



In affiliation with



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AFFILIATED WITH HAN WONG TAEKWONDO INTERNATIONAL ACADEMY, SCOTLAND

6TH HAN WONG

WORLDWIDE OPEN ONLINE

POOMSAE, KYUKPA & SPEED KICKING CHAMPIONSHIP 2026

태권도



REGISTRATION DEADLINE

30 JULY 2026



RESULTS ANNOUNCED

7 AUG 2026

JUDGED BY WT-CERTIFIED REFEREES

GLOBAL RANKING POINTS • OFFICIAL CERTIFICATES & MEDALS

CATEGORIES

INDIVIDUAL POOMSAE	FREESTYLE POOMSAE	FAMILY POOMSAE	PAIR POOMSAE
KYUKPA TEAM	PARA POOMSAE	BEACH POOMSAE	SPEED KICKING



SCAN TO

REGISTER NOW

Last date: 30 July 2026



+91 8637356998



director@hanwonginternational.org

hanwonginternational.org | @hanwonginternational



WELCOME LETTER

Dear Taekwondo Family, Grandmasters, Masters, and Athletes Around the World,

I hope this message finds you well, in good health, and strong in spirit.

On behalf of the Organizing Committee and Han Wong International, I am honored to invite you to the 6th Han Wong WorldWide Open Online Poomsae and Speed Kicking Championship. We will broadcast this prestigious event globally from our digital headquarters in Edinburgh.

This global event stands as a tribute to the resilience and evolution of our martial art. As we celebrate the 6th edition of this prestigious tournament, we are proud to bring together martial artists from over 20 nations, uniting them in the spirit of technical excellence, respect, and international friendship.

The Scotland Open is not only a competitive platform but also a celebration of the humanitarian values that define a true martial artist. Whether you are a seasoned practitioner or a passionate beginner, this is your chance to showcase your skills on the global stage while contributing to a greater cause—with 100% of proceeds directed toward humanitarian aid.

Join us as we continue to write the history of the Scotland Open—growing stronger together. We look forward to your participation and to witnessing your Taekwondo spirit shine.

Let's unite in Competition, Character, and Charity. See you online!

Yours in Taekwondo,

hanwong

Grand Master Han Wong



6th Han wong worldwide open online Poomsae, Kyukpa & Speed Kicking Championships 2026

IMPORTANT DATES

Registration & Payment Deadline	30th July, 2026
Final Video Submission Deadline	30th July, 2026
Adjudication & Judging Phase	1st Aug - 6th Aug, 2026
Championship Broadcast/Results	7th Aug - 14th Aug, 2026

IMPORTANT LINKS/QRs

WHATSAPP GROUP



Q/A & PAYMENT CONTACT



REGISTRATION

[Click here](#)



EMAIL CONTACT/PAYMENT

drpinakitkd@yahoo.com





REGISTRATION FEE

Individual	USD 30
Team & Pair	USD 35

***Note:** Registration fee is inclusive of Medal for winners, but NOT the medal shipment cost to the Team's Home Country. We will advise the shipment cost upon receiving the medals order from the Team Managers/Coaches.

PAYMENT METHODS

1. Bank Transfer Method

- ✓ Beneficiary Name: **Pinaki Narayan Moitra**
- ✓ Account Number: **50100491613019**
- ✓ Name of Beneficiary Bank: **HDFC Bank**
- ✓ Address of Beneficiary Bank: **3 RAMKRISHNA SAMITI BUILDING, PANI TANKI, SEVOKE ROAD, SILIGURI, 734401**
- ✓ Country: **India**
- ✓ SWIFT Address/Code: **HDFCINBBCAL**

2. Paypal to drpinakitkd@yahoo.com (See above for the QR)

***Note:** Subject to 5% Payment Fee by PayPal. Please contact organizer on the final amount to be paid

Please write the following on the message field when you performing the fund transfer:

- Name of the Team & Country:
- Numbers of Participants:
- Name of the Team Manager/Coach:

Please send the proof of payment to email address: drpinakitkd@yahoo.com



TOURNAMENT CAUSE

#1

In the remote regions where the world's finest tea is harvested, the workers who tend the land often face harsh winters and limited access to essential resources. Despite their tireless labor, many families in these communities struggle to secure basic necessities during the off-season months."

"Through the proceeds of the Han Wong Open, Han Wong International has established a direct support channel for these communities. We do not just send money; our ground teams organize physical distribution drives, providing warm winter clothing, nutritional food packs, and hygiene kits directly to the families who need them most."

