



MANCHESTER TAEKWONDO SCHOOLS

BRITISH OPEN SPRING 2026

Information for coaches and players

POOMSAE

Saturday

23rd May 2026

12.00am – 5.00pm

KYORUGI

Sunday

24th May 2026

9.00am – 4.00pm

Venue: BeActive Urmston

Kingsway Park, Urmston, Manchester, M41 7FJ, England, UK

Phone: +44 161 413 3750

Fees: Poomsae: Individual £30; Pairs £25; Triple £25, Team £25

Kyorugi: £30

Poomsae & Kyorugi: £50

Spectators: Adult: £10 - Under 14s: £5 **CASH ONLY**



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ENTRIES AND PAYMENTS:

****Closing date for Entries and Fees****

Saturday 9th May 2026

- Maximum capacity is expected before closing date, please ensure early entries.
- Entries and Fees after the closing date will incur a £10 surcharge
- Payment required with team entry submission
- **Send all competitor and club lists and requests for electronic payment to:**

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

Mobile and WhatsApp: 07970 831118

****VISA REQUESTS****

If you require an official invitation letter for your visa application, please email us at: mcr.open.visas@gmail.com.

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Weigh-in times

Saturday 23rd May: during Poomsae Competition

Sunday 24th May: from 08.30am to 09.00am

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****Paramedics in Attendance on Sunday****



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DESCRIPTION OF EVENTS

POOMSAE

Categories:

Peewee, Child, Cadet, Junior, Senior, Veteran, Masters, Para

Patterns allowed:

TWO ABOVE current grade and FOUR BELOW current grade.

Age Categories

Peewee: under 7 years; **Child:** 8-10 years; **Cadet:** 11-13 years

Junior: 14-17 years; **Senior:** 18-35 years;

Veteran 36-50 years; **Veteran Golden:** 51-59 yrs; **Veteran Platinum:** 60-69 yrs

Medals & Trophies

1st, 2nd and 3rd places

Best competitor female and best competitor male

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



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KYORUGI

⇒ **** B-CLASS: MANUAL SCORING – A-CLASS: KPNP ELECTRONIC SCORING****

It is the responsibility of all players and coaches to provide their own standard protective equipment (Note that electronic head guards / chest protectors / Socks will be provided on the day).

⇒ **Cadet**: headguards with visors compulsory (available on site to borrow)

⇒ ****No Head shots allowed for Pee Wee and Child categories (i.e. u11)****

A Class (2nd Kup to 4th Dan), B Class (8th Kup to 3rd Kup)

Age Categories

Peewee: u7 years; **Child**: 8-10 years; **Cadet**: 11-13 years; **Junior**: 14-17 years;

Senior: 18-34 years; **Veterans** 35 years and above

Rounds

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

Junior and Senior: B class: 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

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): -58kg, -68kg, -80kg, +80kg

Senior / Veteran (female): -57kg, -67kg, -77kg, +77kg

⇒ **Minimum 3 players per weight category (weight categories could be merged; and if there is only 1 player in a category, then this player will be moved to the next category)**

Medals & Trophies

1st, 2nd and 3rd places

Best Player Female and Best Player Male

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



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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 TWO point.
- Each scoring technique to the permitted face area shall be awarded THREE points.
- An additional point shall be awarded for a spinning technique where a point(s) was awarded for a scoring technique.
- The winner of the match shall be determined by the 'best two out of three rounds' system.
- Invalid points:
 - I. Intentionally falling immediately after the 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 five Gamjeom in a round, the referee shall declare him/her the loser of that round. When a competitor receives ten Gamjeoms in total, the referee shall declare him/her the loser of the match by penalties.



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ACCOMMODATION

Below is a non-exhaustive list of hotels near the venue for your information.
Please note that prices at these hotels near the competition venue, also near the Trafford Centre, can vary and be quite high depending on the season. Other places worth checking include hotels near the Airport, in Eccles and further away from the venue.

Also check offers on various Hotel and BnB websites.

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

Britannia Airport Hotel

Palatine Road, Northenden, Manchester, M22 4FH

Premier Inn Manchester (Sale)

Carrington Ln, Sale M33 5BL