



4th Best Leg Open Poomsae Championships



12th July 2025

Crystal Palace National Sports Centre,
London, SE19 2B





Dear Taekwondo Friends,

It our pleasure to extend this formal invitation to you and your students to take part in the 4th Best Leg Taekwondo Open Poomsae Championships to be held at the iconic Crystal Palace National Sports Centre located at the heart of Crystal Palace in Southeast London, on Saturday 12th July 2025

It is the hope of the competition organisers that this event will serve to help stimulate and develop the growing interest in WT Poomsae Competition throughout the U.K. Therefore, in order that everyone from complete novice to experienced competitor gets an opportunity to compete to their full potential the organising body has modified the age divisions for this Competition and included Dan, K1, K2, K3, Para divisions and for the first time Freestyle division.

To ensure the smooth running of this event the organisers would welcome applications from suitably qualified individuals to act as competition Referees and officials

If you require any further information, please do not hesitate to contact us for assistance. We look forward to seeing both you and your students on the Saturday 12th July 2025

Closing Date for the competition entries is Saturday 28th June 2025

Best Regards

Master Martins J.C Obiorah 6th Dan, MSc, OLY





COMPETITION DETAILS

1. ORGANISATION

Event Sanctioned By: British Taekwondo

Organiser: Best Leg Taekwondo Academy

Facebook: www.facebook.com/best-Leg-Taekwondo-Academy

Instagram: [bestlegtkdinternationalopen](https://www.instagram.com/bestlegtkdinternationalopen) & [bestlegtaekwondoacademy](https://www.instagram.com/bestlegtaekwondoacademy).

Website: www.bestleg.com

Competition Director: Master Martins Obiorah

E-Mail: martins.obiorah@bestleg.com

Event Chief Referee: Gerry REILLY

Email: chair.poomsaereferees@britishtaekwondo.org

Competition Management: Ski Kanji

System Management: Marko Marchevska

Competition Registration: www.poomsae-reg.com

Welfare Officer: Mrs Muge Collier

Lead Medical Officer: DR Burhanudin Busu

2. VENUE & DATE

Date: Saturday 12th July 2025

Venue: Crystal Palace National Sports Centre Ledrington Road, Crystal Palace London, SE19 2BB





3. EVENT SCHEDULE

Registration:	08:30 – 09:00
Coaches meeting:	09:10
Competition Start:	09:30
Competition Finish:	18:00
Awards Ceremony:	18:30

All times are approximate and subject to change

4. CONDITION FOR PARTICIPATION

Competitors must be members of World Taekwondo MNA

Proof of membership by means of a valid licence, insurance and grade will be required at registration
All contestants/clubs must have their own insurance as the organising committee and any of its representatives will not be responsible for any injury cost.

All competitors must hold a valid licence and insurance

(The organisers have the right to refuse registration of applicants)

5. INTERNATIONAL TEAMS

We welcome participants from WT members outside the UK. The organisers require guarantee that the clubs have;

- Ensured all competitors have current membership of their MNA.
- travel and medical cover that includes sports competition insurance appropriate for a Poomsae competition.
- Included cost of bank charges when paying for registration, as organisers are not liable for these charges

International Teams must confirm that these arrangements are in place. No checks will be made on individual competitors at the event. Responsibility is at team level.

6. NON-BT members

To encourage more clubs to join BT, this event will be open to non-BT clubs within the UK, who wish to participate. However, a £20/athlete admin fee will be charged to cover insurance and BT administrative costs. Please email admin@bestleg.com for enquiries.





7. REGISTRATION

Online Registration

Please complete the competition application online. www.poomsae-reg.com

8. ENTRY FEES

Divisions	
Individual	£50
Pair	£55
Team	£60
Family	£60

9. PAYMENTS

All payments to be made via bank transfer to: Account Name: Best Leg international

Account number: 38295954

Sort code: 56-00-46

IBAN: GB15NWBK56004638295954 BIC (SWIFT): NWBKGB2L

Payment Reference:

Please use team name as your reference for the transfer and email admin@bestleg.com when transfer is complete.

