



# Online Poomsae Championship Fourth Edition

**10<sup>th</sup> of May 2026**

## Online Information Package

### Scoring System



### Promotor



### Sponsored by



## 1. Promotor & Organiser

<b>Organiser</b>	
<b>Chairman &amp; President</b>	Grandmaster Ik Pil Kang
<b>Promotor</b>	<b>Golden Taekwondo Academy</b> <b>10077 Yonge St. Unit B100</b> <b>Richmond Hill ON L4C 1T7</b>
<b>Promotor contact</b>	<b>Master Parviz Ali Husseini</b> <b>647-302-8806</b> <b><a href="mailto:gtamasterhosseini@gmail.com">gtamasterhosseini@gmail.com</a></b>
<b>Competition Director</b>	<b>Master Kambiz Ramzan Ali</b> <b>+44 (0)7944988806</b> <b><a href="mailto:rangesportsuk@gmail.com">rangesportsuk@gmail.com</a></b>
<b>Technical Delegate</b>	<b>Grandmaster Tong Won Shin</b>
<b>Competition Board Supervisor</b>	<b>Grandmaster Jung Il Lee</b> <b>Grandmaster Erik Baert</b> <b>Grandmaster Chris Thoen</b>
<b>Registration Website</b>	<b><a href="https://www.martial.events/en">https://www.martial.events/en</a></b>
<b>Scoring System</b>	

Scoring System



Promotor



Sponsored by



## 2. Event Timeline

Registration Deadline	Friday 1 <sup>st</sup> of May, 20.00 pm CET (Brussels)
Compulsory Poomsae Draw	Saturday 2 <sup>nd</sup> of May, 23.59 pm CET (Brussels)
Payment Deadline	Wednesday 6 <sup>th</sup> of May, 23.59 pm CET (Brussels)
Deadline Video Submission Date	Saturday 9 <sup>th</sup> of May, 23.59 pm CET (Brussels)
Online Competition Date	Sunday 10 <sup>th</sup> of May, 09.00 am CET (Brussels)

## 3. Payment

Individual	39 Euro per athlete
Pair	44 Euro per pair
Team/Family	44 Euro per team

Payment is processed during registration process on [www.martial.events/en/](http://www.martial.events/en/).

Please note, all payments are non-refundable once they have been processed. In the event of not reaching a minimum of 300 entries at the time of payment deadline, the organiser reserves the right to cancel the event. All entries will be refunded minus a 10% processing fee.

## 4. Method of Competition

Competition will be held under World Taekwondo Poomsae rules & interpretation as in force as of September 30<sup>th</sup> 2024 and para September 2024, and will be run on a **Cut Off System** of up to 3 rounds (preliminary, semi- finals and final) for Dan/Poom categories.

- **Dan Categories of 21 competitors or more will start with a preliminary round (3 rounds in total).**
- **Dan Categories of 11 up to 20 competitors will start with a semi - final round (2 rounds in total), top 8 competitors will progress to the final round.**
- **Dan Categories of 10 competitors or less will only have a final round (1 round in total).**

An exception is made for the K1, K2, K3 categories who should start at **Preliminary** and directly progress to compete in the **Final**. The top 8 (if the category holds more than 12 competitors) will progress to the Final round.

### Scoring System



### Promotor



### Sponsored by



## 4.1 Individual poomsae categories

Classification	Grade	Selection	Recognised Poomsae	Division	Age	
Individual (Male / Female)	Poom/Dan (black belt)	Compulsory Poomsae	Taegeuk 4,5,6,7, 8 Jang, Koryo, Keumgang, Taebaek	Peewee	Under 12	
			Taegeuk 5,6,7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon	Cadet	12-14	
			Taegeuk 7,8 Jang, Koryo, Keumgang, Taebeak, Pyongwon, Shipjin, Jitae	Junior	15-17	
			Taegeuk 8 Jang, Koryo, Keumgang, Taebeak, Pyongwon, Shipjin, Jitae, Chonkwon	Under 30	18-30	
			Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu	Under 40	31-40	
				Under 50	41-50	
				Under 60	51-60	
				Under 65	61-65	
		Compulsory Poomsae		Under 70	66-70	
				Under 75	71-75	
				Under 80	76-80	
				Over 80	81+	
Individual (Male / Female)	K1	Competitor's choice of Poomsae	Taegeuk 4,5,6,7, 8 (Preliminary then Final)	Mini Peewee	Under 9	
	(2 <sup>nd</sup> Kup Red Belt to 1 <sup>st</sup> Kup Black Tag)			Peewee	10-11	
	Cadet			12-14		
	Junior			15-17		
	Under 35			18-35		
	Over 35			36-50		
	Over 50			+51		
	K2 (6 <sup>th</sup> Kup Green Belt to 3 <sup>rd</sup> Kup Red Tag)		Taegeuk 3,4,5,6  Can NOT repeat Poomsae, MUST perform two different poomsae each round	Mini Peewee	Under 9	
	Peewee			10-11		
	Cadet			12-14		
	Junior			15-17		
	Competitor's choice of Poomsae			Under 35	18-35	
				Over 35	36-50	
				Over 50	+51	
				K3(10 <sup>th</sup> Kup White Belt to 7 <sup>th</sup> Kup Green Tag)	Mini Peewee	Under 9

