

# Poomsae Individual

## British National Poomsae Championships 2019 KUP Grades and Para

Category **Ind: U7 Micro Male K1 (2-1 K)**  
Competitors **2**  
Class **K1 (2-1 K)**

**3**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	139	Ethan Wan Gajok Taekwondo Academy	GBR	5,83	3,31	2,51
2	273	Ross Grimson Unite Martial Arts Academy	GBR	5,31	2,98	2,33

# Poomsae Individual

## British National Poomsae Championships 2019 KUP Grades and Para

Category **Ind: U7 Micro Female K1 (2-1 K)**  
Competitors **1**  
Class **K1 (2-1 K)**

**3**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	118	Evie Newby Boston	GBR	6,02	3,38	2,63

# Poomsae Individual

## British National Poomsae Championships 2019 KUP Grades and Para

Category **Ind: U7 Micro Male K2 (6 -3 K)**  
Competitors **4**  
Class **K2 (6 -3 K)**

**3**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	168	Christian Casaclang Nomad Taekwondo	GBR	6,29	3,59	2,70
2	10	Ayman Baig London Taekwondo Academy	ENG	5,65	3,31	2,33
3	263	Gabriel Kim Tuji Taekwondo	GBR	5,64	3,11	2,53
4	143	Joseph Royston Kangchul	GBR	3,63	2,35	1,28

Category **Ind: U7 Micro Female K2 (6 -3 K)**  
Competitors **4**  
Class **K2 (6 -3 K)**

**3**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	38	Safah Rashidi London Taekwondo Academy	ENG	6,11	3,45	2,67
2	33	Karla Nicole Petcu London Taekwondo Academy	ENG	5,78	3,28	2,50
3	218	Isabel Bueno Sanchez Premier Taekwondo Uk	GBR	5,59	3,13	2,46
4	149	Moyi Zhou Kixstar Dragon TKD	GBR	5,45	3,06	2,38

Category **Ind: U7 Micro Male K3 (10-7 K)**  
 Competitors **13**  
 Class **K3 (10-7 K)**

**2**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	103	Augustine Kwon Aquila Taekwondo	GBR	6,55	3,63	2,92
2	159	Dylan-Reece Moorhead Loughton Taekwondo	GBR	5,93	3,31	2,61
3	24	Hashir Khurrami London Taekwondo Academy	ENG	5,75	3,20	2,55
4	9	Roman Mohammad Bahrami London Taekwondo Academy	ENG	5,75	3,17	2,59
5	179	Luke Gray Nomad Taekwondo	GBR	5,61	3,23	2,38
6	56	Cole Howe Polaris Taekwondo	ENG	5,47	3,10	2,37
7	279	George Taylor Unite Martial Arts Academy	GBR	5,45	3,12	2,33
8	261	Max Hunter Tuji Taekwondo	GBR	5,44	3,07	2,36
9	185	Keon Nkansah Nomad Taekwondo	GBR	5,42	3,17	2,25
10	257	Laurie Crozier Tuji Taekwondo	GBR	5,42	3,02	2,40
11	35	Ahmad Qoreishi London Taekwondo Academy	ENG	5,39	3,06	2,33
12	48	Safiullah Shaker London Taekwondo Academy	ENG	5,30	3,10	2,20
13	268	Elliot Rowland Tuji Taekwondo	GBR	4,87	2,83	2,03

Category **Ind: U7 Micro Male K3 (10-7 K)**  
 Competitors **13**  
 Class **K3 (10-7 K)**

**3**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	103	Augustine Kwon Aquila Taekwondo	GBR	6,36	3,58	2,78
2	159	Dylan-Reece Moorhead Loughton Taekwondo	GBR	5,94	3,30	2,63
3	261	Max Hunter Tuji Taekwondo	GBR	5,84	3,23	2,60
4	9	Roman Mohammad Bahrami London Taekwondo Academy	ENG	5,80	3,25	2,55
5	24	Hashir Khurrami London Taekwondo Academy	ENG	5,70	3,21	2,48
6	179	Luke Gray Nomad Taekwondo	GBR	5,49	3,10	2,38
7	279	George Taylor Unite Martial Arts Academy	GBR	5,06	2,95	2,11
8	56	Cole Howe Polaris Taekwondo	ENG	4,86	2,90	1,96

Category **Ind: U7 Micro Female K3 (10-7 K)**  
Competitors **10**  
Class **K3 (10-7 K)**

**2**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	105	Mya Lam-Burton Aquila Taekwondo	GBR	5,24	3,10	2,13
2	131	Sarina Mannan Evolve Taekwondo	GBR	4,96	2,86	2,10
3	53	Tayyibah Aslami Peace Taekwondo Academy	ENG	4,82	2,82	2,00
4	137	Isabella Dixon Gajok Taekwondo Academy	GBR	4,76	2,91	1,85
5	160	Ellie Sau Loughton Taekwondo	GBR	4,73	2,75	1,98
6	121	Yuning Law Carlton Arena Taekwondo	GBR	4,60	2,98	1,62
7	265	Ivy Pemberton Tuji Taekwondo	GBR	4,54	2,69	1,85
8	173	Lyla Emmens Nomad Taekwondo	GBR	4,26	2,41	1,85
9	174	Molly Emmens Nomad Taekwondo	GBR	3,95	2,33	1,62
10	238	Zoe Fabian Superior Taekwondo Academy	GBR	3,77	2,30	1,47

Category **Ind: U7 Micro Female K3 (10-7 K)**  
Competitors **10**  
Class **K3 (10-7 K)**

