



OUTLINE

TVSH Hygge Cup 2026

Poomsae – hanbon-kyorugi – Freestyle – Family – Para

- promoter:** Taekwondo Federation Schleswig-Holstein e.V.
www.tv-sh.de
- responsible:** Malte Mergner – TVSH- Vice-President Poomsae & Mass Sports
e-mail: mergner@tvsh-mail.de
- organizer:** TSB Flensburg von 1865 e.V.
Emanuel Maslama
E-Mail: taekwondo@tsb-flensburg.de
- date:** **Saturday, 13th June 2026**
- place:** Fördehalle,
Friesische Lücke 13, 24937 Flensburg, GERMANY
- schedule:**
- | | |
|-------------------|-----------------------------|
| 07.30 am | opening of the hall |
| 07.45 – 08.45 am: | registration for all groups |
| 09.00 – 09.30 am: | referee test |
| 09.30 – 09.45 am: | coach meeting |
| 09.45 – 10.00 am: | official welcome |
| 10.00 am: | start of the competition |
- competitors:** TKD-competitors 10th Kup and above, with a valid ETU/WT-membership
- Those who are not recognized as adults by law in their own country must submit a written consent signed by parents or lawful guardian accepting the participation and all parts of the official invitation (liability declaration).
- rules:** The competition rules of the DTU are valid, according to the cut-off-system, with the following modification:
- for poomsae (individual, pair, synchron, para):
1. 2 rounds for all competitors: semi-final and final.
 2. Achieved points from the semi-final will count for the final.
 3. In each round one poomsae is presented.
 4. A change of the category (age-group/graduation) is not permitted.



5. compulsory Poomsae:
individual LK 1: drawn by lot for each category and published on 31st May 2026 on the TVSH website in the "Termine" section at www.tv-sh.de
individual LK 2 + LK 3: free choice of poomsae defined in this outline
pair & synchron: free choice of poomsae defined in this outline
para: free choice from Taeguk 1 and above
6. Different Poomsae must be shown. Competitors with the 10th to 8th Kup are allowed to repeat Taeguk 1.
7. For pair and synchron, same and mixed gender teams are allowed.
8. All participants in the para divisions must show a medical certificate to prove their disability at the registration. This certificate can be issued in German or English language. If the participant is in possession of a disabled ID card, it needs to be shown as well. INAS Master List is accepted by number.

for hanbon-kyorugi (= Einschrittkampf / 1SK):

1. 1 round for all competitors: final.
2. There will be a combined division (male & female).
3. It will be shown 4 attacks only with the fist.
4. Thrown actions are not permitted.
5. The defence should consist of minimum 3 movements.
6. It's not allowed to hit the attacker after the defence movement.
7. Only the defender will be scored.
8. The overall impression of techniques will be scored.

for family:

1. 2 competitors can start as a family.
2. 1 round for all competitors: final.
3. The Poomsae can be chosen freely.

for freestyle:

1. 1 round for all competitors: final.
2. The music must be sent as an mp3 file until the deadline by e-mail to reg@tvsh-mail.de
3. The freestyle Poomsae shall have a duration:
division under 11: from 60 to 100 seconds
division above 12: from 90 to 100 seconds

for freestyle light:

1. 1 round for all competitors: final.
2. The use of music is voluntary. If music is used, the mp3-file should be sent until the deadline by e-mail to reg@tvsh-mail.de
3. The following basic techniques are mandatory:
two-ap-chagi, two-yop-chagi, acrobatic action
4. The freestyle Poomsae shall have a duration from 30 to 100 seconds.
5. If a basic technique is missing it will be sanctioned with -0.3 points.



categories:

individual

LK 1 = category 1 1st Kup and above		
participants	year of birth	compulsory Poomsae
division under 9	before 2017	Taeguk 4 – Taeguk 8
division under 11	2016 – 2015	
division under 14	2014 – 2012	Taeguk 4 – Poomsae Taebaek
division under 17	2011 – 2009	Taeguk 5 – Poomsae Pyongwon
division under 30	2008 – 1996	Taeguk 7 – Poomsae Jitae
division under 40	1995 – 1986	
division above 41	after 1985	Taeguk 8 – Poomsae Chonkwon

LK 2 = category 2 5th Kup – 1st Kup		
participants	year of birth	compulsory Poomsae
division under 9	before 2017	Taeguk 3 – Poomsae Koryo
division under 11	2016 – 2015	
division under 14	2014 – 2012	
division under 17	2011 – 2009	
division under 30	2008 – 1996	
division under 40	1995 – 1986	
division above 41	after 1985	

