



**NATIONAL POOMSAE,
FREESTYLE & PARA
CHAMPIONSHIPS 2017**



2-3 DECEMBER

Nottingham Wildcats Arena

britishtaekwondo.org.uk

 **BRITISH
TAEKWONDO™**



NATIONAL POOMSAE, FREESTYLE & PARA CHAMPIONSHIPS 2017

British Taekwondo would like to invite you to the 2017 Nationals Poomsae, Freestyle and Para Championships.

The Championships will be held over two days with Kup & Dan categories on both days. Please read the information carefully and if you have any queries - please contact us.

JUDGING DIRECTOR

Grandmaster TW Shin 9th Dan (IR)

ORGANISING COMMITTEE: Team NTC

LOCATION:

Nottingham Wildcats Arena,
Greenwood Road, Bakersfield,
Nottingham NG3 7EB

DATES:

Saturday 2nd December 2017

Sunday 3rd December 2017

COMPETITION START: 8.30am

Spectators cost: £5 per day

Children 4 years and under - free

APPLICATIONS

Online registration at www.poomsae-reg.com

Closing date for online registration:

20th November 2017

Closing date for payment: 3 weeks after player entry and/or no later than 20th November 2017. Payments to be made as a team, not individuals.

PAYMENT DETAILS: Team NTC

Bank: Natwest

Account number: 52165892

Sort code: 60-14-03



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COACHES

Club coaches will be allowed into the warm-up area but only the players will be allowed ring-side.

TRANSPORTATION

Any specific transport requirements please contact Team NTC on nottinghamtkdclub@hotmail.co.uk who will be happy to assist where possible.

BRITISH TAEKWONDO MEMBERSHIP

All competitors and coaches must have a valid British Taekwondo membership - all numbers will be checked. Please ensure that October renewals are mailed to membership services with enough time to be processed prior to the Championships. Entrants must be resident in the UK.

APPLICATIONS

Participants must enter under their club - as designated by the club number on their British Taekwondo Membership. Clubs cannot combine or compete as an association or squad. Mixed club teams/pairs will be eligible for team trophy points - the points will be split evenly.

ENTRY FEES

	DAN	KUP
Individual	£30	£30
Pair (per pair)	£30	£30
Team (per team)	£30	£30
Para-Division	£30	£30
Freestyle	£30	
Freestyle Pair (per pair)	£30	
Freestyle Team (per team)	£30	

DATES: CLOSING DATE IS 20TH NOVEMBER 2017

Please ensure all details entered online are correct. All emails will be sent to Club Instructors and not to individual players.

1. Any corrections/amendments must be made before 20th November 2017.
2. 7 days before the event - the final player list will be emailed.
3. Any changes after 20th November will incur a £20 admin cost.
4. Any changes on the day will incur a £30 admin cost.

On Wednesday 29th November 2017 the Compulsory Poomsae will be emailed.

Organisers have the right to make any necessary changes. All competitors participate at their own risk - no claim whatsoever can be made against the organiser or British Taekwondo. The organisers and British taekwondo shall not accept responsibility for any damages, injuries or losses sustained.



AGES

All age categories (Dan, Kup, Para, Freestyle) are based on year of birth and not age at the competition.

PAIRS / TEAMS

Pairs and Teams MUST all be in the same age category - they cannot be mixed ages (the team can be mixed clubs). Dan Grades can only enter in 1 pair and 1 team.

METHOD OF COMPETITION

Cut-off system to be used. 1st Round: 20 or more competitors.
2ns 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 will be given for each category. Can awards will be presented at the end of each Competition day - only competitors will be allowed to receive the presentation (no spectators or children allowed on or around the podium area).

CLUB AWARDS

1st place = 9 points, 2nd place = 6 points,
3rd place = 3 points, 4th place = 2 points.
Team/club awards will also be given for 1st, 2nd and 3rd - both Kup and Dan categories. The freestyle points will be added to the Dan Awards. Mixed club pairs/teams will have their points split evenly. Kup Grade competitors not finishing in the top 4 will receive a participation medal.

