



Wales

Tae Kwon Do

Presents

1st Wales Tae Kwon Do International Poomsae Championships Saturday 4th May 2019

Doors open 8.00am, first matches 10am

Sport Wales National Centre
Sophia Gardens
Cardiff
CF11 9SW

Online registration at <https://www.poomsae-reg.com>

Wales Tae Kwon Do
is affiliated with:



For more information

☎ 07944 988806
Master Kambiz R.Ali
www.NarrogoTaekwondo.co.uk

☎ 07966 171840
Master Paul Jones
www.LlantwitMajorTaeKwonDo.com

Welcome

Dear Taekwondo Friends,

05 February 2019

It is my pleasure to welcome you to the 1st Wales Taekwondo Open Poomsae Championships.

The event will be run under existing World Taekwondo rules using the excellent facilities provided by Sport Wales National Centre.

Wales Taekwondo and K R Ali Taekwondo Academy, (event management) will welcome you to our first poomsae competition on 4th May 2019.

This event has the full support of British Taekwondo, with their well-trained poomsae officials bringing the highest quality refereeing and judging. We look forward to welcoming you to our competition and the beautiful city of Cardiff and hope you have an enjoyable and successful day. If you have any questions, please do not hesitate to contact us.

Yours sincerely,

Master Paul Jones
Wales Taekwondo



Event Summary

1 Host

WALES TAEKWONDO & K R ALI TAEKWONDO ACADEMY

2 Event Director (Poomsae)

Master KAMBIZ RAMZAN ALI

Tel. 07944988806

Email masterali@harrogatetaekwondo.co.uk

3 Dates

SATURDAY , 04th May 2019

4 Venue

Sport Wales National Centre

Tel. 0300 300 3 123

Website <https://www.sport.wales/about-us/sport-wales-national-centre/about-us.aspx>

5 General

The organisers reserve the right to make any necessary changes to the format or arrangements for this event.

6 Officials

6.1 Competition Management Master Kambiz Ramzan Ali

6.2 Referee Director Grandmaster TW Shin

7 Qualifications

7.1 Competitors

- (a) All competitors must be members of British Taekwondo or the WT-affiliated Member National Federation for the country in which they reside. Members of British Taekwondo should enter their correct membership (M) number when registering. If a false number is entered, the player will fail the audit and fees will not be refunded.
- (b) Competitors should enter under their individual clubs and state the names of the club and their country at registration.
 - (i) Clubs may not combine or enter as an association or squad.
 - (ii) Teams and pairs can be from different clubs and will be entered as 'Mixed'. The results will not count towards medal points for the team trophies.
- (c) Coaches should ensure that all memberships are applied for and renewed in plenty of time to ensure that players are cleared to compete.

7.2 Coaches

- (a) One (1) coach will be accredited for every five (5) competitors entered and granted free admission. There can be a maximum of two (2) coaches per team.
- (b) The minimum age for a coach is 18 years.
- (c) Coaches will only be permitted at ringside in sportswear.



Event Summary

7.3 Audits (coaches and competitors)

The deadline for submission of entries for audit is 10:00 p.m. on 19th May 2019. All players sent through audit must be paid for even if they withdraw.

8 Protests

Only the Head Coach will be allowed to protest to the Referee Director, immediately after the end of the contest in question. A fee of £75.00 will be paid for each protest lodged. The decision of the Referee Director is final.

9 Referees

International and National Referees or Judges who wish to participate in this event should contact Master Kambiz Ramzan Ali – masterali@harrogatetaekwondo.co.uk

10 Entry Fees

- (a) The entry fees are listed in Section 14.1.
- (b) Payment is required from teams by competition closing date on 20th April 2019, or immediately should the event become full. Send payments to:

Bank Details:

All payments to be made via bank transfer to:

NatWest Bank.

Account Number: 13295071

Sort Code: 52-30-03

Account Payable: Llantwit Major Taekwondo Club

Please put your Club Name as reference for the transfer. Email Master Kambiz Ramzan Ali (masterali@harrogatetaekwondo.co.uk) when payment has been made.

- (c) Players who fail the audit or withdraw after the deadline are still to be paid for.

11 Admission

Tickets are available on the door only. (Cash only)

Adults and children : £5.00
5 and under will be admitted for free.

Spectators are requested to wear suitable footwear (no high heels) in the sport hall.

12 Refreshments

Coffee, tea and light refreshments will be available for purchase throughout the day in the cafe.

Photography and video recording policy

- (a) By registering to compete or coach at the event, you agree to have your image taken by both the press and members of the public while you are in the venue.
- (b) In addition, you agreeing to have your image shown on video, TV and online.



