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DEC. 4



ONLINE 2020 WORLD TAEKWONDO ASIA

POOMSAE **OPEN** CHAMPIONSHIPS



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POOMSAE OPEN CHAMPIONSHIPS

Dear WT Asia Taekwondo Family,

First of all, I hope you and your loved ones stay safe and healthy.

The whole world has been suffering from COVID-19 throughout this year and the life of our Taekwondo Families has changed drastically in many ways.

Although we are in this difficult situation, I believe that Taekwondo, as martial arts and sports, can help us to overcome and step forward to the bright future.

Through the Online 2020 World Taekwondo Asia Poomsae OPEN Championships, I expect you will be able to practice and compete in our beloved Taekwondo and it will lead us to have the opportunity to discover new possibilities.

I sincerely hope all of you enjoy this Online Championships and it will allow us time to forget the adversity that we are facing now for a while.

I look forward to your active participation.

Thank you.

Sincerely yours,

Kyu Seok Lee

President of World Taekwondo Asia



OUTLINE

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*** Promoter & Organizer: WT Asia (President: Prof. Kyu Seok Lee)**

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*** Sponsor** | Ministry of Culture, Sports and Tourism, Korea Sports Promotion Foundation, Taekwondo Promotion Foundation

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*** Date** | - December 1st: Release of the Preliminary and Semi-final results
- December 4th: Broadcast of the Final match

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*** Registration** | - Period: November 1st to 15th, 2020 18:00 Korea Standard Time
- Entry Registration : <http://wtasia.onlinepomsae.com/>
- Drawing of lots: Random draw by the Organizing Committee
- Online Head of Team Meeting (Group Drawing) : November 18th, 2020 11:00 Korea Standard Time, The Zoom invitation link will be released via email once the registration is closed.
- For Color belt Individual, it is required to submit the certificate of identification.
- For Family Division (Pair, Team), it is required to submit the family relationship certificate. (It is available to submit the certificate written in your own national language, not in English.)

▶ **Video Uploading**

- Period: November 1st to 15th, 2020 18:00 [Korea Standard Time]



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*** Online Platform Supplier: Taekwonsoft**

- Recognized WT Poomsae Scoring System Company

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*** Competition Methods**

5.1 Recognized Poomsae

- Open to all
- Individual (Men's & Women's)

5.2 Competition (Free Style) Poomsae

- Individual (Men's & Women's)
- Senior (Over 17, 18 & up) Division only
- Open to only Black belt

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*** Qualification of Contestants**

- **Family Pair:** Two (2) generations family members only
 - Must be composed of two generations of direct family members regardless of gender (Father and Son, Father and Daughter, Mother and Son, Mother and Daughter) In this case, siblings are not available.
- **Family Team:** Three (3) generations family members only
 - Must be composed of three generations of direct family members regardless of gender (Grand Father/Grand Mother and Father/Mother and Son/Daughter)
- In case of Family Division (Pair & Team), open to all age groups among family members



7 * Classification of Competition

| Black belt Individual | Color belt Individual | Family Division (Pair, Team) | Competition (Poomsae Individual) |
|--------------------------------------|--|--|-------------------------------------|
| Children 1 : 2012.01.01.~2014.12.31. | Under Junior Born after 2006.01.01. | Pair(2 generations) (Father and Son, Father and Daughter, Mother and Son, Mother and Daughter) | Born before 2003.01.01. |
| Children 2 : 2009.01.01.~2011.12.31. | | | |
| Cadet : 2006.01.01.~2008.12.31. | | | |
| Junior : 2003.01.01.~2005.12.31. | | | |
| Under 30 : 1990.01.01.~2002.12.31. | Under 30 : 1990.01.01.~2002.12.31. | | |
| Under 40 : 1980.01.01.~1989.12.31. | Over 30 : Born before 1989.12.31. | Team(3 generations) (Grand Father, Grand Mother and Father, Mother and Son, Daughter) | |
| Under 50 : 1970.01.01.~1979.12.31. | | | |
| Under 60 : 1960.01.01.~1969.12.31. | | | |
| Under 65 : 1955.01.01.~1959.12.31. | | | |
| Over 65 : Born before 1954.12.31. | | | |

8 * Entry Fee - Free of charge

9 * Competition Rules

- 9.1 WT Poomsae Competition Rules in force as of May 14th, 2019 shall apply.
- 9.2 The video will be scored in accordance with the Online Scoring Criteria.
- 9.3 The first and second Poomsae must be performed by order.
- 9.4 The videos of the first and second Poomsae should be recorded separately
While recording a video, the contestant must be on the screen till he/she finishes his/her first and second Poomsae.
- 9.5 Any video editing means automatic disqualification.
- 9.6 Any violation of the video registration method and video recording guideline provided by WT Asia will result in disqualification.



