

# 1<sup>ST</sup> ASSOCIATION CUP-2026



ORGANISED BY : **Kolkata Taekwondo Association**

MANAGED BY: **Rana's Taekwondo Academy**

PROMOTED BY : **Bengal Taekwondo Association**

AN AFFILIATE OF : **Taekwondo Federation Of India & Bengal Olympic Association**

Venue: **Kolkata & DATE: 24<sup>th</sup> May'2026**



## POOMSAE INDIVIDUAL ENTRY FORM

(Mark (x) on the appropriate boxes)

Divisions	:	<input checked="" type="checkbox"/> SUB JR	<input type="checkbox"/> CADET	<input type="checkbox"/> JUNIOR	<input type="checkbox"/> SENIOR U-	Attach 2Passportsize photos
Male	:	Category				
Female	:	<input type="checkbox"/> Individual	<input type="checkbox"/> Pair	<input type="checkbox"/> Group		
Name (In Capital Letters)	:					
Date Of Birth	:		Age	:	Weight	:
Parents/Guardian Name & Contact Nos.	:					
Address	:					
State Name	:					
Coach Name	:		ContactNos.	:		
COPY OF CORPORATION / MUNICIPAL BIRTH CERTIFICATE & AADHAR CARD SHOULD BE ENCLOSEDCOMPULSORILY AND ORIGINAL SHOULD BE PRODUCED AT THE TIME OF DOCUMENTS CHECKING.						
Present BeltGrade	:		In case of EmergencyNo.	:		
Aadhar Card No.	:					

## DECLARATION

I, the undersigned do hereby solemnly affirm, declare and confirm for myself, my heirs, executors & administrators that I indemnify the Promoters/Organizers/Sponsors & its Members, Officials, Participants etc., holding myself personally responsible for all damages, injuries or accidents, claims, demands etc., waiving all prerogative rights, whatsoever related to the above set forth event.

**Players getting Gold from 1<sup>ST</sup> Association Cup-2026 selected for the 16<sup>th</sup> State Poomsae Taekwondo Championship – 2026 (After completing due formalities of Bengal Taekwondo)**

Signature of Parents/Guardian.

Signature of Participant

Signature of President /Secretary of Club/ Unit with Stamp

# 1<sup>ST</sup> ASSOCIATION CUP-2026



**Promoter:** Bengal Taekwondo Association | **Organizer:** Kolkata Taekwondo Association



## POOMSAE CONSOLIDATED ENTRY FORM

CATEGORY	NAME	GENDER	D.O.B.
INDIVIDUAL BOYS			
INDIVIDUAL BOYS			
INDIVIDUAL GIRLS			
INDIVIDUAL GIRLS			
PAIR	1.		
	2.		
PAIR	1.		
	2.		
GROUPBOYS	1.		
	2.		
	3.		
GROUPBOYS	1.		
	2.		
	3.		
GROUPGIRLS	1.		
	2.		
	3.		
GROUPGIRLS	1.		
	2.		
	3.		

**Signature of President /Secretary of Club/ Unit with Stamp**

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## POOMSAE

### COMPETITION FORMAT

DIVISION	COMPETITION	SYLLABUS
Sub-Junior Under 11 yrs	Individual, Mixed Pair & Group Category	Taegeuk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo.
Cadet Under 14 Yrs	Individual, Mixed Pair & Group Category	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang.
Junior Under 17 Yrs	Individual, Mixed Pair & Group Category	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebak, Pyongwon
Senior Under 30 Yrs	Individual, Mixed Pair & Group Category	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin
Senior Under 40 Yrs	Individual	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin,
Senior Under 50 Yrs	Individual	Taegeuk-8, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon,
Senior Under 60 Yrs	Individual	Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
Senior Under 65 Yrs		
Senior Under 65 Yrs		
Senior Over 30 Yrs	Mixed Pair & Group Category	Taegeuk 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon