



**NATIONAL POOMSAE, FREESTYLE
& PARA CHAMPIONSHIPS**

2018



BRITISH TAEKWONDO

2018 NATIONAL POOMSAE, FREESTYLE & PARA CHAMPIONSHIPS

WELCOME

It is my pleasure to invite all British Taekwondo Members to take part in the Poomsae, Freestyle and Para National Championships for 2018 which are to be held over the weekend of 15th & 16th December 2018, at the SportsDock UEL, University of East London, London.

These Championships will complete an exciting and full year of Poomsae competition for British Taekwondo which has included team representation at the WT Beach Championships in April, the British Taekwondo International Poomsae Championships in July, together with a full team attendance at the forthcoming WT Poomsae World Championships in November.

The Championships will be held over two days with Kup grades and Para divisions on Saturday and Dan grades on Sunday.

We look forward to seeing everyone in London in December and hope your training and preparation in the run up to the competition goes well.

Good luck

Shirley Stapleton

CEO British Taekwondo

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1 EVENT OVERVIEW

JUDGING DIRECTOR

Grandmaster TW Shin 9th Dan (IR)

LOCATION

SPORTSDOCK UEL
University of East London
Docklands Campus
4-6 University Way
London E16 2RD

To find the SPORTSDOCK, please visit: <http://www.sportsdock.co.uk>

COMPETITION DATE

Saturday 15th & Sunday 16th December 2018

COMPETITION START: 9:30 am

2 CONTESTANT ELIGIBILITY

All participants must be members of British Taekwondo.

MEMBERSHIP

All competitors and coaches must have an up to date membership record on The Hub which will be used to validate all entries. Any competitor or coach who fails the membership audit cannot take part in the competition. Any entry fees cannot be refunded in this case.

We urge all participants to make arrangements to ensure their memberships are up to date before the closing date.

If you have any questions about membership, please ask your club coach/instructor or contact British Taekwondo membership services by email membership.services@britishtaekwondo.org

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3 APPLICATIONS

All applications are to be made online at TaekoPlan Subscription Site www.tpss.eu. Please ensure all details entered online are correct and ensure valid membership numbers are used for every entry.

Participants must enter under the club which they are registered with on The Hub. Clubs cannot combine to enter as one big club, association or squad as the overall team trophies are for clubs only. Pairs and team can be made from different clubs and the points will be divided equally.

All information must be entered when registering players. Any player found not to have entered membership numbers and all other requested information will be removed from the system.

Any players remaining in the online system at the deadline will be responsible for paying the full entry fee even if that player does not compete.

4 ENTRY FEES

	DAN	KUP
Individual	£35	£35
Pairs (per pair)	£35	£35
Teams (per team)	£35	£35
Para Division	£35	£35
Freestyle	£35	
Freestyle (per pair)	£35	
Freestyle Teams (per team)	£35	

Entry fees must be paid in advance to the following bank account:

Account Name: British Taekwondo
Bank: HSBC
Sort Code: 40-24-32
Account Number: 11465503

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Please ensure that all payments are made on or before Friday 7th December 2018 by bank transfer. Please provide payment for whole team (not individual entries) and provide club name in the reference section of the payment. Cheques will not be accepted. Late payments will incur an additional fee of £5 per entry.

No refunds will be provided for non-competing athletes for whom payment has been made. Any team or individual that fails to make payment before the deadline will be charged late payment fees. Payment will not be accepted at registration.

British Taekwondo has the right to make any necessary changes. All competitors participate at their own risk, no claim whatsoever can be made against British Taekwondo. 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.

5 CLOSING DATE

The closing date for applications is 21.00 on 30 November 2018.

6 SPECTATOR FEES

£5 per day. Children under 5 years – free.

7 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 the age on 31st December 2018. Categories are open to 10th Kup White Belt and above – all competitors must know the Compulsory Poomsae range.

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Method of Competition

Cut-off System is to be used. 1st Round: 20 or more competitors. 2nd Round: 9-19 competitors or 50% from 1st Round. Final – top 8 competitors: (groups with 9 competitors may be a straight final).

Entries

Participants must enter as part of a club registration. Clubs must enter as individual clubs.

Awards

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

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

Club Awards:

1st place = 9 points, 2nd = 6 points, 3rd = 3 points, 4th = 2 points

Team awards will be calculated over the two days and awards will be presented at the end of the Championships on Sunday. Mixed club teams/pairs points will be split accordingly.

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).

Compulsory Poomsae

The Compulsory Poomsae will be emailed out on Wednesday 12th December. 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.

Uniforms (Doboks)

Participants are representing their club and are not allowed to wear GB or Home Counties printed doboks. Plain doboks or club doboks only. Normal doboks can also worn.

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8 LOGISTICS

Competitors need to make their own travel & accommodation arrangements

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

By Car: Parking is available on the campus.



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9 EVENT TIMETABLE

SATURDAY 15th DECEMBER	SUNDAY 16th DECEMBER
K1 Mini Peewee Male & Female, Pairs, Teams	Dan U11 Male & Female, Pairs, Teams
K1 Peewee Male & Female, Pairs, Teams	Dan U14 Male & Female, Pairs, Teams
K1 Cadet Male & Female, Pairs, Teams	Dan U17 Male & Female, Pairs, Teams
K1 Junior Male & Female, Pairs, Teams	Dan U30 Male & Female, Pairs, Teams
K1 1 st Senior Male & Female, Pairs, Teams	Dan U40 Male & Female
K1 2 nd Senior Male & Female, Pairs, Teams	Dan U50 Male & Female
K2 Mini Peewee Male & Female	Dan U60 Male & Female
K2 Peewee Male & Female	Dan U65 Male & Female
K2 Cadet Male & Female	Dan +66 Male & Female
K2 Junior Male & Female	Dan +31 Pairs, Teams
K2 1 st Senior Male & Female	Freestyle U11 Male & Female
K2 2 nd Senior Male & Female	Freestyle U17 Male & Female, Pairs, Teams
K3 Mini Peewee Male & Female	Freestyle 18+ Male & Female, Pairs, Teams
K3 Peewee Male & Female	
K3 Cadet Male & Female	
K3 Junior Male & Female	
K3 1 st Senior Male & Female	
K3 2 nd Senior Male & Female	
K2/3 Mini Peewee Pairs, Teams	
K2/3 Peewee Pairs, Teams	
K2/3 Cadet Pairs, Teams	
K2/3 Junior Pairs, Teams	
K2/3 1 st Senior Pairs, Teams	
K2/3 2 nd Senior Pairs, Teams	
Para P10 Male & Female	
Para P20 (Junior/U30/+31) Male & Female	
Para P30 (Junior/U30/+31) Male & Female	
Para P40 (U & L) Male & Female	
Para P50 Male & Female	
Para P60 Male & Female	
Para P70 Male & Female	

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10 KUP GRADE COMPETITION

The Kup categories are split by belt (K3, K2, K1) and by age (Mini Peewee, Peewee, Cadet, Junior, 1st Senior and 2nd Senior). Age is based on year of birth (age on 31st December 2018). K1 competitors can also enter the DAN category but must know the Compulsory Poomsae range.

Players can only enter a maximum of one pair and one team.

Competition Day: Saturday 15th December

Belt	K1 =	2 nd Kup & 1 st Kup (Red Belt & Black Tag)
	K2 =	6 th Kup to 3 rd Kup (Green Belt to Red Tag)
	K3 =	10 th Kup – 7 th Kup (White Belt to Green Tag)
Rules	K1 =	Compulsory Poomsae (12 th December) - Taegeuk 1, 2, 3, 4, 5, 6, 7, 8
	K2 =	Own Choice - Taegeuk 1, 2, 3, 4, 5, 6 Must do 2 different Poomsae but can repeat same 2 in next round
	K3 =	Own Choice - Taeguek 1, 2, 3 Can repeat same Poomsae
Individual Age Categories	U9 =	Mini Peewee
	U11 =	Peewee
	U14 =	Cadet
	U17 =	Junior
	U35 =	1 st Senior
	+36 =	2 nd Senior
Pairs	K1 =	Peewee Pairs (U9 & U11); Cadet Pairs, Junior Pairs; 1 st Senior Pairs; 2 nd Senior Pairs
	K2/3 =	Peewee Pairs (U9 & U11); Cadet Pairs; Junior Pairs; 1 st Senior Pairs; 2 nd Senior Pairs
Teams	K1 =	K1 Peewee Teams Male & Female (U9 & U11); Cadet Teams Male & Female; Junior Teams Male & Female; 1 st Senior Teams Male & Female; 2 nd Senior Teams Male & Female
	K2/3 =	K1 Peewee Teams Male & Female (U9 & U11); Cadet Teams Male & Female; Junior Teams Male & Female; 1 st Senior Teams Male & Female; 2 nd Senior Teams Male & Female

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11 PARA-POMSAE COMPETITION

Only para competitors on the British Taekwondo Para-Poomsae Register are able to compete in these divisions. For more information contact: Para-poomsae@Britishtaekwondo.org.

Format: Cut-off system – 2 Poomsae each Round. P20 & P30 athletes must have provisional or full classification status and will be split by ages. All other categories are mixed ages – Athletes U12 may compete in the Junior division if on the Para-Poomsae Register.

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: Compulsory poomsae – but may choose free-choice with deduction points: any free choice = 0.6 deduction / Taeguk 1-3 = 0.5 deduction / Taeguk 4-7 = 0.3 deduction / Taeguk 8-sipjin = no additional deduction.

Competition Day: Saturday 15th December

P10 Male & Female	Visual Impairment 12+ years – Free Choice Poomsae
P20 Junior Male & Female	Intellectual Impairment 12-16 years Free Choice (with bonus points)
P20 U30 Male & Female	Intellectual Impairment U30 years Free Choice (with bonus points)
P20 +31 Male & Female	Intellectual Impairment +31 years Free Choice (with bonus points)
P30 Junior Male & Female	Physical Impairment 12-16 years Compulsory Poomsae Taeguk 4 – Koryo
P30 U30 Male & Female	U30 years Compulsory Poomsae Taeguk 5 – Sipjin (no Keumgang) deductions
P30 +31 Male & Female	+31 years Compulsory Poomsae Taeguk 8 – Hansoo (no Keumgang) deductions
P40L Male & Female	Lower Limb Deficiency 12+ years – Free Choice Poomsae
P40U Male & Female	Upper Limb Deficiency 12+ years – Free Choice Poomsae
P50 Male & Female	Wheelchair 12+ years – Free Choice Poomsae
P60 Male & Female	Deaf/Hearing Impairment 12+ years – Free Choice Poomsae
P70 Male & Female	Short Stature – Free Choice Poomsae

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12 DAN GRADE COMPETITION

This is a British Taekwondo 2019 Squad Selection event therefore DAN GRADE participants are encouraged to enter their 2019 competition division (please change your date of birth to accommodate this new division). The organisers will also allow competitors moving up in 2019 to compete in both their old division and new division (for individual categories only) – but you will need to enter twice. (Only players moving up can enter twice – you must enter the candidate twice in the system (e.g. Joe Jones1 & Joe Jones2) amend the second date of birth to correspond to 2019 category). Pairs and teams for players moving up can only enter one (your choice of 2018 or 2019 category). K1 competitors can also enter the DAN category but must know the Compulsory Poomsae range. Players can only enter a maximum of one pair and one team.

