

GOP

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 for me to invite you to participate at the G1-German Open Poomsae Championships, which will be held in Wiesbaden, Germany on 21st of 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 in 2026 the next World Taekwondo Poomsae World Championships are going to take place as well we believe that the G1-German Open Poomsae 2026 will be an important tournament for the global force of Poomsae athletes.

On behalf of the organizing committee, we would like to ensure that we will make every possible effort in organizing a successful tournament at the highest technical level.

A special thanks go to our regional federation "Hessische Taekwondo Union" and the local organizing club "Budo-Schule Wiesbaden", whose helpers have ensured the smooth organization of the German Open Poomsae 2026 in a proven manner.

I wish all participants the best of luck and top-end athletic performance.

We are looking forward to seeing all of you in February 2026 in Wiesbaden!

Yours faithfully,

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



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German Open Poomsae 2026

Poomsae and Freestyle (G1) - Para

Date	Saturday, 21 February 2026
Venue	Am Platz der Deutschen Einheit 5, 65185 Wiesbaden, Germany
Promoter	Deutsche Taekwondo Union (DTU) Dr. Katrin Paschke (Vice President Poomsae DTU) katrin.paschke@dtu-mail.de
Chairman	IR Christian Nuißl (Referee Director DTU) nuißl@dtu-mail.de
Organizer	Hessische Taekwondo Union (HTU)
Schedule	Friday, 20 February 2026 14:00 – 18:00 Accreditation at the venue 20:00 Head of Team meeting at the venue Saturday, 21 February 2026 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_Datenschutzhinweise_Wettkampfe_Turniere.pdf



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Qualification	Recognized /Para	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.

Entry Fee for Para

REGULAR ENTRY FEE (paid by 14 January 2026) by bank transfer
Individual/Pair/Team **120, - Euro**

LATE PAYMENT (paid after 14 January 2026) by bank transfer
Individual/Pair/Team **140, - 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

1st place = gold medal / 2nd place = silver medal / 3rd and 4th 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.

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

- We will use the single elimination system for all rounds and categories. The two designated Poomsae per battle shall be randomly selected and shown before the match begins.
- **Individual Categories:** Both Chung and 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	
Division under 65 years (61 – 65 years old)	1961 - 1965	
Division 66 years and older (Over 65 years old)	1960 and older	Koryo, Kumgang, Taebaek, Pyongwon, Sipjin, Jitae, Chonkwon, Hansu
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	
Division under 60 years (51 – 60 years old)	1966 - 1975	Taeguk 8, Koryo, Kumgang, Taebaek, Pyongwon, Sipjin, Jitae, Chonkwon
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





Para Poomsae - no G1 Status

- Cut-off system for all para-categories:

Preliminary round (more than 19 athletes)	all athletes
Semi-final round (more than 8 athletes)	best 50% from preliminary round
Final round	best 8 athletes from semi-final round
- All athletes will choose two different Poomsae out of group 1 and 2 for each round. Due to time constraints, the round may be shortened to one form in the preliminary round and the semi-finals.
- The break between the two forms is at least 60 seconds.
- The commands on the competition area are given by the Field Coordinator. Only in the P10 and P20 classes, the coach is allowed to give the commands themselves.
- P61 Classes – Hearing Impairment: The use of hearing aids/amplifiers or cochlear implants is not permitted in the restricted zone. The restricted zone encompasses the entire competition area.
- Athletes competing in the para-classes P 10 - P 70 are not eligible to compete in the Recognized Poomsae classes.
- Participants in the para-classes require a para-identification based on the World Taekwondo Classification System (WTCS) or a different official document (English version) which allows the organizer to classify the athlete in the correct para-classes. German participants need a German-Para-Certificate. **Please send this document before the competition via e-mail not later than registration due date (07 February 2026) to the following E-Mail-address: hasselberg@dtu-mail.de**
- For any questions, please contact the organizer or competition management directly.
- Tie points (valid for all rounds in case of two competitors has the same score):
 1. Step higher value of the presentation score without the dropped score
 2. Step higher value of the presentation score with the dropped score
 3. Step athletes have to hold a tiebreak, Poomsae will be defined by Referee Chairman

