



**BRITISH TAEKWONDO
2020 INTERNATIONAL
POOMSAE, FREESTYLE
& PARA CHAMPIONSHIPS**



**SATURDAY 25
JANUARY
AGE 18+**

**SUNDAY 26
JANUARY
AGE -18**

SPORTSDOCK UEL • UNIVERSITY OF EAST LONDON
DOCKLANDS CAMPUS 4-6 UNIVERSITY WAY LONDON E16 2RD



WELCOME

Dear Taekwondo Friends,

It is with great pleasure that British Taekwondo GB Poomsae would like to invite you to the Official 2020 British Taekwondo International Poomsae, Freestyle & Para Championships in London.

We will be using the traditional scoring system, there will be Dan and Kup divisions and all categories Cut-Of System. New Freestyle rules will be used.

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



**The British Taekwondo
GB Poomsae Team**



BRITISH TAEKWONDO 2020 INTERNATIONAL POOMSAE, FREESTYLE & PARA CHAMPIONSHIPS

01/ **COMPETITION VENUE**

Sportsdock UEL,
University of East London,
Docklands Campus,
4-6 University Way,
London E16 2RD
www.sportsdock.co.uk.

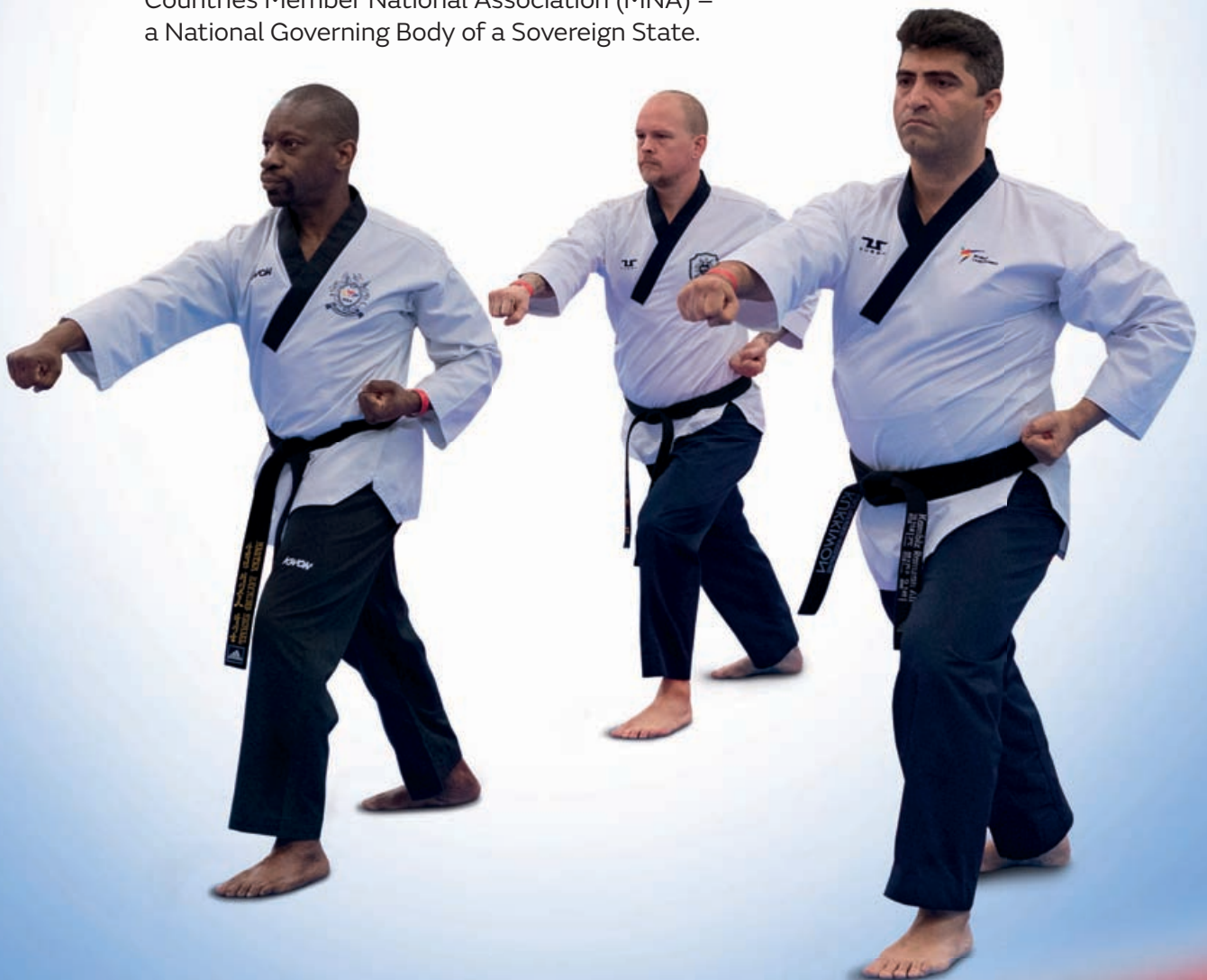
02/ **COMPETITION DATE:**

Saturday 25th January 2020
(18+ Dan, 18+ Kup, para all ages,
Freestyle 18+ & Freestyle Team
12+)

Sunday 26th January 2020
(U17 Dan, U17 Kup,
U17 Freestyle - individual & pair).

03/ **REGISTRATION:**

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



04/ DIVISIONS

- 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 2020.
- All competitors 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

04/

FREESTYLE POOMSAE COMPETITION

- Kup grades are allowed to compete but must be of the required standard.
- Pairs are mixed (male & female from same age division).
- Teams are mixed 2 females, 3 males or 3 females & 2 males from the same age division).

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.

The duration of all Freestyle should be 90 - 100 seconds.

The new Freestyle rules will be used, please note the team event for 12+ will be on Day 1 Saturday. We also have an U11 individual category on Day 2.