## 4.2 Pair poomsae categories

Classification	Grade	Selection	Recognised Poomsae	Division	Age
Pair (Male /Female only)	Poom/Dan (black belt)	Compulsory Poomsae	Taegeuk 4,5,6,7, 8 Jang, Koryo, Keumgang, Taebaek	Cadet	12-14
			Taegeuk 5,6,7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon	Junior	15-17
			Taegeuk 7,8 Jang, Koryo, Keumgang, Taebeak, Pyongwon, Shipjin, Jitae	Under 30	18-30
			Taegeuk 8 Jang, Koryo, Keumgang, Taebeak, Pyongwon, Shipjin, Jitae, Chonkwon	Under 50	31-50
			Koryo, Kuemgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu	Under 60	51-60
				Over 60	61+
	K1 (2 <sup>nd</sup> Kup Red Belt to 1 <sup>st</sup> Kup Black Tag)	Compulsory Poomsae	Taegeuk 4,5,6,7, 8 (Preliminary then Final)	Cadet	12-14
				Junior	15-17
				Under 35	18-35
				Over 35	+36
	K2 (6 <sup>th</sup> Kup Green Belt to 3 <sup>rd</sup> Kup Red Tag)	Competitor's choice of Poomsae	Taegeuk 3,4,5,6	Cadet	12-14
			Can NOT repeat Poomsae, MUST perform two different poomsae each round	Junior	15-17
				Under 35	18-35
				Over 35	+36
	K3(10 <sup>th</sup> Kup White Belt to 7 <sup>th</sup> Kup Green Tag)	Competitor's choice of Poomsae	Taegeuk 1,2,3 Can repeat poomsae! (but mandatory to make a new video for each round)	Cadet	12-14
				Junior	15-17
				Under 35	18-35
				Over 35	+36

For Cadet pairs it is allowed to mix with a higher age group (ie one cadet, one junior). The compulsory Poomsae for this combination team is chosen from the highest member (ie junior).

### 4.3 Team poomsae categories

Classification	Grade	Selection	Recognised Poomsae	Division	Age		
Team (3 Males Or 3 Females only)	Poom/Dan (black belt)	Compulsory Poomsae	Taegeuk 4,5,6,7, 8 Jang, Koryo, Keumgang, Taebaek	Cadet	12-14		
			Taegeuk 4,5,6,7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon	Junior	15-17		
			Taegeuk 6,7,8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae	Under 30	18-30		
			Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon	Under 50	31-50		
			Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu	Under 60	51-60		
		Compulsory Poomsae	Taegeuk 4,5,6,7, 8 (Preliminary then Final)	Over 60	61+		
	K1 (2 <sup>nd</sup> Kup Red Belt to 1 <sup>st</sup> Kup Black Tag)			Cadet	12-14		
	K2 (6 <sup>th</sup> Kup Green Belt to 3 <sup>rd</sup> Kup Red Tag)			Junior	15-17		
				Under 35	18-35		
	K3(10 <sup>th</sup> Kup White Belt to 7 <sup>th</sup> Kup Green Tag)	Competitor's choice of Poomsae	MUST perform two different poomsae each round	Over 35	+36		
	Competitor's choice of Poomsae	Competitor's choice of Poomsae	Taegeuk 1,2,3 Can repeat poomsae! (but mandatory to make a new video for each round)	Cadet	12-14		
			Junior	15-17			
			Under 35	18-35			
			Over 35	+36			

For Cadet teams it is allowed to mix with one member of higher age group (i.e. two cadets, one junior). The compulsory Poomsae for this combination team is chosen from the highest member (i.e. junior).

#### 4.4 Para categories

Para Categories will be split as per World Taekwondo and will also be split into Male / Female and Kup / Dan Grades.

