



1st Best Leg Poomsae Development Championships



17th July 2022

**Crystal Palace National Sports Centre,
London, SE19 2BB**





Dear Taekwondo Friends,

It our pleasure to extend this formal invitation to you and your students to take part in the Poomsae Development Championships to be held at the iconic Crystal Palace National Sports Centre located at the heart of Crystal Palace in South East London, on Sunday 17th July 2022

It is the hope of the competition organisers that this event will serve to help stimulate and develop the growing interest in WT Poomsae Competition throughout the U.K. 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, and Para 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 Sunday 17th July 2022

Closing Date for the competition entries is Wednesday 6th July 2022

Best Regards

Master Martins J.C Obiorah





COMPETITION DETAILS

1. ORGANISATION

Event Sanctioned By: British Taekwondo

Organiser: Best Leg Taekwondo Academy

Facebook: www.facebook.com/best-Leg-Taekwondo-Academy

Instagram: [bestlegtaekwondoacademy](https://www.instagram.com/bestlegtaekwondoacademy)

Website: www.bestleg.com

Competition Director: Master Martins Obiorah

E-Mail: martins.obiorah@bestleg.com

Event Chief Referee: Glen Culbert

Email: refereedirector.poomsaereferees@britishtaekwondo.org

System Management: NTC Scoring System

Competition Registration: www.poomsae-reg.com

Email: thomas@poomsae-reg.com

Welfare Officer: Ms Jade Campbell

Lead Medical Officer: DR Burhanudin Busu

2. VENUE & DATE

Date: Sunday 17th July 2022

Venue: Crystal Palace National Sports Centre Ledrington Road, Crystal Palace London, SE19 2BB

3. EVENT SCHEDULE

Registration: 08:30 – 09:00

Coaches meeting: 09:10

Competition Start: 09:30

Competition Finish: 18:00

Awards Ceremony: 18:30

All times are approximate and subject to change





4. CONDITION FOR PARTICIPATION

Competitors must be members of World Taekwondo MNA

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 the organising committee and any of its representatives will not be responsible for any injury cost.

All competitors must hold a valid licence and insurance

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

5. REGISTRATION

Online Registration

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

6. ENTRY FEES

Divisions

Individual competition:	£36
Pair Competition (per pair):	£36
Team Competition (per team):	£36

7. PAYMENTS

All payments to be made via bank transfer to: Account Name: Best Leg Taekwondo Academy
Account number: 31249825
Sort code: 56-00-46
IBAN: GB77NWBK56004631249825 BIC (SWIFT): NWBKGB2L

Payment Reference:

Please use team name as your reference for the transfer and email admin@bestleg.com when transfer is complete.

Payment is required from all teams as soon as possible after applications have been registered.

Payment is required a week after applying online, to ensure others wishing to participate are given opportunities. The list will be reviewed weekly to ensure this is managed. We encourage you to enter athletes whom you are sure will be participating.





8. CONTESTANTS

Membership Participants must be members of the World Taekwondo MNA

Divisions Dan: 1st Dan / Poom and higher, Kukkiwon Holder
K1: 1st Kup (Black Tag) – 2nd Kup (Red Belt)
K2: 3rd Kup (Red Tag) – 6th Kup (Green Belt)
K3: 7th Kup (Green Tag) - 10th Kup (White Belt)

K2/K3 Pairs & Teams 10th Kup (White belt) – 3rd Kup (Red 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 (2022) then he/she shall participate in the category of 1st Senior's (18-30 years old).

9. SYSTEM OF COMPETITION

Cut-Off System will be used; all divisions will have a maximum of 2 rounds (semi-final & final)

Semi-final Round: 9 Competitors and above will start at in semi-final.

Two Poomsae will be required and may be performed with a 30 second 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 semi-final round will qualify.

Two Poomsae will be required and may be performed with a 30 second 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 9 entrants or less

Dan Divisions: The competitor will perform one Poomsae of own choice from each of the compulsory lists Compulsory 1, Compulsory 2

Kup Poomsae shall be chosen by the Competitor from the range of Poomsae listed, there will no drawn Compulsory Poomsae for Kup Divisions Competitor's choice





10. DAN DIVISION (DAN/POOM GRADES)

Individual (Male & Female)		
Division	1st Compulsory Poomsae	2nd Compulsory Poomsae
Peewee U11 yrs.	Taeguek 4, 5, 6, 7 Jang	Taeguek 8 Jang, Koryo, Keumgang,
Cadet 12 - 14 yrs.		
Junior 15 – 17 yrs.		
1 st Senior 18 – 35 yrs.	Taeguek 4, 5, 6, 7 Jang	Taeguek 8 Jang, Koryo, Keumgang, Taebaek
2 nd Senior 36 – 50 yrs.	Taeguek 4, 5, 6, 7 Jang	Taeguek 8 Jang, Koryo, Keumgang, Taebaek
1 st Masters 51+ yrs.	Taeguek 4, 5, 6, 7 Jang	Taeguek 8 Jang, Koryo, Keumgang, Taebaek