"Your participation in this championship translates directly into warmth and security for these workers. By competing today, you are acknowledging their labor and ensuring that the hands that harvest are held in dignity and respect. This is the martial arts spirit in action."





TOURNAMENT CAUSE

#2

Education is a fundamental right, yet for visually impaired students in under-funded institutions, the lack of specialized learning tools creates an unfair barrier to their potential. Han Wong International believes that physical sight should never limit a child's vision for their future."

"A significant portion of this year's tournament revenue is allocated to schools for the blind. We focus on high-impact procurement: Braille writing kits, mobility canes, and audio-learning devices. These are not just gifts; they are tools of independence that allow these young scholars to navigate the world with confidence."

"When you register for the Han Wong Open, you are becoming a patron of their education. The focus and discipline you apply to your Poomsae is mirrored in the focus these students apply to their studies. Together, we are building a bridge of opportunity, proving that true vision comes from the heart."





SUBMISSION GUIDELINES

Deadline of Registration and Video
Submission by 30th July, 2026

1 Registration form

Fill up the required details using the form given.

[Click here.](#)

2 Video Presentation

Video should be uploaded on YOUTUBE.
Youtube Link to be included in the registration form

3 Payment

Send your payment through PayPal at
drpinakitkd@yahoo.com

4 Email

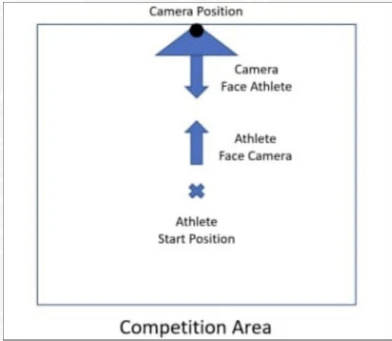
Send your registration form and proof of payment via
email to director@hanwonginternational.org

Note: For International Bank Transfers please contact the admin.

For technical Assistance please contact :

director@hanwonginternational.org | +91 863-7356998



INVITATION	
Competition Date	1st Aug- 6th Aug 2026
Competition Venue	Competitors must start their Poomsae facing the camera while performing the required opening sequence: Charyeot (attention), Kyong-ye (bow), and Joonbi (ready). Upon completion, competitors must return to the Joonbi stance while still facing the camera. Camera & Framing Rules: • Full Body Visibility: The competitor's entire body (head to toe) must remain in the camera frame at all times. A 0.3-point deduction will be applied if any part of the body moves out of view. • Camera Setup: The camera should be positioned approximately 7 meters from the starting point, leveled at the athlete's belt height. • Camera Movement: Zooming in/out or moving the camera vertically during the performance is strictly prohibited. However, horizontal tracking (panning) is allowed to keep the athlete centered. 
Email	director@hanwonginternational.org (Registration only)



INVITATION

Documents for registration:

Submit not later than the 30th July 2026 and expects the organizer' s confirmation. If you do not receive confirmation, please submit your documents again.

1.Registration form: [Download here](#)

2.Video uploaded on YouTube with a minimum of 720p. (Lower quality video recordings may affect the referees' judgment).

Participation fee

Participation fee is 30\$ for individual event and 35\$ for team/pair event which is to be paid by PayPal drpinakitkd@yahoo.com.The participation fee includes medal cost. For shipment of the medals team heads will be contacted by the OC. The shipping fees will be calculated and will be informed to the team head. After the shipping fees is paid medals will be dispatched.

Refugees from all over the world are welcome to participate for free.



VIDEO UPLOADING

- Every entry should be uploaded to YouTube and must be listed as public.
- You must name your video properly. The video file name should follow the format below:
 - Name_Country_Category_Belt_Event
 - Ex: Chris_USA_Under30Male_Blackbelt_BeachPoomsae
- Video recording in a landscape orientation shall start immediately after the command Charyot-Kyongre-Jumbi, and the athlete must be at the center of the video at all times.
- Only raw videos may be submitted. Do not edit the video or include anything additional at the beginning of the video. Likewise, previous videos submitted in any other tournaments are not permitted.
- Please ensure you follow the instructions of your local and national authorities with regard to social distancing and outdoor activity.
- The full body of the athlete should be within the video frame at all times. The camera can be moved to cover the athlete's full body (no music). Try to film as close as possible without going out of the frame.
- Minimum video requirement is 720p with 30 frames per second.
- However, 1080p with 60 frames per second is highly recommended for all video entries.



