



MANCHESTER TAEKWONDO SCHOOLS

BRITISH 'OLD SCHOOL'

SPRING OPEN 2023

Information for coaches and players

POOMSAE

KYORUGI

SPECIALIST BREAKING

Sunday 16th April 2023

SPEED KICKING

9.00am – 5.00pm

Saturday 15th April 2023

10.00am – 4.00pm

Venue: **BeActive Urmston** (formerly known as **George Carnall Leisure Centre**)
Kingsway Park, Urmston, Manchester, M41 7FJ, England, UK
Phone: +44 161 413 3750

Fees: **Poomsae: Individual £25; Pairs £25; Triple £25, Team £25**
Kyorugi: £25
Poomsae & Kyorugi combined: £45
Kyokpa - Specialist Breaking: £20
Speed kicking: £20
Spectators: Adult £10 - Under 14s £5



MANCHESTER TAEKWONDO SCHOOLS

ENTRIES AND PAYMENTS:

****Closing date for Entries and Fees: Saturday 1st April 2023****

Maximum capacity expected before closing date, please ensure early entries

Entries and Fees after the closing date will incur a £10 surcharge

Payment to be made with Team entrants

Send all competitor and club lists and requests for electronic payment to:

GM Mark Richardson at: m.richardson421@icloud.com

Mobile and WhatsApp: 07970 831118

****VISA REQUESTS ONLY****

If you require an official invitation letter for your visa application, please email us at:

tkdmanchestersmk@gmail.com

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Weigh-in times

Saturday 15th April 10.00am to 4.00pm

Sunday 16th April 08.30am to 09.00am

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****Paramedics in Attendance on both days****



MANCHESTER TAEKWONDO SCHOOLS

DESCRIPTION OF EVENTS

POOMSAE

Categories: Pee Wee, Child/Cadet, Junior, Senior, Veteran, Masters, Para

Patterns allowed: TWO ABOVE current grade and FOUR BELOW current grade

Age Categories

Pee Wee: up to 8 years; **Child:** 9 to 13 years; **Junior:** 14 to 17 years; **Senior:** 18 to 29 years;

Veteran 30-39 years, 40-49 years, 50-59 years, 60-69 years, 70 and above years

Medals & Trophies

1st, 2nd and 3rd places / Best competitor female and best competitor male

Team Trophies: 1st, 2nd, 3rd, 4th and 5th place

KYOKPA - SPECIALIST BREAKING

Description: Board breaking

Winners determined by a panel of judges

Two categories: Female / Male

Trophies: 1st, 2nd, 3rd place

SPEED KICKING

Description: One round of 30 seconds per competitor

Winners determined by a panel of judges

Two categories: Female / Male

Trophies: 1st, 2nd, 3rd place



MANCHESTER TAEKWONDO SCHOOLS

KYORUGI

****MANUAL SCORING ONLY****

It is the responsibility of all players and coaches to provide their own standard protective equipment

No head guard or chest protector will be provided on the day by the organisers.

A Class (2nd Kup to 4th Dan), B+C Class (10th Kup to 3rd Kup)

Rounds

Pee Wee – all classes: 2 rounds x 1.5-minute duration

Child/Cadet – all classes: 2 rounds x 1.5-minute duration

Junior and Senior: C and B classes: 2 rounds x 1.5-minute duration

Junior and Senior: A class: 2 rounds x 2-minute duration

Veteran – all classes: 2 rounds x 1.5-minute duration

Age Categories

Pee Wee: up to 8 years; **Child:** 9 to 13 years; **Junior:** 14 to 17 years; **Senior:** 18 years to 34 years;
Veterans 35 years and above

****No Head shots allowed for Pee Wee and Child categories****

Weight categories

Pee Wee (male): -20kg, -24kg, -28kg, -32kg, -36kg, -40kg, -44kg, -49kg, -55kg, +55kg

Pee Wee (female): -20kg, -24kg, -28kg, -32kg, -36kg, -40kg, -44kg, -48kg, +48kg

Child/Cadet (male): -27kg, -30kg, -33kg, -37kg, -41kg, -45kg, -49kg, -53kg, -57kg, -61kg, -65kg, +65kg

Child/Cadet (female): -26kg, -29kg, -33kg, -37kg, -41kg, -44kg, -47kg, -51kg, -55kg, -59kg, +59kg

Junior (male): -48kg, -51kg, -55kg, -59kg, -63kg, -68kg, -73kg, -78kg, +78kg

Junior (female): -42kg, -44kg, -46kg, -49kg, -52kg, -55kg, -59kg, -63kg, -68kg, +68kg

Senior / Veteran (male): -54kg, -58kg, -63kg, -68kg, -74kg, -80kg, -87kg, +87kg

Senior / Veteran (female): -46kg, -49kg, -53kg, -57kg, -62kg, -67kg, -73kg, +73kg

Minimum 3 players per weight category (weight categories could be merged)

Medals & Trophies

1st, 2nd and 3rd places / Best player female and best player male

Team Trophies: 1st, 2nd, 3rd, 4th and 5th place



MANCHESTER TAEKWONDO SCHOOLS

Kyorugi Rules

Valid points

- Points shall be awarded when permitted techniques are delivered accurately and with reasonable force/ powerfully to the legal scoring areas of the body.
- Each scoring technique to the permitted body area shall be awarded one point.
- Each scoring technique to the permitted face area shall be awarded two points.
- An additional point shall be awarded for a spinning technique where a point(s) was awarded for a scoring technique.
- The final match score shall be the sum of all complete rounds.
- Invalid points:
 - I. Intentionally falling immediately after delivery of a scoring technique
 - II. Scoring technique performed whilst committing a prohibited act (grabbing, pushing, holding)

Prohibited Acts

- Prohibited acts will result in a Gamjeom (one point deduction).
- The following are deemed prohibited acts:
 - i. Grabbing the opponent with shoulder, hands or arms
 - ii. Pushing the opponent with the shoulder, hands or arms
 - iii. Holding the opponent with the hands or arms
 - iv. Evading by turning the back to the opponent
 - v. Intentionally falling down
 - vi. Pretending injury
 - vii. Attacking with the knee
 - viii. Intentionally stomping or kicking any part of the leg or foot
 - ix. Striking or hitting the opponents face with hands or fist
 - x. Uttering undesirable remarks or any misconduct by competitor or coach
 - xi. Attacking a fallen opponent
 - xii. Intentional attack after the referee's declares 'Kallyo' (break)
 - xiii. Attacking the back and back of the head intentionally
 - xiv. Head butting
 - xv. Throwing an opponent
 - xvi. Violent or extreme remarks or behaviour by competitor or coach
 - xvii. Crossing the boundary line with one foot out of the area
- In the case of multiple prohibited acts committed simultaneously, a Gamjeom will be awarded for each act.
- When a competitor receives ten Gamjeoms in total, the referee shall declare him/her the loser by penalties.



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ACCOMMODATION

Non-exhaustive list of hotels near the venue for your information:

Premier Inn Trafford Centre West

Old Park Lane, Trafford Centre, Manchester, M17 8PQ

Premier Inn Trafford Centre South

Wilderspool Wood, Trafford Centre, Manchester, M17 8WW

Premier Inn Trafford Centre North

8-20 Trafford Boulevard, Urmston, Manchester M41 7JE

Travelodge Trafford Park

17 Trafford Way, Manchester, M17 8DD

Holiday Inn Express Trafford City

Mercury Way, Stretford, Manchester, M41 7PA