Event Summary

13 Championships

- (a) Registration
- (b) Online registration at <https://www.poomsae-reg.com>.
- (c) The deadline for registrations is Friday 19th April 2019.
- (d) The entry fee are as follows:

Individual	£35
Pair (per pair)	£34
Team (per team of 3)	£36
Para-Division	£35
Freestyle	£30
Freestyle Pair (per pair)	£30
Freestyle Team (per team of 5)	£35
- (e) The deadline for payments of entry fees is Saturday 20th April 2019. However, should the event reach its competitor limit all entry fees will become immediately payable to allow for competitors from the waiting list to be added should there be withdrawals.
- (f) Please ensure that all details entered online are correct.
- (g) All emails will be sent to Club Instructors and not individual players.
 - (i) Any corrections/amendments must be made by 10 days before the event.
 - (ii) The final player list will be emailed 7 days before the event.
 - (iii) Any subsequent changes before event will incur a £20 administration cost.

13.1 Information needed for online registration

For your online registration you will need to have the following information:

- (i) Coaches' details (maximum of 2 per club)
(Coaches of UK Competitors must have valid BT instructor's indemnity insurance for students to enter)
- (ii) Competitor's full name
- (iii) Competitor's correct date of birth
- (iv) Competitor's correct grade/belt
- (v) UK competitors only: Student's British Taekwondo membership (M) number.
(Competitor's membership must be current.)

13.2 Competition Rules & Method

- (h) World Taekwondo Competition Rules will be used.
- (i) WT-recognised uniform will be worn. Poomsae doboks are encouraged but, in the interests of promoting new clubs/competitors, standard WT doboks are allowed. Doboks must be appropriate to the division entered. Kup competitors will not be permitted to wear poom/dan doboks.
- (j) Age categories are based on year of birth, not the actual age at the time of the competition. See Sections 13.5 and 13.6.
- (k) Participating teams will be informed about the compulsory poomsae by e-mail on Wednesday 01st May 2019.



Event Summary

13.3 Method of competition

Cut-Off System will be used.

1st Round If there are 20 or more competitors in a division then the competition will start in this round.
Two assigned compulsory Poomsae will be required to be performed with a one minute rest period in between.

2nd Round The top 50% of the competitors with the highest scores from the 1st round will qualify for this 2nd round (including competitors with equal scores).
Two assigned compulsory Poomsae will be required to be performed with a one minute rest period in between.

Final Round The top 8 competitors (with the highest scores) from the 2nd round will qualify for this round.
Two assigned compulsory Poomsae will be required to be performed with a one minute rest period in between.

Final Divisions will start in the final if there are 10 entrants or less.

Compulsory Poomsae All competitors must perform the compulsory Poomsae and if they cannot do so they will be disqualified.
All compulsory Poomsae shall be drawn, set and announced by the Organising Committee 3 days before the competition.



Event Summary

13.4 Dan/Poom Divisions

Division				Compulsory Poomsae
Individual (Male & Female)	Children	Under 12	Born 2008 or later	Taegeuk 4, 5, 6, 7, 8; Koryo, Keumgang
	Cadet	12–14 yr	Born 2005–2007	
	Junior	15–17 yr	Born 2002–2004	Taegeuk 4, 5, 6, 7, 8; Koryo, Keumgang, Taebaek
	Under 30 yr	18–30 yr	Born 1989–2001	Taegeuk 6, 7, 8; Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
	Under 40 yr	31–40 yr	Born 1979–1988	
	Under 50 yr	41–50 yr	Born 1969–1978	Taegeuk 8; Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
	Under 60 yr	51–60 yr	Born 1959–1968	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
	Under 65 yr	61–65 yr	Born 1958–1954	
	+66 yr	66 yr+	Born 1953 or before	
Pairs (1 Male & 1 Female)	Children	Under 12	Born 2008 or later	Taegeuk 4, 5, 6, 7, 8; Koryo, Keumgang
	Cadet	12–14 yr	Born 2005–2007	
	Junior	15–17 yr	Born 2002–2004	Taegeuk 4, 5, 6, 7, 8; Koryo, Keumgang, Taebaek
	1st Pair	18–30 yr	Born 1989–2001	Taegeuk 6, 7, 8; Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
	2nd Pair	31 yr+	Born 1988 or before	
Teams (3 Males or 3 Females)	Children	Under 12	Born 2008 or later	Taegeuk 4, 5, 6, 7, 8; Koryo, Keumgang
	Cadet	12–14 yr	Born 2005–2007	
	Junior	15–17 yr	Born 2008–2004	Taegeuk 4, 5, 6, 7, 8; Koryo, Keumgang, Taebaek
	1st Team	18–30 yr	Born 1989–2001	Taegeuk 6, 7, 8; Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
	2nd Team	31 yr+	Born 1988 or before	



Event Summary

13.5 Kup Divisions

Grades	K1	2nd to 1st kup	Red belt to black tag
	K2	6th to 3rd kup	Green belt to red tag
	K3	10th to 7th kup	White belt to green tag

Categories	Mini Peewee	Under 9 yr	Born prior to 2010
	Peewee	Under 11 yr	Born prior to 2008
	Cadet	12–14 yr	Born 2005–2007
	Junior	15–17 yr	Born 2002–2004
	1st Senior	18–35 yr	Born 1984–2001
	2nd Senior	36 yr and over	Born 1983 or before