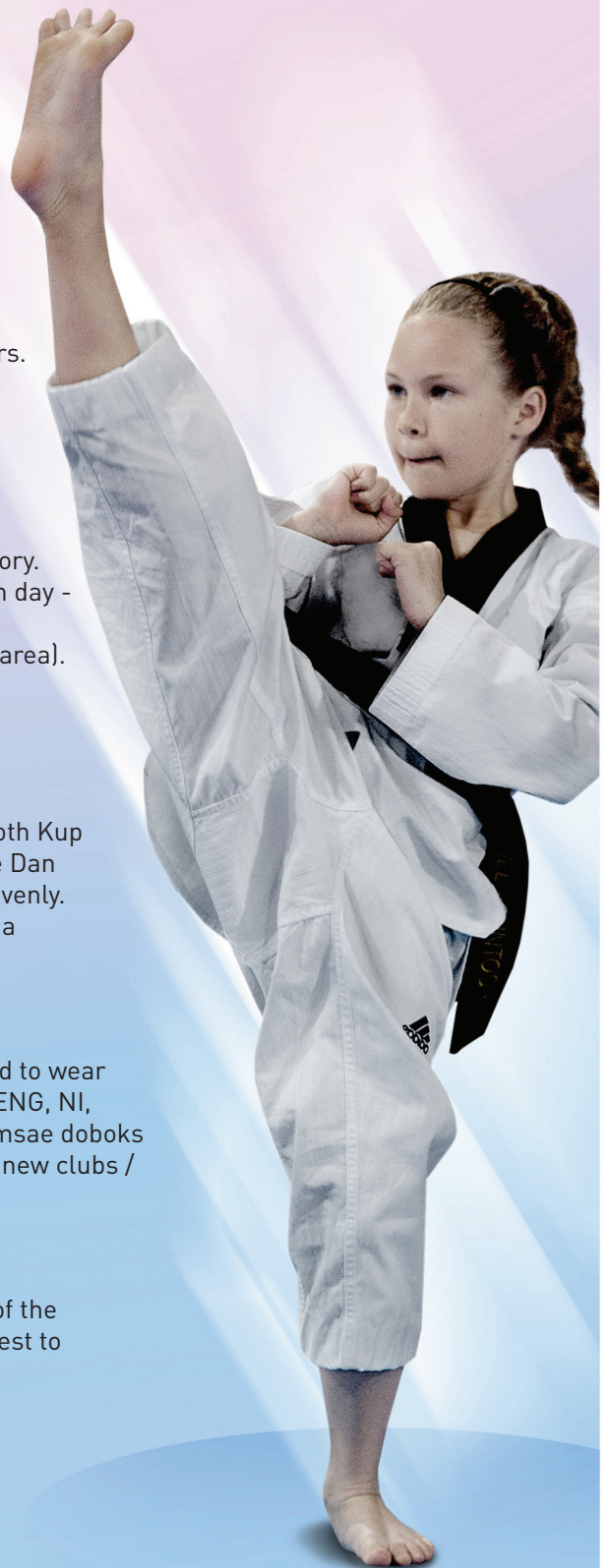
UNIFORMS

Competitors are competing for their club and are not allowed to wear GB doboks/tracksuits. Home Counties doboks are allowed (ENG, NI, GIB, SCO, IOM) at the discretion of your club instructor. Poomsae doboks are encouraged to be worn but in the interests of promoting new clubs / competitors normal doboks can also be worn.

PROTESTS

Any protests must be made by the club coach on completion of the official protest form within 10 minutes of the end of the contest to the Judging Director. Grandmaster TW Shin.

The protest fee is £100 (refunded if the protest is won).



DAN COMPETITION

Competition day for the categories (this is not the running order).

SATURDAY

U11 Male Individual
U11 Female Individual
U11 Pair
U11 Male Team
U11 Female Team
U14 Male Individual
U14 Female Individual
U14 Pair
U14 Male Team
U14 Female Team
U40 Male Individual
U40 Female Individual
U50 Male Individual
U50 Female Individual
+31 Pair
+31 Male Team
+31 Female Team

SUNDAY

U17 Male Individual
U17 Female Individual
U17 Pair
U17 Male Team
U17 Female Team
U30 Male Individual
U30 Female Individual
U30 Pair
U30 Male Team
U30 Female Team
U60 Male Individual
U60 Female Individual
U65 Male Individual
U65 Female Individual
66+ Male Individual
66+ Female Individual

DAN - POOMSAE

Competitors may be asked to perform any of the Poomsae from their compulsory list. Two poomsae will be performed in each round.

ENTRANTS

This is a British Taekwondo Squad Selection event so DAN GRADE participants are encouraged to enter their 2018 competition division (please change the date of birth year to accommodate this new division).

The organisers will also allow competitors moving up in 2018 to compete in their 2017 division - but you will need to enter the player twice on the system.

K1 competitors can also enter the Dan category as long as they know the compulsory Dan Poomsae.

As stated above - players can only enter a maximum of one pair and one team.



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DAN PAIRS / TEAMS

DAN pairs / teams must all be of the correct age division
(no mixed age teams for DANs).