Results	Results will be streamed on YouTube and uploaded to the Facebook groups official pages of Han Wong International WorldWide Open Championship 2026 by Fast Taekwondo (our official streaming partner). The schedule will be published in accordance with the number of competitors and is subject to change. All groups will consist of 4 players, and there will be one 1st place, one 2nd place, and two 3rd places.
Awards	All players, coaches, and clubs will receive an e-certificate. For medals, the OC will contact each team head and provide information regarding the shipment of medals. After the shipping fees are paid, the medals will be dispatched. A Team Trophy will be awarded to all teams registering with more than 10 players.
Additional Awards	Champion Runner's Up Best Coach Best Poomsae Male Player Best Poomsae Female Player Best Speed Kicking Team Most Disciplined Team Outstanding Sportsmanship Spirit Team Award Overall Best Performance Award Most Consistent Team Tournament Leadership Trophy Elite Coach Distinction Perseverance Pillar Award Leadership Luminary Trophy Role Model Recognition Award Golden Spirit Award



MEDALS

6TH HAN WONG WORLDWIDE OPEN 2026 TOURNAMENT MEDAL DESIGN



FOCUS • DISCIPLINE • EXCELLENCE

UNIFORM



STANDARD WHITE DOBOK (V- NECK)



WT POOMSAE DOBOK (Y-NECK)- Age 8 – 14:

WT approved uniform for the Cadet Division:
White top ,red & black collar, plus blue pants for males;
the same top, but with red pants, for females.



WT POOMSAE DOBOK (Y-NECK)- Age 15+:

Age-appropriate individual WT-approved uniform.



Specific rules of competition online video Competition Applicable to all video entries

OFFICIAL VIDEO COMPETITION RULES

- Competitors are encouraged to display their **country's national flag** (or name of country) behind the competitor's competition area in clear view of the camera.
- Competitors whole body must be always be visible during the performance video footage, for fair and proper competition judging to be carried out according to the poomsae competition rules set in place. Videos which do not meet this standard may be removed from competition.
- It is not mandatory to perform the poomsae on mats. The competitor can choose his/her surroundings as long as during recording the whole body is visible at all times. For example, one can record in a living room, in a hotel lobby or on a grass field.
- If your video has been edited, with the exception of adding graphics to display your national flag and your name, it will be rejected.
- We urge competitors to upload well in advance as to not run into technical upload difficulties hours before the deadline entry.
- It is **not allowed to show any religious, political,** or any other symbol negatively targeting a group or an individual in the video recording. Videos not following this rule are subject to immediate rejection.



Beach Poomsae (COLOR/POOM/DAN Grades/Individual— Pair-Family-Team)

OUTFIT

- Competitors are free to select the outfits of their choice from a range of options: from a traditional Taekwondo competition uniform (Dobok) to conventional beach clothing, following the guidelines in this paragraph.
- The concept of the beach championships is to present Taekwondo in a new environment. By opening up the choice of outfits, it is hoped that competitors will be able to more fully express their creativity.
- (However, outfits will not be considered in scoring.)

MALE COMPETITORS

TOP	BOTTOM
• Dobok top • Long-sleeve t-shirt • Short-sleeve t-shirt • Sleeveless t-shirt • Topless (no shirt)	• Dobok Pants • Dobok pants, shortened • Shorts (any style)

FEMALE COMPETITORS

TOP	BOTTOM
• Dobok top • Long-sleeve t-shirt • Short-sleeve t-shirt • Sleeveless t-shirt	• Dobok Pants • Dobok pants, shortened • Shorts (any style)

Sunglasses are allowed, taekwondo belt is optional. The competitor performs poomsae on bare feet



PARA POOMSAE RULES

- Para Categories will be classified in accordance to World Taekwondo Para Poomsae Rules and will also be split into Male / Female and Kup / Dan Grades.

KUP DIVISIONS

- Age of contestant:
 - a. Under 15 years
 - b. Under 30 years
 - c. Over 30 years
- Must perform any standard recognized WT Poomsae

DAN DIVISIONS

- Age of contestant:
 - a. Under 15 years
 - b. Under 30 years
 - c. Over 30 years
- Must follow the WT Para Poomsae Rules

- P11 / P12 / P13 — Visual Impairments (Competitor's choice: any Poomsae from Taegeuk 1, 2, 3... & higher)
- P20 — Intellectually Impaired (The coach is allowed to give the commands, competitor's choice)
- P31 / P32 / P33 / P34 — Physical Impairments (Compulsory Poomsae will be specified)
- P40 — Limb Deficiency (Competitor's choice Poomsae)
- P50 — Wheelchair Classes (Competitor's choice Poomsae)
- P60 — Deaf (Competitor's choice Poomsae)
- P71 / P72 — Short Stature (Competitor's choice Poomsae)



