

Manchester Open Poomsae Championships

WT style Recognised & Para Poomsae

Sunday 15 June, 2025

**BeActive Urmston
Kingsway Park,
Urmston,
Manchester
M41 7FJ**

Online Registration Only:

<https://www.poomsae-reg.com>



UTA

**BRITISH
TAEKWONDO**



4th Manchester Open Poomsae Championships

WT style recognized & Para Poomsae

Sunday, 15th June, 2025

Start at 9.30 am

**Venue:
BeActive Urmston
Kingsway Road,
Urmston,
Manchester, UK
M41 7FJ**

Scoring System



Online Registration Only:
<https://www.poomsae-reg.com>



The 4th Manchester Open Poomsae Championships

Venue: BeActive Urmston, Manchester

Sunday 15th June, 2025

Dear Taekwondo Friends,

It is our pleasure to welcome you to the 4th Manchester Open Poomsae Championships. The event will be run under existing World Taekwondo Poomsae Competition rules. We are including WT recognized and Para Poomsae Competitions.

We look forward to welcoming you all to the Manchester Open and hope you have an enjoyable and successful day.

1. Date: Sunday, 15th June, 2025 (Start time at 9.30 am)

2. Venue: BeActive Urmston, Kingsway Park, Urmston, Manchester M41 7FJ

“Closing date for entries: 30th May, 2025” or up to 320 entries

3. Organising Committee Shins Academy of Taekwondo, UTA

- a) GM TW Shin Competition Director: tongwanshin@gmail.com Mob. 07776 131567
- b) Mr John Durcan: Competition Manager john.durcan@shinsacademy.co.uk,
- c) Referee Director: GM Glen Culbert 8th Dan glentkd@hotmail.co.uk,
- d) Medical Officer: Dr Raja I. Syahanee Shins Academy

R.O.S.S. Scoring System: Team for the management of scoring and provider of scoring system are R.O.S.S. at 4th Manchester Open Poomsae event, email: ktaevents@gmail.com

Single Tournament Knock Out System side by side for Dan/Poom and K1 Division

Cut-off System will be used for K2 & K3 Divisions and Para Poomsae Competition.

4. Registration:

Registration online: Poomsae-reg.com

5. Competitors/Coaches

All competitors and coaches from the UK must have a valid British Taekwondo Licence for the BT Audit. International competitors need to have a valid registration with their Countries Member National Association (MNA)

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. Mixed club teams or pairs is however permitted.

“Coaches’ Meeting”: at 9.05 am on 15th June, 2025, Main Sports Hall, BeActive Urmston, Manchester, M41 7FJ

- (a) One (1) coach will be accredited for every six (6) competitors entered and granted free admission.
(ie. 2 coaches for 12 competitors, 3 coaches for 18 competitors etc.)

- (b) The minimum age for a coach is 18 years.
- (c) Coaches will only be permitted at ringside in sportswear or smart dress.

6. Competition entry

All competitors must hold a valid British Taekwondo Membership/Licence and participate at their own risk, no claim whatsoever can be made against the organizer or British Taekwondo. The organisers shall not accept responsibility for any damages, injuries, or losses sustained or incurred.

By entering the championships, you are agreeing to the taking of photographs and media images to be used to promote the Championships.

All freestyle competitors will need to sign a waiver on the day of the championships to accept full responsibility for any injury they may sustain. (Sorry no freestyle this event)

“Competitors’ entries up to 350 (Up to 250 for Dan/Poom) Individual, Pair & Team and plan to use 4 courts”.

- a) Dan/Poom: Individuals, Pair, Team 1st Dan/Poom or higher
- b) K Divisions, K1 (1st – 2nd Kup), K2 (6th – 3rd Kup) & K3 (7th – 10th Kup): individuals, Pair, Team.
- c) Para-Taekwondo Poomsae individual: From 9th Kup + higher, Both Kup and Dan grades.

7. Entry fee:

Individual: £45.00 for all Dan/Poom, Kup 1, 2, 3 Divisions: Recognized Poomsae.
Pair & Team: £42.00 per pair/team for Dan/Poom/Kup grade Recognized Poomsae.
Para Poomsae: £45.00 for Individual.

