



中國香港跆拳道協會  
Hong Kong, China Taekwondo Association

AFFILIATED TO  
World Taekwondo  
Asian Taekwondo Union  
AND

*Sports Federation and Olympic Committee of Hong Kong, China*

3<sup>rd</sup> January 2024

The President(s)  
WT Member National Association/Federation

Dear President(s) Esquire,

**Re: Invitation to The 28th Asian Cities Taekwondo Championships**

On behalf of The Hong Kong, China Taekwondo Association, it is our pleasure to invite you and your team to participate in The 28th Asian Cities Taekwondo Championships, which will be held at Kowloon Park Sport Centre, Tsim Sha Tsui, Kowloon in Hong Kong from March 9<sup>th</sup> -10<sup>th</sup> 2024.

Poomsae : 9<sup>th</sup> March 2024

Kyorugi : 9<sup>th</sup> – 10<sup>th</sup> March 2024

Being the host, we will do our best to make this a successful event. We also hope that you will have a wonderful experience and stunning memory during your stay in the beautiful city of Hong Kong.

We enclose herewith the relevant information for your consideration and look forward to meeting you and your team in Hong Kong.

Wishing you all a Prosperous New Year!

Yours faithfully,

Mr.Ching Man Chun, Louis  
President of Hong Kong, China Taekwondo Association



# The 28th Asian Cities Taekwondo Championships Schedule

26 <sup>th</sup> Feb 2024	14:00	Drawing lots Auto Drawing System (in Close Doors)
1 <sup>st</sup> Mar 2024	17:00	Tournament Charts & Schedule Distribution by email
8 <sup>th</sup> Mar 2024	09:00 - 16:00	Arrival of Participants
	16:00 - 21:00	Weight-in for contestants by Teams
9 <sup>th</sup> Mar 2024	08:30 - 09:00	Referee Meeting
	09:00 - 09:30	Head of Team Meeting
	10:00 - 20:00	Competition Starts  Poomsae Prize Presentation after each event  Kyorugi - Junior Males & Females Prize Presentation after each event
	20:00 - 21:30	Poomsae Overall Team Winners and Prize Presentation Ceremony
10 <sup>th</sup> Mar 2024	08:00 - 08:30	Referee Meeting
	09:00 - 16:30	Competition Starts Kyorugi - Cadet Males & Females, Senior Males & Females
	17:00 - 18:00	Prize Presentation Ceremony
	19:00	Farewell Dinner for all participating countries (Location TBC)

# CHAMPIONSHIPS' OVERVIEW

- Organizer:** **Hong Kong, China Taekwondo Association**  
Room 2012, Olympic House, 1 Stadium Path,  
So Kon Po, Causeway Bay, Hong Kong  
Email: [hktkda@biznetvigator.com](mailto:hktkda@biznetvigator.com)  
Website: [www.hktkda.com](http://www.hktkda.com)
- Date:** 9<sup>th</sup> - 10<sup>th</sup> March 2024
- Venue:** Kowloon Park Sports Centre  
22 Austin Road,  
Tsim Sha Tsui, Kowloon, Hong Kong
- Deadline:** 8<sup>th</sup> Feb 2024, 5:00PM  
Excel application forms shall be completed and sent via email  
[hktkda@biznetvigator.com](mailto:hktkda@biznetvigator.com) to the Organizer on or before 8<sup>th</sup> February 2024,  
5:00PM
- Entry Fee:** Free
- Transportation:** NO transportation for pick up from and to airport / train station or ferry port  
will be provide
- Qualification:** Holder of the nationality of the participating team  
Recommended by the National Taekwondo Association or Club  
Holder of Kukkiwon or National Poom or Dan Certificate
- Competition Rules:** WT Kyorugi Competition Rules as of Sept 1, 2023  
WT Poomsae Competition Rules as of May 14, 2019  
Senior, Junior & Cadets: KPNP PSS & Video Re-Play
- Tournament Duration:** In the best of three (3) system, the duration of the contest shall be three rounds of  
two minutes each with a one-minute rest period between rounds. However, a 4<sup>th</sup>  
round of one minute will not be conducted as the Golden round. In case of a tie  
score for corresponding round, the round winner shall be decided by the Article  
15 of WT Competition rules & interpretation
- The duration of each round may be adjusted to 1 minute, 1 minute 30 second or 2  
minutes at the sole discretion of the Technical Delegate for the pertinent  
Championships.
- Competition Method:** Kyorugi: Single elimination tournament system  
Number of contestants in each country (ONE for each category)  
Poomsae: Cut off system

