



7th Open Poomsae Championships

World Taekwondo Recognised, Freestyle and Para

Sunday 22nd September 2024



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



Foreword from the Bluewave

Dear Taekwondo Friends,

It is my pleasure to welcome you to the 7th Open 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. 07713 680184

Email 7thOpen@bluewave.org.uk

3 Date

Sunday, 22nd September 2024

4 Venue

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

Tel. 01256 319700

Website <https://www.thehampshirecourthotel.co.uk/>

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 Manager** Master Lynne Firth

6.2 **Chief Referee** GM 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 competitor 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 competitors are cleared to compete.
- (d) All competitors must be entered into the correct age and grade category as of the date of competition. Any competitors who have been deliberately entered into incorrect divisions will be disqualified and their clubs will be reported to British Taekwondo or their NGB for consideration of further sanctions.

- (e) Players may only be entered into either Para or Recognized Poomsae division but not both.

7.2 Coaches

- (a) One (1) coach will be accredited for every five (5) competitors entered. There can be a maximum of five (5) coaches per team.
- (b) All UK coaches must hold current British Taekwondo instructor insurance.
- (c) The minimum age for a coach is 18 years.
- (d) Coaches must wear sportswear and sport shoes. Coaches must not wear taekwondo uniforms, sandals, flip-flops, shorts or headwear whilst coaching, except for head coverings for religious or cultural reasons.

7.3 Audits (coaches and competitors)

The deadline for submission of entries for audit is 11.59pm on Wednesday 4th September 2024. All competitors sent through audit must be paid for even if they withdraw. All coaches must be registered for the event prior to the audit.

7.4 Officials

All clubs entering 10 or more competitors will be required to provide one official to support the event.

If a club does not have a Poomsae Qualified Referee as a member of the club, they can provide someone who can support the event in another way e.g. computer operator or competition assistant.

8 Protests

Only the Head Coach will be allowed to protest to the Chief Referee, the protest form must be submitted within 10 minutes of 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 Glen Culbert- glentkd@hotmail.co.uk . Preference will be given to referees who are available to referee full time.

10 Entry Fees

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

Bank:	Metro
Sort Code:	23-05-80
Account Number:	45134180

Please put your Club Name as reference for the transfer. Email Master Lynne Firth (7thOpen@bluewave.org.uk) when payment has been made.

- (c) Competitors 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 a five-minute 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 are 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 Wednesday 4th September 2024.
- (c) The entry fee are as follows:

Individual	£40
Pair (per pair)	£42
Team (per team of 3)	£45
Para-Division	£40
Freestyle	£40
Freestyle Pair (per pair)	£42
Freestyle Team (per team of 5)	£50
- (d) The deadline for payments of entry fees is Wednesday 4th September 2024. 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 coaches and not individual competitors.
 - (i) Any corrections/amendments must be made by 10 days before the event.
 - (ii) The final competitor list will be emailed out 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 5 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) For UK competitors only: Competitor's British Taekwondo membership (M) number.
(Competitor's membership must be current).

14.2 Method of competition

Cut-Off System will be used.

Compulsory Poomsae will be drawn for all Dan and K1 divisions. K2, K3 and other Para divisions must perform poomsae from within the specific ranges for their divisions.

Two Poomsae will be required to be performed in each round. Poomsae cannot be repeated in the same round.

1st Round If there are 20 or more competitors in a division then the competition will start in this round.

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).

Note: All K2 & 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.

Final Divisions will start in the final if there are 9 competitors or less (Dan Divisions).

Divisions will start in the final if there are 10 competitors or less (Kup Divisions).

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 and announced by the Organising Committee 3 days before the competition.

14.3 Competition Rules & Method

- (a) World Taekwondo Competition Rules will be used, implemented following the British Taekwondo 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 18th September 2024.

14.4 Dan/Poom Divisions

		Division		Poomsae Range
Individual (Male & Female)p	Children	Under 12	Born 2013 or later	Taegeuk 4, 5, 6, 7, 8; Koryo, Keumgang, Taebaek
	Cadet	12–14 years	Born 2010–2012	
	Junior	15–17 years	Born 2007–2009	Taegeuk 5, 6, 7, 8; Koryo, Keumgang, Taebaek, Pyongwon
	U30	18–30 years	Born 1994–2006	Taegeuk 7, 8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae
	U40	31–40 years	Born 1984–1993	
	U50	41–50 years	Born 1974–1983	Taegeuk 8; Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
	U60	51–60 years	Born 1964–1973	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
	U65	61–65 years	Born 1963–1959	
	U70	66–70 years	Born 1958–1954	
	71+	71 years+	Born 1953 or before	
Pairs (1 Male & 1 Female)	Children	Under 12	Born 2013 or later	Taegeuk 4, 5, 6, 7, 8; Koryo, Keumgang
	Cadet	12–14 years	Born 2010–2012	
	Junior	15–17 years	Born 2007–2008	Taegeuk 4, 5, 6, 7, 8; Koryo, Keumgang, Taebaek
	1st Pair	18–30 years	Born 1994–2006	Taegeuk 6, 7, 8; Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
	2nd Pair	31 years+	Born 1993 or before	Taegeuk 8; Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
Teams (3 Males or 3 Females)	Children	Under 12	Born 2013 or later	Taegeuk 4, 5, 6, 7, 8; Koryo, Keumgang
	Cadet	12–14 years	Born 2010–2012	
	Junior	15–17 years	Born 2007–2009	Taegeuk 4, 5, 6, 7, 8; Koryo, Keumgang, Taebaek
	1st Team	18–30 years	Born 1994–2006	Taegeuk 6, 7, 8; Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
	2nd Team	31 years+	Born 1993 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 2013
	Cadet	12–14 years	Born 2010–2012
	Junior	15–17 years	Born 2007–2009
	1st Senior	18–35 years	Born 1989–2006
	2nd Senior	36-50 years	Born 1974-1988
	3rd Senior	51 years and over	Born 1973 or before