<b>Kup Divisions</b>	<b>Dan Divisions</b>
Age of contestant: 1) Under 15 years 2) Under 30 years, 3) Over 30 years, Must Perform any standard <b>recognised WT Poomsae</b>	Age of contestant: 1) Under 15 years 2) Under 30 years, 3) Over 30 years, Must Follow the <b>WT Para Poomsae Rules</b>
P11/P12/P13 – 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) P31/P32/P33/P34 – Physical Impairments (Compulsory Poomsae will be specified) P40 – Limb Deficiency (Competitor's choice Poomsae) P50 – Wheelchair Classes (Competitor's choice Poomsae) P60 – Deaf (Competitor's choice Poomsae) P71/P72M - Short Stature (Competitor's choice Poomsae)	

#### 4.5 Family Poomsae

One parent, parents or grandparents together with their child or children or grandchildren. The number of family members is unlimited. At least two generations are required for a family team. Examples: Father and son or daughter, mother and father together with son and daughter, father with three sons, grandmother with grandchildren, grandfather, mother and grandchildren. One participation per family is allowed. There is no age limit or graduation restriction for Family Poomsae. The Poomsae can be freely selected. **All families go directly to finals.** 2 poomsae have to be shown (recorded) selected from the recognised poomsae

Classification	Grade	Selection	Recognised Poomsae	Division	Age
<b>Family Poomsae – Dan (members 2-4)</b>	Dan Grades only	Competitor Choice of poomsae	Free of Choice	Dan family	No age limit
<b>Family Poomsae – Kup (members 2-4)</b>	Kup Grades only	Competitor Choice of poomsae	Free of Choice	Kup family	No age limit
<b>Family Poomsae – Mixed (members 2-4) Both Kup &amp; Dan</b>	Kup & Dan Grades (At least 1 Dan & 1 Kup )	Competitor Choice of poomsae	Free of Choice	Dan/Kup family	No age limit

## 4.6 Freestyle

Music & choreography shall be choice of contestant

Classification	Grade	Selection	Duration	Division	Age
<b>Individual</b> <b>(Male / Female)</b>	Poom/Dan (black belt)	1 Freestyle	90-100 seconds	17 and under	12-17
				Over 17	18+
<b>Pair</b> <b>( Male /Female only)</b>	Poom/Dan (black belt)	1 Freestyle	90-100 seconds	17 and under	12-17
				Over 17	18+
<b>Team</b> <b>(Mixed – 5 members)</b>	Poom/Dan (black belt)	1 Freestyle	90-100 seconds	17 and under	12-17
				Over 17	18+

## 4.7 Beach Poomsae

**Outfit:** Competitors are free to select the outfits of their choice from a range of options: from a traditional Taekwondo competition uniform (Dobok) to conventional beach clothing, following the guidelines in this paragraph. The concept of the beach championships is to present taekwondo in a new environment. By opening up the choice of outfits it is hope that competitors will be able to more fully express their creativity. (However, outfits will not be considered in scoring.) Sunglasses are allowed, taekwondo belt is optional. The competitor performs poomsae on **bare feet**

Male Competitors

TOP:

- Dobok top
- Long-sleeve t-shirt
- Short-sleeve t-shirt
- Sleeveless t-shirt
- Topless (no shirt)

BOTTOM

- Dobok Pants
- Dobok pants, shortened
- Shorts (any style)

Female Competitors

TOP:

- Dobok top
- Long-sleeve t-shirt
- Short-sleeve t-shirt
- Sleeveless t-shirt

BOTTOM

- Dobok Pants
- Dobok pants, shortened
- Shorts (any style)

Beach poomsae should be performed on a sand underground. This can be near a lake, at the beach, on an outdoor gymnastic court (ie volleyball sand court) or a sand playground. (no grass or mats) The choice of poomsae is **competitor's choice**, selected within their age category of Dan/Poom. For choice of poomsae please consult 4.1 individual, 4.2 team and 4.3 team in this outline

## 4.8 Age Limit

The age limits for each division (excluding family Poomsae which is not age limited) is based on the year, not on the date when the competition is held. For example, in Junior Division, contestants shall be between 15 and 17 years old. In this regard, if the competition is held on January 2026, contestants born between 1 January 2009 and 31 December 2011 are eligible to participate in this division.

