

DAVID ROSS SPORTS VILLAGE
UNIVERSITY OF NOTTINGHAM

31 OCTOBER &
01 NOVEMBER 2026



 **BRITISH
TAEKWONDO**



**BRITISH
TAEKWONDO
NATIONAL
POOMSAE
CHAMPIONSHIPS**

WELCOME

I am delighted to welcome you to the 2026 British Taekwondo National Poomsae Championships, my first as Chief Executive of British Taekwondo.

Returning to Nottingham for a second consecutive year, and to the excellent David Ross Sports Village, I am excited to see this key event in our calendar continue to grow and flourish as a showcase for the very best of British Poomsae.

In a World Championship year, I hope the National Championships will inspire every member of our community to perform at their best, and unite us in celebrating our collective passion for Taekwondo.

Beyond the competition itself, the event is a chance for our community to come together and recognise the values that underpin Taekwondo. It is an opportunity to celebrate and support one another's development and share in the passion that unites us all.

I look forward to seeing you in Nottingham and wish all competitors the very best of luck.

Dave Marshall
Chief Executive Officer

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BRITISH TAEKWONDO NATIONAL POOMSAE CHAMPIONSHIPS

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OVERVIEW

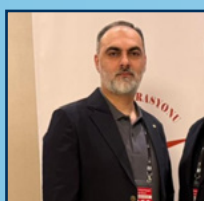
VENUE:

David Ross Sports Village, University of Nottingham, University Park, Nottingham NG7 2RD

DATES:

SATURDAY 31st October & SUNDAY 1st November

TECHNICAL DELEGATE



MASTER SAID KHELWATTY

CHIEF REFEREE



MASTER KAMBIZ R. ALI MBE

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TIMETABLE

The timetable for the British Taekwondo National Poomsae Championships will be published here on the British Taekwondo website

The version of the timetable on the British Taekwondo website will be the only 'official' version. British Taekwondo will only ever send out links to the webpage to ensure that there are no out of date documents in circulation.

If changes to the schedule are made, they will be first updated on the event webpage, then notifications will be posted in the following locations:

- Email to instructors and coaches
- Event WhatsApp channel
- British Taekwondo social media channels.

Weekend Overview

Saturday 31st October

- All Dan grade categories
- All Freestyle categories
- All Family Dan Grade categories.

Sunday 1st November

- All Para poomsae categories
- All Kup grade categories
- Kup and mixed grade Family categories.

Daily Schedule & Running Order

The detailed event timetable and running order will be sent to all teams no later than Thursday 29th October.

British Taekwondo
National Poomsae
Championships
WhatsApp channel





BRITISH TAEKWONDO NATIONAL POOMSAE CHAMPIONSHIPS

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PARTICIPANT ELIGIBILITY

All competitors must be:

- Members of British Taekwondo at the point of registration and on the time of the competition
- UK passport holders **OR** residents in the United Kingdom (including Crown Dependencies and Overseas Territories)

Every club that enters competitors must have a valid Welfare Officer on **My Club Hub**.

If you have any issues with membership, please ask your club coach/ instructor to contact British Taekwondo membership services on

membership.services@britishtaekwondo.org or call **0161 697 5330**

Coaches

To be eligible to coach, coaches must meet all of the following requirements:

- Minimum age: 18 years old on the day of the competition
- Hold a current British Taekwondo Membership
- Hold a valid Coach Licence, which requires:
 - A valid disclosure check (DBS, PVG, Access NI) accessible by British Taekwondo
 - [How to apply for a new DBS through My Club Hub](#)
 - [Renewing your DBS](#)
 - Safeguarding in Sport Course
 - [Click here to complete the free online Safeguarding Training course](#)
 - Crash Course online concussion awareness course
 - [Click here to complete the Crash Course Concussion course](#)
(You must complete the quiz linked at the bottom of the page)

Referees

The Chief Referee will select both international and national referees in consultation with the British Taekwondo Poomsae Referee Department.

Invitations will be sent in due course by the Chief Referee, Master Kambiz R. Ali MBE.



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cont.

Welfare Officers

Every club that enters athletes must have a Licensed Welfare Officer recorded on **My Club Hub**.