Para Individual

P - class	Category	Year of Birth	Poomsae – group 1	Poomsae – group 2
all*	7 – 11 years	2015 - 2019	Taeguk 1, 2, 3	Taeguk 4, 5, 6
all*	12 - 14 years	2012 - 2014	Taeguk 1, 2, 3	Taeguk 4, 5, 6
all*	14 - 17 years	2009 - 2012	Taeguk 2, 3, 4, 5	Taeguk 6, 7, 8, Koryo
all*	16 years and older	2010 and older	Taeguk 3, 4, 5, 6, 7	Taeguk 8, Koryo, Kumgang*, Taebaek, Pyongwon, Sipjin

*P3x class will not perform Poomsae Kumgang from the group 2

Para Pair and Team

P - class	Category	Year of Birth	Poomsae – group 1	Poomsae – group 2
all *	7 – 17 years	2009 - 2019	Taeguk 1, 2, 3, 4, 5	Taeguk 6, 7, 8, Koryo
all *	16 years and older	2010 and older	Taeguk 3, 4, 5, 6, 7	Taeguk 8, Koryo, Kumgang*, Taebaek, Pyongwon, Sipjin

*P3x class will not perform Poomsae Kumgang from the group 2



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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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Getestet durch
Förderverein
aufgrund eines Beschlusses
des Deutschen Bundestages

Deutsche
Vermögensberatung

KWON

DEUTSCHE TAEKWONDO UNION E.V.

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



Directions to the venue

Arrival by plane:

Frankfurt international Airport

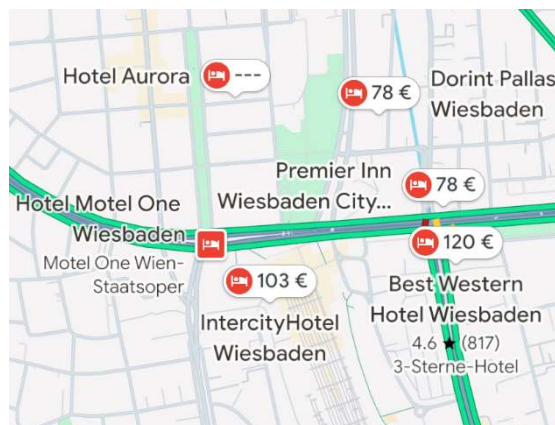
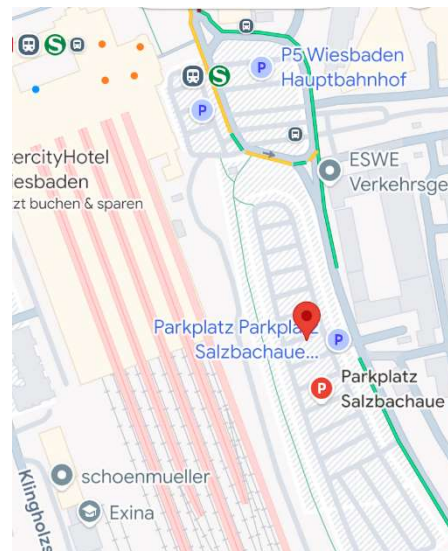
Go to Regionalbahnhof (regional train station) in the basement of Terminal 1 and take line S9 (33 minutes) or line S8 (43 minutes) to Wiesbaden Main Railwaystation (Wiesbaden Central Station).

Arrival by train:

Wiesbaden Hauptbahnhof (Wiesbaden Central Station)

Arrival by car:

The Salzbaehaus 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.

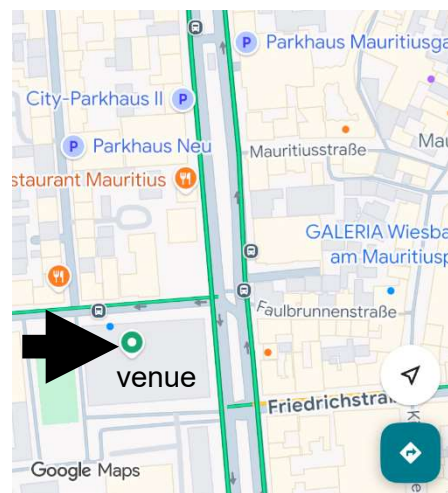
There are bus stops on the opposite side of the street from Wiesbaden Central Station (Wiesbaden Hauptbahnhof). From there, you can take a direct bus to the venue in 10 minutes without changing buses.

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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