



# Wales

# Tae Kwon Do

Presents

## 5TH Wales

# Tae Kwon Do

# International Poomsae Championships

## Saturday 23<sup>rd</sup> May 2026

Doors open 8.00am, first matches 9.30am

Sport Wales National Centre

Sophia Gardens

Cardiff

CF11 9SW

Online registration at <https://www.poomsae-reg.com>

Wales Tae Kwon Do  
is affiliated with:



For more information

☎ 07944 988806 ☎ 07966 171840

Master Karahz L.M.I

Master Paul Jones

[www.taekwondo-wales.co.uk](http://www.taekwondo-wales.co.uk)

[www.1st-taekwondo.co.uk](http://www.1st-taekwondo.co.uk)

# Welcome

Dear Taekwondo Friends,

It is my pleasure to welcome you to the 5th Wales Taekwondo Open Poomsae Championships

The event will be run under existing World Taekwondo rules using the excellent facilities provided by Sport Wales National Centre.

Wales Taekwondo and K R Ali Taekwondo Academy, (event management) will welcome you on 23rd May 2026.

This event has the full support of British Taekwondo, with their well-trained poomsae officials bringing the highest quality refereeing and judging. We look forward to welcoming you to our competition and the beautiful city of Cardiff and hope you have an enjoyable and successful day. If you have any questions, please do not hesitate to contact us.

Yours sincerely,

Master Paul Jones  
Wales Taekwondo



# Event Summary

## 1 Host

WALES TAEKWONDO

## 2 Event Director

Master Paul Jones

Tel. 07966 171840

Email [pauljonestaekwonmudo@hotmail.com](mailto:pauljonestaekwonmudo@hotmail.com)

## 3 Dates

Saturday 23rd May 2026

## 4 Venue

Sport Wales National Centre

Tel. 0300 300 3123

Website <https://www.sport.wales/about-us/sport-wales-national-centre/about-us.aspx>

## 5 General

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

## 6 Officials

6.1 Competition Management Master Kambiz Ramzan Ali

6.2 Referee Director Grandmaster Peter Johnson

## 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 player 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'. The results will not count towards medal points for the team trophies.
- (c) Coaches should ensure that all memberships are applied for and renewed in plenty of time to ensure that players are cleared to compete.

### 7.2 Coaches

- (a) One (1) coach will be accredited for every five (5) competitors entered and granted free admission. There can be a maximum of two (2) coaches per team.
- (b) The minimum age for a coach is 18 years.
- (c) Coaches will only be permitted at ringside in sportswear



# Event Summary

## 7.3 Audits (coaches and competitors)

The deadline for submission of entries for audit is 10:00 p.m. on 13th May 2026  
All players sent through audit must be paid for even if they withdraw.

## 8 Protests

Only the Head Coach will be allowed to protest to the Referee Director, immediately after the end of the contest in question. A fee of £75.00 will be paid for each protest lodged. The decision of the Referee Director is final.

## 9 Referees

International and National Referees or Judges who wish to participate in this event should contact Master Kambiz Ramzan Ali – [masterali@harrogatetaekwondo.co.uk](mailto:masterali@harrogatetaekwondo.co.uk)

## 10 Entry Fees

- (a) The entry fees are listed in Section 14.1.
- (b) Payment is required from teams by competition closing date on 9th May 2026, or immediately should the event become full. Send payments to:

Bank Details:

All payments to be made via bank transfer to:

NatWest Bank.

Account Number: 13295071

Sort Code: 52-30-03

Account Payable: Llantwit Major Taekwondo Club

Please put your Club Name as reference for the transfer. Email Master Kambiz Ramzan Ali ([masterali@harrogatetaekwondo.co.uk](mailto:masterali@harrogatetaekwondo.co.uk)) when payment has been made.

- (c) Players who fail the audit or withdraw after the deadline are still to be paid for.

## 11 Admission

Tickets are available on the door only. (Cash only)

Admission for entry £10.00, age 5 and under will be admitted for free.

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

## 12 Refreshments

Coffee, tea and light refreshments will be available for purchase throughout the day in the cafe.

