



## **4th Open Poomsae Championships**

**World Taekwondo Recognised, Freestyle and Para**

**Sunday 24<sup>th</sup> October 2021**

**Conference Centre  
Hampshire Court Hotel  
1 Centre Drive  
Basingstoke RG24 8FY**

**For more information  
[info@bluewave.org.uk](mailto:info@bluewave.org.uk)  
0800 860 0043**



## Foreword from the Bluewave

Dear Taekwondo Friends,

It is my pleasure to welcome you to the 4th Bluewave Poomsae Championships. The event will be run under existing World Taekwondo rules using the excellent facilities provided by Hampshire Court Hotel.

This event has the full support of British Taekwondo. With British Taekwondo's well-trained poomsae officials this will bring the highest quality refereeing and judging.

We look forward to welcoming you all to our friendly town and hope you have an enjoyable and successful day. If you decide to make this a weekend visit, please feel free to email us for advice on the many local attractions.

If you have any questions, please do not hesitate to contact us.

Yours sincerely,

**Master Gerry Reilly**

Bluewave Korean Martial Arts



## 1 Host

Bluewave Korean Martial Arts

## 2 Event Director

Master Lynne Firth

Tel. 07511 436 902 or 0800 860 0043

Email [lynne@bluewave.org.uk](mailto:lynne@bluewave.org.uk)

## 3 Dates

Sunday, 24<sup>th</sup> October 2021

## 4 Venue

Conference Centre, Hampshire Court Hotel, 1 Centre Drive, Chineham, Basingstoke RG24 8FY

Tel. 01256 319700

Website [www.qhotels.co.uk/our-locations/the-hampshire-court-hotel/](http://www.qhotels.co.uk/our-locations/the-hampshire-court-hotel/)

## 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 Lynne Firth

6.2 Chief Referee Master Glen Culbert

## 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. There can be a maximum of four (4) coaches per team.

- (b) The minimum age for a coach is 18 years.
- (c) Coaches will only be permitted at court side in sportswear.

### **7.3 Audits (coaches and competitors)**

The deadline for submission of entries for audit is 11.59pm on Sunday 10<sup>th</sup> October 2021. All players sent through audit must be paid for even if they withdraw. All coaches must be registered for the event prior to the audit.

## **8 Protests**

Only the Head Coach will be allowed to protest to the Chief Referee, 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 Chief Referee is final.

## **9 Referees**

International and National Referees who wish to participate in this event should contact Master Gerry Reilly- [gerry@bluewave.org.uk](mailto:gerry@bluewave.org.uk). Preference will be given to referees who are available to referee full time at the event.

## **10 Entry Fees**

- (a) The entry fees are listed in Section 14.1.
- (b) Payment is required from teams within 14 days of being entered in the event online, or immediately should the event become full. Send payments to:

|                 |                                  |
|-----------------|----------------------------------|
| Account:        | Bluewave Korean Martial Arts LLP |
| Sort Code:      | 40-09-26                         |
| Account Number: | 02020017                         |

Please put your Club Name as reference for the transfer. Email Master Lynne Firth ([lynne@bluewave.org.uk](mailto:lynne@bluewave.org.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**

As in previous years, there will not be a charge for spectators. It is our view that parents and friends should be encouraged to attend to provide a positive and supportive atmosphere for all competitors.

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. There is also a Tesco Superstore approximately five minutes walk from the venue.

## **13 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.

## 14 Championships Registration

- (a) Online registration at <https://www.poomsae-reg.com>.
- (b) The deadline for registrations is the 10<sup>th</sup> October 2021.
- (c) The entry fee are as follows:

|                                |     |
|--------------------------------|-----|
| Individual                     | £35 |
| Pair (per pair)                | £24 |
| Team (per team of 3)           | £36 |
| Para-Division                  | £35 |
| Freestyle                      | tbc |
| Freestyle Pair (per pair)      | tbc |
| Freestyle Team (per team of 5) | tbc |
- (d) The deadline for payments of entry fees is Sunday 10<sup>th</sup> October 2021. 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.
- (e) Please ensure that all details entered online are correct.
- (f) 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.

### 14.1 Information needed for online registration

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

- (i) Coaches' details (maximum of 4 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.)

### 14.2 Competition Rules & Method

- (a) World Taekwondo Competition Rules will be used implemented following the British Taekwondo 2021 Sanctioned Poomsae Championships Policy.
- (b) 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.
- (c) 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.
- (d) Participating teams will be informed about the compulsory poomsae by e-mail before 11.59pm on Wednesday 20<sup>th</sup> October.

