



**Lanarkshire 3<sup>rd</sup> Open Championship**  
**Saturday 4<sup>th</sup> of February 2023**  
**Wishaw Sports Centre**



**Poomsae Outline**

# Lanarkshire 3<sup>rd</sup> Open Championship

## Poomsae Outline

December 1<sup>st</sup>, 2022

Dear Taekwondo Friends,

It is our pleasure to extend this formal invitation to you and your students to take part in the

### 3<sup>rd</sup> Lanarkshire Open Championship

This is to be held at the Wishaw Sports Centre, Alexander Street, Wishaw ML2 0HQ, Scotland on

**Saturday the 4<sup>th</sup> of February 2023 (Poomsae) and Sunday the 5<sup>th</sup> of February (Kyorugi).**

The competition shall adopt a World Taekwondo (WT) model, in both format and official rules.

In order that everyone from complete novice to experienced competitor gets an opportunity to compete to their full potential, the organising body has included Dan, K1, K2, K3, Para and Family Divisions.

In order to ensure the smooth running of this event, the organizers would welcome applications from suitably qualified individuals to act as competition judges and officials. Judges must have attended and passed a national level Poomsae judging and corner/centre referee course conducted by the National Federation. Invitations shall be made by the Judges Directors to selected judges. Please contact us if you would be interested in judging at the event.

If you require any further information, please do not hesitate to contact me for assistance. I look forward to seeing both you and your students.

Best Regards

Master Kambiz Ramzan Ali

Competition Director

Sponsored by



Organisation











# Lanarkshire 3<sup>rd</sup> Open Championship

## Poomsae Outline

### 1. PROMOTOR & ORGANISER

Governing Body	
Event Classification	Silver
Organisers	  
Competition Director	Master Kambiz Ramzan Ali
Contact	+44 (0)7944988806
E-Mail	<a href="mailto:rangesportsuk@gmail.com">rangesportsuk@gmail.com</a>
Referee Director	Grandmaster David Bailey +44 (0) 7812 580 898 <a href="mailto:centraltkd@outlook.com">centraltkd@outlook.com</a>
Registration Website	<a href="https://www.poomsae-reg.com/">https://www.poomsae-reg.com/</a>
Scoring Management	
Under auspices of	

### 2. EVENT TIMELINE

Prior to Event	
Registration Deadline	Sunday 29 <sup>th</sup> of January 2023 at 21:00
Payment Deadline	Monday 30 <sup>th</sup> of January 2023 at 21:00
Compulsory Poomsae Draw	Thursday 2 <sup>nd</sup> of February 2023 at 9:00

Day of Event	
7:30 – 8:15	Registration
8:00 – 8:30	Judge/official briefing
8:35 - 8:45	Coaches meeting
9:00 – 12.00	Competition
12:00 – 13:00 Lunch Break	Lunch break
13.00 – 15.30	Competition
15.30 – 15.45	Closing Ceremony
All times are approximate, please follow the updates at the venue	

# Lanarkshire 3<sup>rd</sup> Open Championship

## Poomsae Outline

### 3. VENUE

Wishaw Sports Centre, Alexander Street, Wishaw ML2 0HQ, Scotland

### 4. PAYMENT

Individual	£40 per athlete
Pair	£42 per pair
Team/Family	£45 per team/family

Payment to be done by bank transfer to:

HSBC Bank

Account name: KTA

Sort code: 402312

Account number: 92299305

When sending your online payment, please state: club name/comp fees

Any changes to the entries on the day of the competition will incur a £30 admin fee per. If the competition cannot take place due to unforeseen circumstances out of the control of the organizer, the payment shall immediately valid for the next physical taekwondo event the organizer creates.

**Spectators:** Tickets are available on the door only. (Cash only)

\* Adults: £10.00

\* Children: (under 16): £5.00

\* 5 years and under will be admitted for free.

\* Spectators are requested to wear suitable footwear (no high heels) for a sport hall.

**Officials:** 2 coaches per team

### 5. ELIGIBILITY FOR PARTICIPATION

Athletes must be members of a national federation affiliated to the WT. Proof of membership by means of a valid license, insurance and grade will be required at registration. All athletes/clubs must have their own insurance as governing body or organisers and any of its representatives will not be responsible for any injury cost.

Divisions DAN: 1st Dan / Poom and higher, Kukkiwon Holder (**A Class:** Competitors must be minimum 1st Dan/Poom grade & Kukkiwon or National holder.)

