



3rd Manchester Open Poomsae Championships

WT Recognized, Para & Freestyle Poomsae

Sunday, 9th October 2022
Start at 9.00 am

Venue:

George Carnall Community Hub,
Kingsway Road,
Urmston,
Manchester, UK
M41 7FJ

Online Registration Only:

www.poomsae-reg.com



Dear Taekwondo Friends,

It is our pleasure to welcome you to the 3rd Manchester Open Poomsae Championships. The event will be run under existing World Taekwondo Poomsae Competition rules. We are including WT recognized Poomsae, Freestyle and Para Poomsae Competitions.

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

1. Date: Sunday, 9th October 2022 (Start time at 9.00 am)
2. Venue: George H Carnall Sports Centre, Kingsway Park, Urmston, Manchester M41 7FJ
3. Closing date for entries: 27th September 2022 or up to 350 entries
4. Organising Committee Shins of Taekwondo UTA
 - a. GM TW Shin Competition Director: tongwanshin@gmail.com Mob. 07776 131567
 - b. Mr John Durcan: Competition Manager john.durcan@shinsacademy.co.uk
 - c. Event Chief Referee: Master Glen Culbert glentkd@hotmail.co.uk
 - d. Finance Director: Master Angela Broadbent 6th Dan: angela.broadbent@shinsacademy.co.uk,
 - e. Medical Officer: Dr Raja I. Syahanee 1st Dan Shins Academy

5. Registration:

Registration online: www.poomsae-reg.com

6. 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.

- a. One coach will be accredited for every six competitors entered and granted free admission.
- b. The minimum age for a coach is 18 years.
- c. Coaches will only be permitted at ringside in sportswear or smart dress.

Coaches' Meeting: at 8.45 am on 9th October 2022

7. 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.

Entries up to 300 Individual (Up to 200 for Dan/Poom)

Plus Pair & Team entries.

- a. Dan/Poom: Individuals, Pair, Team 1st Dan/Poom or higher
- b. K1 - 2nd to 1st Kup Individuals, Pair, Team
- c. K2 - 7th to 3rd Kup: Individuals, Pair, Team
- d. Freestyle Poomsae: From 1st Dan/Poom or higher
- e. Para-taekwondo Poomsae: From 9th Kup + (mixed Dan & Kup Divisions)

8. Entry fee:

- a. Individual: £36.00 for all Dan/Poom, Kup Divisions: Recognized Poomsae.
- b. Pair & Team: £36.00 per pair/team for Dan/Poom/Kup grade Recognized Poomsae.
- c. Freestyle: £36.00 Dan/Poom for Individual.
- d. Freestyle: £36.00 Dan/Poom for per Pair (No Mixed team)
- e. Para Poomsae: £36.00 for Individual.

Payment of entry fee - ALL payments by Bank Transfer:

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 27th September 2022, whichever is the earliest.

Please ensure that all details entered online are correct.

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 use your Club Name as reference for the transfer.

When payment has been made email the Finance Director Master Angela Broadbent
angela.broadbent@shinsacademy.co.uk

9. Admission

Tickets/Admission fee are available on the door only

- a. £7.00 (18 years old and older)
- b. Junior: £5.00 (5 - 17 years old)
- c. Children 5 and under will be admitted free.

10. Travel & Accommodation

- a. Travel and accommodation are the responsibility of the competitors
- b. Airport: The Nearest Airport to venue is Manchester International Airport (MAN). It takes approx. 30 minutes by car from Manchester airport to the Venue.
- c. Official IRs: We will provide a Pickup & Drop off service from the Manchester Airport to the Official Hotel.
- d. Parking: Free Parking is available at the venue.

11. Competitors' detail, Method of Competition & Awards.

All age categories are based on year of birth and not the age at the competition. Therefore, their competition age will be their age on 31st December 2022.

Method of Competition

World Taekwondo Cut-off System will be used.

1st Round: 20 or more competitors.

2nd Round: 9 -19 competitors or 50% from 1st Round.

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

Uniform: WT- Recognised standard uniform and WT Poomsae competition uniform are allowed.

Awards

1st, 2nd, 3rd, & 4th 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: 1st place = 9 points, 2nd = 6 points, 3rd = 3 points, 4th = 2 points

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

12. 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.

13. Referees/Judges

WT Poomsae International Referees & National Poomsae Judges who wish to participate full time in this event should contact Event Chief Referee Glen Culbert: glentkd@hotmail.co.uk

Referee/Judges Briefing: 8.15 – 8.45am on 9th October 2022 Meeting room,

14. Refreshments

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

15. Photography and video recording policy

- 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.
- In addition, you're agreeing to have your image shown on video, TV and online.

