



Dear Taekwondo Friends,

It is our pleasure to extend this formal invitation to you and your students to take part in the Northern Ireland International Open Poomsae Championships. This is to be held at the Queens Sport, Stranmillis Gardens, Belfast, BT9, Northern Ireland on Saturday the 25<sup>th</sup> February 2017.

The competition shall adopt a WTF model, in both format and official rules.

In order that everyone from complete novice to experienced competitor gets an opportunity to compete to their full potential, the organising body has included Dan, K1, K2, K3, Para and Freestyle divisions.

In order to ensure the smooth running of this event, the organisers would welcome applications from suitably qualified individuals to act as competition judges and officials. Judges must have attended and passed a national level Poomsae judging course conducted by the National Federation.

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 Saturday 25<sup>th</sup> February 2017.

**Closing date for competition entries is Friday 10<sup>th</sup> February 2017.**

**Online entry only**

Best Regards

Master Damian Duffy IR  
Competition Director

Master Glen Culbert IR  
Competition Poomsae Judge Co-ordinator

## 1. ORGANISATION

Governing Body: British Taekwondo

Organiser: United Taekwondo Association (Northern Ireland)

Competition Director: Master Damian Duffy - (IR)  
Contact: +44 (0)7740335638  
E-Mail: [damian.duffy1@ntlworld.com](mailto:damian.duffy1@ntlworld.com)

Judges Coordinator: Master Glen Culbert – (IR)  
Contact: +447815805902  
E-Mail: [glentkd@hotmail.co.uk](mailto:glentkd@hotmail.co.uk)

Judges Director: Grand Master T.W. Shin 9th Dan (IR)

Competition Website: [www.tkd-regonline.com](http://www.tkd-regonline.com)



## 2. Date and Venue

Venue: Queens Sport, Stranmillis Gardens, Belfast, BT9, Northern Ireland, United Kingdom.

Date: Saturday 25<sup>th</sup> February 2017

Deadline: **Entry will close on Friday 10<sup>th</sup> February 2017**

Contact: [Register@ni-poomsae.co.uk](mailto:Register@ni-poomsae.co.uk) for an online password.

## 3. SCHEDULE

Compulsory Poomsae shall be drawn, set and announced by the organising committee 3 days before the competition.

### Saturday 25<sup>th</sup> February 2017

|               |                                      |
|---------------|--------------------------------------|
| 09:00 – 09:30 | Registration                         |
| 09:00 – 09:40 | Judge's/ officials meeting           |
| 10:00         | Start of the competition             |
| 13:30 – 14:00 | Lunch Break                          |
| 19:30 – 20:00 | End of competition - Awards Ceremony |

**All times are approximate**

#### 4. ELIGIBILITY FOR PARTICIPATION

Competitors must be members of a national federation affiliated to the WTF. 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 UTA (NI) and any of its representatives will not be responsible for any injury cost.

**All UK competitors must hold a valid British Taekwondo licence and insurance.**



#### 5. ENTRY FEES

| Divisions                             | Dan/Poom | K1, K2 & K3 (Kup Grade) |
|---------------------------------------|----------|-------------------------|
| Individual competition:               | £30      | £25                     |
| Pair Competition (per pair):          | £30      | £25                     |
| Team Competition (per team):          | £30      | £25                     |
| Freestyle Individual competition:     | £30      |                         |
| Freestyle Pair Competition (per pair) | £30      |                         |
| Freestyle Team Competition (per team) | £30      |                         |

Entry fees must be paid via online banking

#### 6. APPLICATION

##### Online Application Only

Please complete the competition application online. [www.ni-poomsae.co.uk](http://www.ni-poomsae.co.uk).

Contact [Register@ni-poomsae.co.uk](mailto:Register@ni-poomsae.co.uk) for an online password to complete application.

##### Online bank transfer payment only:

##### Bank details:

Barclays Bank  
UTANI  
Sort code: 20-62-27  
Account number: 70815063

When sending your online payment, please state: **club name/comp fees**

Example: Queen's Uni/ comp fees

Entry will close on **Friday 10<sup>th</sup> February 2017**

All competitors' fees must be received by Monday 13<sup>h</sup> February 2017.

We will endeavour to send a confirmation email of your entry within two days of receiving them.

