TUMV Open Poomsae 2026

Poomsae – hanbon-kyorugi – Freestyle – Family – Para

promotor: Taekwondo Union Mecklenburg-Vorpommern e.V.
www.tumv.de

responsible: Christian Saß – TUMV-Vice-President Poomsae
e-mail: technik@tumv.de

organizer: Taekwondo Hochschulsport Rostock e.V.
Theo Balz – Chairman
e-mail: thr@threv.de

date: **Saturday, 21st November 2026**

place: Sportpark Warnemünde
Parkstraße 45, 18119 Rostock, GERMANY

schedule:

07.30 am	opening of the hall
07.45 – 08.45 am:	registration for all groups
09.00 – 09.30 am:	referee test
09.30 – 09.45 am:	coach meeting
09.45 – 10.00 am:	official welcome
10.00 am:	start of the competition

competitors: TKD-competitors 10th Kup and above, with a valid ETU/WT-membership

Those who are not recognized as adults by law in their own country must submit a written consent signed by parents or lawful guardian accepting the participation and all parts of the official invitation (liability declaration).

rules: The competition rules of the DTU are valid, according to the cut-off-system, with the following modification:

for individual, pair, synchron:

1. number of rounds:
   9 competitors and above: 2 rounds (semi-final & final)
   1 – 8 competitors: 1 round (final)
2. number of competitors:
   semi-final: all competitors
   final: 8 best scored competitors
3. Achieved points from the semi-final will not count for the final.
4. number of Poomsae:
   semi-final: 1 Poomsae
   final: 2 Poomsae, starting with the second Poomsae not later than 1 minute after the end of the first Poomsae

5. A change of the category (age-group/graduation) is not permitted.
6. compulsory Poomsae:
   individual LK 1: drawn by lot for each category and published on 20th November 2026 on the TUMV website in the "Termine" section at www.tumv.de
   individual LK 2 + LK 3: free choice of poomsae defined in this outline
   pair & synchron: free choice of poomsae defined in this outline
   para: free choice from Taeguk 1 and above
7. Different Poomsae must be shown. Competitors with the 10th to 8th Kup are allowed to repeat Taeguk 1.
8. For pair and synchron, same and mixed gender teams are allowed.
9. All participants in the para divisions must show a medical certificate to prove their disability at the registration. This certificate can be issued in German or English language. If the participant is in possesion of a disabled ID card, it needs to be shown as well. INAS Master List is accepted by number.

<u>for hanbon-kyorugi (= Einschrittkampf / 1SK):</u>
1. 1 round for all competitors: final.
2. There will be a combined devision (male & female).
3. It will be shown 4 attacks only with the fist.
4. Thrown actions are not permitted.
5. The defence should consist of minimum 3 movements.
6. It's not allowed to hit the attacker after the defence movement.
7. Only the defender will be scored.
8. The overall impression of techniques will be scored.

<u>for freestyle:</u>
1. 1 round for all competitors: final.
2. The music must be sent as an mp3 file until the deadline by e-mail to reg@tvsh-mail.de
3. The freestyle Poomsae shall have a duration:
   division under 11: from 60 to 100 seconds
   division above 12: from 90 to 100 seconds

<u>for freestyle light:</u>
1. 1 round for all competitors: final.
2. The use of music is voluntary. If music is used, the mp3-file should be sent until the deadline by e-mail to reg@tvsh-mail.de
3. The following basic techniques are mandatory:
   twio-ap-chagi, twio-yop-chagi, acrobatic action
4. The freestyle Poomsae shall have a duration from 30 to 100 seconds.
5. If a basic technique is missing it will be sanctioned with -0.3 points.

<u>for family:</u>
1. 2 competitors can start as a family.
2. 1 round for all competitors: final.
3. The Poomsae can be chosen freely.

categories: individual

LK 1 = category 1 | 1st Kup and above		
participants	**year of birth**	**compulsory Poomsae**
division under 9	before 2017	Taeguk 4 – Taeguk 8
division under 11	2016 – 2015	
division under 14	2014 – 2012	Taeguk 4 – Poomsae Taebaek
division under 17	2011 – 2009	Taeguk 5 – Poomsae Pyongwon
division under 30	2008 – 1996	Taeguk 7 – Poomsae Jitae
division under 40	1995 – 1986	
division above 41	after 1985	Taeguk 8 – Poomsae Chonkwon

LK 2 = category 2 | 5th Kup – 1st Kup		
participants	**year of birth**	**compulsory Poomsae**
division under 9	before 2017	Taeguk 3 – Poomsae Koryo
division under 11	2016 – 2015	
division under 14	2014 – 2012	
division under 17	2011 – 2009	
division under 30	2008 – 1996	
division under 40	1995 – 1986	
division above 41	after 1985	

