



**BRITISH
TAEKWONDO
NATIONAL
CHAMPIONSHIPS
2021**



**POOMSAE
NATIONAL
CHAMPIONSHIPS**

UNIVERSITY OF
WORCESTER ARENA
**SAT 27 & SUN 28
NOVEMBER**

 **BRITISH
TAEKWONDO**



BRITISH TAEKWONDO NATIONAL CHAMPIONSHIPS 2021



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WELCOME

Dear Athletes, Coaches & Supporters

British Taekwondo are thrilled to announce that the Poomsae National Championships are back! After the most challenging year and a half and missing opportunities to take part in competitions due to lockdowns, we are very excited to return to the University of Worcester Arena, on Saturday 27th and Sunday 28th November, and see as many of our British Taekwondo members getting involved.

This year's event will feature Poomsae, Para-Poomsae, and Freestyle divisions. All Dan divisions will take place on Saturday, and all Kup Grades (K1, K2 & K3), Para divisions, and Freestyle

on Sunday. Please encourage all your budding National Champions to come along and be part of this year's flagship event.

We look forward to seeing you and your club back in action at the Nationals for a great weekend of Poomsae.

Good luck!



**The British Taekwondo
Board and Team**



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01

EVENT OVERVIEW

COMPETITION HALL:
University of Worcester Arena,
Severn Campus, Hylton Road,
Worcester WR2 5JN

COMPETITION DATE:
Saturday 27th November &
Sunday 28th November 2021

02

TIMETABLE

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

03

CONTESTANT ELIGIBILITY

All participants must be members of British Taekwondo.
All competitors must be a UK resident.

MEMBERSHIP

If you have any issues about membership, please ask your club coach/instructor to contact British Taekwondo membership services.





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DIVISIONS

DAN	1st Dan / Poom and higher, Kukkiwon holder	
K1	2nd Kup (Red Belt)	1st Kup (Black Tag)
K2	6th Kup (Green Belt)	3rd Kup (Red Tag)
K3	9th Kup (Yellow Tag)	7th Kup (Green Tag)
PARA	Dan & Kup Combined	8th Kup Upwards
FREESTYLE	Dan & Kup Combined	2nd Kup Upwards

Age categories are based on the year of birth. For example, if someone is 17 years old on the day of the competition but will be 18 before the end of the year (2021) then he/she shall participate in the category of U30 (18 - 30 years old).

The organisers will allow DAN competitors moving up in 2022 to compete in both their old division and new division (for Dan individual categories only) – you will need to register the player twice as two separate competitors e.g. Jane Smith 1 and Jane Smith 2 – amend the date of birth of the second one so it appears in the 2022 category – pairs & teams for players moving up can only enter one (your choice of 2021 or 2022 category). Players can only enter a maximum of one pair and one team.

DAY 1 SATURDAY 27th NOVEMBER

DAN DIVISIONS

Dan Competition Method Compulsory Poomsae is drawn for the Dan Divisions

INDIVIDUAL (MALE & FEMALE)

DIVISION	COMPULSORY POOMSAE
U11 Years Age 11 and under	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
U14 Years Age 12 years - 14 years	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
U17 Years Age 11 and under	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
U30 Years Age 30 and under	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
U40 Years Age 31 years - 40 years	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
U50 Years Age 41 years - 50 years	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
U60 Years Age 51 years - 60 years	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
U65 Years Age 61 years - 65 years +	
+66 Years Age 66 years +	



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PAIRS (1 MALE & 1 FEMALE)

DIVISION	COMPULSORY POOMSAE
U11 Pair Age 11 and under	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
U14 Pair Age 14 and under	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
U17 Pair Age 17 and under	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebeak
U30 Pair Age 30 and under	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebeak, Pyongwon, Shipjin
Over 31 Pair Age 31 and over	Taegeuk 8 Jang, Koryo, Keumgang, Taebeak, Pyongwon, Shipjin, Jitae, Chonkwon

TEAMS (3 MALES / 3 FEMALES)

DIVISION	COMPULSORY POOMSAE
U11 Team Age 11 and under	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
U14 Team Age 14 and under	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
U17 Team Age 17 and under	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebeak
U30 Team Age 30 and under	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebeak, Pyongwon, Shipjin
Over 31 Team Age 31 and over	Taegeuk 8 Jang, Koryo, Keumgang, Taebeak, Pyongwon, Shipjin, Jitae, Chonkwon