- 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 CATEGORIES SATURDAY 25th JANUARY

INDIVIDUAL	PAIR	TEAM	FREESTYLE
U30 Male / Female	U30	U30 Male • Female	18+ Male / Female
U40 Male / Female	+31	+31 Male • Female	18+ Pair
U50 Male / Female			12+ Team
U60 Male / Female			
U65 Male / Female			
+66 Male / Female			

DAN CATEGORIES SUNDAY 26th JANUARY

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	U17 Pair



04/

KUP DIVISION

Age is based on year of birth (age on 31st December 2020).

The kup grade division is open to 4th kup – 1st kup (Blue Belt to Black Tag) but all competitors must know up to Taegeuk 8 Paljang – compulsory poomsae will be drawn.

KUP CATEGORIES SATURDAY 25th JANUARY

INDIVIDUAL	PAIR	TEAM
1st Senior U30	1st Senior Pair (U30)	1st Senior Male / Female
2nd Senior U50	2nd/3rd Senior Pair (+31)	2nd/3rd Senior Male / Female
3rd Senior +51		

KUP CATEGORIES SUNDAY 26th JANUARY

INDIVIDUAL	PAIR	TEAM
Micro Peewee U7	Micro/Mini U7/U9 Pair	Micro/Mini U7/U9 Male/Female
Mini Peewee U9	Peewee U11 Pair	Peewee U11 Male/Female
Peewee U11	Cadet Pair	Cadet U14 Male/Female
Cadet U14	Junior Pair	Junior U17 Male/Female
Junior U17		

04/ **PARA-POOMSAE COMPETITION**

Competitors from British Taekwondo must be on the Para-Poomsae register to compete. International competitors please provide supporting evidence of your classification to:

Para-Poomsae@britishtaekwondo.org

All para categories will take place on Saturday 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 2020).

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 Taegueuk 1 to Sipjin - Bonus points for higher poomsae: Taegueuk 1-3 = no bonus / Taegueuk 4-7 = 0.3 bonus / Taegueuk 8-Sipjin = 0.5 bonus.

P30: Compulsory poomsae - but may choose free-choice with deduction points:

Any free choice = 0.6 deduction - then -

/ Taegueuk 1-3 = 0.5 deduction /

Taegueuk 4-7 = 0.3 deduction /

Taegueuk 8-sipjin = no additional deduction.