DAN GRADES 2017	SET POOMSAE
U11 DAN (age 11 & below) (Born 2006 or later)	Taeguek 4, 5, 6, 7, 8 Jang
U14 DAN (age 12-14) (Born 2003-2005)	Koryo, Keumgang
U17 DAN (age 15-17) (Born 2000 - 2002)	Taeguek 4, 5, 6, 7, 8 Jang Koryo, Keumgang, Taebek
U30 DAN (age 18-30) (Born 1987 - 1999)	Taeguek 6, 7, 8 Jang Koryo, Keumgang, Taebek, Pyongwon Shipjin
U40 DAN (age 31-40) (Born 1977 - 1986)	
U50 DAN (age 41 -50) (Born 1967 - 1976)	Taeguek 8 Jang, Koryo, Keumgang, Taebek Pyongwon, Shipjin, Jitae, Chonkwon
U60 DAN (age 51 - 60) (Born 1957 - 1966)	
U65 DAN (age 61 - 65) (Born 1952 - 1956)	Koryo, Keumgang, Taebek, Pyongwon
65+ DAN (age 66 & above) (Born 1951 or before)	Shipjin, Jitae, Chonkwon, Hansoo
U11 DAN Pair (2006 & later)	
U14 DAN Pair (2003 - 2005)	Taeguek 4, 5, 6, 7, 8 Jang Koryo, Keumgang
U17 DAN Pair (2000 - 2002)	
U30 DAN Pair (1987 - 1999)	Taeguek 6, 7, 8 Jang Koryo, Keumgang, Taebek, Pyongwon, Shipjin
+31 DAN Pair (1986 & before)	Taeguek 8 Jang, Koryo, Keumgang, Taebek Pyongwon, Shipjin, Jitae, Chonkwon



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KUP COMPETITION

The competition will take place over two days please check carefully the competition day and corresponding category.

BELT DIVISIONS

K1 =	2nd KUP & 1st KUP	(Red belt & black tag)
K2 =	6th KUP - 3rd KUP	(Green belt to red tag)
K3 =	10th KUP - 7th KUP	(White belt to green tag)

AGE DIVISIONS

Mini Peewee / Peewee	Age -11 years	(Born 2006 - 2007 / after)
Cadet	Age 12-14 years	(Born 2003 - 2005)
Junior	Age 15-17 years	(Born 2000 - 2002)
1st Senior	Age 18 - 35 years	(Born 1982 - 1997)
2nd Senior	Age 36+ years	(Born 1981 or before)

KUP RULES

K1	Compulsory Poomsae (Wednesday 3rd November) (Taeguk 1, 2, 3, 4, 5, 6, 7, 8)	
K2	Competitors Choice (Taeguk 1, 2, 3, 4, 5, 6)	Must do 2 different Poomsae in 1 round
K3	Competitors Choice (Taeguk 1, 2, 3)	Can repeat same Poomsae

All categories perform
2 Poomsae each round



FREESTYLE DAN CHAMPIONSHIPS

The Freestyle Championships has strict rules, and mandatory Elements. It is advised that all participants attend the British Taekwondo Freestyle Seminar before competing.

Championship date: Sunday 3rd December 2017

CATEGORIES

- Freestyle Dan Grades 12 - 17 years Individual male**
- Freestyle Dan Grades 12 - 17 years Individual female**
- Freestyle Dan Grades 12 - 17 years Mixed pair**
- Freestyle Dan Grades 12 - 17 years Mixed team (5 people)**
- Freestyle Dan Grades 18+ years Individual male**
- Freestyle Dan Grades 18+ years Individual female**
- Freestyle Dan Grades 18+ years Mixed pair**
- Freestyle Dan Grades 18+ years Mixed team (5 people)**

BASIC INFORMATION

- Music & choreography shall be competitors choice but must include the requirements listed in the full rules
- Competitors must submit a plan of their performance with their application form before 20th November 2017
- Music track must be appropriate and not contain explicit lyrics. 60-70 seconds long.
- Competitors must be fit, able and competent to perform all the movements of their routine. All competitors compete at their own risk.
- Music shall be supplied by the competitor - must be in MP3 format emailed to the organiser by the 14th October and brought to the venue on CD.
- Performance shall consist of 60% foot techniques and 40% hand techniques.

AWARDS

1st, 2nd, 3rd & 4th Place awards will be given.

The following points will be awarded towards the DAN Team Trophy:

1st = 9 points / 2nd = 6 points /
3rd = 3 points / 4th = 2 points.



PARA CATEGORIES 2017

The British Taekwondo Para Championships welcomes all paras and will endeavour to accommodate all participants.

Categories will include (but not be limited to) P20, P30, Blind, Deaf, Wheelchair, and other categories where needed.