## 4.9 Uniform

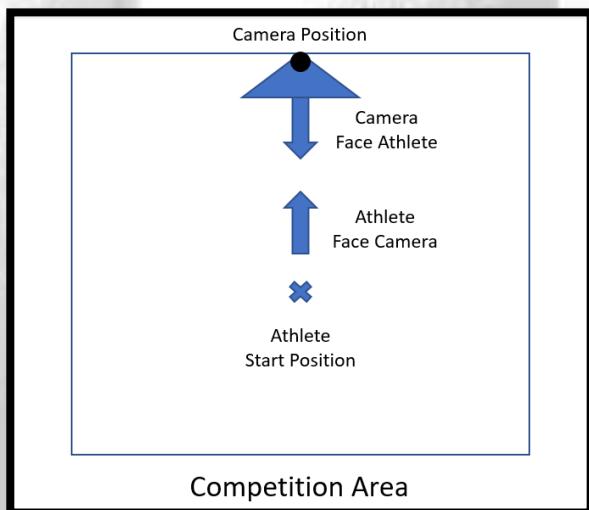
Poomsae competition uniform: All contestants may wear WT-approved Poomsae competition uniform (except for beach poomsae – see previous guidelines). If contestants do not have WT-approved Poomsae competition uniform, contestants are able to wear any dobok with the logo covered. Kup grade contestants are allowed to perform in WT-approved Poomsae competition uniform.

## 4.10 Cut off system

- **Preliminary:** Only categories of over 20 players will have a Preliminary round, Competitors are to take maximum 30 seconds break before performing the next Poomsae. Top 50% of competitors will progress to the Semi-Finals round
- **Semi-Finals:** (NOT applicable to K1, K2 & K3) Categories of less than 20 players will go straight to Semi-Finals round. Competitors are to take a maximum 30 seconds break before performing the next Poomsae, Competitors will compete to progress to the Finals. The top 8 competitors will progress to the Finals round.
- **Finals:** Dan categories of 10 competitors or less will go straight to Finals (K1, K2, K3 12 or less will go straight to Finals). Competitors are to take a maximum 30 seconds break before performing the next Poomsae. The top 3 will receive a medal depending on their finishing position.

## 5. Specific rules of competition online video competition – applicable to all video entries

- Competitors should start their Poomsae facing the camera whilst still performing the necessary Poomsae stances to prepare and begin Poomsae: Charyeot (attention stance), Kyongea (bow), Joonbi (ready stance) and then perform their Poomsae. Once finished they should return to Joonbi stance (facing camera at end) and then bow before resting for 30 seconds to perform next poomsae or finish the recording after the second Compulsory Poomsae. **Competitor must stay within the camera view between the Poomsae.** The competitor is allowed to drink, stretch, walk around during the break between poomsae, but remains fully visible during the break. During the performance the competitors' full body head to toe must be in camera view and **0.3 deduction** will be given if any part of the body **goes out of view.** **The camera position is about 7 meters from the starting point at belt height of the athlete.** Zooming in or out, or moving the camera up and down during the performance is not allowed. Moving the camera horizontally is allowed. See illustration below as set up guideline:



- Competitors are encouraged to display their country's national flag (or name of country) behind the competitor's competition area in clear view of the camera.
- Competitors whole body must be always be visible during the performance video footage, for fair and proper competition judging to be carried out according to the poomsae competition rules set in place. Videos which do not meet this standard may be removed from competition.
- It is not mandatory to perform the poomsae on mats. The competitor can choose his/her surroundings as long as during recording the whole body is visible at all times. For example, one can record in a living room, in a hotel lobby or on a grass field.
- If your video has been edited, with the exception of adding graphics to display your national flag and your name, it will be rejected.
- Videos must be set on **visible to all**. We urge competitors to upload well in advance as to not run into technical upload difficulties hours before the deadline entry.
- It is not allowed to show any religious, political, or any other symbol negatively targeting a group or an individual in the video recording. Videos not following this rule are subject to immediate rejection.

## 5.1 Livestream

Competition will be livestreamed through our YouTube channels during event days:

**Range Sports UK Ltd & JC United Kingdom**

Competition schedule is approximate and may be subject to change by the organising committee.

Please follow our Facebook channel for the latest updates

## 5.2 Video Uploading

All videos need to be uploaded through YouTube (set your video on visible to all) and the links copy/pasted through the martial events registration. Failure to upload this information before the deadline will generate an automatic disqualification.

Participants should name the title(s) of their video(s) in the following format on YouTube:

**Round - Competitor Name – Category – Nationality (3 letters in capital) - TOC26**

**Example: Preliminary – John Smith – DAN U30 M – USA – TOC26**

The video description should mention the poomsae performed in the video

Example Poomsae 1 Koryo, Poomsae 2 Taegeuk 7

## 5.3 Deduction Rules

### 0.3 points deduction from accuracy

- If the athlete does not have adequate space to perform the poomsae and takes an extra step to get around any objects in the room.
- Every time a body part cannot be seen by the referees as the participant moves beyond the camera's view.
- Each hand and or feet movement cannot be seen by referee due to poor lighting (i.e., backlighting, lighting too bright/dim, etc.).
- Each kihap cannot be heard by referee as participant fails to turn on his/her microphone before performance.