**3**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	105	Mya Lam-Burton Aquila Taekwondo	GBR	5,46	3,20	2,27
2	131	Sarina Mannan Evolve Taekwondo	GBR	5,31	3,15	2,17
3	265	Ivy Pemberton Tuji Taekwondo	GBR	4,79	2,86	1,93
4	53	Tayyibah Aslami Peace Taekwondo Academy	ENG	4,61	2,77	1,85
5	160	Ellie Sau Loughton Taekwondo	GBR	4,61	2,70	1,91
6	173	Lyla Emmens Nomad Taekwondo	GBR	4,55	2,72	1,84
7	137	Isabella Dixon Gajok Taekwondo Academy	GBR	4,34	2,65	1,69
8	121	Yuning Law Carlton Arena Taekwondo	GBR	4,12	2,50	1,62



Category **Ind: U9 Mini Male K1 (2-1 K)**  
Competitors **4**  
Class **K1 (2-1 K)**

**3**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	163	Akinfolajinmi Akinrele Nomad Taekwondo	GBR	5,25	3,23	2,02
2	47	Mohammad-Yusuf Shaker London Taekwondo Academy	ENG	5,00	2,95	2,05
3	286	Taylor Plant Warrior Taekwondo	GBR	4,10	2,51	1,59
4	66	Elijah Houston Weymouth Taekwondo	ENG	4,04	2,48	1,56

Category **Ind: U9 Mini Female K1 (2-1 K)**  
Competitors **5**  
Class **K1 (2-1 K)**

**3**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	274	Niamh Lawler Unite Martial Arts Academy	GBR	5,35	3,15	2,20
2	189	Lena Czerkawska Ntc	GBR	4,68	2,79	1,90
3	278	Eva Taylor Unite Martial Arts Academy	GBR	4,63	2,73	1,90
4	191	Millie-Anne Kirk Ntc	GBR	4,42	2,70	1,72
5	89	Charlie Stalker Wales Taekwondo	WAL	3,34	2,23	1,12

Category **Ind: U9 Mini Male K2 (6 -3 K)**  
 Competitors **14**  
 Class **K2 (6 -3 K)**

**2**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	284	Daniel Owen Warrior Taekwondo	GBR	5,19	3,11	2,08
2	111	Shahar Mukamel Aquila Taekwondo	GBR	5,15	3,11	2,03
3	161	James Sau Loughton Taekwondo	GBR	4,96	3,02	1,93
4	150	Benjamin Straker Kta GBR	GBR	4,92	3,00	1,91
5	36	Yasser Rankou London Taekwondo Academy	ENG	4,92	2,88	2,03
6	291	Thoams Harris Yamang Taekwondo	GBR	4,56	2,80	1,76
7	269	Zach Vickers Tuji Taekwondo	GBR	4,48	2,78	1,70
8	170	Morgan Culver Nomad Taekwondo	GBR	4,37	2,69	1,69
9	156	Jayde Li Litkd	GBR	4,20	2,59	1,62
10	210	James Keeling Phoenix Taekwondo	GBR	4,18	2,60	1,59
11	187	Veron Selema Nomad Taekwondo	GBR	4,15	2,61	1,53
12	27	Jafar Mohamed London Taekwondo Academy	ENG	4,15	2,46	1,69
13	87	Tyler Jones Wales Taekwondo	WAL	3,11	2,17	0,95
14	90	Harvey Wells Wales Taekwondo	WAL	3,11	2,15	0,97

Category **Ind: U9 Mini Male K2 (6 -3 K)**  
 Competitors **14**  
 Class **K2 (6 -3 K)**

**3**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	111	Shahar Mukamel Aquila Taekwondo	GBR	5,59	3,31	2,27
2	284	Daniel Owen Warrior Taekwondo	GBR	5,36	3,30	2,06
3	150	Benjamin Straker Kta GBR	GBR	5,15	3,10	2,05
4	161	James Sau Loughton Taekwondo	GBR	4,95	2,98	1,96
5	170	Morgan Culver Nomad Taekwondo	GBR	4,70	2,90	1,80
6	36	Yasser Rankou London Taekwondo Academy	ENG	4,55	2,79	1,76
7	291	Thoams Harris Yamang Taekwondo	GBR	4,50	2,75	1,75
8	269	Zach Vickers Tuji Taekwondo	GBR	4,30	2,69	1,62

Category **Ind: U9 Mini Female K2 (6 -3 K)**  
 Competitors **14**  
 Class **K2 (6 -3 K)**

**2**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	186	Indyah Omonitan Nomad Taekwondo	GBR	5,31	3,21	2,10
2	195	Cuba Wilson Ntc	GBR	5,07	3,10	1,97
3	181	Kaitlin Hoang Nomad Taekwondo	GBR	4,96	3,05	1,91
4	96	Jessica Bryan Aquila Taekwondo	GBR	4,94	3,05	1,89
5	180	Vi Ha Ho Nomad Taekwondo	GBR	4,92	3,00	1,91
6	251	Olivia Blasco Kyun Tuji Taekwondo	GBR	4,72	2,82	1,90
7	178	Keira Gnanapragasam Nomad Taekwondo	GBR	4,63	2,83	1,80
8	182	Sun-Yi Kelly Nomad Taekwondo	GBR	4,59	2,83	1,75
9	281	Caitlin Quinn Vision Taekwondo	GBR	4,51	2,81	1,70
10	293	Enea Miller Yamang Taekwondo	GBR	4,28	2,65	1,63
11	259	Erin Golsby Tuji Taekwondo	GBR	3,91	2,53	1,39
12	91	Kyla Williams Wales Taekwondo	WAL	3,71	2,50	1,21
13	260	Flo Good Tuji Taekwondo	GBR	3,68	2,46	1,21
14	72	Abigail Mesher Weymouth Taekwondo	ENG	3,45	2,30	1,15

