

G1 BELGIAN OPEN

POOMSAE

Poomsae | Freestyle

45th edition

15th of August 2026

Brussel – Belgium



ORGANIZATION

Contact information

Taekwondo Flanders | Belgian Taekwondo Federation
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BelgianTaekwondoFederation.be
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President

Mr. Moustapha Akkouh

Referee chairman

Mr. Mustapha Moutarazak

OVR Provider

KPNP

Location

Sports hall SALLE OMNISPORT
Rue De Lombartzyde 120, 1120 Brussels, Belgium
Itinerary: Rue de Lombartzyde 120 - Google Maps

Accommodation

Voco Brussels City North, Indringingsweg 1, 1800 Vilvoorde



TIMETABLE

Friday - 14th of August 17:00-20:00 Registration for all categories at competition venue.

Saturday - 15th of August

07:45	Opening competition venue
08:00	Referee meeting
08:30	Head of team meeting
09:00	Start competitions

CONDITIONS FOR PARTICIPATION

A WT Global Athlete License (GAL) is mandatory to compete in WT categories. All participants must be able to prove their age by presenting a valid passport or ID card at registration. By registering, the contestants agree that their names may be published on the list of participants and on the official result lists online.

CONTESTANTS

Age categories

According to WT categories for recognized poomsae

Individual recognized poomsae

Cadet: Ages 12-14 (2012-2014)

Junior: Ages 15-17 (2009-2011)

U30: Ages 18-30 (1996-2008)

U40: Ages 31-40 (1986-1995)

U50: Ages 41-50 (1976-1985)

U60: Ages 51-60 (1966-1975)

U65: Ages 61-65 (1961-1965)

O65: Ages 66 and older (1960 ...)

Pair & Team

Cadet: Ages 12-14 (2012-2014)

Junior: Ages 15-17 (2009-2011)

U30: Ages 18-30 (1996-2008)

U50: Ages 31-50 (1976 – 1995)

U60: Ages 51-60 (1966 – 1975)

O60: Ages 61 and over (1965 ...)

According to WT categories for freestyle poomsae competition

FS Individual

U17: Ages 12-17

O17: 18 and older

FS Pair

U17: Ages 12-17

O17: 18 and older

FS Mixed Team

U17: Ages 12-17

O17: 18 and older

The age category is based on the year of birth. For example: if the athlete will be 18 years in 2026, but on the day of the competition he/she is still 17 years old, then he/she must compete in the category 18-30 years old (U30).

Those who are not recognized as adults by law in their own country must provide a written consent signed by the parent or legal guardian wherein is stated that they accept the participation and all parts of the official invitation. See form on simply compete.

Graduations 1st DAN/POOM and higher – WT regulations

Uniform All contestants must wear WT approved Poomsae Competition uniforms in accordance with the article 4.2 of the WT Poomsae competition rules. For information see website WT.

1. Cadet division (Ages 12-14): White top with red and black collar, plus blue pants for males; the same top, but with red pants, for females. (Only Poom belt shall be permitted).
2. Junior and Senior Division (ages 15-50): White top with dark blue pants for males; white top with light blue pants for females.
3. Master division (Ages 51 and up): Yellow top and dark blue pants for both males and females.

Categories Contestants may compete in a maximum of two (2) categories (Recognized Poomsae max. 2 or Freestyle Poomsae max. 2 or one of each categories) of competition unless he or she is limited by gender or age.

Individual Award & Team ranking 1st pl. = gold medal / 2nd pl. =silver medal / 3rd & 4th pl. =bronze medals
Awards will be given to the top 3 teams.

COMPETITION RULES

General WT competition rules & interpretation in force as of September 30, 2024 applies to all competitions for poomsae and freestyle.

WT Poomsae Ranking Bylaw (in force as of **March 25, 2026**).

Recognized Poomsae

Individual, Pair, and Team competitions up to 90 seconds.

Freestyle Poomsae

Individual, Pair, and Mixed Team competitions from 90 to 100 seconds.

Protest Only the official coach is allowed to protest within 10 minutes of the pertinent contest to the poomsae referee director. An amount of € 200 will have to be paid for each protest.



Anti-Doping

Competitors accept the Anti-Doping rules of the World Taekwondo. Some contestants chosen at random will be tested. The list of prohibited products will be equal to the list of IOC.

Methods of competition

Recognized poomsae – G1-Status

- Competition shall be conducted in a single elimination tournament system. The two designated Poomsae shall be randomly selected and shown through monitor on Field of Play before the match begins.
- Individual Categories: Both Chung/Hong players perform their assigned Poomsae simultaneously (Side by Side).
- Pair and Team Categories: Chung and Hong players perform designated Poomsae (One by One) not side by side. All members of a pair or team must be in the correct age group.
- A certain number of athletes may be seeded based on their ranks in the WT world ranking, according to the guidelines stipulated in the WT World Poomsae Ranking. If an athlete has no ranking points, they will not be seeded and will be placed in a random draw.
- 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.

