

Northern Ireland Poomsae Development Championships 2025



United Taekwondo Association
Northern Ireland

Saturday 5th April 2025

Queen's Sport
Queen's University
Physical Education Centre



KUKKIWON
WORLD TAEKWONDO HEADQUARTERS

Dear Taekwondo Friends,

It our pleasure to extend this formal invitation to you and your students to take part in the Inter-club Poomsae Championships to be held at Queens University, Queens Sport Centre, Belfast on Saturday the 5th of April 2025.

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 Northern Ireland and Ireland. 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, Para, and family divisions.**

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 5th of April 2025.**

Closing Date for the competition entries is **25th March 2025.**

Best Regards
UTA Northern Ireland Organising committee

COMPETITION DETAILS

1. ORGANISATION

Organiser: United Taekwondo Association (Northern Ireland)

Competition Director: Thomas McGuinness
Contact: +44(0)7887705689
E-Mail: thomas.mcguinness@gmail.com

Referee Coordinator: Glen Culbert – IR
Contact: +447815805902
E-Mail: gkentkd@hotmail.co.uk

Safe guarding officer : Damian Duffy
Contact : +44(0)7740335638
E-Mail : damian.duffy1@ntlworld.com

Operating System: P-Score

Competition Website: www.poomsae-reg.com
E-Mail: thomas@poomsae-reg.com

Maximum Entries: 250

2. DATE & VENUE

Venue: Queen's Sport
Queen's University, Physical Education Centre

Date: Saturday 5th of April 2025

Deadline: **Online entry will close on 25th March 2025**

3. SCHEDULE

Saturday 5th of April 2025

09:00 – 09:15 Registration at Queen's University physical education centre
09:15 – 09:40 Referees / officials meeting
10:00 Start of the competition
13:30 – 14:00 Lunch Break
17:00 – 17:30 End of competition - Awards Ceremony (approx.)

4. CONDITION FOR PARTICIPATION

Competitors must be members of a national federation affiliated to the WT
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 UTA (NI) and any of its representatives will not be responsible for any injury cost.

(The organisers have the right to refuse registration of applicants)

5. ENTRY FEES

| Divisions | All Divisions |
|------------------------------|----------------------|
| Individual competition: | £25.00 |
| Pair Competition (per pair): | £26.00 |
| Team Competition (per team): | £27.00 |

Entry fees are payable via online banking, payable to: **UTA Northern Ireland**

Barclays Bank Sort code: 20-62-27 Account No.: 70815063

IBAN: GB02BUKB20622770815063 SWIFTBIC BUKBGB22

6. APPLICATION

Online Application

Open to Northern Ireland, Ireland and invitational only

Please complete the competition application online: www.poomsae-reg.com

7. CONTESTANTS

Membership Participants must be members of a National Federation which is affiliated to the WT.

| | | |
|-----------|------|--|
| Divisions | Dan: | 1 st Dan / Poom and higher, Kukkiwon Holder |
| | K1: | 1 st Kup (Black Tag) – 3 rd Kup (Red Tag) |
| | K2: | 4 th Kup (Blue Belt) – 6 th Kup (Green Belt) |
| | K3: | 7 th Kup (Green Tag) – 9 th Kup (Yellow Tag) |
| | K4: | 10 th Kup (White 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 (2025) then he/she shall participate in the category of 1st Senior's (18-35 years old).

Athletes can only enter one individual, one pair and one team.

8. SYSTEM OF COMPETITION

Cut-Off System.

1st Round: If there are over 20 competitors in a division then they will start in this round.

Two poomsae will be required and may be performed with a 30 second rest period in between. One poomsae of the competitor's choice from the 1st Compulsory section of the table, and one from the 2nd Compulsory section of the table

2nd Round: top 50% of the competitors with the highest scores will qualify for this round.

Two poomsae will be required and may be performed with a 30 second rest period in between. One poomsae of the competitor's choice from the 1st Compulsory section of the table, and one from the 2nd Compulsory section of the table

Final Round: The top 8 competitors (with the highest scores) from the 2nd round will qualify

Two poomsae will be required and may be performed with a 30 second rest period in between. One poomsae of the competitor's choice from the 1st Compulsory section of the table, and one from the 2nd Compulsory section of the table

Final: Divisions may start in the final if there are 8 entrants or less

Elimination System.

Side by side tournament system may be used. This will be announced before the competition compulsory Poomsae are announced.

Two Athletes compete on the competition area at the same time, Designated Poomsae from the compulsory list will be announced just before the athletes enter the Competition area. The winner moves forward to the next round.