Category **Ind: U9 Mini Female K2 (6 -3 K)**  
Competitors **14**  
Class **K2 (6 -3 K)**

**3**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	181	Kaitlin Hoang Nomad Taekwondo	GBR	5,66	3,45	2,21
2	180	Vi Ha Ho Nomad Taekwondo	GBR	5,28	3,20	2,08
3	186	Indyah Omonitan Nomad Taekwondo	GBR	5,05	3,09	1,96
4	96	Jessica Bryan Aquila Taekwondo	GBR	4,97	3,09	1,89
5	182	Sun-Yi Kelly Nomad Taekwondo	GBR	4,97	2,97	2,00
6	195	Cuba Wilson Ntc	GBR	4,95	3,03	1,92
7	251	Olivia Blasco Kyun Tuji Taekwondo	GBR	4,53	2,77	1,76
8	178	Keira Gnanapragasam Nomad Taekwondo	GBR	4,45	2,70	1,75

Category **Ind: U9 Mini Male K3 (10-7 K)**  
Competitors **7**  
Class **K3 (10-7 K)**

**3**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	229	Taufiq Ma Shins Academy	GBR	5,04	3,05	1,98
2	17	Arash Hamad London Taekwondo Academy	ENG	4,63	2,73	1,90
3	151	Finley Straker Kta GBR	GBR	4,56	2,79	1,78
4	228	Faiz Abidin Shins Academy	GBR	4,55	2,73	1,81
5	255	Samuel Cridford Tuji Taekwondo	GBR	4,40	2,63	1,76
6	205	Daniyal Pietras Pejic Taekwondo	GBR	4,33	2,58	1,75
7	6	Elias Ahmadi London Taekwondo Academy	ENG	4,08	2,50	1,58

Category **Ind: U9 Mini Female K3 (10-7 K)**  
Competitors **6**  
Class **K3 (10-7 K)**

**3**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	94	Sumayyah Jokhoo Ali's Dojang	GBR	5,02	3,02	2,00
2	100	Lois Fikuart Aquila Taekwondo	GBR	4,46	2,70	1,76
3	12	Hanna Bouizedekane London Taekwondo Academy	ENG	4,34	2,68	1,67
4	23	Sahar Khurrami London Taekwondo Academy	ENG	4,04	2,55	1,48
5	153	Caoimhe Fitzpatrick Lion Taekwondo	GBR	3,78	2,30	1,48



Category **Ind: U11 Peewee Male K1 (2-1 K)**  
 Competitors **17**  
 Class **K1 (2-1 K)**

**2**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	190	Nathan Everington Ntc	GBR	5,94	3,15	2,79
2	271	Benjamin Caig Unite Martial Arts Academy	GBR	5,90	3,11	2,79
3	77	Max Cartwright Central Taekwondo Academy	SCO	5,85	3,09	2,77
4	184	Kayden Nkansah Nomad Taekwondo	GBR	5,79	3,13	2,65
5	256	Ivan Crozier Tuji Taekwondo	GBR	5,75	3,01	2,73
6	297	Alex Blount Lisburn Taekwondo Club	NIR	5,70	3,06	2,63
7	138	Tiyler Keay-Watson Gajok Taekwondo Academy	GBR	5,55	2,95	2,60
8	215	Jean-Francois Voillemont-Choi Phoenix Taekwondo	GBR	5,53	2,90	2,63
9	164	Hashed Alsharafi Nomad Taekwondo	GBR	5,50	2,92	2,59
10	28	Abdul Jamil Mumtaz London Taekwondo Academy	ENG	5,47	2,88	2,59
11	154	Finan Fitzpatrick Lion Taekwondo	GBR	5,42	2,87	2,55
12	45	Cameron Shadman London Taekwondo Academy	ENG	5,38	2,95	2,43
13	262	Isaac Kim Tuji Taekwondo	GBR	5,38	2,88	2,50
14	283	Lewis Maxfield Warrior Taekwondo	GBR	5,29	2,88	2,41
15	51	Rameen Sherbaz London Taekwondo Academy	ENG	4,90	2,71	2,19
16	285	Callum Plant Warrior Taekwondo	GBR	4,85	2,65	2,20
17	75	Christopher Thomas Weymouth Taekwondo	ENG	4,75	2,55	2,20

Category **Ind: U11 Peewee Male K1 (2-1 K)**  
 Competitors **17**  
 Class **K1 (2-1 K)**

**3**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	77	Max Cartwright Central Taekwondo Academy	SCO	5,92	3,21	2,70
2	190	Nathan Everington Ntc	GBR	5,90	3,11	2,79
3	271	Benjamin Caig Unite Martial Arts Academy	GBR	5,87	3,17	2,70
4	215	Jean-Francois Voillemont-Choi Phoenix Taekwondo	GBR	5,71	3,03	2,67
5	297	Alex Blount Lisburn Taekwondo Club	NIR	5,63	3,05	2,59
6	256	Ivan Crozier Tuji Taekwondo	GBR	5,62	2,98	2,63
7	184	Kayden Nkansah Nomad Taekwondo	GBR	5,49	2,98	2,50
8	138	Tiyler Keay-Watson Gajok Taekwondo Academy	GBR	5,39	2,87	2,52

Category **Ind: U11 Peewee Female K1 (2-1 K)**  
 Competitors **10**  
 Class **K1 (2-1 K)**

