

**Northern Ireland  
Inter-club  
Poomsae Championships**



**Saturday 8<sup>th</sup> December  
2012**

**Queen's Sport  
Queen's University  
Physical Education Centre**



Dear Taekwondo Friends,

It our pleasure to extend this formal invitation to you and your students to take part in the Northern Ireland Inter-club Poomsae Championships to be held at Queens University, Queens Sport Centre, Belfast on Saturday the 8<sup>th</sup> December 2012

It is the hope of the competition organisers that this event will serve to help stimulate and develop the growing interest in WTF Poomsae Competition throughout the Northern Ireland. 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 A Class, B Class, C Class and D Class 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

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 8<sup>th</sup> December 2012.

Closing Date for the competition entries is Wednesday 28<sup>th</sup> November 2012.

Best Regards

Damian Duffy  
Competition Director

## COMPETITION DETAILS

### 1. ORGANISATION

Promoter: United Taekwondo Association (Northern Ireland)

Organiser: United Taekwondo Association (Northern Ireland)

Competition Director: Mr Damian Duffy  
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)

Competition Website: [www.ni-poomsae.co.uk](http://www.ni-poomsae.co.uk) (inter-club page)

### 2. Date and Venue

Venue: Queen's Sport  
Queen's University, Physical Education Centre

Date: Saturday 8<sup>th</sup> December 2012

Deadline: Online entry will close on **Wednesday 28<sup>th</sup> November 2012**

Contact Damian Duffy [damian.duffy1@ntlworld.com](mailto:damian.duffy1@ntlworld.com). For an online password complete application

### 3. SCHEDULE

#### Saturday 8<sup>th</sup> December 2012

09:00 – 09:15	Registration at Queen's University physical education centre
09:15 – 09:40	Judge's/ officials meeting
10:00 a.m.	Start of the competition
13:30 – 14:00	Lunch Break
17:00 – 17:30	End of competition - Awards Ceremony (approx.)

#### 4. CONDITION 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 BTCB licence and insurance**

#### 5. ENTRY FEES

<b>Divisions</b>	<b>A Class (Dan Grades)</b>	<b>B, C &amp; D Class (Kup Grades)</b>
Individual competition:	£8.00	£8.00
Pair Competition (per pair):	£12.00	£12.00
Team Competition (per team):	£15.00	£15.00

Entry fees may be paid by cheque or sterling draft (UK) made payable to: **UTA Northern Ireland**

All fees paid must be accompanied by a fully completed application form detailing total fees paid

#### 6. APPLICATION

##### **Online Application**

Please complete the competition application online. [www.poomsae-ni.co.uk](http://www.poomsae-ni.co.uk). [register@ni-interclub.co.uk](mailto:register@ni-interclub.co.uk) A copy of the competitors list should then be printed out and sent to the competition director.

Contact Damian Duffy [damian.duffy1@ntlworld.com](mailto:damian.duffy1@ntlworld.com). For an online password to complete application

Completed competitors list along with entry fees should be sent to:

**UTA NI Competition Director: Damian Duffy**  
37 Ailesbury Road,  
Belfast,  
Northern Ireland, BT7 3FH

Application and fees must be received by **Wednesday 28<sup>th</sup> November 2012**. The organisers will not accept responsibility for lost or delayed application forms.

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

## 7. CONTESTANTS

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

Competitors Participants in Pairs and team's must be from the same club

Divisions A – Class: 1<sup>st</sup> Dan / Poom and higher, Kukkiwon Holder  
B – Class: 1<sup>st</sup> Kup (Black Tag) – 4<sup>th</sup> Kup (Blue Belt)  
C – Class: 5<sup>th</sup> Kup (Blue Tag) – 8<sup>th</sup> Kup (Yellow Belt)  
D – Class: 9<sup>th</sup> Kup (Yellow Tag) - 10<sup>th</sup> Kup (White Belt)

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 (2012) then he/she shall participate in the category of 1<sup>st</sup> Senior's (18-35 years old).