Pairs (1 Male and 1 Female)		
Division	1st Compulsory Poomsae	2nd Compulsory Poomsae
Peewee U11 yrs.	Taeguek 4, 5, 6, 7 Jang	Taeguek 8 Jang, Koryo, Keumgang,
Cadet Pair 12 – 14 yrs.	Taeguek 4, 5, 6, 7 Jang	Taeguek 8 Jang, Koryo, Keumgang,
1 st Pair 15- 30 yrs.	Taeguek 4, 5, 6, 7 Jang	Taeguek 8 Jang, Koryo, Keumgang, Taebaek
2 nd Pair 31 + yrs.	Taeguek 4, 5, 6, 7 Jang	Taeguek 8 Jang, Koryo, Keumgang, Taebaek

Teams (3 Males or 3 Females)		
Division	1st Compulsory Poomsae	2nd Compulsory Poomsae
Peewee Team U11 yrs.	Taeguek 4, 5, 6, 7 Jang	Taeguek 8 Jang, Koryo, Keumgang,
Cadet Team 12 – 14 yrs.	Taeguek 4, 5, 6, 7 Jang	Taeguek 8 Jang, Koryo, Keumgang,
1 st Team 15- 30 yrs.	Taeguek 4, 5, 6, 7 Jang	Taeguek 8 Jang, Koryo, Keumgang, Taebaek
2 nd Team 31 + yrs.	Taeguek 4, 5, 6, 7 Jang	Taeguek 8 Jang, Koryo, Keumgang, Taebaek

The competitor will perform one Poomsae of own their choice from each of the compulsory lists





11. K1 DIVISION (Kup Grades 2nd Kup Red Belt to 1st Kup Black Tag)

K1 Competition Method

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

If 8 Individuals, 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 - 35yrs	
2 nd Senior over 36yrs	

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	





12. K2 DIVISION (Kup Grades 6th Kup Green Belt to 3rd Kup Red Tag)

K2 Competition Method

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

If 8 Individuals, 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 - 35yrs	
2 nd Senior over 36yrs	

13. K3 DIVISION (Kup Grade 10th Kup White Belt to 7th Kup Green Tag))

K3 Competition Method

If 9 Individuals 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 and within a round.

If 8 Individuals, 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 - 35yrs	
2 nd Senior over 36yrs	





14. K2 & K3 Pairs and Teams DIVISION (Kup Grade 10th Kup White Belt - 3rd Kup Red Tag)

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 and within a round.

If 8 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	

15. PARA

Age of contestant: Male/Female, Individual.

- Junior Under 15 yrs.
- Under 16 - 29 yrs.
- Over 30 yrs. +

Competitor has been assigned a para-Taekwondo sport class and class sport status.

Para TKD Sports classes:

- P10 – Visual Impairments (Competitor's choice any Poomsae from Taegeuk 1, 2, 3... & higher)
- P20 – Intellectually Impaired (The coach is allowed to give the commands, competitor's choice)
- P30 – Physical Impairments (Competitors choice) (P31, P32) (P33, P34)





- P40 – LD/Prom (Competitor's choice Poomsae)
- P50 – Wheelchair Classes (Competitor's choice Poomsae)
- P60 – Deaf (Competitor's choice Poomsae)

16. 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: permitted: Competitors may only compete wearing full WT uniform. (Poomsae Dobok or Kukkiwon style Dobok are permitted) No GBR Markings on Uniforms allowed.

Jewellery is strictly not

Hall Rules: Only competitors and their coaches shall be admitted to the contest areas.

Only one (1) coach, one (1) athlete and one (1) officially licenced Medical Doctor are allowed to enter the Field of Play with their official accreditation. The OC has the right to refuse participants access to the Field of Play.

One (1) coach will be accredited for every five (5) players and will gain free entry to the competition. Maximum five (5) coaches per team will be granted free entry. Any additional coaches can be registered at the cost of £10.00 per coach. All coaches are permitted to wear sportswear courtside.

Spectators: Admission fee
Adults £10
Children £5

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 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 shall accept No responsibility for any damages, injuries or losses sustained or incurred





Accommodation:

The organising committee recommends the following hotels

- Westow House 79 Westow Hill Crystal Palace, SE19 1TX (0.5 miles)
- Easy Hotel Croydon 22 Addiscombe Road Croydon CR0 5PE (3.2 miles)
- Jurys Inn London Croydon, Wellesley Road Croydon CR0 9XY (3.1 miles)

The organising committee has made arrangement to secure rooms at good rates. Please contact Mrs Jessica Kanji for details on jessica_jani@yahoo.com

Travel

The venue is located 25.7 miles from London Gatwick Airport and 26.1 miles from Heathrow airport. There is a direct train from Gatwick airport to east Croydon Train station. The bus 197, 410 offers a direct service to the sports centre.

Please visit www.tfl.gov.uk for service updates