**2**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	202	Izzy Mear Pejic Taekwondo	GBR	6,22	3,27	2,95
2	253	Grace Charlton Tuji Taekwondo	GBR	5,37	2,90	2,47
3	147	Tegan Parker Kim's Kickers Taekwondo	GBR	5,36	2,91	2,45
4	117	Joana Jadelo Boston	GBR	5,30	2,87	2,43
5	21	Amina Jami London Taekwondo Academy	ENG	5,28	2,90	2,38
6	14	Diya Kaur Gill London Taekwondo Academy	ENG	5,27	2,88	2,38
7	16	Marwa Hakeem London Taekwondo Academy	ENG	5,08	2,77	2,31
8	88	Seren Jones Wales Taekwondo	WAL	5,06	2,86	2,20
9	214	Claire Voillemont-Choi Phoenix Taekwondo	GBR	4,88	2,80	2,09
10	245	Lexi Jones Toddington And Cotswold Taekwondo	GBR	4,84	2,73	2,10

Category **Ind: U11 Peewee Female K1 (2-1 K)**  
 Competitors **10**  
 Class **K1 (2-1 K)**

**3**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	202	Izzy Mear Pejic Taekwondo	GBR	6,09	3,23	2,85
2	253	Grace Charlton Tuji Taekwondo	GBR	5,35	2,83	2,51
3	147	Tegan Parker Kim's Kickers Taekwondo	GBR	5,14	2,78	2,36
4	16	Marwa Hakeem London Taekwondo Academy	ENG	4,93	2,71	2,21
5	117	Joana Jadelo Boston	GBR	4,84	2,65	2,19
6	14	Diya Kaur Gill London Taekwondo Academy	ENG	4,81	2,55	2,27
7	88	Seren Jones Wales Taekwondo	WAL	4,78	2,73	2,05
8	21	Amina Jami London Taekwondo Academy	ENG	4,17	2,50	1,67

Category **Ind: U11 Peewee Male K2 (6 -3 K)**  
 Competitors **17**  
 Class **K2 (6 -3 K)**

**2**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	169	Gabriel Casaclang Nomad Taekwondo	GBR	6,30	3,69	2,62
2	176	Louis Exton Nomad Taekwondo	GBR	6,04	3,55	2,48
3	252	Prithvi Chandrasekar Tuji Taekwondo	GBR	6,00	3,47	2,53
4	110	Omri Mukamel Aquila Taekwondo	GBR	5,92	3,48	2,43
5	106	Louis Lockett Aquila Taekwondo	GBR	5,88	3,51	2,36
6	241	Ki'val Fairhurst Team Ultimate (Great Britain)	GBR	5,74	3,45	2,29
7	198	Charlie Bagnall Pejic Taekwondo	GBR	5,65	3,37	2,29
8	207	Harry Bunting Phoenix Taekwondo	GBR	5,63	3,27	2,36
9	127	Luke Coull Dynamic Taekwondo	GBR	5,60	3,29	2,31
10	208	Oliver Cliff Phoenix Taekwondo	GBR	5,54	3,33	2,21
11	267	Nicholas Rowland Tuji Taekwondo	GBR	5,40	3,18	2,22
12	98	Alexander Chambers Aquila Taekwondo	GBR	5,37	3,19	2,19
13	242	Gethin Crouch Toddington And Cotswold Taekwondo	GBR	5,35	3,25	2,10
14	221	Akshat Dave Premierki Taekwondo Club	GBR	5,26	3,25	2,01
15	92	Daniel Winther-Hartley Wales Taekwondo	WAL	5,13	3,11	2,02
16	73	Ethan Mott Weymouth Taekwondo	ENG	4,43	2,78	1,65

Category **Ind: U11 Peewee Male K2 (6 -3 K)**  
 Competitors **17**  
 Class **K2 (6 -3 K)**

**3**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	169	Gabriel Casaclang Nomad Taekwondo	GBR	6,44	3,75	2,69
2	176	Louis Exton Nomad Taekwondo	GBR	6,36	3,71	2,65
3	252	Prithvi Chandrasekar Tuji Taekwondo	GBR	6,16	3,63	2,53
4	110	Omri Mukamel Aquila Taekwondo	GBR	6,01	3,51	2,50
5	106	Louis Lockett Aquila Taekwondo	GBR	5,95	3,55	2,40
6	198	Charlie Bagnall Pejic Taekwondo	GBR	5,73	3,40	2,33
7	241	Ki'val Fairhurst Team Ultimate (Great Britain)	GBR	5,65	3,35	2,30
8	207	Harry Bunting Phoenix Taekwondo	GBR	5,46	3,21	2,25

Category **Ind: U11 Peewee Female K2 (6 -3 K)**  
 Competitors **14**  
 Class **K2 (6 -3 K)**

**2**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	101	Elora Jackson Aquila Taekwondo	GBR	5,95	3,50	2,45
2	37	Marwa Rashidi London Taekwondo Academy	ENG	5,90	3,48	2,41
3	114	Martha Pursey Aquila Taekwondo	GBR	5,84	3,36	2,47
4	99	Navaeh Ferguson Aquila Taekwondo	GBR	5,81	3,43	2,38
5	219	Ava Spencer Smith Premier Taekwondo Uk	GBR	5,76	3,43	2,33
6	128	Iona Craig Elite Martial Arts Academy Ek TKD	GBR	5,75	3,38	2,36
7	43	Sahar Sarwari London Taekwondo Academy	ENG	5,59	3,33	2,27
8	220	Olivia Szczpakowska Premier Taekwondo Uk	GBR	5,56	3,30	2,27
9	136	Emma Davenport Gajok Taekwondo Academy	GBR	5,50	3,25	2,25
10	155	Pearl Li Lltkd	GBR	5,45	3,27	2,18
11	148	Estera Mohammed Kixstar Dragon TKD	GBR	5,31	3,18	2,13
12	22	Hila Khelwatty London Taekwondo Academy	ENG	5,30	3,17	2,13
13	44	Hasna Sarwari London Taekwondo Academy	ENG	5,17	3,13	2,03
14	93	Eve Woodley-Thomas Wales Taekwondo	WAL	5,03	3,06	1,96

