

# Manchester Open Poomsae Championships

WT Recognised, Freestyle & Para Poomsae



**Sunday  
6 October  
2019**



**George H Carnall Leisure Centre  
Kingsway Park,  
Urmston,  
Manchester  
M41 7FJ**

Online Registration Only:

<https://www.poomsae-reg.com>





# The 2nd Manchester Open Poomsae Championships

**Venue: George H Carnell Leisure Centre, Manchester, M41 7FJ**

Dear Taekwondo Friends,

It is our pleasure to welcome you to the 2<sup>nd</sup> Manchester Open Poomsae Championships. The event will be run under existing World Taekwondo Poomsae Competition rules. WT recognized Poomsae, Freestyle and Para Poomsae Competitions are included.

We look forward to welcoming you all to Manchester Open and hope you have an enjoyable and successful day.

**1. Date: Sunday, 6<sup>th</sup> Oct, 2019. (Starts at 9.30 am)**

**2. Venue:** George H Carnell Leisure Centre  
Kingsway Park, Davyhulme, Manchester, M41 7FJ

Closing date for entries & payment by 20<sup>th</sup> Sept, 2019

## **3. Organising Committee Shins Academy of Taekwondo UTA, England**

- a) Master Angela Broadbent 6<sup>th</sup> Dan Event Director Mob. 07989 843775 [angela.broadbent@shinsacademy.co.uk](mailto:angela.broadbent@shinsacademy.co.uk),
- b) GM TW Shin Technical/Referee Director: [tongwanshin@gmail.com](mailto:tongwanshin@gmail.com) Mob. 07776 131567
- c) Mr John Durcan: [john.durcan@shinsacademy.co.uk](mailto:john.durcan@shinsacademy.co.uk),
- d) Mr Alex Tse 4<sup>th</sup> Dan [alex.tse@shinsacademy.co.uk](mailto:alex.tse@shinsacademy.co.uk),

## **4. Registration:**

Competition Director: Master Angela Broadbent 6<sup>th</sup> Dan. Email: [angela.broadbent@shinsacademy.co.uk](mailto:angela.broadbent@shinsacademy.co.uk),  
Referee Director: GM TW Shin 9<sup>th</sup> Dan [tongwanshin@gmail.com](mailto:tongwanshin@gmail.com) Mob 07776 131567

Registration online: Poomsae-reg (NI Poomsae scoring system).

## **5. Competitors/Coaches**

All competitors and coaches from the UK 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). Competitors should enter under their individual clubs and state the names of the club and their country at registration. Clubs may not combine or enter as an association or squad. Mixed club teams or pairs is however permitted.

Coaches' Meeting: at 9.10 am on 6<sup>th</sup> Oct, 2019, Main Sports Hall, George H Carnell Centre.

- (a) One (1) coach will be accredited for every six (6) competitors entered and granted free admission.  
(ie. 2 coaches for 12 competitors, 3 coaches for 18 competitors etc.)
- (b) The minimum age for a coach is 18 years.
- (c) Coaches will only be permitted at ringside in sportswear or smart dress.

## 6. Competition entry

All competitors must hold a valid British Taekwondo Membership/Licence and participate at their own risk; no claim whatsoever can be made against the organizer or British Taekwondo. The organisers 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 any injury they may sustain.

- a) Dan/Poom: Individuals, Pair, Team 1<sup>st</sup> Dan/Poom or higher
- b) K Divisions, K1, K2, K3 (9<sup>th</sup> Kup – 1<sup>st</sup> Kup): individuals, Pair, Team
- c) Freestyle: From 1<sup>st</sup> Dan/Poom or higher, Age from 12 yrs or higher
- d) Para-taekwondo Division: From 9<sup>th</sup> Kup or higher grade.

## 7. Entry fee:

@ £35.00 for all Dan/Poom, Kup Divisions: Recognized Poomsae Individual.