Payment is required a week after applying online. Please only register athletes you are sure will compete, and remove any names not competing, to give other clubs opportunity to register their athletes. The list will be reviewed weekly to ensure this is managed. We encourage clubs to adhere to this, as filling up spaces, not only discourage other clubs from registering, but have an adverse impact on the overall planning of the event.





10. CONTESTANTS

Membership: Participants must be members of the World Taekwondo MNA

Divisions	Belt Categories (Lower Upper)	
Dan	1st Dan / Poom and higher, Kukkiwon Holder	
K1	2 nd Kup (red belt)	1 st Kup (Black tag)
K2	6 th Kup (Green Belt)	3 rd Kup (Red Tag)
K3	9 th Kup (White Belt)	7 th Kup (Green Tag)
Para Poomsae A – Class	All black belts	
Para Poomsae B - Class	4 th Kup (Blue belt)	1 st Kup (Black tag)
Para Poomsae C – Class	8 th Kup (Yellow Belt)	5 th Kup (Blue tag)
Freestyle	Dan grades only	

Competitors must enter the division that reflects their grade on the day of the competition. Any instances of competitors competing in an incorrect grade will be investigated and may result in disqualification from the competition, with possible further sanctions on the instructor and club. Age categories are based on the year of birth. For example, if a player is 17 years old on the day of the competition but will turn 18 before the end of the calendar year (2025) then the player will participate in the U30 category (18 – 30 years old). All competitors will compete in their 2024 age division. Players can enter a maximum of one pair and one team

11. SYSTEM OF COMPETITION

Cut-Off System will be used; all divisions will have a maximum of 3 rounds (semi-final & final)

1st Round: 20 or more competitors.

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

Final: Top 8 Competitors:

Final: Divisions may start in the final if there are 9 entrants or less

Organisers have the right to make any necessary changes.

COMPULSORY POOMSAE

The compulsory poomsae will be emailed out on Wednesday 9th July 2025. 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.

Compulsory Poomsae at this event will be running with the updated WT Compulsory Poomsae for the following divisions





12. DAN DIVISION (DAN/POOM GRADES)

Competition	Division	Compulsory Poomsae
Individuals	U11 Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	U14 Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebak
	U17 Division	Taegeuk 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebak, Pyongwon
	U30 Division	Taegeuk 7, 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae
	U40 Division	
	U50 Division	Taegeuk 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon
	U60 Division	Koryo, Keumgang, Taebak Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
	U65 Division	
U70 & 71 + Division		

Competition	Division	Compulsory Poomsae
Pair & Team	U11 Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	U14 Division	
	U17 Division	Taegeuk 4, 6, 7, 8 Jang, Koryo, Keumgang, Taebak
	U30 Division	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin,
	U50 Division	Taegeuk 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon
	U60 Division	Koryo, Keumgang, Taebak Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
	Over 61 Division	





Freestyle Divisions

Freestyle poomsae is technically demanding and carries an increased risk of injury. It is the responsibility of coaches and competitors to ensure they can perform the compulsory requirements of freestyle routines.

- Performances shall be 90 - 100 seconds.
- Music to be supplied by competitors, on the day of the competition, in MP3 format.
- Music cannot be supplied through streaming services or YouTube.
- Music cannot contain any lyrics.

Male	Female	Pairs
17 and below	17 and below	17 and under Mixed pair (male/Female)
18 and above	18 and above	18 and above mixed pair (male/Female)

13. K1 DIVISION (Kup Grades 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 Taegeuk 4 to Taegeuk 8
K1 Mini Peewee 7 - 9 years	
K1 Peewee 10 - 11years	
K1 Cadet 12 – 14years	
K1 Junior 15 – 17years	
K1 1 st Senior 18 - 30years	
K1 2 nd Senior over 31 years	





Pairs (1 Male and 1 Female)	
Division	Compulsory Poomsae
K1 Mini/Micro Pair	Compulsory Poomsae Selected from Taegeuk 4 to Taegeuk 8
K1 Peewee Pair	
K1 Cadet Pair	
K1 Junior Pair	
K1 1 st Senior Pair	
K1 2 nd Senior Pair	

