



Poomsae Championships

Please let us know if you want to take part in these championships!

DATE	28 March 2026 Past ▾
DEADLINE	Sunday 22nd of March 2026 at 21:00
EVENT	Harrogate KTA 10th Mayor Cup
LOCATION	Ashville Sports Centre, Harrogate (258 Miles, Driving: 4hr 48min)
INFORMATION	https://firebasestorage.googleapis.com/v0/b/poomsae-reg-p.appspot.com/o/2026%2F0328-Mayor%2FOu%2Fline%2010th%20Mayor%20Cup.pdf?alt=media&token=687b75eb-ac4f-424d-a417-92ea3c05d24c
INDIVIDUAL	£44 Per Entry
PAIRS	£48 Per Pair
TEAMS	£48 Per Team
FAMILY	
PARTICIPANT	1. Crimson Khatiwada - Gold Medal

DATE	18 April 2026 Not Booked ▾
DEADLINE	Friday 3rd April 2026
EVENT	NI Poomsae Championships

DATE	18 April 2026 Not Booked ▾
LOCATION	Queens Sport, Belfast Botanic Park, Stranmillis Embankment, Belfast BT9 5EX (524 Miles, Driving: 10hr 43min)
INFORMATION	https://firebasestorage.googleapis.com/v0/b/poomsae-reg-p.appspot.com/o/2026%2F0418-NI%2F2026%20Northern%20Ireland%20Poomsae%20Championships.pdf?alt=media&token=8c3e5d67-f22b-4f49-a316-a3d0a39bd28c
INDIVIDUAL	£30 Per Entry
PAIRS	£30 Per Pair
TEAMS	£30 Per Team
FAMILY	
PARTICIPANT	

DATE	26th April 2026 Participating ▾
DEADLINE	10th Apr 2026 - 21:00
EVENT	Aquila Spring Poomsae Open 2026
LOCATION	UEL SportsDock, London (58 miles, 1hr 20min)
	content://com.android.chrome.FileProvider/pdfs/Aquila%20Spring%20Edition%20-%20Sunday%2026th%20April%202026.pdf
INDIVIDUAL	£50 Per Entry
PAIRS	£48 Per Pair
TEAMS	£48 Per Team
FAMILY	
PARTICIPANT	<ol style="list-style-type: none"> 1. Tanish Karkera - Individual - Entry, Paid 2. Roshan Kharal - Individual - Entry, 3. Thomas Reed - Individual - Entry, Paid

DATE	14 February 2026 Past ▾
DEADLINE	Saturday 31st January 2026 Time: 2100
EVENT	Ali's Dojang Open
LOCATION	SportsDock, University of East London (55 Miles, Driving: 1hr, 13min)
INFORMATION	https://firebasestorage.googleapis.com/v0/b/poomsae-reg-p.appspot.com/o/2026%2F0214-Ali%2Fali's%20Dojang%20Open%20Information%20Pack%202026%20-%20Poomsae.pdf?alt=media&token=e0c30ee1-55a2-4d6a-98d5-3239a83c8006
INDIVIDUAL	£45 Per Entry
PAIRS	£48 Per Pair
TEAMS	£48 Per Team
FAMILY	
PARTICIPANT	<ol style="list-style-type: none"> 1. Thomas Reed - Individual (Gold Medal) 2. Crimson Khatiwada - Individual (Silver Medal) 3. Tanish Karkera - Individual 4. Maulik Limbu - Individual

DATE	1st & 2nd November 2025 Past ▾
DEADLINE	
EVENT	British Taekwondo National Championships 2025
LOCATION	
INFORMATION	https://www.britishtaekwondo.org.uk/british-taekwondo-national-poomsae-championships/
INDIVIDUAL	£50 per entry
PAIRS	
TEAMS	
FAMILY	
PARTICIPANT	<ol style="list-style-type: none"> 1. Ista Gurung - Individual - Bronze 2. Thomas Reed - Individual - Silver 3. Maulik Limbu - Individual