### 14.3 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.

Note: All K3 divisions with 10 or more competitors will start from this round. This will apply even if there are over 20 competitors in the division.

**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.

## 14.4 Dan/Poom Divisions

|                                 |          | Division    |                     | Compulsory Poomsae  |
|---------------------------------|----------|-------------|---------------------|---|
| Individual<br>(Male & Female)   | Children | Under 12    | Born 2010 or later  | Taegeuk 4, 5, 6, 7, 8; Koryo, Keumgang                                  |
|                                 | Cadet    | 12–14 years | Born 2007–2009      |   |
|                                 | Junior   | 15–17 years | Born 2004–2006      | Taegeuk 4, 5, 6, 7, 8; Koryo, Keumgang, Taebaek                         |
|                                 | U30      | 18–30 years | Born 1991–2003      | Taegeuk 6, 7, 8; Koryo, Keumgang, Taebaek, Pyongwon, Shipjin            |
|                                 | U40      | 31–40 years | Born 1981–1990      |   |
|                                 | U50      | 41–50 years | Born 1971–1980      | Taegeuk 8; Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon |
|                                 | U60      | 51–60 years | Born 1961–1970      | Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu     |
|                                 | U65      | 61–65 years | Born 1960–1955      |   |
|                                 | +66      | 66 years+   | Born 1955 or before |   |
| Pairs<br>(1 Male & 1 Female)    | Children | Under 12    | Born 2010 or later  | Taegeuk 4, 5, 6, 7, 8; Koryo, Keumgang                                  |
|                                 | Cadet    | 12–14 years | Born 2007–2009      |   |
|                                 | Junior   | 15–17 years | Born 2004–2006      | Taegeuk 4, 5, 6, 7, 8; Koryo, Keumgang, Taebaek                         |
|                                 | 1st Pair | 18–30 years | Born 1991–2003      | Taegeuk 6, 7, 8; Koryo, Keumgang, Taebaek, Pyongwon, Shipjin            |
|                                 | 2nd Pair | 31 years+   | Born 1990 or before | Taegeuk 8; Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon |
| Teams<br>(3 Males or 3 Females) | Children | Under 12    | Born 2010 or later  | Taegeuk 4, 5, 6, 7, 8; Koryo, Keumgang                                  |
|                                 | Cadet    | 12–14 years | Born 2007–2009      |   |
|                                 | Junior   | 15–17 years | Born 2008–2006      | Taegeuk 4, 5, 6, 7, 8; Koryo, Keumgang, Taebaek                         |
|                                 | 1st Team | 18–30 years | Born 1991–2007      | Taegeuk 6,7,8; Koryo, Keumgang, Taebaek, Pyongwon, Shipjin              |
|                                 | 2nd Team | 31 years+   | Born 1990 or before | Taegeuk 8; Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon |

## 14.5 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 |

|           |            |                   |                     |
|-----------|------------|-------------------|---------------------|
| Divisions | Peewee     | Under 11 years    | Born prior to 2010  |
|           | Cadet      | 12–14 years       | Born 2007–2009      |
|           | Junior     | 15–17 years       | Born 2004–2006      |
|           | 1st Senior | 18–35 years       | Born 1986–2003      |
|           | 2nd Senior | 36-50 years       | Born 1985-1971      |
|           | 3rd Senior | 51 years and over | Born 1970 or before |

| Division | Poomsae |  |  |
|----------|---------|--|--|
|----------|---------|--|--|

|                               |    |                          |   |
|-------------------------------|----|--------------------------|---|
| Individual<br>(Male & Female) | K1 | Taegeuk 4, 5, 6, 7, 8    | Compulsory poomsae will be specified.   |
|                               | K2 | Taegeuk 1, 2, 3, 4, 5, 6 | Competitor's choice of 2 poomsae per round. Poomsae cannot be repeated within the same round. |
|                               | K3 | Taegeuk 1, 2, 3          | Competitor's choice of 2 poomsae per round. Poomsae cannot be repeated within the same round. |

|                              |      |                          |   |
|------------------------------|------|--------------------------|---|
| Pairs<br>(1 Male & 1 Female) | K1   | Taegeuk 4, 5, 6, 7, 8    | Compulsory poomsae will be specified.   |
|                              | K2/3 | Taegeuk 1, 2, 3, 4, 5, 6 | Competitor's choice of 2 poomsae per round. Poomsae cannot be repeated within the same round. |

|                                 |      |                          |   |
|---------------------------------|------|--------------------------|---|
| Teams<br>(3 Males or 3 Females) | K1   | Taegeuk 4, 5, 6, 7, 8    | Compulsory poomsae will be specified.   |
|                                 | K2/3 | Taegeuk 1, 2, 3, 4, 5, 6 | Competitor's choice of 2 poomsae per round. Poomsae cannot be repeated within the same 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.
- 2<sup>nd</sup> and 3<sup>rd</sup> Senior will be combined as a single age group for pairs and teams.
- If you have any queries, please contact us for advice.