**Note: Any changes to the entries on the day of the competition will incur a £20 admin fee per change.**

## 7. CONTESTANTS

**Membership** Participants must be members of a National Federation which is affiliated to the WTF.

**Divisions**

|      |  |                                   |
|------|--|-----------------------------------|
| DAN: | 1 <sup>st</sup> Dan / Poom and higher, Kukkiwon Holder |                                   |
| K1:  | 2 <sup>nd</sup> Kup (Red Belt)                         | - 1 <sup>st</sup> Kup (Black Tag) |
| K2:  | 6 <sup>th</sup> Kup (Green Belt)                       | - 3 <sup>rd</sup> Kup (Red Tag)   |
| K3:  | 10 <sup>th</sup> Kup (White Belt)                      | - 7 <sup>th</sup> Kup (Green Tag) |

**Maximum 300 individual entries**

Note: Kup divisions may be combined if less than 3 competitors in a division

### Contestants can only enter a division once

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 (2017) then he/she shall participate in the category of U30 (18 - 30 years old).

## 8. A-CLASS DIVISION (DAN/POOM GRADES)

**A Class:** Competitors must be minimum 1st Dan/Poom grade & Kukkiwon holder.

## METHOD OF COMPETITION

### Cut-Off System will be used

**1st Round:** If there are 20 and over 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 2<sup>nd</sup> 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 may start in the final if there are 8 entrants or less. 9 entrants or more will start in the 2<sup>nd</sup> Round.

### Compulsory Poomsae

All competitors must perform the set Poomsae and if they cannot they will be disqualified.

All compulsory Poomsae shall be drawn, set and announced by the organising committee 3 days before the competition.



**9. DAN DIVISIONS (DAN/POOM GRADES)** (Contestants can only enter a division once)



| <b>Individual (Male &amp; Female)</b>   |  |
|---|--|
| <b>Division</b>                         | <b>Compulsory Poomsae</b>  |
| U11 Years (Peewee)<br>Age 11yrs & below | Taeguk 4,5,6,7, 8 Jang,<br>Koryo, Keumgang                                     |
| U14 Years (Cadet)<br>Age 12yrs - 14yrs  | Taeguk 4,5,6,7, 8 Jang,<br>Koryo, Keumgang, Taebaek                            |
| U17 Years (Junior)<br>Age 15yrs – 17yrs | Taeguk 6,7,8 Jang, Koryo,<br>Keumgang, Taebeak, Pyongwon, Shipjin              |
| U30 Years<br>Age 18yrs - 30yrs          | Taeguk 8 Jang, Koryo, Keumgang, Taebeak,<br>Pyongwon, Shipjin, Jitae, Chonkwon |
| U40 Years<br>Age 31yrs – 40yrs          | Koryo, Keumgang, Taebeak , Pyongwon,<br>Shipjin, Jitae, Chonkwon, Hansu        |
| U50 Years<br>Age 41yrs – 50yrs          |  |
| U60 Years<br>Age 51yrs – 60yrs          |  |
| U65 Years<br>Age 61yrs - 65yrs +        |  |
| +66 Years<br>Age 66yrs +                |  |
| <b>Pairs (1 Male and 1 Female)</b>      |  |
| <b>Division</b>                         | <b>Compulsory Poomsae</b>  |
| Peewee Pair<br>U11yrs                   | Taeguk 4,5,6,7,8 Jang,<br>Koryo, Keumgang                                      |
| Cadet Pair<br>12yrs - 14yrs             | Taeguk 4,5,6,7,8 Jang,<br>Koryo, Keumgang                                      |
| Junior Pair<br>15yrs – 17yrs            | Taeguk 4,5,6,7,8 Jang,<br>Koryo, Keumgang, Taebaek                             |
| 1 <sup>st</sup> Pair<br>18yrs - 30yrs   | Taeguk 6,7,8 Jang, Koryo ,<br>Keumgang, Taebeak, Pyongwon, Shipjin             |
| 2 <sup>nd</sup> Pair<br>31yrs +         | Taeguk 8 Jang, Koryo ,Keumgang, Taebeak,<br>Pyongwon, Shipjin, Jitae, Chonkwon |

DAN DIVISIONS (DAN/POOM GRADES) Continued



| Teams (3 Males or 3 Females) |  |
|------------------------------|--|
| Division                     | Compulsory Poomsae   |
| Peewee Team<br>U11yrs        | Taeguk 4,5,6,7,8 Jang<br>Koryo, Keumgang                                       |
| Cadet Team<br>12yrs - 14yrs  |  |
| Junior Team<br>15yrs – 17yrs | Taeguk 4,5,6,7,8 Jang,<br>Koryo, Keumgang, Taebeak                             |
| 1st Team<br>18yrs – 30yrs    | Taeguk 6,7,8 Jang, Koryo ,<br>Keumgang, Taebeak, Pyongwon, Shipjin             |
| 2nd Team<br>31yrs +          | Taeguk 8 Jang, Koryo ,Keumgang, Taebeak,<br>Pyongwon, Shipjin, Jitae, Chonkwon |



