

**AUTUMN EDITION 2026**

# AQUILA POOMSAE

## OPEN

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[WWW.AQUILATAEKWONDO.COM](http://WWW.AQUILATAEKWONDO.COM)  
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# AQUILA OPEN

Dear all athletes, coaches and supporters,

We look forward to welcoming you to the Autumn Edition of the Aquila Poomsae Open 2026 taking place on Saturday 17th October 2026 at UEL SportsDock, London.

Best of luck in your preparation for this event.

Aquila Taekwondo



# EVENT INFORMATION

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**Event:** Autumn Aquila Poomsae Open 2026  
**Date:** Saturday 17<sup>th</sup> October 2026  
**Venue:** UEL SportsDock, University Way, Beckton, London E16 2RD  
**Registration:** [www.poomsae-reg.com](http://www.poomsae-reg.com)  
**Entry Deadline:** Friday 2<sup>nd</sup> October, 21:00  
**Chief Referee:** Master Gerry Reilly  
**Contact:** [aquilaeventsmanagement@gmail.com](mailto:aquilaeventsmanagement@gmail.com)

**Payment Details:** Individual - £50  
Para - £50  
Pair - £48  
Team - 48  
Family - £50

Entries must be submitted through club coaches.

Invoices will be sent to the club email address.

Payment due within 7 days of invoice.

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.



## KUP CATEGORIES

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### Individual Categories

|                               |           |
|-------------------------------|-----------|
| <b>Micro Peewee:</b>          | 7 & Under |
| <b>Mini Peewee:</b>           | 8–9       |
| <b>Peewee:</b>                | 10–11     |
| <b>Cadet:</b>                 | 12–14     |
| <b>Junior:</b>                | 15–17     |
| <b>1<sup>st</sup> Senior:</b> | 18–35     |
| <b>2<sup>nd</sup> Senior:</b> | 36–44     |
| <b>3<sup>rd</sup> Senior:</b> | 45+       |

### Pairs/Teams

|                                              |           |
|----------------------------------------------|-----------|
| <b>Micro/Mini Peewee:</b>                    | 9 & Under |
| <b>Peewee:</b>                               | 10–11     |
| <b>Cadet:</b>                                | 12–14     |
| <b>Junior:</b>                               | 15–17     |
| <b>1<sup>st</sup> Senior:</b>                | 18–35     |
| <b>2<sup>nd</sup>/3<sup>rd</sup> Senior:</b> | 36+       |

### Kup Divisions

|            |                    |
|------------|--------------------|
| <b>K1:</b> | 2nd Kup – 1st Kup  |
| <b>K2:</b> | 6th Kup – 3rd Kup  |
| <b>K3:</b> | 10th Kup – 7th Kup |

## POOMSAE RANGES

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- K1:** Compulsory Poomsae from Taeguk 4-8.
- K2:** Choice of 2 Poomsae between Taeguk 3-6. Cannot repeat within the same round.
- K3:** Choice of 2 Poomsae between Taeguk 1-3. Can repeat with the same round.



## DAN CATEGORIES

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### Compulsory Poomsae

#### Individual:

U11

Taeguk 4 - Taebeek

U14

Taeguk 4 - Taebeek

U17

Taeguk 5 - Pyongwon

U30

Taeguk 7- Jitae

U40

Taeguk 7 - Jitae

U50

Taeguk 8 - Chongkwon

U60

Koryo - Hansu

U65

Koryo - Hansu

+66

Koryo - Hansu

#### Pair/Team:

U14

Taeguk 4 - Taebeek

U17

Taeguk 5 - Pyongwon

U30

Taeguk 7- Jitae

U50

Taeguk 8 - Chongkwon

U60

Koryo - Hansu

61+

Koryo - Hansu

# PARA CATEGORIES

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

## Age Divisions

|                |            |                      |                   |
|----------------|------------|----------------------|-------------------|
| <b>Peewee:</b> | 11 & under | <b>Kup Division:</b> | Competitors may   |
| <b>Cadet:</b>  | 12-14      |                      | repeat the same 2 |
| <b>Junior:</b> | 15-17      |                      | Poomsae within    |
| <b>Senior:</b> | 18+        |                      | each round.       |

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**Dan Division:** 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.

### Group 1:

|                |              |
|----------------|--------------|
| <b>Peewee:</b> | Taeguk 4 - 6 |
| <b>Cadet:</b>  | Taeguk 4 - 7 |
| <b>Junior:</b> | Taeguk 4 - 7 |
| <b>Senior:</b> | Taeguk 4 - 8 |

### Group 2:

|                     |
|---------------------|
| Taeguk 7 - Koryo    |
| Taeguk 8 - Keumgang |
| Taeguk 8 - Taebek   |
| Koryo - Sipjin      |

**For Coaches:**

Must hold valid British Taekwondo Instructor Membership.

Minimum age 18.

Coaches must be registered before the deadline.

1 free coach per 5 athletes (maximum 5 free coaches).

Additional coaches charged at the advertised rate (£20 per coach)

Any coach failing the final audit will not be permitted to coach.

Valid British Taekwondo membership required for all athletes and coaches.

No refunds for incorrect entries or audit failures.

No refunds after the entry deadline.

Jewellery and piercings must be removed before inspection.

Coaches are responsible for checking athlete details before submission

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**Protest Fee**

Appeal Protest must be made within 10 minutes after the match. A fee of £75 will apply at the time of protest and will be refunded if successful.



## AWARDS

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**Individual Awards:**

Gold  
Silver  
Bronze (x2)

**Team Points:**

1st = 9 points  
2nd = 6 points  
3rd = 3 points

**Team Trophies:**

1<sup>st</sup> Place Team  
2<sup>nd</sup> Place Team  
3<sup>rd</sup> Place Team

## SPECTATORS

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**Under 5s:** Free

**Spectator Fee:** £10 per person

Spectator tickets will be available online prior to the event or on the door (cash only).

A link to the online tickets will be sent via club emails. We kindly ask that this is distributed throughout your team.

## TRAVEL

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**Nearest DLR:**

Gallions Reach

**Bus Routes:**

101, 173, 262, 300, 366,  
376, 474, N551

**Parking:**

Limited onsite parking  
available.



# CONTACT

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*See you soon*

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