**All Poomsae shall be chosen by the Competitor, there will no drawn Compulsory Poomsae**

**Competitor's choice**

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

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

### **Cut-Off System will used**

**1st Round:** If there are over 20 competitors in a division then they will start in this round.

Two poomsae will be required and may be performed with a one minute rest period in between. One poomsae of the competitor's choice from the 1st Compulsory section of the table, and one from the 2nd Compulsory section of the table

**2nd Round:** top 50% of the competitors with the highest scores will qualify for this round.

Two poomsae will be required and may be performed with a one minute rest period in between. One poomsae of the competitor's choice from the 1st Compulsory section of the table, and one from the 2nd Compulsory section of the table

**Final Round:** The top 8 competitors (with the highest scores) from the 2<sup>nd</sup> round will qualify

Two poomsae will be required and may be performed with a one minute rest period in between. One poomsae of the competitor's choice from the 1st Compulsory section of the table, and one from the 2nd Compulsory section of the table

**Final:** Divisions may start in the final if there are 8 entrants or less

**All Poomsae shall be chosen by the Competitor, there will no drawn Compulsory Poomsae**

**Competitor's choice**

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

### Dan Grades

<b>Individual (Male &amp; Female)</b>		
<b>Division</b>	<b>1<sup>st</sup> Compulsory Poomsae</b>	<b>2<sup>nd</sup> Compulsory Poomsae</b>
Cadet -13 yrs	Taeguek 4,5,6,7 Jang	Taeguek 8 Jang, Koryo, Keumgang, Taebaek
Junior 14 – 17 yrs		
1 <sup>st</sup> Senior 18 - 35 yrs	Taeguek 4,5,6,7 Jang	Taeguek 8 Jang, Koryo,, Keumgang, Taebaek , Pyongwon, Shipjin, Jitae, Chonkwon
2 <sup>nd</sup> Senior 36 +yrs	Taeguek 4,5,6,7 Jang	Taeguek 8 Jang, Koryo,, Keumgang, Taebaek , Pyongwon, Shipjin, Jitae, Chonkwon

<b>Pairs (1 Male and 1 Female)</b>		
<b>Division</b>	<b>1<sup>st</sup> Compulsory Poomsae</b>	<b>2<sup>nd</sup> Compulsory Poomsae</b>
Cadet Pair – 13 yrs	Taeguek 4,5,6,7 Jang	Taeguek 8 Jang, Koryo, Keumgang, Taebaek
1 <sup>st</sup> Pair 14- 17 yrs	Taeguek 4,5,6,7 Jang	Taeguek 8 Jang, Koryo, Keumgang, Taebaek
2 <sup>nd</sup> Pair 18 + yrs	Taeguek 4,5,6,7 Jang	Taeguek 8 Jang, Koryo,, Keumgang, Taebaek , Pyongwon, Shipjin, Jitae, Chonkwon

<b>Teams (3 Males or 3 Females)</b>		
<b>Division</b>	<b>1<sup>st</sup> Compulsory Poomsae</b>	<b>2<sup>nd</sup> Compulsory Poomsae</b>
Cadet Team – 13yrs	Taeguek 4,5,6,7 Jang	Taeguek 8 Jang, Koryo, Keumgang, Taebaek
1 <sup>st</sup> Team 14 – 17 yrs	Taeguek 4,5,6,7 Jang	Taeguek 8 Jang, Koryo, Keumgang, Taebaek
2 <sup>nd</sup> Team 18 + yrs	Taeguek 4,5,6,7 Jang	Taeguek 8 Jang, Koryo,, Keumgang, Taebaek , Pyongwon, Shipjin, Jitae, Chonkwon

<b>Teams (mixed teams) (combination of male &amp; female competitors)</b>		
<b>Division</b>	<b>1<sup>st</sup> Compulsory Poomsae</b>	<b>2<sup>nd</sup> Compulsory Poomsae</b>
Cadet Team – 13yrs	Taeguek 4,5,6,7 Jang	Taeguek 8 Jang, Koryo, Keumgang, Taebaek
1 <sup>st</sup> Team 14 – 17 yrs	Taeguek 4,5,6,7 Jang	Taeguek 8 Jang, Koryo, Keumgang, Taebaek
2 <sup>nd</sup> Team 18 + yrs	Taeguek 4,5,6,7 Jang	Taeguek 8 Jang, Koryo,, Keumgang, Taebaek , Pyongwon, Shipjin, Jitae, Chonkwon

