

PRESIDENT'S CUP 2026 G3 POOMSAE

**3rd MAY 2026
LEE VALLEY ATHLETICS CENTRE**

**RECOGNISED
FREESTYLE
PARA
POOMSAE**





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. RECOGNIZED 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 PARA TAEKWONDO POOMSAE RANKING: G3
- 6. REGISTRATION & ACCREDITATION**
Friday 1st May, 14:00 - 18:00 hrs
LOCATION: Lee Valley Athletic Centre, 61, Meridian Way, London, N9 0AR
- 7. COMPETITION SCHEDULE**
2nd May 2026 – Saturday
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. COMPETITION RULES AND SEEDING

The latest updated World Para Taekwondo Poomsae Competition Rules will be implemented for competition in the Poomsae Sport Classes. **These rules are currently pending WT approval and subject to changes before the competition.**

Article 9.1 will be used for competition for All Sport Classes there is a free choice to athletes to choose (1) Poomsae from Group 1 and (1) Poomsae from Group 2 for each round.

10. HEAD OF TEAM MEETING

1st May, 2026 19:30 hrs – 20:30 hrs
LOCATION: Venue

11. CONTEST TIME

- Recognised Para Poomsae: Maximum **120 seconds per poomsae**
- **P50 Sport Class: maximum 150 seconds**

12. COMPETITION SYSTEM

PARA POOMSAE:

- Single elimination tournament system

13. CLASSIFICATION

International Classification of all Para Poomsae athletes (P20, P30, P50 and P70 Sport Classes) will take place on **April 30 – May 1, 2026.**

All teams should prepare their travel for their athletes to be available for International Classification on these dates.

WT Para Taekwondo Department will publish the Classification time schedule after the registration deadline for the tournament.

The details on each sport class can be found in the WT Athlete Classification Rules on the WT website.

Medical Diagnostic Form must be submitted for any NEW (N) or REVIEW (Review R-NAO and R-FRD) athlete registered for the tournament. Deadline for uploading MDFs to the WTCS is on the registration deadline (**April 3, 2026**).

If no MDF has been submitted by this time the athlete will not be called for classification and cannot compete.

World Taekwondo Classification System (WTCS) is the WT online registration tool for MNAs to register their new athletes and add Medical Diagnostic Forms (MDF) and pictures to be seen by the WT UHC Assessors to determine if the new athlete is eligible for Para Taekwondo. All athletes in the WTCS will require a WT License Number (GAL).

In order to activate Member National Association user account information for the World Para Taekwondo Classification System (WTCS) please click on WTCS Account Request Form on the following on the following link: <https://www.ipc-services.org/wtcs/app/login>

Fill out the form and submit the MNA Account Request form to the Para Taekwondo Department at para-tkd@worldtaekwondo.org. Username and password will then be sent to the communicated email address.

WTCS Account Policy – Each Member Federation must internally designate exactly one (1) primary user responsible for WTCS Account.

14. GENERAL ELIGIBILITY REQUIREMENTS

- Contestants may compete in maximum one medal event
- Holder of a valid 2026 WT Global Athlete License
- A participant must be a member of a pertinent Member National Association, recognised by Europe Taekwondo Union or WorldTaekwondo:
- 1st Dan/Poom, and above-WT regulations or an 8-1 Geup certificate issued or recognised by WT

15. AGE ELIGIBILITY

- Born 2010 or before
- The age limits 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

Recognised Para Poomsae (Individuals)

- Male Senior 16 years old and older
- Female Senior 16 years old and older

18. LIST OF POOMSAE TO BE PERFORMED

For All Sport Classes there is a free choice to athletes to choose one (1) Poomsae from Group 1 and one (1) Poomsae from Group 2, for each round.

Individual Division (8 th Geup and above)	Compulsory Poomsae	
	Group 1	Group 2
Seniors (16 and older)	Taegeuk 3, 4, 5, 6, 7-jang	Taegeuk 8-jang, Koryo (9), Keumgang (10)*, Taebaek (11)

**Note: Poomsae Keumgang (10) shall be excluded from for P30 sport classes*

Athletes may repeat the same Two (2) Poomsae in the subsequent rounds for all competitions.

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 Individual	150 euro (£130 GBP)	175 euro (£150 GBP)	200 euro (£180 GBP)
	Early Bird Registration & Payment Deadline 20th March 2026	Late Registration & Payment Deadline 3rd April 2026	Cash Payment (not recommended)

IMPORTANT NOTES:

- European Taekwondo Union/Organizing 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.

21. 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.** Cash payments will not be accepted. 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]

22. 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.

23. NO REFUND POLICY

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

24. 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.

25. REPLACEMENT

The replacement of athletes after the registration deadline is only permitted on the official registration day.

