

**2026 China Open Taekwondo Championships Poomsae
(August. 22) Hunan, China**

Outline

1. **SANCTIONED BY:**
WORLD TAEKWONDO
www.worldtaekwondo.org/
ASIAN TAEKWONDO UNION
<https://asiantaekwondo.org/>
2. **PROMOTED BY:**
CHINESE TAEKWONDO ASSOCIATION (CTA)
ADDRESS: No. 37 Xingfu Avenue, Dongcheng District, Beijing
Tel: +86-10-67175631
Fax: +86-10-87100731
E-MAIL: chinacta@chinacta.org.cn
3. **ORGANIZED BY:**
CHINA OPEN TAEKWONDO CHAMPIONSHIPS ORGANIZING COMMITTEE
ADDRESS: No. 529, Lushan South Road, Yuelu District, Changsha City
TEL: +86 15152243019
E-MAIL: gm-office@ijjinsports.com
4. **EVENT GRADE: G1**
5. **DATE: August 22, 2026**
6. **VENUE: Hunan Normal University Jiangwan Gymnasium**
ADDRESS: No. 529, Lushan South Road, Yuelu District, Changsha City,
POSTAL CODE: 410012
7. **QUALIFICATIONS:**
In Accordance with Article 4 Qualification of Contestant of the WT Poomsae Competition Rules & Interpretation , the contestant must meet all following requirements:
 - 7.1 Holder of nationality of the participating team
 - 7.2 Recommended by the pertinent MNA to which the applicant belongs
 - 7.3 Holder of the Kukkiwon Dan certificate
 - 7.4 Holder of WT Global Athlete License (GAL)
* Any questions on WT GAL please contact your assigned WT GMS Manager
 - 7.5 Contestants at the age of at least 12 years old in the year the pertinent tournament is held. *The age limits for each division are based on the year, not on the date, when the Championships are held.*

2026 China Open Taekwondo Championships Poomsae (August. 22) Hunan, China

** Uniform Wearing for Poomsae Competition: Article 4.2 of WT Poomsae Competition Rules, all contestants must wear the WT-recognized uniform, could check the latest version of the WT-recognized manufacturer list on the WT official website:*

<https://www.worldtaekwondo.org>

7.6 Coach ' s Requirement

All coaches are required to hold WT Poomsae Coach Certificate. Coaches those do not hold WT Poomsae coach certificate will be deleted from the registration and not allowed to coach at the Championships.

8. COMPETITION RULES:

Current WT Poomsae Competition Rules will govern the event.

9. METHOD OF COMPETITION

Recognized Poomsae: All competitions shall be conducted in Single Elimination System.

Free-style Poomsae: Cut-off System, however, if less than 16 teams participating, there shall be final round only.

10. COMPETITION DURATION:

10.1 Recognized Poomsae: For individual, pair, and team: up to 90 seconds

10.2 Free-style Poomsae: For individual, pair, and team: 90 seconds – 100 seconds

10.3 Time break between two Poomsae competitions: at least 30 seconds

11. AGE DIVISION

11.1 Recognized Poomsae Competition

Individual Division	Cadet	Junior	Under 30	Under 40
Age	12-14 years old 2012.1.1-2014.12.31	15-17 years old 2009.1.1-2011.12.31	18-30 years old 1996.1.1-2008.12.31	31-40 years old 1986.1.1-1995.12.31
Number of Contestants	No limit	No limit	No limit	No limit

Team Division		Cadet	Junior	Under 30	Under 40
Age		12 – 14 years old 2012.1.1-2014.12.31	15-17 years old 2009.1.1-2011.12.31	18-30 years old 1996.1.1-2008.12.31	31-40 years old 1986.1.1-1995.12.31
Pair		2	2	2	2
Team	Male	3	3	3	3
	Female	3	3	3	3

11.2 Freestyle Poomsae Competition

2026 China Open Taekwondo Championships Poomsae (August. 22) Hunan, China

Division		Under 17	Over 17
Age		12-17 years old 2009.1.1-2014.12.31	18 years old and over 2009.1.1
Individual	Male	1	1
	Female	1	1
Mixed Pair		2	2
Mixed Team		5 (+1 substitute max.)	5 (+1 substitute max.)

12. ENTRY

12.1 Entry registration: Entry will only be accepted through the WT GMS Online Registration System: <https://worldtkd.simplycompete.com/events>

12.2 Registration Deadline: August. 14th, 2026

12.3 Entry fee

- US\$30 per competition

All payments for each contestant should be paid in cash (USD only) to OC at the Accreditation Center at official hotel before checking-in the hotel. Athletes will not be allowed to compete without successful payment of entry fee.

