



BRITISH TAEKWONDO INTERNATIONAL POOMSAE CHAMPIONSHIPS 2018

14th-15th JULY 2018

Closing date for entries: 24th June 2018

**WT Recognised Poomsae,
Freestyle Poomsae
& Para Poomsae**

Sports Dock

University of East London

Docklands Campus, University Way

London, E16 2RD

Online registration: <https://tpss.eu/>

For more information contact: Gemma.Biescas@Britishtaekwondo.org





Dear Taekwondo Friends,

It is with great pleasure that the British Taekwondo GB Poomsae would like to invite you to the 2018 British Taekwondo International Poomsae, Freestyle & Para Championships in London. The Organisers will be using the traditional scoring system all categories Cut-Off System - but will be using the new proposed age categories and compulsory poomsae.

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

DATES: **Saturday 14th July 2018**
(18+Poomsae/Freestyle/Para/demo bigak)
Sunday 15th July 2018
(U17 divisions/U17 Freestyle/Para/demo bigak)

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

Registration:	https://tpss.eu/ WT Global athletes' license and officials' license are mandatory and will be checked at registration
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Closing Date: Sunday 24th June 2018

Payments due before: Sunday 1st July 2018 (late charges apply)

Compulsories announced: Wednesday 11th July

Competition Team Accreditation: 8:30am Morning of the Championships
(collect pack - coaches meeting 9am)

Starting Time: 09:30am

Spectators' fee: £5 per day

Event Organiser: British Taekwondo

Competition Supervisory Board:	Master Said Khelwatty Said.Khelwatty@Britishtaekwondo.org Grandmaster TW Shin 9 th Dan (IR) tongwanshin@gmail.com
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Referee Director: Master Moustapha Moutarazak

Para & Freestyle Coordinator: Master Gemma Biescas
Gemma.Biescas@Britishtaekwondo.org

Logistics Advice & Assistance: Mr Mehdi Mirza
mehdi@ktwacademy.com

PAYMENTS

Please send complete payments for the whole team and not individuals – payments are to be made in UK Pound Sterling for the correct amount by Bank Transfer to the account below - Reference = 'Club-name Poomsae' . Late payments will incur an extra payment of £5 per entry.

Payment Details:

NAME = British Taekwondo Control Board (WTF) Ltd
BANK = HSBC
SORT CODE = 40-24-32
ACCOUNT = 11465503
IBAN: GB26HBUK40243211465503
BIC: HBUKGB4137G

Competitors/Coaches

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. GAL licences are required for this Championships.

Please check all entries – amendments after the closing date will incur a £20 administration cost – no amendments will be made on the day.

Entry Fees

Entry fee for ALL divisions = **£45**
(individual, pair, team/para/freestyle individual, pair, team, Bigak Demo Division)

Organisers have the right to make any necessary changes. All competitors participate at their own risk, no claim whatsoever can be made against the organizer or British Taekwondo. The organisers and 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.

LOGISTICS

Competitors need to make their own travel & accommodation arrangements

Nearest Airport = The Nearest Airport to Sportsdock is **CITY AIRPORT (LCY)** address: E16 2PX
www.londoncityairport.com

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

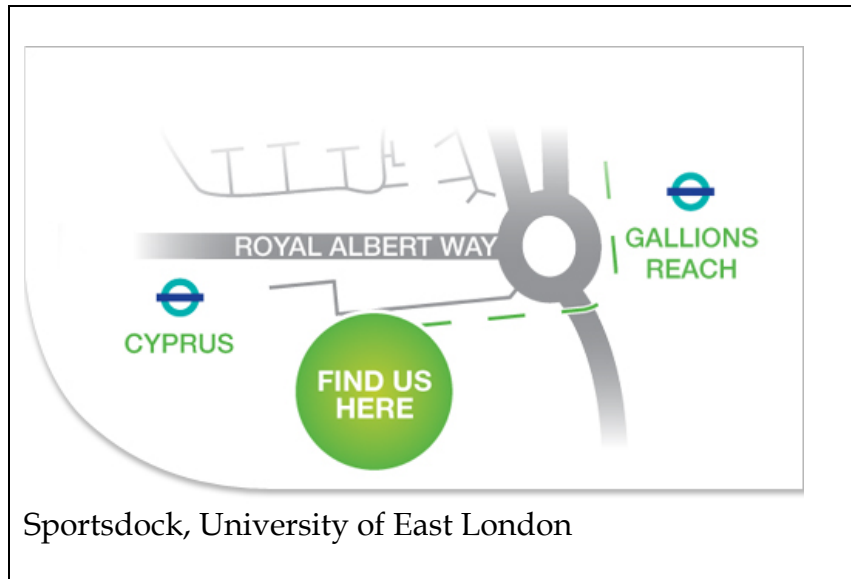
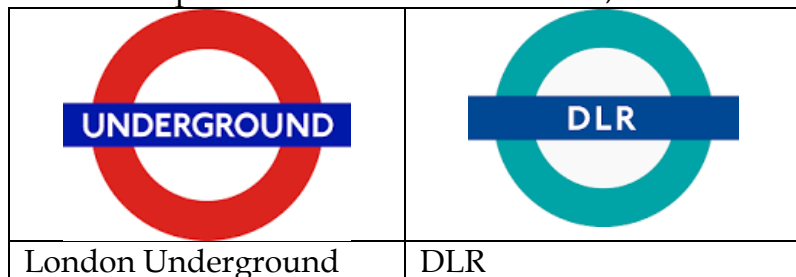
Accommodation

