BRITISH TAEKWONDO NATIONAL CHAMPIONSHIPS 2019

BRITISH TAEKWONDO

UNIVERSITY OF WORCESTER ARENA

SAT 30 NOVEMBER

SUN 01 DECEMBER

BRITISH TAEKWONDO NATIONAL CHAMPIONSHIPS 2019

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BRITISH TAEKWONDO NATIONAL CHAMPIONSHIPS 2019

WELCOME

Dear Athletes, Coaches & Supporters

We invite all British Taekwondo members to the University of Worcester Arena to take part in the Poomsae National Championships 2019.

This year's event will feature Poomsae, Para-Poomsae and Freestyle divisions and is set to be our biggest event ever.

All Dan Grades and Freestyle divisions will compete on Day 1 - Saturday 30th November and all Kup grades & Para-Poomsae divisions competing on Day 2 - Sunday 1st December

The National's is our flagship event of the year for our membership so club coaches please encourage all of your budding National Champions to sign up.

Remember, this is a 2020 Squad selection event so Dan grades are encouraged to enter their 2020 competition divisions.

We hope you, your club members and supporters will all join us for a great week-end of Taekwondo action in Worcester.

Good luck!

BRITISH TAEKWONDO

The British Taekwondo Board and Team

BRITISH TAEKWONDO NATIONAL CHAMPIONSHIPS 2019

01 EVENT OVERVIEW

COMPETITION HALL:
University of Worcester Arena,
Severn Campus, Hylton Road,
Worcester WR2 5JN

COMPETITION DATE:
Saturday 30th November
& Sunday 1st December 2019

02 TIMETABLE

The event timetable will be emailed to all teams a few days before the event once the program has been set.

03 CONTESTANT ELIGIBILITY

All participants must be members of British Taekwondo.
All competitors must be a UK resident.

MEMBERSHIP
If you have any issues about membership, please ask your club coach/instructor to contact British Taekwondo membership services.

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DIVISIONS

SATURDAY 30TH NOVEMBER 2019

All age categories (Dan, Kup, Para, Freestyle) are based on year of birth and not age at the competition. Therefore the category is your age on 31st December 2019. Categories open to 2nd Kup Red Belt & above – all competitors must know the compulsory poomsae range.

DAN GRADE COMPETITION

This is a British Taekwondo 2020 Squad Selection event therefore DAN GRADE participants are encouraged to enter their 2020 competition division (please change your date of birth to accommodate this new division).

The organisers will also allow competitors moving up in 2020 to compete in both their old division and new division (for individual categories only) – but you will need to enter twice. *(Enter candidate twice – and amend second one date of birth so in the 2020 category) – pairs & teams for players moving up can only enter one (your choice of 2020 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.

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, Taeback
U30 & U40	Taegeuk 6, 7, 8 jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
U50	Taegeuk 8 jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
U60, U65 & U65	Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu

PAIR - DAN GRADES (1 male + 1 female)	**TEAM - DAN GRADES** (3 male or 3 female)
U11 Taegeuk 4, 5, 6, 7, 8 jang, Koryo	Taegeuk 4, 5, 6, 7, 8 jang, Koryo
U14 Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang
U17 Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang, Taeback	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang, Taeback
U30 Taegeuk 6, 7, 8 jang, Koryo Keumgang, Taeback, Pyongwon, Shipjin	Taegeuk 6, 7, 8 jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
+31 Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon

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FREESTYLE POOMSAE COMPETITION

This is a British Taekwondo 2020 Squad Selection event so Freestyle participants are encouraged to enter their 2020 competition division (please change your date of birth to accommodate this new division).

Kup Grades are allowed to compete but must be of the required standard.

Players moving up in 2020 can only enter one individual division (2020) - (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).Competitors are encouraged to attend the BT-Freestyle Open Seminars on: 26th October & 23rd November in Manchester.

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.
- Competitor 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**

DAN & FREESTYLE CATEGORIES SATURDAY 30th NOVEMBER

INDIVIDUAL	PAIR	TEAM	FREESTYLE
U11 Male • Female	U11	U11 Male • Female	U11 Male • Female
U14 Male • Female	U14	U14 Male • Female	U17 Male • Female
U17 Male • Female	U17	U17 Male • Female	18+ Male • Female
U30 Male • Female	U30	U30 Male • Female	
U40 Male • Female	+31	+31 Male • Female	U17 Pair • 18+ Pair
U50 Male • Female			
U60 Male • Female			U17 Team • 18+ Team
U65 Male • Female			
+66 Male • Female			

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DIVISIONS

SUNDAY 1st DECEMBER 2019

Age is based on year of birth (age on 31st December 2019).

The Kup categories are split by belt (K3, K2, K1) and by age : Micro Peewee, Mini Peewee, Peewee, Cadet, Junior, 1st Senior, 2nd Senior & 3rd Senior (Please note new ages in individual Kup divisions to encourage participation).

Micro Peewees can compete in the Mini Peewee pairs/teams. 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 (no mixing of ages/belts for teams).

