



# BRITISH TAEKWONDO INTERNATIONAL POOMSAE CHAMPIONSHIPS 2018

## 14th-15th JULY 2018

Closing date for entries: 24th June 2018

**WT Recognised Poomsae,  
Freestyle Poomsae  
& Para Poomsae**



**Sports Dock**

**University of East London**

**Docklands Campus, University Way**

**London, E16 2RD**

Online registration: <https://tpss.eu/>

For more information contact: [Gemma.Biescas@Britishtaekwondo.org](mailto:Gemma.Biescas@Britishtaekwondo.org)





Dear Taekwondo Friends,

It is with great pleasure that the British Taekwondo GB Poomsae would like to invite you to the 2018 British Taekwondo International Poomsae, Freestyle & Para Championships in London. The Organisers will be using the traditional scoring system all categories Cut-Off System – but will be using the new proposed age categories and compulsory poomsae.

Please read the information carefully and if you have any queries – please contact us.

DATES:

**Saturday 14<sup>th</sup> July 2018**

(18+Poomsae/Freestyle/Para/demo bigak)

**Sunday 15<sup>th</sup> July 2018**

(U17 divisions/U17 Freestyle/Para/demo bigak)

VENUE:

Sportsdock UEL, University of East London,  
Docklands Campus, 4-6 University Way, London E16 2RD  
[www.sportsdock.co.uk](http://www.sportsdock.co.uk)

Registration:

<https://tpss.eu/>

**WT Global athletes' license and officials' license are mandatory and will be checked at registration**

Closing Date:

Sunday 24<sup>th</sup> June 2018

Payments due before:

Sunday 1<sup>st</sup> July 2018 (late charges apply)

Compulsories announced:

Wednesday 11<sup>th</sup> July

Competition Team Accreditation:

8:30am Morning of the Championships  
(collect pack – coaches meeting 9am)

Starting Time:

09:30am

Spectators' fee:

£5 per day

Event Organiser:

British Taekwondo

Competition Supervisory Board:

Master Said Khelwatty

[Said.Khelwatty@Britishtaekwondo.org](mailto:Said.Khelwatty@Britishtaekwondo.org)

Grandmaster TW Shin 9<sup>th</sup> Dan (IR)

[tongwanshin@gmail.com](mailto:tongwanshin@gmail.com)



Referee Director: Master Mustapha Moutarazak

Para & Freestyle Coordinator: Master Gemma Biescas  
[Gemma.Biescas@Britishtaekwondo.org](mailto:Gemma.Biescas@Britishtaekwondo.org)

Logistics Advice & Assistance: Mr Mehdi Mirza  
[mehdi@ktwacademy.com](http://mehdi@ktwacademy.com)

### **PAYMENTS**

Please send complete payments for the whole team and not individuals – payments are to be made in UK Pound Sterling for the correct amount by Bank Transfer to the account below - Reference = 'Club-name Poomsae' . Late payments will incur an extra payment of £5 per entry.

#### **Payment Details:**

NAME = British Taekwondo Control Board (WTF) Ltd  
BANK = HSBC  
SORT CODE = 40-24-32  
ACCOUNT = 11465503  
IBAN: GB26HBUK40243211465503  
BIC: HBUKGB4137G

### **Competitors/Coaches**

All competitors and coaches from the United Kingdom must have a valid British Taekwondo Licence for the BT Audit. International competitors need to have a valid registration with their Countries Member National Association (MNA) – a National Governing Body of a Sovereign State. GAL licences are required for this Championships.

Please check all entries – amendments after the closing date will incur a £20 administration cost – no amendments will be made on the day.

### **Entry Fees**

Entry fee for ALL divisions = **£45**  
(individual, pair, team/para/freestyle individual, pair, team, Bigak Demo Division)

Organisers have the right to make any necessary changes. All competitors participate at their own risk, no claim whatsoever can be made against the organizer or British Taekwondo. The organisers and British Taekwondo shall not accept responsibility for any damages, injuries, or losses sustained or incurred. By entering the Championships you are agreeing to the taking of photographs and media images to be used to promote the Championships.