Payment of entry fee - ALL payments online by Bank transfer:
Bank: Royal Bank of Scotland. Name of A/C: Shins Academy of Taekwondo
Sort Code: 83-04-25 Account number: 19339061

Payment by Club Instructor/Secretary is required from teams within 14 days of being entered into the event online, or by 30th May, 2025 whichever is the earliest. Please ensure that all details entered online are correct.

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.

Please use your Club Name as reference for the transfer and email to Mr John Durcan Competition Manager john.durcan@shinsacademy.co.uk, when payment has been made.

8. Admission

Tickets/Admission fee are available by cash on the door only.

Adult: £8.00 (18 years old and older), Junior: £5.00 (5 - 17 years old)
Children ages 5 and under will be admitted free.

9. Travel & Accommodation

Competitors need to make their own travel & accommodation arrangements.
Nearest Airport: The Nearest Airport to venue is Manchester International Airport (MAN).
It takes approx. 30 minutes by car from Manchester airport to the Venue.

Official IRs: We will provide a Pick up & Drop off service from the Manchester Airport to the Official Hotel if need.

Parking: Free Parking is available at the venue, BeActive Urmston, Kingsway Park, Urmston, M41 7FJ

10. Competitors, Method of Competition.

All age categories (Dan/Poom, Kup grade 1st – 9th Kup, Para) are based on year of birth and not age at the competition. Therefore, their competition age will be their age on 31st December 2025.

Categories open from 9th Kup & above, provided all competitors know the compulsory Poomsae range.

Method of Competition

World Taekwondo Poomsae Competition Rules for Dan/Poom Grades and Single Elimination Tournament System side by side will be used Dan/Poom & K1 and Cut-off System for K2 & K3 Individual, Pair & Team event.
(Pair and Team event will perform one by one)

Single Tournament Knock Out System side by side for Dan/Poom and K1 Division;

Cut-off System will be used for K2 & K3 Divisions.

Uniform

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

Awards

1st, 2nd, 3rd, & 4th place awards shall be given for each category.

Individual Awards will be presented immediately after the category final with photographs at the podium area.

Club:

1st place = 9 points, 2nd = 6 points, 3rd = 3 points, 4th = 2 points

Team awards will be calculated over the day and awards will be presented at the end of the Championships on the day.

11. Protests

Any protests must be made by the Club Head Coach on completion of “the Official Protest form” within 10 minutes of the end of that contest to the Judging Director: The protest fee is £75 (refunded if protest is won). The decision of the Referee Director is final.

12. Referees/Judges

WT Poomsae International Referees & National Poomsae Judges who wish to participate full time in this event should contact Referee Director: gkentkd@hotmail.co.uk, GM Glen Culbert 8th Dan.

UK IRs/Judges must send a valid BT membership No, & Name to the Referee Director.

UK IRs Judges' fee will be paid IR rate & for UK National judge 1st, 2nd and 3rd class at National rate.

Referee 2025 Diem for National Rate: IR £85.00, National 1 £60, National 2 & 3 £50.00.

“Referee/Judges Briefing”: 8.20 – 9.00 am, 15th June, 2025, at Meeting room, BeActive Urmston, M41 7FJ

Accommodation for UK Judge & IR (Twin room shared If needed): must be applied by 05th May, 2025 to Mr John Durcan, The Manager Email: john.durcan@shinsacademy.co.uk,

13. Refreshments

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

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

15. Methods of scoring & compulsory Poomsae using WT Poomsae Competitions rules 30th Sept, 2024.

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

Single Tournament side by side system for recognized poomsae (There is no restart system but athlete can be allowed if need)

Para Poomsae Competition will use Cut -off System.

16. Compulsory Poomsae for Dan/Poom

The compulsory poomsae will be displayed out on the day. Competitors may be asked to perform any of the Poomsae from their set list in the order listed in the Compulsory Poomsae. Two Poomsaes will be performed in each round (subject to number of entries).