To be eligible to act as Welfare Officer, you must meet all of the following requirements:

- Minimum age: 18 years old on the day of the competition
- Hold a current British Taekwondo Membership
- Hold a valid Welfare Officer Licence which requires the below:
 - A valid disclosure check (DBS, PVG, Access NI) accessible by British Taekwondo
 - [How to apply for a new DBS through My Club Hub](#)
 - [Renewing your DBS](#)
 - Safeguarding in Sport Course
 - [Click here to complete the free online Safeguarding Training course](#)
 - Time to Listen online course
 - [Click here to complete the UK Coaching Time to Listen course](#)

DIVISIONS

Division	Belt Requirements (Lower Upper)	
Dan	1st Dan / Poom and higher, Kukkiwon holder	
K1	2nd Kup (Red Belt)	1st Kup (Black Tag)
K2	6th Kup (Green Belt)	3rd Kup (Red Tag)
K3	9th Kup (Yellow Tag)	7th Kup (Green Tag)
Para A-Class	1st Dan / Poom and higher, Kukkiwon holder	
Para B-Class	9th Kup (Yellow Tag) to 1st Kup (Black Tag)	
Freestyle	2nd Kup (Red Belt) and above	
Competitors must enter the division that reflects their grade on the day of the competition. Any competitors competing in an incorrect division will be disqualified immediately and further sanctions may be applied to the instructor or club.		

All competitors will compete in their 2026 age division.

Age categories are based on the year of birth. For example, if a player is 17 years old on the day of the competition but will turn 18 before the end of the calendar year (2026) then the player will participate in the U30 category (18 - 30 years old).

Players can enter a maximum of one recognised individual, one para poomsae individual, one pair and one team PLUS additional Freestyle PLUS additional Family (pair and team) divisions.

The relevant eligibility must be met for each division.

Multiple Individual Division Entries

Para poomsae competitors are permitted to enter recognised divisions on the basis that they will be scored using recognised scoring criteria, with no adaptations or adjustment based on impairment.

They compete in all divisions as full competitors and can be awarded medals and score team points. Athletes entering a Para Poomsae division and a Recognised Poomsae division must pay the full initial entry fee for both divisions, followed by any applicable additional division fees.

SATURDAY 31ST OCTOBER

All Dan grade divisions and Freestyle divisions will take place on Saturday 31st October.

Individual Divisions

Division	Compulsory Poomsae / Poomsae Range
U11 Years – Born 2015 or later	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
U14 Years – Born 2012, 2013 or 2014	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
U17 Years – Born 2009, 2010 or 2011	Taegeuk 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon
U30 Years – Born 1996 – 2008	Taegeuk 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae
U40 Years – Born 1986 – 1995	
U50 Years – Born 1976 – 1985	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
U60 Years – Born 1966 – 1975	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
U65 Years – Born 1961 – 1965	
U70 Years – Born 1956 – 1960	
71+ Years – Born 1955 or before	

Dan Pairs

Pairs must be one male and one female competitor.

Division	Compulsory Poomsae
U11 Years – Born 2015 or later	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
U14 Years – Born 2012, 2013 or 2014	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
U17 Years – Born 2009, 2010 or 2011	Taegeuk 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon
U30 Years – Born 1996 – 2008	Taegeuk 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae
U50 Years – Born 1976 – 1985	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
U60 Years – Born 1966 – 1975	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
61+ Years – Born 1965 or before	



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cont.

Dan Teams

Teams must be three competitors of the same sex (male or female)

Division	Compulsory Poomsae
U11 Years – Born 2015 or later	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
U14 Years – Born 2012, 2013 or 2014	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
U17 Years – Born 2009, 2010 or 2011	Taegeuk 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon
U30 Years – Born 1996 – 2008	Taegeuk 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae
U50 Years – Born 1976 – 1985	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
U60 Years – Born 1966 – 1975	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
61+ Years – Born 1965 or before	

Freestyle Divisions

Freestyle divisions are only open to 2nd Kup and above. Divisions are combined Kup and Dan.

Male Individual	Female Individual	Mixed Pairs (Male / Female)	Mixed Team
12 – 17 Years (Born 2009 – 2014)			
18+ Years (Born 2008 or before)			

Teams must have 5 competitors, with at least two competitors of each sex (male/female).

All freestyle divisions will compete according to the latest WT rules.

Freestyle poomsae is technically demanding and carries an increased risk of injury.

It is the responsibility of coaches and competitors to ensure they can perform the compulsory requirements of freestyle routines safely.