All Poomsae shall be chosen by the Competitor, there will no drawn Compulsory Poomsae,

Competitor's choice

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

### Freestyle Poomsae (Dan Grades only -13yrs & 14yrs +)

**Individual Male**

**Individual Female**

**Mixed Pairs** (One male & one 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. Technique: each performance shall be composite of defending and attacking techniques of Taekwondo with 60% foot techniques and 40% hand techniques.
4. Music and choreography shall be the competitors choice
5. Performance shall be within the boundary line.
6. Performance shall be within 60 - 70 seconds.
7. The competitor must **submit a plan of their freestyle performance on registration.**
8. 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)
9. Music track **must not** contain any lyrics

### Guide line for Freestyle Poomsae

#### Technical Skills

1. Level of difficulty of foot and hand techniques
2. Height of jump kicks
3. Number of jumping kicks
4. Gradient of turn kicks
5. Number of consecutive kicks
6. Acrobatic actions
7. Taekwondo basic accuracy of movements

#### Presentation

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

## 11. B CLASS DIVISION (Kup Grades 4<sup>th</sup> Kup Blue Belt to 1<sup>st</sup> Kup Black Tag)

### B Class Competition Method

**If 9 competitors, Pairs, Teams or more:** Two poomsae to be performed in first round (top 6 to progress), and one 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>
Peewee up to 9 yrs	Competitors choice of Poomsae From Taegeuk 3 to Taegeuk 8
Cadet 10 - 13 yrs	
Junior 14 – 17 yrs	
1 <sup>st</sup> Senior 18 - 35 yrs	
2 <sup>nd</sup> Senior over 36 yrs	

<b>Pairs (1 Male and 1 Female)</b>	
<b>Division</b>	<b>Compulsory Poomsae</b>
Cadet Pair up to 13yrs	Competitors choice of Poomsae From Taegeuk 3 to Taegeuk 8
1 <sup>st</sup> Pair 14yrs to 17 yrs	
2 <sup>nd</sup> Pair over 18 yrs	

<b>Teams (3 Males or 3 Females)</b>	
<b>Division</b>	<b>Compulsory Poomsae</b>
Cadet Pair up to 13yrs	Competitors choice of Poomsae From Taegeuk 3 to Taegeuk 8
1 <sup>st</sup> Team 14 yrs to 17 yrs	
2 <sup>nd</sup> Team over 18 yrs	

### **Teams (mixed teams) (combination of male & female competitors)**

<b>Teams (mixed teams) (combination of male &amp; female competitors)</b>	
<b>Division</b>	<b>Compulsory Poomsae</b>
Cadet Pair up to 13yrs	Competitors choice of Poomsae From Taegeuk 3 to Taegeuk 8
1 <sup>st</sup> Team 14 yrs to 17 yrs	
2 <sup>nd</sup> Team over 18 yrs	



## 12. C CLASS DIVISION (Kup Grades 8<sup>th</sup> Kup Yellow Belt to 5<sup>th</sup> Kup Blue Tag)

### C Class Competition Method

**If 9 competitors, Pairs, Teams or more:** Two poomsae to be performed in first round (top 6 to progress), and one 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>
Peewee up to 9 yrs	Competitors choice of Poomsae From Taegeuk 1 to Taegeuk 6
Cadet 10 - 13 yrs	
Junior 14 – 17 yrs	
1 <sup>st</sup> Senior 18 - 35 yrs	
2 <sup>nd</sup> Senior over 36 yrs	

<b>Pairs (1 Male and 1 Female)</b>	
<b>Division</b>	<b>Compulsory Poomsae</b>
Cadet Pair up to 13yrs	Competitors choice of Poomsae From Taegeuk 1 to Taegeuk 6
1 <sup>st</sup> Pair 14yrs to 17 yrs	
2 <sup>nd</sup> Pair over 18 yrs	