K1: 2nd Kup (Red Belt) - 1st Kup (Black Tag)

K2: 6th Kup (Green Belt) - 3rd Kup (Red Tag)

K3: 10th Kup (White Belt) - 7th Kup (Green Tag)

**Maximum 250 total entries.**

Kup divisions may be combined if less than 3 competitors in a division

### 6. METHOD OF COMPETITION

**Cut-Off System will be used**

**1st Round:** If there are 21 competitors or more 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

# Lanarkshire 3<sup>rd</sup> Open Championship

## Poomsae Outline

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 may start in the final if there are 10 entrants or less. 11 entrants or more will start in the 2nd Round.

### Compulsory Poomsae

All competitors must perform the set Poomsae and if they cannot they will be disqualified.

All compulsory Poomsae shall be drawn, set and announced by the organizing through social media channels 3 days before the start of the competition

### 6.1 CLASS A (DAN/POOM)

#### DIVISION Individual (Contestants can only enter a division once)

Dan/Poom Grades 2023	Compulsory Poomsae
U11 (Peewee) Age 9yrs – 11 yrs (born 2014 - 2012)	Taeguk 4,5,6,7,8, Koryo, Keumgang
U14 (Cadet) Age 12yrs - 14yrs (born 2011 – 2009)	
U17 (Junior) Age 15yrs – 17yrs (born 2008 - 2006)	Taeguk 4,5,6,7,8, Koryo, Keumgang, Taebaek
U30 Age 18yrs - 30yrs (born 2005 – 1993)	Taeguk 6,7,8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
U40 Age 31yrs – 40yrs (born 1992 – 1983)	
U50 Age 41yrs – 50yrs (born 1982 – 1973)	Taeguk 8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
U60 Age 51yrs – 60yrs (born 1972 – 1963)	Koryo, Keumgang, Taebaek , Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
U65 Age 61yrs - 65yrs (born 1962 – 1958)	
U70 Age 66 – 70yrs (born 1957 – 1953)	
U71+ Age 71+ (born 1952 or before)	

#### Division Pair (male/female athlete) // Division Team (3 male / 3 female)

Division Pair (male/female athlete) // Division Team (3 male / 3 female) DAN pairs / teams must all be of the correct age division (no mixed age teams for DANs)
---

Dan/Poom Grades 2023	Compulsory Poomsae
U11 (Peewee) Age 9yrs – 11 yrs (born 2014 - 2012)	Taeguk 4,5,6,7,8, Koryo, Keumgang
U14 (Cadet) Age 12yrs - 14yrs (born 2011 – 2009)	
U17 (Junior) Age 15yrs – 17yrs (born 2008 - 2006)	Taeguk 4,5,6,7,8, Koryo, Keumgang, Taebaek
U30 Age 18yrs - 30yrs (born 2005 – 1993)	Taeguk 6,7,8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
U31+ Age 31yrs + (born 1992 or before)	Taeguk 8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin Jitae, Chonkwon



# Lanarkshire 3<sup>rd</sup> Open Championship

## Poomsae Outline

### 6.2 KUP GRADES

Belt Division	
K1 = 2 <sup>nd</sup> KUP & 1 <sup>st</sup> KUP	Red belt & black tag
K2 = 6 <sup>th</sup> KUP – 3 <sup>rd</sup> KUP	Green belt to red tag
K3 = 10 <sup>th</sup> KUP – 7 <sup>th</sup> KUP	White belt to green tag

Age Division (Male/Female)
U9 (Mini Peewee) Age 8yrs and younger (born later then 2014)
U11 (Peewee) Age 9yrs – 11yrs (born 2014 - 2012)
U14 (Cadet) Age 12yrs - 14yrs (born 2011 – 2009)
U17 (Junior) Age 15yrs – 17yrs (born 2008 - 2006)
1 <sup>st</sup> Senior Age 18yrs – 35yrs (born 2005 – 1988)
2 <sup>nd</sup> Senior Age 36+ (Born 1987 or before)

KUP Rules			
	Individual	Pair	Team
K1	Compulsory Poomsae (Taeguk 4,5,6,7,8)	Compulsory Poomsae (Taeguk 4,5,6,7,8)	Compulsory Poomsae (Taeguk 4,5,6,7,8)
K2	Competitor's Choice (Taeguk 3,4,5,6) <b>Must do 2 different poomsae in 1 round</b>	Competitor's Choice (Taeguk 3,4,5,6) <b>Must do 2 different poomsae in 1 round</b>	Competitor's Choice (Taeguk 3,4,5,6) <b>Must do 2 different poomsae in 1 round</b>
K3	Competitor's Choice (Taeguk 1,2,3) <b>Can repeat same Poomsae</b>	Competitor's Choice (Taeguk 1,2,3) <b>Can repeat same Poomsae</b>	Competitor's Choice (Taeguk 1,2,3) <b>Can repeat same Poomsae</b>

