PRESIDENT'S CUP 2026 G3 POOMSAE

3rd MAY 2026
LEE VALLEY ATHLETICS CENTRE

RECOGNISED FREESTYLE PARA POOMSAE



BRITISH TAEKWONDO

EUROPEAN TAEKWONDO UNION

WORLD TAEKWONDO



Dear Taekwondo Family,
A warm greeting to all attendees of the WT President's Cup – Europe 2026, which will take place in the beautiful city of London, United Kingdom.
This prestigious event is a true celebration of talent, perseverance, and taekwondo friendship.

Athletes, coaches, and teams from around the globe have come together to demonstrate their abilities, commitment, and love for our sport.

We would like to sincerely thank Dr Said Khelwatty, Board member of British Taekwondo and ETU Council member, who led the event's organizing committee and whose dedication and hard work made it possible. Your commitment to organizing such a high-level tournament guarantees that both competitors and spectators will get the finest Taekwondo experience possible.

As a worldwide Taekwondo family, may this competition motivate, test, and unite us all. I wish everyone the best of luck, and together, let's make the WT President's Cup – Europe 2026 an unforgettable event.

Wishing you great success and fair matches,

Yours,
Sakis Pragalos
President of European Taekwondo Union

Sakis Pragalos
President

WhatsApp QR Code

https://chat.whatsapp.com/HE49yHd0aOa9RNSE7FVYAR

1. **ORGANIZER:** **Nextgen Taekwondo Events**
   ADDRESS: 45 North Road, Colliers Wood, London, United Kingdom, SW19 1AQ
   E-MAIL: info@londontaekwondochampionships.co.uk
   WEBSITE: https://www.londontaekwondochampionships.co.uk

2. **PROMOTERS:** **European Taekwondo Union**
   ADDRESS: Hofestatt 13, 57439 Attendorn | Germany
   E-MAIL: info@europetaekwondo.org
   WEBSITE: https://europetaekwondo.org

   British Taekwondo
   ADDRESS: Manchester Regional Arena| United Kingdom
   E-MAIL: events@britishtaekwondo.org
   WEBSITE: https://www.britishtaekwondo.org.uk

3. **SANCTIONED BY: WORLD TAEKWONDO**
   ADDRESS: 10th Fl., Booyoung Taepyung Buldg. 55, Sejong-dear, Jung-gu, Seoul,Korea
   E-MAIL: sport@worldtaekwondo.org
   WEBSITE: https://www.worldtaekwondo.org

4. **VENUE:** **Lee Valley Athletic Centre**
   ADDRESS: 61, Meridian Way, London, N9 0AR
   WEBSITE: www.londontaekwondochampionships.co.uk

5. **GLOBAL RANKING:**
   WT RANKING: G3

6. **REGISTRATION & ACCREDITATION**
   2nd May, 14:00 - 18:00 hrs
   LOCATION: Venue

7. **COMPETITION SCHEDULE**
   3rd May 2026 – Sunday
   All Categories
   08:00 - Opening of the hall
   09:00 - Start of competitions

8. **DRAW SHEETS & BRACKET PUBLICATION**

   The draw sheets and brackets will be daily published, one (1) day before the start of competition at 22:00 hrs on the following (social) media platforms:
   https://europetaekwondo.org/documents/
   www.londontaekwondochampionships.co.uk

9. DESIGNATED POOMSAE PUBLICATION

Designated Poomsae shall be randomly selected and shown through monitor on Field of Play before the match begins.

10. COMPETITION RULES AND SEEDING

RECOGNIZED POOMSAE AND FREESTYLE

Last updated WT Poomsae Competition Rules & Interpretation shall be applied. For seeding the latest rules and regulations of the WT Poomsae Ranking Bylaw are applicable.

11. HEAD OF TEAM MEETING

1st May, 2026 19:30 hrs – 20:30 hrs

LOCATION: Venue

All information will be published on https://chat.whatsapp.com/HE49yHd0aOa9RNSE7FVYAR

12. CONTEST TIME

- Recognized Poomsae: individual, pair, and team competitions up to 90 seconds. The waiting period time between the 1st poomsae and 2nd poomsae is minimum 30 seconds.
- Free Style Poomsae: individual, pair, and mixed team competitions from 90 seconds to 100 seconds.

