



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

17th January, 2025

The President(s)
WT Member National Association/Federation

Dear President(s) Esquire,

Re: Invitation to The 29th 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 29th Asian Cities Taekwondo Championships**, which will be held at Kowloon Park Sports Centre, Tsim Sha Tsui, Kowloon in Hong Kong on March 8th - 9th 2025.

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 memories 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 29th Asian Cities Taekwondo Championships Schedule

Date	Time	Details
21 st Feb 2025 (Fri)	14:00	Drawing lots by Auto Drawing System (in Close Doors)
28 th Feb 2025 (Fri)	17:00	Tournament Charts & Schedule Distribution by email
7 th Mar 2025 (Fri)	09:00-16:00	Arrival of Teams
	16:00-21:00	Weight-in of contestants by Teams
8 th Mar 2025 (Sat)	08:30-09:00	Referee Meeting
	09:00-09:30	Head of Teams Meeting
	10:00-20:00	Competition Starts <ul style="list-style-type: none"> ● Poomsae ● Kyorugi - Junior Males & Females Prize Presentation after each event
	20:00-21:30	Poomsae Overall Team Winners and Prize Presentation Ceremony
9 th Mar 2025 (Sun)	08:00-08:30	Referee Meeting
	09:00-16:30	Competition Starts Kyorugi - Cadet Males & Females, Senior Males & Females
	16:30-18:00	Prize Presentation Ceremony
	19:00	Farewell Dinner for all participating countries / regions Metropol Restaurant (Address: 4/F, United Centre, 95 Queensway, Admiralty)

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 Website: www.hktkda.com
Date & Time:	8 th - 9 th March 2025 (Sat & Sun) 10:00a.m. - 8:00p.m. (Saturday) 9:30a.m. - 4:30p.m. (Sunday)
Venue:	Kowloon Park Sports Centre (Address: 22 Austin Road, Tsim Sha Tsui, Kowloon, Hong Kong)
Qualification:	Contestants must join the division according to their birth year, and they should fulfill the following: <ul style="list-style-type: none">● Valid identification documents from the country / region they represent (ID Card / Passport)● Recommended by the National Taekwondo Association or Club● Holder of Kukkiwon or National Poom or Dan Certificate
Competition Rules:	According to WT Kyorugi Competition Rules & WT Poomsae Competition Rules which updated as of 30 th September 2024. KPNP PSS & Video Re-Play will be used in Senior, Junior & Cadets Kyorugi.
Competition Duration: (Kyorugi)	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 th round of one minute will not be conducted as the Golden round. In the case of a tie score for the corresponding round, the round winner shall be decided by Article 15 of WT Competition rules & interpretation. The duration of each round may be adjusted to 1 minute, 1 minute 30 seconds or 2 minutes at the sole discretion of the Technical Delegate for the pertinent Championships. No appeal will be accepted. The judges' decision on the competition results shall be final.
Competition Format:	<ul style="list-style-type: none">● Kyorugi: Single elimination tournament system Number of contestants in each country (ONE for each category)

Enrolment Deadline:

- Poomsae: Cut off system

3rd Feb 2025, 3:00PM

Excel application forms shall be completed and sent via email hktkda@biznetvigator.com to the Organizer on or before 3rd February 2025, 3:00PM.

Late application or failure to provide any required data will result in rejection of the application and no notice will be given.

Entry Fees:

Free

Transportation:

NO transportation for picking up from and to airport / train station or ferry port will be provided.

Inclement Weather Arrangement:

Should the Hong Kong Observatory issue the tropical cyclone warning signal No.8 or above, black rainstorm warning signal 2 hours before the reporting time of first round competition, all events on that day will be cancelled.

Supplementary Regulations:

- I. The schedule for each division on the event day is not subject to change. Participants must pay attention to the announcements of the Organiser, report to the Organiser and take part in the competitions on time.
- II. If any participant is found to be impostor or is considered to have affected the competition by violating the rules or engaging in improper conduct, the Organiser has the right to order the participant(s) in question to withdraw from the competition and to void all of the results attained.
- III. No warm-up area is provided.
- IV. Participants must observe all the regulations stipulated by the Organiser and the Sports Centre.
- V. The Organiser has the right to publish the competition results and photos.
- VI. The Organiser reserves the right to modify these regulations without prior notice.

Kyorugi Weight Category

Cadet Division (Year 2011 - 2013 / 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 2008 - 2010 / 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 2007 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 Category

Division		Age	Compulsory Poomsae
Perform Two (2) Poomsae from the designated Poomsae each round			
Individual	Male	10 - 11 y.o. Year 2014 - 2015	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang
		12 - 14 y.o. Year 2011 - 2013	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang, Taebak
		15 - 17 y.o. Year 2008 - 2010	Taegeuk 5, 6, 7, 8, Koryo, Keumgang, Taebak, Pyongwon
		18 - 30 y.o. Year 1995 - 2007	Taegeuk 7, 8, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae
		31 - 40 y.o. Year 1985 - 1994	Taegeuk 7, 8, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae
		41 - 50 y.o. Year 1975 - 1984	Taegeuk 8, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon
		51 - 60 y.o. Year 1965 - 1974	Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
		61 - 65 y.o. Year 1960 - 1964	Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
		65 y.o. or above Year 1959 or before	Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
	Female	10 - 11 y.o. Year 2014 - 2015	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang
		12 - 14 y.o. Year 2011 - 2013	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang, Taebak
		15 - 17 y.o. Year 2008 - 2010	Taegeuk 5, 6, 7, 8, Koryo, Keumgang, Taebak, Pyongwon
		18 - 30 y.o. Year 1995 - 2007	Taegeuk 7, 8, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae
		31 - 40 y.o. Year 1985 - 1994	Taegeuk 6, 7, 8, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae
		41 - 50 y.o. Year 1975 - 1984	Taegeuk 8, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon
		51 - 60 y.o. Year 1965 - 1974	Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
		61 - 65 y.o. Year 1960 - 1964	Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
		65 y.o. above Year 1959 or before	Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu

