

AQUILA OPEN

SPRING EDITION 2026



SUNDAY 26TH APRIL 2026

aquilaeventsmanagement@gmail.com

Dear all athletes, coaches and supporters,

We look forward to welcoming you to the Spring Edition of the Aquila Poomsae Open taking place on Sunday 26th April 2026 at UEL SportsDock, London.

Best of luck in your preparation for this event.

Aquila Taekwondo



Event overview

Event date: Sunday 26th April 2026

Location: UEL SportsDock, University Way, Beckton, London, E16 2RD

Deadline for entries: Friday 10th April 2026 - 21:00

Registration: www.poomsae-reg.com

Entry Fee:

Individual /Para- £50

Pairs - £48

Team - £48

Family - £50

Chief Referee: Gerry Reilly

Contact: Aquila Taekwondo - aquilaeventsmanagement@gmail.com

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www.aquilataekwondo.com

Payment Details

Payments to be made through club coaches. Invoices will be sent to club email.

Invoices will be sent immediately after entry and **must be paid within 1 week.**

We encourage you to only enter players whom you are sure will be participating.



Dan Individual

Division	Age Range	Compulsory Range
Under 11	9-11	Taeguk 4 - Taebek
Under 14	12-14	Taeguk 4 - Taebek
Under 17	15 - 17	Taeguk 5 - Pyongwon
Under 30	18-30	Taeguk 7 - Jitae
Under 40	31 - 40	Taeguk 7 - Jitae
Under 50	41 - 50	Taeguk 8 - Chonkwon
Under 60	51 - 60	Koryo - Hansu
Under 65	61 - 65	Koryo - Hansu
66+	66+	Koryo - Hansu

Dan Pair & Team

Division	Age Range	Compulsory Range
Under 14	9-14	Taeguk 4 - Taebek
Under 17	15 - 17	Taegu 5 - Pyongwon
Under 30	18 - 30	Taeguk 7 - Jitae
Under 50	31 - 50	Taeguk 8 - Chonkwon
Under 60	51 - 60	Koyro - Hansu
61 +	61 +	Koryo - Hansu

Kup Divisions

K1: 2nd - 1st Kup	K2: 6th - 3rd Kup	K3: 10th - 7th Kup
Compulsory Poomsae range: Taeguk 4 - 8	Choice of 2 Poomsae between 3 - 6. Cannot repeat Poomsae in same round.	Choice of 2 Poomsae between 1 - 3. Can repeat within same round.

Category	Age Range	Birth Year
Micro Peewee	7 and under	2019 and younger
Mini Peewee	8 - 9 yrs	2018, 2017
Peewee	10 - 11 yrs	2016, 2015
Cadet	12 - 14 yrs	2014, 2013, 2012
Junior	15 - 17 yrs	2011, 2010, 2009
1 st Senior	18 - 35 yrs	2008 - 1991
2 nd Senior	36 yrs - 44 yrs	1990 - 1982
3 rd Senior	45 yrs +	1981 and older

Pairs & Teams Categories

Category	Age Range	Birth Year
Mini Peewee	9 and under	2016 and younger
Peewee	10 - 11 yrs	2015, 2014
Cadet	12 - 14 yrs	2013, 2012, 2011
Junior	15 - 17 yrs	2010, 2009, 2008
1 st Senior	18 - 35 yrs	2007 - 1990
2 nd & 3 rd Senior	36 yrs +	1989 and older

Family Poomsae

The Family Poomsae event will be split into 2 groups. Please refer to the table below to ensure you enter yourself into the correct category:

Category	Belt Range
Mixed Family	Families can have a combined team of Kup & Dan competitors
Dan Family	Families consist of Dan Competitors only



Para Categories

Para Categories are divided into Male & Female, Kup & Dan categories.

Kup Grades: Competitors may repeat the same 2 Poomsae within each round.

Dan Grades: 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.

Para Divisions	
Peewee	11 yrs and younger
Cadet	12 - 14 yrs
Junior	15 - 17 yrs
Senior	18 yrs +

Dan Category - Compulsory Poomsae

Individual Category	Compulsory Poomsae	
	Group 1	Group 2
Peewee	Taeguk 4 - 6	Teaguk 7 - Koryo
Cadet	Taeguk 4 - 7	Taeguk 8 - Keumgang
Junior	Teaguk 4 - 7	Taeguk 8 - Taebek
Senior	Taeguk 4 - 8	Koryo - Sipjin

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 Friday 10th April..

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.

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).

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.



Freestyle

Any competitors wishing to enter into Freestyle, please contact us directly using the following email: aquilaeventsmanagement@gmail.com

Please include:

Competitor's full name

Category (eg. Under 17's Female)

Coaches

Coaches must hold a valid British Taekwondo Instructor Membership.

The minimum age for a coach is 18 years old. Coaches passes will only be issued if the above criteria are met.

All coaches must register online prior to the deadline date. Once this deadline has passed, no further coaches can be added. All coach information must be entered online through the recognised entry system.

A ratio of 1 coach for every 5 players entered will be granted free entry, up to a maximum of 5 coaches. Additional coaches can be registered for a fee (£25 per coach).

Competition Rules

World Taekwondo Competition Rules will be used, implemented following the British Taekwondo Sanctioned Poomsae Championships Policy.