LK 3 = category 10th Kup – 6th Kup		
participants	year of birth	compulsory Poomsae
division under 9	before 2017	Taeguk 1 – Taeguk 4
division under 11	2016 – 2015	
division under 14	2014 – 2012	
division under 17	2011 – 2009	
division under 30	2008 – 1996	
division under 40	1995 – 1986	
division above 41	after 1985	

pair, synchron and hanbon-kyorugi (= Einschrittkampf / 1SK):

LK 1 = category 1 3rd Kup and above		
participants	year of birth	compulsory Poomsae
Klasse bis 11 Jahre	bis 2015	Taeguk 4 – Poomsae Chonkwon
Klasse bis 17 Jahre	2014 – 2009	
Klasse bis 30 Jahre	2008 – 1996	
Klasse ab 31 Jahre	ab 1995	

LK 2 = category 10th Kup – 4th Kup		
participants	year of birth	compulsory Poomsae
Klasse bis 11 Jahre	bis 2015	Taeguk 1 – Taeguk 6
Klasse bis 17 Jahre	2014 – 2009	
Klasse bis 30 Jahre	2008 – 1996	
Klasse ab 31 Jahre	ab 1995	



family:

participants	year of birth
all up to Taeguk 5	all
all Taeguk 6 and above	

freestyle & freestyle light:

participants	year of birth
division under 11	before 2015
division under 17	2014 – 2009
division above 18	after 2008

para:

P10 – visual impairment P21+22 – intellectual disability P23 – intellectual disability P30 – neurological impairment P40 – physical impairment P50 – medical aids P60 – deaf P70 – short stature	
participants	year of birth
division under 17	before 2009
division under 30	2008 – 1996
division above 31	after 1995



fee: registration before 24th May 2026: early-bird (only TVSH)
 registration after 25th May 2026: regular
 registration after 3rd June 2026: late

category	early-bird	regular	late
individual	33.00 €	35.00 €	70.00 €
pair	33.00 €	35.00 €	70.00 €
synchron	33.00 €	35.00 €	70.00 €
hanbon-kyorugi	33.00 €	35.00 €	70.00 €
freestyle	33.00 €	35.00 €	70.00 €
family	33.00 €	35.00 €	70.00 €
para	33.00 €	35.00 €	70.00 €

Entry fees must be paid for all competitors on the following account. Registrations without evidence of the transfer are considered as not delivered. If a competitor does not start, the fee will expire. Cash payment isn't possible.

bank account:

recipient: TVSH
 bank name: Sparkasse Südholstein
 IBAN: DE 43 2305 1030 0510 1014 62
 BIC: NOLA DE 21 SHO
 reference: TVSH Hygge Cup / CLUB NAME

deadline: Tuesday, 2nd June 2026

The registration after the deadline is possible until Friday, 6th June 2026, by paying the double fees.

limit: The online-registration closes on exceeding the limit of competitors. The limit is adjusted variably based on the number of competition areas.

The online-registration also closes when a certain number of starts per club has been reached.

registration: TVSH-Online-Registration
<https://reg.tv-sh.de/>

registration before 24th May 2026: only TVSH clubs
 registration after 25th May 2026: all clubs

You will need to register on the internet. Please register the name of your club, your nation and your personal e-mail.

chairman: Leon Rixen – TVSH-Referee Director Poomsae
 Claudia Kohl – TVSH-Vice-Referee Director Poomsae

**awards:**individual & para

1st – 3rd place: medal & certificate

no place: participation medal & certificate

pair, synchron, hanbon-kyorugi, family & freestyle

1st – 3rd place: medal + certificate

clubs:

1st – 3rd place: trophy

The award ceremony will take place immediately after the respective contest on the competition area.

scoring:

Places 1 - 3 will be scored for classification of clubs and countries.

The formula 6 - 3 - 1 will be used. For win by default 1 point is given.

coach:

For every start a coach is mandatory. The minimum age is 12 years. A T-shirt or a training jacket must be worn.

liability:

All competitors participate at their own risk. The registration application implies that the competitors agree to assume responsibility for themselves and to release all others from all and any liability which may directly or indirectly result from the tournament.

data privacy:

The competitors agree with the registration that the results (with the name of the athletes) will be reported on the internet as well as in printed media.

anti-doping:

All competitors accept with the registration the agreement with the NADA/WADA (National & World Antidoping Agency) www.nada.de