

London Taekwondo Poomsae Championships

(Kup Grades (K Class) only)

Sunday, 11th May 2025



**Haberdashers' Knights Academy, Launcelot Road,
Bromley BR1 5EB**

Information Pack

Online Registration: www.poomsae-reg.com





Contents

1. Competition Organising Committee
2. Competition Date and Time
3. Competition Venue
4. Competition Closing date for entries
5. Competition Poomsae Officials
6. Poomsae Competition Judges
7. Competition Registration
8. Payment of Entry Fee - Online payment only
9. Entry fees - per category
10. Kup Division (K Class) Categories
11. Table 1 - Competitor Age Categories
12. Para-taekwondo Poomsae
13. Entry fees - Para-taekwondo category
14. Uniform
15. Method of Competition
16. Qualifications
17. Protests
18. Competition Waiver
19. Awards - Individual, Pair & Team
20. Club Awards - 1st, 2nd, 3rd and 4th overall Places
21. Admission (Spectators only)
22. Refreshments
23. Photography and Video recording policy
24. Methods of scoring & compulsory use WT Poomsae Competitions rules 2014
25. Compulsory Poomsae for K1 only
26. Table 2 - Poomsae Categories



Dear Taekwondo Friends,

It is our pleasure to welcome you and your students to the 4th London Taekwondo Poomsae Championships. The event will be run under existing World Taekwondo Poomsae Competition rules.

The aim of this competition is to help Kup grades to develop, gain confidence and provide an opportunity for them to compete.

We look forward to welcoming you all to London and hope you have an enjoyable and successful day.

1. Competition Organising Committee

1.1. Event Organiser

Master Azim Razak (7th Dan)

Tel: 07887 783952

Email: londonpoomsaechampionship2025@gmail.com

1.2. Event Director

Master Chi Lai (5th Dan)

Tel: 07742 159239

Email: londonpoomsaechampionship2025@gmail.com

2. Competition Date and Time

Sunday, 11th May 2025 (Start time: 9.30am sharp)

3. Competition Venue

Haberdashers' Knights Academy, Launcelot Road, Bromley BR1 5EB

(Access to hall from 8.30am)

4. Competition Closing date for entries

Payment **must** be made on or before **Friday, 11th April 2025**

5. Competition Poomsae Officials

Competition Manager: Master Chi Lai (5th Dan)

Chief Referee: - GM Gerry Reilly





6. Poomsae Competition Judges

Judges who wish to participate full time in this event should contact the Referee Director or the event organiser.

UK Judges **must** also send their Name with their valid BT Membership (M) number to the Chief Referee prior to the event.

7. Competition Registration

Online Registration: www.poomsae-reg.com

8. Payment of Entry Fee – Online payment only

Bank: Barclays

Account Name: EMPSI Taekwondo Ltd

Sort Code: 20-24-64

Account number: 53133923

Note: Please include your Club Name as reference on the funds transfer and send confirmation of payment by email to Master Azim Razak.

Account Contact: Master Azim Razak

Tel: 07887 783952

Email: londonpoomsaechampionship2025@gmail.com

Payment is required within 14 days after the registration of competitors on the online system (Poomsae-reg.com). The payment deadline will be Friday 11th April 2025.

Players who fail the British Taekwondo (BT) audit or withdraw after the payment deadline will not be refunded.

9. Entry fees - per category

K1 Division - £45.00 Individual

K1 Division - £40.00 Pair (per Pair)

K1 Division - £45.00 Team (per Team)

K2 Division - £45.00 Individual

K2 Division - £40.00 Pair (per Pair)

K2 Division - £45.00 Team (per Team)

K3 Division - £45.00 Individual

K3 Division - £40.00 Pair (per Pair)

K3 Division - £45.00 Team (per Team)





10. Kup Division (K Class) Categories

K1 Division - (1st Kup – 2nd Kup)

K2 Division - (3rd Kup – 6th Kup)

K3 Division - (7th Kup – 10th Kup)

11. Table 1 - Competitor Age Categories

Age Category	Category description	Age	Year of Birth
U7	Micro Peewee Individual (Pair U7/ Team U7, K2+K3)	7 yrs and below	Born 2018 or after
U9	Mini Peewee Individual (Pair U9/ Team U9, K2+K3)	8-9 yrs	Born 2016-2017
U11	Peewee Individual (Pair U11/ Team U11, K2+K3)	10-11 yrs	Born 2014-2015
U14	Cadet Individual (Pair U14 / Team U14), K2+K3)	12-14 yrs	Born 2011-2013
U17	Junior Individual (Pair U17 / Team U17, K2+K3)	15-17 yrs	Born 2008-2010
U30	Senior Individual (Pair U30 / Team U30), K2+K3)	18-30 yrs	Born 2007-1995
U40	Senior Individual (Pair 31+ / Team 31+, K2+K3)	31-40 yrs	Born 1985-1994
41+	Senior Individual (Pair 31+ / Team 31+, K2+K3)	41 yrs+	Born 1984 or before

Please note: All age categories above are based on the competitor's year of birth and not their age at the time of the competition. Therefore, the competitors' age will be their age on the 31st December 2025. Categories **U40** and **41+**: Pair and Team players can be 31+.

12. Para-taekwondo Poomsae

12.1. Categories

12.1.1. Para competitors should enter online (Male/Female Para category) and email their full details and reasons for Para qualification. The categories will be determined on receipt of all the applications.