It is allowed to make a combination of pair/team between K2&K3 athletes

### 6.3 FAMILY POOMSAE

One parent, parents or grandparents together with their child or children or grandchildren. The number of family members is unlimited. At least two generations are required for a family team. Examples: Father and son or daughter, mother and father together with son and daughter, father with three sons, grandmother with grandchildren, grandfather, mother and grandchildren. One participation per family is allowed. There is no age limit or graduation restriction for Family Poomsae. The Poomsae can be freely selected. **All families go directly to finals.** 2 poomsae have to be performed, selected from the recognized poomsae

Classification	Grade	Selection	Recognised Poomsae	Division	Age
Family Poomsae (unlimited members but minimum 2)	No belt restriction	Competitor Choice of poomsae	Free of Choice	One family	No age limit

# Lanarkshire 3<sup>rd</sup> Open Championship

## Poomsae Outline

### 6.4 PARA CATEGORY

Para Event Para Categories will also be split into Male / Female and Kup / Dan Grades. Para competitors should enter into the Para category online and e-mail full details and reasons for Para qualification to the event management to: [rangesportsuk@gmail.com](mailto:rangesportsuk@gmail.com)

Categories	
P10 – Visual Impairments	Competitor's choice any WT recognized poomsae
P20 – Intellectually Impaired	Competitor's choice any WT recognized poomsae
P30 – Physical Impairments	Compulsory poomsae to be performed
P40 – Limb Deficiency	Competitor's choice any WT recognized poomsae
P50 – Wheelchair Classes	Competitor's choice any WT recognized poomsae
P60 – Deaf	Competitor's choice any WT recognized poomsae
P70 – Short Stature	Competitor's choice any WT recognized poomsae

Dan	Male	U17 (17yrs or younger)
		18+ (18yrs or older)
Female		U17 (17yrs or younger)
		18+ (18yrs or older)
Kup	Male	U17 (17yrs or younger)
		18+ (18yrs or older)
Female		U17 (17yrs or younger)
		18+ (18yrs or older)

### 7. ARBITRATION

#### Procedure of 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

#### Situation not covered by the rules

Where any situation not covered by this outline arises, it shall be dealt with by the competition chairman and referee director. This decision is final.

### 8. AWARDS

1<sup>st</sup>, 2<sup>nd</sup> and two 3<sup>rd</sup> 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: 9pts Gold, 6pts Silver, 3pts Bronze/2pts Bronze

### 9. UNIFORM

A Class division: Competitors may compete wearing WT recognized Poomsae uniform.

Kup Divisions: Competitors may only compete wearing WT recognized uniform.

Any contestant wearing unofficial uniform will not be permitted to compete.

Jewelry is strictly not permitted.

### 10. PHOTOGRAPHY

By registering to compete at the event you are agreeing to have your image taken whilst in the venue by both the press and members of the public. In addition, you are agreeing to have your image shown on video, TV and online.

# Lanarkshire 3<sup>rd</sup> Open Championship

## Poomsae Outline

### 11. ACCOMODATIONS & TRAVEL

From Motherwell, 6 minutes' drive Wishaw Sports Centre, Alexander Street, Wishaw, ML2 0HQ, Scotland

Hotel stay, please consult:

[https://www.tripadvisor.co.uk/Hotels-g1147565-Wishaw\\_North\\_Lanarkshire\\_Scotland-Hotels.html](https://www.tripadvisor.co.uk/Hotels-g1147565-Wishaw_North_Lanarkshire_Scotland-Hotels.html)

Wishaw train station

Please consult <https://www.scotrail.co.uk/plan-your-journey/stations-and-facilities/wsh>

(0.3 Miles from the venue only 6 minutes' walk)

Glasgow Airport

**Address:** Victoria Ave, Yeadon, Leeds LS19 7AW (12 Miles from the venue, 22 minutes' drive by car)

### 12. COVID MEASURES

The organizer takes all necessary measures, following the local and national guidelines. 3 days before the event the organizer will send out separate information regarding the practical applications of these guidelines.

Please consult <https://www.gov.uk/coronavirus> for updates and measures to be taken as public/athlete in an effort to keep sporting a safe and healthy place.

### 13. SPONSORS

**JCalicu UK**, Official supplier of World Taekwondo Approved Taekwondo Equipment, global distributor offering top quality Taekwondo Equipment for WT Poomsae and Kyorugi competition.



WEBSITE: [WWW.JCALICU.CO.UK](http://WWW.JCALICU.CO.UK)

**Range Sports** is a UK based quality and reliable Taekwondo equipment supplier that is an official supplier of JCalicu equipment and Taekwondo exclusive brand.



WEBSITE: [WWW.RANGE-SPORTS.CO.UK](http://WWW.RANGE-SPORTS.CO.UK)

Sponsored by



Organisation