The following rules apply:

- Athletes must be eligible for the category
- Replacement can be done only if all entry fees have been paid in full
- A fee of 150 euro is applicable.

26. 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.

27. ACCREDITATION CARD DISTRIBUTION

Registered teams only receive the athlete and officials 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.

28. SPECTATOR TICKETS

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

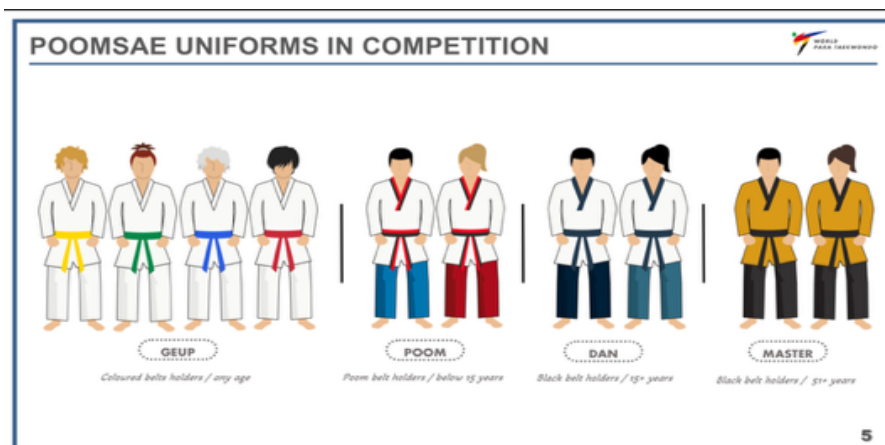
General Admission Ticket (Day 2) Sunday 3rd May

Weekend Pass (Saturday 2nd & Sunday 3rd May)

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

29. EQUIPMENT

Dobok: participating contestants must wear the WT-recognized Poomsae Competition uniform **or** **dobok**. 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:

30. PARA POOMSAE SPORT CLASSES

The infographic for the P21 class features a central illustration of a male taekwondo practitioner in a white uniform with a black belt. Above his head is a thought bubble containing colorful gears. At the top center is a circular logo with the word 'INTELLECT' and a stylized taekwondo figure, with 'P20' in a smaller circle to its right. In the top left corner, a green speech bubble contains 'P21'. In the top right corner, the 'WORLD PARA TAEKWONDO' logo is visible. A green banner at the bottom contains the text: 'Only IQ* is affected', 'I.Q. : 75 or below.', and '*IQ: intelligence quotient'.

The infographic for the P22 class features a central illustration of a female taekwondo practitioner in a white uniform with a black belt. Above her head is a thought bubble containing colorful gears. At the top center is a circular logo with the word 'INTELLECT' and a stylized taekwondo figure, with 'P20' in a smaller circle to its right. In the top left corner, a green speech bubble contains 'P22'. In the top right corner, the 'WORLD PARA TAEKWONDO' logo is visible. A green banner at the bottom contains the text: 'IQ affected + Other health conditions', 'I.Q. : 75 or below.', and 'Other Medical conditions e.g. Neuromuscular'.

For the P20 Sport Class, Virtus International Eligibility is still recognized. There will be an Medical Daignostic Form (MDF) for P20. IQ test from verified psychologist will be required as well as medical report. If Atlanto-Axial Instability (AAI) is present with downs syndrome this needs to be noted too. MDF and IQ test, AAI is required to be uploaded to the WTCS.

INTELLECT
P20

WORLD
PARA TAEKWONDO

P23



Autism
*Athletes diagnosed with
Autism Spectrum Disorder (ASD)*

NEURO
P30

WORLD
PARA TAEKWONDO

P31




Which condition: Hypertonia (Spasticity) or Athetosis or Dystonia or Ataxia
Severity: Moderate
Number of limbs affected: 4 Limbs affected

NEURO
P30

WORLD
PARA TAEKWONDO

P32

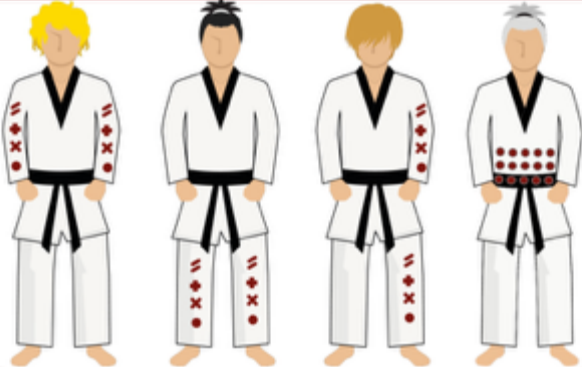


Which condition: **Hypertonia (Spasticity) or Athetosis or Dystonia or Ataxia**
 Severity: **Moderate**
 Number of limbs affected: **3 Limbs affected**