Uniforms

WT Recognised uniforms to be worn. Poomsae Doboks are encouraged for Dan categories. 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.

Competitors & Coaches

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

Anyone removed from the event system due to a lapsed membership or any other reason will not be permitted to participate/coach. Entry fees cannot be refunded in this case.

Coaches must bring and show photo identification at registration to collect coaches' passes and team packs and must attend in person.

Jewellery & Piercings

All jewellery and piercings must be removed before athletes arrive at the inspection desk to prevent delays. Athletes may miss or forfeit their match if they cannot meet competition rules.

Protests

Any protests must be promptly presented to the Chief Referee with the accompanying fee (£75) in order to be heard. If successful, the fee will be returned. If the protest is rejected then the fee will not be refunded.

Full details can be found within British Taekwondo's policy documents.

Awards

Awards will be presented to athletes who place 1st, 2nd, 2 x 3rd places per category. Team trophies will be presented for 1st, 2nd and 3rd place teams.

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

Important notes for coaches

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.

The club of 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.

Venue Rules

Only the competitors and registered coaches of the current and the next division to compete will be allowed to enter the competition area.

Please all spectators, teams, coaches and athletes, respect the venue as it is a multi-use space.

There will be a separate warm up area available. Please use this space to warm up. Any practice taking place in corridors, or areas of venue where it is NOT permitted will be asked to move.

Competitors should use changing rooms for changing and not change in the spectator area.

Liability

The Organising Committee can decide to alter the competition. The Organising Committee does not take liability for any items that are lost. Competitors enter at their own risk.

The OC does not take any responsibility for competitors who miss their match due to being in the designated warm up area.

Any overseas contestants must bring their own documents and forms for any medical treatment in the United Kingdom.

Spectators

Spectator tickets will be available on the door, cash only.

Under 5's	Free
Spectator	£10



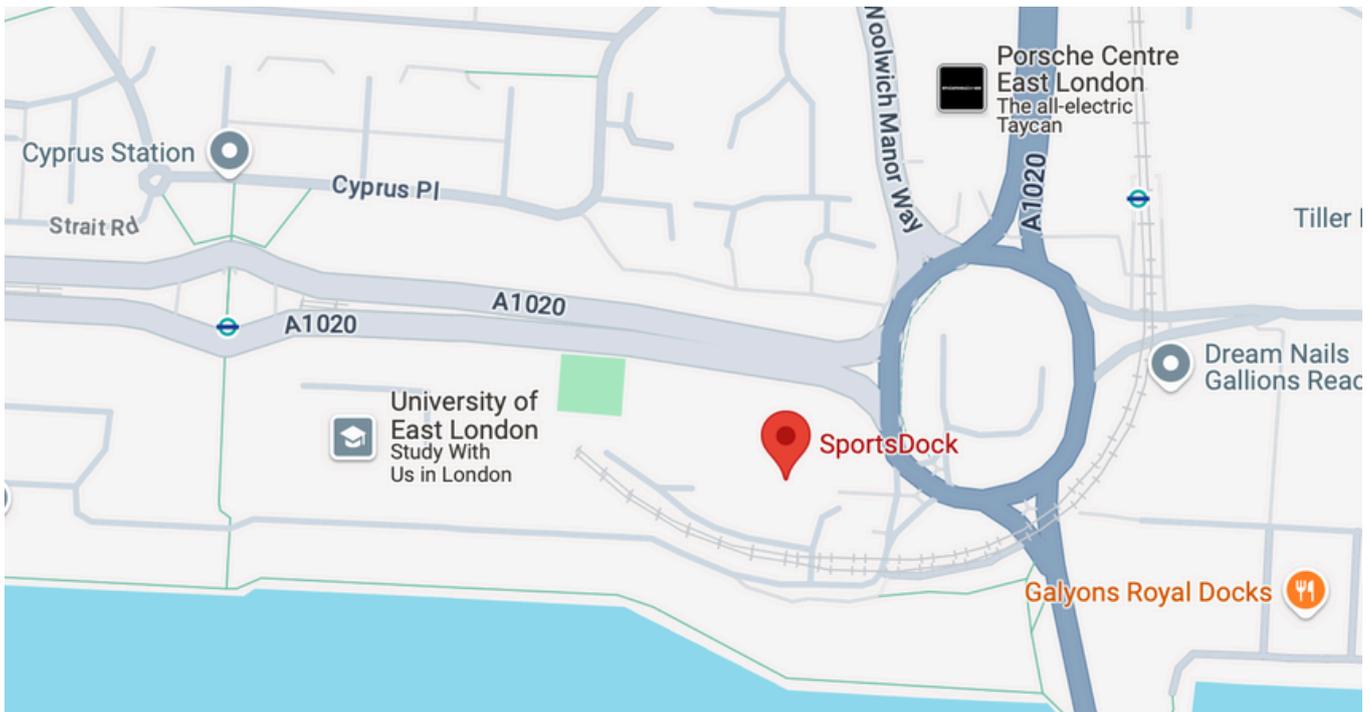
Travel

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.



Enquiries

Any questions regarding the event, please feel free to contact us.

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We look forward to welcoming you to the Aquila Open.

