

# GOOP

## GERMAN OPEN POOMSAE

# G1

21. Februar 2026  
WIESBADEN



# DEUTSCHE TAEKWONDO UNION E.V.

Mitglied Deutscher Olympischer Sportbund (DOSB), European Taekwondo Union (ETU) und World Taekwondo (WT)



LANDESHAUPTSTADT



Dear athletes,  
dear friends of Taekwondo,

in February 2026, the German Open Taekwondo Poomsae will be held in Wiesbaden for the first time. We are delighted to host this high-level tournament in our city and look forward to welcoming numerous sports enthusiasts from Germany and abroad.

On this occasion, Germany will host its first-ever G-ranked Poomsae Championship. This underlines the importance of Taekwondo in our country. Thanks, in particular to the commitment and impressive achievements of the Budo-Schule Wiesbaden e. V., the sport has a firm place in the city's sporting landscape.

We would like to thank the German Taekwondo Union and the Hessian Taekwondo Union for bringing their top-class event to Wiesbaden. We are sure that you will organize an extraordinary tournament together with the Budo-Schule Wiesbaden.

On behalf of the city of Wiesbaden, the State Capital of Hesse, I wish all athletes and everyone else involved a successful tournament with exciting and fair competitions. We look forward to the German Open Taekwondo Poomsae 2026 and to welcoming you as guests in our city.

Sincerely,

  
Gert-Uwe Mende  
Head Mayor



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Dear global Taekwondo family members,

It is a great pleasure to invite you to participate at the G1 German Open Poomsae Championships, which will be held in Wiesbaden, Germany on 21 February 2026.

I would like to extend our warm welcome to all athletes, coaches, international referees, officials, as well as our distinguished guests and friends from all over the world, to participate in this high-class event.

As 2026 is the year in which the World Taekwondo Poomsae Championships will take place, we believe that the G1 German Open Poomsae 2026 will serve as an important tournament for Poomsae athletes worldwide.

On behalf of the organizing committee, I can assure you that we will make every possible effort in organizing a successful tournament at the highest level.

Special thanks go to our regional federation, the Hessische Taekwondo Union, and the local organizing club, Budo-Schule Wiesbaden, whose support will ensure the smooth organization of the German Open Poomsae 2026.

I wish all participants the best of luck and top-level athletic performances.

We look forward to seeing all of you in Wiesbaden in February 2026.

Yours faithfully,

Gerd Kohlhofer  
President  
German Taekwondo Federation  
(Deutsche Taekwondo Union e.V.)





## German Open Poomsae 2026

### Recognized and Freestyle (G1)

<b>Date</b>	<b>Saturday, 21 February 2026</b>
<b>Venue</b>	<b>Am Platz der Deutschen Einheit 5, 65185 Wiesbaden, Germany</b>
<b>Promoter</b>	<b>Deutsche Taekwondo Union (DTU)</b> Dr. Katrin Paschke (Vice President Poomsae DTU) <a href="mailto:katrin.paschke@dtu-mail.de">katrin.paschke@dtu-mail.de</a>
<b>Chairman</b>	IR Christian Nuissl (Referee Director DTU) <a href="mailto:nuissl@dtu-mail.de">nuissl@dtu-mail.de</a>
<b>Organizer</b>	<b>Hessische Taekwondo Union (HTU)</b>
<b>Schedule</b>	<b>Friday, 20 February 2026</b> 14:00 – 18:00 Accreditation at the venue 20:00 Head of Team meeting at the venue <b>Saturday, 21 February 2026</b> 07:00 Venue opens 09:00 Start of competition

#### 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. Permission to compete for children and minors is the responsibility of their respective clubs (mind the liability exclusion!).

By registering, the contestants agree that their names may be published on the list of participants and on the official result lists online.

This tournament is a public event, and regional as well as national media (online and print) may report on it, including the publication of participants' names, starting lists, results, photos, and videos. Additionally, the German Taekwondo Union may publish the same information in their online and print media.

All data will be used solely for the planning, execution, and administration of the event, in accordance with applicable data protection regulations.