CATEGORIES

AGE DIVISIONS

- MINI PEWEE : BELOW 8 YEARS
- PEWEE : 9 - 11 YEARS OLD
- CADET : 12 - 14 YEARS OLD
- JUNIOR : 15 - 17 YEARS OLD
- UNDER 30 : 18 - 30 YEARS OLD
- UNDER 40 : 31 - 40 YEARS OLD
- UNDER 50 : 41 - 50 YEARS OLD
- UNDER 60 : 51 - 60 YEARS OLD
- UNDER 65 : 61 - 64 YEARS OLD
- UNDER 70 : 65 - 69 YEARS OLD
- UNDER 75 : 70 - 74 YEARS OLD
- UNDER 80 : 75 - 79 YEARS OLD
- UNDER 85 : 80 - 84 YEARS OLD
- UNDER 90 : 85 - 89 YEARS OLD
- ABOVE 90 : 90 AND ABOVE



CATEGORIES

BLACKBELTS INDIVIDUAL RECOGNIZED POOMSAE

INDIVIDUAL (MALE & FEMALE)

- MINI PEWEE : TAEGUK OH JANG (5)
- PEWEE : TAEGUK YUK JANG (6)
- CADET : TAEGUK CHIL JANG (7)
- JUNIOR : TAEGUK PAL JANG (8)

• From Under 30 to above 90 division, athletes will perform Poomsae according to their ranks of black belt.

- 1st Dan : KORYO
- 2nd Dan : KEUMGANG
- 3rd Dan : TAEBAEK
- 4th Dan : PYONGWON
- 5th Dan : SIPJIN
- 6th Dan : JITAE
- 7th Dan : CHONKWON
- 8th Dan : HANSU
- 9th Dan : ILYEO



CATEGORIES

BLACKBELTS TEAM (3 MEMBER COMBINATION) AND PAIR (2 MEMBER COMBINATION)

(BOY-BOY, GIRL-GIRL, BOY-BOY)

INDIVIDUAL (MALE & FEMALE)

- MINI PEWEE : TAEGUK OH JANG (5)
- PEWEE : TAEGUK YUK JANG (6)
- CADET : TAEGUK CHIL JANG (7)
- JUNIOR : TAEGUK PAL JANG (8)
- UNDER 30 : KORYO
- UNDER 40 : KEUMGANG
- UNDER 50 : TAEBAEK
- UNDER 60 : PYONGWON
- UNDER 65 : SIPJIN
- ABOVE 65 : JITAE

- Mixed Black Belt Team and Pair Poomsae (Irrespective of Dan)
Taebaek

- Note: This is applicable for both conventional black belt poomsae and beach poomsae.



PARA MEDIC FOR BLACKBELTS

CATEGORIES	AGE	POOMSAE	CLASS
Mini Pewee	8 years old and under	- Participants are free to do any Poomsae of your choice. - Seperate division for Colored belts and black belts.	- P10 Visual impairment (P11/ P12/P13 in one group) - P20 Intellectual impairment - P30 Physical impairment (P31/P32/P33/ P34 in one group) - P50 Wheelchair Classes - P60 Deaf/Mute - P70 Short Stature
Pewee	9 – 11 years old		
Cadet	12 – 14 years old		
Junior	15 – 17 years old		
Under 30	18 – 30 years old		
Under 40	31 – 40 years old		
Under 50	41 – 50 years old		
Under 60	51 – 60 years old		
Above 65	65 years old and above		



CATEGORIES

RECOGNIZED POOMSAE FOR COLOR BELT

INDIVIDUAL (MALE & FEMALE)

- WHITE : 10-9 KEUP- TAEGUK IL JANG
- YELLOW : 8-7 KEUP- TAEGUK E JANG
- GREEN : 6-5 KEUP- TAEGUK SAM JANG
- BLUE : 4-3 KEUP- TAEGUK SA JANG
- RED : 2-1 KEUP- TAEGUK OH JANG

Color Belt Pair Poomsae (2 member Boy/Girl, Boy/Boy, Girl/Girl)

Color Belt Team Poomsae (Any 3 player combination)

- YELLOW : 8-7 KEUP- TAEGUK E JANG
- GREEN : 6-5 KEUP- TAEGUK SAM JANG
- BLUE : 4-3 KEUP- TAEGUK SA JANG
- RED : 2-1 KEUP- TAEGUK OH JANG



FREESTYLE POOMSAE

Music & choreography shall be the choice of each contestant, following World Taekwondo Freestyle Poomsae rules.