Category **Ind: U11 Peewee Female K2 (6 -3 K)**  
 Competitors **14**  
 Class **K2 (6 -3 K)**

**3**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	99	Navaeh Ferguson Aquila Taekwondo	GBR	5,83	3,50	2,33
2	101	Elora Jackson Aquila Taekwondo	GBR	5,82	3,47	2,35
3	37	Marwa Rashidi London Taekwondo Academy	ENG	5,74	3,40	2,33
4	219	Ava Spencer Smith Premier Taekwondo Uk	GBR	5,70	3,45	2,25
5	128	Iona Craig Elite Martial Arts Academy Ek TKD	GBR	5,70	3,40	2,30
6	43	Sahar Sarwari London Taekwondo Academy	ENG	5,67	3,40	2,27
7	114	Martha Pursey Aquila Taekwondo	GBR	5,66	3,38	2,29
8	220	Olivia Szczpakowska Premier Taekwondo Uk	GBR	5,45	3,23	2,21



# Poomsae Individual

## British National Poomsae Championships 2019 KUP Grades and Para

Category **Ind: U11 Peewee Male K3 (10-7 K)**  
Competitors **2**  
Class **K3 (10-7 K)**

**3**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	61	Cristian Paun Polaris Taekwondo	ENG	5,88	3,45	2,43
2	248	Fenton Wetherley-Kaye Toddington And Cotswold Taekwondo	GBR	5,05	3,01	2,03

Category **Ind: U11 Peewee Female K3 (10-7 K)**  
Competitors **8**  
Class **K3 (10-7 K)**

**3**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	130	Hannah Mannan Evolve Taekwondo	GBR	6,02	3,48	2,53
2	237	Andrea Wan Stoke Uta Taekwondo	GBR	5,95	3,45	2,50
3	134	Azra Ozkan Evolve Taekwondo	GBR	5,94	3,47	2,47
4	204	Isabella Pellington Pejic Taekwondo	GBR	5,90	3,45	2,45
5	124	Demi Baez-Arranz CMS Academy	GBR	5,86	3,50	2,36
6	199	Ruby Bailey Pejic Taekwondo	GBR	5,68	3,30	2,38
7	15	Ella Glowacka London Taekwondo Academy	ENG	5,61	3,31	2,30
8	132	Katie Mo Evolve Taekwondo	GBR	5,55	3,23	2,32

Category **Ind: U14 Cadet Male K1 (2-1 K)**  
Competitors **7**  
Class **K1 (2-1 K)**

**3**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	175	Jack Exton Nomad Taekwondo	GBR	6,45	3,56	2,88
2	165	Hashim Alsharafi Nomad Taekwondo	GBR	6,03	3,46	2,56
3	276	Michael Pook Unite Martial Arts Academy	GBR	5,80	3,33	2,47
4	292	Joseph Meijer Yamang Taekwondo	GBR	5,61	3,13	2,48
5	282	James Boulton Warrior Taekwondo	GBR	5,05	2,98	2,06
6	85	Owen Hignell Wales Taekwondo	WAL	4,70	2,85	1,85
7	120	Ziyad Rehan Boston	GBR	4,04	2,61	1,43

Category **Ind: U14 Cadet Female K1 (2-1 K)**  
 Competitors **10**  
 Class **K1 (2-1 K)**

**2**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	79	Bethany Dewar Central Taekwondo Academy	SCO	5,87	3,37	2,50
2	250	Hannah Blasco Kyun Tuji Taekwondo	GBR	5,51	3,11	2,40
3	192	Olivia Molde Ntc	GBR	5,42	3,12	2,30
4	206	Maja Stobiecka Pejic Taekwondo	GBR	5,25	3,15	2,10
5	295	Yolanda Xue Yamang Taekwondo	GBR	5,05	3,02	2,03
6	69	Annie May Weymouth Taekwondo	ENG	5,03	3,03	2,00
7	49	Omra Sharif London Taekwondo Academy	ENG	4,98	2,96	2,01
8	188	Olivia Carroll Ntc	GBR	4,93	3,05	1,88
9	50	Zhara Sharifi London Taekwondo Academy	ENG	4,63	2,88	1,75
10	209	Eva Keeling Phoenix Taekwondo	GBR	4,51	2,80	1,71

Category **Ind: U14 Cadet Female K1 (2-1 K)**  
 Competitors **10**  
 Class **K1 (2-1 K)**

**3**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	79	Bethany Dewar Central Taekwondo Academy	SCO	6,31	3,58	2,73
2	250	Hannah Blasco Kyun Tuji Taekwondo	GBR	6,10	3,38	2,71
3	295	Yolanda Xue Yamang Taekwondo	GBR	5,74	3,20	2,53
4	192	Olivia Molde Ntc	GBR	5,68	3,17	2,51
5	206	Maja Stobiecka Pejic Taekwondo	GBR	5,60	3,18	2,42
6	188	Olivia Carroll Ntc	GBR	5,54	3,23	2,30
7	49	Omra Sharif London Taekwondo Academy	ENG	5,13	3,01	2,11
8	69	Annie May Weymouth Taekwondo	ENG	5,06	2,90	2,17

Category **Ind: U14 Cadet Male K2 (6 -3 K)**  
Competitors **6**  
Class **K2 (6 -3 K)**