The organization is allowed to change this due to organizational matters.

The WT Technical Delegate has the authority to adjust the contest time as they see fit.

Freestyle poomsae – G1-Status

- We will use the Cut-off system for all Freestyle categories.
- There will be only one single Final Round, independent of the number of athletes per category.

General information about Freestyle poomsae:

- Scoring shall be made in accordance with the rules of the WT. Each performance shall have a duration from 90 to 100 seconds.
- Music & choreography shall be the choice of the contestant.
- Performed techniques must be within the boundaries of Taekwondo and all acrobatic techniques must incorporate Taekwondo kicks.
- No more than 3 acrobatic combinations may be shown during the whole performance. Every extra acrobatic technique or combination will lead to a deduction of 0.3 points from the total technical score.

- Any acrobatic action without a kick means zero scoring.
- An acrobatic combination can be either a single acrobatic action (such as front flip or back flip) or a combination of consecutive single acrobatic actions.
- Consecutive sparring kicks may consist of 7 to 10 kicks.
- The minimum number of consecutive sparring kicks (7 kicks) should be performed by the same athlete in one direction. It is not allowed to change directions by more than 90 degrees.
- A turnaround (change direction by 180 degrees) is not allowed during the consecutive sparring kicks.
- It is not allowed to perform 1-1 sparring (face to face).
- Punches do not count toward the “minimum of 7 consecutive sparring kicks”. Double kicks are only counted as 1 kick and triple and more are counted as 2 kicks.
- It is mandatory to bounce clearly in place 3 to 5 times before executing the consecutive sparring kicks. If competitors fail to do so, the execution of the consecutive sparring kicks will not be scored.
- Mandatory Stances: Hakdari seogi & Beom seogi & Dwit kubi.

Mixed Team Divisions – Board Breaking:

- Board breaking in the following three technical skills is 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.
- 0.1 points deducted for each unsuccessful board breaking.

Board Breaking:

- The pine board has the following measurements:
Length 300 mm / Width 220 mm / Thickness 9 mm
- Notice: Mixed teams must provide the required number of boards themselves, fitting the specified dimensions (5 to 9 boards).
- Holder of the board breaking can only be among the 5 members of the mixed team. Any of the five performing members (not substitute) can execute board breakings.

Music freestyle

Athletes must bring their music (**sound without lyrics/words**) in MP3 format on a USB-stick to the registration in an envelope or bag. Apple

audio format is not allowed. The music and choreography shall be the choice of the contestant; however, any political, social and religious and any contents that may harm, discriminate against or offend other is **not** allowed.

*On the USB-stick, each file should contain the following information:

- Name of the country.
- Name of the category.
- Name of the athlete/athletes.
- Name of division (Individual or Pair or Mixed Team)

COMPULSORY

POOMSAE

Individual A-class

Cadet	Taegeuk 4, 5, 6, 7, 8 jang, Koryo(P9), Keumgang(P10), Taeback(P11).
Junior	Taegeuk 5, 6, 7, 8 jang, Koryo(P9), Keumgang(P10), Taeback(P11), Pyongwon(P12).
U30	Taegeuk 7, 8 jang, Koryo(P9), Keumgang(P10), Taeback(P11), Pyongwon(P12), Shipjin(P13), Jitae(P14).
U40	
U50	Taegeuk 8 jang, Koryo(P9), Keumgang(P10), Taeback(P11), Pyongwon(P12), Shipjin(P13), Jitae(P14), Chonkwon(P15).
U60	Koryo(P9), Keumgang(P10), Taeback(P11), Pyongwon(P12), Shipjin(P13), Jitae(P14), Chonkwon(P15), Hansu(P16).
U65	
O65	

Pair A-class & Team A-class

Cadet	Taegeuk 4, 5, 6, 7, 8 jang, Koryo(P9), Keumgang(P10), Taeback(P11).
Junior	Taegeuk 5, 6, 7, 8 jang, Koryo(P9), Keumgang(P10), Taeback(P11), Pyongwon(P12).
U30	Taegeuk 7, 8 jang, Koryo(P9), Keumgang(P10), Taeback(P11), Pyongwon(P12), Shipjin(P13), Jitae(P14)
U50	Taegeuk 8 jang, Koryo(P9), Keumgang(P10), Taeback(P11), Pyongwon(P12), Shipjin(P13), Jitae(P14), Chonkwon(P15)
U60	Koryo(P9), Keumgang(P10), Taeback(P11), Pyongwon(P12), Shipjin(P13), Jitae(P14), Chonkwon(P15), Hansu(P16)
O60	

REGISTRATION

Website

<https://worldtkd.simplycompete.com/>

Registrations must be done by TEAM (by the club admin).