DATE	18th October 2025 Past ▾
EVENT	Aquila Open Poomsae Championships 2025
LOCATION	
INFORMATION	
INDIVIDUAL	£50
PAIRS	
TEAMS	
FAMILY	
PARTICIPANT	<ol style="list-style-type: none"> 1. Maulik Limbu - Gold 2. Thomas Reed - Silver 3. Ista Gurung - Silver 4. Nathaniel Daly - Bronze

DATE	Saturday 5th July 2025 Past ▾
DEADLINE	Saturday 21st June 2025
EVENT	4th Best Leg Poomsae Championships
LOCATION	Crystal Palace National Sports Centre, London SE19 2B
INFORMATION	https://firebasestorage.googleapis.com/v0/b/poomsae-reg-p.appspot.com/o/2025%2F0712-BestLeg%2F4th%20Best%20Leg%20Taekwondo%20Poomsae%20Open%20Championships.pdf?alt=media&token=1ba602d8-c334-4a4a-8616-9e82d2003b1d
INDIVIDUAL	£50 per entry
PAIRS	£55 per entry
TEAMS	£60 per entry
FAMILY	£60 per entry
PARTICIPANT	<ol style="list-style-type: none"> 1. Ista Gurung - Individual - Silver 2. Thomas Reed - Individual- Gold 3. Maulik limbu - Individual - Gold

DATE	Saturday 5th July 2025 Past ▾
	4. Crimson Khatiwada- Individual - Bronze (3rd)

DATE	21st September 2025 Past ▾
	27th August 2025
EVENT	8th Bluewave Open Poomsae Championships
LOCATION	21 September 2025 at Hampshire Court Hotel, Basingstoke
INFORMATION	No Informations
INDIVIDUAL	£45
PAIRS	£ 48
TEAMS	£ 48
FAMILY	
PARTICIPANT	

DATE	Sunday 11th May 2025 Past ▾
DEADLINE	Sunday, 28th June 2025
EVENT	London Taekwondo Poomsae Championships
LOCATION	Haberdashers' Knights Academy, Bromley
INFORMATION	https://firebasestorage.googleapis.com/v0/b/poomsae-reg-p.appspot.com/o/2025%2F0511-London%2FLondon%20Taekwondo%20Poomsae%20Championships%202025.pdf?alt=media&token=3f5a2746-8189-4c17-abcd-60f58fa621a9
INDIVIDUAL	£45 per entry
PAIRS	£40 per entry
TEAMS	£45 per entry
FAMILY	

DATE	Sunday 11th May 2025 Past ▾
PARTICIPANT	1. Thomas Reed - Individual - Gold

DATE	Saturday 3rd May 2025 Past ▾
DEADLINE	13th April 2025
EVENT	London International Open Poomsae Championships 2025
LOCATION	Lee Valley Athletics Centre 61, Meridian Way London N9 0AR
INFORMATION	https://www.tpss2021.eu/getpdf?filename=4107.pdf
K3	13th April, Early Bird £60 Standard Registration £70
K2	13th April, Early Bird £70 Standard Registration £80
K1/Dan	13th April, Early Bird £85 Standard Registration £95
	Early Bird Registration and deadline: 23rd March to 30th March
PARTICIPANT	Results: <ol style="list-style-type: none"> 1. Thomas Reed - Individual - Gold 2. Maulik Limbu - Individual - Gold 3. Crimson Khatiwada- Individual- Silver 4. Ista Gurung - Individual - Silver

DATE	Sunday 27th April 2025 Past ▾
DEADLINE	14th April 2025
EVENT	Gajok Poomsae Championships
LOCATION	Ian Robinson Sports Centre, Liverpool
INFORMATION	https://firebasestorage.googleapis.com/v0/b/poomsae-reg-p.appspot.com/o/2025%2F0427-Gajok%2FGajok%20Info%20Booklet%202025%20V1.2%20compressed.pdf?alt=media&token=e0b0e710-d678-4f8a-9d9d-1282c96441e1
INDIVIDUAL	£40 per entry

DATE	Sunday 27th April 2025 Past ▾
PAIRS	£40 per entry
TEAMS	£45 per entry
PARA	£40
PARTICIPANT	1. Thomas Reed - Individual & Pair - 2 Golds