Division		Poomsae	
Individual (Male & Female)	K1	Taegeuk 1, 2, 3, 4, 5, 6, 7, 8	Compulsory poomsae will be specified.
	K2	Taegeuk 1, 2, 3, 4, 5, 6	Competitor's choice Must do different poomsae in 1 round.
	K3	Taegeuk 1, 2, 3	Competitor's choice Can repeat poomsae in 2 round.
Pairs (1 Male & 1 Female)	K1	Taegeuk 1, 2, 3, 4, 5, 6, 7, 8	Compulsory poomsae will be specified.
	K2/3	Taegeuk 1, 2, 3, 4, 5, 6	Competitor's choice Must do different poomsae in 1 round.
Teams (3 Males or 3 Females)	K1	Taegeuk 1, 2, 3, 4, 5, 6, 7, 8	Compulsory poomsae will be specified.
	K2/3	Taegeuk 1, 2, 3, 4, 5, 6	Competitor's choice Must do different poomsae in 1 round.

- K2 & K3 Pairs and Teams are combined into one belt category for each age group.
- K1 Teams & Pairs must all be K1 and of the correct age division.
- All competitors must be from the correct category. (No mixing categories).
- Teams and pairs can be from different clubs and will be entered as 'Mixed'. The results will not count towards medal points for the team trophies.
- If you have any queries, please contact us for advice.



Event Summary

13.6 Freestyle Poomsae Competition

Freestyle Poomsae is the performance based on Taekwondo techniques with composition of music and choreography. The Freestyle Championships has strict rules, and mandatory elements. Full details can be found on the British Taekwondo Website or you may email the organiser for a copy of the rules. Please review these before submitting your entry.

Ages under 17 years	Individual Male
	Individual Female
	Mixed Pair
	Mixed Team (5 people)
Ages 18+ years	Individual Male
	Individual Female
	Mixed Pair
	Mixed Team (5 people)

13.6.1 Guidelines for Freestyle Poomsae

- Music and choreography shall be the competitor's choice but must include the requirements listed in the full rules.
- Music track must be appropriate and must not contain explicit lyrics.
- The duration of the music track should be 60-70 seconds.
- Competitor must be fit, able and competent to perform all the movements of their routine.
- Music shall be supplied by the competitor in MP3 format.
- The track must be emailed to the organiser when requested.
- Performance shall consist of 60% foot techniques and 40% hand techniques.

13.7 Para-taekwondo Poomsae

13.7.1 Categories and Format

- Para Competitors should please enter online (Male/Female) and email your full details and reasons for Para qualification. The categories will be determined on receipt of all the applications.
- Competitors perform two poomsae in each round.
- If you require further information, please contact us.

13.7.2 Awards

- Awards will be given for 1st, 2nd, 3rd and 4th places.
- As the categories are Open Age and Open Belt, the judges will use their discretion and take into consideration age, disability and belt of the competitor.

13.8 Situations not covered by the Rules

Where any situation arises, which is not covered by these rules, it shall be dealt with and the decision given by the Referee Director.



Event Summary

14 Venue Rules

14.1 Admission to the competition areas

Only the competitors and their coaches will be allowed to enter the competition area.

14.2 Coaches' age and dress code

Coaches must be at least 18 years old, hold British Taekwondo Instructor Insurance and must wear sportswear and sports shoes. Coaches may not wear Taekwondo uniform, sandals, flip-flops, short trousers or head wear whilst coaching, except for head coverings for religious or cultural reasons.

15 Liability

The Organising Committee can decide to alter the competition. Any overseas contestants must bring their own documents and forms for any medical treatment in the United Kingdom.

16 Transport & accommodation

16.1 By bus

The nearest bus stop is the Cardiff Bridge bus stop. Approx 0.4 miles from the venue.

16.2 By coach

Located in Sophia Gardens, the National Sport Centre is also home to the National Express coach station. The venue can therefore be accessed by the National Express coach, bookable via www.nationalexpress.com

16.3 Arriving by train

Trains to Cardiff Central Station run regularly, connecting the city centre to the rest of the UK. Cardiff Central Station is located within a very short walking distance of several hotels in the city centre and the National Sport Centre can be accessed via a short taxi or bus ride.

16.4 Arriving by air

The Sports Centre is located 28 minutes away from Cardiff Airport.

16.5 Parking

There is some car parking around the sport centre and also Sophia Gardens car park which is normally £5.00 for all day parking which is very close.

16.6 Hotel Information

Please follow below link for best hotel offer near .

https://www.tripadvisor.co.uk/HotelsNear-g186460-d1490333-Sport_Wales_National_Centre-Cardiff_South_Wales_Wales.html

17 Draft Timetable

DATE	TIME	LOCATION	ITEM
Saturday 4 th May 2019	08.30 – 09.30	Sport Wales National Centre	Registration
	10.00 – 13.00	Sport Wales National Centre	Competition
	13.00 – 14.00	Sport Wales National Centre	Lunch Break
	14.00 – 18.00	Sport Wales National Centre	Competition





For more information



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