## Weight Category: Kyorugi

### Cadet Division (Year 2010 - 2012 Age 12 - 14)

Male:		Female:	
1	Fin (-33 kg)	1	Fin (-29 kg)
2	Fly (-37 kg)	2	Fly (-33 kg)
3	Bantam (-41 kg)	3	Bantam (-37 kg)
4	Feather (-45 kg)	4	Feather (-41 kg)
5	Light (-49 kg)	5	Light (-44 kg)
6	Welter (-53 kg)	6	Welter (-47 kg)
7	L. Middle (-57 kg)	7	L. Middle (-51 kg)
8	Middle (-61 kg)	8	Middle (-55 kg)
9	L. Heavy (-65 kg)	9	L. Heavy (-59 kg)
10	Heavy (+65 kg)	10	Heavy (+59 kg)

### Junior Division (Year 2007 - 2009 Age 15 - 17)

Male:		Female:	
1	Fin (-45 kg)	1	Fin (-42 kg)
2	Fly (-48 kg)	2	Fly (-44 kg)
3	Bantam (-51 kg)	3	Bantam (-46 kg)
4	Feather (-55 kg)	4	Feather (-49 kg)
5	Light (-59 kg)	5	Light (-52 kg)
6	Welter (-63 kg)	6	Welter (-55 kg)
7	L. Middle (-68 kg)	7	L. Middle (-59 kg)
8	Middle (-73 kg)	8	Middle (-63 kg)
9	L. Heavy (-78 kg)	9	L. Heavy (-68 kg)
10	Heavy (+78 kg)	10	Heavy (+68 kg)

### Senior Division (Year 2006 and before Age 18 and older)

Male:		Female:	
1	Fin (-54 kg)	1	Fin (-46 kg)
2	Fly (-58 kg)	2	Fly (-49 kg)
3	Bantam (-63 kg)	3	Bantam (-53 kg)
4	Feather (-68 kg)	4	Feather (-57 kg)
5	Light (-74 kg)	5	Light (-62 kg)
6	Welter (-80 kg)	6	Welter (-67 kg)
7	Middle (-87 kg)	7	Middle (-73 kg)
8	Heavy (+87 kg)	8	Heavy (+73 kg)

## Poomsae

Division		Age	Compulsory Poomsae
Perform Two (2) Poomsae from the designated Poomsae each round			
Individual	Male	10 - 11 2013 - 2014	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang
		12 - 14 2010 - 2012	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang
		15 - 17 2007 - 2009	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang, Taeback
		18 - 30 1994 - 2006	Taegeuk 6, 7, 8, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
		31 - 40 1984 - 1993	Taegeuk 6, 7, 8, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
		41 - 50 1974 - 1983	Taegeuk 8, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
		51 above 1973 or before	Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
	Female	10 - 11 2013 - 2014	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang
		12 - 14 2010 - 2012	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang
		15 - 17 2007 - 2009	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang, Taeback
		18 - 30 1994 - 2006	Taegeuk 6, 7, 8, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
		31 - 40 1984 - 1993	Taegeuk 6, 7, 8, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
		41 - 50 1974 - 1983	Taegeuk 8, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
		51 above 1973 or before	Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu

Division		Age	Compulsory Poomsae
Perform Two (2) Poomsae from the designated Poomsae each round			
Pair	Mixed	10 - 11 2013 - 2014	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang
		12 - 14 2010 - 2012	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang
		15 - 17 2007 - 2009	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang, Taeback
		18 - 30 1994 - 2006	Taegeuk 6, 7, 8, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
		31 above 1993 or before	Taegeuk 8, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon

Division	Age	Compulsory Poomsae	
Perform Two (2) Poomsae from the designated Poomsae each round			
Team	Male	10 - 11 2013 - 2014	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang
		12 - 14 2010 - 2012	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang
		15 - 17 2007 - 2009	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang, Taebak
		18 - 30 1994 - 2006	Taegeuk 6, 7, 8, Koryo, Keumgang, Taebak, Pyongwon, Shipjin
		31 above 1993 or before	Taegeuk 8, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon
	Female	10 - 11 2013 - 2014	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang
		12 - 14 2010 - 2012	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang
		15 - 17 2007 - 2009	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang, Taebak
		18 - 30 1994 - 2006	Taegeuk 6, 7, 8, Koryo, Keumgang, Taebak, Pyongwon, Shipjin
		31 above 1993 or before	Taegeuk 8, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon

## **Award**

**Please note that Overall Team Winners will be separated into two groups Kyorugi and Poomsae**

### **Kyorugi**

Champion:	Gold Medal x 1
1 <sup>st</sup> runner-up:	Silver Medal x 1
2 <sup>nd</sup> runner-up:	Bronze Medal x 2

- ★ Overall Team Winners – Male and Female  
(Cadet, Junior, Senior) (Champion, 1<sup>st</sup> runner-up, 2<sup>nd</sup> runner-up and 3<sup>rd</sup> runner-up)

### **Poomsae**

Champion:	Gold Medal x 1
1 <sup>st</sup> runner-up:	Silver Medal x 1
2 <sup>nd</sup> runner-up:	Bronze Medal x 2

- ★ Overall Team Winners - Male and Female  
(Cadet, Junior / Senior) (Champion, 1<sup>st</sup> runner-up, 2<sup>nd</sup> runner-up and 3<sup>rd</sup> runner-up)
- ★ Overall team winners will be decided according to the numbers of gold medals that each division / team won. In case that the numbers of gold medals are the same between the teams, it will then depend on the number of silver medals, or otherwise the number of the bronze medals. If the number of bronze medals are still the same, then it will then be decided by the number of games from the gold winners. The top four participating teams will receive trophies.