13. COMPETITION SYSTEM

RECOGNIZED POOMSAE:

- Single Elimination Tournament System: competition shall be conducted in a single elimination tournament. Designated Poomsae shall be randomly selected and shown through monitor on Field of Play before the match begins.
- Individual Categories: Contestants shall perform two (2) randomly selected Poomsae. Both Chung and Hong player perform their assigned Poomsae simultaneously (side by side).
- Pair and Team Categories: Contestants shall perform two (2) randomly selected Poomsae. Chung and Hong player perform designated Poomsae one by one (not side by side).
- Before each match starts, two (2) designated Compulsory Poomsae will be displayed on the monitor at the Field of Play. All divisions must perform these for the preliminary, semi-final, and final rounds in all competitions.
- Ending Position: The new WT rules and regulations stipulate that there are no deductions in Poomsae performance for ending positions that differ from the starting position.

FREESTYLE POOMSAE:

- All Freestyle medal events: final round (only 1 round), independent of number of athletes
- Cut-off system: The organization can change this due to organizational matters.

FREESTYLE POOMSAE

GENERAL INFORMATION FOR ALL CATEGORIES:

- Acrobatic Kicking Technique
  - All Acrobatic techniques must incorporate Taekwondo kicks.
  - It is allowed to include max. 3 acrobatic combinations during the whole performance.
  - Every extra acrobatic technique or combination will lead to a deduction of 0.3 points from the total score.

- Consecutive sparring kicks (7 – 10 kicks)
    - Minimum number of consecutive sparing Kicks (7 Kicks) should be performed by the same athlete in one direction.
    - It is not allowed to change the direction more than 90 degrees.
    - It is not scored for turnaround (change direction by 180 degrees)
    - It is not allowed to perform 1-1 Sparring (face to face).
    - Punches are not counted for "minimum 7 consecutive sparing kicks"
    - Double kicks is only counted as 1 kick & Triple and more is counted as 2 kicks.
    - It is mandatory to bounce min. 3 to max. 5 times in place (clearly) before execution of consecutive sparring kicks.
    - This means that, if the competitors who forget to bounce, execution of the consecutive sparring kicks is not scored!

- Mixed Team Divisions – Board Breaking
    - Board breakings in the following three technical skills are required:
    - Gradients of spins in a spin kick minimum 1 board
    - Kyorugi style consecutive kicks minimum 3 boards
    - Acrobatic kicking technique minimum 1 board
    - Minimum number of boards breaking during a Performance: 5 (1+3+1) boards.
    - Each compulsory foot technique is awarded a maximum of 0.7 (basic score) if the required minimum number of board breaking is not successfully performed.
    - 0.1 points are deducted for each unsuccessful board breaking.

    - Board Breaking: The pine board has the following measurements:
    - Length 300 mm
    - Width 220 mm
    - Thickness 9 mm (ca. 1/4 inch)

Note: The required number of boards that fit the given dimensions must be brought by the mixed teams (participants) on their own (5 to 9 boards).

- Board holding sticks prepared by teams are allowed for only the acrobatic board breaking technique.
- Gradients of spins in a spin kick (Jump Turn Kick): Only piggybacking allowed.
- Piggyback refers to the action of sitting on a teammate's shoulders (not standing) to hold a board.
- Acrobatic kicking technique (Acrobatic Kick): Both support/boosting and piggyback are allowed. Support/Boosting means assisting a teammate's jump.
- Holder of the board breaking can only be within the 5 members of the mixed team. Any of the five performing members (not substitute) can execute board breakings.

The required boards are placed inside the court (within the boundary line); Otherwise, 0.3 points will be deducted for each crossing of the boundary line to get the board.

- Mandatory Stances:
    - Hakdari Seogi, Beomseogi, and Dwigubi
    - All stances must be performed clearly and accurately.
    - For pair and mixed team, athletes must perform the stances at the

- same time.