16. Methods of scoring & compulsory Poomsae

WT Poomsae Competitions rules May 2019.

- Recognized Poomsae and Para Poomsae (Accuracy 4.0 & Presentation 6.0)
- Freestyle (Technical 6.0 & Presentation 4.00) & Duration: 90 – 100 seconds

17. Compulsory Poomsae for Dan/Poom

The compulsory Poomsae will be emailed out on Wednesday evening 5th October 2022.

Competitors may be asked to perform any of the Poomsae from their set list in the order listed in the Compulsory Poomsae. Two Poomsae will be performed in each round (subject to number of entries).

Dan Individual (Male & Female)	
Division	Compulsory Poomsae
U9 Years (Mini Peewee) Age 9yrs & below (born before 2013)	Taegeuk 4,5,6,7, 8 Jang, Koryo
U11 Years (Peewee) Age 10yrs – 11yrs (2011 - 2013)	Taegeuk 4,5,6,7, 8 Jang, Koryo
U14 Years (Cadet) Age 12yrs - 14yrs (born 2008 – 2010)	Taegeuk 4,5,6,7, 8 Jang, Koryo, Keumgang
U17 Years (Junior) Age 15yrs – 17yrs (born 2005 - 2007)	Taegeuk 4,5,6,7, 8 Jang, Koryo, Keumgang, Taebeak
U30 Years Age 18yrs - 30yrs (born 1992 – 2004)	Taegeuk 6,7,8 Jang, Koryo, Keumgang, Taebeak, Pyongwon, Shipjin
U40 Years Age 31yrs – 40yrs (born 1982 – 1991)	
U50 Years Age 41yrs – 50yrs (born 1972 – 1981)	Taegeuk 8 Jang, Koryo, Keumgang, Taebeak, Pyongwon, Shipjin, Jitae, Chonkwon
U60 Years Age 51yrs – 60yrs (born 1962 – 1971)	Koryo, Keumgang, Taebeak, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
U65 Years Age 61yrs - 65yrs (born 1957 – 1961)	
U70 Years Age 66yrs -70yrs (born -1956 - 1952)	
+70 Years Age 71 + (born 1951 or before)	

Dan Pairs (1 Male and 1 Female)	
Division	Compulsory Poomsae
U9 Years (Mini Peewee) Age 9yrs & below	Taegeuk 4,5,6,7,8 Jang, Koryo
U11 Years (Peewee) Age 10yrs – 11yrs	
Cadet Pair 12yrs- 14yrs	Taegeuk 4,5,6,7,8 Jang, Koryo, Keumgang
Junior Pair 15yrs – 17yrs	Taegeuk 4,5,6,7,8 Jang, Koryo, Keumgang, Taebaek
1 st Pair 18yrs - 30yrs	Taegeuk 6,7,8 Jang, Koryo, Keumgang, Taebeak, Pyongwon, Shipjin
2 nd Pair 31yrs +	Taegeuk 8 Jang, Koryo, Keumgang, Taebeak, Pyongwon, Shipjin, Jitae, Chonkwon

Dan Teams (3 Males or 3 Females)	
Division	Compulsory Poomsae
Mini Peewee/ Peewee Team U11yrs	Taegeuk 4,5,6,7,8 Jang, Koryo
Cadet Team 12yrs - 14yrs	Taegeuk 4,5,6,7,8 Jang, Koryo, Keumgang
Junior Team 15yrs – 17yrs	Taeguk 4,5,6,7,8 Jang, Koryo, Keumgang, Taebaek
1 st Team 18yrs – 30yrs	Taegeuk 6,7,8 Jang, Koryo, Keumgang, Taebeak, Pyongwon, Shipjin
2 nd Team 31yrs +	Taegeuk 8 Jang, Koryo, Keumgang, Taebeak, Pyongwon, Shipjin, Jitae, Chonkwon

18. Freestyle Poomsae

Freestyle Poomsae 12-17 yrs. (born 2005 – 2010) 18 yrs. + (born 2004 or before)	Freestyle: Individual, Pairs Only
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Freestyle Information

- Music & choreography competitors' choice. The duration of the music should be 90-100 seconds Long.
- Must be included one Basic Kick technique in Slow motion around 10 seconds (Ap Chagi, Dollyo Chagi, Yop Chagi)
- Mandatory Stance: Hakdari Seogi, Beom Seogi, Dwitkubi Seogi. 0.3 points deduction for each missed stance
- 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 to GM Shin tongwanshin@gmail.com

Freestyle Dan/Poom divisions will be only 1 round and total limited to 12 competitors for Individual, Pairs. Freestyle Competitors perform only once.