<b>Teams (3 Males or 3 Females)</b>	
<b>Division</b>	<b>Compulsory Poomsae</b>
Cadet Pair up to 13yrs	Competitors choice of Poomsae From Taegeuk 1 to Taegeuk 6
1 <sup>st</sup> Team 14 yrs to 17 yrs	
2 <sup>nd</sup> Team over 18 yrs	

### **Teams (mixed teams) (combination of male & female competitors)**

<b>Teams (mixed teams) (combination of male &amp; female competitors)</b>	
<b>Division</b>	<b>Compulsory Poomsae</b>
Cadet Pair up to 13yrs	Competitors choice of Poomsae From Taegeuk 1 to Taegeuk 6
1 <sup>st</sup> Team 14 yrs to 17 yrs	
2 <sup>nd</sup> Team over 18 yrs	

### 13. D CLASS DIVISION (Kup Grade 10<sup>th</sup>- 9<sup>th</sup> Kup)

#### D Class Competition Method

**If 9 competitors, Pairs, Teams or more:** Two poomsae to be performed in first round (top 6 to progress), and one 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>
Peewee up to 9 yrs	Competitors choice of Poomsae from  Basic 1: Gibonil Basic 2: Sajugiligi (4 directional punch)  Taeguk 1 (IL Jang)
Cadet 10 - 13 yrs	
Junior 14 – 17 yrs	
1 <sup>st</sup> Senior 18 - 35 yrs	
2 <sup>nd</sup> Senior over 36 yrs	

<b>Pairs (1 Male and 1 Female)</b>	
<b>Division</b>	<b>Compulsory Poomsae</b>
Cadet Pair up to 13yrs	Competitors choice of Poomsae from  Basic 1: Gibonil Basic 2: Sajugiligi (4 directional punch)  Taeguk 1 (IL Jang)
1 <sup>st</sup> Pair 14yrs to 17 yrs	
2 <sup>nd</sup> Pair over 18 yrs	

<b>Teams (3 Males or 3 Females)</b>	
<b>Division</b>	<b>Compulsory Poomsae</b>
Cadet Pair up to 13yrs	Competitors choice of Poomsae from  Basic 1: Gibonil Basic 2: Sajugiligi (4 directional punch)  Taeguk 1 (IL Jang)
1 <sup>st</sup> Team 14 yrs to 17 yrs	
2 <sup>nd</sup> Team over 18 yrs	

#### **Teams (mixed teams) (combination of male & female competitors)**

<b>Teams (mixed teams) (combination of male &amp; female competitors)</b>	
<b>Division</b>	<b>Compulsory Poomsae</b>
Cadet Pair up to 13yrs	Competitors choice of Poomsae from  Basic 1: Gibonil Basic 2: Sajugiligi (4 directional punch)  Taeguk 1 (IL Jang)
1 <sup>st</sup> Team 14 yrs to 17 yrs	
2 <sup>nd</sup> Team over 18 yrs	

## 14. FURTHER INFORMATION

Awards:	1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> 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:	Competitors may only compete wearing full WTF uniform. Jewellery is strictly not permitted.
Hall Rules:	Only competitors and their coaches shall be admitted to the contest areas.
Spectators:	Admission Adults £2 Children £1
Guests:	Coaches/Competitors 2 coaches per team

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 GBP 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, UTA (NI) shall accept No responsibility for any damages, injuries or losses sustained or incurred.

## 15. PHOTOGRAPHY & VIDEO RECORDING AT EVENTS POLICY

In the interests of Child Protection the BTCB requires ANY person (relative, friend, coach or other official) wishing to engage in photography or video recording (including the use of mobile phones as recording equipment) to register their intent using the Photography Registration form provided with this application. The Photography Registration form must be completed and then submitted to the event organiser on the day of the competition.

Many coaches wish to use video facilities at events in order to provide feedback for their students and by entering your child for this event you are accepting that they may be photographed or videoed and are therefore providing the necessary consent

[BTCB HEALTH AND SAFETY POLICY PART 6 - PHOTOGRAPHY POLICY](#)