



Inter-club Poomsae Championships

**Saturday 17th February
2018**

**Queen's Sport
Queen's University
Physical Education Centre**





Dear Taekwondo Friends,

It our pleasure to extend this formal invitation to you and your students to take part in the Inter-club Poomsae Championships to be held at Queens University, Queens Sport Centre, Belfast on Saturday the 17th February 2018

It is the hope of the competition organisers that this event will serve to help stimulate and develop the growing interest in WTF Poomsae Competition throughout the Ireland. Therefore in order that everyone from complete novice to experienced competitor gets an opportunity to compete to their full potential **the organising body has modified the age divisions for this Competition and included Dan, K1, K2, K3, Para, Freestyle divisions.**

In order to ensure the smooth running of this event the organisers would welcome applications from suitably qualified individuals to act as competition Referees and officials

If you require any further information please do not hesitate to contact us for assistance. We look forward to seeing both you and your students on the 17th February 2018

Closing Date for the competition entries is 1st February 2018

Best Regards

Damian Duffy
Competition Director





COMPETITION DETAILS

1. ORGANISATION

Promoter: United Taekwondo Association (Northern Ireland) & Irish Taekwondo Union

Organiser: United Taekwondo Association (Northern Ireland)

Competition Director: Master Damian Duffy - IR
Contact: +44 (0)7740335638
E-Mail: damian.duffy1@ntlworld.com

Referee Coordinator: Master Glen Culbert – IR
Contact: +447815805902
E-Mail: glentkd@hotmail.co.uk

Competition Website: www.poomsae-reg.com

2. Date and Venue

Venue: Queen's Sport
Queen's University, Physical Education Centre

Date: Saturday 17th February 2018

Deadline: **Online entry will close on 1st February 2018**
Contact www.poomsae-reg.com for an online password complete application

3. SCHEDULE

Saturday 17th February 2018

| | |
|---------------|--|
| 09:00 – 09:15 | Registration at Queen's University physical education centre |
| 09:15 – 09:40 | Referees / officials meeting |
| 10:00 a.m. | Start of the competition |
| 13:30 – 14:00 | Lunch Break |
| 17:00 – 17:30 | End of competition - Awards Ceremony (approx.) |



4. CONDITION FOR PARTICIPATION

Competitors must be members of UTA Northern Ireland or Irish Taekwondo Union.
Proof of membership by means of a valid licence, insurance and grade will be required at registration
All contestants/clubs must have their own insurance as UTA (NI) and any of its representatives will not be responsible for any injury cost.

All competitors must hold a valid BT or ITU licence and insurance

(The organisers have the right to refuse registration of applicants)

5. ENTRY FEES

| Divisions | All Divisions |
|------------------------------|---------------|
| Individual competition: | £15.00 |
| Pair Competition (per pair): | £15.00 |
| Team Competition (per team): | £15.00 |

Entry fees are payable via online banking, payable to: **UTA Northern Ireland**

Bank details:

Barclays Bank

UTANI

Sort code: 20-62-27

Account No.: 70815063

6. APPLICATION

Online Application

Please complete the competition application online. www.poomsae-reg.com

Contact www.poomsae-reg.com for an online password to complete application



7. CONTESTANTS

Membership Participants must be members of the UTA Northern Ireland or Irish Taekwondo Union.

| | | |
|-----------|-------|--|
| Divisions | Dan: | 1 st Dan / Poom and higher, Kukkiwon Holder |
| | K1: | 1 st Kup (Black Tag) – 4 th Kup (Blue Belt) |
| | K2: | 5 th Kup (Blue Tag) – 7 th Kup (Green Tag) |
| | K3: | 8 th Kup (Yellow Belt) - 10 th Kup (White Belt) |
| | K2/K3 | Pairs & Teams 10 th Kup (White belt) – 5 th Kup (Blue Tag) |

Age categories are based on the year of birth. For example, if someone is 17 years old on the day of the competition but will be 18 before the end of the year (2018) then he/she shall participate in the category of 1st Senior's (18-30 years old).

**Dan Divisions: the competitor will perform one drawn Poomse from each of the compulsory lists
Compulsory 1, Compulsory 2**

Kup Poomsae shall be chosen by the Competitor, there will no drawn Compulsory Poomsae for Kup Divisions

Competitor's choice

8. SYSTEM OF COMPETITION

Cut-Off System will used

1st Round: If there are over 20 competitors in a division then they will start in this round.

Two Poomsae will be required and may be performed with a one minute rest period in between. One Poomsae of the competitor's choice from the 1st Compulsory section of the table, and one from the 2nd Compulsory section of the table

2nd Round: top 50% of the competitors with the highest scores will qualify for this round.