Duration of Contest all division's competition from 90 seconds to 100 seconds. less than 90 or more than 100 seconds: deduction for performances outside of the allowed time is 0.3 points. Restart: Deduction for the restart is 0.6 points.

19. KUP Divisions

Grade	K1	2 nd Kup to 1 st Kup	Red belt to Black tag red belt Compulsory Poomsae for K1 will be specified
Grade	K2	7 th Kup to 3 rd Kup	Green tag yellow belt to red tag

Kup Individuals

Category	Age	Year
Mini Peewee	Under 9	Born prior to 2013
Peewee	9 – 11 yrs	Born 2011 - 2013
Cadet	12 – 14 yrs.	Born 2008 – 2010
Junior	15 – 17 yrs.	Born 2005 – 2007
1 st Senior	18 – 35 yrs.	Born 1987 – 2004
2 nd Senior	36 yrs. and over	Born 1986 or before

Kup Pair & Team

Category	Age	Year
Mini Peewee/ Peewee	Under 11yrs	Born prior 2011
Cadet	12 – 14 yrs.	Born 2008 – 2010
Junior	15 – 17 yrs.	Born 2005 – 2007
1 st Senior	18 – 35 yrs.	Born 1987 – 2004
2 nd Senior	36 yrs. and over	Born 1986 or before

Compulsory Poomsae Individual, Pair & Team

Division	Poomsae Range	Remarks
K1	Taegeuk 3, 4, 5, 6, 7, 8	Compulsory Poomsae will be specified
K2	Taegeuk 2, 3, 4, 5, 6	Competitor's choice. Must perform two different Poomsae

1. K2 competitors can move up to compete with K1 competitors in pair and team events if they know the Poomsae.
2. Pair and team for Mini Peewee & Peewee will be merged for all categories.
3. All competitors must be from the correct category.
4. Teams and pairs can be from different clubs and will be entered as "Mixed". Points will be split equally between the clubs.

20. Para Taekwondo Poomsae

Age of contestant: Male/Female, Individual.

- a. Junior 12 – 15 yrs.
- b. Under 30 yrs.
- c. 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 (Compulsory Poomsae will be specified on Thursday 22/10/2020)
- (P31, P32) (P33, P34)
- P40 – LD/Prom (Competitor's choice Poomsae)
- P50 – Wheelchair Classes (Competitor's choice Poomsae)
- P60 – Deaf (Competitor's choice Poomsae)



Awards

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

21. Declaration

- a. We will follow all Government Guidelines for Covid-19 at the time of competition.
- b. Only the competitors and registered coaches will be allowed to enter the competition area.
- c. Coaches must be at least 18 years old, hold British Taekwondo Instructor Insurance and must wear sportswear and sports shoes.
- d. Coaches may not wear taekwondo uniform, sandals, flipflops, short trousers or headwear whilst coaching, except for head coverings for religious or cultural reasons.
- e. 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.

22. Accommodation

Holiday Inn Express Trafford Centre
2 Mercury Way, Trafford Park, Stretford, Manchester M41 7PA

Premier Inn Trafford Centre, South
Wilderspool Wood, Trafford Centre, Manchester M17 8WW

Premier Inn Trafford Centre, North
18-20 Trafford Boulevard, Urmston, Greater Manchester M41 7JE

Premier Inn Trafford Centre, West
Old Park Lane, Trafford Quays, Trafford Centre M17 8PG

Premier Inn Manchester (Sale)
Carrington Lane, Ashton-Upon-Mersey, Sale M33 5BL

Premier Inn Old Trafford
Sir Alex Ferguson Way, Trafford Park, Manchester M17 1WS

Please contact Mr John Durcan john.durcan@shinsacademy.co.uk if you need additional information about local hotels or transport.

23. Timetable

Date	Time	Location	Item
Sunday 9 th Oct 2022	08.15 – 8.40	George Canall Sports Centre Meeting room	Judges Briefing
	08.40 – 08.55	George Carnall Sport Centre Main Sports Hall	Coaches' Meeting
	09.00 am - 09.10	Sports Centre Main Sports Hall	Opening & Competition starts
	09:15 – 13:00	Sports Centre Main Sports Hall	Recognized Poomsae & Para
	13.00 – 13.30	Lunchroom 3	Lunch Break
	13.30 – 14.00	Sports Centre Main Sports Hall	Freestyle
9 th Oct, 2022	13.30 – 18.30	Sports Centre Main Sports Hall	Recognized Poomsae & Para
	18.30 – 18:45	George & Carnall Sports Centre Manchester, M41 7FJ	Awards