

# **Taekwondo Chungdokwan Great Britain**



**National Championships  
2025**



# Taekwondo Chungdokwan Great Britain National Championships 2025

It is with great pleasure to welcome you to the Chungdokwan Great Britain (TCGB) National Poomsae Championships 2025.

The tournament will take place on Saturday 8<sup>th</sup> March 2025.

We pride ourselves on running friendly, well organised tournaments.

We hope that you can join us.

Best wishes,  
The TCGB Competition Organising Committee



# Taekwondo Chungdokwan Great Britain National Championships 2025

1. **Venue** St Mary's University,  
Waldegrave Road, Twickenham,  
TW1 4SX  
Website: <https://www.stmarys.ac.uk/>

2. **Date** Saturday 8<sup>th</sup> March 2024

3. **Schedule**

Doors open	08:30
Registration	08:30
Competition start	09:30

4. **Key Details**

**Organiser:** Taekwondo Chungdokwan Great Britain  
Nicola Stewart  
**Email:** [competition@chungdokwan.org.uk](mailto:competition@chungdokwan.org.uk)  
**Chief Referee:** Master Kambiz Ali

For email enquiries, competitor lists and online payment confirmation.

5. **Registration Requirements**

Please check correct licence details are entered on <https://www.poomsae-reg.com/>. A licence audit of all competitors will take place up to one week in advance of the competition. Competitors will be unable to compete if they fail the licence audit check. If your Licence has expired, renew it immediately.

Clubs may not combine or enter as an association or squad.

6. **International Entries (by invitation only)**

All participants must hold a valid licence and be part of a recognised group that is affiliated to World Taekwondo (WT). This membership must be proved by means of a valid certificate of membership at the time of registration. **Please remember to bring this proof of membership to the tournament.**

Please make entries on <https://www.poomsae-reg.com/>. Please email your team list and entry fees can be paid by bank transfer (see below).

International entrants are responsible for arranging their own visas. Please contact us at [competition@chungdokwan.org.uk](mailto:competition@chungdokwan.org.uk) if you require any documentation regarding this.



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## 7. Entry Details (domestic competitors)

Entries must be made online at <https://www.poomsae-reg.com>

Once you have registered your details, you must pay the entry fee by bank transfer and provide a list of competitors the payment relates to. Please email the completed list to [competition@chungdokwan.org.uk](mailto:competition@chungdokwan.org.uk)

Please make sure that your personal data is entered correctly online, otherwise the competitors will be rejected from the competition as a result of the licence audit.

### NOTE

- All clubs must enter competitors via **poomsae-reg**.
- All clubs entering competitors must enter ALL coaches details on **poomsae-reg** by **21<sup>st</sup> February 2025**.
- Payment must be received within **7 days** of entry
- Any corrections/amendments must be made by **10 days** before the event
- Any changes made **3 days** before the event will incur a **£20** administration cost
- Any changes made on the day will incur a **£30** administration cost

## 8. Entry Fees

<b>Competitors</b>	£40.00 individuals
	£42.00 per pair
	£45.00 per team of 3

### **ENTRIES TO BE RECEIVED BY 21<sup>st</sup> February 2025 AND PAYMENT TO BE RECEIVED WITHIN 7 DAYS OF ENTRY**

These fees include the compulsory charge levied by British Taekwondo

Payment must be made by **bank transfer** to the following account:

Account name: Taekwondo Chungdokwan GB (TCGB)  
Bank: Barclays Bank  
Sort code: 20-42-76  
Account number: 03651762

Please make payments from club accounts not individuals.

Please use the club name as the reference and then email [competition@chungdokwan.org.uk](mailto:competition@chungdokwan.org.uk) advising total payment amount, club name and competitor names the payment relates to.

**Spectators (pay on the day):** Adults £10.00 / Children £5.00



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## 9. Closing Date

21<sup>st</sup> February 2025 or when tournament is full

### NOTE

- All entries must be received by 21st February 2025.
- All entry fees must be with TCGB within 7 days of entry otherwise the entrants will be excluded from the tournament.
- There will be no refunds for any withdrawals after 21st February 2025.
- 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 in case of any withdrawals.
- In order to comply with event regulations, these deadlines will be strictly enforced.