10 * Method of Competition [Recognized Poomsae - Black Belt]

10.1 Two (2) Poomsae from designated Compulsory Poomsae must be performed as below:

| Competition | Division | Designated Compulsory Poomsae (Men's) | | | | | |
|-------------|------------|---------------------------------------|----------------|----------------|----------------|----------------|----------------|
| | | Preliminary 1 | Preliminary 2 | Semi-final 1 | Semi-final 2 | Final 1 | Final 2 |
| Individual | Children 1 | Taegeuk 5 Jang | Koryo | Taegeuk 6 Jang | Taegeuk 8 Jang | Taegeuk 4 Jang | Taegeuk 8 Jang |
| | Children 2 | Taegeuk 4 Jang | Taegeuk 8 Jang | Taegeuk 4 Jang | Taegeuk 7 Jang | Taegeuk 5 Jang | Taegeuk 8 Jang |
| | Cardet | Taegeuk 5 Jang | Koryo | Taegeuk 5 Jang | Taegeuk 8 Jang | Taegeuk 7 Jang | Keumgang |
| | Junior | Taegeuk 4 Jang | Koryo | Taegeuk 6 Jang | Koryo | Taegeuk 6 Jang | Keumgang |
| | Under 30 | Taegeuk 8 Jang | Taebak | Taegeuk 6 Jang | Pyongwon | Taegeuk 6 Jang | Keumgang |
| | Under 40 | Koryo | Taebak | Taegeuk 8 Jang | Keumgang | Taegeuk 8 Jang | Taebak |
| | Under 50 | Koryo | Taebak | Keumgang | Pyongwon | Keumgang | Taebak |
| | Under 60 | Keumgang | Shipjin | Taebak | Pyongwon | Taebak | Shipjin |
| | Under 65 | Keumgang | Taebak | Keumgang | Pyongwon | Koryo | Shipjin |
| | Over 65 | Keumgang | Shipjin | Koryo | Pyongwon | Koryo | Taebak |

| Competition | Division | Designated Compulsory Poomsae (Women's) | | | | | |
|-------------|------------|---|----------------|----------------|----------------|----------------|----------------|
| | | Preliminary 1 | Preliminary 2 | Semi-final 1 | Semi-final 2 | Final 1 | Final 2 |
| Individual | Children 1 | Taegeuk 5 Jang | Taegeuk 8 Jang | Taegeuk 6 Jang | Taegeuk 8 Jang | Taegeuk 5 Jang | Koryo |
| | Children 2 | Taegeuk 4 Jang | Taegeuk 7 Jang | Taegeuk 4 Jang | Taegeuk 8 Jang | Taegeuk 5 Jang | Taegeuk 8 Jang |
| | Cardet | Taegeuk 4 Jang | Keumgang | Taegeuk 6 Jang | Taegeuk 8 Jang | Taegeuk 5 Jang | Koryo |
| | Junior | Taegeuk 7 Jang | Koryo | Taegeuk 5 Jang | Taebak | Taegeuk 6 Jang | Taebak |
| | Under 30 | Taegeuk 7 Jang | Shipjin | Taegeuk 8 Jang | Keumgang | Taegeuk 8 Jang | Shipjin |
| | Under 40 | Taegeuk 6 Jang | Shipjin | Taegeuk 6 Jang | Pyongwon | Koryo | Taebak |
| | Under 50 | Keumgang | Pyongwon | Taegeuk 8 Jang | Pyongwon | Koryo | Pyongwon |
| | Under 60 | Keumgang | Pyongwon | Taebak | Pyongwon | Koryo | Shipjin |
| | Under 65 | Taebak | Pyongwon | Koryo | Shipjin | Keumgang | Pyongwon |
| | Over 65 | Koryo | Shipjin | Koryo | Pyongwon | Taebak | Shipjin |



10.2 Cut-off System

10.2.1 Preliminaries: In case twenty (20) or more contestants are participating, the competition shall start from preliminary round with division of groups. (It can be adjusted according to the number of contestants). The top half of each group shall advance to semi-final based on the points.