9. DAN DIVISION (DAN/POOM GRADES)

Dan Grades

| Individual (Male & Female) | |
|---------------------------------------|---|
| Division | Compulsory Poomsae |
| Peewee U11 yrs | Taeguk 4, 5, 6, 7 Jang, 8 Jang, Koryo |
| Cadet 12 - 14 yrs | |
| Junior 15 – 17 yrs | |
| U30 18 - 30yrs | Taeguk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek |
| U50 31 - 50yrs | Taeguk 8 Jang Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, |
| Over 51yrs 51+yrs | |

| Pairs (1 Male and 1 Female) | |
|------------------------------------|--|
| Division | Compulsory Poomsae |
| Peewee Pair U11yrs | Taeguk 4, 5, 6, 7, 8 Jang, Koryo |
| Cadet Pair U14yrs | |
| U30 Pair 15- 30yrs | Taeguk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek |
| U50 Pair 31 – 50yrs | Taeguk 6, 7, 8 Jang Koryo, Keumgang, Taebaek, Pyongwon, Shipjin |
| Over 51 Pair 51ys + | |

| Teams (3 Male or 3 Female) | |
|-----------------------------------|--|
| Division | Compulsory Poomsae |
| Peewee Team U11yrs | Taeguk 4, 5, 6, 7, 8 Jang, Koryo |
| Cadet Team U14yrs | |
| U30 Team 15- 30yrs | Taeguk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek |
| U50 Team 31 – 50yrs | Taeguk 6, 7, 8 Jang Koryo, Keumgang, Taebaek, Pyongwon, Shipjin |
| Over 51 Team 51ys + | |

Dan Divisions: The competitor will perform two drawn Poomse in each round.

10. PARA POOMSAE

For all Sport Classes there is a free choice to athletes to choose **one Poomsae from Group 1 and one Poomsae from Group 2**, for each round from Individual divisions.

A-class (black belt) contestants must perform a different set of two Poomsae for each round - preliminary, semi-final, final - of the competition.

Kup grade contestants may repeat the same two Poomsae in each round of the competition.

A Class (Dan) Divisions

| Individual Division | Compulsory Poomsae | |
|----------------------|-----------------------------|---|
| | Group 1 | Group 2 |
| Peewee (U11 yrs.) | Taegeuk 4, 5, 6-Jang. | Taeguk 7, 8-Jang, Koryo |
| Cadet (12-14 yrs.) | Taegeuk 4, 5, 6, 7-Jang. | Taeguk 8-jang, Koryo, Keumgang |
| Junior (15-17 yrs.) | Taegeuk 4, 5, 6, 7-jang. | Taeguk 8-Jang, Koryo, Keumgang, Taebaek |
| Senior (Over 18yrs.) | Taegeuk 4, 5, 6, 7, 8-Jang. | Koryo, Keumgang, Taebaek, Pyongwon, Shipjin |

Note: Poomsae Keumgang (10) shall be excluded from draw for P30 sport classes

Kup Class Division (10th Kup - 1st Kup)

| Individual Division | Compulsory Poomsae | |
|----------------------|---------------------------|------------------------|
| | Group 1 | Group 2 |
| Peewee (U11 yrs.) | Taegeuk 1, 2, 3, 4, Jang. | Taeguk 5, 6, 7, 8-Jang |
| Cadet (12-14 yrs.) | | |
| Junior (15-17 yrs.) | | |
| Senior (Over 18yrs.) | | |

11. K1 DIVISION (3rd Kup Red Tag to 1st Kup Black Tag)

K1 Competition Method

If 9 competitors, Pairs, Teams or more: Two Poomsae to be performed in first round (top 8 to progress), and two further Poomsae in the final. A Poomsae cannot be repeated in a round.

If 8 competitors, Pairs, Teams or less: Straight to final, two Poomsae performed

| Individual (Male & Female) | |
|---------------------------------------|--|
| Division | Compulsory Poomsae |
| Mini Peewee up to 9yrs | Competitors choice of Poomsae From Taegeuk 3 to Taegeuk 8 |
| Peewee 10 - 11yrs | |
| Cadet 12 – 14yrs | |
| Junior 15 – 17yrs | |
| U30 18 - 30yrs | |
| U50 31 – 50yrs | |
| Over 51 - 51yrs + | |

| Pairs (1 Male and 1 Female) | |
|------------------------------------|--|
| Division | Compulsory Poomsae |
| Peewee Pair up to 11yrs | Competitors choice of Poomsae From Taegeuk 3 to Taegeuk 8 |
| Cadet Pair 12 -14yrs | |
| U30 Pair 15 - 30yrs | |
| U50 Pair 31 - 50yrs | |
| Over 51 Pair 51yrs + | |

| Team (3 Male and 3 Female) | |
|-----------------------------------|--|
| Division | Compulsory Poomsae |
| Peewee Team up to 11yrs | Competitors choice of Poomsae From Taegeuk 3 to Taegeuk 8 |
| Cadet Team 2 -14yrs | |
| U30 Team 15 - 30yrs | |
| U50 Team 31 - 50yrs | |
| Over 51 Team 51yrs + | |

12. K2 DIVISION (Kup Grades 6th Kup Green Belt to 4th Kup Blue Belt)

K2 Individuals Competition Method

If 9 competitors or more: Two Poomsae to be performed in first round (top 8 to progress), and two further Poomsae in the final. A Poomsae cannot be repeated in a round.

