



POOMSAE

ALI'S DOJANG OPEN

2026





Ali's Dojang Open 2026

Saturday 14th February 2026

SportsDock, University of East London

Dear all,

We are happy to welcome you all once again to the Ali's Dojang Open.

We look forward to seeing you on the 14th February 2026 and wish you all the very best of luck!

Grandmaster Ali Alipour
Ali's Dojang



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Event Overview

Date: Saturday 14th February 2026

Location: SportsDock, University of East London, Dockland Campus, University Way, London E16 2RD

Time: Doors will open at 0800 and the competition will start at 0900.

The event timetable will be emailed to all teams a few days before the event once the programme has been set.

Important Dates

Saturday 31st January 2026	Closing date for applications
Time: 2100	
Wednesday 11th February 2026	Compulsory Poomsae released

All applications are to be made online at [PoomsaeReg](#).

Prices

Individual	£45 per individual
Pair	£48 per pair
Team	£48 per team

Bank Details

Please note that **individual payments are not accepted**. All payments are to be made as a team via bank transfer to the following account:

Account Name	Alis Dojang
Account Number	71468375
Sort Code	40-05-07
Reference:	Please use your team name as your reference

After Payment:

Please email event@alisdojang.co.uk to receive confirmation that your transfer has been completed and your entry is accepted.

Contact Us

Should you have any queries, please feel free to contact us by email at event@alisdojang.co.uk

Instagram: [@alisdojang](#)

Facebook: [Alis Dojang](#)

Website: alisdojang.co.uk



Key Details

Governing Body	British Taekwondo
Organiser	Ali's Dojang
Competition Director	Master Reza Saberi
Contact Telephone No.	07729 723 681
Email	event@alisdojang.co.uk
Head Referee	Master Kambiz R. Ali
Registration Website	www.poomsae-reg.com

First aid and medical assistance will be present on the day.

Participant Eligibility

All participants (athletes and coaches) must have a valid British Taekwondo membership.

Anyone removed from the event system due to a lapsed membership will not be permitted to participate.

Entry fees cannot be refunded in this case.



Class and Categories

Divisions	Definitions
Dan	1 st Dan/Poom and higher
K1	2 nd Kup (Red Belt) to 1 st Kup (Black Tag)
K2	6 th Kup (Green Belt) to 3 rd Kup (Red Tag)
K3	9 th Kup (Yellow Tag) to 7 th Kup (Green Tag)
Para	Dan & Kup Categories

Dan Divisions

1st Dan or 1st Poom and higher

Compulsory Poomsae will be drawn for the Dan Divisions.

Individual (Male or Female)

Divisions	Compulsory Poomsae
U11 (Peewee) Born 2015, 2016, 2017	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang
U14 (Cadet) Born 2012, 2013, 2014	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang, Taebak
U17 (Junior) Born 2009, 2010, 2011	Taegeuk 5, 6, 7, 8, Koryo, Keumgang, Taebak, Pyongwon
U30 Born 1996 - 2008	Taegeuk 7, 8, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae
U40 Born 1986 - 1995	
U50 Born 1976 - 1985	Taegeuk 8, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon
U60 Born 1966 - 1975	
U65 Born 1961 - 1965	Koryo, Keumgang, Taebak , Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
U70 Born 1956 - 1960	
Over 71 Born 1955 or earlier	



Pairs (1 male and 1 female)

Divisions	Compulsory Poomsae
U11 Pair (Peewee) Born 2015, 2016, 2017	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang
U14 Pair (Cadet) Born 2012, 2013, 2014	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang, Taebak
U17 Pair (Junior) Born 2009, 2010, 2011	Taegeuk 5, 6, 7, 8, Koryo, Keumgang, Taebak, Pyongwon
U30 Pair Born 1996 - 2008	Taegeuk 7, 8, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae
U50 Pair Born 1976 - 1995	Taegeuk 8, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon
U60 Pair Born 1966 - 1975	Koryo, Keumgang, Taebak, Pyongwon,
Over 60 Pair Born 1965 or earlier	Shipjin, Jitae, Chonkwon, Hansu

Teams (3 males or 3 females)

Divisions	Compulsory Poomsae
U11 Team (Peewee) Born 2015, 2016, 2017	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang
U14 Team (Cadet) Born 2012, 2013, 2014	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang, Taebak
U17 Team (Junior) Born 2009, 2010, 2011	Taegeuk 5, 6, 7, 8, Koryo, Keumgang, Taebak, Pyongwon
U30 Team Born 1996 - 2008	Taegeuk 7, 8, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae
U50 Team Born 1976 - 1995	Taegeuk 8, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon
U60 Team Born 1966 - 1975	Koryo, Keumgang, Taebak, Pyongwon,
Over 60 Team Born 1965 or earlier	Shipjin, Jitae, Chonkwon, Hansu



Individual K1 Divisions

2nd Kup (Red Belt) - 1st Kup (Black Tag)

Compulsory Poomsae will be drawn for the K1 Divisions.