Two Poomsae will be required and may be performed with a one minute rest period in between. One Poomsae of the competitor's choice from the 1st Compulsory section of the table, and one from the 2nd Compulsory section of the table

Final Round: The top 8 competitors (with the highest scores) from the 2nd round will qualify

Two Poomsae will be required and may be performed with a one minute rest period in between. One Poomsae of the competitor's choice from the 1st Compulsory section of the table, and one from the 2nd Compulsory section of the table

Final: Divisions may start in the final if there are 8 entrants or less

**Dan Divisions: the competitor will perform one drawn Poomse from each of the compulsory lists
Compulsory 1, Compulsory 2**

9. DAN DIVISION (DAN/POOM GRADES)



Dan Grades

| Individual (Male & Female) | | |
|---------------------------------------|--|---|
| Division | 1st Compulsory Poomsae | 2nd Compulsory Poomsae |
| Peewee – 11yrs | Taeguek 4, 5, 6, 7 Jang | Taeguek 8 Jang, Koryo, Keumgang, |
| Cadet 12 - 14yrs | | |
| Junior 15 – 17yrs | | |
| 1 st Senior 18 - 30yrs | Taeguek 4, 5, 6, 7 Jang | Taeguek 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, |
| 2 nd Senior 31yrs + | Taeguek 5, 6, 7, 8 Jang | Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae |

| Pairs (1 Male and 1 Female) | | |
|------------------------------------|--|---|
| Division | 1st Compulsory Poomsae | 2nd Compulsory Poomsae |
| Peewee – 11yrs | Taeguek 4, 5, 6, 7 Jang | Taeguek 8 Jang, Koryo, Keumgang, |
| Cadet Pair – 14yrs | Taeguek 4, 5, 6, 7 Jang | Taeguek 8 Jang, Koryo, Keumgang, |
| 1 st Pair 15- 30yrs | Taeguek 4, 5, 6, 7 Jang | Taeguek 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, |
| 2 nd Pair 31yrs + | Taeguek 5, 6, 7, 8 Jang | Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae |

| Teams (3 Males or 3 Females) | | |
|-------------------------------------|--|---|
| Division | 1st Compulsory Poomsae | 2nd Compulsory Poomsae |
| Peewee – 11yrs | Taeguek 4, 5, 6, 7 Jang | Taeguek 8 Jang, Koryo, Keumgang, |
| Cadet Team – 14yrs | Taeguek 4, 5, 6, 7 Jang | Taeguek 8 Jang, Koryo, Keumgang, |
| 1 st Team 15 – 30yrs | Taeguek 4, 5, 6, 7 Jang | Taeguek 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, |
| 2 nd Team 31yrs + | Taeguek 5, 6, 7, 8 Jang | Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae |

**Dan Divisions: the competitor will perform one drawn Poomse each of the compulsory lists
Compulsory 1, Compulsory 2**



10. K1 DIVISION (Kup Grades 4th Kup Blue Belt to 1st Kup Black Tag)

K1 Competition Method

If 9 competitors, Pairs, Teams or more: Two Poomsae to be performed in first round (top 8 to progress), and two further Poomsae in the final. A Poomsae cannot be repeated in the final.

If 8 competitors, Pairs, Teams or less: Straight to final, two Poomsae performed

| Individual (Male & Female) | |
|---------------------------------------|--|
| Division | Compulsory Poomsae |
| Mini Peewee up to 9yrs | Competitors choice of Poomsae From Taegeuk 3 to Taegeuk 8 |
| Peewee 10 - 11yrs | |
| Cadet 12 – 14yrs | |
| Junior 15 – 17yrs | |
| 1 st Senior 18 - 30yrs | |
| 2 nd Senior over 31yrs | |
| Pairs (1 Male and 1 Female) | |
| Division | Compulsory Poomsae |
| Peewee Pair up to 11yrs | Competitors choice of Poomsae From Taegeuk 3 to Taegeuk 8 |
| Cadet Pair 12 -14yrs | |
| 1 st Pair 15 - 30yrs | |
| 2 nd Pair 31yrs+ | |
| Teams (3 Males or 3 Females) | |
| Division | Compulsory Poomsae |
| Peewee Team up to 11yrs | Competitors choice of Poomsae From Taegeuk 3 to Taegeuk 8 |
| Cadet Team 12 - 14yrs | |
| 1 st Team 15 - 30yrs | |
| 2 nd Team 31yrs + | |



11. K2 DIVISION (Kup Grades 7th Kup Gren Tag to 5th Kup Blue Tag)

K2 Competition Method

If 9 competitors, Pairs, Teams or more: Two Poomsae to be performed in first round (top 8 to progress), and two further Poomsae in the final. A Poomsae can be repeated in the final.

If 8 competitors, Pairs, Teams or less: Straight to final, two Poomsae performed

| Individual (Male & Female) | |
|-----------------------------------|--|
| Division | Compulsory Poomsae |
| Mini Peewee up to 9yrs | Competitors choice of Poomsae From Taegeuk 1 to Taegeuk 6 |
| Peewee 10 - 11yrs | |
| Cadet 12 – 14yrs | |
| Junior 15 – 17yrs | |
| 1 st Senior 18 - 30yrs | |
| 2 nd Senior 31yrs + | |

12. K3 DIVISION (Kup Grade 10th- 8th Kup)

K3 Competition Method

If 9 competitors, Pairs, Teams or more: Two Poomsae to be performed in first round (top 8 to progress), and two further Poomsae in the final. A Poomsae can be repeated in the final.