Dan/Poom Grades M&F	Compulsory Poomsae Range
U12 Poom (age - 11yrs) Peewee Individuals / Pairs U12/ Teams U12	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang.
U14 Poom (age 12-14) Cadet Individuals / Pairs U14/ Teams U14	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taeback
U17 DAN (age 15 - 17) Junior Individuals / Pairs U17/ Teams U17	Taegeuk 5, 6, 7, 8 Jang, Koryo, Keumgang, Taeback. Pyongwon
U30 DAN (age 18-30) Individuals / Pairs U30 / Teams U30	Taegeuk 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin & Jitae.
U40 DAN (age 31 – 40) Individuals / Pairs U50 / Teams U50	Taegeuk 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, (Pair/Team) Chonkwon,
U50 DAN (age 41 – 50) Individuals / Pairs U50 / Teams U50	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin. Jitae, Chonkwon.
U60 DAN (age 51 - 60) Individuals / Pairs U60 / Teams U60	Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon, Hansoo
U65 & +66 DAN U65 & +66 Individuals / Pairs O60 / Teams O60	Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon, Hansoo
Freestyle Poomsae 12-17 yrs & 18 yrs & Over Sorry No Free Style: Individual, Pairs & Team	Freestyle: Individual, Pairs: Sorry No Free Style 12 -17 Yrs and 18 yrs & Over

17. KUP Divisions

Mini Peewee U9, Peewee U11, Cadet 12-14, Junior 15 - 17, 1st Senior U35 & 2nd Senior O35 Divisions: (Individual, Pair & Team)

K1 division: Single Elimination Tournament System side by side will be used Dan/Poom, K1 Individual, Pair & Team event.
(Pair & Team perform one by one)

K2, K3 division: Cut-off System for K2 & K3 Individual, Pair & Team event.

Top 8 Competitors: (Groups with 9 competitors may be a straight final)

Poomsae for K1 will be specified on the day 15th June, 2025

Grade	K1	2 nd to 1 st Kup	Red belt to Black tag
Grade	K2	6 th to 3 rd Kup	Green, Blue belt to Red tag

Grade	K3	9 th to 7 th Kup	White, yellow belt to Green tag
-------	----	--	---------------------------------

Age divisions Male & Female	Mini Peewee	Under 9	
	Peewee	9 – 11yrs	
	Cadet	12 – 14 yrs	
	Junior	15 – 17 yrs	
	1 st Senior	18 – 35 yrs	
	2 nd Senior	36 yrs and over	

Individual Male & Female		Poomsae	
	K1	Taegeuk 3, 4, 5, 6, 7, 8	Single Elimination System side by side will be used
	K2	Taegeuk 2, 3, 4, 5, 6	Competitor's choice. Must perform two different poomsae
	K3	Taegeuk 1, 2, 3	Can be repeat poomsae

Pair (M/F)	K1	Taegeuk 3, 4, 5, 6, 7, 8	Single Elimination System side by side will be used
	K2	Taegeuk 2, 3, 4, 5, 6	Competitor's choice. Must perform two different poomsae
	K3	Taegeuk 1, 2, 3	Can be repeat poomsae

Team (3 M or 3 F)	K1	Taegeuk 3, 4, 5, 6, 7, 8	Single Elimination System side by side will be used
	K2	Taegeuk 2, 3, 4, 5, 6	Competitor's choice. Must perform two different poomsae
	K3	Taegeuk 1, 2, 3	Can be repeat poomsae

1. K2 pairs and teams can be combined into one category for each age group.
2. Pair and team for Mini Peewee & Peewee will be merged for all categories.
3. All competitors must be from the correct category. (No mixing categories except no.1, 2)
4. Teams and pairs can be from different clubs and will be entered as "Mixed".
Points will be split equally between the clubs.

18. Para Taekwondo Poomsae

Age of contestant: 1) Peewee U11, 2) Cadet U14, 3) Junior U17 yrs. 4) U30 yrs Senior 1 5) 31+ Senior 2, Male/Female, Individual.

Competitor has been assigned a para Taekwondo sport class and class sport status.

All Para Poomsae Competition Kup, Dan/Poom will use Cut-off System.

Categories and Format;

Para competitors should please enter online and email your full details and para qualification.