Individual (Male or Female)

Divisions	Compulsory Poomsae
K1 Micro Peewee Born 2019 or later	
K1 Mini Peewee Born 2017, 2018	
K1 Peewee Born 2015, 2016	
K1 Cadet Born 2012, 2013, 2014	Taegeuk 4, 5, 6, 7, 8
K1 Junior Born 2009, 2010, 2011	
K1 1 st Senior Age 18 years – 35 years Born 1991 - 2008	
K1 2 nd Senior Born 1990 or earlier	



Individual K2 Divisions

6th Kup (Green Belt) – 3rd Kup (Red Tag)

All Poomsae shall be chosen by the competitor. However, the same poomsae cannot be repeated in the same round.

Individual (Male or Female)

Divisions	Compulsory Poomsae
K2 Micro Peewee Born 2019 or later	
K2 Mini Peewee Born 2017, 2018	
K2 Peewee Born 2015, 2016	
K2 Cadet Born 2012, 2013, 2014	Competitors choice of Poomsae Selected from Taegeuk 3, 4, 5, 6
K2 Junior Born 2009, 2010, 2011	
K2 1 st Senior Born 1991 - 2008	
K2 2 nd Senior Born 1990 or earlier	



Individual K3 Divisions

9th Kup (Yellow Tag) – 5th Kup (Green Tag)

All Poomsae shall be chosen by the competitor. The same poomsae may be repeated in the same round.

Individual (Male or Female)

Divisions	Compulsory Poomsae
K3 Micro Peewee Born 2019 or later	
K3 Mini Peewee Born 2017, 2018	
K3 Peewee Born 2015, 2016	
K3 Cadet Born 2012, 2013, 2014	Competitors choice of Poomsae Selected from Taegeuk 1, 2, 3
K3 Junior Born 2009, 2010, 2011	
K3 1 st Senior Born 1991 - 2008	
K3 2 nd Senior Born 1990 or earlier	



Kup Pair and Team Divisions

Kup Pair (1 Male and 1 Female)

K1 Mini/Micro Pair	K2 Mini/Micro Pair	K3 Mini/Micro Pair
K1 Peewee Pair	K2 Peewee Pair	K3 Peewee Pair
K1 Cadet Pair	K2 Cadet Pair	K3 Cadet Pair
K1 Junior Pair	K2 Junior Pair	K3 Junior Pair
K1 1 st Senior Pair	K2 1 st Senior Pair	K3 1 st Senior Pair
K1 2 nd Senior Pair	K2 2 nd Senior Pair	K3 2 nd Senior Pair
Compulsory poomsae will be drawn Taegeuk 4, 5, 6, 7, 8	Free choice Taegeuk 3, 4, 5, 6 No repetition in single round	Free choice Taegeuk 1, 2, 3 May repeat

Kup Team (3 Males or 3 Females)

K1 Mini/Micro Team	K2 Mini/Micro Team	K3 Mini/Micro Team
K1 Peewee Team	K2 Peewee Team	K3 Peewee Team
K1 Cadet Team	K2 Cadet Team	K3 Cadet Team
K1 Junior Team	K2 Junior Team	K3 Junior Team
K1 1 st Senior Team	K2 1 st Senior Team	K3 1 st Senior Team
K1 2 nd Senior Team	K2 2 nd Senior Team	K3 2 nd Senior Team
Compulsory poomsae will be drawn Taegeuk 4, 5, 6, 7, 8	Free choice Taegeuk 3, 4, 5, 6 No repetition in single round	Free choice Taegeuk 1, 2, 3 May repeat



Para Divisions

All Para sub-classification categories (as specified in the World Taekwondo Para Poomsae Rules – August 2023) will be run.

Formal sports classification will not be required. However, clubs are expected to accurately enter competitors in the right sports class. For more information, please contact us at event@alisdojang.co.uk before registering entry.

Age divisions will be as follows:

- Peewee (U11 years)
- Cadet (12-14 years)
- Junior (15-17 years)
- Over 18 years

Kup Divisions - Individual (Male or Female)

8th Kup (Yellow Belt) to 1st Kup (Black Tag)

All Poomsae shall be chosen by the competitor. The competitor should perform any 2 different poomsae i.e. the same poomsae may not be repeated in the same round.