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 Poomsae Taeguek 4 – Koryo (deductions)
P30 U30 Male	U30 Yrs Compulsory Poomsae Taeguek 5 - Sipjin (no Keumgang) deductions
P30 U30 Female	U30 Yrs Compulsory Poomsae Taeguek 5 - Sipjin (no Keumgang) deductions
P30 +31 Male	+31 Yrs Compulsory Poomsae Taeguek 8 - Hansoo (no Keumgang) deductions
P30 +31 Female	+31 Yrs Compulsory Poomsae Taeguek 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

04/ **PARA-POOMSAE COMPETITION**

Competitors from British Taekwondo must be on the Para-Poomsae register to compete. International competitors please provide supporting evidence of your classification to:

Para-Poomsae@britishtaekwondo.org

All para categories will take place on Saturday 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 2020).

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 /

Taeguek 4-7 = 0.3 deduction / Taeguek 8-sipjin = no additional deduction.

05/ APPLICATIONS

All event registration should be made on TPSS.

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 (18+ Dan, 18+ Kup, 18+ Freestyle, 12+ FS Team, Para all ages)

One for Sunday (U17 Dan, U17 Kup, U17 Freestyle)

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 Friday 10th January 2020.
Payment must be received by 21:00 on Friday 17th January 2020.

07/ TEAM ACCREDITATION

ACCREDITATION PACK COLLECTION: 8:30am each day

COACHES MEETING: 9:00am each day

EVENT START: 9:30am each day



BRITISH TAEKWONDO 2020 INTERNATIONAL POOMSAE, FREESTYLE & PARA CHAMPIONSHIPS

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 22nd January**.
Competitors may be asked to perform
any of the Poomsae from their set list.

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
out at the end of DAY 2
(separate Kup Awards)





**BRITISH TAEKWONDO
2020 INTERNATIONAL
POOMSAE, FREESTYLE
& PARA CHAMPIONSHIPS**



11/

EQUIPMENT

UNIFORMS (DOBOKS)

Poomsae doboks are preferred but normal doboks can also be 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.

14/

ENTRY & PAYMENT

The entry fee for this event are:

Dan Individual	£50	Freestyle Individual	£50	Kup Individual	£42
Dan Pair	£50	Freestyle Pair	£50	Kup Pair	£42
Dan Team	£50	Freestyle Team	£50	Kup Team	£42
		Para	£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/international-poomsae-championships/

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

- 1 First, please visit the British Taekwondo website and click on the 'Events' tab on our menu bar.
This will then bring down options.
- 2 Please choose on the event you would like to compete in.
If you scroll down on this page, you will see the PayPal Button which is to be used to make payment for your International Championships entry.
- 3 Under 'BT club name and number', please enter your club name and number.
If you are an international Team, please enter your club name and country
Once you have done this, press 'Add to Cart'.
*We encourage clubs to pay for all of their members entries in one block payment.
Please see instructions below on how to do this:*
- 4 Once you have pressed 'Add to Cart', this will take you to your basket, where you will see the International Championships payment. Here you are able to increase the 'Quantity'.
- 5 Please increase this to the number of players you have entered into the Championships.
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 17th January 2020
 - Please ensure you put the club name and club membership number (BT clubs) or club name and country (for overseas clubs) in the payment 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 18th January and will not be re-added.
 - Payment will not be accepted at registration.

If you have any queries regarding payment please contact events@britishtaekwondo.org

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.

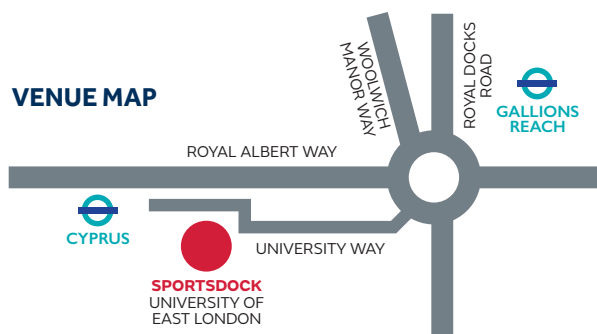
NEAREST AIRPORT

The nearest airport to Sportsdock is CITY AIRPORT (LCY) Postcode: E16 2PX
www.londoncityairport.com

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

ACCOMMODATION

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



TRAVEL BY TUBE / DLR (Docklands Light Railway)

The closest station to the Sportsdock is Gallions Reach DLR, and to the Campus is Cyprus DLR.

DLR is the Docklands Light Railway and is a different line to London Underground.

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

You can use the Transport for London TFL journey planner on the TFL website
www.tfl.gov.uk

BY BUS

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

BY CAR

Free Parking is available on the campus.

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 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 agreein 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



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
