



05 & 06 OCTOBER 2024



WELCOME

We invite and welcome you, our British Taekwondo Kyorugi family, to the 2024 National Championships as we return to the English Institute of Sport (EIS) in Sheffield for the third year.

With this being an Olympic and Paralympic year, I'm really looking forward to seeing the stars of the future competing for the title of National Champion in what we hope will be the biggest Nationals yet!

The passion, skill, excitement, and energy the athletes will bring to the mats are a credit to the dedication of coaches and the support of families, and provide an inspiration for the next generation coming through.

Our values as an organisation are Excellence, Inspiration, Unity and Integrity and I ask coaches to instil these personal goals in all their members, particularly athletes, and have them on show in Sheffield.

I wish each of you the very best of luck and hope you achieve your sporting aspirations in Sheffield and take away lifelong memories of a fantastic weekend.

lan Leafe Chief Executive Officer





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OVERVIEW

VENUE: EIS Sheffield Coleridge Road, Sheffield S9 5DA

DATES: SATURDAY 5th October SUNDAY 6th October

TIMETABLE

The timetable for the British Sport Taekwondo Championships will be published online on the British Taekwondo website: www.britishtaekwondo.org.uk/british-sport-taekwondo-championships/

The timetable is subject to change, please check for updates.

Changes will be emailed directly to registered clubs, coaches and instructors, and notification made through British Taekwondo social channels.

Weekend Overview

Saturday 05 October

All Advanced categories

Sunday 06 October

- All Novice categories
- All Veteran categories
- All Para Taekwondo categories

Daily Schedule & Running Order

Matches will commence at 0900 on both days of competition.

Courts will close on a rolling basis for a 45-minute lunch break from 1200. Announcements will be made on the day to confirm the time and final matches before the lunch break.





PARTICIPANT ELIGIBILITY

All participants must be members of British Taekwondo. All competitors must be a UK passport holder or UK resident. (Advanced athletes wishing to be considered for national teams must be a UK passport holder).

Coaches

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All registered coaches must hold a valid British Taekwondo membership.

The minimum age for a coach is 18 years old.

Coaches must bring and show PHOTO identification at registration to collect coach passes and team packs.

Coach accreditation must be collected in person and can only be handed out to the named coach who has passed the audit.

Coaches must also have up to date criminal records checks logged on The Hub system.

Competitors

All registered competitors must hold a valid British Taekwondo membership. Competitors must bring and show PHOTO identification at weigh in.

Technical Officials

All Technical Officials present at the event will be appropriately qualified and have passed the required audit checks undertaken by British Taekwondo membership services.

We urge all participants to plan now to ensure your memberships and insurances are up to date. Anyone removed from the event system due to lapsed membership or no criminal records check in the case of coaches will not be permitted to participate. Entry fees cannot be refunded in this case.

If you have any issues about membership, please ask your club coach/instructor to contact British Taekwondo membership services on **membership.services@britishtaekwondo.org** or call **0161 697 5330**





WEIGHT DIVISIONS

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SATURDAY 5TH OCTOBER

Advanced Divisions

- Pee Wee, Child and Cadet match time: 3 x rounds of 1 minute and 30 seconds.
- Junior and Senior match time: 3 x rounds of 2 minutes
- As per WT rules, semi-finals and finals of all Senior divisions will have no point gap. Point gap will apply for Junior division.
- There will be no merging of weight categories under any conditions. If there is only one athlete in a division that athlete will win the division and be awarded the gold medal.