** All new registrations, updates, and renewals of WT global licenses will not be served on-site.*

13. LIST OF POOMSAE TO BE PERFORMED:

1. Recognized Poomsae

Two (2) Poomsae from designated Compulsory Poomsae decided for each division must be performed for all the preliminaries, semi-finals for all competitions. Recognized Poomsae to be assigned for each division shall be decided at the time of drawing of lots by WT Technical Officials.

Competition	Division	Recognized Poomsae
Individual	Cadet Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebak
	Junior Division	Taegeuk 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebak, Pyongwon
	Under 30	Taegeuk 7, 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae
	Under 40	
Pair	Cadet Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebak
	Junior Division	Taegeuk 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebak, Pyongwon
	Under 30	Taegeuk 7, 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae
	Under 40	
Team	Cadet Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebak

2026 China Open Taekwondo Championships Poomsae (August. 22) Hunan, China

	Junior Division	Taegeuk 5, 6, 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon
	Under 30	Taegeuk 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae
	Under 40	Taegeuk 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Choenkwon

2.FreeStyle Poomsae

Competition	Divisions	Free Style Poomsae
Individual	Under 17 (2009.1.1 – 2014.12.31) And Over 17 (Before 2009.1.1)	Athletes shall perform FreeStyle Poomsae based on Taekwondo techniques with composition of music and choreography. Performed techniques must be within the boundary of Taekwondo. The definition of taekwondo techniques shall be determined by WT Poomsae Committee when contestants submit performance plan of free-style Poomsae.
Pair		
Mixed Team		

14. AWARD PRESENTATION:

1st Place	Gold Medal and Certificate
2nd Place	Silver Medal and Certificate
3rd Place	Bronze Medal and Certificate
3rd Place	Bronze Medal and Certificate

15. ACCOMMODATION AND TRANSPORTATION

Relevant information is attached with this outline. Please refer to the accommodation guidelines provided by the Organizing Committee.

16. MEDICAL CONTROL:

The WT Anti-Doping Rules and the Code of the World Anti-Doping Agency, shall apply throughout the competitions.

17. INDEMNITIES

Each athlete shall be responsible for ensuring that he or she is covered with effective travel & medical insurance coverage.

Any athlete without proper insurance coverage will not be allowed to compete at the competition.

The Organizing Committee will acquire general Public Liability event insurance.

2026 China Open Taekwondo Championships Poomsae (August. 22) Hunan, China

18. HEAD OF TEAM MEETING AND DRAWING OF LOTS:

The Head of Team Meeting and the Drawing of Lots session shall be conducted one (1) day prior to the start of the championships that is August 21st 2026, in the presence of the Technical Delegate, WT officials and the representatives of the participating nations.

19. VISA INFORMATION

The Organizing Committee can provide visa invitation letters for visa applications. However, MNA are required to check the China entry visa application waiting times in their own countries and submit requests for recommendation letters to the Organizing Committee.

The Organizing Committee cannot guarantee entry into China and can only offer assistance. It is the responsibility of each athlete and MNA to apply for and secure the correct entry visa for China. MNAs are requested to complete the attached visa application recommendation form at least one week before the waiting time deadline in their own country.

20. COACHE'S ATTIRE

All Coaches are required to wear formal suit such as tie, jacket, dress shirt (long or short), and trouser during all competitions. If any coach refuses to wear above mentioned attire, he or she will not be allowed to coaching for the event.

21. OTHERS

Each participating team should provide the Music for Freestyle Poomsae to LOC before the Head of Team Meetings. Freestyle music should be submitted on a USB with the following details:

1) Each digital file should contain:

A. Name of the Participating Team

B. Name of the category

C. Name of the athlete(s)

D. Number of the WT Global Athlete License

2) The USB itself should be marked with the name of the Participating Team and should be submitted in a transparent bag or envelope, with a list of contents of the USB in the same way as described above.

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TIMETABLE

(Subject to Change)

Date	Time	Event	Location
August 20	-	Arrival	Xiaoxiang Huatian Hotel
	10:00-18:00	Registration	
	09:00-17:00	Team Training	Jiangwan Gymnasium
	13:00-18:00	Referee Meeting & Training	
August 21	09:00-17:00	Team Training	Xiaoxiang Huatian Hotel
	14:00-16:00	Head of Team Meeting	
August 22	09:00-18:00	Junior, Cadet, and Senior Poomsae Competition and Awarding Ceremony	Jiangwan Gymnasium
August 23	-	Departure	