



HOSTED BY:

Power with Purpose

PRIZES
TO BE
WON!*

2025

WESTERN SYDNEY HANMADANG

May 25th 2025

West Parramatta Public School



*T&Cs apply



Events

- Traditional Poomsae
- Power Kick
- Stamina
- Reaction
- Breaking (Technical)
- Freestyle Pattern (Weapons)

Prizes

3 x \$50 Shogun gift cards to whichever competitors have the highest score in each 2020 Armor Skill by the end of the day. This includes Power Kick, Stamina and Reaction.

We will also be awarding a **\$100 Shogun gift card** for the overall Hanmadang Champion, which will be the competitor with the highest overall score from all three 2020 Armor® Skill Events combined.

Registration

Scan the QR codes below for more information and to register:

Poomsae and
2020 Armor® Skill



Weapons
Category



Board Breaking
Category



Dear Taekwondo students and families,

Power with Purpose cordially invites you to participate in the 2025 Western Sydney Hamnadang.

Translating to “Taekwondo Festival”, this hamnadang is our opportunity to celebrate the things that make Taekwondo an incredible martial art. Power with Purpose is proud to host this event this year, and we invite you to help us make our inaugural event one to remember!

Competition. It is something that drives all of us. Whether it is in the classroom, on a sports field or even on a private and personal level. We all want to see how we measure up. In recent times the only way to achieve these goals within Power with Purpose, was at a Kup Promotion Test and obtain a New Belt Level.

Now, we are very pleased to announce our second Hanmadang, which will afford students not only the opportunity to see what they are capable of and go for gold, but allow hard working students to be highlighted on the Power with Purpose Leaderboard on our website and claim that position for all to see. Definitely bragging rights!

Yours Sincerely



Michael Rahn
Principal Power with Purpose Taekwondo

**We will offer
6 events in 4
categories:**

**Category 1:
Poomsae**

Traditional
Poomsae -
Traditional
Patterns

**Category 2:
Skill**

Power Kick

Stamina

Reaction

**Category 3:
Board Breaking
(Blue Belt and
Above)**

Breaking (Technical)

**Category 4:
Weapons**

Freestyle Pattern
(Weapons)

Age Divisions

All athletes will register their age forecast at the end of this year on 31st Dec 2025. For example, if you are 11 today and turn 12 on or before 31st December 2025, this means you will register in the 12-year-old division.

ENTRIES CLOSE:

Friday 16th May 6pm

COMPETITION ENQUIRIES:

matthew@powerwithpurpose.com.au

PAYMENTS:

Payments shall be made through Zen Planner. See QR Codes.

EARLY BIRD ENTRIES:

Available from the 26th March to 16th May.

Pricing

MAIN EVENTS	COST Single Event	Combo Cat 1 + Cat 2
Category 1 - POOMSAE	\$60	\$80 early bird Combo special (\$90 after 16th May)
Category 2 - 2020 Armor Skill	\$60	
Additional Events		
Category 3 - Breaking (Blue Belt and Above)	\$40 (no early bird special available)	
Category 4 - Weapons	\$20 (no early bird special available)	



DRAWS:	Draws will be announced the week leading up to competition date.
AWARD:	All events: 1st Gold, 2nd Silver, 3rd Bronze.
OFFICIALS & VOLUNTEERS:	Please register via Zen Planner or inquire with matthew@powerwithpurpose.com.au
REFUNDS:	Refunds will be given to withdrawal up to the final draw being published. A doctor's certificate is required for refunds after the final draw has been published.
INSURANCE:	All participants must be current members of AusTKD or have equivalent insurance cover from another party.
LIABILITY:	All participants in the competition take part at their own risk. While all care is taken, the organizers and their representatives can take no responsibility, under any circumstances, for any damages, injuries or loss to individuals or equipment.
PRIVACY:	Personal details collected are solely for the purpose of the competition. Power With Purpose reserves the right to use any photos or video of events from the competition day for marketing and promotional purposes, including but not limited to, in advertising, on our website and on social media.
ETIQUETTE:	<p>A Full Taekwondo dobok must be worn during events by all participants</p> <p>Please stay home if you are feeling unwell</p> <p>Do not interrupt other athletes during their event</p> <p>Threatening, violent or abusive language will not be tolerated from competitors or spectators. Anyone in breach of this will be asked to leave and no refunds will be available for competitors if an event is missed due to poor behavior.</p>
FOOD & DRINK:	Tea and coffee will be available at the event for gold coin donation.
SPECTATOR ENTRY:	Free

Event Schedule

7:00am	Volunteers & Officials arrive
8:00am	Doors open to public, sign in open
8:30am	Opening ceremony
9:00am	Competition starts
12:30pm	Lunch break
1:00pm	Competition resumes
4:00pm	End of Competition



Category 1: Poomsae

Participants will compete in brackets of the same age and rank. Participants will perform 2 poomsae each (apart from white belts). Once all competitors have completed their poomsae, medals will be presented. WT Recognized Poomsae Rules/Scoring

1. EVENT: TRADITIONAL INDIVIDUAL - TAEGEUK PATTERNS

Divisions by Belt Group: White, Yellow, High Yellow, Green, High Green, Blue, High Blue, Brown, High Brown, Red, High Red, 1st Dan Black & 2nd Dan+