Further Information can be found here (only German version available):  
[https://www.dtu.de/fileadmin/Downloads/DokumenteJAN2021/3.3\\_Datenschutzinweise\\_Wettkampfe\\_Turniere.pdf](https://www.dtu.de/fileadmin/Downloads/DokumenteJAN2021/3.3_Datenschutzinweise_Wettkampfe_Turniere.pdf)



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<b>Qualification</b>	Recognized	1. Dan/Poom and above ( <i>all WT categories</i> ) 2. Kup and above ( <i>categories age 7-11</i> )
	Freestyle	1. Dan/Poom and above

Contestants may compete in a maximum of **two events** per WT Competition Rules (in recognized Poomsae and/or freestyle Poomsae).

**Registration** <https://worldtkd.simplycompete.com>  
Please note: this tournament is limited to a maximum of 600 athletes.

**Deadline** 7 February 2026, 11:59 p.m. German time

**Entry Fee for Recognized/Freestyle**

**REGULAR ENTRY FEE** (paid by 14 January 2026) by bank transfer  
Individual/Pair/Team **150, - Euro**

**LATE PAYMENT** (paid after 14 January 2026) by bank transfer  
Individual/Pair/Team **180, - Euro \***

\*in case of no bank transfer takes place you can pay **CASH AT THE REGISTRATION** (20 February 2026) with an extra handling fee of **+20,- Euro** for each athlete.

**Payment** The Entry Fee must be paid in advance, free of charges or deductions to Deutsche Taekwondo Union e.V.

Bank Name: Sparkasse Ingolstadt Eichstaett  
IBAN: DE88 7215 0000 0020 0192 61  
Reference: GOP 2026 / name of team

Please keep a copy of the transfer at hand at the registration.

The entry fee is not refundable at any time after the deadline.  
If a registered athlete does not take part in the competition for any reason, but has not been removed from the list of participants before the deadline, their team official must fully (100%) pay the entry fee.

For pair and team categories with athletes from multiple clubs, the club through which the team is registered is responsible for the full payment of the entry fee for the entire team. Payment must therefore always be made per registered team/club.



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## Competition rules

Competition Rules: The WT Poomsae Competition Rules and Interpretation (in force as of September 30, 2024) shall apply.

Age categories are based on the year of birth.

The participants shall wear the WT-recognized Taekwondo Uniform.

## Individual Awards

1<sup>st</sup> place = gold medal / 2<sup>nd</sup> place = silver medal / 3<sup>rd</sup> and 4<sup>th</sup> place = bronze medal

## Team ranking

Awards will be given to the top 5 teams.

## Coach Eligibility

- Minimum age of 18 years
- holder of the WT Coach License Poomsae Level 1 Coach Certification
- Holder of a valid 2026 WT Global Official License
- Coaches are not allowed to wear a Dobok.

## Liability

All participants take part at their own risk. No liability of any kind will be assumed by the promoter or organiser. By handing over the registration form the competitors and the coaches expressly agree with the liability exclusion. The sole responsibility for informing the competitor's responsibility their legal guardians about this liability exclusion as well as for adequate discipline of the competitors at the tournament lies with the coach.

## Anti-Doping

Competitors accept the Anti-Doping rules of the World Taekwondo Federation and the National Anti-Doping Agency Germany (NADA), [www.nada.de/en](http://www.nada.de/en).

The list of prohibited substances and methods can be found on the World Anti-Doping Agency (WADA) website: <http://list.wada-ama.org>.

By submitting their registration, all athletes commit to refraining from any actions that violate the principles of fairness in sport and to taking all necessary measures to ensure that no prohibited substances enter their body or that no prohibited methods are applied to them.



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## Recognized Poomsae – G1-Status

- Competition shall be conducted in a single elimination tournament. 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.