## 10. Coaches

Please note that ALL coaches wishing to coach their players register online at <https://www.poomsae-reg.com/> prior to 21st February 2025.

One coach can be accredited for every five competitors entered and granted free admission. There can be a maximum of six coaches per team.

Only coaches that have pre-registered in this manner will be issued with passes (no new passes will be arranged at the event).

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

To prevent delays to the competition, we require clubs to have enough coaches for their competitors on the day.

**NO COACH PASS = NO ENTRY TO THE COMPETITION AREA**

## 11. Officials

TCGB run the National Championships for the benefit of the association members and therefore request the support of the membership by supplying non-competing/non-coaching officials to assist in the running of the tournament. Therefore, please provide the names of your volunteers and officials to [competition@chungdokwan.org.uk](mailto:competition@chungdokwan.org.uk).

## 12. Procedures

All procedural matters will be conducted under the adjudication of the Chief Referee whose decision will be final.





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## 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 agreeing to have your image shown on video, TV and online.

## 14. Directions

The tournament is being held at: St Mary's University,  
Waldegrave Road, Twickenham,  
TW1 4SX

The St Mary's campus is a controlled parking area and paid parking is available on site.

There is a cafeteria onsite selling refreshments and meals.

## 15. Hotels

Travelodge <a href="http://www.travelodge.co.uk">www.travelodge.co.uk</a>	Premier Inn <a href="http://www.premierinn.com">www.premierinn.com</a>	Premier Inn <a href="http://www.premierinn.com">www.premierinn.com</a>
Travelodge London Twickenham London Road, Twickenham, TW1 3QS, United Kingdom Sat nav postcode: TW1 3QS	London Twickenham Stadium Chertsey Road, Whitton, Twick- enham TW2 6LS Sat Nav Directions: TW2 6JW	London Twickenham East Corner Sixth Cross/Staines Rd, Twickenham, Middlesex TW2 5PE



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## 16. Rounds

The competition will implement the cut off system

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

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.