@ Pair & Team: £30.00 per pair/team for Dan/Poom/Kup grade Recognized Poomsae.

@ Freestyle @ £35.00 Dan/Poom for Individual.

@ Freestyle @£30.00 Dan/Poom for per Pair & per Mixed team.

@ Para Poomsae: @£35.00 for Individual.

Payment of entry fee - for ALL pay online:

Bank: Royal Bank of Scotland. Name of A/C: Shins Academy of Taekwondo

Sort Code: 83-04-25 Account number: 19339061

Payment by Club Instructor/Secretary is required from teams within 14 days of being entered into the event online, or by 20<sup>th</sup> September, whichever is the earlier. Please ensure that all details entered online are correct.

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.

Please put your Club Name as reference for the transfer.

Email to Master Angela Broadbent 6<sup>th</sup> Dan [angela.broadbent@shinsacademy.co.uk](mailto:angela.broadbent@shinsacademy.co.uk), when payment has been made.

## 8. Admission

Tickets are available on the door only (Cash only)

Adult: £6.00 (18 years old and older), Junior: £4.00 (5 - 17 years old)

Under 5 years old will be admitted free.

## 9. Travel & Accommodation

Competitors need to make their own travel & accommodation arrangements.

Nearest Airport: The Nearest Airport to venue is Manchester International Airport (MAN).

It takes approx. 20 minutes by car from Manchester airport to the Venue.

Official IRs: We will provide a Pick up & Drop off service from the Manchester Airport to the Official Hotel.

Parking: Free Parking is available at the venue, George H Carnell Leisure Centre, Manchester M41 7FJ

## **10. Competitors' detail, Method of Competition & Awards**

### **Ages & Grades**

All age categories (Dan/Poom, Kup 1<sup>st</sup> – 9<sup>th</sup> Kup, Freestyle) are based on year of birth and not age at the competition. Therefore, their competition age will be their age on 31<sup>st</sup> December 2019.

Categories open to 9<sup>th</sup> Kup & above, provided all competitors know the compulsory Poomsae range.

### **Method of Competition**

World Taekwondo Poomsae Competition Rules for Dan/Poom Grades and Cut-off System will be used.

Round 1: 20 or more competitors.

Round 2 : 9-19 competitors or 50% from first round

Final :Top 8 Competitors: (Groups with 9 -10 competitors may be a straight final)

### **Uniform**

WT- Recognised standard uniform & WT Poomsae competition uniform are allowed.

### **Awards**

1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, & 4<sup>th</sup> 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:**

1<sup>st</sup> place = 9 points, 2<sup>nd</sup> = 6 points, 3<sup>rd</sup> = 3 points, 4<sup>th</sup> = 2 points

Team awards will be calculated over the day and will be presented at the end of the Championships on the day.

## **11. Protests**

Any protests must be made by the Club Head 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). The decision of the Referee Director is final.

## **12. Referees/Judges**

WT Poomsae International Referees, National Poomsae Judges who wish to participate full time in this event should contact GM TW Shin Email [tongwanshin@gmail.com](mailto:tongwanshin@gmail.com)

UK IRs/Judges must send a valid BT membership No, & Name to Referee

Director. UK IRs/National Judges' fee will be paid at usual UK National Rate.

Referee/Judges Briefing: 8.30 – 9.00 am, 6<sup>th</sup> Oct, 2019, Upstairs meeting room, George H Carnell Centre,

Accommodation for UK Judge & IR (Twin room, referees may need to share) must be applied for by 5<sup>th</sup> Sept, 2019 to Mr J. Durcan

Email: [john.durcan@shinsacademy.co.uk](mailto:john.durcan@shinsacademy.co.uk).

## **13. Refreshments**

Coffee, tea, light refreshments and food will be available for purchase throughout the day at the venue.

## **14. 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 are agreeing to have your image shown on video, TV and online.