- Performances shall be 90 - 100 seconds
- Music to be supplied by competitors in MP3 or MP4 format.
- Music cannot be supplied through streaming services or YouTube.
- Music cannot contain any lyrics.
- Music must be submitted by email no later than Wednesday 28th October to events@britishtaekwondo.org

Freestyle competitors must also bring a physical storage device (e.g memory stick) with their music to the event.

SUNDAY 1ST NOVEMBER

All Kup grade divisions, Para Poomsae and mixed grade Family divisions will take place on Sunday 1st November.

K1 Individual Divisions

Division	
U7 Years – Born 2019 or later	Compulsory Poomsae selected from Taeguk 4 to Taeguk 8
U9 Years – Born 2017, 2018	
U11 Years – Born 2015, 2016	
U14 Years – Born 2012, 2013 or 2014	
U17 Years – Born 2009, 2010 or 2011	
U30 Years – Born 1996 – 2008	
U45 Years – Born 1981 – 1995	
46+ Years – Born 1980 or before	

K2 Individual Divisions

All Poomsae chosen by competitor. Poomsae cannot be repeated in same round.

Division	
U7 Years – Born 2019 or later	Poomsae selected from Taeguk 2 to Taeguk 6
U9 Years – Born 2017, 2018	
U11 Years – Born 2015, 2016	
U14 Years – Born 2012, 2013 or 2014	
U17 Years – Born 2009, 2010 or 2011	
U30 Years – Born 1996 – 2008	
U45 Years – Born 1981 – 1995	
46+ Years – Born 1980 or before	



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cont.

K3 Individual Divisions

All Poomsae chosen by competitor.

May repeat Poomsae in the same round

Division	
U7 Years – Born 2019 or later	Poomsae selected from Taeguk 1 to Taeguk 3
U9 Years – Born 2017, 2018	
U11 Years – Born 2015, 2016	
U14 Years – Born 2012, 2013 or 2014	
U17 Years – Born 2009, 2010 or 2011	
U30 Years – Born 1996 – 2008	
U45 Years – Born 1981 – 1995	
46+ Years – Born 1980 or before	

Kup Pairs and Teams

All Poomsae chosen by competitor.

K3: May repeat Poomsae in the same round

Pair Divisions	K1	K2	K3
U7 Years – Born 2019 or later	✓	✓	✓
U9 Years – Born 2017, 2018	✓	✓	✓
U11 Years – Born 2015, 2016	✓	✓	✓
U14 Years – Born 2012, 2013 or 2014	✓	✓	✓
U17 Years – Born 2009, 2010 or 2011	✓	✓	✓
U30 Years – Born 1996 – 2008	✓	✓	✓
31+ Years – Born 1995 or before	✓	✓	✓

Pairs must be one male and one female competitor.

Teams must be three competitors of the same sex (male or female).

The poomsae range for Kup pairs and teams is the same as the equivalent individual division.

Family Divisions

Family Divisions will once again feature in the British Taekwondo National Poomsae Championships and will contribute to the overall team scores.

There will be Family divisions for pairs and teams in Kup, Dan, and mixed grades (see table below).

- At least two generations are required for a family pair or team.
For example, parent/child, grandparent/grandchild. Any combination of generations is allowed, but must be direct relations, e.g. grandparent, parents, and children - not aunts/uncles/cousins.
- One participation per family only is allowed.
For example, choose **ONE** from:
Kup Team, Kup Pair, Mixed team, Mixed Pair, Dan Team or Dan Pair
- There are no age limits or gender restrictions for family divisions
- Poomsae can be freely selected.
- All family divisions are direct to a final using the cutoff scoring method.
- Two different Poomsae must be performed from the recognised Poomsae.

Grade	Division	Number of competitors	Age	Poomsae Selection	Day of Competition
Dan	Family Pair	2	No Restriction	Taegeuk 4 -Hansu	Saturday
	Family Team	3			
Kup	Family Pair	2		Taegeuk 1-8	Sunday
	Family Team	3			
Mixed (Minimum 1 x Kup & 1 x Dan)	Family Pair	2			
	Family Team	3			

PARA POOMSAE

Para Poomsae Sport Classes

Impairment Type	Impairment Group	Sport Classes
Visual	P10	P11 P12
Intellectual	P20*	P21 (II1) P22 (II2) P23 (II3)
Neurological	P30	P31 P32 P33 P34 P35
Physical	P40	P41 P42 P43 P44 P45
Assistive Devices	P50	P51 P52 P53
Deaf	P60	P60
Short Stature	P70	P72 (Male) P72 (Female)

*Athletes who do not have an official IQ test result will be entered into the P23 division.