## 10. A-CLASS FREESTYLE

### Freestyle Poomsae (Dan Grades only 12 -17yrs & 18yrs +)

Individual Male

Individual Female

Mixed Pairs (One male & one female)

Team (Two female & three male or two male & three female)



Freestyle Poomsae is the performance based on Taekwondo techniques with composition of music and choreography.

#### Composition of Poomsae

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 competitors choice
4. Performance shall be within the boundary line.
5. Performance shall be within 60 - 70 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.  
[register@ni-poomsae.co.uk](mailto:register@ni-poomsae.co.uk)
8. Music track **must not** contain any EXPLICIT lyrics

#### Guide line for Freestyle Poomsae

##### Technical Skills 6.0

1. Height of jump kicks
2. Number of jumping kicks
3. Gradient of turn kicks
4. Number of consecutive kicks
5. Acrobatic actions
6. Taekwondo basic accuracy of movements

##### Presentation 4.0

1. Creativeness
2. Harmony
3. Expression of energy
4. Good music & Choreography

## 11. K1 DIVISIONS (2<sup>nd</sup> Kup Red Belt to 1<sup>st</sup> Kup Black Tag)

**K1 Competition Method** (Contestants can only enter a division once)

**If 9 competitors, Pairs, Teams or more:** Two Compulsory Poomsae to be performed in first round (top 8 to progress), and Two further Poomsae in the final. A Poomsae cannot be repeated in the final.

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



| <b>Individual (Male &amp; Female)</b>        |  |
|--|--|
| <b>Division</b>                              | <b>Compulsory Poomsae</b>                                |
| U9 Years (Mini Peewee)<br>Age 9yrs and below | Compulsory Poomsae<br>Selected From Taeguk 3 to Taeguk 8 |
| U11 Years (Peewee)<br>Age 10 - 11yrs         |  |
| U14 Years (Cadet)<br>Age 12 -14yrs           |  |
| U17 Years (Junior)<br>Age 15 – 17yrs         |  |
| U35 Years<br>Age 18 - 35yrs                  |  |
| +36 Years<br>Age 36yrs and over              |  |

| <b>Pairs (1 Male and 1 Female)</b> |  |
|------------------------------------|--|
| <b>Division</b>                    | <b>Compulsory Poomsae</b>                                |
| Peewee Pair<br>U11yrs              | Compulsory Poomsae<br>Selected From Taeguk 3 to Taeguk 8 |
| Cadet Pair<br>12 – 14yrs           |  |
| Junior Pair<br>15 - 17yrs          |  |
| 1 <sup>st</sup> Pair<br>18 - 30yrs |  |
| 2 <sup>nd</sup> Pair<br>31yrs +    |  |

| <b>Teams (3 Males or 3 Females)</b> |  |
|-------------------------------------|--|
| <b>Division</b>                     | <b>Compulsory Poomsae</b>                                |
| Peewee Team<br>U11yrs               | Compulsory Poomsae<br>Selected From Taeguk 3 to Taeguk 8 |
| Cadet Team<br>12 – 14yrs            |  |
| Junior Team<br>15 - 17yrs           |  |
| 1 <sup>st</sup> Team<br>18 – 30yrs  |  |
| 2 <sup>nd</sup> Team<br>31yrs +     |  |

**All compulsory Poomsae shall be drawn, set and announced by the organising committee 3 days before the competition.**



## 12. K2 INDIVIDUAL DIVISIONS (6<sup>th</sup> Kup Green Belt to 3<sup>rd</sup> Kup Red Tag)

**K2 Competition Method** (Contestants can only enter a division once)

**If 9 competitors or more:** Two Poomsae to be performed in first round (top 8 to progress), and two further Poomsae in the final. A Poomsae may be repeated in the final.