### 0.3 points deduction from the final score

- Overtime (more than 90 seconds)

### 0.6 points deduction from accuracy

- Person or pet coming into the field of play while executing poomsae.
- Whole body cannot be seen by referee.

### 0.6 deduction from accuracy of the first form

- Video in portrait mode instead of landscape mode
- Both poomsae are switched (i.e. video sequence is 6 and 8, and should be 8 and 6)
- Members of the family poomsae do not belong to different generations

### 0 score for accuracy and 1.5 presentation

- Performing the wrong form (i.e. 4 and 9 compulsory, competitor performs 3 and 9)
- Only for K2 : performing twice the same form although it must be two different forms: second form 0 and 1.5
- The video is recorded in mirror

### 0.6 points deduction from final score of the first form

- Wearing incorrect Dobok and incorrect belt
- Wearing shoes or socks
- Wearing jewelry (including wrist bands)

### Disqualification

- Video that has been edited or shows proof of editing (i.e. both forms are recorded separately and then put together)
- Submission of wrong videos to wrong division.
- Display of political, religious and non-recognized NOC flags.
- Movement of camera during performance(up/down and zoom in/out)
- Only one Taegeuk/poomsae recorded in the video

## 6. JUDGES/ OFFICIALS

Poomsae performances submitted to us will be judged and scored by qualified International Referee (IR) over the course of the 3 days in which the virtual championships are held to ensure the carrying out of fair and quality competition scoring in accordance to the official World Taekwondo Poomsae competition rules.

## 7. ARBITRATION

### 7.1 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 100 Euro will be payable immediately to the competition board. This will be refunded if the protest is accepted and won

### 7.2 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 referees after consultation with the organizing committee.

## 8. AWARDS

Virtual participation certificate and medals winner certificate will be awarded to the top 4 scoring competitors from each category.

**1<sup>st</sup> place:** will be awarded a Gold Medal Certificate.

**2<sup>nd</sup> place:** will be awarded a Silver Medal Certificate.

**3<sup>rd</sup> place:** will be awarded a Bronze Medal Certificate.

**4<sup>th</sup> place:** will be awarded a Bronze Medal certificate.

A physical medal is available for all top 4 competitors. Coaches will receive the option for their athletes to opt in on this medal one week after the competition. By opting in the coach accepts to pay for postage for sending out the medal(s) for his club. The organisation will inform the coach of the total postage cost for his/her team. In the family competition, only one medal is awarded to the family. Additional medals may be requested by the coach at cost of the winning family.

## 9. SPONSORS

**JCalicu UK**, Official supplier of World Taekwondo Approved Taekwondo Equipment, global distributor offering top quality Taekwondo Equipment for WT Poomsae and Kyorugi competition.



Website: [www.jcalicu.co.uk](http://www.jcalicu.co.uk)

### Scoring System



### Promotor



### Sponsored by



**Range Sports** is a UK based quality and reliable Taekwondo equipment supplier that is an official supplier of JCalicu equipment and Taekwondo exclusive brand.



Website: [www.range-sports.co.uk](http://www.range-sports.co.uk)

## 10. COVID-19

By entering this competition, competitors understand acknowledge they are abiding by local/national COVID-19 regulations and compete at their own risk.

Competitors may record their videos inside or outside so long as they are satisfied of their general safety and space. Additionally all Covid-19 precautions are adequate to perform their Poomsae and complete their video recordings for the competition.

## 11. HASHTAGS

We are looking forward to seeing you all at the event; please support us and the event by using the following hashtags on your social media.

#TOC26  
#RangeSports  
#JCalicuUk  
#OnlinePoomsae

## 12. DISCLAIMER

The process of entry and competition is carried out at the competitors own risk, therefore Harrogate KTA and its partners/representatives will not be held responsible for any injuries sustained during recording or competition process. By entering this competition, competitors understand and accept that they are entering this competition at their own risk

## 13. QUESTIONS

Questions about the online rules or ambiguities can be always be asked by mail [rangesportsuk@gmail.com](mailto:rangesportsuk@gmail.com) and will be at the shortest convenience.

14

### Scoring System



### Promotor



### Sponsored by