Individual competition (m/f)	Year of birth	Compulsory Poomsae
Children (7 – 11 years old)	2015 - 2019	Taeguk 4, 5, 6, 7, 8, Koryo
Cadets (12 – 14 years old)	2012 - 2014	Taeguk 4, 5, 6, 7, 8, Koryo, Kumgang, Taebaek
Juniors (15 – 17 years old)	2009 - 2011	Taeguk 5, 6, 7, 8, Koryo, Kumgang, Taebaek, Pyongwon
Division under 30 years (18 – 30 years old)	1996 - 2008	Taeguk 7, 8, Koryo, Kumgang, Taebaek, Pyongwon, Sipjin, Jitae
Division under 40 years (31 – 40 years old)	1986 - 1995	
Division under 50 years (41 – 50 years old)	1976 - 1985	Taeguk 8, Koryo, Kumgang, Taebaek, Pyongwon, Sipjin, Jitae, Chonkwon
Division under 60 years (51 – 60 years old)	1966 - 1975	Koryo, Kumgang, Taebaek, Pyongwon, Sipjin, Jitae, Chonkwon, Hansu
Division under 65 years (61 – 65 years old)	1961 - 1965	
Division 66 years and older (Over 65 years old)	1960 and older	
Pair / Team competition	Year of birth	Compulsory Poomsae
Children (7 – 11 years old)	2015 - 2019	Taeguk 4, 5, 6, 7, 8, Koryo
Cadets (12 – 14 years old)	2012 - 2014	Taeguk 4, 5, 6, 7, 8, Koryo, Kumgang, Taebaek
Juniors (15 – 17 years old)	2009 - 2011	Taeguk 5, 6, 7, 8, Koryo, Kumgang, Taebaek, Pyongwon
Division under 30 years (18 – 30 years old)	1996 - 2008	Taeguk 7, 8, Koryo, Kumgang, Taebaek, Pyongwon, Sipjin, Jitae
Division under 50 years (31 – 50 years old)	1976 - 1995	Taeguk 8, Koryo, Kumgang, Taebaek, Pyongwon, Sipjin, Jitae, Chonkwon
Division under 60 years (51 – 60 years old)	1966 - 1975	Koryo, Kumgang, Taebaek, Pyongwon, Sipjin, Jitae, Chonkwon, Hansu
Division over 60 years (61 years and older)	1965 and older	





## Freestyle Competition – G1-Status

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

Category	Year of Birth	
Individual under 17 years (12 – 17 years old)	2009 - 2014	1 athlete (Male or Female)
Individual over 17 years (18 years and older)	2008 and older	1 athlete (Male or Female)
Pair under 17 years (12 – 17 years old)	2009 - 2014	2 athletes (1 M + 1 F)
Pair over 17 years (18 years and older)	2008 and older	2 athletes (1 M + 1 F)
Mixed Team under 17 years (12 – 17 years old)	2009 - 2014	5 athletes +1 (substitute) (2 M + 3 F or 3 M + 2 F)
Mixed Team over 17 years (18 years and older)	2008 and older	5 athletes +1 (substitute) (2 M + 3 F or 3 M + 2 F)

### General information

- Each performance shall have a duration from 90 seconds to 100 seconds.
- Scoring shall be made in accordance with the rules of the WT.
- 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. Any acrobatic action without a kick (out of sequence) will result -0.3 deduction each time from Basic Movements and Practicability.
- 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.
- Each simultaneous acrobatic performance of team/pair members counts as one acrobatic action/combination!
- If each member of the team or pair performs their acrobatics after the others (not simultaneously), it will not be considered as a single acrobatic combination/action.
- 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, Beomseogi, and Dwitgubi
- All stances must be performed clearly and accurately. For pair and mixed teams, athletes must perform the stances at the same time.



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## 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
Kyeonggi-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.
- Each compulsory foot technique is awarded a maximum of 0.7 (basic score) if the required minimum number of board breaking is not successfully performed.
- 0.1 points are deducted for each unsuccessful board breaking.

## Board Breaking:

- The pine board has the following measurements:  
Length 300 mm / Width 220 mm / Thickness 9 mm (ca. 1/4 inch)
- **Notice: Mixed teams must provide the required number of boards themselves, fitting the specified dimensions (5 to 9 boards).** Board holding sticks prepared by teams are allowed only for the acrobatic board breaking technique.
- Gradients of spins in a spin kick (Jump Turn Kick): Only piggybacking allowed. (Piggyback refers to the action of sitting on a teammate's shoulders (not standing) to hold a board.)
- Acrobatic kicking technique (Acrobatic Kick): Both support/boosting and piggyback are allowed. Support/Boosting means assisting a teammate's jump.
- 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.
- The required boards are placed inside the court (within the boundary line); Otherwise, 0.3 points will be deducted for each crossing of the boundary line to retrieve a board.