**If 8 competitors or less:** Straight to final, two Poomsae performed



| Individual (Male & Female)                   | Compulsory Poomsae   |
|--|--|
| <b>Division</b>                              |  |
| U9 Years (Mini Peewee)<br>Age 9yrs and below | Competitors choice of Poomsae<br>From Taeguk 1 to Taeguk 6 |
| U11 Years (Peewee)<br>Age 10 - 11yrs         |  |
| U14 Years (Cadet)<br>Age 12 -14yrs           |  |
| U17 Years (Junior)<br>Age 15 – 17yrs         |  |
| U35 Years<br>Age 18 - 35yrs                  |  |
| +36 Years<br>Age 36 and over                 |  |

**All Poomsae shall be chosen by the competitor, there will no drawn compulsory Poomsae**

## 13. K3 INDIVIDUAL DIVISIONS (10<sup>th</sup> Kup White Belt to 7<sup>th</sup> Kup Green Tag)

**K2 Competition Method** (Contestants can only enter a division once)

**If 9 competitors or more:** Two Poomsae to be performed in first round (top 8 to progress), and two further Poomsae in the final. A Poomsae may be repeated in the final.

**If 8 competitors or less:** Straight to final, two Poomsae performed

| Individual (Male & Female)                   | Compulsory Poomsae   |
|--|--|
| <b>Division</b>                              |  |
| U9 Years (Mini Peewee)<br>Age 9yrs and below | Competitors choice of Poomsae<br>From Taeguk 1 to Taeguk 3 |
| U11 Years (Peewee)<br>Age 10 - 11yrs         |  |
| U14 Years (Cadet)<br>Age 12 -14yrs           |  |
| U17 Years (Junior)<br>Age 15 – 17yrs         |  |
| U35 Years<br>Age 18 - 35yrs                  |  |
| +36 Years<br>Age 36 – 49yrs                  |  |
| +50 Years<br>Age 50yrs                       |  |

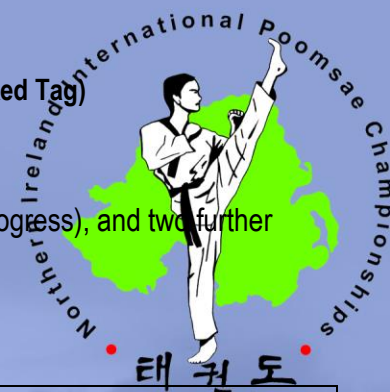
**All Poomsae shall be chosen by the competitor, there will no drawn compulsory Poomsae**

#### 14. K2 & K3 COMBINED PAIRS & TEAMS DIVISIONS (10<sup>th</sup> Kup White Belt to 3<sup>rd</sup> Kup Red Tag)

**K2 Competition Method** (Contestants can only enter a division once)

**If 9 competitors or more:** Two Poomsae to be performed in first round (top 8 to progress), and two further Poomsae in the final. A Poomsae may be repeated in the final.

**If 8 competitors or less:** Straight to final, two Poomsae performed



| Pairs (1 Male and 1 Female)        |  |
|------------------------------------|--|
| Division                           | Compulsory Poomsae   |
| Peewee Pair<br>U11yrs              | Competitors choice of Poomsae<br>From Taeguk 1 to Taeguk 6 |
| Cadet Pair<br>12 – 14yrs           |  |
| Junior Pair<br>15 - 17yrs          |  |
| 1 <sup>st</sup> Pair<br>18 - 30yrs |  |
| 2 <sup>nd</sup> Pair<br>31yrs +    |  |

| Teams (3 Males or 3 Females)       |  |
|------------------------------------|--|
| Division                           | Compulsory Poomsae   |
| Peewee Team<br>U11yrs              | Competitors choice of Poomsae<br>From Taeguk 1 to Taeguk 6 |
| Cadet Team<br>12 – 14yrs           |  |
| Junior Team<br>15 - 17yrs          |  |
| 1 <sup>st</sup> Team<br>18 – 30yrs |  |
| 2 <sup>nd</sup> Team<br>31yrs +    |  |

**All Poomsae shall be chosen by the competitor, there will no drawn compulsory Poomsae**

#### 15. PARA CATEGORIES – 2017

|               |  |
|---------------|--|
| Para Division | 4 Dan Divisions<br>Age: U17 Male, U17 Female, 18+Male, 18+ Female<br>Must Perform any standard <b>recognized WTF Poomsae</b><br><br>4 Kup Divisions<br>Age: U17 Male, U17 Female, 18+Male, 18+ Female<br>Must Perform any standard <b>recognized WTF Poomsae</b> |
| Para Non WTF  | 1 Male & 1 Female Division<br><br>Open Age<br>Open Belt (Kup & Dan)<br>Competitors may perform a<br><b>non-recognised WTF Poomsae</b> (no longer than 70 seconds).   |

## 16. ARBITRATION

### Procedure of 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



### SITUATIONS NOT COVERED BY THE RULES

Where any situation arises which is not covered by these rules, it shall be dealt with and decision given by the referee after consultation with the organizing committee.