All freestyle competitors will need to sign a waiver on the day of the championships to accept full responsibility for an injury they may sustain.

Competitors requiring a TUE for prohibited medication will need to complete this application and submit a copy to the organizer before the event.

## LOGISTICS

Competitors need to make their own travel & accommodation arrangements

Nearest Airport = The Nearest Airport to Sportsdock is **CITY AIRPORT (LCY)** address: E16 2PX  
[www.londoncityairport.com](http://www.londoncityairport.com)

Other London airports may be some distance away – but many have links into Central London.

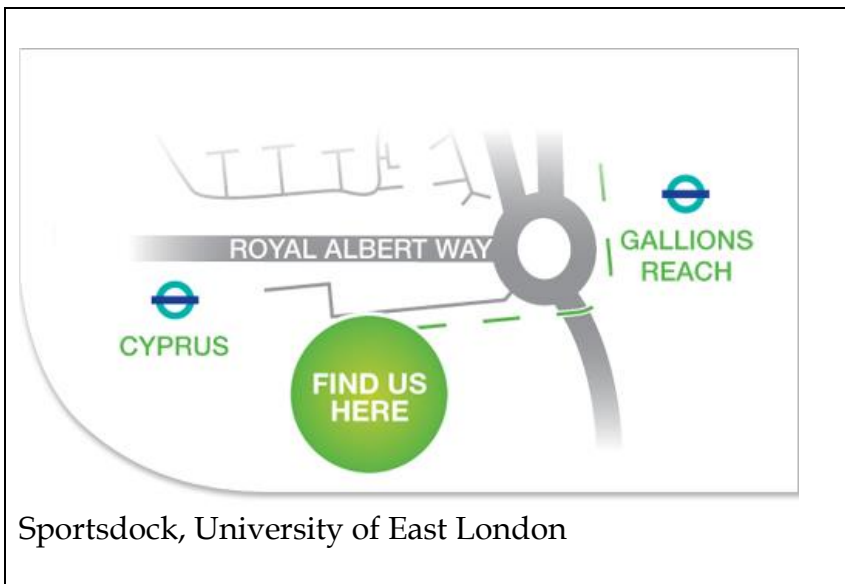
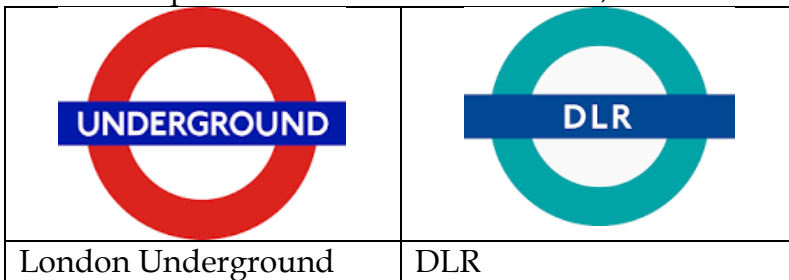
### Accommodation

It is advised to stay outside the city near a DLR station and travel in on the morning of the Championships.

### Travel by Tube / DLR (Docklands Light Railway)

The closest station to the Sportsdock is Gallions Reach DLR, and to the Campus is Cyprus DLR. DLR is the Docklands Light Railway and is a different line to London Underground.

The DLR is part of the London travel zone, fare zones 1-4 are all accepted for travel.



You can use the Transport for London TFL journey planner on the TFL website [www.tfl.gov.uk](http://www.tfl.gov.uk)

### By Bus

Bus routes near the campus include 101, 173, 262, 300, 366, 376, 474, N551 (more info on TFL).

### By Car

Free Parking is available on the campus.

The Logistics coordinator is available to offer advice for travel: [mehdi@ktwacademy.com](mailto:mehdi@ktwacademy.com)



## CHAMPIONSHIP DETAILS

### Ages & Grades

All age categories (Dan, Kup, Para, Freestyle) are based on year of birth and not age at the competition. Therefore it is their age on 31<sup>st</sup> December 2018. Categories open to 2<sup>nd</sup> Kup Red Belt & above – all competitors must know the compulsory poomsae range.