Para Poomsae competitors who do not have a confirmed World Para Taekwondo International Sport Classification must complete and submit the Medical Diagnostic Form and send it to disability@britishtaekwondo.org and para.poomsae@britishtaekwondo.org with any supporting documents before Friday 4th September.

The documentation will be reviewed for indicative eligibility, and the athlete will be contacted to advise the provisional Sport Class.

For more information or questions about classification and Sport Classes please contact British Taekwondo by emailing disability@britishtaekwondo.org

Para Poomsae Divisions and Ranges

The follow competition method will apply to all Sport Classes.

For **A-Class** competitors there will be a free choice of one Poomsae from Group 1 and one Poomsae from Group 2 (see table below).

For **B-Class** competitors there is a free choice of two different poomsae from the poomsae range. B-Class competitors may not repeat the same poomsae in the same round.

If there is more than one round of competition (e.g., a semi-final and final), all competitors may repeat their poomsae from the previous round.

A-Class (all Dan grades)		
Division	Poomsae Range	
	Group 1	Group 2
U11 years - Born 2015 or after	Taegeuk 3, 5, 6, 7 Jang	Taegeuk 8 Jang, Koryo, Keumgang*, Taebaek
U14 Years – Born 2012, 2013 or 2014	Taegeuk 3, 5, 6, 7 Jang	Taegeuk 8 Jang, Koryo, Keumgang*, Taebaek
U17 Years – Born 2009, 2010 or 2011	Taegeuk 3, 5, 6, 7 Jang	Taegeuk 8 Jang, Koryo, Keumgang*, Taebaek
18+ Years – Born 2008 or before	Taegeuk 3, 5, 6, 7 Jang	Taegeuk 8 Jang, Koryo, Keumgang*, Taebaek
B-Class (all Kup grades)		
Division	Poomsae Range	
U11 Years – Born 2015 or later	Taegeuk 1,2, 3, 4, 5, 6, 7, 8 Jang	
U14 Years – Born 2012, 2013 or 2014		
U17 Years – Born 2009, 2010 or 2011		
18+ Years – Born 2008 or before		

*Keumgang will not apply for P30

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REGISTRATIONS

Registration Link

All registrations must be made online through Martial Events:

[Enter here](#)

Mixed club teams and pairs

To register pairs and teams from different clubs one club instructor must create a new club registration for the combined Team/Pair and enter all players. (This is the same as the process for the 2025 National Poomsae Championships).

(e.g. Chung Taekwondo & Hong Taekwondo) and enter all competitors.

If you require support for event registration, please contact British Taekwondo on **events@britishtaekwondo.org**

Amendments / Changes

Please ensure all entry information has been thoroughly checked before submitting the application.

Amendment deadline: Friday 23rd October 2026

Any changes or amendments after Friday 23rd October will be dealt with on the day at the discretion of the organising committee. An administration fee of £20 per change will apply.

Entries can be amended before the closing date by contacting **events@britishtaekwondo.org**

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OPENING AND CLOSING DATE

Registrations open: Monday 27th July 2026

Registrations close: Monday 5th October 2026 at 17:00

ENTRY FEES, PAYMENTS AND REFUNDS

Entry Fees

The individual entry fees for this event are:

Category	Paid on or before 07 October		Paid between 08 – 15 October	
	First division fee	Additional division fee (per division)	First division fee	Additional division fee (per division)
Dan	£55	£13	£60	£15
Kup	£50	£13	£55	£15
Para	£50	£13	£55	£15
Freestyle	£55	N/A	£60	N/A
Payment link	<u>Pay here before 07 October</u>		<u>Pay between 08 - 15 October</u>	

Payment Instructions

Entry fees that are not paid by Wednesday 7th October will be charged at a higher rate per the table above.

Any team or individual that does not complete full payment by Thursday 15th October 2026 will be removed from the system.

Refunds

All entry fees are non-refundable except in the case of withdrawal on medical grounds.

Players who withdraw from competition on medical grounds must request a withdrawal and provide evidence of the injury or medical condition, provided by a medical professional, to events@britishtaekwondo.org within 10 working days of the event.

After 10 working days no refunds will be approved.