DATE	29th March 2025 Past ▾
DEADLINE	Sunday, 23rd of March 2025, at 21:00
EVENT	Harrogate KTA 9th Mayor Cup Open
LOCATION	29 March 2025 at Rossett Sports Centre, Harrogate
INFORMATION	https://firebasestorage.googleapis.com/v0/b/poomsae-reg-p.appspot.com/o/2025%2F0329-Mayor%2FOutline%209th%20Mayor%20Cup.pdf?alt=media&token=c84f9d46-fb17-4492-a972-e6839202b759
INDIVIDUAL	£44 per entry
PAIRS	£48 per entry
TEAMS	£48 per entry
FAMILY	
PARTICIPANT	2. Ista Gurung - Individual- Bronze 3. Thomas Reed - Individual - Gold 4. Crimson Khatiwada - Individual - Silver

DATE	15 February 2025 Past ▾
DEADLINE	Sunday, 2nd February 2025, at 21:00
EVENT	3rd Ali's Dojang
	SportsDock, University of East London
INFORMATION	https://firebasestorage.googleapis.com/v0/b/poomsae-reg-p.appspot.com/o/2025%2F0215-Ali%2Fali's%20Dojang%20Open%20Information%20Pack%202025%20-%20Poomsae%20v2.pdf?alt=media&token=fdde8985-290b-4946-bc7c-7c0f32c0e7ab

DATE	15 February 2025 Past ▾
INDIVIDUAL	£42 per Individual
PAIRS	£36 per pairs
TEAMS	£39 per team
FAMILY	
PARTICIPANT	<ol style="list-style-type: none"> 1. Crimson Khatiwada- Individual - Silver 2. Maulik Limbu - Individual - Gold 3. Thomas Reed - Individual - Gold 4. Benjamin Belton - Individual - Silver

DATE	Saturday 17th February 2024 Past ▾
DEADLINE	
EVENT	2nd Ali's Dojang Open Poomsae Championships
LOCATION	SportsDock, University of East London (58 miles)
INFORMATION	https://www.poomsae-reg.com/comp/-NjdecnbWzFoj_190nIM
INDIVIDUAL	£40 per entry
PAIRS	£36 per entry
TEAMS	£39 per entry
PARTICIPANT	<p>Results:</p> <ol style="list-style-type: none"> 1. Harriet Burch-Gull (Individual-Gold, Pair-Bronze) 2. Maulik Limbu (Individual-Silver, Pair-Bronze) 3. Hana Kramberger (Individual-Gold) 4. Urmila Rai (Team-Gold) <p>Well done to the WAY TKD Poomsae Team!</p>

DATE	Saturday 6th April 2024 Past ▾
DEADLINE	Sunday, 30th March 2024
EVENT	Harrogate KTA 8th Mayor Cup Open
LOCATION	Rossett Sports Centre, Harrogate, Pannal Ash Rd, Harrogate HG2 9PH (262 miles)
INFORMATION	https://www.poomsae-reg.com/comp/-NkrgZZzP7z9797dV8AM
INDIVIDUAL	£42 per entry

DATE	Saturday 6th April 2024 Past ▾
PAIRS	£46 per entry
TEAMS	£46 per entry
FAMILY	None
PARTICIPANT	<p>Result:</p> <ol style="list-style-type: none"> 1. Harriet Burch-Gull (Individual) Bronze Medal 2. Hana Kramberger (Individual) Bronze Medal <p>Well done to the WAY TKD Poomsae Team!</p>

DATE	Registration Friday 24th, Competition on 26th May 2024 (KUP Grade- U9,U11 & U14) Past ▾
DEADLINE	Friday 12th April 2024 (To pay early £65)
EVENT	London International Open Poomsae Taekwondo Championships 2024
LOCATION	Lee Valley Athletics Centre. 61, Meridian Way, London, N9 0AR (70 Miles)
INFOR	https://www.tpss2021.eu/overview_categories
INDIVIDUAL	£80 (£65, Early Bird Registration)
PAIRS	£80 (£65, Early Bird Registration)
TEAMS	£80 (£65, Early Bird Registration)
PARTICIPANT	<p>Result:</p> <ol style="list-style-type: none"> 1. Harriet Burch-Gull (Individual) 3rd Place 2. Hana Kramberger (Individual) 3. Maulik Limbu (Individual) 3rd Place <p>Well done to the WAY TKD Poomsae Team!</p>