If you require further information, please contact us at Email:

londonpoomsaechampionship2025@gmail.com

12.2. Format

12.2.1. 2nd Round: 9-19 Para competitors and 8 Para competitors in the final.

12.2.2. Competitors will perform 2 Poomsae in each round.



12.3. Awards

- 12.3.1. Awards will be given for 1st, 2nd, 3rd and 4th places for both (Male/Female) divisions.
- 12.3.2. As categories are open Age and open Belt, the judges will use their discretion and take into consideration age, belt and disability of the competitor.

13. Entry fees - Para-taekwondo category

- Individual - £45.00
- Pair (per Pair) - £40.00
- Team (per Team) - £45.00

14. Uniform

WT- Recognised standard uniform & Poomsae competition uniform are allowed.

15. Method of Competition

- Cut-off System is to be used.
- 1st Round: 20 or more competitors.
- 2nd Round: 9 -19 competitors or 50% from 1st Round.
- Final – Top 8 Competitors: (Groups with 9 competitors may proceed straight to the final).

16. Qualifications

16.1. Competitors

- 16.1.1. All competitors and coaches must have a valid British Taekwondo Licence for the BT Audit.
- 16.1.2. Members of British Taekwondo should enter their correct BT Membership (M) number when registering. If an invalid/false number is entered, the player will fail the BT audit and will not be allowed to participate, and their fees will not be refunded.
- 16.1.3. Competitors should enter under their individual clubs and state the name of the club and their country, at registration.
- 16.1.4. Clubs may not combine or enter as an association or squad.
- 16.1.5. Mixed club pairs or teams are however permitted.
- 16.1.6. Instructors/Coaches should ensure that all memberships are applied for and renewed in plenty of time to ensure that players are cleared to complete.



16.2. Coaches

- 16.2.1. All coaches must register in advance on www.ma-regionline.com. On the deadline date, the information submitted will be passed to British Taekwondo for completion of the BT audit. Coaches who have entered incorrect information or who fail the audit will not be permitted to coach.
- 16.2.2. The minimum age for a coach is 18 years.
- 16.2.3. Coaches will only be permitted at ringside in sportswear or smart dress.

17. Protests

Only the Head Coach is permitted to protest to the Referee Director within 10 minutes of the end of the contest, in question. A protest fee of £75.00 (cash) will be paid immediately to the Competition Board for each protest lodged. This will be refunded if the protest is accepted and won. The decision of the Referee Director is final.

18. Competition Waiver

All competitors participate at their own risk; no claim whatsoever can be made against the Event Organiser, Event Director and/or British Taekwondo. The Event Organiser and Event Director shall not accept responsibility for any damages, injuries, or losses sustained or incurred.

By entering the Championships, you are agreeing that photographs and media images taken can be used to promote the Championships.

19. Awards – Individual, Pair & Team

1st, 2nd, 3rd and 4th place awards shall be given for each category. Individual, Pair and Team Awards will be presented immediately after the category final.

20. Club Awards – 1st, 2nd, 3rd and 4th overall Places

The following points will be awarded for each place: 1st place = 9 points, 2nd = 6 points, 3rd = 3 points, 4th = 2 points. Club awards will be calculated over the day and awards will be presented at the end of the Championships.

21. Admission (Spectators only)

Spectators will be admitted free of charge.

22. Refreshments

Coffee, tea, light refreshments and food will be available for purchase throughout the day at the venue.



23. Photography and Video recording policy

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. In addition, you are agreeing to have your image shown on video, TV and online.

24. Methods of scoring & compulsory use WT Poomsae Competitions rules 2014

The Total score is 10.0 for Recognized Poomsae (Accuracy 4.0 & Presentation 6.0)

25. Compulsory Poomsae for K1 only

The compulsory Poomsae will be announced (published on Poomsae-Reg site) on Thursday, 8th May 2025. Competitors may be asked to perform any of the compulsory Poomsae from the K1 set list, but they must be performed in the order listed. Two Poomsae will be performed in each round.



26. Table 2 – Poomsae Categories

Category	Division	Compulsory Poomsae	Rule
Individual	K1	Taegeuk 4-8	Compulsory Poomsae will be specified for each round
Individual	K2	Taegeuk 3-6	Competitor's choice of Poomsae Two different Poomsae must be performed in each round.
Individual	K3	Taegeuk 1-3	Competitor's choice of Poomsae The same Poomsae can be performed in each round
Pair (1 Male & 1 Female)	K1	Taegeuk 4-8	Compulsory Poomsae will be specified for each round
Pair (1 Male & 1 Female)	K2	Taegeuk 3-6	Competitor's choice of Poomsae Two different Poomsae must be performed in each round.
Pair (1 Male & 1 Female)	K3	Taegeuk 1-3	Competitor's choice of Poomsae The same Poomsae can be performed in each round
Team (3 Males or 3 Females)	K1	Taegeuk 4-8	Compulsory Poomsae will be specified for each round
Team (3 Males or 3 Females)	K2	Taegeuk 3-6	Competitor's choice of Poomsae Two different Poomsae must be performed in each round.
Team (3 Males or 3 Females)	K3	Taegeuk 1-3	Competitor's choice of Poomsae The same Poomsae can be performed in each round