If 8 competitors, Pairs, Teams or less: Straight to final, two Poomsae performed

| Individual (Male & Female) | |
|-----------------------------------|--|
| Division | Compulsory Poomsae |
| Mini Peewee up to 9yrs | Competitors choice of Poomsae from Taegeuk 1 to Taegeuk 3 |
| Peewee 10 - 11yrs | |
| Cadet 12 – 14yrs | |
| Junior 15 – 17yrs | |
| 1 st Senior 18 - 30yrs | |
| 2 nd Senior 31yrs + | |





13. K2 & K3 Pairs and Teams DIVISION (Kup Grade 10th- 5th Kup)

K3 Competition Method

If 9 Pairs, Teams or more: Two Poomsae to be performed in first round (top 8 to progress), and two further Poomsae in the final. A Poomsae can be repeated in the final.

If 8 competitors, Pairs, Teams or less: Straight to final, two Poomsae performed

| Pairs (1 Male and 1 Female) | |
|-------------------------------------|--|
| Division | Compulsory Poomsae |
| Peewee Pair up to 11yrs | Competitors choice of Poomsae From Taegeuk 1 to Taegeuk 6 |
| Cadet Pair 12 -14yrs | |
| 1 st Pair 15 - 30yrs | |
| 2 nd Pair 31yrs+ | |
| Teams (3 Males or 3 Females) | |
| Division | Compulsory Poomsae |
| Peewee Team up to 11yrs | Competitors choice of Poomsae From Taegeuk 1 to Taegeuk 6 |
| Cadet Team 12 - 14yrs | |
| 1 st Team 15 - 30yrs | |
| 2 nd Team 31yrs + | |





14. Freestyle

Freestyle Poomsae (K1 & Dan Grades only -14yrs & 15yrs +)

Individual Male

Individual Female

Mixed Pairs (One male & one female)

Freestyle Poomsae is the performance based on Taekwondo techniques with composition of music and choreography.

Composition of Poomsae

1. Yeon-mu line shall be the choice of the competitor
2. Number of Poom: each performance shall be composite of 20 - 24 poom (composition shall be no more than 5 motions)
3. Technique: each performance shall be composite of defending and attacking techniques of Taekwondo with 60% foot techniques and 40% hand techniques.
4. Music and choreography shall be the competitors choice
5. Performance shall be within the boundary line.
6. Performance shall be within 60 - 70 seconds.
7. The competitor must **submit a plan of their freestyle performance on registration.**
8. Music shall be supplied by the competitor; **this must be in MP3 format and be done on registration.**
9. Music track **must not** contain any lyrics

Guide line for Freestyle Poomsae

Technical Skills

1. Level of difficulty of foot and hand techniques
2. Height of jump kicks
3. Number of jumping kicks
4. Gradient of turn kicks
5. Number of consecutive kicks
6. Acrobatic actions
7. Taekwondo basic accuracy of movements

Presentation

1. Creativeness/ Harmony
2. Expression of energy
3. Good music & Choreography





15. FURTHER INFORMATION

- Awards:** 1st, 2nd and 3rd Place medals shall be awarded in each category.
- There shall also be 1st, 2nd and 3rd Place overall team trophies based on number of medals won by each Team:
- 5pts Gold, 3pts Silver, 1pt Bronze
- Dress:** Competitors may only compete wearing full WTF uniform. Jewellery is strictly not permitted.
- Hall Rules:** Only competitors and their coaches shall be admitted to the contest areas.
- Spectators:** Admission
Adults £2
Children £1
- Guests:** Coaches/Competitors
2 coaches per team
- Protest:** Only the official head coach is allowed to protest to the Competition Director. This must be made within 10 minutes of the end of the contest. A protest fee of £75 GBP will be payable immediately to the competition board. This will be refunded if the protest is accepted and won.
- Liability:** All competitors are considered to participate at their own risk. The organisers, UTA (NI) shall accept No responsibility for any damages, injuries or losses sustained or incurred.

16. PHOTOGRAPHY & VIDEO RECORDING AT EVENTS POLICY

In the interests of Child Protection the BT requires ANY person (relative, friend, coach or other official) wishing to engage in photography or video recording (including the use of mobile phones as recording equipment) to register their intent using the Photography Registration form provided with this application. The Photography Registration form must be completed and then submitted to the event organiser on the day of the competition.

Many coaches wish to use video facilities at events in order to provide feedback for their students and by entering your child for this event you are accepting that they may be photographed or videoed and are therefore providing the necessary consent

[BTCB HEALTH AND SAFETY POLICY PART 6 - PHOTOGRAPHY POLICY](#)