If 8 competitors, Pairs, Teams or less: Straight to final, two Poomsae performed

| Individual (Male & Female) | |
|----------------------------|--|
| Division | Compulsory Poomsae |
| Mini Peewee up to 9yrs | Competitors choice of Poomsae From Taegeuk 2 to Taegeuk 6 |
| Peewee 10 - 11yrs | |
| Cadet 12 – 14yrs | |
| Junior 15 – 17yrs | |
| U30 18 - 30yrs | |
| U50 31 – 50yrs | |
| Over 51 - 51yrs + | |

13. K3 DIVISION (9th Kup White Belt to 7th Kup Green Tag)

K3 Individuals Competition Method

If 9 competitors 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 a round.

If 8 competitors, Pairs, Teams or less: Straight to final, two Poomsae performed

| Individual (Male & Female) | |
|----------------------------|--|
| Division | Compulsory Poomsae |
| Mini Peewee up to 9yrs | Competitors choice of Poomsae From Taegeuk 1 to Taegeuk 3 |
| Peewee 10 - 11yrs | |
| Cadet 12 – 14yrs | |
| Junior 15 – 17yrs | |
| U30 18 - 30yrs | |
| U50 31 – 50yrs | |
| Over 51 - 51yrs + | |

14. K4 DIVISION (10th Kup White Belt)

K4 Individuals Competition Method

If 9 competitors 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 a round.

If 8 competitors, Pairs, Teams or less: Straight to final, two Poomsae performed

| Individual (Male & Female) | |
|---------------------------------------|--|
| Division | Compulsory Poomsae |
| Mini Peewee up to 9yrs | Competitors choice of Poomsae From Basic 2 to Taegeuk 1 |
| Peewee 10 - 11yrs | |
| Cadet 12 – 14yrs | |
| Junior 15 – 17yrs | |
| U30 18 - 30yrs | |
| U50 31 – 50yrs | |
| Over 51 - 51yrs + | |

15. K4, K3 & K2 COMBINED PAIRS & TEAMS

K4, K3 & K2 Pair & Team Divisions (10th Kup White Belt to 4th Kup Blue Belt)

K4, K3 & K2 Combined Competition Method

If 9 Pairs, Teams 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 a round.

If 8 competitors, Pairs, Teams or less: Straight to final, two Poomsae performed

| Pairs (1 Male and 1 Female) | |
|------------------------------------|--|
| Division | Compulsory Poomsae |
| Peewee Pair up to 11yrs | Competitors choice of Poomsae From Taegeuk 1 to Taegeuk 6 |
| Cadet Pair 12 -14yrs | |
| U30 Pair 15 - 30yrs | |
| U50 Pair 31 - 50yrs | |
| Over 51 Pair 51yrs + | |

| Team (3 Male and 3 Female) | |
|-----------------------------------|--|
| Division | Compulsory Poomsae |
| Peewee Team up to 11yrs | Competitors choice of Poomsae From Taegeuk 1 to Taegeuk 6 |
| Cadet Team 12 -14yrs | |
| U30 Team 15 - 30yrs | |
| U50 Team 31 - 50yrs | |
| Over 51 Team 51yrs + | |

16. FAMILY DIVISIONS

All family divisions go to direct final: Two Poomsae to be performed, A Poomsae can be repeated within the round.

All Grades, Any mix of gender

Mixed Family Pair: Must be two generations (father/ son, mother/son, Grandfather/ Granddaughter)
Mixed Family Team: Must be Minimum of two generations
Poomsae: Free choice of Poomsae.

17. FURTHER INFORMATION

Awards: 1st, 2nd and 2 x 3rd 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, mixed pair and team points will divided between clubs.

Dress: Competitors may only compete wearing full WT uniform. Jewellery is strictly not permitted.

Hall Rules: Only competitors and their coaches shall be admitted to the contest areas.

Spectators: Admission
Adults Free
Children Free

Guests: Coaches/Competitors
2 coaches per team

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 GBP 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, UTA (NI) shall accept No responsibility for any damages, injuries or losses sustained or incurred.

18. PHOTOGRAPHY & VIDEO RECORDING AT EVENTS POLICY

Many coaches wish to use video facilities at events to provide feedback for their students and by entering your child for this event you are accepting that they may be photographed or videoed and are therefore providing the necessary consent