## 15. Methods of scoring & compulsory use WT Poomsae Competitions rules 2014.

Total score is 10.0 for Recognized Poomsae and Para Poomsae (Accuracy 4.0 & Presentation 6.0)  
10.0 for Freestyle (Technical 6.0 & Presentation 4.00)

## 16. Compulsory Poomsae for Dan/Poom

The compulsory poomsae will be emailed out on Thursday 3<sup>rd</sup> Oct 2019. Competitors may be asked to perform any of the poomsae from their set list in the order specified in the compulsory poomsae. Two poomsae will be performed in each round (subject to the number of entries.)

Dan/Poom Grades	Poomsae Range
<b>U12 Poom</b> (age under 12 yrs) Peewee Individuals / Pairs U14/ Teams U14	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo.
<b>U14 Poom</b> (age 12-14) Cadet Individuals / Pairs U14/ Teams U14	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang.
<b>U17 DAN</b> (age 15 - 17) Junior Individuals / Pairs U17/ Teams U17	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebak.
<b>U30 DAN</b> (age 18-30) Individuals / Pairs -30 / Teams -30	Taegeuk 6, 7, 8, Jang Koryo, Keumgang, Taebak, Pyongwon, Shipjin.
<b>U40 DAN</b> (age 31 – 40) Individuals / Pairs +31 / Teams +31	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin. (Pair/Team) + Jitae, Chonkwon,
<b>U50 DAN</b> (age 41 – 50) Individuals / Pairs +31 / Teams +31	Taegeuk 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin. Jitae, Chonkwon.
<b>U60 DAN</b> (age 51 - 60) Individuals / Pairs +31 / Teams +31	Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon, Hansoo
<b>U65 &amp; +66 DAN</b> (age 61- 65 & Over 66) Individuals / Pairs +31 / Teams +31	Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon, Hansoo
<b>Freestyle Poomsae</b> 12-17 yrs & 18, Over Individual, Pairs & Mixed Team	Freestyle: Individual, Pairs & Mixed Team. 12 -17 Yrs and 18 yrs & Over

## 17. Freestyle Poomsae.

### Basic Information

- ☐ Music & choreography is competitors' choice. The duration of the music should be 60-70 seconds long.
- ☐ Email music by 26<sup>th</sup> Sept, 2019 and bring USB copy on the day.
- ☐ Competitor must be fit, able & competent to perform all the movements of their routine.
- ☐ Competitors compete at their own risk.
- ☐ For more information contact GM Shin [tongwanshin@gmail.com](mailto:tongwanshin@gmail.com)

Freestyle Dan/Poom divisions will be only 1 round and total limited to 15 events for Individual, Pair and Mixed Team. Freestyle Competitors perform only once.

Division 1 (Fr.1) Dan/Poom Age from 12 – U17yrs	Individual Male
	Individual Female
	Pair
	Mixed Team (5 People)
Division 2 (Fr.2) Dan Ages 18 and Over	Individual Male
	Individual Female
	Pair
	Mixed Team (5 People)

Duration of Contest: all division's competition from 60 seconds to 70 seconds. (less than 60 or more than 70 seconds: -0,1 deduction for 71-75 seconds and -0,2 deduction for 76-80 seconds)

## 18. Kup Divisions.

Mini Peewee, Peewee, Cadet, Junior, 1<sup>st</sup> Senior 2<sup>nd</sup> Senior Divisions: (Individual, Pair and Team)

Compulsory Poomsae for K1 will be specified on Thursday 3/10/2019

Grade	K1	2nd to 1st Kup	Red belt to black tag
	K2	6th to 3 <sup>rd</sup> Kup	Green belt to red tag
	K3	9 <sup>th</sup> to 7 <sup>th</sup> Kup	White belt yellow tag to green tag