## 14.6 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            |
| Ages 18+ years      | Individual Male       |
|                     | Individual Female     |
|                     | Mixed Pair            |
| Ages 12+ years      | Mixed Team (5 people) |

### 14.6.1 Guidelines for Freestyle Poomsae

- (a) Music and choreography shall be the competitor's choice but must include the requirements listed in the full rules.
- (b) Music track must be appropriate and must not contain explicit lyrics.
- (c) The duration of the music track should be 90-100 seconds.
- (d) Competitors must be fit, able and competent to perform all the movements of their routine.
- (e) Music shall be supplied by the competitor in MP3 format.
- (f) The track must be emailed to the organiser when requested.

## 14.7 Para-taekwondo Poomsae

### 14.7.1 Categories and Format

- (a) Male Individual Dan & Kup Divisions
- (b) Female Individual Dan & Kup Divisions
- (c) Age Groups will be under 15, 16-29 and over 30 years
- (d) For the Kup divisions, the competitors may perform two different poomsae of their choice.
- (e) Formal sport class classification will not be required; however, clubs are expected to accurately enter competitors in the right sport class.
- (f) For more information, please contact Master Lynne Firth (lynne@bluewave.org.uk) before registering entry.

| Dan Category                  | Format  |
|-------------------------------|---|
| P10 – Visual Impairments      | Competitor's choice any poomsae from Taeguk 1, 2, 3... & higher |
| P20 – Intellectually Impaired | The coach can give the commands, competitor's choice of poomsae |

|                            |                                      |
|----------------------------|--------------------------------------|
| P30 – Physical Impairments | Compulsory Poomsae will be specified |
| P40 – Limb Deficiency      | Competitor's choice of poomsae       |
| P50 – Wheelchair Classes   | Competitor's choice of poomsae       |
| P60 – Deaf                 | Taegeuk 6 to Keumgang                |
| P70 – Short Stature        | Competitor's choice of poomsae       |

#### 14.7.2 Awards

(a) Awards will be given for 1st, 2nd, 3rd and 4th places.

### 14.8 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 Chief Referee.

## 15 Venue Rules

### 15.1 Admission to the competition areas

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

### 15.2 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 headwear whilst coaching, except for head coverings for religious or cultural reasons.

## 16 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.

## 17 Transport & accommodation

### 17.1 Travel

The venue is 2 miles from Junction 6 of the M3, 2.5 miles from Basingstoke train station.

### 17.2 Air Travel

The venue is 25 miles from Southampton Airport and 35 miles from Heathrow Airport.

### 17.3 Parking

There is limited parking at the Conference Centre and will be available to Officials and Blue Badge holders. Main parking will be across Centre Drive at Absolutely Offices.

### 17.4 Hotel Information

#### Budget Hotels

There are two Premier Inn hotels ([www.premierinn.com](http://www.premierinn.com)) and a Travel Lodge hotel ([www.travelodge.co.uk](http://www.travelodge.co.uk)) in Basingstoke.

#### 3\* and above Hotels

There are several options in Basingstoke including a Holiday Inn, Crowne Plaza, Village Hotel, Apollo Hotel as well as limited numbers of rooms at the venue itself.

Please contact Master Lynne Firth ([lynne@bluewave.org.uk](mailto:lynne@bluewave.org.uk)) if you need additional information about local hotels or transport.

## 18 Draft Timetable

| DATE                     | TIME          | LOCATION        | ITEM         |
|--------------------------|---------------|-----------------|--------------|
| Sunday 24th October 2021 | 08.30 – 09.30 | Hampshire Court | Registration |
|                          | 10.00 – 13.00 | Hampshire Court | Competition  |
|                          | 13.00 – 14.00 | Hampshire Court | Freestyle    |
|                          | 13.00 – 14.00 | Hampshire Court | Lunch Break  |
|                          | 14.00 – 18.00 | Hampshire Court | Competition  |