Team (3 Males and 3 Females)	
Division	Compulsory Poomsae
K1 Mini/Micro Team	Compulsory Poomsae Selected from Taegeuk 4 to Taegeuk 8
K1 Peewee Team	
K1 Cadet Team	
K1 Junior Team	
K1 1 st Senior Team	
K1 2 nd Senior Team	

14. K2 DIVISION (Kup Grades 6th Kup Green Belt to 3rd Kup Red Tag)

K2 Competition Method

If 9 Individuals or more: Two Poomsae to be performed in semi-final round (top 8 to progress), and two further Poomsae in the final. A Poomsae can be repeated in the final.

If 8 Individuals, Pairs, Teams or less: Straight to final, two Poomsae performed





Individual (Male & Female)	
Division	Compulsory Poomsae
K2 Micro Peewee U7 years	Competitors choice of Poomsae Selected from Taegeuk 3 to Taegeuk 6
K2 Mini Peewee 7 - 9 years	
K2 Peewee 10 - 11years	
K2 Cadet 12 – 14years	
K2 Junior 15 – 17years	
K2 1 st Senior 18 - 30years	
K2 2 nd Senior over 31 years	

Pairs (1 Male and 1 Female)	
Division	Compulsory Poomsae
K2 Mini/Micro Pair	Competitors choice of Poomsae From Taegeuk 3 to Taegeuk 6
K2 Peewee Pair	
K2 Cadet Pair	
K2 Junior Pair	
K2 1 st Senior Pair	
K2 2 nd Senior Pair	

Team (3 Males and 3 Females)	
Division	Compulsory Poomsae
K2 Mini/Micro Team	Competitors choice of Poomsae From Taegeuk 3 to Taegeuk 6
K2 Peewee Team	
K2 Cadet Team	
K2 Junior Team	
K2 1 st Senior Team	
K2 2 nd Senior Team	





15. K3 DIVISION (Kup Grade 10th Kup White Belt to 7th Kup Green Tag)

K3 Competition Method

If 9 Individuals or more: Two Poomsae to be performed in first round (top 8 to progress), and two further Poomsae in the final. A Poomsae can be repeated in the final and within a round.

If 8 Individuals, Pairs, Teams or less: Straight to final, two Poomsae performed

Individual (Male & Female)	
Division	Compulsory Poomsae
K3 Micro Peewee U7 years	Competitors choice of Poomsae Selected from Taegeuk 1 to Taegeuk 3
K3 Mini Peewee 7 - 9 years	
K3 Peewee 10 - 11years	
K3 Cadet 12 – 14years	
K3 Junior 15 – 17years	
K3 1 st Senior 18 - 30years	
K3 2 nd Senior over 31 years	

Pairs (1 Male and 1 Female)	
Division	Compulsory Poomsae
K3 Mini/Micro Pair	Competitors choice of Poomsae Selected from Taegeuk 1 to Taegeuk 3
K3 Peewee Pair	
K3 Cadet Pair	
K3 Junior Pair	
K3 1 st Senior Pair	
K3 2 nd Senior Pair	





	Team (3 Males and 3 Females)
Division	Compulsory Poomsae
K3 Mini/Micro Team	Competitors choice of Poomsae Selected from Taegeuk 1 to Taegeuk 3
K3 Peewee Team	
K3 Cadet Team	
K3 Junior Team	
K3 1 st Senior Team	
K3 2 nd Senior Team	

16. PARA

Age of contestant: Male/Female, Individual.

Competitor has been assigned a para-Taekwondo sport class and class sport status.