P30 ATHLETES:

P30 athletes the compulsory poomsae thresholds are:

Junior	Taegeuk 4 - Koryo
U30	Taegeuk 5 - Sipjin (Except Keumgang)
31+	Taegeuk 8 - Hansu (Except Keumgang)

Athletes in the P30 category may choose to perform a free-choice recognised poomsae ranging from Taegeuk 2 to Hansu instead of the Compulsory Poomsae Drawn - in this case the following deductions are made to the final score:

Any free-choice recognized poomsae: 0.6 deduction points

Taegeuk 1 - 3: Additional 0.5 deduction points

Taegeuk 4 - 7: Additional 0.3 deduction points

Taegeuk 8 - Sipjin: No additional deduction points

P20 ATHLETES:

P20 athletes shall perform 2 free-choice recognised poomsae from Taeguk 1 to Sipjin. Bonus points are awarded for higher poomsae.

Taeguk 1 - 3	No bonus points
Taeguk 4 - 7	0.3 bonus points
Taeguk 8 - Sipjin	0.5 bonus points

Athletes from all other para categories shall perform 2 free-choice recognised poomsae from Taeguk 1 to Sipjin - bonus points will be awarded for higher poomsae as with the P20 athletes.



EVENT LIST

SATURDAY 2ND DECEMBER 2017

K1	Mini Peewee Male
K1	Mini Peewee Female
K1	Peewee Male
K1	Peewee Female
K1	Peewee Pair
K1	Peewee Team Male
K1	Peewee Team Female
K1	Cadet Male
K1	Cadet Female
K1	Cadet Pair
K1	Cadet Team Male
K1	Cadet Team Female
K2	Mini Peewee Male
K2	Mini Peewee Female
K2	Peewee Male
K2	Peewee Female
K3/K2	Peewee Pair
K3/K2	Peewee Team Male
K3/K2	Peewee Team Female
K2	Cadet Male
K2	Cadet Female
K3/K2	Cadet Pair
K3/K2	Cadet Team Male
K3/K2	Cadet Team Female
K3	Mini Peewee Male
K3	Mini Peewee Female
K3	Peewee Male
K3	Peewee Female
K3	Cadet Male
K3	Cadet Female

U11 Dan Male
U11 Dan Female
U11 Dan Pair
U11 Dan Team Male
U11 Dan Team Female
U14 Dan Male
U14 Dan Female
U14 Dan Pair
U14 Dan Team Male
U14 Dan Team Female
U40 Dan Male
U40 Dan Female
U50 Dan Male
U50 Dan Female
+31 Dan Pair
+31 Dan Male Team
+31 Dan Female Team



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EVENT LIST

SUNDAY 3RD DECEMBER 2017

U17 Dan Male
U17 Dan Female
U17 Dan Pair
U17 Dan Team Male
U17 Dan Team Female
U30 Dan Male
U30 Dan Female
U30 Dan Pair
U30 Dan Team Male
U30 Dan Team Female
U60 Dan Male
U60 Dan Female
U65 Dan Male
U65 Dan Female
+66 Dan Male
+66 Dan Female

Para-Divisions
(categories to be determined)

K1	Junior Male
K1	Junior Female
K1	Junior Pair
K1	Junior Team Male
K1	Junior Team Female
K1	1st Senior Male
K1	1st Senior Female
K1	1st Pair
K1	1st Senior Team Male
K1	1st Senior Team Female
K1	2nd Senior Male
K1	2nd Senior Female
K1	2nd Pair
K1	2nd Senior Team Male
K1	2nd Senior Team Female
K2	Junior Male
K2	Junior Female
K3/K2	Junior Pair
K3/K2	Junior Team Male
K3/K2	Junior Team Female
K2	1st Senior Male
K2	1st Senior Female
K3/K2	1st Pair
K3/K2	1st Senior Team Male
K3/K2	1st Senior Team Female
K2	2nd Senior Male
K2	2nd Senior Female
K3/K2	2nd Pair
K3/K2	2nd Senior Team Male
K3/K2	2nd Senior Team Female



EVENT LIST

SUNDAY 3RD DECEMBER 2017

K3 Junior Male

K3 Junior Female

K3 1st Senior Male

K3 1st Senior Female

K3 2nd Senior Male

K3 2nd Senior Female

Freestyle Dan 12-17 Individual Male

Freestyle Dan 12-17 Individual Female

Freestyle Dan 12-17 Mixed Pair

Freestyle Dan 12-17 Individual Team

Freestyle Dan 18+ Individual Male

Freestyle Dan 18+ Individual Female

Freestyle Dan 18+ Mixed Pair

Freestyle Dan 18+ Mixed Team