## Music:

- Athletes must bring their music (sound without lyrics/words) in MP3 format on a USB-stick. Apple audio format is not allowed. The music and choreography shall be the choice of the contestant. It should not contain any political, social and religious or any content that may harm, discriminate against or offend others.
- **Music will be not checked by the promotor before the competition.**
- Music should be submitted during accreditation with the following details:
  - Name of the country
  - Name of the category
  - Name of the athlete/athletes





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## German Open Poomsae/Freestyle/Para 2026

WhatsApp-Gruppe



WhatsApp Group Link:

<https://chat.whatsapp.com/CapKs9Jwolx9WmbTOdtsXU?mode=hqrt3>

All updates will be published in the group.



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## Directions to the venue

### Arrival by plane:

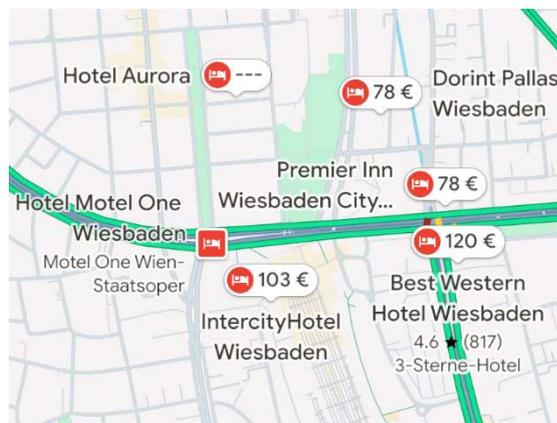
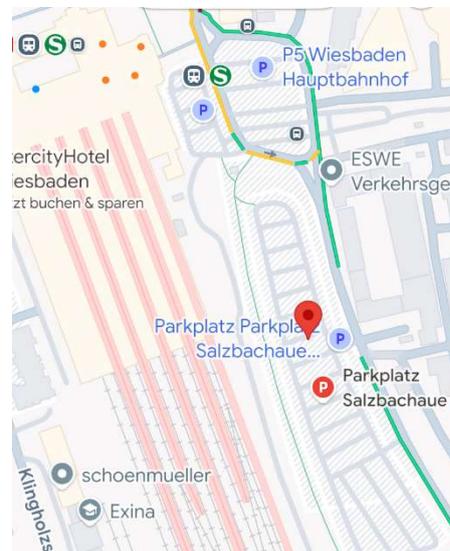
Frankfurt international Airport  
Go to Regionalbahnhof (regional train station) in the basement of Terminal 1 and take line S9 (33 minutes) or line S8 (43 minutes) to Wiesbaden Main Railwaystation (Wiesbaden Central Station).

### Arrival by train:

Wiesbaden Hauptbahnhof (Wiesbaden Central Station)

### Arrival by car:

The Salzbaehue Park + Ride Parkplatz is located behind Wiesbaden Central Station (Wiesbaden Main Railwaystation). Here you can park cheaply for €4 per day.



Near Wiesbaden Central Station (Wiesbaden Main Railwaystation) you will find many hotels such as Dorint Pallas, Premiere Inn, Motel One and Intercity Hotel.

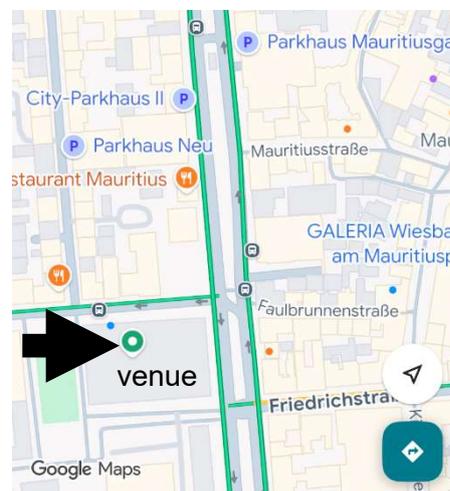
There are bus stops on the opposite side of the street from Wiesbaden Central Station (Wiesbaden Hauptbahnhof). From there, you can take a direct bus to the venue in 10 minutes without changing buses.

**Connections and fares for trains and buses can be found in the free RMVgo app.**

If you wish to drive to the venue, you will find a parking garage in the basement of the venue (cheaper if you shop at REWE) and other parking garages nearby.

### **Address of venue:**

Sporthalle am Platz der Deutschen Einheit  
Platz der Deutschen Einheit  
65185 Wiesbaden



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