Pee Wee 2nd KUP and above

Born in 2016 or later **Pee Wee Male:** -18kg, -20kg, -22kg, -24kg, -26kg, -30kg, +30kg **Pee Wee Female:** -18kg, -20kg, -22kg, -24kg, -26kg, -30kg, +30kg

ADVANCED CHILD 2nd KUP & above

Born in 2013, 2014, 2015 **Child Male:** -24kg -26kg -29kg -32kg -36kg -40kg -44kg -48kg +48kg **Child Female:** -24kg -26kg -29kg -32kg -36kg -40kg -44kg -48kg +48kg

ADVANCED CADETS 2nd KUP & above

Born in 2010, 2011, 2012 Cadet Male: -33kg -37kg -41kg -45kg -49kg -53kg -57kg -61kg -65kg +65kg Cadet Female: -29kg -33kg -37kg -41kg -44kg -51kg -55kg -59kg +59kg

ADVANCED JUNIORS 2nd KUP and above

Born in 2007, 2008, 2009 Junior Male: -45kg -48kg -51kg -55kg -59kg -63kg -68kg -73kg -78kg +78kg Junior Female: -42kg -44kg -46kg -49kg -52kg -55kg -59kg -63kg -68kg +68kg

ADVANCED SENIORS 2nd KUP and above

Born 2007 or before **Senior Male:** -54kg -58kg -63kg -68kg -74kg -80kg -87kg +87kg **Senior Female:** -46kg -49kg -53kg -57kg -62kg -67kg -73kg +73kg





04 SUNDAY 6TH OCTOBER

Novice Eligibility

- All matches on Sunday will be 3 x rounds of 1 minute 30 seconds, including finals.
- 12-point gap rule will apply in all finals.
- There will be no merging of weight categories under any conditions. If there is only one athlete in a division that athlete will win the division and be awarded the gold medal.

Novice Eligibility

If a player meets any of the following criteria they are not eligible to compete as a Novice:

- · Has historically competed at British Taekwondo National Championships 4+ times
- Has been a member of the GB Taekwondo Fighting Chance Phase 3/beyond
- Has participated in the GB Taekwondo Talent Draft or selected for GB Taekwondo development team
- Current member of the British Taekwondo Cadet / Under 21 squad (not including the British Taekwondo Development Team)
- Current member of the British Taekwondo Sports Performance Programme
- Kyorugi GAL Card Holder
- Competed at advanced international level in other martial arts (e.g. Kickboxing, ITF, Karate etc)

If any of the above apply but you are between 8th – 3rd Kup – you must compete in an Advanced category. Your club will need to promote you to 2nd Kup or above to enable you to compete.

Pee Wee 8th KUP to 3rd KUP

Born in 2016 or later **Pee Wee Male:** -18kg, -20kg, -22kg, -24kg, -26kg, -30kg, +30kg **Pee Wee Female:** -18kg, -20kg, -22kg, -24kg, -26kg, -30kg, +30kg

Child 8th KUP to 3rd KUP

Born in 2013, 2014, 2015 **Child Male:** -24kg -26kg -29kg -32kg -36kg -40kg -44kg -48kg +48kg **Child Female:** -24kg -26kg -29kg -32kg -36kg -40kg -44kg -48kg +48kg

Cadet 8th KUP to 3rd KUP

Born in 2010, 2011, 2012 Cadet Male: -33kg -37kg -41kg -45kg -49kg -53kg -57kg -61kg -65kg +65kg Cadet Female: -29kg -33kg -37kg -41kg -44kg -47kg -51kg -55kg -59kg +59kg

cont.



Junior 8th KUP to 3rd KUP

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cont.

Born in 2007, 2008, 2009 Junior Male: -45kg -48kg -51kg -55kg -59kg -63kg -68kg -73kg -78kg +78kg Junior Female: -42kg -44kg -46kg -49kg -52kg -55kg -59kg -63kg -68kg +68kg

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Senior 8th KUP to 3rd KUP

Born 2007 or before **Senior Male:** -54kg -58kg -63kg -68kg -74kg -80kg -87kg +87kg **Senior Female:** -46kg -49kg -53kg -57kg -62kg -67kg -73kg +73kg

VETERAN DIVISIONS

Veteran 4th KUP and above

Born 1988 or before Senior Male: -58kg -68kg -80kg +80kg Senior Female: -49kg -57kg -67kg +67kg

PARA TAEKWONDO DIVISIONS

Para Taekwondo will be contested in three Sport Classes: **K43** – single limb impairment **K44** – double limb impairment **K60** – deaf / hearing impairment

Para Senior 8th KUP and above

Born 2007 or before Senior Male: -61kg -75kg +75kg Senior Female: -49kg -58kg +58kg

Para Taekwondo athletes who do not have a confirmed World Taekwondo Sport Class will be required to complete a National classification before competing and must complete and submit the Medical Diagnostic Form alongside any supporting documents to **disability@britishtaekwondo.org**

National classification will take place alongside weigh-in on Saturday 5th of October, the day before competition.