COACH ACCREDITATION

Coach accreditation must be collected in person and can only be handed out to the named coach. Coaches and athletes cannot collect accreditation on behalf of another coach.

No. of athletes	No. of Allocated Coaches Passes
1 – 5 athletes	2
6 – 10 athletes	3
11 – 15 athletes	4
16 – 20 athletes	5
21 – 25 athletes	6
Every additional 5-players will gain 1 additional free coach pass.	

Additional coaching passes may be purchased for £25 each. Clubs should register additional coaches above the quota of free coach passes on the entry system.

British Taekwondo will send an invoice by email at the end of the registration period for any additional passes that require payment.

Coaches will only be permitted at courtside if they have an athlete competing.

Coaches must wear sportswear and sports shoes. Coaches must not wear Taekwondo uniforms, sandals, flip flops, shorts, or headwear whilst coaching, except for head coverings for religious or cultural reasons.



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METHOD OF COMPETITION

- All Dan and K1 divisions will use a combination of cut-off and single elimination
 - Cut off system will be used to reach top 8 competitors
 - Then single elimination will be used to determine top 8 placings
 - Results of cut off system will be used to seed competitors for single elimination
 - Divisions with 8 or fewer competitors will use single elimination without seeding
 - Individual Dan and K1 divisions will use side-by-side single elimination
 - Pair and Team Dan and K1 divisions will use one-at-a-time single elimination
 - As the competition will run under World Taekwondo single elimination format, Poomsae will be drawn courtside prior to the start of each match.
- All K2 and K3, Para, Freestyle and Family divisions will use the Cut off system.
 - Preliminary: 20 or more competitors.
 - Semi-final: 9-19 competitors, or 50% from 1st round.
 - Final: Top 8 competitors. Groups with 9 competitors progress to a straight final

Organisers have the right to make necessary changes.

Compulsory Poomsae

As the competition will use hybrid competition method any Dan or K1 divisions with a preliminary and/or semi-final round will have the compulsory poomsae for these rounds published on Wednesday 28th October.

The compulsory poomsae will be distributed as follows:

- Published on the British Taekwondo website [here](#)
- Sent by email to the club instructors and coaches who registered players (ensure the correct email address is used)
- A link will be posted on the WhatsApp channel
- Published on British Taekwondo social media channels.

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.

Single Elimination: the Poomsae required for the competing players will be announced on court immediately before the match starts. (Only applies to finals of Dan and K1 divisions).

British Taekwondo
National Poomsae
Championships
WhatsApp channel



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THERAPEUTIC USE EXEMPTION (TUE)

Competitors who require a TUE for prohibited medication must complete the application and submit a copy to UK Anti-Doping before the event.

Click here to visit the UK Anti-Doping website for information about applying and submitting a TUE: [UK Anti-Doping | TUE information](#)

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DOPING CONTROL

British Taekwondo and its members are subject to the World Anti-Doping Code and the list of prohibited substances and methods in force at the time of the event. Doping control may be undertaken at random.

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MEDALS AND AWARDS

Individual Medals

1st (Gold), 2nd (Silver), 3rd (Bronze) and 4th (Bronze) place awards will be presented in each category.

Individual awards will be presented on the mat by the referees immediately after the division final. A podium and backdrop will be available for photographs outside the field of play.

Team Awards

Team awards will be presented each day for Dan competition, Kup competition, and Para competition.

An Overall Best Team trophy for 1st, 2nd and 3rd place teams will be presented at the end of the second day.

Team awards are calculated based on points accumulated by players representing clubs.

Position	Team points
1st Place	9 points
2nd Place	6 points
3rd Place	3 points

- If there is a tie in overall team points, the most gold medals will win.
- If there is a tie after gold medal count, the team with the lowest number of competitors will win.

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UNIFORM AND EQUIPMENT

Dan Grades

Dan grade (black belt, aged 15 and over) participants must wear the correct Dan poomsae dobok, or a plain black V-neck dobok with a dan belt.

Poom Grades

Poom grade (black belt, aged under 15) participants must wear a Poom poomsae dobok or a plain Poom dobok with a poom belt.

Kup Grades

Kup grade participants must wear a white dobok with plain white V-neck collar (not black or poom) and the correct belt for their grade.

Incorrect Uniform

Participants wearing incorrect uniform will be permitted to compete but will receive a score deduction by the referees under presentation of the poomsae.

Official British Taekwondo Poomsae Performance 'GBR' doboks are NOT permitted.

