



2nd Best Leg Open Poomsae Championships



1st July 2023

**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 2nd Best Leg Taekwondo Open Poomsae Championships to be held at the iconic Crystal Palace National Sports Centre located at the heart of Crystal Palace in South East London, on Saturday 1st July 2023

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 Saturday 1st July 2023

Closing Date for the competition entries is Wednesday 14th June 2022

Best Regards

Master Martins J.C Obiorah 6th Dan





COMPETITION DETAILS

1. ORGANISATION

Event Sanctioned By: British Taekwondo

Organiser: Best Leg Taekwondo Academy

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

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

Website: www.bestleg.com

Competition Director: Master Martins Obiorah

E-Mail: martins.obiorah@bestleg.com

Event Chief Referee: Gerry REILLY

Email: chair.poomsaereferees@britishtaekwondo.org

Competition Management: Martins Obiorah

Contact: 07970 382 889

Email: martins.obiorah@bestleg.com

System Management: Marko Marchevska

Competition Registration: www.poomsae-reg.com

Welfare Officer: Ms Jade Campbell

Lead Medical Officer: DR Burhanudin Busu

2. VENUE & DATE

Date: Saturday 1st July 2023

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:	£45
Pair Competition (per pair):	£45
Team Competition (per team):	£45

7. PAYMENTS

All payments to be made via bank transfer to: Account Name: Best Leg international

Account number: 38295954

Sort code: 56-00-46

IBAN: GB15NWBK56004638295954 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 be 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)

Para A - Class: 1st Dan / Poom and higher, Holder of Para Dan certificate issued by WT

Para B – Class: 1st Kup (black Tag) – 4th Kup (Blue belt)

Para - C Class: 5th Kup (Green/Blue tag) – 8th Kup (Yellow belt)

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 (2023) 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 3 rounds (semi-final & final)

1st Round: 20 or more competitors.

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

Final: Top 8 Competitors:

Final: Divisions may start in the final if there are 9 entrants or less

Organisers have the right to make any necessary changes.

COMPULSORY POOMSAE

The compulsory poomsae will be emailed out on Wednesday 28th June 2023. 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.

Dan/K1 Divisions: Compulsory poomsae chosen from the range of Poomsae listed.

K2/K3 Divisions: There will no drawn Compulsory Poomsae. Competitor's choice





10. DAN DIVISION (DAN/POOM GRADES)

Individual (Male & Female)	
Division	Compulsory Poomsae
U11 yrs. Age 11 and under	Taeguek 4, 5, 6, 7 Jang, Taeguek 8 Jang, Koryo, Keumgang,
U 14 yrs. Age 12 – 14 years	
U17 Age 15 – 17 yrs.	Taeguek 4, 5, 6, 7, 8 Jang, Koryo,Keumgang, Taebaek
U30 Age 30 and under	Taeguek 6, 7, 8 Jang, Koryo,Keumgang, Taebaek, Pypngwon, Shipjin
U40 Age 31 – 40 years	Taeguek 6, 7, 8 Jang, Koryo,Keumgang, Taebaek, Pypngwon, Shipjin
U50 yrs. Age 41 years – 50 years	Taeguek 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
U60 years Age 51 – 60 years	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
U65 years Age 61 – 65 years	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
+66 years Age 66 years +	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu

Pairs (1 Male and 1 Female)	
Division	Compulsory Poomsae
U11 Pair Age 11 and under	Taeguek, 4,5,6,7, 8 Jang, Koryo, Keumgang,
U14 Pair Age 14 and under	Taeguek, 4,5,6,7, 8 Jang, Koryo, Keumgang,
U17 Pair Age 17 and under	Taeguek, 4,5,6,7, 8 Jang, Koryo, Keumgang,Taebaek
U30 Pair Aged 30 and under	Taeguek, 4,5,6,7, 8 Jang, Koryo, Keumgang,Taebaek, Pyongwon, Shipjin
Over 31 Pair Age 31 and over	Taeguek 8 Jang, Koryo, Keumgang,Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon





Teams (3 Male / 3 Female)	
Division	Compulsory Poomsae
U11 Team Age 11 and under	Taeguek, 4,5,6,7, 8 Jang, Koryo, Keumgang
U14 Team Age 14 and under	Taeguek, 4,5,6,7, 8 Jang, Koryo, Keumgang,
U17 Pair Age 17 and under	Taeguek, 4,5,6,7, 8 Jang, Koryo, Keumgang, Taebaek
U30 Team Age 30 and under	Taeguek, 4,5,6,7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
Over 31 Team Age 31 and over	Taeguek 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon

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

K1 Competition Method Compulsory Poomsae is drawn for the K1 Divisions

Individual (Male & Female)	
Division	Compulsory Poomsae
K1 Micro Peewee U7 years	Compulsory Poomsae Selected from Taeguek 3 to Taeguek 8
K1 Mini Peewee 7 - 9 years	
K1 Peewee 10 - 11years	
K1 Cadet 12 – 14years	
K1 Junior 15 – 17years	
K1 1 st Senior 18 - 35years	
K1 2 nd Senior over 36 years	

Pairs (1 Male and 1 Female)	
Division	Compulsory Poomsae
K1 Mini/Micro Pair	Compulsory Poomsae Selected from Taeguek 3 to Taeguek 8
K1 Peewee Pair	
K1 Cadet Pair	





K1 Junior Pair	
K1 1 st Senior Pair	
K1 2 nd Senior Pair	

Team (3 Males and 3 Females)

Division	Compulsory Poomsae
K1 Mini/Micro Team	Compulsory Poomsae Selected from Taegeuk 3 to Taegeuk 8
K1 Peewee Team	
K1 Cadet Team	
K1 Junior Team	
K1 1 st Senior Team	
K1 2 nd Senior Team	

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
K2 Micro Peewee U7 years	Competitors choice of Poomsae Selected from Taegeuk 3 to Taegeuk 7
K2 Mini Peewee 7 - 9 years	
K2 Peewee 10 - 11years	
K2 Cadet 12 – 14years	
K2 Junior 15 – 17years	
K2 1 st Senior 18 - 35years	
K2 2 nd Senior over 36 years	

Pairs (1 Male and 1 Female)

Division	Compulsory Poomsae
K2 Mini/Micro Pair	
K2 Peewee Pair	





K2 Cadet Pair	Competitors choice of Poomsae From Taegeuk 3 to Taegeuk 7
K2 Junior Pair	
K2 1 st Senior Pair	
K2 2 nd Senior Pair	

Team (3 Males and 3 Females)

Division	Compulsory Poomsae
K2 Mini/Micro Team	Competitors choice of Poomsae From Taegeuk 3 to Taegeuk 7
K2 Peewee Team	
K2 Cadet Team	
K2 Junior Team	
K2 1 st Senior Team	
K2 2 nd Senior Team	

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
K3 Micro Peewee U7 years	Competitors choice of Poomsae Selected from Taegeuk 1 to Taegeuk 3
K3 Mini Peewee 7 - 9 years	
K3 Peewee 10 - 11years	
K3 Cadet 12 – 14years	
K3 Junior 15 – 17years	
K3 1 st Senior 18 - 35years	
K3 2 nd Senior over 36 years	

Pairs (1 Male and 1 Female)

Division	Compulsory Poomsae
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K3 Mini/Micro Pair	Competitors choice of Poomsae Selected from Taegeuk 1 to Taegeuk 3
K3 Peewee Pair	
K3 Cadet Pair	
K3 Junior Pair	
K3 1 st Senior Pair	
K3 2 nd Senior Pair	

Team (3 Males and 3 Females)

Division	Compulsory Poomsae
K3 Mini/Micro Team	Competitors choice of Poomsae Selected from Taegeuk 1 to Taegeuk 3
K3 Peewee Team	
K3 Cadet Team	
K3 Junior Team	
K3 1 st Senior Team	
K3 2 nd Senior Team	

14. PARA

Age of contestant: Male/Female, Individual.

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

Aspirant Division	8 – 11 years old
Cadet division	12 – 14 years old
Junior Division	15 – 17 years old
Senior Division	18 years plus

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)

15. FURTHER INFORMATION





Awards: 1st, 2nd, 3rd & 4th 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)

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 (16 years and above)
Children £5 (under 5 years free)

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)
- Travel Lodge Croydon Road SE20 7TS (1.8 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)
- Travelodge Hotel Norfolk House, Wellesley Rd, Croydon CR0 1LH (4.4 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.

Bus services: 3,157,122,202,227,249,322,358,363,432,450 offers a direct service to the sports centre.

Train station: Crystal Palace Rail Station

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

Parking - FREE

The venue enjoys 250 spaces and 10 disabled parking spaces. Please ensure you park at the right space provided as ticket wardens frequent locations. *Organisers are unable to resolve any tickets issued!*

Crystal Palace National Sports Centre
Ledrington Road
Crystal Palace
London
SE19 2BB

By bus	By train, tube & tram	By bike	By car
3, 157, 122, 202, 227, 249, 322, 358, 363, 432, 450	Crystal Palace Penge West	Bike storage available Storage for 40 bikes available	Car parking available 250 total spaces available 10 disabled spaces available Parking type: Free

Launch map and get directions