- Music freestyle:
  - Athletes must bring their music (sound without yrics/words) in MP3 format on USB-stick. Apple audio format is **not** allowed. The music and choreography shall be the choice of the contestant. It should **not** contain any political, social and religious or any contents that may harm, discriminate or offend others.
  - Music should be submitted on USB stick at the Head of team Meeting with the following details:
    - Name of the country
    - Name of the category
    - Name of the athlete/athletes

14. GENERAL ELIGIBILITY REQUIREMENTS

- Contestants may compete in maximum two (2) medal events
- Recognized Poomsae and/or Freestyle Poomsae competition unless he or she is limited by gender or age. Example: Recognized Poomsae max 2, or Freestyle Poomsae max 2, or 1 each of categories.
- Holder of a valid 2026 WT Global Athlete License
- A participant must be a member of a pertinent Member National Association, recognized by Europe Taekwondo Union or World Taekwondo:
- 1st Dan/Poom, and above-WT regulations

15. AGE ELIGIBILITY

- Born 2014 or before
- The age limits for each division are based on the year, not the birthday date
- All competitors must prove their age by presenting their passport or identification card.
- For those athletes that are not adults, a written consent must be submitted (please find enclosed on the last pages) at the registration, signed by one of the parents or legal guardians, accepting their participation and all parts of the official invitation.

16. COACH ELIGIBILITY REQUIREMENTS

- Minimum age of 18 years
- **Holder of a valid 2026 WT Global Official License**
- Coaches must wear appropriate outfit (No Dobok or Sandals)
- Poomsae WT coach certification

17. MEDAL EVENTS

Recognized Poomsae Competition

- Men's individual
- Women's Individual
- Men's Team (3 males)
- Women's Team (3 females)
- Pair (1 male & 1 Female)

Freestyle Poomsae Competition

- Men's Individual
- Women's Individual
- Pair (1 Male & 1 Female);
- Mixed Team (Composition of 5 members including more than 2 Males and 2 Females)

Athletes		Cadet (12-14)	Junior (15-17)	Under 30 (18-30)	Under 40 (31-40)	Under 50 (41-50)	Under 60 (51-60)	Under 65 (61-65)	Over 65 (66~)	Total
Recognised Poomsae	Individual 1 Male 1 Female	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	16 (8/8)
	Pair 1 Male 1 Female	**Cadet (12-14)**	**Junior (15-17)**	**Under 30 (18-30)**	**Under 50 (41-50)**		**Under 60 (51-60)**		**Over 60 (61~)**	**Total**
		2	2	2	2		2		2	12
	Team 3 Male 3 Female	**Cadet (12-14)**	**Junior (15-17)**	**Under 30 (18-30)**	**Under 50 (41-50)**		**Under 60 (51-60)**		**Over 60 (61~)**	**Total**
		3/3	3/3	3/3	3/3		3/3		3/3	36 (18/18)
		Under 17 (12-17)			**Over 17 (18-)**					**Total**
Free Style Poomsae	Individual 1 Male 1 Female	1/1			1/1					4 (2/2)
	Pair 1 Male 1 Female	2			2					4
	Mixed Team 2 Male	5+1 (Substitute)			5+1 (Substitute)					10+2

Notes:

- Age categories are based on the year of birth.
- Only for Free Style Poomsae Mixed Team of Over 17, if the age of a team's each member does not consist of 18 years old or older, the Mixed Team can be formed with up to maximum two of members under the age of 18 (12-17).

18. LIST OF POOMSAE TO BE PERFORMED

Two (2) randomly selected Poomsae (designated Poomsae) will be shown through monitor on the field of play.

Competition	Division	Compulsory Poomsae
Individual	Cadet Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
	Junior Division	Taegeuk 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon
	U30	Taegeuk 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae
	U40	
	U50	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
	U60	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
	U65	
	O65	
Competition	**Division**	**Compulsory Poomsae**
Pair and Team	Cadet Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgan, Taebaek
	Junior Division	Taegeuk 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon
	U30	Taegeuk 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae
	U50	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek,Pyongwon, Shipjin, Jitae, Chonkwon
	U60	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
	O60	

19. ENTRIES

- Team entries will only be accepted through the WT GMS online registration system Simply Compete. Registration of athletes is only possible with a valid 2026 WT Global License by assigned GMS MNA Administrators only. Please find below the direct link to the WT GMS platform: https://worldtkd.simplycompete.com/
- Each team is eligible to the following Officials' accreditation cards in addition to the athletes' entries:

Officials	Members	
	Max. No. of Members Male	Max. No. of Members Female
Head of Team	1	
Manager	1	
Coach	3	3
Trainer	2	2
Team doctor	1	1
MNA Officials	2	2

20. ENTRY FEES

Divisions & Categories		Early Bird Registration	Late Registration	Onsite
Recognised DAN & Freestyle	Individual	165 euro (£145 GBP)	180 euro (160 GBP)	200 euro (£180 GBP)
	Pair	165 euro (£145 GBP)	180 euro (160 GBP)	200 euro (£180 GBP)
	Team	165 euro (£145 GBP)	180 euro (160 GBP)	200 euro (£180 GBP)
		Early Bird Registration & Payment Deadline 20th March 2026	**Late Registration & Payment Deadline 3rd April 2026**	**Cash payment**

21. IMPORTANT NOTES:

- European Taekwondo Union/Organising Committee has the right to delete sport entries from teams that do not send proof of payment from the system in order for other athletes to register and to prevent 'ghost athletes.
- Any athlete registering online who does not take part in the competition and who has not been removed from the entry list before 3rd April 2026, is liable for paying his/her entry-fee in full. For any athlete not presenting at registration, his/her team or official will be liable for ensuring full payment has been received, prior to the team's participation.

- If a team does not show up at the event and has not requested a participation cancellation before the deadline, the federation will be invoiced to settle the payment of the entry fees in full (100%).
- This deadline is applicable for all sport entries, payments and admitting all required forms, unless otherwise stated.

22. PAYMENTS

All entry fees shall be paid in advance to Nextgen Taekwondo Events Ltd. It is necessary to register and make the payment through one club if you are competing in the pair and team categories from multiple clubs. **Payment must be done per team or club**. All bank transfer shall be paid to the following bank account:

Beneficiary: Nextgen Taekwondo Events Ltd
Name of the bank: Starling Bank
IBAN: GB48SRLG60837111670000
BIC/SWIFT: SRLGGB2L
Bank Address: 5th Floor, London Fruit And Wool Exchange, 1 Duval Square, London, E1 6PW
Payment reference: [PCP26 + Name of Team**]**

23. PROOF OF PAYMENT REQUIREMENT

All teams are required to send proof of payment (copy of bank transfer) to info@londontaekwondochampionships.co.uk within (1) week after registration in Simply Compete.

24. NO REFUND POLICY

Europe Taekwondo Union/ Organising Committee does not refund entry fees paid.

25. PROTEST FEE

200 euro which is non-refundable. Each team is responsible for submitting the protest in the proper manner and according to the applicable rules and regulations.

26. REPLACEMENT

The replacement of athletes, pairs, or teams after the registration deadline is only permitted on the official registration day.
The following rules apply:

- Athletes must be eligible for the category and not already in 2 categories
- Replacement can be done only if all entry fees have been paid in full
- A fee of 150 euro is applicable.

27. ACCREDITATION FEES

50 euro for replacement and reprinting request per accreditation card
50 euro for each additional coach accreditation
50 euro for each on-site approved additional requested accreditation card or on the top of the accreditation cards quotas.

28. ACCREDITATION CARD DISTRIBUTION

Registered teams only receive the athlete and official's accreditation cards if all financial obligations (including hotel fees) have been fulfilled. For all registered athletes, the entry fee must be paid before the accreditation cards will be distributed to the respective team.