Competition Day: Sunday 16th December

Divisions	
U11	Male & Female Individuals
U14	Male & Female Individuals
U17	Male & Female Individuals
U30	Male & Female Individuals
U40	Male & Female Individuals
U50	Male & Female Individuals
U60	Male & Female Individuals
U65	Male & Female Individuals
+66	Male & Female Individuals
U11	Pairs
U14	Pairs
U17	Pairs
U30	Pairs
+31	Pairs
U11	Male & Female Teams
U14	Male & Female Teams
U17	Male & Female Teams
U30	Male & Female Teams
+31	Male & Female Teams

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Compulsory Dan Poomsae

Individual – Dan Grades

U11	Taegeuk 4, 5, 6, 7, 8 jang, Koryo
U14	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang
U17	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang, Taebak
U30	Taegeuk 6, 7, 8 jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin
U40	Taegeuk 6, 7, 8 jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin
U50	Taegeuk 8 jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon
U60	Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
U65	Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
+66	Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu

Pairs - Dan Grades - (1 male + 1 female)

U11	Taegeuk 4, 5, 6, 7, 8 jang, Koryo
U14	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang
U17	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang, Taebak
U30	Taegeuk 6, 7, 8 jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin
+31	Taegeuk 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon

Teams - Dan Grades - (3 male or 3 female)

U11	Taegeuk 4, 5, 6, 7, 8 jang, Koryo
U14	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang
U17	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang, Taebak
U30	Taegeuk 6, 7, 8 jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin
+31	Taegeuk 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon

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13 FREESTYLE POOMSAE COMPETITION

This is a British Taekwondo 2019 Squad Selection event so Freestyle participants are encouraged to enter their 2019 competition division (please change your date of birth to accommodate this new division). Kup Grades Blue Belt and above are allowed to compete but must be of the required standard. Players moving up in 2019 can only enter one individual division. (2019 - Please amend date of birth for registration so in correct category)

Pairs are mixed (male & female from the same age division). Teams are mixed (2 females, 3 males or 3 females & 2 males from the same age division).

For the first time we are opening the event to a new division U11 (individual only) this is open to competitors age 9-11 years.

Format

All freestyle divisions will be only 1 round – Freestyle competitors perform only one Poomsae.

Music & choreography shall be the choice of the contestant. However, it should not contain any political, social and religious contents. 60-70 seconds long.

Bring a named USB copy of your music on your competition day.

Competitors must be fit, able & competent to perform all the movements of their routine – all competitors compete at their own risk.

All Freestyle competitors must sign a waiver at the Championships confirming that they are competent to perform the elements of their routine. British Taekwondo accept no responsibility for any injury incurred.

For more information regarding rules and regulations or for information of the next freestyle open seminar please contact: poomsae@britishtaekwondo.org

Divisions

U11 Male & Female Individuals (9 - 11 years)

U17 Male & Female Individuals; Pairs; Teams (12-17 years)

18+ Male & Female Individuals; Pairs; Teams

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14 IDENTIFICATION

All competitors and coaches must bring & show photo ID which matches entry details at registration. Unfortunately, any competitor or coach who fails to confirm their identity cannot take part in the competition.

15 REFEREES

If you would like to register an expression of interest please email to poomsae.referees@britishtaekwondo.org by no later than 9th November 2018. All selected referees will receive confirmation of their appointment via email by 30th November 2018.

16 VOLUNTEERING

If you would like to contribute to the success of this event, there are many volunteering opportunities available. Volunteers may contact events@britishtaekwondo.org to obtain more information and request application forms to register interest.

17 QUESTIONS

If you have a question that is not covered in this invitation please email the Organising Committee at events@britishtaekwondo.org.

18 CONTACT

2018 British Taekwondo National Championships
British Taekwondo
Manchester Regional Arena
Rowsley Street
Manchester
M11 3FF

Email: events@britishtaekwondo.org

Webpage: www.britishtaekwondo.org.uk