	K3	K2	K1
Belt	10th Kup – 7th Kup (White Belt to Green Tag)	6th Kup to 3rd Kup (Green Belt to Red Tag)	2nd Kup & 1st Kup (Red Belt & Black Tag)
Rules	Own Choice Taeguek 1, 2, 3 *Can repeat same poomsae*	Own Choice Taegeuk 1, 2, 3, 4, 5, 6 *Must do 2 different poomsae but can repeat same 2 in next round*	Compulsory Poomsae Taegeuk 1, 2, 3, 4, 5, 6, 7, 8
Individual Age Categories	Micro Peewee U7 Mini Peewee U9 Peewee U11 Cadet U14 Junior U17, 1st Senior U30 2nd Senior U50 3rd Senior 51+	Micro Peewee U7 Mini Peewee U9 Peewee U11 Cadet U14 Junior U17 1st Senior U30 2nd Senior U50 3rd Senior 51+	Micro Peewee U7 Mini Peewee U9 Peewee U11 Cadet U14 Junior U17 1st Senior U30 2nd Senior U50 3rd Senior 51+
Pairs	Mini Peewee Pair Peewee Pair Cadet Pair Junior Pair 1st Senior Pair 2nd /3rd Senior Pair	Mini Peewee Pair Peewee Pair Cadet Pair Junior Pair 1st Senior Pair, 2nd /3rd Senior Pair	Mini Peewee Pair, Peewee Pair Cadet Pair Junior Pair 1st Senior Pair, 2nd /3rd Senior Pair

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	K3	K2	K1
Teams	MALE: Mini Peewee Team Peewee Team Cadet Team Junior Team 1st Senior Team 2nd/3rd Team	MALE: Mini Peewee Team Peewee Team Cadet Team Junior Team 1st Senior Team 2nd/3rd Team	MALE: Mini Peewee Team Peewee Team Cadet Team Junior Team 1st Senior Team 2nd/3rd Team
	FEMALE: Mini Peewee Team Peewee Team Cadet Team Junior Team 1st Senior Team 2nd/3rd Team	FEMALE: Mini Peewee Team Peewee Team Cadet Team Junior Team 1st Senior Team 2nd/3rd Team	FEMALE: Mini Peewee Team Peewee Team Cadet Team Junior Team 1st Senior Team 2nd/3rd Team

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PARA-POOMSAE 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

All Para Categories will be on Sunday of the Championships. Competitors must be registered with the para-poomsae department to confirm classification division.

For inclusivity we have 2 trial categories Physical & Intellectual for impairments not classifiable in the P30 or P20 categories.

The BT-P90 will include autism.

To be able to enter these categories please contact the Para-Poomsae department above and register (all impairments must be supported by medical documentation).

Competitors in the BT-P80 & BT-P90 are not allowed to enter in the K1, K2, K3, Dan divisions.

Kups & Dans are combined and age is based on year of birth (age on 31st December 2019).

FORMAT

Cut-off system - 2 Poomsae each round.

P20 & P30 athletes must have provisional or full classification status.
Only the P20 category will be split into ages groups (Junior, U30, 31+).
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 Taegeuk 1 to Sipjin - Bonus points for higher poomsae:
Taeguek 1-3 = no bonus / Taeguek 4-7 = 0.3 bonus / Taeguek 8-Sipjin = 0.5 bonus.

P30: Compulsory poomsae - but may choose free-choice with deduction points:
Any free choice = 0.6 deduction - then - / Taeguek 1-3 = 0.5 deduction / Taegeuk 4-7 = 0.3 deduction / Taegeuk 8-sipjin = no additional deduction.

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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 Jun or Female	Intellectual Impairment 12-16 years Free Choice (with bonus points)
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 Junior Male	Physical Impairment 12-16 Yrs Compulsory Poomsae Taeguek 4 - Koryo
P30 Junior Female	12-16 Yrs Compulsory PoomsaeTaeguek 4 – Koryo (deductions)
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
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
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
P70 Male	Short Stature – Free Choice Poomsae
P70 Female	Short Stature – Free Choice Poomsae
BT-P80 Male Trial	Physical Impairment not P30 Classifiable - all grades/ages - Free Choice Poomsae
BT-P80 Female Trial	Physical Impairment not P30 Classifiable - all grades/ages - Free Choice Poomsae
BT-P90 Male Trial	Intellectual Impairment not P20 Classifiable - all grades/ages - Free Choice Poomsae
BT-P90 Female Trial	Intellectual Impairment not P20 Classifiable - all grades/ages - Free Choice Poomsae

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05 APPLICATIONS

All applications are to be made online at **https://tpss.eu/login.asp**

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

MIXED PAIRS APPLICATIONS

If you wish to enter mixed pairs competition, please note that there will be two separate event registrations on TPSS:

One for Saturday and the DAN and Freestyle competition

One for Sunday and the KUP and Para competition

Please ensure you enter in the correct category – on the correct day!

If you are registering pairs and teams from different clubs – please add the details in the comments box (partners/team members name, number and club etc) .