		Categories
Dan	Male	U17 (17 yrs or younger)
		18+ (18 yrs or older)
	Female	U17 (17 yrs or younger)
		18+ (18 yrs or older)
Kup	Male	U17 (17 yrs or younger)
		18+ (18 yrs or older)
	Female	U17 (17 yrs or younger)
		18+ (18 yrs or older)

Para TKD Sports classes:

- P10 – Visual Impairments (Competitor’s choice any Poomsae from Taegeuk 1, 2, 3... & higher)
- P20 – Intellectually Impaired (The coach is allowed to give the commands, competitor’s choice)
- P30 – Physical Impairments (Competitors choice) (P31, P32) (P33, P34)
- P40 – LD/Prom (Competitor’s choice Poomsae)
- P50 – Wheelchair Classes (Competitor’s choice Poomsae)
- P60 – Deaf (Competitor’s choice Poomsae)





17. FAMILY POOMSAE

One family (child, mother, father, grandparents etc). number is unlimited, provided they are all from the same family. There must be a minimum of two generation in the family group competing (i.e father, son, mother or grandfather with daughter and grandson) no age limit or belt (i.e a mother who holds 7th dan can compete with daughter 7th kup in same category). Competitors choice of poomsae, and two must be selected from a recognised list of Poomsae's

Classification	Grade	Selection	Division	Age
Family Poomsae (Max 4 competitors/family)	n/a	Competitors choice	Family	No age limit

18. FURTHER INFORMATION

Awards: 1st, 2nd, 3rd & 4th Place medals shall be awarded in each category.

There shall also be 1st, 2nd and 3rd Place overall team trophies based on number of medals won by each Team:

5pts Gold, 3pts Silver, 1pt Bronze

Dress: permitted: Competitors may only compete wearing full WT uniform. (Poomsae Dobok or Kukkiwon style Dobok are permitted)

Jewellery is strictly not permitted

Hall Rules: Only competitors and their coaches shall be admitted to the contest areas.

Only one (1) coach, one (1) athlete and one (1) officially licenced Medical Doctor are allowed to enter the Field of Play with their official accreditation. The OC has the right to refuse participants access to the Field of Play.

One (1) coach will be accredited for every five (5) players and will gain free entry to the competition. Maximum five (5) coaches per team will be granted free entry.





Any additional coaches can be registered at the cost of £10.00 per coach. All coaches are permitted to wear sportswear courtside.

Spectators: Admission fee
Adults £10 (16 years and above)
Children £7 (under 5 years free)

Protest:
Only the official head coach is allowed to protest to the Competition Director. This must be made within 10 minutes of the end of the contest. A protest fee of £75 will be payable immediately to the competition board. This will be refunded if the protest is accepted and won.

Liability:
All competitors are considered to participate at their own risk. The organisers shall accept No responsibility for any damages, injuries or losses sustained or incurred

Accommodation:
The organising committee recommends the following hotels

- Westow House 79 Westow Hill Crystal Palace, SE19 1TX (0.5 miles)
- Travel Lodge Croydon Road SE20 7TS (1.8 miles)
- Easy Hotel Croydon 22 Addiscombe Road Croydon CR0 5PE (3.2 miles)
- Jurys Inn London Croydon, Wellesley Road Croydon CR0 9XY (3.1 miles)
- Travelodge Hotel Norfolk House, Wellesley Rd, Croydon CR0 1LH (4.4 miles)

The organising committee has made arrangement to secure rooms at good rates. Please contact Mrs Jessica Kanji for details on jessica_jani@yahoo.com

Travel
The venue is located 25.7 miles from London Gatwick Airport and 26.1 miles from Heathrow airport. There is a direct train from Gatwick airport to east Croydon Train station.

Bus services: 3,157,122,202,227,249,322,358,363,432,450 offers a direct service to the sports centre.

Train station: Crystal Palace Rail Station (5 minutes walk)

Please visit www.tfl.gov.uk for service updates

Parking - FREE
The venue enjoys 250 spaces and 10 disabled parking spaces. Please ensure you park at the right space provided as ticket wardens frequent locations. *Organisers are unable to resolve any tickets issued, as a result of parking in non specified areas!*





Crystal Palace National Sports Centre
Ledrington Road
Crystal Palace
London
SE19 2BB

By bus 3, 157, 122, 202, 227, 249, 322, 358, 363, 432, 450	By train, tube & tram Crystal Palace Penge West	By bike Bike storage available Storage for 40 bikes available	By car Car parking available 250 total spaces available 10 disabled spaces available Parking type: Free
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