## 17. JUDGES/ OFFICIALS

### Judges:

Invitations shall be made by the UTA (NI) Taekwondo Poomsae committee to selected judges who have passed the British Taekwondo Poomsae judges course or similar coaching course of a WTF affiliated body. Please contact us if you would be interested in judging at the event.

All judges/officials will receive lunch and refreshments throughout the competition day.

It is our request that all judges dress in appropriate attire (shirt and tie etc.) in accordance to WTF / UTA (NI) regulations.

The organisers shall try to ensure that regular breaks and rotation of judges is provided for all judges and officials.

## 18. FURTHER INFORMATION

### Awards:

1<sup>st</sup>, 2<sup>nd</sup> and two 3<sup>rd</sup> place medals shall be awarded in each category. There shall also be 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place overall team trophies based on number of medals won by each team:

5pts Gold, 3pts Silver, 1pt Bronze

### Dress:

A Class division: Competitors may compete wearing WTF recognised Poomsae uniform.

Kup Divisions: Competitors may only compete wearing WTF recognised uniform.

Any contestant wearing unofficial uniform will not be permitted to compete.

Jewellery is strictly not permitted.

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

**Spectators:** Free entry

**Officials:** 2 coaches per team



## 19. PHOTOGRAPHY & VIDEO RECORDING

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

## 20. ACCOMMODATION & TRAVEL INFORMATION

Belfast City Centre  
6 minutes' drive to Queens Sports Centre  
Located 1.3 miles from Queens Sports Centre

### Judges & Officials Hotel

Ramada Encore Hotel  
Saint Anne's Square  
20 Talbot Street,  
Belfast, BT1 2LD

### Local Hotels

**Ramada Encore Hotel**  
Saint Anne's Square  
20 Talbot Street,  
Belfast, BT1 2LD

Prices from  
Twin/Double £80

2.6 Miles from the venue

**Wellington Park Hotel**  
21 Malone Road,  
Belfast BT9 6RU

Prices From  
Twin/ Double £95

0.8 Miles from the venue

**ETPA Hotel**  
35 Dublin Road  
Belfast City Centre

Prices from  
Twin/Double £75

1.4 Miles from the venue

**Holiday inn Express**  
106 University Street  
Belfast, BT7 1HP

Prices From  
Twin/ Double £80

0.7 Miles from the venue

**Tourist Information:** [www.discovernorthernireland.com](http://www.discovernorthernireland.com)

## 21. Airport Transfers

The organising committee will endeavour to provide free transportation for International Teams (Non U.K.) arriving on **Friday 24<sup>th</sup> February 2017** and departing on **Sunday 26<sup>th</sup> February 2017**.

**Transport must be requested by 15<sup>th</sup> January 2017**



## 22. Airports & Travel Information

**George Best Belfast city airport is the recommended airport:** it's the most convenient airport to the city centre hotels and venue.

### [George Best Belfast City Airport](#)

Belfast City Airport  
10 minutes' drive to Belfast city center  
Located 5 miles from Queens Sport (Approx. 15 min drive)

Translink 600 service  
Goes every 20 minutes during peak times  
Cost: £3.80 Adult return  
£1.90 Child return

Taxi service  
Approximately £10 to the city Centre

### [Belfast International Airport Ltd](#)

[www.belfastairport.com](http://www.belfastairport.com)

Belfast International Airport  
30 minutes' drive to Belfast city center  
Located centrally within Northern Ireland it's convenient to the Queens Sport, which is just 35 minutes away by car. (Approx. 20 miles away)

Translink 300 service  
Goes every 15 minutes during peak times  
Fare: £10.50 Adult return  
£5.25 Child return

Taxi service  
Approximately £30 to the city Centre

### [Dublin Airport](#)

Dublin International Airport  
Dublin airport is approximately **1hour 55min** drive from Belfast city centre.

Translink Goldline X1 & X2 Services  
Goes every 60 minutes during peak times  
Web fare: £16 Adult return  
£9.60 Child return

**Translink website for more information:** [www.translink.co.uk](http://www.translink.co.uk)