



8th Open Poomsae Championships

World Taekwondo Recognised and Para

Sunday 21st September 2025



Conference Centre, Hampshire Court Hotel
1 Centre Drive, Basingstoke RG24 8FY



Foreword from the Bluewave

Dear Taekwondo Friends,

It is my pleasure to welcome you to the 8th Open Bluewave Poomsae Championships. The event will be run under existing World Taekwondo rules using the excellent facilities provided by Hampshire Court Hotel.

This event has the full support of British Taekwondo. With British Taekwondo's well-trained poomsae officials this will bring the highest quality refereeing and judging.

We look forward to welcoming you all to our friendly town and hope you have an enjoyable and successful day. If you decide to make this a weekend visit, please feel free to email us for advice on the many local attractions.

If you have any questions, please do not hesitate to contact us.

Yours sincerely,

Master Gerry Reilly

Bluewave Korean Martial Arts



1 Host

Bluewave Korean Martial Arts

2 Event Director

Master Lynne Firth

Tel. 07713 680184

Email poomsaeopen@bluewave.org.uk

3 Date

Sunday, 21st September 2025

4 Venue

Conference Centre, Hampshire Court Hotel, 1 Centre Drive, Chineham, Basingstoke RG24 8FY

Tel. 01256 319700

Website <https://www.thehampshirecourthotel.co.uk/>

5 General

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

6 Officials

Competition Manager

Master Lynne Firth

Chief Referee

Grandmaster Glen Culbert

7 Qualifications

7.1 Competitors

- (a) 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.
- (b) Competitors should enter under their individual clubs and state the names of the club and their country at registration.
 - (i) Clubs may not combine or enter as an association or squad.
 - (ii) Teams and pairs can be from different clubs and will be entered as *'Mixed'*.
- (c) Coaches should ensure that all memberships are applied for and renewed in plenty of time to ensure that competitors are cleared to compete.
- (d) All competitors must be entered into the correct age and grade category as of the date of the 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.
- (e) Players may only be entered into either Para or Recognized Poomsae division but not both.

7.2 Coaches

- (a) One (1) coach will be accredited for every five (5) competitors entered. There can be a maximum of six (6) coaches per team.
- (b) All UK coaches must hold current British Taekwondo instructor insurance.
- (c) The minimum age for a coach is 18 years.
- (d) 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.

7.3 Audits (coaches and competitors)

The deadline for submission of entries for audit is 11.59pm on Wednesday 3rd September 2025. 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.

7.4 Officials

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

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.

8 Protests

Only registered coaches will be allowed to protest to the Chief Referee, the protest form must be submitted within 10 minutes of the end of the contest in question. A fee of £75.00 will be paid for each protest lodged. The decision of the Chief Referee is final.

9 Referees

International and National Referees who wish to participate in this event should contact Grandmaster Glen Culbert- glentkd@hotmail.co.uk . Preference will be given to referees who are available to referee full time.

10 Entry Fees

- (a) The entry fees are listed in Section.
- (b) Payment to the Bluewave Bank Account is required from teams within 14 days of being entered in the event online, or immediately should the event become full. Send payments to:

Name:	Bluewave Korean Martial Arts Limited
Bank:	Metro
Sort Code:	23-05-80
Account Number:	45134180
IBAN:	GB62MYMB23058045134180

Please put your Club Name as reference for the transfer. Email Master Lynne Firth (poomsaeopen@bluewave.org.uk) when payment has been made.

- (c) Fees for competitors who fail the audit will not be refunded.

11 Spectators

As in previous years, there will not be a charge for spectators. It is our view that parents and friends should be encouraged to attend to provide a positive and supportive atmosphere for all competitors.

Spectators are requested to wear suitable footwear (no high heels) in the venue.

12 Refreshments

Coffee, tea and light refreshments will be available for purchase throughout the day. There are also food outlet including a Tesco Superstore approximately a five-minute walk from the venue in Chineham Shopping Centre.

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

14 Championships Registration

- (a) Online registration at <https://www.poomsae-reg.com>
- (b) The deadline for registrations is the Wednesday 3rd September 2025.