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DAY 2

SUNDAY 28th NOVEMBER

K1 DIVISIONS (2ND KUP RED BELT TO 1ST KUP BLACK TAG)

K1 Competition Method Compulsory Poomsae is drawn for the K1 Divisions

INDIVIDUAL (MALE & FEMALE)

DIVISION	COMPULSORY POOMSAE
K1 Micro Peewee U7 years	Compulsory Poomsae Selected from Taeguk 3 to Taeguk 8
K1 Mini Peewee 7 - 9 years	
K1 Peewee 10 - 11 years	
K1 Cadet 12 - 14 years	
K1 Junior 15 - 17 years	
K1 1st Senior 18 - 35 years	
K1 2nd Senior 36 years +	



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K2 INDIVIDUAL DIVISIONS (6TH KUP GREEN BELT TO 3RD KUP RED TAG)

K2 Competition Method - All Poomsae shall be chosen by the competitor, however the same Poomsae cannot be repeated in the same round

INDIVIDUAL (MALE & FEMALE)

DIVISION	COMPULSORY POOMSAE
K2 Micro Peewee U7 years	Competitors choice of Poomsae From Taeguk 1 to Taeguk 6
K2 Mini Peewee 7 - 9 years	
K2 Peewee 10 - 11 years	
K2 Cadet 12 - 14 years	
K2 Junior 15 - 17 years	
K2 1st Senior 18 - 35 years	
K2 2nd Senior 36 years +	

K3 INDIVIDUAL DIVISIONS (9TH KUP YELLOW TAG TO 7TH KUP GREEN TAG)

K3 Competition Method - All Poomsae shall be chosen by the competitor, the same Poomsae may be repeated in the same round

INDIVIDUAL (MALE & FEMALE)

DIVISION	COMPULSORY POOMSAE
K3 Micro Peewee U7 years	Competitors choice of Poomsae From Taeguk 1 to Taeguk 3
K3 Mini Peewee 7 - 9 years	
K3 Peewee 10 - 11 years	
K3 Cadet 12 - 14 years	
K3 Junior 15 - 17 years	
K3 1st Senior 18 - 35 years	
K3 2nd Senior 36 years +	



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Kup PAIR (1 MALE & 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 1st Senior Pair	K2 1st Senior Pair	K3 1st Senior Pair
K1 2nd Senior Pair	K2 2nd Senior Pair	K3 2nd Senior Pair
<i>Compulsory Poomsae</i>	<i>Free Choice Taeguek 3-8 No repetition in single round</i>	<i>Free Choice Taeguek 1-3 May repeat</i>

Kup TEAM (3 MALES / 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 1st Senior Team	K2 1st Senior Team	K3 1st Senior Team
K1 2nd Senior Team	K2 2nd Senior Team	K3 2nd Senior Team
<i>Compulsory Poomsae</i>	<i>Free Choice Taeguek 3-8 No repetition in single round</i>	<i>Free Choice Taeguek 1-3 May repeat</i>



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PARA CATEGORIES

Male Individual Dan & Kup Combined Divisions

Female Individual Dan & Kup Combined Divisions

8th KUP UPWARDS

All categories will be combined belt & age categories except for P20 & P30 (U15 yrs & 16+).

If you have any questions about
BT Para Poomsae please contact us on
para-poomsae@britishhtaekwondo.org

CATEGORIES AND FORMAT

P10 Visual Impairments	(Competitor's choice any Poomsae from Taegeuk 1, 2, 3... & higher)
P20 Intellectually Impaired	(The coach can give the commands, competitor's choice)
P30 Physical Impairments	(Compulsory Poomsae will be specified) (P31, P32) (P33, P34)
P40 Limb Deficiency	(Competitor's choice Poomsae)
P50 Wheelchair Classes	(Competitor's choice Poomsae)
P60 Deaf	(Taegeuk 6 to Keumgang)
P70 Short Stature	(Competitor's choice Poomsae)