The competition will take place under World Para Taekwondo rules & regulations.





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PSS provision and sensor socks

Daedo Electronic Body Protector systems and headguards will be used for all athletes competing on both days.

Athletes must provide their own Daedo socks. If you do not have these socks, please contact: **goldforce_adele@aol.co.uk** at least 21 days prior to the competition.

APPLICATIONS

Application Link

All applications are to be made online at Martial Events: www.martial.events/nl/evenement/british-national-taekwondochampionships-Kyorugi-2024

The email address you register with is the email address we will use for all communications and updates so please ensure that you use the correct email address for your club when registering.

All coaches are responsible for ensuring their players weight and entry details are correct. No refunds will be given should any player be disqualified or not wish to pay the administration fee to move weight groups.

All information must be entered when registering players. Any player found not to have entered membership numbers and all other requested information will be removed from the system.

Please note, any club that has players remaining in the online system at the deadline will be responsible for paying the full entry fee even if that player does not compete.





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Weight Changes

If a player is unable to make weight, they can change division on the day of the weigh in. Changes to weight division must be made in line with World Taekwondo rules for bodyweight divisions.

To provide the weight change service there is an administration fee of £25 payable by card or contactless payment, at the time of the weigh in. Please note that the weight change fee cannot be paid in cash.

OPENING AND CLOSING DATES

The entry portal for all categories will open at 1200 midday on Monday 15 July 2024.

The entry portal will close at 1200 midday on Monday 09 September 2024.

There is no cap on entry numbers for this event.

Players can be registered at any time during the registration process. Therefore, we encourage club coaches and instructors to only register players who will definitely compete at the event, and to ensure that all entry information is completed in full.

After the closing date, a waiting list will be available for late entrants. Joining the waiting list does not guarantee a place in the competition.



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COACH ACCREDITATION

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Coaches MUST hold a current British Taekwondo Membership, Instructors Indemnity Insurance and +must possess a valid criminal records check.

Coach's passes will only be issued if the coach's membership information is completed in full online before the end of the registration period. Once the registration deadline has passed no further coaches will be added.

All coaches must register online prior to the deadline date. All information must be given online, or coaches will be removed from the system.

No. of athletes	No. of Allocated Coaches Passes	
1 -5	2	
6-10	3	
11 - 15	4	
16-20	5	
20-25	6	
etc		

Additional coaching passes may be purchased for £20 each. An additional coach application form can be requested from **events@britishtaekwondo.org**

Additional coach passes cannot be purchased at the event.

Coaches will only be permitted at ringside if they have an athlete competing. Coaches may only attend court at the ringside coach positions and must leave the field of play immediately at the end of the match.

Coaches must wear appropriate attire – refer to section 4.3 of the British Taekwondo Field of Play (FOP) Protocol policy.





REGISTRATION, WEIGH IN, DRAWING LOTS AND RANDOM WEIGH IN

Registration and Weigh In

All registration and weighs in will take place at the competition venue.

For all competitors competing on Saturday 5th October, registration & weigh-in will be on Friday 4th October 3pm - 8pm

This will be the only weigh in for Saturday competitors.

For all competitors competing on Sunday 6th October, registration & weigh-in opportunity will be held on Saturday 5th October from 1pm until 6pm.

This will be the only weigh in for Sunday competitors.

Athletes are advised to consult British Taekwondo's Policy on Making Weight for Training and Competition.

Drawing of Lots

The drawing of lots for Saturday's weight groups will take place immediately after the weigh-in closes at 8pm on Friday.

The drawsheets for Saturday will be published and sent to coaches from 9pm onwards.