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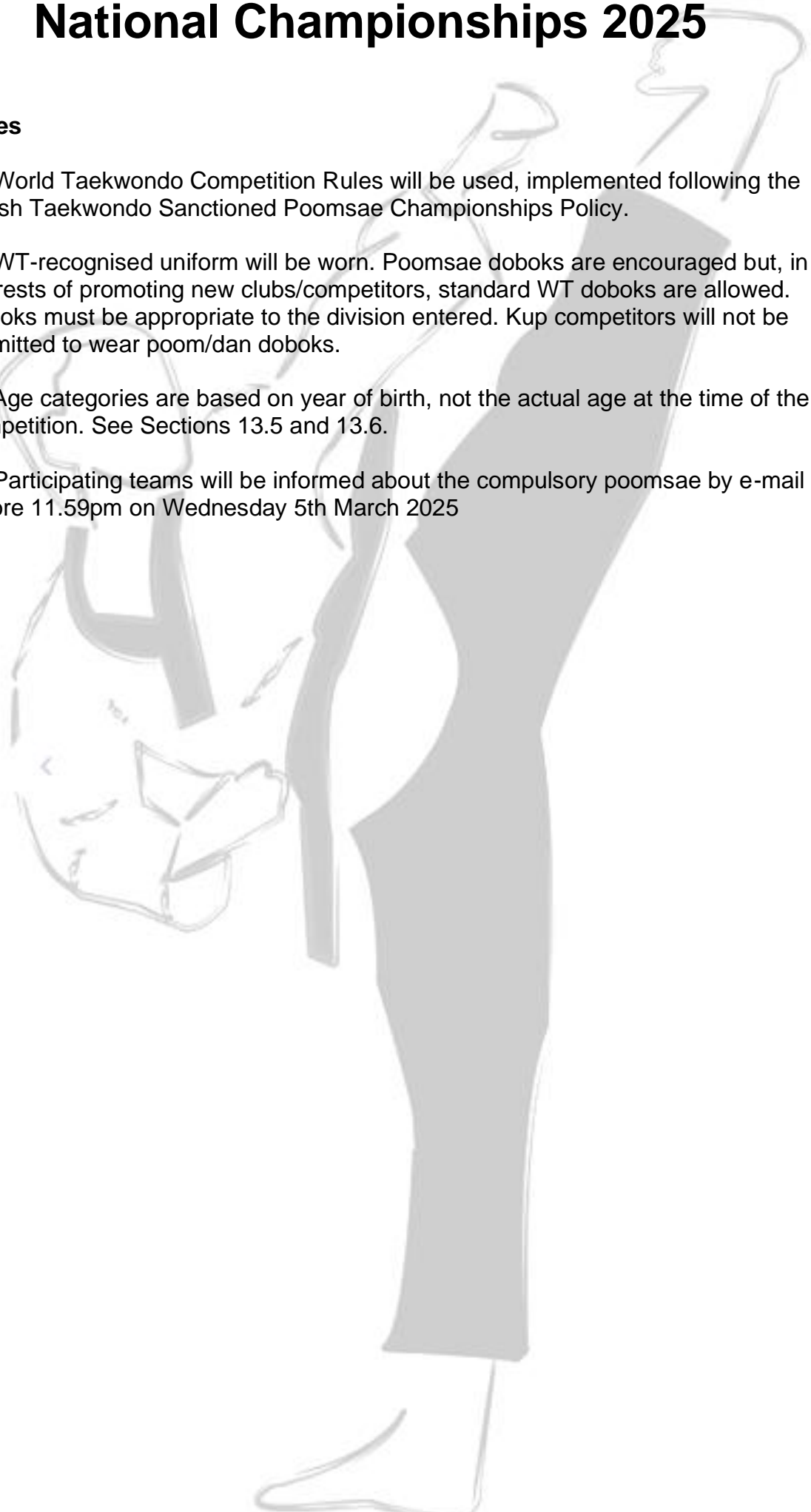
## 17. Rules

(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 5th March 2025







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## 18. Dan/Poom Divisions

		Division		Poomsae Range
<b>Individual</b> (Male & Female)	<b>Children (U11)</b>	Under 12	Born 2014 or later	Taegeuk 4, 5, 6, 7, 8; Koryo, Keumgang, Taebaek
	<b>Cadet (U14)</b>	12 – 14 years	Born 2011–2013	
	<b>Junior (U17)</b>	15 – 17 years	Born 2008–2010	Taegeuk 5, 6, 7, 8; Koryo, Keumgang, Taebaek, Pyongwon
	<b>U30</b>	18 – 30 years	Born 1995–2007	Taegeuk 7, 8; Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae
	<b>U40</b>	31 – 40 years	Born 1985-1994	
	<b>U50</b>	41 – 50 years	Born 1975-1984	Taegeuk 8; Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
	<b>U60</b>	51 – 60 years	Born 1965-1974	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
	<b>U65</b>	61 – 65 years	Born 1964-1960	
	<b>U70</b>	66 - 70 years	Born 1959-1955	
<b>71+</b>	71 years+	Born 1954 or before		
<b>Pairs</b> (1 Male & 1 Female)	<b>Children (U11)</b>	Under 12	Born 2014 or later	Taegeuk 5, 6, 7, 8; Koryo, Keumgang, Taebaek
	<b>Cadet (U14)</b>	12– 14 years	Born 2011–2013	
	<b>Junior (U17)</b>	15 – 17 years	Born 2008–2010	Taegeuk 5, 6, 7, 8; Koryo, Keumgang, Taebaek, Pyongwon
	<b>Under 30</b>	18 – 30 years	Born 1995–2007	Taegeuk 7, 8; Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae
	<b>Under 50</b>	31 – 50 years	Born 1985-1994	
	<b>51+</b>	50 years +	Born 1975-1984	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
	<b>U60</b>	51 – 60 years	Born 1965-1974	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
	<b>U65</b>	61 – 65 years	Born 1964-1960	
	<b>U70</b>	66 - 70 years	Born 1959-1955	
<b>71+</b>	71 years+	Born 1954 or before		