The entry fee are as follows:

Individual	£45
Pair (per pair)	£48
Team (per team of 3)	£48
Para-Division	£45

- (c) The deadline for payments of entry fees is Wednesday 3rd September 2025. 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.
- (d) Please ensure that all details entered online are correct.
- (e) All emails will be sent to club coaches and not individual competitors.
 - (i) Any corrections/amendments must be made by Wednesday 27th August. 2025 to allow the organising committee to prepare for the audit. No refunds will be issued after this date.
 - (ii) The final competitor list will be emailed out 7 days before the event.
 - (iii) Any subsequent changes before event will incur a £20 administration cost.

14.1 Information needed for online registration

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

- (i) Coaches' details (maximum of 6 per club)
(Coaches of UK Competitors must have valid BT instructor's indemnity insurance for students to enter)
- (ii) Competitor's full name
- (iii) Competitor's correct date of birth
- (iv) Competitor's correct grade/belt
- (v) For UK competitors only: Competitor's British Taekwondo membership (M) number.
(Competitor's membership must be current).

14.2 Method of competition

Cut-Off System will be used.

Compulsory Poomsae will be drawn for all Dan and K1 divisions. K2, K3 and other Para divisions 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.

14.3 Competition Rules & Method

- (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 17th September 2025

14.4 Dan/Poom Divisions

		Division		Poomsae Range
Individual (Male & Female)	Children	Under 12	Born 2014 or later	Taegeuk 4, 5, 6, 7, 8; Koryo, Keumgang, Taebaek
	Cadet	12–14 years	Born 2011–2013	
	Junior	15–17 years	Born 2008–2010	Taegeuk 5, 6, 7, 8; Koryo, Keumgang, Taebaek, Pyongwon
	U30	18–30 years	Born 1995–2007	Taegeuk 7, 8; Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae
	U40	31–40 years	Born 1985–1994	
	U50	41–50 years	Born 1975–1984	
	U60	51–60 years	Born 1965–1974	
	U65	61–65 years	Born 1964–1960	
	U70	66–70 years	Born 1959–1955	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
	71+	71 years+	Born 1954 or before	
Pairs (1 Male & 1 Female)	Children	Under 12	Born 2014 or later	Taegeuk 4, 5, 6, 7, 8; Koryo, Keumgang, Taebaek
	Cadet	12–14 years	Born 2011–2013	
	Junior	15–17 years	Born 2008–2010	Taegeuk 5, 6, 7, 8; Koryo, Keumgang, Taebaek, Pyongwon
	U30	18–30 years	Born 1995–2007	Taegeuk 7, 8; Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae
	U50	31–50 years	Born 1975–1994	Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
	51+	51 years+	Born 1974 or before	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
Teams (3 Males or 3 Females)	Children	Under 12	Born 2014 or later	Taegeuk 4, 5, 6, 7, 8; Koryo, Keumgang, Taebaek
	Cadet	12–14 years	Born 2011–2013	
	Junior	15–17 years	Born 2008–2010	Taegeuk 5, 6, 7, 8; Koryo, Keumgang, Taebaek, Pyongwon
	U30	18–30 years	Born 1995–2007	Taegeuk 7, 8; Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae
	U50	31–50 years	Born 1975–1994	Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
	51+	51 years+	Born 1974 or before	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu

14.5 Kup Divisions

Grades	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	Peewee	Under 11 years	Born prior to 2014
	Cadet	12–14 years	Born 2011–2013
	Junior	15–17 years	Born 2008–2010
	1st Senior	18–35 years	Born 1990–2007
	2nd Senior	36-50 years	Born 1975-1989
	3rd Senior	51 years and over	Born 1974 or before

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

Pairs (1 Male & 1 Female)	K1	Taegeuk 3, 4, 5, 6, 7, 8	Compulsory poomsae will be specified.
	K2	Taegeuk 3, 4, 5, 6	Competitor's choice of 2 poomsae per round. Poomsae cannot be repeated within the same round.
	K3	Taegeuk 1, 2, 3	Competitor's choice of 2 poomsae per round. Poomsae cannot be repeated within the same round.

Teams (3 Males or 3 Females)	K1	Taegeuk 3, 4, 5, 6, 7, 8	Compulsory poomsae will be specified.
	K2	Taegeuk 3, 4, 5, 6	Competitor's choice of 2 poomsae per round. Poomsae cannot be repeated within the same round.
	K3	Taegeuk 1, 2, 3	Competitor's choice of 2 poomsae per round. Poomsae cannot be repeated within the same round.