Coaches should pay particular attention to those athletes competing in the first few matches on each court and ensure they are at the venue in good time to warm up and prepare.

A further drawing of lots for Sunday's weight groups will take place at the venue on Saturday at approximately 6pm following the completion of the weigh-in.

The drawsheets for Sunday will be published and sent to coaches after competition has finished on Saturday.

A full set of draw sheets will be sent directly to coaches using the registration email address and will be posted online at:

www.britishtaekwondo.org.uk/british-sport-taekwondo-championships/ and

www.martial.events/nl/evenement/british-national-taekwondochampionships-Kyorugi-2024

There will be no seeding at this event.





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Random Weigh In

Random weigh in will take place for Advanced Cadet/Junior/Senior age categories excluding + weight categories. Random weigh in will follow World Taekwondo protocol:

No. of athletes	Amount selected for Random weigh in	
>32	20% of total Athletes	
17 - 32	6 Athletes	
9 - 16	4 Athletes	
4 - 8	2 Athletes	
<4	0 Athletes	

The random weigh in will take place at 0800 on Saturday 5th of October at the competition venue with the selection published on the British Taekwondo website, British Taekwondo Facebook page and emailed directly to coaches.

The random weigh in lists will be published at 0600 on Saturday 5th October, 2 hours before the random weigh in commences

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COMPETITION RULES

Full World Taekwondo Competition Rules will be applied as per new rules adopted 1st September 2023.

All Athletes will be provided with a Daedo Electronic body protector and e-headguards.

All athletes should bring their own Daedo socks and other PPE/equipment.

10 DOPING CONTROL

British Taekwondo and its members are subject to the World Anti-Doping Code and the list of prohibited substances and methods in force at the time of the event.

Doping control may be undertaken at random.



AWARDS

BRITISH SPORT

2024

TAEKWONDO CHAMPIONSHIPS

Individual Awards

Awards will be presented to all tournament Champions, 2nd Place and 2 x 3rd places per category.

Team Awards

Team trophies will be presented to the 1st, 2nd and 3rd Place teams each day for Advanced competition, Novice competition and Para competition.

An overall 1st, 2nd and 3rd place team trophy will be presented at the end of the second day.

Team awards are calculated based on points accumulated by players representing clubs.

1st Place	9 points	
2nd Place	6 points	
3rd Place	3 points	
4th Place	2 points	

If there is a tie in overall team points, the number of gold medals will be considered.





UNIFORM AND EQUIPMENT

Uniforms and Protective Equipment

All athletes must wear World Taekwondo recognised uniforms and protective equipment.

A list of companies which supply WT recognised protective equipment can be found on the WT website: www.worldtaekwondo.org/wtpartners-wt/recognize.html

Mouthguard (also called Gum Shield)

- Colour: limited to "WHITE" or "TRANSPARENT" only
- At least 4mm thick
- It is mandatory to always wear a mouthguard. There is no exception.

Athlete without brace

- Must wear at least a full upper mouthguard.
- Custom-made mouthguard by dentist is the best for safety.

Athletes with braces

- Athletes with braces MUST consult their dentist for customized mouthguard(s) before participating in competition.
- Any athlete with brace(s) must follow one of below options:
- (1) Double mouthguard for braces (which covers both upper and lower teeth and braces) : This gives the best protection => Strongly recommended
- (2) Full upper mouth guard for brace AND partial coverage lower mouthguard for brace (which covers at least 6 teeth) => Still safe. It is allowed to use (2) if the athletes have severe breathing problem.

Jewellery and piercings

All jewellery & piercings must be removed before athletes arrive at the inspection desk as this causes substantial delays to matches when athletes need to remove them at inspection. We ask all coaches to ensure their athletes remove items beforehand. Athletes may miss or forfeit their match if they cannot meet competition rules.





False nails and lashes

All acrylic nails & false lashes including extensions must be removed before athletes arrive at the inspection desk as this causes substantial delays to matches and the inspection area when athletes have to remove them.

We ask all coaches to ensure their athletes remove items beforehand. Athletes may miss or forfeit their match if they cannot meet competition rules.

