

AQUILA POOMSAE OPEN 2024



Sunday 20th October
2024



info@aquilataekwondo.com



AQUILA POOMSAE OPEN 2024

Dear Coaches and Athletes,

It is with great pleasure that we extend a warm welcome to the 1st Aquila Poomsae Open!

We warmly invite you to join us in showcasing the true spirit of Taekwondo. This event is not just a competition; it's a gathering of passionate athletes, dedicated coaches, and supportive spectators, all contributing to the vibrancy of our Taekwondo community. Get ready for an unforgettable event filled with fierce competition, sportsmanship, and the indomitable spirit that defines Taekwondo.

Together, let's make the Aquila Poomsae Open 2024 an event to remember. We thank you in advance for supporting our tournament, and we hope to make this one a successful and enjoyable competition for all.

We look forward to seeing you on **Sunday 20th October 2024**.

Best regards,
Aquila Open Organising Committee



AQUILA POOMSAE OPEN 2024

Event Host

Aquila Taekwondo
info@aquilataekwondo.com
07732098285 / 07428149082

Date

Sunday 20th October 2024

Venue

UEL SportsDock, University of East London, Docklands Campus,
University Way, Beckton, E16 2RD

Officials

Event Organiser - Aquila Taekwondo
Chief Referee - Master Gerry Reilly

Registration

Online registration through: www.poomsae-reg.com
Deadline for entry: Friday 4th October 2024

Entry Fees

Individual - £40
Pair - £42
Team - £45
Family Poomsae - £45

Payment Details

Payment is required within 14 days of being entered into the event online or immediately if the event becomes full. Payments should be sent to:

Bank: Barclays
Account Name: Aquila Events Management Ltd
Sort Code: 20-57-76
Account Number: 03140156
Reference: Your club's name



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Please send proof of payment to info@aquilataekwondo.com once payment has been made.

Clubs are required to pay for competitors that do not show up or do not compete.

Final deadline for payments is Friday 4th October 2024.

Spectators

Adults (16yrs+) - £10

Children (6-15yrs) - £5

Children under 5 – FREE

Cash only on the door.

Competitors

For your online registration you will need to have the following information:

Coaches' details (maximum of 4 per club)

(Coaches of UK Competitors must have valid BT instructor's indemnity insurance for students to enter)

Competitor's full name

Competitor's correct date of birth

Competitor's correct grade/belt

For UK competitors only: Competitor's British Taekwondo membership (M) number must be current and up to date.

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.

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.



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Coaches should ensure that all memberships are applied for and renewed in plenty of time to ensure that competitors are cleared to compete.

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.

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

Coaches

One (1) coach will be accredited for every five (5) competitors entered. There can be a maximum of five (4) coaches per team.

All UK coaches must hold current British Taekwondo instructor insurance. The minimum age for a coach is 18 years.

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.

Audits (coaches and competitors)

The deadline for submission of entries for audit is 11.59pm on Friday 4th October 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.

Officials

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



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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.

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 incident in question. A fee of £75.00 will be paid for each protest lodged, this will be refunded if successful. The decision of the Chief Referee is final.

Referees

National and International Referees that wish to participate in our event, should contact Master Gerry Reilly - chief-referee@bluewave.org.uk

Method of Competition

Cut-Off System will be used.

Compulsory Poomsae will be drawn for all Dan and K1 divisions. K2, K3 and Family poomsae will be competitors own choice.

Para divisions must perform poomsae from within the specific ranges for their divisions.

K2 Categories must perform 2 different Poomsae per round. Poomsae cannot be repeated in the same round.

K3 Categories can repeat the same Poomsae per round.

Competition Rules & Method

World Taekwondo Competition Rules will be used, implemented following the British Taekwondo Sanctioned Poomsae Championships Policy.

WT-recognised uniforms will be worn. Poomsae doboks are encouraged but, in the interests of promoting new clubs/competitors, standard WT doboks are



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allowed. Doboks must be appropriate to the division entered. Kup competitors will not be permitted to wear poom/dan doboks.

Age categories are based on year of birth, not the actual age at the time of the competition.

Participating teams will be informed of the compulsory poomsae by e-mail before 11.59pm on Thursday 17th October 2024.

DAN Categories

Individual (Male/Female)	
Division	Compulsory Poomsae
U11 (11 yrs and younger)	Taeguek 4, 5, 6, 7 Jang, Taeguek 8 Jang, Koryo, Keumgang, Taebek
U14 (12-14 yrs)	Taeguek 4, 5, 6, 7 Jang, Taeguek 8 Jang, Koryo, Keumgang, Taebek
U17 (15-17yrs)	Taeguek 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon
U30 (18-30yrs)	Taeguek 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pypngwon, Shipjin, Jitae
U40 (31-40yrs)	Taeguek 7, 8 Jang, Koryo, Keumgang, Taebaek, Pypngwon, Shipjin, Jitae
U50 (41-50yrs)	Taeguek 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon



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U60 (51-60yrs)	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
U65 (61-65yrs)	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
66+ (66yrs and older)	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu

Pairs	
Division	Compulsory Poomsae
U11 Pair (11yrs and younger)	Taeguek, 4,5,6,7, 8 Jang, Koryo, Keumgang
U14 Pair (12-14yrs)	Taeguek, 4,5,6,7, 8 Jang, Koryo, Keumgang
U17 Pair (15-17yrs)	Taeguek, 4,5,6,7, 8 Jang, Koryo, Keumgang, Taebaek
U30 Pair (18-30yrs)	Taeguek, 6,7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
31+ Pairs	Taeguek 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon

Team	
Division	Compulsory Poomsae
U11 Team (11yrs and younger)	Taeguek, 4,5,6,7, 8 Jang, Koryo, Keumgang



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U14 Team (12-14yrs)	Taeguek, 4,5,6,7, 8 Jang, Koryo, Keumgang
U17 Team (15-17yrs)	Taeguek, 4,5,6,7, 8 Jang, Koryo, Keumgang, Taebaek
U30 Team (18-30yrs)	Taeguek, 6,7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
31+ Team	Taeguek 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon

KUP Divisions

KUP	Poomsae
K1 (1st-2nd Kup)	Compulsory Poomsae Taeguk 4-8
K2 (3rd -6th Kup)	Choice Poomsae Taeguk 3-6. Cannot repeat in same round.
K3 (7th-10th Kup)	Choice Poomsae Taeguk 1-3. Can repeat poomsae in same round.

Age	
Micro Peewee	7yrs and younger
Mini Peewee	8-9yrs
Peewee	10-11yrs



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Cadet	12-14yrs
Junior	15-17yrs
1 st Senior	18-35yrs
2 nd Senior	36yrs +

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'.
Substitutions in Dan Pairs and Teams will be permitted until 23.59 on
Wednesday 16th October. 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 with 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.
If you have any queries, please contact us for advice.

Freestyle

For anyone interested in competing in a freestyle event, please email us
directly: info@aquilataekwondo.com

Para-Taekwondo Poomsae

Male - Individual Dan & Kup Divisions
Female - Individual Dan & Kup Divisions

Age Groups will be: under 14, 14-17, 18-30 and 31+ years



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For Kup divisions, the competitors may perform two poomsae of their choice.

For Dan Divisions please check the table below for 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.

The following Para divisions will be played:

P10, P21, P22, P23, P31, P32, P33, P40, P50, P60, P70

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.

Age Category	Group 1	Group 2
Under 14	Taeguk 4-6	Taeguk 7, 8, Koryo, Keumgang
14-17	Taeguk 4-7	Taeguk 8, Koryo, Keumgang, Taebaek
18-30	Taeguk 4-8	Koryo, Keumgang, Taebeak, Pyongwon, Sipjin
31+	Taeguk 4-8	Koryo, Keumgang, Taebeak, Pyongwon, Sipjin

Family Poomsae

One family consisting of a child/children, mother, father, grandparents can compete together, provided they are all from the same family. There must be a minimum of two generations in the family group competing (i.e father, son, mother or grandfather with daughter and grandson). There is no age limit or belt grade (i.e a mother who holds 7th dan can compete with daughter 7th Kup in



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the same category). Competitors must perform 2 Poomsae, this can be free choice of Poomsae from Taeguk 1 – Chongkwon. Poomsae may be repeated within the same round.

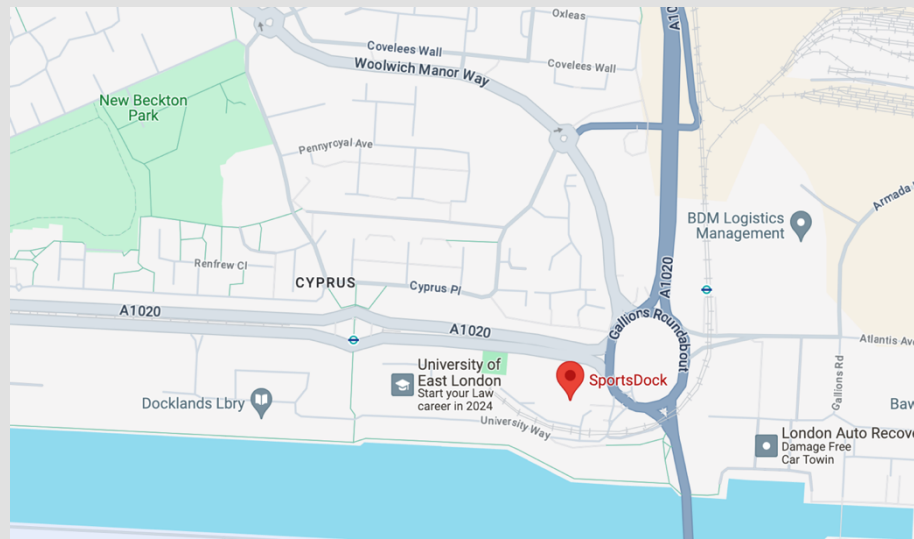
Liability

The organisers reserve the right to make any necessary changes to the format or arrangements for this event.

All competitors are considered to participate at their own risk. The organisers shall not accept responsibility for any damages, injuries or losses sustained or incurred.

Other details:

Free parking available on site.



For any enquires please contact us via email:
info@aquilataekwondo.com

