



Taekwondo Academy

POOMSAE CHAMPIONSHIP

SUNDAY 17TH MAY 2026

ENTRY INFORMATION

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Liverpool City Waterfront

Foreward

Dear Taekwondo Friends,

It is our pleasure to welcome you back to Liverpool in 2026 to the 5th Gajok Poomsae Championships.

The event will be run under existing World Taekwondo (WT) Poomsae Competition rules. Only WT recognised Poomsae and Para-Taekwondo will be included in this competition.

We will be using full electronic scoring for Poomsae where British Taekwondo's experienced Poomsae officials will ensure the highest standard of judging.

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

Yours sincerely,

Organising Committee



1. Host

Gajok Taekwondo Academy

2. Organising Committee

Competition Management - Master Claire Howard

Email: choward63@hotmail.com

Event Chief Referee - Thomas McGuinness

Email: thomas.mcguinness@gmail.com

Date: Sunday 17th May 2026

3. Venue

Ian Robinson Sports Centre, 136 Liverpool Road, Waterloo, Crosby, Liverpool, L23 0QP

Tel: 0151 949 9355

4. General

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

5. Qualifications

5.1. Competitors

5.1.1. All competitors must have a valid British Taekwondo (BT) Licence. This is required for the BT audit. If a false membership number is entered, the player will fail the audit and fees will not be refunded.

5.1.2. Competitors should enter under their individual clubs and state the names of the club and their country at registration.



5.1.2.1. Clubs may not combine or enter as an association or squad.

5.1.2.2. Mixed club teams or pairs from different clubs will be eligible for team trophy points. The points will be split evenly between the clubs.

5.1.3. Coaches should ensure that all memberships are applied for and renewed in plenty of time to ensure that the players are cleared to compete.

5.2. Coaches

Anthony Kurniawan - Australian Open - Double Gold

5.2.1. UK Coaches must have a valid British Taekwondo (BT) Licence. This is required for the BT audit.

5.2.2. A single (1) coach will be accredited for every 6 competitors entered and granted free admission.

5.2.3. The minimum age for a coach is 18 years.

5.2.4. Coaches will only be permitted at ringside in sportswear or smart dress.



6. Referees

International Referees and National Judges who wish to participate in this event should contact the following directly;

Event Chief Referee - Thomas McGuinness. email: thomas.mcguinness@gmail.com

UK Referee and Judges must send a valid British Taekwondo (BT) Membership number along with their name to the Event Chief Referee.

7. Entry Fees

Individual:	£45.00
Pair (per pair):	£45.00
Team (per team):	£45.00
Para-Division:	£45.00

Payment is required from teams within 14 days of being entered into the event online, or immediately, should the event become full.

Please send payments to:

Gajok Taekwondo
Lloyds Bank
Account Number 16680260
Sort Code 30-54-66

Please put your Club Name as reference for the transfer. Email choward63@hotmail.com when payment has been made. Players who fail audit or withdraw after the deadline must pay any outstanding fees.

8. Admission (Spectators)

Adults & Children over 5yrs old: £10.00

Children 5 and under will be admitted for free



Merchant Taylors' School, Crosby

9. Photography and Video Recording Policy

By registering to compete or coach at this event, you agree to have your image taken by both the press and members of the public whilst you are in the venue.

In addition, you agree to have your image shown on video, television and online.

10. Poomsae Championships

10.1. Registration

- a) Register online at www.poomsae-reg.com. The information required for online registration is documented in Section 10.2.
- b) The deadline for registrations is Monday 4th May 2026.
- c) Please ensure all details entered online are correct.
- d) All email communications will be sent to Club Instructor, not individual players.
 - Any corrections/amendments must be made 10 days before the event.
 - The final player list will be emailed 7 days before the event.
 - Any changes made 3 days or more before the event will incur a £20.00 administration fee.
 - Any changes made less than 3 days before the event will incur a £30.00 administration fee.