**3**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	109	Martin Mindov Aquila Taekwondo	GBR	5,96	3,35	2,61
2	70	Sam Melhuish Weymouth Taekwondo	ENG	5,34	3,02	2,31
3	25	Rehan Kohestani London Taekwondo Academy	ENG	5,25	3,08	2,17
4	63	Alec Smith Polaris Taekwondo	ENG	4,96	2,86	2,10
5	29	Sulaiman Mumtaz London Taekwondo Academy	ENG	4,59	2,69	1,90

Category **Ind: U14 Cadet Female K2 (6 -3 K)**  
 Competitors **15**  
 Class **K2 (6 -3 K)**

**2**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	95	Fadak Sulaiman Ali's Dojang	GBR	6,67	3,70	2,97
2	224	Thalia Roy Redtaekwondo	GBR	6,21	3,38	2,83
3	294	Sara Shahid Yamang Taekwondo	GBR	6,04	3,23	2,80
4	171	Hannah Culver Nomad Taekwondo	GBR	5,80	3,35	2,45
5	196	Yasmin Amrani Hussain Peak Performance	GBR	5,35	3,25	2,10
6	102	Leela Jackson Aquila Taekwondo	GBR	5,16	2,91	2,25
7	57	Baylee Howe Polaris Taekwondo	ENG	5,10	2,96	2,13
8	11	Prabjot Bhangre London Taekwondo Academy	ENG	5,10	2,95	2,15
9	59	Violet Messenger Polaris Taekwondo	ENG	5,00	2,93	2,07
10	162	Caitlynn Robb Momentum Taekwondo	GBR	4,83	2,81	2,01
11	249	Molly Williams Toddington And Cotswold Taekwondo	GBR	4,75	2,73	2,01
12	41	Diana Sanchez London Taekwondo Academy	ENG	4,55	2,80	1,75
13	227	Isabelle Pawlett Sanshin Taekwondo	GBR	4,54	2,67	1,87
14	244	Lauren Houghton-Brown Toddington And Cotswold Taekwondo	GBR	3,97	2,53	1,43

Category **Ind: U14 Cadet Female K2 (6 -3 K)**  
Competitors **15**  
Class **K2 (6 -3 K)**

**3**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	95	Fadak Sulaiman Ali's Dojang	GBR	6,65	3,65	3,00
2	224	Thalia Roy Redtaekwondo	GBR	6,47	3,59	2,88
3	294	Sara Shahid Yamang Taekwondo	GBR	6,10	3,33	2,77
4	171	Hannah Culver Nomad Taekwondo	GBR	5,87	3,33	2,53
5	196	Yasmin Amrani Hussain Peak Performance	GBR	5,23	3,05	2,18
6	102	Leela Jackson Aquila Taekwondo	GBR	5,21	3,03	2,18
7	57	Baylee Howe Polaris Taekwondo	ENG	5,15	3,00	2,15
8	11	Prabjot Bhangre London Taekwondo Academy	ENG	4,78	2,81	1,96



Category **Ind: U14 Cadet Male K3 (10-7 K)**  
Competitors **4**  
Class **K3 (10-7 K)**

**3**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	129	Yasin Ahmed Evolve Taekwondo	GBR	5,59	3,09	2,50
2	5	Javid Ahmadi London Taekwondo Academy	ENG	5,34	2,93	2,40
3	4	Haris Ahmadi London Taekwondo Academy	ENG	4,80	2,63	2,17
4	40	Zamir Omid Saalhi London Taekwondo Academy	ENG	4,66	2,69	1,98

Category **Ind: U14 Cadet Female K3 (10-7 K)**  
Competitors **6**  
Class **K3 (10-7 K)**

**3**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	225	Elke Smit Redtaekwondo	GBR	6,60	3,70	2,90
2	19	Nicole Hibberd London Taekwondo Academy	ENG	5,62	3,10	2,52
3	133	Kayleigh Mo Evolve Taekwondo	GBR	5,59	3,19	2,40
4	135	Megan Wong Evolve Taekwondo	GBR	5,56	3,09	2,48
5	13	Jagjeet Kaur Dhillon London Taekwondo Academy	ENG	5,47	3,13	2,33
6	54	Duru Balci Polaris Taekwondo	ENG	4,94	2,97	1,97

Category **Ind: U17 Junior Male K1 (2-1 K)**  
Competitors **7**  
Class **K1 (2-1 K)**

**3**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	183	Dominic Ly Nomad Taekwondo	GBR	4,80	2,45	2,35
2	32	Ahmad Payenda London Taekwondo Academy	ENG	4,30	2,27	2,03
3	108	Imran Mahomedally Aquila Taekwondo	GBR	4,07	2,07	2,00
4	177	Sayed Fawad Rafiei Nomad Taekwondo	GBR	4,04	2,03	2,00
5	217	Isaac Bell Premier Taekwondo Uk	GBR	3,90	1,98	1,92
6	42	Zekria Sarvari London Taekwondo Academy	ENG	3,67	1,98	1,69
7	197	Aidan Gill Peak Performance	GBR	3,15	1,70	1,45

Category **Ind: U17 Junior Female K1 (2-1 K)**  
Competitors **1**  
Class **K1 (2-1 K)**

**3**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	119	Hana Rehan Boston	GBR	5,25	3,22	2,03

Category **Ind: U17 Junior Female K2 (6 -3 K)**  
Competitors **4**  
Class **K2 (6 -3 K)**