### Method of Competition

Cut-off System is to be used. 1<sup>st</sup> Round: 20 or more competitors. 2<sup>nd</sup> Round: 9-19 competitors or 50% from 1<sup>st</sup> Round. Final – Top 8 Competitors: (Groups with 9 competitors may be a straight final)

### Awards

1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, & 4<sup>th</sup> Place awards shall be given for each category.

Individual Awards will be presented immediately after the category final with photographs at the podium area.

### Club Awards:

1<sup>st</sup> place = 9 points, 2<sup>nd</sup> = 6 points, 3<sup>rd</sup> = 3 points, 4<sup>th</sup> = 2 points

Team awards will be calculated over the two days and awards will be presented at the end of the Championships on Sunday.

### Protests

Any protests must be made by the Club Coach on completion of the Official Protest form within 10 minutes of the end of that contest to the Judging Director: The protest fee is £75 (refunded if protest is won).

## BIGAK DEMO CATEGORY Bigak 2 Only

MALE Senior 18+ yrs day 1 Saturday

FEMALE Senior 18+ yrs day 1 Saturday

MALE Junior & Cadet U17/U14 day 2 Sunday

FEMALE Junior & Cadet U17/U14 day 2 Sunday

We are inviting competitors to enter the competitive 'Demo' Category – Perform Bigak 2 Gold, Silver, 2 x Bronze will be awarded in the above 4 categories for performance of Bigak 2. For more information and to ENTER players and to check the video of the Bigak 2 – please contact Master Gemma Biescas - [Gemma.Biescas@Britishtaekwondo.org](mailto:Gemma.Biescas@Britishtaekwondo.org)

## Compulsory Poomsae

The compulsory poomsae will be emailed out on Wednesday 11<sup>th</sup> July. Competitors may be asked to perform any of the Poomsae from their set list in the order listed in the Compulsory Poomsae. Two Poomsae will be performed in each round.

### **DAN INDIV/PAIRS/TEAMS MUST ALL BE OF THE CORRECT AGE DIVISION**

	<b>INDIVIDUAL - DAN GRADES</b>
Until 11 yrs	Taegeuk 4, 5, 6, 7, 8 jang, Koryo
Cadets 12 - 14 yrs	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang
Juniors 15 - 17 yrs	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang, Taeback
18 - 30 yrs	Taegeuk 6, 7, 8 jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
31 - 40 yrs	
41 - 50 yrs	Taegeuk 8 jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
51 - 60 yrs	Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
61 - 65 yrs	
66+ yrs	

	<b>PAIR - DAN GRADES (1 male + 1 female)</b>	<b>TEAM - DAN GRADES (3 male or 3 female)</b>
Until 11 yrs	Taegeuk 4, 5, 6, 7, 8 jang, Koryo	Taegeuk 4, 5, 6, 7, 8 jang, Koryo
Cadet 12 - 14 yrs	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang
Junior 15 - 17 yrs	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang, Taeback	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang, Taeback
18 - 30 yrs	Taegeuk 6, 7, 8 jang, Koryo Keumgang, Taeback, Pyongwon, Shipjin	Taegeuk 6, 7, 8 jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
31+ yrs	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon

## FREESTYLE

Saturday 14<sup>th</sup> July = 18+ yrs Individual, Pair (M,F), Team 2 M/3 F or 3 F/2 M)

Sunday 15<sup>th</sup> July = U17 (12-17 yrs) Individual, Pair (M,F), Team 2 M/3 F or 3 F/2 M)

### Basic Information

- Music & choreography shall be the choice of the contestant. However, it should not contain any **political, social and religious** contents. **60-70 seconds Long**
- Email music by 1<sup>st</sup> July 2018 – Bring USB copy on day.
- Competitor must be fit, able & competent to perform all the movements of their routine – all competitors compete at their own risk.
- For more information contact [Gemma.Biescas@Britishtaekwondo.org](mailto:Gemma.Biescas@Britishtaekwondo.org) – and to email music

Freestyle divisions will be only 1 round – Freestyle Competitors perform only One Poomsae.