### **Registration Deadline:**

Application Forms shall be completed and sent via email [hktkda@biznetvigator.com](mailto:hktkda@biznetvigator.com) to the Organizer on or before 8th February 2024 (Thursday), 5:00PM.

### **Terms and Conditions of Participation**

- a. Roundtrip airfares, Transportation, Board and Lodging for the members of team officials & contestants shall be borne by the participating national association / federation or Clubs.
- b. The Organizer will NOT provide transportation from airport / train station or ferry port to hotel, from hotel to airport / train station or ferry port, and between the Championships' venue and the venue of the farewell dinner.

## Suggest Agent

Name: Goldtime Travel Agency Ltd

Contact: Ms Michelle Lam

Address: Rm C13, blk C, 3/F, Hop Hing Ind., Bldg.,702-704 Castle Peak Road, Cheung Sha Wan  
Kowloon, Hong Kong

Tel.: +852 27826803

Email: michelle@goldtimetravel.com

**\*For booking issue, please contact Goldtime Travel Agency Ltd \***

## Official Hotel

Name: B P International Hotel

(Located very near to the competition area, walking distance 5 minutes)

Address: No.8 Austin Road, Tsim Sha Tsui, Kowloon.

**Please arrange for the reservation at your earliest convenience.**

**The reservation deadline would be 8<sup>th</sup> February 2024.**

ACCOMMODATION – B P International 香港龍堡國際		
Date:	8/3/2024 – 11/3/2024	
Room Type	Room rate (Per room per night)	Additional Breakfast.
1. Single Room	<b><u>Room only</u></b>  HK\$ 1,200 nett per room per night	(Buffet breakfast)  HK\$ 100 nett per person per meal
2. Twin Room	* bed type is subject to hotel availability	
3. Extra Bed (per bed)	HK\$ 350 nett per bed per night and it is subject to hotel availability	

## Entry Visa

**The Organizer will provide visa invitation letters for the participating teams for the application of the entry visa if needed. Please send us the request on or before 8th February, 2024, 5:00PM. The Organizer will not process any late application.**



## Indemnities

- a. It shall be the responsibility of the respective national association/club to ensure that their contestants have validly completed the “Health Declaration Form” and that they are in possession of a valid entry visa. Any injury, damage, losses of whatever type or kind arising in any way in connection with the Championships and activities relating thereof (including without limitation, the farewell dinner) shall be the sole responsibility of the respective national association/club and/or the contestants (as the case may be).
- b. It shall be the responsibility of the respective national association/club to ensure that all officials and contestants are adequately and effectively covered by insurance.
- c. National association/club and/or contestants without proper participating documentation and/or effective insurance coverage shall not be allowed to compete.

## Costumes for Contestants

- a. KPNP electronic gear recognized by The World Taekwondo (“WT”) is the official electronic gear in the competition.
- b. Contestants shall bring their own KPNP electronic socks
- c. Contestants shall wear a Taekwondo uniform (Dobok) recognized by WT.  
\*WT recognized protective equipment of head gear, groin guard, glove, forearm & shin guards shall be brought by the participating contestants for personal use and groin guard shall be worn inside the Taekwondo uniform. Mouthpiece must be worn.
- d. The Organizer will provide the electronic protectors and electronic head gear and the contestants shall wear the designated trunk protector of the pertinent weight category. Wearing of the WT recognized Taekwondo uniform (Dobok) and protective equipment will be checked at the inspection desk prior to entering the contest area. Any contestant wearing unrecognized uniform (Dobok) or protective equipment will not be permitted to compete.

## Meeting & Drawing

- a. Drawing Lots: 26<sup>th</sup> February 2024, 2:00 p.m.  
(in close doors teams do not need to participate)
- b. Referee Meeting: 9<sup>th</sup> March 2024, 08:30 a.m.
- c. Referee Meeting: 10<sup>th</sup> March 2024, 08:00 a.m.
- d. Technical Meeting: 9<sup>th</sup> March 2024, 09:00 a.m.

## Weight-in

- a. Weight-in for contestants by Cities will be held at 4:00p.m. on 8<sup>th</sup> March 2024 at **B P International Hotel** (No.8 Austin Road, Tsim Sha Tsui, Kowloon).
- b. During weight-in, the male contestants shall wear underpants and the female contestants shall wear underpants and brassiere. However, weight-in can be conducted in the nude in case the contestant wishes to do so.
- c. Weight-in shall be conducted once. However, one more weight-in will be granted within the time limit if the contestant did not qualify at the first time.