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P10 Male	Visual Impairment 12+ yrs - Free Choice Poomsae
P10 Female	Visual Impairment 12+ yrs - Free Choice Poomsae
P20 Junior Male	Intellectual Impairment 12-16 years Free Choice (with bonus points)
P20 Jun or Female	Intellectual Impairment 12-16 years Free Choice (with bonus points)
P20 Senior Male	Intellectual Impairment U30 years Free Choice (with bonus points)
P20 Senior Female	Intellectual Impairment U30 years Free Choice (with bonus points)
P20 Senior Male	Intellectual Impairment +31 years Free Choice (with bonus points)
P20 Senior Female	Intellectual Impairment +31 years Free Choice (with bonus points)
P30 Junior Male	Physical Impairment 12-16 Yrs Compulsory Poomsae Taeguk 4 - Koryo
P30 Junior Female	12-16 Yrs Compulsory Poomsae Taeguk 4 – Koryo (deductions)
P30 U30 Male	U30 Yrs Compulsory Poomsae Taeguk 5 - Sipjin (no Keumgang) deductions
P30 U30 Female	U30 Yrs Compulsory Poomsae Taeguk 5 - Sipjin (no Keumgang) deductions
P30 +31 Male	+31 Yrs Compulsory Poomsae Taeguk 8 - Hansoo (no Keumgang) deductions
P30 +31 Female	+31 Yrs Compulsory Poomsae Taeguk 8 - Hansoo (no Keumgang) deductions
P40L Male	Lower Limb Deficiency 12+ yrs - Free Choice Poomsae
P40L Female	Lower Limb Deficiency 12+ yrs - Free Choice Poomsae
P40U Male	Upper Limb Deficiency 12+ yrs - Free Choice Poomsae
P40U Female	Upper Limb Deficiency 12+ yrs - Free Choice Poomsae
P50 Male	Wheelchair 12+ yrs – Free Choice Poomsae
P50 Female	Wheelchair 12+ yrs – Free Choice Poomsae
P60 Male	Deaf/Hearing Impairment 12+ yrs - Free Choice Poomsae
P60 Female	Deaf/ Hearing Impairment 12+ yrs - Free Choice Poomsae
P70 Male	Short Stature – Free Choice Poomsae
P70 Female	Short Stature – Free Choice Poomsae
BT-P80 Male Trial	Physical Impairment not P30 Classifiable - all grades/ages - Free Choice Poomsae
BT-P80 Female Trial	Physical Impairment not P30 Classifiable - all grades/ages - Free Choice Poomsae
BT-P90 Male Trial	Intellectual Impairment not P20 Classifiable - all grades/ages - Free Choice Poomsae
BT-P90 Female Trial	Intellectual Impairment not P20 Classifiable - all grades/ages - Free Choice Poomsae



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FREESTYLE POOMSAE

U12 Male	U12 Female
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U17 Male	U17 Female
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18+ Male	18+ Female
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U12 Mixed Pair (Male/Female)

U17 Mixed Pair (Male/Female)

18+ Mixed Pair (Male/Female)

Mixed Team age 12+ (3 Males & 2 Females OR 3 Females & 2 Males)
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- 1** Yeon-mu line shall be the choice of the competitor
- 2** Number of Poom: each performance shall be composite of 20 - 24 Poom (composition shall be no more than 5 motions)
- 3** Music and choreography shall be the competitor's choice
- 4** Performance shall be within the boundary line.
- 5** Performance shall be within 90 - 100 seconds.
- 6** The competitor must submit a plan of their freestyle performance on registration.
- 7** Music shall be supplied by the competitor; this must be in MP3 format and be done on registration.
- 8** Music track must not contain any Religious, Political views or Explicit lyrics.



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APPLICATIONS

All applications are to be made online at <https://www.tpss2021.eu/>

Participants must enter as part of a club registration. Clubs must enter as individual clubs.

MIXED PAIRS APPLICATIONS - If you wish to enter mixed pairs competition, please note that there will be two separate event registrations on TPSS: One for Saturday and the DAN competition / One for Sunday and the KUP, Para, and Freestyle competition. Please ensure you enter in the correct category – on the correct day!

If you are registering pairs and teams from different clubs – please add the details in the comments box (partners/team members name, number and club etc).

NOTE Mixed club teams must have entered their own competitor as usual and the partner from another team (full name and club) in the remark (combining pairs/teams) box during registration on TPSS.

Please check all entries – amendments after the closing date will incur a £20 administration cost. No amendments will be made on the day.