Registrations are only allowed for:

- athletes
- coaches

National teams can also enter 1 MNA Official.

Other functions are not allowed.

Deadline

2nd of August 2026 (23:59 Belgian time GMT +2)

Registration

Registration is mandatory for all teams.

Registrations onsite will not be accepted.

Those who do not show up on registration will not be included in competition lists and draws.

Limit of participants

Limit for participants is set on 400 athletes. All athletes registered after the limit of participants has been reached, will be excluded from the entry list.

ENTRY FEE

Recognized poomsae

Individual – €150

Per pair – €150

Per team – €150

Freestyle competition

Individual – €150

Per pair – €150

Per mixed team – €150

Poomsae/Freestyle

Athletes participating in maximum two (2) categories, pay for 2 categories.

This price is only valid when the payment has been done before August 2, 2026. Proof of payment should be sent to

belgianopen@taekwondo.be.

If the payment arrives later, 50€ extra per category should be paid at the registration desk on site.

Bank details

Account name: Taekwondo Vlaanderen

Name of bank: Belfius

Address of bank: Havermarkt 36-38

ZIP: 3500

Place: Hasselt

Country: Belgium

IBAN: BE21 0682 3723 0503

SWIFT/BIC: GKCCBEBB
Reference: BO Poomsae 2026 + team name + _
individuals, _pairs, _teams
(eg. BO Poomsae 2026 + Taekwondo
Vlaanderen + 5 individuals, 2 pairs, 1
team)

In case of pair/team with another club, please specify.

Entry fees are obligated at all times and must be paid only in (€) **EURO**. Additional currency charges must be paid by the participating team/competitor. All currency charges which are charged to the account of the organization must be balanced during registration.

No show

There will be **no refund** if a registered competitor/team fails to show up for the competition. In case the competitor has not been removed from the list of participants before the deadline his/her team or official must fully (100%) pay the entry fee(s) for participation. In case of no show the invoice will be send to the team after the tournament.

Modifications

50€ for all modifications after the deadline of 2nd of August 2026. This must be paid at the registration.

Spectators

€10 per person
Children until 10 years old = free entrance

Membership

All athletes and officials participating at the G1 Belgian Open Poomsae must hold a VALID 2026 WT GLOBAL LICENSE. Contact your MNA responsible for questions about this WT license. Onsite registration for WT license is not possible. WT ranking points can only be awarded to those athletes with a valid WT license.

Coaching

Coaching is only allowed in sportswear (no dobok) or business suits with sports shoes (no slippers & sandals). All coaches must be 18 years or older, have a valid 2026 WT GLOBAL LICENSE with event pass and **must hold a WT Poomsae Coach Certification**. The online course for the Coach Certification will be offered



through Simply Compete in the Courses section. Coaches can register online through their Simply Compete profile.

Access to competition area

Only for 1 coach + 1 athlete (except for poomsae pair/team) and only with the personal and original accreditation badges made by the organization.

Visa

All members who need an entry visa to Belgium must be registered for the event in GMS.
VISA applications can be sent max. 3 weeks prior to the competition (until Friday 24/07/2026) to the organization.
All applications that arrive after this deadline, will not be treated.
See attachment.

Liability

All competitors participate at their own risk. The organization shall not accept responsibility for any damages, violence, injuries or losses sustained or incurred and specifically note that they also take no responsibility for any damages, losses, injuries or other consequences due to (directly or indirectly) acts of terrorism or terrorist threats. All contestants must bring their own documents and forms for any medical treatment in Belgium. If not, this will have to be paid in cash immediately.

First aid

Will be provided by the organization and is only to be used in case of an emergency.

Press

Only official press members with personal press card will be granted access to the competition areas.

Outline

The organizers reserve the right to make changes in the outline if necessary.

Commercial business

Commercial business is not allowed under any circumstances without any written permission of Taekwondo Flanders. Only contracted business are allowed in the venue. A penalty of 10.000,00 EUR shall be paid cash when violating this rule. The organization will have full authority to remove violators from the venue and event. Please note that you will automatically comply with the rules of Taekwondo Flanders written in this outline when accessing the venue or anywhere near the event.



ACCOMMODATION AND TRANSPORT

Accommodation

Booking at the organisation official hotel can be done at following link: [Accommodation voco Brussels - Taekwondo Vlaanderen](#)
This link is valid for booking for the nights of August 14–15 and August 15–16.

If you want to stay in this hotel during other nights, you can contact salesadmin@vcbrussels.com .

Transportation

The OC doesn't provide airport transfers.

Transport between the official hotel and competition venue can be done by public transport or per taxi.