LK 3 = category | 10th Kup – 6th Kup		
participants	**year of birth**	**compulsory Poomsae**
division under 9	before 2017	Taeguk 1 – Taeguk 4
division under 11	2016 – 2015	
division under 14	2014 – 2012	
division under 17	2011 – 2009	
division under 30	2008 – 1996	
division under 40	1995 – 1986	
division above 41	after 1985	

pair, synchron and hanbon-kyorugi (= Einschrittkampf / 1SK):

LK 1 = category 1 | 3rd Kup and above		
participants	**year of birth**	**compulsory Poomsae**
Klasse bis 11 Jahre	bis 2015	Taeguk 4 – Poomsae Chonkwon
Klasse bis 17 Jahre	2014 – 2009	
Klasse bis 30 Jahre	2008 – 1996	
Klasse ab 31 Jahre	ab 1995	

LK 2 = category | 10th Kup – 4th Kup		
participants	**year of birth**	**compulsory Poomsae**
Klasse bis 11 Jahre	bis 2015	Taeguk 1 – Taeguk 6
Klasse bis 17 Jahre	2014 – 2009	
Klasse bis 30 Jahre	2008 – 1996	
Klasse ab 31 Jahre	ab 1995	

freestyle & freestyle light:

participants	year of birth
division under 11	before 2015
division under 17	2014 – 2009
division above18	after 2008

family:

participants	year of birth
all | up to Taeguk 5	all
all | Taeguk 6 and above	

para:

P10 – visual impairment **P21+22 – intellectual disability** **P23 – intellectual disability** **P30 – neurological impairment** **P40 – physical impairment** **P50 – medical aids** **P60 – deaf** **P70 – short stature**	
participants	**year of birth**
division under 17	before 2009
division under 30	2008 – 1996
division above 31	after 1995

fee:

registration before 1st November 2026: early-bird (only TUMV)
registration after 2nd November 2026: regular
registration after 11th November 2026: late

category	early-bird	regular	late
individual	33.00 €	35.00 €	70.00 €
pair	33.00 €	35.00 €	70.00 €
synchron	33.00 €	35.00 €	70.00 €
hanbon-kyorugi	33.00 €	35.00 €	70.00 €
freestyle	33.00 €	35.00 €	70.00 €
family	33.00 €	35.00 €	70.00 €
para	33.00 €	35.00 €	70.00 €

Entry fees must be paid for all competitors on the following account. Registrations without evidence of the transfer are considered as not delivered. If a competitor does not start, the fee will expire. Cash payment isn't possible.

bank account:
recipient: TUMV
bank name: Deutsche Bank
Kto.-Nr.: 146 457 700
BLZ: 130 700 24
IBAN: DE12 1307 0024 0146 4577 00
BIC: DEUT DE DB ROS
reference: TUMV Open Poomsae / CLUB NAME

deadline:

Tuesday, 10th November 2026

The registration after the deadline is possible until Friday, 13th November 2026, by paying the double fees.

limit:

The online-registration closes on exceeding the limit of competitors. The limit is adjusted variably based on the number of competition areas.

The online-registration also closes when a certain number of starts per club has been reached.

registration:

TVSH-Online-Registration
https://reg.tv-sh.de/

registration before 1st November 2026: only TUMV clubs
registration after 2nd November 2026: all clubs

You will need to register on the internet. Please register the name of your club, your nation and your personal e-mail.

chairman:

Lucas Freese – TUMV-Referee Director Poomsae

awards:

individual, pair, synchron, hanbon-kyorugi, freestyle, family & para
1st – 3rd place: medal

clubs:
1st – 3rd place: trophy

The award ceremony will take place immediately after the respective contest on the competition area.

scoring:

Places 1 - 3 will be scored for classification of clubs and countries. The formula 6 - 3 - 1 will be used. For win by default 1 point is given.

coach:

For every start a coach is mandatory. The minimum age is 12 years. A T-shirt or a training jacket, as well as solid, closed-toe shoes, must be worn.

protest:

Only the official coach is allowed to protest after 10 minutes of the pertinent poomsae presentation. The protest fee is 100,00 € which has to be paid immediately in cash to the referee director. If the protest is upheld, this amount is refunded; otherwise, it is retained.

liability:

All competitors participate at their own risk. The registration application implies that the competitors agree to assume responsibility for themselves and to release all others from all and any liability which may directly or indirectly result from the tournament.

data privacy:

The competitors agree with the registration that the results (with the name of the athletes) will be reported on the internet as well as in printed media.

anti-doping:

All competitors accept with the registration the agreement with the NADA/WADA (National & World Antidoping Agency) www.nada.de