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CLOSING DATE

The closing date for applications is 21.00 on **Wednesday 3rd November 2021**. Payment must be received by 21:00 on **Sunday 14th November 2021**.

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METHOD OF COMPETITION

Cut-off System is to be used.

1st Round: 20 or more competitors.

2nd Round: 9-19 competitors or 50% from 1st Round.

Final: Top 8 Competitors:

(Groups with 9 competitors may be a straight final).

Organisers have the right to make any necessary changes.

COMPULSORY POOMSAE

The compulsory poomsae will be emailed out on **Wednesday 24th November**.

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.



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THERAPUTIC USE EXEMPTION (TUE)

Competitors requiring a TUE for prohibited medication will need to complete this application and submit a copy to the organiser before the event.

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AWARDS

1st, 2nd, 3rd, & 4th Place awards shall be given for each category.

Individual Awards will be presented immediately after the category final with photographs at the podium area.

CLUB AWARDS:

1st place = 9 points
2nd place = 6 points
3rd place = 3 points
4th place = 2 points

Team Awards will be given out at the end of each day.

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EQUIPMENT

UNIFORMS (DOBOKS)

Participants are representing their club and are not allowed to wear GB or Home Counties printed doboks.

Plain doboks or club doboks only.

Normal doboks can also worn.

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APPEALS

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

The protest fee is £75 (*refunded if protest is won*).





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LIABILITY

All competitors participate at their own risk.

No claim whatsoever can be made against the organiser or British Taekwondo.

The organisers (British Taekwondo) shall not accept responsibility for any damages, injuries, or losses sustained or incurred.

All freestyle competitors will need to sign a waiver on the day of the championships to accept full responsibility for any injury they may sustain.

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ENTRY & PAYMENT

The entry fee for this event are:

Individual Dan / Kup / FS / Para	£42
Pair Dan / Kup / FS	£42
Team Dan / Kup / FS	£42

Entry fees must be paid by 21:00 on Friday 19th November 2021.

An invoice will be sent to your club for payment, please pay on receipt of invoice.

- Please ensure that all payments are made on or before Friday 22nd November.
- Please ensure you put the club name and club membership number in the payment reference box.
- No refunds will be provided by the OC for non-competing athletes who have already applied.
- Any team or individual that fails to make payment before the deadline may be removed from the system on the 23rd November and will not be re-added.
- Payment will not be accepted at registration.



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SPECTATORS

Tickets are available on the door

ADULTS £7 per day (16 year old's and older)

CHILDREN £5 per day (15 years old and below)
Under 5's free

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TRANSPORT & PARKING

Competitors need to make their own travel & accommodation arrangements.

Some free parking is available on site on a first-come first-served basis (but cannot be guaranteed).

There is a drop-off zone and disabled parking spaces on site.

The venue car park has 450 spaces in total and will be £1/hr or £4 for the whole day.

There is also another public car park (Homebase – pay & display) adjacent to the Arena.

Worcester is served by two train stations: Worcester Foregate Street (15 min walk from the Severn Campus) & Worcester Shrub Hill (25 min walk or 10 min taxi).



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OFFICIALS

Officials who wish to express interest in taking part in this year's event, please contact chair.poomsaereferees@britishtaekwondo.org

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VOLUNTEERING

If you would like to contribute to the success of this event, there are many volunteering opportunities available.

Please visit www.britishtaekwondo.org.uk for a list of roles and to download an application form.

Alternatively, you can contact events@britishtaekwondo.org to register your interest.

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PHOTOGRAPHY AND VIDEO RECORDING

By registering to compete at the event you are agreeing to have your image taken whilst in the Venue by both British Taekwondo, the press and members of the public. In addition, you are agreeing to have your image shown on video, TV and online.

If you have any safeguarding concerns in relation to this, please contact safeguarding@britishtaekwonod.org before the event to discuss.

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QUESTIONS

If you have a question that is not covered in this invitation, please email the Organising Committee at: events@britishtaekwondo.org



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CONTACT

British Taekwondo Poomsae
National Championships
Organising Committee,
Manchester Regional Arena,
Rowsley Street,
Manchester,
M11 3FF

Tel:

0161 697 5330

Email:

events@britishtaekwondo.org

Webpage:

www.britishtaekwondo.org.uk

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UPDATES

For regular event information
and updates, please visit the
British Taekwondo website:
www.britishtaekwondo.org.uk