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.

The Logistics coordinator is available to offer advice for travel: mehdi@ktwacademy.com



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 their age on 31st December 2018. Categories open to 2nd Kup Red Belt & above – all competitors must know the compulsory poomsae range.

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)

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 = 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.

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).

BIGAK DEMO CATEGORY Bigak 2 Only

MALE Senior 18+ yrs day 1 Saturday

FEMALE Senior 18+ yrs day 1 Saturday

MALE Junior & Cadet U17/U14 day 2 Sunday

FEMALE Junior & Cadet U17/U14 day 2 Sunday

We are inviting competitors to enter the competitive 'Demo' Category – Perform Bigak 2 Gold, Silver, 2 x Bronze will be awarded in the above 4 categories for performance of Bigak 2. For more information and to check the video of the Bigak 2 – please contact the organisers.

Compulsory Poomsae

The compulsory poomsae will be emailed out on Wednesday 11th July. 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.

DAN PAIRS/TEAMS MUST ALL BE OF THE CORRECT AGE DIVISION.

<u>DAN GRADES 2018</u>	<u>POOMSAE RANGE</u>
<u>U11 DAN</u> (age 11 & below) Individuals / Pairs U11/ Teams U11	Taeguek 4, 5, 6, 7, 8 Jang Koryo, Keumgang, Taebek
<u>U14 DAN</u> (age 12-14) Individuals / Pairs U14/ Teams U14	Taeguek 6,7,8 Jang Koryo, Keumgang, Taebek, Pyongwon
<u>U17 DAN</u> (age 15 - 17) Individuals / Pairs U17/ Teams U17	Taeguek 6,7,8 Jang Koryo, Keumgang, Taebek, Pyongwon, Shipjin
<u>U30 DAN</u> (age 18-30) Individuals / Pairs +31 / Teams +31	Koryo, Keumgang, Taebek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansoo
<u>U40 DAN</u> (age 31 - 40) Individuals / Pairs +31 / Teams +31	
<u>U50 DAN</u> (age 41 - 50) Individuals / Pairs +31 / Teams +31	
<u>50+ DAN</u> (age 51 - 60) Individuals / Pairs +31 / Teams +31	

FREESTYLE

Saturday 14th July = 18+ yrs Individual, Pair (M,F), Team 2/3 or 3/2 MF)

Sunday 15th July = U17 (12-17 yrs) Individual, Pair (M,F), Team 2/3 or 3/2 MF)

Basic Information

- Music & choreography competitors' choice (no Explicit Lyrics). **60-70 seconds Long.**
- Email music by 1st July 2018 - Bring USB copy on day.
- Competitor must be fit, able & competent to perform all the movements of their routine - all competitors compete at their own risk.
- For more information contact Gemma.Biescas@Britishtaekwondo.org - and to email music

Freestyle divisions will be only 1 round - Freestyle Competitors perform only One Poomsae.

PARA CATEGORIES - 2018

Para categories will be on both days of the Championships please check carefully to check which day you are competing. There will be WT Official Categories P20 & P30, but we will also hosting non-official categories as listed below. For Further information on these categories and how to register please contact: Gemma.Biescas@Britishtaekwondo.org

Format

9-19 entrants 2nd Round /8 competitors – FINAL / Competitors perform 2 Poomsae Each Round

All Para categories are open to Yellow Belts (8th Kup) and Above in one category.

Official categories P20/P30 shall be split by age sex & Junior/U30/ +31 All other categories shall be mixed ages. Compulsories only given to P30.

CATEGORY	Information
SATURDAY CATEGORIES	
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 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
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
SUNDAY CATEGORIES	
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 Junior Female	Intellectual Impairment 12-16 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)
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
P70 Male	Short Stature – Free Choice Poomsae
P70 Female	Short Stature – Free Choice Poomsae

P20 athletes & P30 athletes must have provisional or full classification status.

P20

Athletes shall perform 2 free-choice recognized poomsae from Taeguek 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

Will have 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.