Dan Divisions - Individual (Male or Female)

1st Dan or 1st Poom and higher

For all sport classes there is a free choice of one poomsae from Group 1 and one poomsae from Group 2 for each round. The poomsae requirements are specified in the table below.

Division	Compulsory Poomsae	
	Group 1	Group 2
Peewee (U11 years) Born 2015 or later	Taegeuk 4, 5, 6	Taegeuk 7, 8, Koryo
Cadet (12-14 years) Born 2012, 2013, 2014	Taegeuk 4, 5, 6, 7	Taegeuk 7, 8, Koryo, Keumgang
Junior (15-17 years) Born 2009, 2010, 2011	Taegeuk 4, 5, 6, 7	Taegeuk 8, Koryo, Keumgang, Taebak
Over 18 years Born 2008 or earlier	Taegeuk 4, 5, 6, 7, 8	Koryo, Keumgang, Taebak, Pyongwon, Shipjin



Rules

The cut-off system will be used.

1st Round	20 or more competitors
2nd Round	9 - 19 competitors or 50% from 1 st round
Final Round*	Top 8 competitors

*Groups with 9 competitors may go to a straight final.

Organisers have the right to make any necessary changes.

Compulsory Poomsae will be released by 11th February 2026.

Competitors may be asked to perform any of the Poomsae from their set list in the order listed in the Compulsory Poomsae.

Two Poomsae will be performed in each round.

Awards

Awards will be presented to athletes who place 1st, 2nd, 3rd and 4th places per category.

Team trophies will be presented for 1st, 2nd and 3rd place teams.

For the Team Trophy, points will be awarded as follows:

1st Place	9 points
2nd Place	6 points
3rd Place	3 points
4th Place	2 points

Appeals

Any protests must be made by the Club Coach within 10 minutes of the end of that contest to the Judging Director.



Applications and Payment

All applications are to be made online at [PoomsaeReg](#)

Closing date for applications: **Saturday 31st January 2026 at 2100.**

Payment is required a week after an athlete has been registered online to ensure that others wishing to participate are given a fair opportunity. The registration list will be reviewed weekly to ensure that this is managed. We therefore encourage you to enter athletes whom you are sure will be participating.

Prices

Individual	£45 per individual
Pair	£48 per pair
Team	£48 per team

Bank Details

Please note that **individual payments are not accepted. All payments are to be made as a team** via bank transfer to the following account:

Account Name	Alis Dojang
Account Number	71468375
Sort Code	40-05-07
Reference:	Please use your team name as your reference

After Payment:

Please email event@alisdojang.co.uk to receive confirmation that your transfer has been completed and your entry is accepted.

Please note that:

- Coaches must ensure that the email address used to register is the same email address that they can be contacted on for updates.
- Coaches are responsible for ensuring that their players' categories and entry details are correct as no refunds will be given if errors have been made.
- All information must be entered when registering players.
- Any athlete remaining in the online system at the deadline will be responsible for paying the full entry fee even if that athlete does not compete.



Spectators

Spectator fees:

Under 5 years:	Free
6 – 18 years	£7
Adults (18 years +)	£10

A card reader will be available at the venue entry. Cash will be accepted.

Referees

Any referees wishing to participate, please contact chief referee, Master Kambiz R. Ali
chief.referee@harrogatetaekwondo.co.uk.

Volunteering

Volunteers are greatly appreciated. If your club has any volunteers available, please contact
event@alisdojang.co.uk

Photography and Video Recording

By registering to compete at the event, you are agreeing to have your image taken whilst in the venue by British Taekwondo, the press and members of the public. In addition, you are agreeing to have your image show on video, TV and online. If you have any safeguarding concerns in relation to this, please contact safeguarding@britishtaekwondo.org before the event to discuss.



Travel



Address

SportsDock, University of East London, Dockland Campus, University Way, London E16 2RD.

Bus

Bus routes near the Docklands Campus include 101, 173, 262, 300, 366, 376, 474 and N551.

Tube / DLR

The closest station to SportsDock is Gallions Reach on the Docklands Light Railway (DLR).

Car

Travel by coach or car may be advisable if transporting large equipment that would be difficult to carry on public transport. Please note parking spaces at the venue are limited.

Contact Us

Should you have any queries, please feel free to contact us by email at event@alisdojang.co.uk

Instagram: [@alisdojang](https://www.instagram.com/alisdojang)

Facebook: [Alis Dojang](https://www.facebook.com/AlisDojang)

Website: alisdojang.co.uk