Inspection

All contestants will be required to proceed to the inspection desk before entering the competition area. At inspection Officials will check the uniform and protective equipment, presence of any jewellery, piercing, false nails and lashes. Any contestant wearing non-recognised or approved equipment, or other items not permitted in the field of play will not be permitted to compete.

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APPEALS

Instant Video replay (IVR) will be used for all matches on all courts throughout the tournament.

The IVR provider will be ReStrike and will use 3-cameras per court.

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PROTESTS

Protests will be available for the event. Protests will cost £200; this is non-refundable and taken as cash or card payments with a receipt provided. The protest procedure will be in line with World Taekwondo rules.

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LIABILITY

All competitors are considered to be participating at their own risk. British Taekwondo assumes no responsibility for any damages, injuries or losses.

By submitting a competitor or coach application you are confirming that you are fit and able to take part in this competition and do not suffer from any illness or condition that would prevent you from taking part.





IDENTIFICATION

All competitors and coaches must bring PHOTO identification to registration / weigh in. Unfortunately, any competitor or coach who fails to produce photo ID for inspection may not be able take part in the competition. This is at the full discretion of the competition organisers.

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ENTRY FEES, PAYMENTS AND REFUNDS

Entry Fees

Fee Type	Early-bird Fee	Standard Fee	Late Fee
Amount	£58	£63	£68
Payment Window	Before midday on 31st July	Before midday on 11th September	After midday on 11th September

Early Bird Entry

The early-bird entry fee is £58, the same as the entry fee for the 2023 National Championships.

On Monday 29th July an audit of all player registrations will take place, and an invoice will be sent to teams to allow payment of the early-bird fee. This invoice will be active for 48-hours to complete payment at the early-bird rate.

Any early-bird invoices that are not paid before midday on Wednesday 31st July will become invalid and the entry fee will shift to the standard fee.

Standard Entry

The standard entry fee is £63.

On Monday 09th September an audit of all unpaid player registrations will take place, and an invoice will be sent to teams to allow payment of the standard rate.

Any entry fee invoices that are not paid before midday on Wednesday 11th September will become invalid and the entry fee will shift to the late fee.

Late Entry

The late entry fee is £68.

After midday on Wednesday 11th September all unpaid entry fees will be transferred to the late entry fee rate Entry fees are not transferable between players or clubs.





Payment Instructions

British Taekwondo will send an invoice to club instructors/coaches with details of the amount owed and instructions for payment. Payment must be made by using the payment link provided.

All entry fees must be paid in advance of the competition. Entry fee payments will not be accepted on the day.

Refunds

Players who withdraw from the competition before the application closing date will receive a refund of any paid entry fees. All refunds will be minus any payment or transaction fees incurred by British Taekwondo.

There are two accepted methods to withdraw from the competition:

- Remove the registration from the online system
- Email events@britishtaekwondo.org with clear details of each player withdrawal

After the application closing date, withdrawals will only be approved if the withdrawal is due to an injury or medical condition that prevents the participant from competing.

Players withdrawing due to injury must notify British Taekwondo in writing before the first day of the competition. This type of withdrawal requires evidence of the injury or medical condition submitted to **events@britishtaekwondo.org** within 10 working days of the end of the event.

Waiting List

There is **no cap** on entry numbers for this event.

However, to manage the closing date and requests for late entries a waiting list will be opened after the closing date. Adding a registration to the waiting list does not guarantee a place in the competition.

Waiting list entries will be charged a late entry fee if they are approved for addition to the competition.

The late entry fee will be £68.



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SPECTATORS

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Online members-only tickets

Reduced price tickets for British Taekwondo members have been launched for the 2024 British Taekwondo National Poomsae Championships.

These tickets are only available online and won't be available when purchasing tickets on the door.

To access the discounted tickets, you will need to enter your British Taekwondo membership number at the checkout when purchasing your tickets. This will then automatically apply the correct discount.

Purchasing tickets

Tickets purchased online in advance of the event will be at a cheaper rate.