Athletes perform two patterns depending on their belt group. White belts and Yellow belts perform one pattern only (IL JANG), High Yellows and above must perform two patterns from the options to the right.	White	IL JANG (1)
	Yellow	IL JANG (1)
	High Yellow	IL JANG (1), EE JANG (2)
	Green	EE JANG (2), SAM JANG (3)
	High Green	SAM JANG (3), SAH JANG (4)
	Blue	SAH JANG (4), OH JANG (5)
	High Blue	OH JANG (5), YUK JANG (6)
	Brown	OH JANG (5), YUK JANG (6)
	High Brown	YUK JANG (6), CHIL JANG (7)
	Red	YUK JANG (6), CHIL JANG (7)
	High Red	CHIL JANG (7), PAL JANG (8)
	1st Poom/ 1st Dan Black Belt	PAL JANG (8), KORYO
	2nd Poom/ 2nd Dan Black Belt & above	Any 2 Black Belt Poomsae

Category 2: 2020 Armor Skill

Individuals will attempt the skill challenges against a kick dummy wearing a 2020 Armor® chest piece. After completing all 3 events, the scores are combined to acquire a final score which is measured against competitors within the same division to determine final rankings.

Safety Note - Competitors will have their toenails checked at entry for length. Any athlete with toenails of a length deemed too long for the competition will be advised to shorten nails prior to competing. Nails will be checked again by 2020 Judge. If nails are deemed too long by a judge, competitors will have to forfeit their event. This is to maintain safety for competitors and maintain quality and functionality of equipment.

Prizes: Power With Purpose will be awarding 3 x \$50 Shogun Gift Cards to whichever competitors have the highest score in each 2020 Armor Skill by the end of the day. This includes Power Kick, Stamina and Reaction.

We will also be awarding a \$100 Shogun gift card for the overall Hanmadang Champion, which will be the competitor with the highest overall score from all three 2020® Armor Skill Events combined.

2. EVENT: POWER KICK

Divisions:

Male & Female / 7 & under, 8-9, 10-11, 12-14

Male 15-17, 18+

Female 15-17, 18+

Additional Rank Divisions will be generated based on number of entries

Athletes perform a standard front or back foot Roundhouse kick to the test dummy. Successful strikes have a score recorded. The highest of three attempts is recorded as their final score.

3. EVENT: STAMINA

Divisions:

Male & Female / 7 & under, 8-9, 10-11, 12-14

Male 15-17, 18+

Female 15-17, 18+

Additional Rank Divisions will be generated based on number of entries

The athlete must perform kicking and punching techniques on the test dummy to keep the health bar indicator from reaching 0. The athlete has 30 seconds to continuously hit the dummy, with each hit accumulating a score. Harder hits score higher points, but if the health bar reaches zero before the 30 seconds has concluded, the attempt is over.

Techniques allowed - Any kicking techniques using any part of the foot. Maximum 2 straight punches (closed fist, hitting with knuckles) in a row can be performed before continuing with a variety of kicks. No elbows, knees, hook punches or other hand techniques.

4. EVENT: REACTION

Divisions:

Male & Female / 7 & under, 8-9, 10-11, 12-14

Male 15-17, 18+

Female 15-17, 18+

Additional Rank Divisions will be generated based on number of entries

The athlete must perform a kick (no punching) in response to white lights flashing on the test armor piece over a 30 second period. If the armor flashes purple, the athlete is to NOT hit the armor. If the armor flashes white multiple times (2 or 3) the athlete must hit the armor the same amount of times as flashes (This is between 1 to 3).

The Athlete's average reaction speed over the 30 second round are recorded by an official. Single attempt only.

Category 3: Breaking (Blue Belt and Above)

Scoring is based on points depending on the techniques executed by the athlete. 2 attempts are allowed on each board, 1st attempt gives a full score, 2nd attempt at a 1 point deduction. Failure to break on the 2nd attempt results in no score being awarded.

Athletes must present their pre-planned kicks/strikes prior to competition date to allow for planning and preparation.

No padding is to be worn on the hands or feet when breaking, only provided boards and official board holders will be used.

- Spinning kicks must have competitors start by facing their board before spinning.
- Jumping Kicks only count if the board is broken while both feet are still off the ground, touching the ground with any part of the body before breaking the board will result in the point reductions.
- 180 Spin Kicks must adhere to a combination of both above points. The competitors must be facing the board before spinning and then both feet must be off the ground when the board is broken, otherwise point reductions will occur.
- If when attempting a split kick, if only one board is broken, that kick is then considered a jumping kick. The remaining board must then be broken with a jumping kick of the same technique with the corresponding leg.

5. EVENT: TECHNICAL BREAKING

Divisions: Blue Belt and above

5 breaks are to be performed, each with a different technique. Maximum of 2 hand techniques is permitted.

TECHNIQUE	POINTS	TECHNIQUE	POINTS
Standing Kick	5	Hammer fist / Knife / Palm	5
Sliding / Skip kick	6	Elbow Strike	6
Jumping Kick	7	Standard Punch	7
Spinning Kick	8	Back Fist	8
180 Spin (Round House / Front Snap)	9	Reverse Knife (Ridge)	9
Split Kick (2 boards broken in the air at the same time with both legs)	20		

Category 4: Weapons

6. FREESTYLE DEMONSTRATION: WEAPON

Divisions: Single division, all ages, genders and belts.

Athletes may perform their own freestyle pattern. Length - 60-75 sec

Music is allowed - bluetooth speakers available.

Performance is assessed based on:

- Proficiency with weapon
- Variety
- Energy
- Tricks (juggles or unorthodox movements)
- Traditional TKD Techniques (Kicks, Hand Strikes)

Each category is scored out of 20, for a total score out of 100.

NO LIVE WEAPONS. Only Staffs and plastic/wooden swords are allowed.