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Teams (3 Males or 3 Females)	<b>Children</b>	Under 12	Born 2014 or later	Taegeuk 5, 6, 7, 8; Koryo, Keumgang, Taebaek
	<b>Cadet (14)</b>	12– 14 years	Born 2011–2013	
	<b>Junior (U17)</b>	15 – 17 years	Born 2008–2010	Taegeuk 5, 6, 7, 8; Koryo,
	<b>Under 30</b>	18 – 30 years	Born 1995–2007	Taegeuk 7, 8; Koryo, Keumgang,
	<b>Under 50</b>	31 – 50 years	Born 1985-1994	Taegeuk 8; Koryo, Keumgang,
	<b>51+</b>	50 years +	Born 1975-1984	Koryo, Keumgang, Taebaek,
	<b>U60</b>	51 – 60 years	Born 1965-1974	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
	<b>U65</b>	61 – 65 years	Born 1964-1960	
	<b>U70</b>	66 - 70	Born 1959-1955	
	<b>71+</b>	71 years+	Born 1954 or before	

## Kup Divisions

	Dan	1 <sup>st</sup> Dan /Poom and higher	Black belt
	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	<b>U11 (Pee wee)</b>	Under 11 years	Born prior to 2014
	<b>U14 (Cadet)</b>	12–14 years	Born 2011–2013
	<b>U17 (Junior)</b>	15–17 years	Born 2008–2010
	<b>U30</b>	18–30 years	Born 1995–2007
	<b>U40</b>	31 - 40 years	Born 1985-1994
	<b>U50</b>	41 – 50 years	Born 1975-1984
	<b>U60</b>	51 – 60 years	Born 1965-1974
	<b>U65</b>	61 - 65 years	Born 1964-1960
	<b>U70</b>	66 – 70 years	Born 1959-1955
	<b>Over 71</b>	71 years and above	Born 1954 or before



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Division		Poomsae Range	
<b>Individual</b> (Male & Female)	<b>K1</b>	Taegeuk 3, 4, 5, 6, 7, 8	Compulsory poomsae will be specified.
	<b>K2</b>	Taegeuk 3, 4, 5, 6	Competitor's choice of 2 poomsae per round. Poomsae cannot be repeated within the same round.
	<b>K3</b>	Taegeuk 1, 2, 3	Competitor's choice of 2 poomsae per round. Poomsae cannot be repeated within the same round.
<b>Pairs</b> (1 Male & 1 Female)	<b>K1</b>	Taegeuk 3, 4, 5, 6, 7, 8	Compulsory poomsae will be specified.
	<b>K2</b>	Taegeuk 3, 4, 5, 6	Competitor's choice of 2 poomsae per round. Poomsae cannot be repeated within the same round.
	<b>K3</b>	Taegeuk 1, 2, 3	Competitor's choice of 2 poomsae per round. Poomsae cannot be repeated within the same round.
<b>Teams</b> (3 Males or 3 Females)	<b>K1</b>	Taegeuk 3, 4, 5, 6, 7, 8	Compulsory poomsae will be specified.
	<b>K2</b>	Taegeuk 3, 4, 5, 6	Competitor's choice of 2 poomsae per round. Poomsae cannot be repeated within the same round.
	<b>K3</b>	Taegeuk 1, 2, 3	Competitor's choice of 2 poomsae per round. Poomsae cannot be repeated within the same round.



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## Notes on Pairs and Teams

- a) All competitors must be from the same category. (No mixing of categories).
- b) Teams and pairs can be from different clubs and will be entered as 'Mixed'.
- c) 2nd and 3rd Senior will be combined as a single age group for pairs and teams.
- d) K1 Teams & Pairs must all be K1 and of the same age division.
- e) Competitors from K2 & K3 of the same age division are permitted to combine to form entries for pairs and team (K2 + K3)
- f) Substitutions in 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. Substitutes must be of the correct grade, age and gender for the division, already entered in the competition at the time of audit, and not already entered into a team or pair in that division.
- g) If you have any queries, please contact us for advice.