## PARA CATEGORIES – 2018

Para categories will be on both days of the Championships please check carefully to check which day you are competing. There will be WT Official Categories P20 & P30, but we will also hosting non-official categories as listed below. For Further information on these categories and how to register please contact: [Gemma.Biescas@Britishtaekwondo.org](mailto:Gemma.Biescas@Britishtaekwondo.org)

### Format

9-19 entrants 2<sup>nd</sup> Round /8 competitors – FINAL / Competitors perform 2 Poomsae Each Round

All Para categories are open to Yellow Belts (8<sup>th</sup> Kup) and Above in one category.

Official categories P20/P30 shall be split by age sex & Junior/U30/ +31

All other categories shall be mixed ages. Compulsories only given to P30.

<u>CATEGORY</u>	<u>Information</u>
<b>SATURDAY CATEGORIES</b>	
P20 Senior Male	Intellectual Impairment U30 years Free Choice (with bonus points)
P20 Senior Female	Intellectual Impairment U30 years Free Choice (with bonus points)
P20 Senior Male	Intellectual Impairment +31 years Free Choice (with bonus points)
P20 Senior Female	Intellectual Impairment +31 years Free Choice (with bonus points)
P30 U30 Male	U30 Yrs Compulsory PoomsaeTaeguek 5 – Sipjin (no Keumgang) deductions
P30 U30 Female	U30 Yrs Compulsory PoomsaeTaeguek 5 – Sipjin (no Keumgang) deductions
P30 +31 Male	+31 Yrs Compulsory PoomsaeTaeguek 8 – Hansoo (no Keumgang) deductions
P30 +31 Female	+31 Yrs Compulsory PoomsaeTaeguek 8 – Hansoo (no Keumgang) deductions
P50 Male	Wheelchair 12+ yrs – Free Choice Poomsae
P50 Female	Wheelchair 12+ yrs – Free Choice Poomsae
P60 Male	Deaf/Hearing Impairment 12+ yrs – Free Choice Poomsae
P60 Female	Deaf/ Hearing Impairment 12+ yrs – Free Choice Poomsae

## SUNDAY CATEGORIES

P10 Male	Visual Impairment 12+ yrs - Free Choice Poomsae
P10 Female	Visual Impairment 12+ yrs - Free Choice Poomsae
P20 Junior Male	Intellectual Impairment 12-16 years Free Choice (with bonus points)
P20 Junior Female	Intellectual Impairment 12-16 years Free Choice (with bonus points)
P30 Junior Male	Physical Impairment 12-16 Yrs Compulsory PoomsaeTaeguk 4 - Koryo
P30 Junior Female	12-16 Yrs Compulsory PoomsaeTaeguk 4 - Koryo (deductions)
P40L Male	Lower Limb Deficiency 12+ yrs - Free Choice Poomsae
P40L Female	Lower Limb Deficiency 12+ yrs - Free Choice Poomsae
P40U Male	Upper Limb Deficiency 12+ yrs - Free Choice Poomsae
P40U Female	Upper Limb Deficiency 12+ yrs - Free Choice Poomsae
P70 Male	Short Stature - Free Choice Poomsae
P70 Female	Short Stature - Free Choice Poomsae

P20 athletes & P30 athletes must have provisional or full classification status.

### **P20**

Athletes shall perform 2 free-choice recognized poomsae from Taeguk 1 to Sipjin - Bonus points for higher poomsae:  
Taeguk 1-3 = no bonus / Taeguk 4-7 = 0.3 bonus / Taeguk 8-Sipjin = 0.5 bonus.

### **P30**

Will have compulsory poomsae - but may choose free-choice with deduction points: Any free choice = 0.6 deduction -  
then - / Taeguk 1-3 = 0.5 deduction / Taeguk 4-7 = 0.3 deduction / Taeguk 8-sipjin = no additional deduction.