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



# Event Summary

## 13 Championships

- (a) Registration
- (b) Online registration at <https://www.poomsae-reg.com>.
- (c) The deadline for registrations is 6th May 2026.
- (d) The entry fee are as follows:

Individual	£46
Pair (per pair)	£48
Team (per team of 3)	£48
Para-Division	£46
Family Poomsae	£48
- (e) The deadline for payments of entry fees is 9th May 2026. 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.
- (f) Please ensure that all details entered online are correct.
- (g) All emails will be sent to Club Instructors and not individual players.
  - (i) Any corrections/amendments must be made by 10 days before the event.
  - (ii) The final player list will be emailed 7 days before the event.
  - (iii) Any subsequent changes before event will incur a £30 administration cost.
  - (iv) Please note all payments are non-refundable.
  - (v) Any changes to the entries on the day of the competition will incur a £30 admin fee.
  - (vi) If the competition cannot take place due to unforeseen circumstances out of the control of the organizer, the payment shall immediately be valid for the next physical Taekwondo event the organizer creates.

### 13.1 Information needed for online registration

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

- (i) Coaches' details (maximum of 2 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) UK competitors only: Student's British Taekwondo membership (M) number.  
(Competitor's membership must be current.)

### 13.2 Competition Rules & Method

- (h) World Taekwondo Competition Rules will be used.
- (i) WT-recognized 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.
- (j) 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.
- (k) Participating teams will be informed about the compulsory poomsae by e-mail on Wednesday 20th May 2026.



# Event Summary

## 13.3 Method of competition

Cut-Off System will be used.

- 1st Round** If there are 21 or more competitors in a division then the competition will start in this round.
- Two assigned compulsory Poomsae will be required to be performed with a one minute rest period in between.
- 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).
- Two assigned compulsory Poomsae will be required to be performed with a one minute rest period in between.
- Final Round** The top 8 competitors (with the highest scores) from the 2nd round will qualify for this round.
- Two assigned compulsory Poomsae will be required to be performed with a one minute rest period in between.
- Final** Divisions will start in the final if there are 10 entrants or less.
- 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, set and announced by the Organizing Committee 3 days before the competition.

### Covid-19 measures

The organizer takes all necessary measures following local and national guidelines. The organizer will send out separate information regarding the practical application of these guidelines 3 days prior to the event.

Please consult <https://www.gov.uk/coronavirus> for updates and measures.



# Event Summary

## 13.4 Dan/Poom Divisions

		Division		Compulsory Poomsae
Individual (Male & Female)	Children	Under 11	Born 2015 or later	Taegeuk 4, 5, 6, 7, 8; Koryo, Keumgang, Taebaek
	Cadet	12–14 yr	Born 2012–2014	
	Junior	15–17 yr	Born 2009–2011	Taegeuk 4, 5, 6, 7, 8; Koryo, Keumgang, Taebaek, Pyongwon
	Under 30 yr	18–30 yr	Born 1996–2008	Taegeuk 7, 8; Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae
	Under 40 yr	31–40 yr	Born 1986–1995	
	Under 50 yr	41–50 yr	Born 1976–1985	Taegeuk 8; Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
	Under 60 yr	51–60 yr	Born 1966–1975	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
	Under 65 yr	61–65 yr	Born 1965–1961	
	Under 70 yr	66–70 yr	Born 1956–1960	
	Under 75 yr	71–75 yr	Born 1955–1951	
	Over 70 yr	76 yr+	Born 1950 or before	
Pairs (1 Male & 1 Female)	Children	Under 11	Born 2015 or later	Taegeuk 4, 5, 6, 7, 8; Koryo, Keumgang, Taebaek
	Cadet	12–14 yr	Born 2012–2014	
	Junior	15–17 yr	Born 2009–2011	Taegeuk 4, 5, 6, 7, 8; Koryo, Keumgang, Taebaek, Pyongwon
	Under 30 yr	18–30 yr	Born 1996–2008	Taegeuk 7, 8; Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae
	Under 50 yr	31–50 yr	Born 1976–1995	Taegeuk 8; Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
Teams (3 Male or 3 Female)	Under 60 yr	51–60 yr	Born 1966–1975	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon Hansu
	Over 60 yr	61yr +	Born 1965 or before	



# Event Summary

## 13.5 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

Categories	Mini Peewee	Under 9 yr	Born prior to 2017
	Peewee	Under 11 yr	Born prior to 2015
	Cadet	12–14 yr	Born 2012–2014
	Junior	15–17 yr	Born 2009–2011
	1st Senior	18–35 yr	Born 1991–2008
	2nd Senior	36 yr and over	Born 1990 or before

Division		Compulsory Poomsae	
Individual (Male & Female)	K1	Taegeuk 4, 5, 6, 7, 8	Compulsory poomsae will be specified.
	K2	Taegeuk 1, 2, 3, 4, 5, 6	Competitor's choice Must do different poomsae in 1 round.
	K3	Taegeuk 1, 2, 3	Competitor's choice Can repeat poomsae in 2 round.