29. SPECTATOR TICKETS

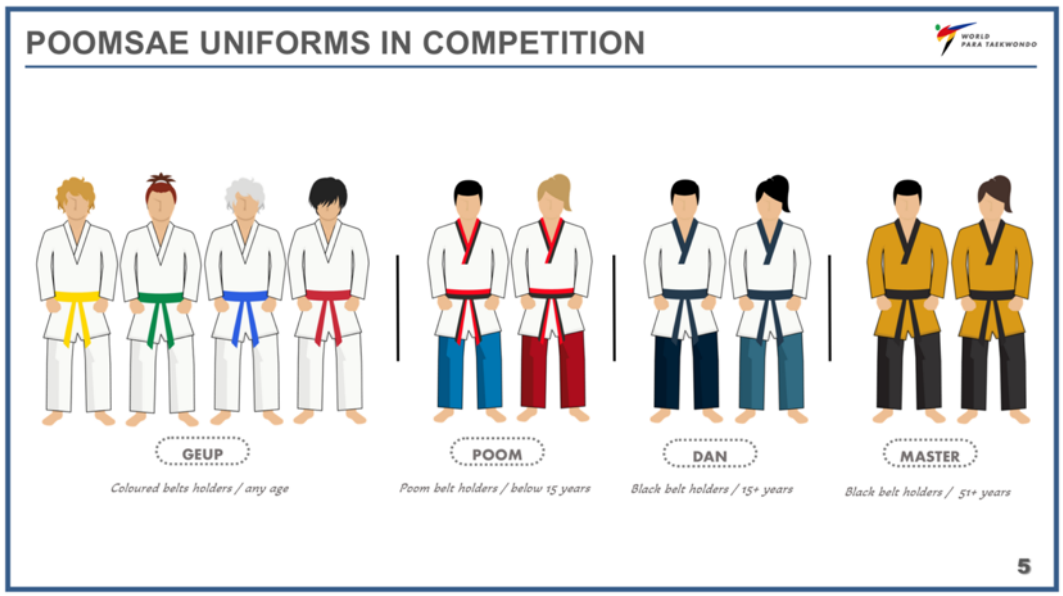
Spectator entry tickets can be purchased online via **Eventbrite** (links below). *Children below age of 5 years will be granted free entry.*

General Admission Ticket (Day 2) Sunday 3rd May
Weekend Pass (Saturday 2nd & Sunday 3rd May)

Please note we have a **NO REFUND** policy.

30. EQUIPMENT

Dobok: participating contestants must wear the WT-recognized Poomsae Competition uniform. Any contestants who do not wear WT-approved Poomsae competition uniform will not be permitted to compete. The latest version of WT-recognized manufacturers' list is available at the website of WT (http://www.worldtaekwondo.org/wtpartners-wt/recognize.html). WT approved poomsae competition uniforms:



31. FIELD OF PLAY

By accepting a Europe Taekwondo Union accreditation card, all accredited persons agree to comply with the Field of Play regulations applicable at ETU events.

32. AWARDS

Individual awards

1st place – gold medal
2nd place – silver medal
3rd place – 2 bronze medals

Team Awards – Trophies

Team awards will be given to the top three (3) teams.
1st Place, 2nd Place and 3rd Place

33. MEDICAL AND ANTI-DOPING

- **Applicable medical rules:** the WT Medical Code is applicable, which all MNA participating this event must comply.
- **Applicable doping rules:** the WT Anti-Doping Rules and the WADA Anti-Doping Code are applicable. Compulsory random doping tests will be conducted among all athletes. World Taekwondo and/or WADA may

carry out random out-of-competition testing prior to the event.

- **Therapeutic Use Exemption:** athletes who take any substance or medicine listed in the "Prohibited List" of the WT Anti-Doping Rules and WADA Anti-Doping Code for therapeutic purposes are requested to submit TUE applications via ADAMS, together with the required medical information.
- Otherwise, please download the TUE Application Form (found on https://ita.sport/TUE), and once duly completed and signed, send it together with the required medical file to tue@ita.sport. Report TUE applications also to the WT Sport Department via antidoping@worldtaekwondo.org by no later than 3rd April 2026.
- **ADAMS login:**
  For ADAMS login, please contact National Anti-Doping Organization (NADO) in your country or tue@ita.sport with copy to antidoping@worldtaekwondo.org
- **For more details, please visit:**
  http://www.wada-ama.org/en/ADAMS/
  http://www.worldtaekwondo.org/anti_doping-wt/therapeutic.html

34. MEDIA AND PRESS

- **Media accreditation:** registered media and press officials or official photographers are entitled to receive a media and press accreditation card. For more information, please contact the European Taekwondo Union at media@europeataekwondo.org
- **Photo positions:** all accredited photographers are only allowed to use the designated photo positions while working in the Field of Play. By accepting a media and press accreditation, the accredited person agrees to always follow the instructions of the ETU, Media and Press officer.

35. HOTEL ACCOMMODATION

Booking accommodation through the Organizing Committee or staying in an official hotel is not mandatory.