**3**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	203	Bethany Morgan Pejic Taekwondo	GBR	6,20	3,48	2,71
2	280	Amy Kerrigan Vision Taekwondo	GBR	5,58	3,18	2,40
3	289	Smriti Rai Way Taekwondo	GBR	5,55	3,23	2,32
4	213	Emily Smith Phoenix Taekwondo	GBR	5,33	3,10	2,23

# Poomsae Individual

## British National Poomsae Championships 2019 KUP Grades and Para

Category **Ind: U17 Junior Male K3 (10-7 K)**  
Competitors **1**  
Class **K3 (10-7 K)**

**3**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	200	Mackenzie Condliff Pejic Taekwondo	GBR	6,05	3,35	2,70

# Poomsae Individual

## British National Poomsae Championships 2019 KUP Grades and Para

Category **Ind: U17 Junior Female K3 (10-7 K)**  
Competitors **1**  
Class **K3 (10-7 K)**

**3**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	234	Milly Brown Stoke Uta Taekwondo	GBR	4,75	2,72	2,03

Category **Ind: U30 1st Senior Male K1 (2-1 K)**  
Competitors **1**  
Class **K1 (2-1 K)**

**3**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	107	Bilal Mahomedally Aquila Taekwondo	GBR	4,51	2,63	1,89



Category **Ind: U30 1st Senior Female K1 (2-1 K)**  
Competitors **6**  
Class **K1 (2-1 K)**

**3**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	7	Duha Al-Hassani London Taekwondo Academy	ENG	6,04	3,27	2,77
2	113	Bianca Porcu Aquila Taekwondo	GBR	6,03	3,21	2,81
3	34	Vanessa Puma London Taekwondo Academy	ENG	5,68	3,10	2,59
4	46	Farima Shah London Taekwondo Academy	ENG	5,28	2,86	2,41
5	68	Freya Long Weymouth Taekwondo	ENG	5,03	2,77	2,27
6	193	Natalie Slinn Ntc	GBR	4,92	2,73	2,19

Category **Ind: U30 1st Senior Male K2 (6 -3 K)**  
Competitors **1**  
Class **K2 (6 -3 K)**

**3**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	123	Tiernan Treacy Carlton Arena Taekwondo	GBR	5,40	3,11	2,29

Category **Ind: U30 1st Senior Female K2 (6 -3 K)**  
Competitors **5**  
Class **K2 (6 -3 K)**

**3**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	296	Phoebe Cheng Manx Taekwondo	IMN	5,03	3,01	2,01
2	247	Ching Liu Toddington And Cotswold Taekwondo	GBR	4,51	2,78	1,73
3	39	Taqwa Rezavi London Taekwondo Academy	ENG	4,51	2,77	1,75
4	116	Moiza Asif Boston	GBR	4,20	2,65	1,55
5	82	Kirsty Carlton Wales Taekwondo	WAL	4,07	2,59	1,48

# Poomsae Individual

## British National Poomsae Championships 2019 KUP Grades and Para

Category **Ind: U30 1st Senior Female K3 (10-7 K)**  
Competitors **1**  
Class **K3 (10-7 K)**

**3**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	26	Negina Maihanwal London Taekwondo Academy	ENG	5,44	3,05	2,38

Category **Ind: U50 2nd Senior Male K1 (2-1 K)**  
Competitors **5**  
Class **K1 (2-1 K)**

**3**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	231	Kasturi Mamat Shins Academy	GBR	4,06	2,13	1,93
2	258	Carl Golsby Tuji Taekwondo	GBR	3,96	2,10	1,87
3	81	Colin Smyth Central Taekwondo Academy	SCO	3,28	1,78	1,50
4	67	Gareth Houston Weymouth Taekwondo	ENG	2,73	1,60	1,13
5	290	Alan Cox Yamang Taekwondo	GBR	2,21	1,55	0,67

Category **Ind: U50 2nd Senior Female K1 (2-1 K)**  
Competitors **10**  
Class **K1 (2-1 K)**

**2**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	18	Ramzia Hamidi London Taekwondo Academy	ENG	4,75	2,45	2,30
2	232	Ismahan Raja Shins Academy	GBR	4,42	2,36	2,05
3	254	Carin Charlton Tuji Taekwondo	GBR	4,37	2,23	2,13
4	30	Achala Odhavji London Taekwondo Academy	ENG	4,36	2,20	2,17
5	152	Gillian Fitzpatrick Lion Taekwondo	GBR	4,01	2,05	1,96
6	78	Lyndsey Cartwright Central Taekwondo Academy	SCO	3,85	2,06	1,78
7	65	Emma Houston Weymouth Taekwondo	ENG	3,62	1,92	1,70
8	76	Louise Turnbull Weymouth Taekwondo	ENG	3,37	1,78	1,59
9	125	Mari-Elena Herbertson Creative Ways TKD	GBR	3,35	1,73	1,62
10	84	Rebecca Hignell Wales Taekwondo	WAL	3,08	1,70	1,38

Category **Ind: U50 2nd Senior Female K1 (2-1 K)**  
 Competitors **10**  
 Class **K1 (2-1 K)**

**3**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	232	Ismahan Raja Shins Academy	GBR	4,85	2,51	2,33
2	254	Carin Charlton Tuji Taekwondo	GBR	4,35	2,30	2,05
2	30	Achala Odhavji London Taekwondo Academy	ENG	4,35	2,30	2,05
4	18	Ramzia Hamidi London Taekwondo Academy	ENG	4,33	2,28	2,05
5	152	Gillian Fitzpatrick Lion Taekwondo	GBR	4,01	2,05	1,96
6	76	Louise Turnbull Weymouth Taekwondo	ENG	3,67	1,93	1,73
7	78	Lyndsey Cartwright Central Taekwondo Academy	SCO	3,58	1,88	1,70
8	65	Emma Houston Weymouth Taekwondo	ENG	3,56	1,93	1,64