14.6 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) 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.
- (f) If you have any queries, please contact us for advice.

14.7 Para-taekwondo Poomsae

14.7.1 Categories and Format

- (a) Male Individual Dan & Kup Divisions
- (b) Female Individual Dan & Kup Divisions
- (c) Age Groups will be 11 and under, 12-14, 15-17, 18-30 and over 31 years
- (d) For the Kup divisions, the competitors may perform two different poomsae of their choice.
- (e) For Dan Divisions please check the table below for the 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.
- (f) All Para sub classification categories (as specified in the World Taekwondo Para Poomsae Rules – August 2023) will be run.
- (g) World Taekwondo classification is not required for this event. However, clubs are expected to enter competitors into the appropriate Sport Class. Clubs must provide the Competition Manager with written evidence from a medical professional that shows that an entry is appropriate for the Sport Class. This must be made by Wednesday 27th August
- (h) For more information, please contact Master Lynne Firth (poomsaeopen@bluewave.org.uk) before registering entry.

Age Category	Group 1	Group 2
PeeWee (11 yrs and below)	Taegeuk 4-6	Taegeuk 7-8, Koryo
Cadet (12-14 yrs)	Taegeuk 4-7	Taegeuk 8, Koryo, Keumgang
Junior (15-17 yrs)	Taegeuk 4-7	Taegeuk 8, Koryo, Keumgang, Taebaek
Senior I (18-30 yrs)	Taegeuk 4-8	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
Senior II (31 yrs and older)	Taegeuk 4-8	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin

Note: Poomsae Keumgang shall be excluded from range for P30 sport classes

14.8 Awards

Awards will be given for 1st, 2nd, 3rd and 4th places.

14.9 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.

15 Venue Rules

- (a) Only the competitors and registered coaches of the current and the next division to compete will be allowed to enter the competition area.
- (b) The venue is not available for practice on the Saturday evening as this interferes with the setup for the competition.
- (c) Competitors should use changing rooms for changing and not change in the spectator area.
- (d) Competitors should warm up in the warm-up area and not in corridors or on courts during breaks in competition.

16 Liability

The Organising Committee can decide to alter the competition. Any overseas contestants must bring their own documents and forms for any medical treatment in the United Kingdom.

17 Communications

The Organising Committee will provide updates through email, the event Facebook page (<https://fb.me/e/7iE8uvhb0>) and WhatsApp group.



18 Transport & accommodation

18.1 Travel

The venue is 2 miles from Junction 6 of the M3 and 2.5 miles from Basingstoke train station.

18.2 Air Travel

The venue is 25 miles from Southampton Airport and 35 miles from Heathrow Airport. There is a direct rail link from Southampton Airport to Basingstoke, and a direct coach link from Heathrow (<https://www.reading-buses.co.uk/flightline-timetables-and-fares>). If you would rather arrange a taxi we recommend Alpha Cars, telephone 01256 444444.

18.3 Parking

There is limited parking at the Conference Centre, and this will be available to Officials and Blue Badge holders. Main parking will be at Chineham Shopping Centre East Car Park next to the venue. Final details on parking will be distributed to clubs nearer the date of the competition.

18.4 Hotel Information

Budget Hotels

There are two Premier Inn hotels (www.premierinn.com) and a Travel Lodge hotel (www.travelodge.co.uk) in Basingstoke.

3* and above Hotels

There are several options in Basingstoke including a Holiday Inn, Crowne Plaza, Village Hotel, Apollo Hotel as well as limited numbers of rooms at the venue itself.

Please contact Master Lynne Firth (poomsaeopen@bluewave.org.uk) if you need additional information about local hotels or transport.

19 Provisional Timetable

DATE	TIME	LOCATION	ITEM
Sunday 21 st September 2025	08.30 – 09.00	Hampshire Court	Registration
	09.30 – 13.00	Hampshire Court	Competition
	13.00 – 14.00	Hampshire Court	Lunch Break
	14.00 – 18.00	Hampshire Court	Competition

All timing will be subject to change.