36. TRANSPORTATION

All teams and participants are responsible for their own transportation.

37. HASH TAGS AND SOCIAL MEDIA

Please follow our page and post to join us in celebrating the event on social media:
Facebook page: London Taekwondo Championships
Instagram: London Taekwondo Championships

Hash Tags: #Londonioptc #Londonopen26 #NextGenTkdEvents #WorldTaekwondo #BritishTaekwondo #EuropeanTaekwondoUnion

European Taekwondo Union uses the following hash tags:
#taekwondoeurope
#taekwondofamily
#EPC2026
#EPPC2026

Social media platforms:
European Taekwondo Union is present at the following social media platforms:
Facebook: @tkdeurope
Instagram: @tkdeurope

Twitter: @tkdeurope
YouTube Channel: Taekwondo Europe

38. VISA

Visa forms should be sent back to info@londontaekwondochampionships.co.uk by the **20 of March 2026, 23:59 GMT**. Forms sent after 20th of March 2026 will not be accepted for any reason. All wrong information provided (mistakes in names, document numbers, dates etc.) - is on your own responsibility. In order to get a visa invitation, you need to send:

1. proof of registration in GMS.
2. Please refer to the form attached under the event.
3. Please, be informed, in case You will not get visa on time - Your payments are **not** refundable

39. INDEMNITIES

It is the responsibility of each registering team to ensure that their athletes and team officials have filled out the indemnification forms correctly and have duly signed them, thereby indemnifying WT, ETU, the Organizing Committee and all other officials and athletes from any claims of injuries, losses or otherwise arising during participation at the President's Cup Poomsae Championships 2026 or any activities linked therewith.

It is the responsibility of each registered team to ensure and guarantee that sufficient insurance coverage has been arranged for all athletes, team officials and other participants. Without sufficient insurance coverage, teams will not be allowed to compete. Please fill out the Personal Indemnity Forms and return them to the Organizing Committee at registration on **1st May 2026**. Each participant (athletes, team officials, etc.) must fill out the indemnification form.

40. MEDICAL INSURANCE

- All participating athletes, coaches, team officials, technical officials and participants at ETU events shall have mandatorily an international medical insurance that covers medical care and in case of emergency, repatriation to the country of origin, valid on the days present in the host country of the event. ETU nor the Organizing Committee shall be responsible to cover any medical costs incurred for medical treatment before, on or during the competition or repatriation in the broadest sense of the word.
- All relevant documents proving that such an insurance is present, including insurance policy papers, should be taken to the event in case a medical situation occurs.
- Each MNA/Club, Team doctor or team medical staff must ensure their athletes and team officials have valid international health insurance that covers medical and emergency care at the designated hospitals in Estonia before arrival to the venue.

PERSONAL INDEMNIFICATION, LIABILITY RELEASE AND PARENTAL CONSENT FORM

THIS INDEMNIFICATION declaration, HOLD HARMLESS, RELEASE AND CONSENT NOT TO SUE executed this

on:_____(insert date of signing).

I, the undersigned, acknowledge that participation in Taekwondo involves inherent risks. I voluntarily agree to participate in the **President's Cup Poomsae** held on **3 May 2026**.

I hereby waive, release, indemnify and hold harmless the European Taekwondo Union (ETU), World Taekwondo (WT), British Taekwondo, Nextgen Taekwondo Events Ltd., the Organising Committee, and their respective officers, directors, members, employees, officials, volunteers, agents, sponsors and representatives from and against any and all claims, liabilities, damages, losses, costs or expenses (including legal fees) arising directly or indirectly from my participation in this event, except where liability cannot be excluded by law.

I confirm that I am medically fit to participate and that I hold valid personal medical and travel insurance covering my participation in the United Kingdom. All participants compete at their own risk.

By signing below, I confirm that I have read, understood and agree to all terms set out in this declaration.

Name:_____

Date:_____

Signature:

IF THE PARTICIPANT IS UNDER 18 YEARS OF AGE:

I confirm that I am the parent/legal guardian of the above-named minor. I consent to their participation and accept this declaration on their behalf.

Name:_____

Relation towards the minor:_____

Date:_____

Signature:

The form must be submitted at the registration!