10.2. Information required for online registration

For your online registration, you will need to provide the following:

- Coaches' details (maximum of 4 coaches per club).
(Coaches of UK Competitors must have a valid BT instructor's indemnity insurance)
- Student's full name
- Student's date of birth
- Student's grade
- UK Competitors only: Student's British Taekwondo valid Membership (M) number

10.3. Competition Rules

- a) WT Competition Rules will be used.
- b) WT-recognised dobok must be worn. Standard doboks are permitted with Poomsae doboks encouraged. GB Doboks are not permitted to be worn at this event.
- c) Age categories are based on year of birth, please refer to sections 10.5 and 10.6.
- d) Participating teams will be informed about the compulsory Poomsae by email on Wednesday 13th May 2025.

10.4. Competition Method

The Cut-Off System will be used as the method of this competition.

There should be a minimum of 8 players, pairs, or teams in each category.

10.5. Dan/Poom Divisions (Contestants can only enter a single division).

All compulsory Poomsae shall be drawn, set and announced at the head of team meeting.

Dan/Poom Divisions				
	Division	Age	Birth Year	Compulsory Poomsae
Individual (Male & Female)	U11 Children	U11	2015-2017	Taeguk 4, 5, 6, 7, 8; Koryo, Keumgang, Taebaek
	Cadet	12 to 14	2012-2014	
	Junior	15 to 17	2009-2011	Taeguk 5, 6, 7, 8; Koryo, Keumgang, Taebaek, Pyongwon
	Under 30	18 to 30	1996-2008	Taeguk 7, 8; Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae
	Under 40	31 to 40	1986-1995	
	Under 50	41 to 50	1976-1985	Taeguk 8; Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, Chongwon
	Under 60	51 to 60	1966-1975	Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, Chongwon, Hansu
	Under 65	61 to 65	1961-1965	
	Under 70	66 to 70	1960-1956	
	Over 71	71+	1955 or before	
Pairs (1 Male & 1 Female) or Teams (3 Male or 3 Female)	U11 Children	U11	2015-2017	Taeguk 4, 5, 6, 7, 8; Koryo, Keumgang, Taebaek
	Cadet	12 to 14	2012-2014	
	Junior	15 to 17	2009-2011	Taeguk 5, 6, 7, 8; Koryo, Keumgang, Taebaek, Pyongwon
	Under 30	18 to 30	1996-2008	Taeguk 7, 8; Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae
	Under 50	31 to 50	1976 - 1995	Taeguk 8; Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, Chongwon
	Under 60	51 to 60		Taeguk 8; Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, Chongwon, Hansu
	60+	61+		

10.6. Kup Divisions (Contestants can only enter a single division).

Kup Divisions		
Division	Age	Birth Year
Mini-PeeWee	Up to 9	2017 or later
Peewee	10 to 11	2015-2016
Cadet	12 to 14	2012-2014
Junior	15 to 17	2009-2011
1st Senior	18 to 35	1991-2008
2nd Senior	36+	1990 or before

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

Division	Poomsae		
Individual (Male & Female)	K1	Taeguk 4, 5, 6, 7, 8	Compulsory Poomsae will be specified
	K2	Taeguk 3, 4, 5, 6	Competitors choice. Must perform a different Poomsae in each round
	K3	Taeguk 1, 2, 3	Poomsae can be repeated
Pairs (1 Male & 1 Female)	K1	Taeguk 4, 5, 6, 7, 8	Compulsory Poomsae will be specified
	K2/3	Taeguk 1, 2, 3, 4, 5, 6	Competitors choice. Must perform a different Poomsae in each round
Teams (3 Males or 3 Females)	K1	Taeguk 4, 5, 6, 7, 8	Compulsory Poomsae will be specified
	K2/3	Taeguk 1, 2, 3, 4, 5, 6	Competitors choice. Must perform a different Poomsae in each round

Division	Poomsae	
Family Pairs	No Belt Restriction	Competitors choice. Must perform a different Poomsae in each round
Family Teams	No Belt Restriction	Competitors choice. Must perform a different Poomsae in each round

K2 and K3 Pairs and Teams are combined into one belt category for each age group.