Pairs (1 Male & 1 Female)	K1	Taegeuk 4, 5, 6, 7, 8	Compulsory poomsae will be specified.
	K2/3	Taegeuk 1, 2, 3, 4, 5, 6	Competitor's choice Must do different poomsae in 1 round.

Teams (3 Males or 3 Females)	K1	Taegeuk 4, 5, 6, 7, 8	Compulsory poomsae will be specified.
	K2/3	Taegeuk 1, 2, 3, 4, 5, 6	Competitor's choice Must do different poomsae in 1 round.

- K2 & K3 Pairs and Teams are combined into one belt category for each age group.
- K1 Teams & 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'.  
The results will not count towards medal points for the team trophies.
- If you have any queries, please contact us for advice.



# Event Summary

## 13.6 Para-taekwondo Poomsae

- (a) Para Competitors should please enter online (Male/Female) and email your full details and reasons for Para qualification. The categories will be determined on receipt of all the applications.
- (b) Competitors perform two poomsae in each round.
- (c) If you require further information, please contact us.

## 13.7 Awards

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

## 13.8 Family Poomsae

One parent, parents, or grandparents together with their child or children or grandchildren. The number of family members is unlimited. At least two generations are required for a family team. Examples: Father and son or daughter, mother, and father together with son and daughter, father with three sons, grandmother with grandchildren, grandfather, mother, and grandchildren. One participation per family is allowed. There is no age limit or graduation restriction for Family Poomsae. The Poomsae can be freely selected. **All families go directly to finals.** Two poomsae must be performed, selected from the recognized poomsae. Family Poomsae entries will also be **using Poomsae cut off system**, Final round only and each entry scored one by one.

Classification	Grade	Selection	Recognised Poomsae	Division	Age
Family Poomsae 2-4 Member	Dan Grade Only	Competitor Choice	Freedom of Choice	Dan Family	No Age Limit
Family Poomsae 2-4 Member	Kup Grade Only	Competitor Choice	Freedom of Choice	Kup Family	No Age Limit
Family Poomsae 2-4 Member	Dan & Kup Grade Mixed	Competitor Choice	Freedom of Choice	Dan/Kup Family	No Age Limit

## 13.9 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 Referee Director.

## 14 Venue Rules

### 14.1 Admission to the competition areas

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

### 14.2 Coaches' age and dress code

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, flip-flops, short trousers or head wear whilst coaching, except for head coverings for religious or cultural reasons.



# Event Summary

## 15 Liability

The Organizing 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.

## 16 Transport & accommodation

### 16.1 By bus

The nearest bus stop is the Cardiff Bridge bus stop. Approx 0.4 miles from the venue.

### 16.2 By coach

Located in Sophia Gardens, the National Sport Centre is also home to the National Express coach station. The venue can therefore be accessed by the National Express coach, bookable via [www.nationalexpress.com](http://www.nationalexpress.com)

### 16.3 Arriving by train

Trains to Cardiff Central Station run regularly, connecting the city center to the rest of the UK. Cardiff Central Station is located within a very short walking distance several hotels in the city center and the National Sport Centre can be accessed via a short taxi or bus ride.

### 16.4 Arriving by air

The Sports Centre is located 28 minutes away from Cardiff Airport.

### 16.5 Parking

There is car parking around the Sport Centre and also Sophia Gardens car park which has a fee for all day parking. Parking can also be found at Cathedral Road.

### 16.6 Hotel Information

Please follow below link for best hotel offer near .

[https://www.tripadvisor.co.uk/HotelsNear-g186460-d1490333-Sport\\_Wales\\_National\\_Centre-Cardiff\\_South\\_Wales\\_Wales.html](https://www.tripadvisor.co.uk/HotelsNear-g186460-d1490333-Sport_Wales_National_Centre-Cardiff_South_Wales_Wales.html)

## 17 Draft Timetable

DATE	TIME	LOCATION	ITEM
23rd May 2026	08.15 – 09.00	Sport Wales National Centre	Registration
	09.30 – 13.00	Sport Wales National Centre	Competition
	13.00 – 13.45	Sport Wales National Centre	Lunch Break
	13.45 – 18.00	Sport Wales National Centre	Competition





**For more information**

 **07944 988806**

**Master Kambiz R.Ali**

[www.HarrogateTaekwondo.co.uk](http://www.HarrogateTaekwondo.co.uk)

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