Age divisions   Male & Female	Mini Peewee	Under 9	Born prior to 2011
	Peewee	11 – 9 yrs	Born 2008 - 2010
	Cadet	12 – 14 yrs	Born 2005 – 2007
	Junior	15 – 17 yrs	Born 2002 – 2004
	1 <sup>st</sup> Senior	18 – 35 yrs	Born 1984 – 2001
	2 <sup>nd</sup> Senior	36 yrs and over	Born 1983 or before

Individual   Male & Female		Poomsae	
	K1	Taegeuk 3, 4, 5, 6, 7, 8	Compulsory Poomsae will be specified
	K2	Taegeuk 2, 3, 4, 5, 6	Competitor's choice.  Must do two different poomsae. Please note that Taegeuk 1 may not be performed in the K1 division.
	K3	Taegeuk 1, 2, 3	Competitor's choice.  May repeat the same poomsae.

Pair	K1	Taegeuk 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 two different poomsae

Team 3 M or 3 F	K1	Taegeuk 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 two different poomsae

1. K2 & K3 pairs and teams are combined into one category for each age group.
2. Pair and team for Mini Peewee & Peewee will be merged for all categories.
3. All competitors must be from the correct category. (No mixing categories except no.1, 2)
4. Teams and pairs can be from different clubs and will be entered as "Mixed".  
Points will be split equally between the clubs.

## 19. Para Taekwondo Poomsae

Age of contestant: 1) Junior 12 – 15 yrs, 2) Under 30 yrs, 3) Over 30 yrs, Male/Female, Individual.

Competitors must be assigned a para Taekwondo sport class and class sport status.

Any queries about classification, please contact GM Shin [tongwanshin@gmail.com](mailto:tongwanshin@gmail.com)

### Categories and Format

- a) Para competitors should please enter online and email your full details and para qualification.  
The categories will be determined on receipt of all the applications. (Eg P20, P33...)
- b) Competitors perform two different poomsae in each round. If the same poomsae is performed 0.3 will be deducted.
- c) If you require further information, please contact GM Shin [tongwanshin@gmail.com](mailto:tongwanshin@gmail.com)

### Para TKD Sports classes:

- a) P10 – Visual Impairments (Competitor's choice any poomsae from Taegeuk 1, 2, 3... & higher)
- b) P20 – Intellectually Impaired (The coach is allowed to give the commands, competitor's choice)
- c) P30 – Physical Impairments (Compulsory poomsae will be specified on Thursday 03/10/2019)  
(P31, P32) (P33, P34)
- d) P40 – LD/Prom (Competitor's choice poomsae)
- e) P50 – Wheelchair Classes (Competitor's choice poomsae)
- f) P60 – Deaf (Competitor's choice poomsae)

### Awards

- a) Awards will be given for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> places
- b) As the categories are open age and grades, the judges will use their discretion and take into consideration age, disability and grade of competition

## 20. Timetable

8.30-9.00 am - Judges Briefing (upstairs meeting room)  
 9.10-9.20 - Coaches' Meeting (main sports hall)  
 9.30 - Competition starts  
 13.00-13.30 - Lunch  
 18.30 - End of Competition followed by club awards presentation.

**Please note that these times are estimated only and may vary depending on number of entries.**



## **21. Accommodation**

Premier Inn

Manchester Trafford Centre West

Old Park Lane, Trafford Quays, Trafford Centre, Manchester M17 8PG

Premier Inn

Manchester Trafford Centre South (Coach House)

Wilderspool Wood, Trafford Centre, Manchester M17 8WW

Premier Inn

Manchester Trafford Centre North (Manchester Airport 10 miles)

18 – 20 Trafford Boulevard, Urmston, Manchester M41 7JE

Premier Inn (Sale)

Carrington Lane, Ashton Upon Mersey, Sale, M33 5BL (Manchester Airport 8 miles)

Travelodge Manchester, Trafford Park, Manchester, M17 8DD

Travelodge Manchester Sale

Unit 1 Citygate, 1 Cross Street, Sale, M33 7JR

Ibis Budget Manchester Salford Quays

19 Trafford Road, Salford, M5 3AW