NOTE
Mixed club teams must have entered their own competitor as usual and the partner from another team (full name and club) in the remark (combining pairs/teams) box during registration on TPSS.

Please check all entries – amendments after the closing date will incur a £20 administration cost.

No amendments will be made on the day.

06 CLOSING DATE

The closing date for applications is 21.00 on Wednesday 13th November 2019. Payment must be received by 21:00 on Friday 22nd November

07 TEAM ACCREDITATION

ACCREDITATION PACK COLLECTION:	8:30am each day
COACHES MEETING:	9:00am each day
EVENT START:	9:30am each day

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08 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).

Organisers have the right to make any necessary changes.

COMPULSORY POOMSAE
The compulsory poomsae will be emailed out on **Wednesday 27th November**. 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.

09 THERAPUTIC USE EXEMPTION (TUE)

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

10 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 at the podium area.

CLUB AWARDS:
1st place = 9 points
2nd place = 6 points
3rd place = 3 points
4th place = 2 points

Team Awards will be given on Day 1 (Dan & Freestyle) and on Day 2 (Kup & Para)

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11 EQUIPMENT

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.

12 APPEALS

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).

13 LIABILITY

All competitors participate at their own risk.

No claim whatsoever can be made against the organiser or British Taekwondo.

The organisers (British Taekwondo) shall not accept responsibility for any damages, injuries, or losses sustained or incurred.

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

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14 ENTRY & PAYMENT

The entry fee for this event are:

Individual Dan / Kup / FS / Para	£42
Pair Dan /Kup / FS	£42
Team Dan / Kup / FS	£42

Entry fees must be paid in advance via the PayPal button link which can be found on the British Taekwondo website **www.britishtaekwondo.org.uk/national-poomsae-championships/**

STEP BY STEP GUIDE to using the National Championships PayPal Payment Button

1. First, please visit the British Taekwondo website and click on the 'Events' tab on our menu bar.
2. This will then bring down two options – National Kyorugi Championships and National Poomsae Championships. Please choose on the event you would like to compete in.
3. If you scroll down on this page, you will see the PayPal Button which is to be used to make payment for your National Championships entry.
4. Under 'BT club name and number', please enter your club name and number. Once you have done this, press 'Add to Cart'.
5. We encourage clubs to pay for all of their members entries in one block payment. Please see instructions below on how to do this:
   Once you have pressed 'Add to Cart', this will take you to your basket, where you will see the National Championships payment. Here you are able to increase the 'Quantity'. Please increase this to the number of players you have entered into the Championships.
6. Once you have completed all of the steps below, you are able to press 'PayPal Check Out', and make payment using your PayPal account, or if you do not have a PayPal account, you can click 'Check Out' and this will allow you to make payment using your credit/ debit card.

- Please ensure that all payments are made on or before Friday 22nd November.
- Please ensure you put the club name and club membership number in the paymen reference box.
- No refunds will be provided by the OC for none competing athletes who have already applied.
- Any team or individual that fails to make payment before the deadline may be removed from the system on the 23rd November and will not be re-added.
- Payment will not be accepted at registration.

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15 SPECTATORS

Tickets are available on the door - cash only

ADULTS £7 per day (16 year old's and older)

CHILDREN £5 per day (15 years old and below)
Under 5's free

16 TRANSPORT & PARKING

Competitors need to make their own travel & accommodation arrangements.

Some free parking is available on site on a first-come first-served basis (but cannot be guaranteed).

There is a drop-off zone and disabled parking spaces on site.

The venue car park has 450 spaces in total and will be £1/hr or £4 for the whole day.

There is also another public car park (Homebase – pay & display) adjacent to the Arena.

Worcester is served by two train stations: Worcester Foregate Street (15 min walk from the Severn Campus) & Worcester Shrub Hill (25 min walk or 10 min taxi).

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17 OFFICIALS

Judging Coordinator for this event is: Grand Master Tong Wan Shin.

All judges wishing to express an interest in participating in this event should contact **poomsae@britishtaekwondo.org**

18 VOLUNTEERING

If you would like to contribute to the success of this event, there are many volunteering opportunities available. For a full list of roles and to download application forms, please visit the British Taekwondo website and follow the National Championships links to the Volunteers pages.

Alternatively, volunteers may also contact the British Taekwondo office by email to register their interest. Email to **events@britishtaekwondo.org**

19 PHOTOGRAPHY AND VIDEO RECORDING

By registering to compete at the event you are agreeing to have your image taken whilst in the Venue by both the press and members of the public. In addition, you are agreeing to have your image shown on video, TV and online.

20 QUESTIONS

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

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21 CONTACT

2019 British Taekwondo
National Championships
Organising Committee,
Manchester Regional Arena,
Rowsley Street,
Manchester,
M11 3FF

Tel:
01623 382020

Email:
events@britishtaekwondo.org

Webpage:
www.britishtaekwondo.org.uk

22 UPDATES

For regular event information and updates, please visit the British Taekwondo website:
www.britishtaekwondo.org.uk

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