DATE	Saturday 6th July 2024 Past ▾
DEADLINE	Saturday 22nd June 2024
EVENT	3rd Best Leg Poomsae Championships
LOCATION	Crystal Palace National Sports Centre Ledrington Road, Crystal Palace London, SE19 2BB (53 miles)
INFORMATION	https://www.poomsae-reg.com/comp/-NkhU4fEBXvz5qvedZYg

DATE	Saturday 6th July 2024 Past ▾
INDIVIDUAL	£45 per entry
PAIRS	£55 per entry
TEAMS	£60 per entry
FAMILY	£60 per entry
PARTICIPANT	<p>Result:</p> <ol style="list-style-type: none"> 1. Harriet Burch-Gull (Individual) 3rd Place (Score - 5.80) 2. Hana Kramberger (Individual) 5th Place (Score - 6.38) 3. Maulik Limbu (Individual) 1st Place (Score - 6.87) <p>Well done to the WAY TKD Poomsae Team!</p>

DATE	Sunday 22nd September 2024 Past ▾
	Full
EVENT	7th Bluewave Open Poomsae Championships 2024
LOCATION	Hampshire Court Hotel, Basingstoke, Centre Dr, Chineham, Basingstoke RG24 8FY (102 miles)
INFORMATION	https://www.poomsae-reg.com/comp/-NjdedSo9Bmgl5s8DEcq
INDIVIDUAL	per entry
PAIRS	per entry
TEAMS	per entry
FAMILY	per entry
PARTICIPANT	<p>RESULT</p> <ol style="list-style-type: none"> 1. Harriet Burch-Gull (Individual) -2nd Place (Score - 6.05) 2. Hana Kramberger (Individual) -9th Place (Score - 6.38) <p>Well done to the WAY TKD Poomsae Team!</p>

DATE	Sunday 20th October 2024 Past ▾
DEADLINE	Friday 4th October 2024
EVENT	Aquila Poomsae Championships 2024
LOCATION	UEL SportsDock, University of East London, Docklands Campus, University Way, Beckton, E16 2RD (57 miles, 1hr 30 mins)

DATE	Sunday 20th October 2024 Past ▾
INFORMATION	https://firebasestorage.googleapis.com/v0/b/poomsae-reg-p.appspot.com/o/2024%2F1020-Aquila%2FAquila%20Poomsae%20Open%202024.pdf?alt=media&token=6eb16706-694a-4414-8aa0-bc5d76d530f8
INDIVIDUAL	Individual: £40
PAIRS	Pair: £42
TEAMS	Team: £45
FAMILY	Family: £45
PARTICIPANT	<p>Results:</p> <ol style="list-style-type: none"> Hana Kramberger (Individual) -4th Place Harriet Burch-gull (Individual) -1st Place Maulik Limbu (Individual) -1st Place Crimson Khatiwada (Individual) -1st Place Prashansa Jugjalli (Individual) -3rd Place Prosper Sherchan (Individual) - 2nd Place Urmila Rai (Team) -1st place Laxmi RaMagar (Family) - 10th Place out of 16 Family Groups.

DATE	2nd & 3rd November 2024 Past ▾
DEADLINE	21st October 2024 (Entry fees must be paid within 48 hours of the application closing date)
EVENT	British National Poomsae Championships 2024
LOCATION	Arena Sports Kettering, Thurston Drive, Kettering NN15 6PB (142 miles, 3 hrs 21 minutes)
INFORMATION	https://www.tpss2021.eu/getpdf?filename=3939.pdf
Individual	DAN - £52 KUP - 47.50
Pairs	Additional fee £12
Teams	Additional fee £12
Para	Additional fee £12
PARTICIPANT	<p>Results:</p> <ol style="list-style-type: none"> Harriet Burch-Gull (Individual) - Bronze Maulik Limbu (Individual) - Bronze Crimson Khatiwada (Individual) - Gold <p>Well done to the WAY TKD Poomsae Team!</p>