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PROTESTS

Any protest must be made by the club coach by completing an official protest form within 10 minutes of the end of the contest, to the Competition Supervisory Board.

The protest fee is £75 (refunded if the protest is successful).

In accordance with World Taekwondo rules protests may only be made about procedural errors, not about scoring.



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LIABILITY

All competitors are participating at their own risk. British Taekwondo assumes no responsibility for any damages, injuries, or losses.

By submitting a competitor or coach application you are confirming that you are fit and able to take part in this competition and do not suffer from any illness or condition that would prevent you from taking part.

First-aid medical cover will be in place throughout the competition.

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SPECTATORS

Purchasing tickets

Tickets will only be available for sale online and can be ordered before the event, or when you arrive by scanning the QR code posters before entering the arena.

Competitors and coaches do not require spectator tickets; their accreditation provides access to the full weekend of competition.

[Head to our ticketing partner JustTikit to purchase tickets now](#)

Ticket Type	Price*
Adult Day Pass	£12
Adult Weekend Pass	£16
Concession** Day Pass	£9
Concession** Weekend Pass	£12
Children aged 4 and below	Free

*A booking fee will be applied at checkout for all tickets

**Concession is anyone aged between 5-15, or 65 and above. Includes people with a disability

Children aged 4 and below do not require a ticket.

Companion passes will be available on the door and do not require pre-booking; these are intended for people to support spectators or athletes with disabilities. There is no charge for a companion pass.

Spectator behaviour

The British Taekwondo National Poomsae Championships is a family friendly event with a zero-tolerance approach to all forms of abuse. Verbal abuse of any kind, towards event & venue staff, officials and competing teams is unacceptable. Taekwondo values expect people to be respectful whilst enjoying participating in, and supporting at, events. The venue also has a zero-tolerance policy with regards to poor behaviour and people will be asked to leave the venue if found to be abusing others.

TRAVEL, TRANSPORT AND PARKING

Venue address

David Ross Sports Village,
University of Nottingham
University Park,
Nottingham NG7 2RD

Public transport

Nottingham Train Station is a 15-minute drive away, there is a taxi stand outside the train station and Ubers are readily available.

Trams run from the train station to the University campus every 10 minutes. The journey lasts 14 minutes. The stop is 'Toton Lane' to 'University Boulevard'. University Boulevard is a 14-minute walk to the competition venue through the campus.

By car

Use postcode NG7 2QE to reach the West Entrance to University Park Campus.

Parking

There is free parking available at David Ross Sports Village, including eight accessible parking spaces for blue-badge permit holders, and the surrounding Beeston Lane during the competition weekend.

[Visit AccessAble for more information about the accessible parking at the competition venue](#)

Please note that visitors must pay for parking on Friday 30th October but there is no charge over the weekend.

There is additional parking nearby if the DRSV and Beeston Lane spaces are full:

- Nightingale Hall Car Park (3 minute walk)
- Bowling Green Car Park (4 minute walk)
- Rutland Hall Car Park (4 minute walk)
- Sherwood Hall Car Park (5 minute walk)
- Ancaster Hall Car Park (6 minute walk)

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PHOTOGRAPHY AND VIDEO RECORDING

By registering to compete at the event, participants agree to have their image taken whilst in the venue by both British Taekwondo, the media and members of the public.

In addition, images captured at the event may be shown on video, TV and online. If you have any safeguarding concerns in relation to this, please contact safeguarding@britishtaekwondo.org before the event to discuss.

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MEDIA ACCREDITATION

To apply for media accreditation please complete your details on [this form](#) and a member of the team will review your application

Please note, any applications made after Friday 23rd October will not be accepted.

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VOLUNTEERING OPPORTUNITIES

If you would like to contribute to the success of this event, there are many volunteering opportunities available.

[Click here](#) to see the volunteering opportunities available at the British Taekwondo National Poomsae Championships

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BRITISH TAEKWONDO SOCIAL MEDIA

Please keep an eye on social media and the British Taekwondo website for any updates about the 2026 British Taekwondo National Poomsae Championships.

[You can find all British Taekwondo's social channels here](#)



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QUESTIONS AND CONTACT INFORMATION

If you have a question that is not covered in this information pack, please contact British Taekwondo.

British Taekwondo

**House of Sport, Etihad Campus
Rowsley Street, Manchester
M11 3FF**

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