY	60.1 Above

## 15-17

CATEGORY	MALE ( KG )	CATEGORY	FEMALE ( KG )
FIN	BELOW 45	FIN	BELOW 42
FLY	45.1 - 48	FLY	42.1 - 44
BANTAM	48.1 - 51	BANTAM	44.1 - 46
FEATHER	51.1 - 55	FEATHER	46.1 - 49
LIGHT	55.1 - 59	LIGHT	49.1 - 52
WELTER	59.1 - 63	WELTER	52.1 - 55
LIGHT MIDDLE	63.1 - 67	LIGHT MIDDLE	55.1 - 59
MIDDLE	67.1 - 73	MIDDLE	59.1 - 63
LIGHT HEAVY	73.1 - 78	LIGHT HEAVY	63.1 - 68
HEAVY	78.1 Above	HEAVY	68.1 Above

## 18

CATEGORY	MALE ( KG )	CATEGORY	FEMALE ( KG )
FIN	BELOW 54	FIN	BELOW 46
FLY	54.1 - 58	FLY	46.1 - 49
BANTAM	58.1 - 63	BANTAM	49.1 - 53
FEATHER	63.1 - 68	FEATHER	53.1 - 57
LIGHT	68.1 - 74	LIGHT	57.1 - 62
WELTER	74.1 - 80	WELTER	62.1 - 67
MIDDLE	80.1 - 87	MIDDLE	67.1 - 73
HEAVY	87.1 Above	HEAVY	73.1 Above





# **GRAND FINAL ATA KYORUGI & POOMSAE CHAMPIONSHIP 2025**

**DATE: 7<sup>th</sup> DECEMBER 2025**

**VENUE: KOMPLEKS 3K SS13, SUBANG JAYA**

## **PROGRAMME SHEET FOR POOMSAE**

<b>DATE</b>	7 <sup>th</sup> DECEMBER 2025 (SUNDAY)
<b>TIME</b>	9 AM – 1 PM
<b>VENUE</b>	KOMPLEKS 3K SS13 SUBANG JAYA
<b>ORGANISER</b>	ASTRAL TAEKWONDO ACADEMY
<b>QUALIFICATION OF PARTICIPANTS</b>	ATA CLUB MEMBERS

## **PRIZES**

Medals: All Participants

Certificates: All Participants

## **CLOSING DATE FOR SUBMISSION**

**28<sup>TH</sup> November 2025**

**PERSON IN CHARGE:**

**MASTER SIVA  
012-3751139**

## RULES AND REGULATIONS

*Each group will have maximum of 4 participants only.*

### **Kindergarten, Primary, Secondary and Open Category Taeguk / Poomsae**

1. Each participant must perform their own Taeguk / Poomsae
2. A point will be given for
  - flow and coordination
  - power and accuracy
  - basic execution of techniques
  - sequence

## Kindergarten

White belt, Yellow belt, Green belt, Blue belt need to perform

### Static technique

- Single Punch and Double Punch
- Blocks high and lower

### Movement technique

- Move forward, Punch
- Move back high block
- Move forward, Punch
- Move back lower block

### Basic kicks

- Front kick

## Primary to Open Category

The white belt needs to perform

### Static technique

- Single Punch and Double Punch
- Blocks high, outer and lower

### Movement technique

- Move forward, Punch
- Move back high block
- Move forward, Punch
- Move back outer block

### Basic kicks

- Front kick
- Turning kick
- Side kick (Open Category)

# GRAND FINAL ATA KYORUGI & POOMSAE CHAMPIONSHIP 2025

**Competition Date: 7<sup>th</sup> December 2025**

**Closing Date: 28<sup>th</sup> November 2025**

PARTICIPATION FEE: RM 80.00

Name : \_\_\_\_\_  
(CAPITAL LETTER)

NRIC No : \_\_\_\_\_ Gender: Male: ☐ Female: ☐

Address : \_\_\_\_\_  
\_\_\_\_\_

Tel No : \_\_\_\_\_ Date of birth: \_\_\_\_\_

School / Kindergarten: \_\_\_\_\_

Age Group:

(5 years old) ☐

(6 years old) ☐

(7-9 years old) ☐

(10-12 years old) ☐

(13-15 Years Old) ☐

(16-18 Years Old) ☐

(Under 30 Years ) ☐

( Above 30 Years) ☐

Belt:

White ☐

Yellow 1 ☐

Yellow 2 ☐

Green 1 ☐

Green 2 ☐

Blue 1 ☐

Blue 2 ☐

Poomsea:

Koryo ☐

Keumgang ☐

Taebaek ☐

Pyongwon & Above ☐

## Parental Consent and Liability Waiver

I am aware of the possibility that my son/daughter/ward may be injured while participating in the GRAND FINAL ATA KYORUGI & POOMSAE CHAMPIONSHIP 2025. I hereby fully understand and accept all associated risks and agree not to hold liable or initiate any civil proceedings against ATA Taekwondo Club, the Organizing Committee, its officials, coaches, or other participants.

By signing this form, I confirm that I have read, understood, and agreed to the above-mentioned terms and conditions.

Parent/Guardian Name: \_\_\_\_\_

Participant's Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_