Classification	Grade	Selection	Duration	Division	Age
Individual male or female	Poom/Dan (black belt)	1 Freestyle	90 - 100 seconds	Under 17	11-17
				Over 17	18+

Classification	Grade	Selection	Duration	Division	Age
Individual male or female	Poom/Dan (black belt)	1 Freestyle	90 - 100 seconds	Under 17	11-17
				Over 17	18+

Classification	Grade	Selection	Duration	Division	Age
Individual male or female	Poom/Dan (black belt)	1 Freestyle	90 - 100 seconds	Under 17	11-17
				Over 17	18+



SPEED KICKING

Any Category Requirements

	Kids	Pee Wee	Cadet	Junior	U30	U40	U50	U60	+60
Age	8 years old & under	9-11 years old	12-14 years old	15-17 years old	18-30 years old	31-40 years old	41-50 years old	51-60 years old	Over 60 years old
Time with target	30 sec	30 sec	45 sec	60 sec	60 sec	60 sec	30 sec	30 sec	30 sec
Time on Visual	60 sec	60 sec	60 sec	60 sec	60 sec	30 sec	30 sec	30 sec	30 sec

Kick with target	Any of the recognized taekwondo kicks is allowed
On Visual	Creative combination kicks

Note:

- The kick must be performed on a cushion, hand target, sack, or a similar implement. (The gear holder is not allowed to talk or shout)
- In each execution, the flexion and extension of the leg are appreciated.



DEDUCTION RULES

• 0.3 points deduction from accuracy

- If the athlete does not have adequate space to perform the poomsae and takes an extra step to get around any objects in the room.
- Whenever a competitor's body part cannot be seen due to moving beyond camera's view.
- When hand and or feet movement cannot be seen by referee due to poor lighting (i.e., backlighting, lighting too bright/dim, etc.).
- Whenever cannot be heard due to participant not or missing audio.

• 0.3 points deduction from the final score

- Overtime (more than 90 seconds).

• 0.6 points deduction from accuracy

- Person or pet coming into the field of play while executing poomsae.
- Whole body cannot be seen by referee.
- Video in Portrait mode instead of landscape mode.
- Members of the family poomsae do not belong to different generations.

• 0 score for accuracy and presentation

- Performing the wrong form.
- The video is recorded in mirror.

• 0.6 points deduction from final score

- Wearing incorrect dobok and incorrect belt.
- Wearing shoes or socks.
- Wearing jewelry (including wrist bands).

• Disqualification

- Video that has been edited or shows proof of editing.
- Submission of wrong videos to wrong division.
- Display of political, religious and non-recognized NOC flags.
- Movement of camera during performance (up/down and zoom in/out).
- Only one Taegeuk/poomsae recorded in the video.



KYUKPA

- Participants will showcase their skills in the following breaking techniques:
 - Fist Breaking
 - Knife Hand Breaking
 - Side Kick Breaking
 - Back Kick Breaking
 - Back Whip Kick Breaking
- Contest Rules:
 - Each contestant will have 20 seconds or less to complete their breaking demonstration.
 - There will be separate entry categories for Color Belts, Black Belts, and Para Athletes, ensuring fair competition for all participants.
 - All techniques must strictly follow the Kukkiwon Textbook Guidelines and will be judged in accordance with the Kukkiwon Hanmadang Rules to maintain the highest standards of evaluation.
- If you have any questions or concerns, feel free to reach out to the Organizing Committee (OC) at any time. We are here to assist and ensure a smooth experience for everyone.



BRAND AMBASSADOR TROPHIES

- The following prestigious awards are named in honor of our long-standing participants and grandmasters, whose contributions to martial arts have been nothing short of extraordinary:
 - The Han Wong Excellence in Martial Arts Award
 - The Julie Tregeagle Legacy of Precision Award
 - The Cosimo Spinelli Spirit of Resilience Award
 - The Jim Harp Martial Arts Heritage Award
 - The Erica Linthorst Inspirational Leader Award
 - The Russell Wood Mentorship Excellence Award
 - The Mohamed Riad Dedication to Mastery Award
 - The Svetlana Kana Gvozdić Commitment to Discipline Award
 - The Sabree Salleh Spirit of Unity Award
 - The Na Zih Standard of Excellence Award
 - The Karimul Haque Service to Humanity Award , and many more.
- These awards recognize and celebrate the outstanding achievements and performance of athletes who have demonstrated exceptional skill, dedication, and leadership in their martial arts journey.
- Each trophy is a tribute to the legacy of the grandmasters who have shaped and inspired the martial arts community with their commitment and passion.



OUR PREVIOUS VICTORIES



AND MANY MORE ON OUR [**FACEBOOK PAGE.**](#)

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