Division		Age	Compulsory Poomsae
Perform Two (2) Poomsae from the designated Poomsae each round			
Pair	Mixed	10 - 11 y.o. Year 2014 - 2015	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang
		12 - 14 y.o. Year 2011 - 2013	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang
		15 - 17 y.o. Year 2008 - 2010	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang, Taebak
		18 - 30 y.o. Year 1995 - 2007	Taegeuk 6, 7, 8, Koryo, Keumgang, Taebak, Pyongwon, Shipjin
		31 - 50 y.o. Year 1975 - 1994	Taegeuk 8, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon
		51 - 60 y.o. Year 1965 - 1974	Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
		60 y.o. above Year 1964 or before	Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu

Division		Age	Compulsory Poomsae
Perform Two (2) Poomsae from the designated Poomsae each round			
Team	Male	10 - 11 y.o. Year 2014 - 2015	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang
		12 - 14 y.o. Year 2011 - 2013	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang
		15 - 17 y.o. Year 2008 - 2010	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang, Taebak
		18 - 30 y.o. Year 1995 - 2007	Taegeuk 6, 7, 8, Koryo, Keumgang, Taebak, Pyongwon, Shipjin
		31 - 50 y.o. Year 1975 - 1994	Taegeuk 8, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon
		51 - 60 y.o. Year 1965 - 1974	Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
		60 y.o. above Year 1964 or before	Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
	Female	10 - 11 y.o. Year 2014 - 2015	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang
		12 - 14 y.o. Year 2011 - 2013	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang
		15 - 17 y.o. Year 2008 - 2010	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang, Taebak
		18 - 30 y.o. Year 1995 - 2007	Taegeuk 6, 7, 8, Koryo, Keumgang, Taebak, Pyongwon, Shipjin
		31 - 50 y.o. Year 1975 - 1994	Taegeuk 8, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon
		51 - 60 y.o. Year 1965 - 1974	Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
		60 y.o. above Year 1964 or before	Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu

Award

Kyorugi

Champion:	Gold Medal x 1
1 st runner-up:	Silver Medal x 1
2 nd runner-up:	Bronze Medal x 2

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

Poomsae

Champion:	Gold Medal x 1
1 st runner-up:	Silver Medal x 1
2 nd runner-up:	Bronze Medal x 2

- ★ Overall Team Winners - Male and Female
(Cadet, Junior / Senior) (Champion, 1st runner-up, 2nd runner-up and 3rd 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 is 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 to the Organizer on or before 3rd February 2025 (Monday), 3:00PM.

Suggested Accommodation Agent

Name: Gold Time 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
Direct Line: (852) 2782 6803
Email: michelle@goldtimetravel.com

*For booking issue, please contact Gold Time Travel Agency Ltd

*All the expenses are borne by the Teams

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.

ACCOMMODATION - B.P. International Hotel (7 – 10/3/2025)		
Room Type	Room rate (Per room per night)	Additional Breakfast
1. Single Room / Twin Room	Room Only HK\$ 1,100 per room per night	Daily breakfast HK\$100 per person per meal
2. Family Bunk Bed Room (4 persons)	HK\$ 1,500 per room per night	
3. Extra Bed (per bed)	Extra Bed at HK\$350 per bed per night	

*The above prices are for reference only and may change at any time.

Please arrange for the reservation at your earliest convenience.

The reservation deadline would be 7th February 2025.

Entry Visa

The Organizer will assist the participating teams for the application of the entry visa if the request is made on or before 3rd February, 2025, 3:00PM with submission of the name list. Late application will not be proceeded.

Indemnities

1. 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).
2. 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.
3. National association/club and/or contestants without proper participating documentation and/or effective insurance coverage shall not be allowed to compete.

Costumes for Contestants

1. KPNP electronic gear recognized by The World Taekwondo (“WT”) is the official electronic gear in the competition.
2. Contestants shall bring their own KPNP electronic socks.
3. Contestants shall wear a Taekwondo uniform (Dobok) recognized by WT.
4. 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.
***Mouthpiece must be worn by the contestants of Cadet Division (Year 2011 – 2013 / Age 12 – 14).**
5. 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

- | | |
|-----------------------|--|
| 1. Drawing Lots: | 21 st February 2025, 14:00 p.m.
(in close doors, teams do not need to participate) |
| 2. Referee Meeting: | 8 th March 2025, 08:30 a.m. |
| 3. Referee Meeting: | 9 th March 2025, 08:00 a.m. |
| 4. Technical Meeting: | 8 th March 2025, 09:00 a.m. |

Weight-in

1. Weight-in for contestants will be held at **4:00p.m. on 7th March 2025** at **BP International Hotel** (No.8 Austin Road, Tsim Sha Tsui, Kowloon).
2. 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.
3. 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.