Category **Ind: U50 2nd Senior Male K2 (6 -3 K)**  
Competitors **5**  
Class **K2 (6 -3 K)**

**3**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	8	Mohammad Basir Bahrami London Taekwondo Academy	ENG	4,54	2,30	2,23
2	212	Jon Paine Phoenix Taekwondo	GBR	3,49	1,87	1,62
3	74	Aaron Thomas Weymouth Taekwondo	ENG	3,40	1,75	1,65
4	211	Trevor Ockwell Phoenix Taekwondo	GBR	3,36	1,87	1,50
5	243	Graedon Crouch Toddington And Cotswold Taekwondo	GBR	2,90	1,69	1,21



Category **Ind: U50 2nd Senior Female K2 (6 -3 K)**  
 Competitors **11**  
 Class **K2 (6 -3 K)**

**2**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	172	Lucy Emmens Nomad Taekwondo	GBR	4,82	2,32	2,50
2	266	Benedicte Rowland Tuji Taekwondo	GBR	4,17	2,10	2,07
3	71	Melanie Meluish Weymouth Taekwondo	ENG	3,96	1,90	2,06
4	80	Michelle Dewar Central Taekwondo Academy	SCO	3,91	1,87	2,05
5	233	Syarizan Raja Shins Academy	GBR	3,90	2,03	1,87
6	112	Anouchka Picou Aquila Taekwondo	GBR	3,80	1,95	1,85
7	301	Atefa Khelwatty London Taekwondo Academy	ENG	3,67	1,78	1,89
8	264	Gillian Magee Tuji Taekwondo	GBR	3,60	1,73	1,87
9	240	Gillian Jackson Tan'gun Taekwondo Academy	GBR	3,45	1,75	1,70
10	122	Ketki Nandha Carlton Arena Taekwondo	GBR	3,41	1,75	1,67
11	86	Sandra Jones Wales Taekwondo	WAL	3,18	1,68	1,50

Category **Ind: U50 2nd Senior Female K2 (6 -3 K)**  
 Competitors **11**  
 Class **K2 (6 -3 K)**

**3**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	172	Lucy Emmens Nomad Taekwondo	GBR	4,68	2,19	2,50
2	233	Syarizan Raja Shins Academy	GBR	4,49	2,25	2,23
3	71	Melanie Meluish Weymouth Taekwondo	ENG	4,34	2,09	2,25
4	80	Michelle Dewar Central Taekwondo Academy	SCO	3,95	1,90	2,05
5	266	Benedicte Rowland Tuji Taekwondo	GBR	3,91	1,98	1,93
6	301	Atefa Khelwatty London Taekwondo Academy	ENG	3,86	1,91	1,95
7	264	Gillian Magee Tuji Taekwondo	GBR	3,73	1,88	1,85
8	112	Anouchka Picou Aquila Taekwondo	GBR	3,63	1,88	1,75

Category **Ind: U50 2nd Senior Male K3 (10-7 K)**  
Competitors **2**  
Class **K3 (10-7 K)**

**3**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	272	David Caig Unite Martial Arts Academy	GBR	4,15	2,13	2,01
2	83	Simon Hartley Wales Taekwondo	WAL	3,69	1,87	1,83

Category **Ind: U50 2nd Senior Female K3 (10-7 K)**  
 Competitors **7**  
 Class **K3 (10-7 K)**

**3**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	104	Julia Kwon Aquila Taekwondo	GBR	4,37	2,20	2,17
2	167	Anne Butterfield Nomad Taekwondo	GBR	4,37	2,15	2,22
3	157	Vena Bhakar Loughton Taekwondo	GBR	3,79	1,93	1,85
4	222	Kavitha Dave Premierki Taekwondo Club	GBR	3,75	1,92	1,84
5	60	Carol Messenger Polaris Taekwondo	ENG	3,71	1,78	1,93
6	62	Iuliana Paun Polaris Taekwondo	ENG	3,63	1,81	1,81
7	64	Charlotte Wallis Polaris Taekwondo	ENG	3,25	1,65	1,60

# Poomsae Individual

## British National Poomsae Championships 2019 KUP Grades and Para

Category **Ind: O51 3rd Senior Female K1 (2-1 K)**  
Competitors **3**  
Class **K1 (2-1 K)**

**3**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	270	Yoko Watanabe Tuji Taekwondo	GBR	4,00	2,05	1,95
2	288	Gini Brown Waterside Taekwondo Club	GBR	3,62	1,87	1,75
3	52	Varinder Ubhi London Taekwondo Academy	ENG	3,40	1,82	1,59

Category **Ind: O51 3rd Senior Male K2 (6 -3 K)**  
Competitors **1**  
Class **K2 (6 -3 K)**

**3**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	236	Melvin Stazaker Stoke Uta Taekwondo	GBR	3,58	1,78	1,80

# Poomsae Individual

## British National Poomsae Championships 2019 KUP Grades and Para

Category **Ind: O51 3rd Senior Female K2 (6 -3 K)**  
Competitors **1**  
Class **K2 (6 -3 K)**

**3**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	226	Thomas Kitty Sanshin Taekwondo	GBR	3,93	2,02	1,91

# Poomsae Individual

## British National Poomsae Championships 2019 KUP Grades and Para

Category **Ind: O51 3rd Senior Female K3 (10-7 K)**  
Competitors **1**  
Class **K3 (10-7 K)**

**3**

Rank	ID	Name Team	Cntry	Averag	Pres.	Techn.
1	97	Kate Chambers Aquila Taekwondo	GBR	4,00	1,98	2,01