Ticket Type	On the Door	Online Members-only price*	Online non-member price*
Adult Day Pass	£22	£14.25	£19
Adult Weekend Pass	n/a	£21.75	£29
Concession** Day Pass	£13	£8.25	£11
Concession** Weekend Pass	n/a	£12	£16
Children aged 4 and below	Free		

*A booking fee will be applied at checkout for all online tickets

**Concession is anyone aged 15 and below, or 65 and above. Includes people with a disability.

Children aged 4 and below do not require a ticket if they do not require their own seat.

Companion passes will be available on the door and do not require pre-booking, these are intended for people to support spectators or athletes with disabilities. There is no charge for a companion pass.

The link to purchase tickets is: www.seetickets.com/event/british-taekwondo-kyoruginational-championships/eis/3055673

Spectator Behaviour

The British Sport Taekwondo Championships is a family friendly event with a zero-tolerance approach to all forms of abuse. Verbal abuse of any kind, towards event & venue staff, opposing teams and particularly children is never acceptable.

Taekwondo values expect people to be respectful whilst enjoying participating in, and supporting at, events. The venue also has a zero-tolerance policy with regards to poor behaviour and people will be asked to leave the venue if found to be abusing others.



TRAVEL, TRANSPORT AND PARKING

Venue address

The English Institute for Sport (EIS), Coleridge Road, Sheffield, S9 5DA.

Public transport

Train

Sheffield Train Station is located in central Sheffield, approximately 3 miles from EIS Sheffield.

Tram

You can reach EIS Sheffield by tram from the train station. Fitzalan Square / Ponds Forge tram stop is a 10-minute walk from the train station. The tram then runs to Arena / Olympic Park, taking approximately 30 minutes. Arena / Olympic Legacy Park is a 4-minute walk to EIS Sheffield.

By car

EIS Sheffield is located in northeast Sheffield, just off the M1 motorway. Exit the M1 at Junction 34 and use the Tinsley Viaduct to reach the A6178 to Sheffield. EIS Sheffield is on the left as you travel towards Sheffield city centre. We encourage visitors to use alternative methods of transport where possible due to the congestion caused by large numbers of cars arriving and leaving the venue at once.

Parking

There are three car parks around the venue with plenty of parking available. There is usually charge for parking at approx. £5 for the day.

Due to the access route to the car parks, there can be significant congestion entering and exiting the car parks, even when arriving early or leaving late. Therefore, we recommend using public transport to reach the venue.

O TECHNICAL OFFICIALS

Invitations to express an interest in participating in this event will be sent to all qualifying referees by the British Taekwondo Sport Referee Department.

Any enquiries relating to this event should be sent to **operations.sportreferees@britishtaekwondo.org**



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PHOTOGRAPHY AND VIDEO RECORDING

By registering to compete at the event, participants agree to have their image taken whilst in the venue by both British Taekwondo, the media and members of the public.

In addition, images captured at the event may be shown on video, TV and online. If you have any safeguarding concerns in relation to this, please contact **safeguarding@britishtaekwondo.org** before the event to discuss.

MEDIA ACCREDITATION

To apply for media accreditation please complete your details on this form on the British Taekwondo website and a member of the team will review your application www.britishtaekwondo.org.uk/photography-mediaaccreditation-british-taekwondo-events-competitions-2024/

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VOLUNTEERING

If you would like to contribute to the success of this event, there are many volunteering opportunities available. Please contact British Taekwondo to register your interest and receive more information: **events@britishtaekwondo.org**

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BRITISH TAEKWONDO SOCIALS

Please keep an eye on social media and the British Taekwondo website for any updates about the 2024 British Sport Taekwondo Championships. You can find all of British Taekwondo's social channels here: https://linktr.ee/britishtaekwondo

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QUESTIONS AND CONTACT INFORMATION

If you have a question that is not covered in this information pack, please contact British Taekwondo.

British Taekwondo, House of Sport, Etihad Campus Rowsley Street, Manchester M11 3FF E: events@Britishtaekwondo.org T: 0161 697 5330