The categories will be determined on receipt of all the applications. (Ex P20, P33...)

- a) Competitors perform two poomsae in each round. It can be repeated same poomsae with deduction - 0.3.
- b) The Compulsory Poomsae for each division will be allowed any WT Recognized poomsae.
- c) If you require further information, please contact to GM Shin tongwanshin@gmail.com

Para TKD Sports classes:

- a) P10 – Visual Impairments (Competitor's choice any poomsae from Taegeuk 1, 2, 3... & higher)
- b) P20 – Intellectually Impaired (The coach is allowed to give the commands, competitor's choice)
- c) P30 – Physical Impairments (Compulsory poomsae will be specified on Thursday 22/10/2020)
(P31, P32) (P33, P34)
- d) P40 – LD/Prom (Competitor's choice poomsae)
- e) P50 – Wheelchair Classes (Competitor's choice poomsae)
- f) P60 – Deaf (Competitor's choice poomsae)

Awards

- a) Awards will be given for 1st, 2nd, 3rd and 4th places
- b) As the categories are open age and grades, the judges will use their discretion and take into consideration age, disability and grade of competitor.

19. Timetable

Date	Time	Location	Item
15th June, 2025	08.20 – 8.50 am	BeActive, Urmston Meeting room	Judges Briefing
Sunday 15th June, 2025	09.05 – 9.20 am	BeActive, Urmston Main Sports Hall	Coaches' Meeting
	09.20 am	“	Opening &
	09.30 am	“	Competition starts
	13.00 – 13.30	Lunch room 3	Lunch Break
	13.30 – 14.00	Juniors & Pairs Sports Centre	Para Poomsae (C3) Recognized Poomsae
	13.30 – 18.00	Main Sports Hall	Individual & Pair
15th June, 2025	18.10 - 18.30	BeActive, Urmston	Award
	18.30	Manchester, M41 7FJ	End

20. Declaration

Only the competitors and registered coaches will be allowed to enter the competition area.

Coaches must be at least 18 years old, hold British Taekwondo Instructor Insurance and must wear sportswear and sports shoes. Coaches may not wear taekwondo uniform, sandals, flipflops, short trousers or headwear whilst coaching, except for head coverings for religious or cultural reasons.

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.

21. Accommodation

Holiday Inn Express Trafford Centre
2 Mercury Way, Trafford Park, Stretford, Manchester M41 7PA

Premier Inn Trafford Centre, South
Wilderspool Wood, Trafford Centre, Manchester M17 8WW

Premier Inn Trafford Centre, North
18-20 Trafford Boulevard, Urmston, Greater Manchester M41 7JE

Premier Inn Trafford Centre, West
Old Park Lane, Trafford Quays, Trafford Centre M17 8PG

Premier Inn Manchester (Sale)
Carrington Lane, Ashton-Upon-Mersey, Sale M33 5BL

Premier Inn Old Trafford
Sir Alex Ferguson Way, Trafford Park, Manchester M17 1WS

Please contact Mr John Durcan john.durcan@shinsacademy.co.uk if you need additional information about local hotels or transport.

How do you watch two at once?

1. Judges' Positioning:

Judges can observe both athletes clearly from multiple angles. Typically, the referees sit in front of the competitors to ensure they can see all movements and **compare performances** side by side.

2. Focus on Key Movements:

Judges need to focus on **specific key movements that are critical to scoring** (e.g., major mistakes, stances, balance,).

If two players perform, they synchronize major moves, making it easier to compare precision, accuracy, but more important Speed and Power, Rhythm and Tempo and Expression of Energy & Volume of Movement .

3. Side-by-Side Visual Layout:

In certain high-level competitions or for the purpose of analysis, the two performances may be recorded. This helps referees or audiences compare the execution and timing more closely.

4. Evaluation Criteria:

Judges focus on **core criteria** such as accuracy, power, speed, and expression. Judges need to pick out these aspects even in a side-by-side performance, **they ensure both players receive equal attention**.

5. Divided Attention:

Although challenging, referees should learn to split their attention between two competitors during synchronized performances, **especially in if player are in different timing**.