- K1 Teams and Pairs must all be K1 and of the correct age division.
- All competitors must be from the correct category (no mixing categories).
- Teams and pairs can be from different clubs and will be entered as 'Mixed' with the medal points split between the clubs.
- If you have any concerns or queries, please contact the organising committee.

10.7. Para-Taekwondo Poomsae

10.7.1. Categories

Para categories will also be split into Male/Female and Kup/Dan grades. Para competitions should enter into the Para category online and email full details and reasons for Para qualification to the event management - choward63@hotmail.com

Categories	Poomsae
P11, P12, P13 - Visual Impairment	Competitors choice, any WT recognised Poomsae
P21, P22, P23 - Intellectual Impairment	Competitors choice, any WT recognised Poomsae
P31, P32, P33, P34 - Physical Impairments	Compulsory Poomsae to be performed
P50 - Wheelchair Access	Competitors choice, any WT recognised Poomsae
P40 - Limb Deficiency	Competitors choice, any WT recognised Poomsae
P60 - Hearing Impairment	Competitors choice, any WT recognised Poomsae
P70 - Short Stature	Competitors choice, any WT recognised Poomsae

Division	Poomsae
Dan	Male/Female U17 (17 years old and younger) 18+ (18 years and older)
Kup	Male/Female U17 (17 years old and younger) 18+ (18 years and older)



10.8. Awards

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

Individual Awards will be presented immediately after the category final.

10.9. Procedure of Protest

Only the official Head Coach of the team is permitted to protest to the Competition Director. The protest must be submitted within 10 minutes at the end of the contest. A protest fee of £75.00 will be payable immediately to the Competition Board. This will be refunded if the protest is accepted and won.

10.10. Situations not covered by the Rules

Where any situation arises which is not covered by these rules provided, it shall be dealt with accordingly and the decision given by the chief referee after consultation with the Organising Committee. This decision is final.

11. Venue Rules

11.1. Admission to the competition area

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

12. Liability

The Organising Committee can decide to alter the competition at any time.

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

13. Transport and Accommodation

13.1. Travel

The venue is situated 4.5 miles from the M57 and within easy reach of the M6, M58 and has good road and public transport links on the A565.

The nearest Airport is Liverpool John Lennon Airport which is 21 miles away (32 mins via M57)



13.2. Hotel Information

Here are a selection of hotels near the venue. Alternatives may also be found around the Southport and Wigan areas (which are not too far away).

Premier Inn Liverpool North

Tel. 0333 321 1236

Website: <https://www.premierinn.com/gb/en/hotels/england/merseyside/liverpool/liverpool-north.html>

The Royal Hotel Waterloo

Tel. 0151 928 2332

Email enquiries@liverpool-royalhotel.co.uk

Website <https://liverpool-royalhotel.co.uk/>

Premier Inn Southport (Ormskirk)

Tel. 0333 321 1236

Website: <https://www.premierinn.com/gb/en/hotels/england/merseyside/-southport/southport-ormskirk.html>

Premier Inn Southport (Central)

Tel: 0333 321 1236

Website: [premierinn.com/gb/en/hotels/england/merseyside/southport/-southport-central.html](https://www.premierinn.com/gb/en/hotels/england/merseyside/southport/-southport-central.html)

If you require any further information or advice,
please contact Claire Howard
choward63@hotmail.com



13.3. Parking information

There is significant parking on site and traffic will be directed by Gajok Marshalls on the day. If anyone has special mobility needs, please contact us at least one week before the event to arrange a reserved parking space close to venue entrance.

14. Timetable

13th October 2018	
0830	Doors Open
0830 - 0900	Judges Briefing
0900 - 0915	Coaches Meeting
0930	Competition Start
1730	Competition End
1730 - 1800	Awards