NEURO
P30

WORLD
PARA TAEKWONDO

P33



Which condition: **Hypertonia (Spasticity) or Athetosis or Dystonia or Ataxia**
 Severity: **Moderate**
 Number of limbs affected: **2 Limbs affected or Hemi or Truncal**



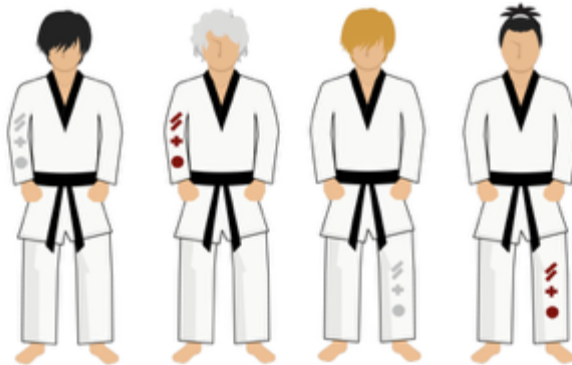
P34



Which condition: Hypertonia (Spasticity) or Athetosis or Ataxia / **NO DYSTONIA**
 Severity: Mild
 Number of limbs affected: 2-4 Limbs affected or Hemi or Truncal



P35




Which condition: Hypertonia (Spasticity) or Athetosis or Ataxia / **NO DYSTONIA**
 Severity: Mild or Moderate
 Number of limbs affected: 1 Limb affected

WHEELCHAIR P50

WORLD PAKA TAEKWONDO

P51

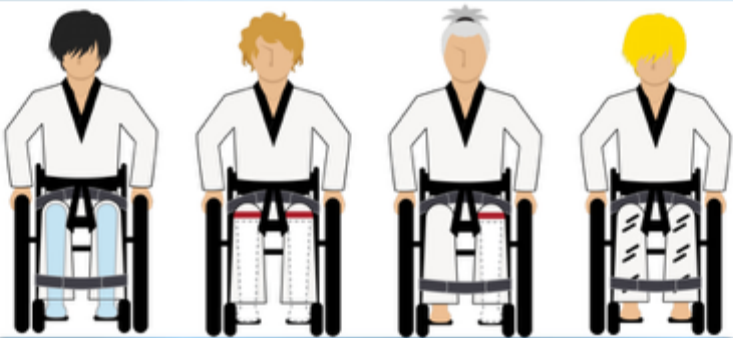


Any medical condition (e.g. impaired muscle power, impaired passive range of movement or neuro-muscular conditions) that affects BOTH lower limbs and THE TRUNCAL AREA to an extent that an athlete CAN NOT stand and would require a back strap to stabilise on the wheelchair.
MUST APPLY TRUNK & THIGH STRAP
 Leg strap and leg rest (if applicable), side handles can be kept

WHEELCHAIR P50

WORLD PAKA TAEKWONDO

P52



Any medical condition (amputation, dysmelia, impaired muscle power, impaired passive range of movement or neuro-muscular conditions) that affects ONE or BOTH lower limbs to an extent that an athlete CAN NOT stand. Stable on the wheelchair (trunk NOT affected).
MUST REMOVE SIDE HANDLES & APPLY THIGH STRAP
 Leg strap and leg rest (if applicable)

WHEELCHAIR
P50

WORLD
PARA TAEKWONDO

P53



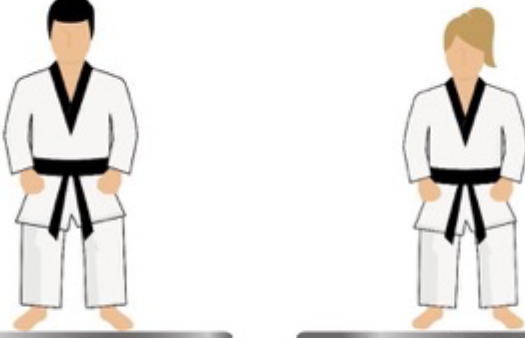
Any medical condition (e.g. impaired muscle power, impaired passive range of movement or neuromuscular conditions) that affects ONE or BOTH lower limbs to an extent that an athlete **CAN** stand stable using an assistive device.

MUST HAVE BOTH LOWER LIMBS

SHORT STATURE
P70

WORLD
PARA TAEKWONDO

P72



Standing height ≤ 145 cm,
and *Arm length ≤ 66 cm
and Standing height + arm length ≤ 200

*Arm measured from acromion to the tip of longest finger

Standing height ≤ 137 cm,
and *Arm length ≤ 63 cm
and Standing height + arm length ≤ 190

*Arm measured from acromion to the tip of longest finger

1

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 #Londonopen25 #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 London Open Para 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!