Division	Poomsae Range		
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Individual (Male & Female)	K1	Taegeuk 3, 4, 5, 6, 7, 8	Compulsory poomsae will be specified.
	K2	Taegeuk 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 (1 Male & 1 Female)	K1	Taegeuk 3, 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 (3 Males or 3 Females)	K1	Taegeuk 3, 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.

14.6 Notes on Pairs and Teams

- 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 same age division.
- All competitors must be from the same category. (No mixing of 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.
- 2nd and 3rd Senior will be combined as a single age group for pairs and teams.
- Substitutions in Dan Pairs and Teams will be permitted until 23.59 on Wednesday 18th September. No substitutions in Dan Pairs and Teams will be permitted after that date. Substitutions in Kup Pairs and Teams will be permitted up to the day of competition, however these will need to be confirmed to the organising

- committee at team registration. Substitutions are not permitted where the substitute player is already entered into a team or pair in that division.
- (g) If you have any queries, please contact us for advice.

14.7 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. Divisions will be combined for Kup and Dan grades.

Ages 12-17	Individual Male
	Individual Female
	Mixed Pair
	Mixed Team (5 people)
Ages 18+	Individual Male
	Individual Female
	Mixed Pair
	Mixed Team (5 people)

14.7.1 Guidelines for Freestyle Poomsae

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

14.8 Para-taekwondo Poomsae

14.8.1 Categories and Format

- Male Individual Dan & Kup Divisions
- Female Individual Dan & Kup Divisions
- Age Groups will be 11 and under, 12-14, 15-17, 18-30 and over 31 years
- For the Kup divisions, the competitors may perform two different poomsae of their choice.
- For Dan Divisions please check the table below for the Poomsae requirements. For All Sport Classes there is a free choice of one poomsae from Group 1 and one poomsae from Group 2, for each round.
- All Para sub classification categories (as specified in the World Taekwondo Para Poomsae Rules – August 2023) will be run.
- World Taekwondo classification is not required for this event. However, clubs are expected to enter competitors into the appropriate Sport Class. Clubs may be requested prior to the competition, or on the day of the competition, to provide to the Competition Manager and the Chief Referee written evidence from a medical professional that shows that an

entry is appropriate for the Sport Class.

- (h) For more information, please contact Master Lynne Firth (7thOpen@bluewave.org.uk) before registering entry.

Age Category	Group 1	Group 2
PeeWee (11 yrs and below)	Taegeuk 4-6	Taegeuk 7-8, Koryo
Cadet (12-14 yrs)	Taegeuk 4-7	Taegeuk 8, Koryo, Keumgang
Junior (15-17 yrs)	Taegeuk 4-7	Taegeuk 8, Koryo, Keumgang, Taebaek
Senior I (18-30 yrs)	Taegeuk 4-8	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
Senior II (31 yrs and older)	Taegeuk 4-8	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin

Note: Poomsae Keumgang shall be excluded from range for P30 sport classes

14.9 Awards

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

14.10 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

Only the competitors and registered coaches of the current and the next division to compete will be allowed to enter the competition area.

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 and 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. There is a direct rail link from Southampton Airport to Basingstoke, and a direct coach link from Heathrow (<https://www.reading-buses.co.uk/flightline-timetables-and-fares>). If you would rather arrange a taxi we recommend Alpha Cars, telephone 01256 444444.

17.3 Parking

There is limited parking at the Conference Centre and this will be available to Officials

and Blue Badge holders. Main parking will be at Absolutely Offices, Lutyens Close.

17.4 Hotel Information

Budget Hotels

There are two Premier Inn hotels (www.premierinn.com) and a Travel Lodge hotel (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 (7thOpen@bluewave.org.uk) if you need additional information about local hotels or transport.

18 Draft Timetable

DATE	TIME	LOCATION	ITEM
Sunday 22 nd September 2024	08.30 – 09.00	Hampshire Court	Registration
	09.30 – 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

Please be aware that all timing will be subject to change.