10.2.2 Semi-final: In case nine (9) to nineteen (19) contestants are participating, competition shall start from semi-final. Top eight (8) contestants advance to final based on the points.

10.2.3 Final: In case eight (8) or less contestants are participating, competition shall start from final round. Top four (4) contestants shall be awarded based on the points. Bronze medals shall be given to the 3rd and the 4th contestants.

10.2.4 Duration of contest: Within 90 seconds

[Recognized Poomsae - Color Belt]

10.3 Two (2) Poomsae from designated Compulsory Poomsae must be performed as below:

| Competition | Division | Designated Compulsory Poomsae (Men's) | | | |
|-------------|--------------|---------------------------------------|------------------------------|----------------|----------------|
| | | Preliminary 1 & Semi-final 1 | Preliminary 2 & Semi-final 2 | Final 1 | Final 2 |
| Individual | Under Junior | Taegeuk 3 Jang | Taegeuk 7 Jang | Taegeuk 4 Jang | Taegeuk 6 Jang |
| | Junior | Taegeuk 3 Jang | Taegeuk 6 Jang | Taegeuk 3 Jang | Taegeuk 8 Jang |
| | Under 30 | Taegeuk 1 Jang | Taegeuk 8 Jang | Taegeuk 2 Jang | Taegeuk 7 Jang |
| | Over 30 | Taegeuk 5 Jang | Taegeuk 6 Jang | Taegeuk 5 Jang | Taegeuk 6 Jang |

| Competition | Division | Designated Compulsory Poomsae (Women's) | | | |
|-------------|--------------|---|------------------------------|----------------|----------------|
| | | Preliminary 1 & Semi-final 1 | Preliminary 2 & Semi-final 2 | Final 1 | Final 2 |
| Individual | Under Junior | Taegeuk 2 Jang | Taegeuk 7 Jang | Taegeuk 2 Jang | Taegeuk 5 Jang |
| | Junior | Taegeuk 4 Jang | Taegeuk 6 Jang | Taegeuk 2 Jang | Taegeuk 5 Jang |
| | Under 30 | Taegeuk 1 Jang | Taegeuk 7 Jang | Taegeuk 2 Jang | Taegeuk 6 Jang |
| | Over 30 | Taegeuk 2 Jang | Taegeuk 7 Jang | Taegeuk 3 Jang | Taegeuk 8 Jang |



| Competition | Division | Designated Compulsory Poomsae | | | |
|---|----------|-------------------------------|------------------------------|----------------|----------------|
| | | Preliminary 1 & Semi-final 1 | Preliminary 2 & Semi-final 2 | Final 1 | Final 2 |
| Family <small>(including Color belt)</small> | Pair | Taegeuk 2 Jang | Taegeuk 5 Jang | Taegeuk 3 Jang | Taegeuk 7 Jang |
| | Team | Taegeuk 4 Jang | Taegeuk 8 Jang | Taegeuk 2 Jang | Taegeuk 5 Jang |

10.4 Cut-off System

10.4.1 Preliminaries: In case twenty (20) or more contestants are participating, the competition shall start from preliminary round with division of groups. (It can be adjusted according to the number of contestants). The top half of each group shall advance to semi-final based on the points.

10.4.2 Semi-final: In case nine (9) to nineteen (19) contestants are participating, competition shall start from semi-final. Top eight (8) contestants advance to final based on the points.

10.4.3 Final: In case eight (8) or less contestants are participating, competition shall start from final round. Top four (4) contestants shall be awarded based on the points. Bronze medals shall be given to the 3rd and the 4th contestants.

10.4.4 Duration of contest: Within 90 seconds



[Competition (Free Style) Poomsae]

10.5 Yeon-mu line and music shall be decided by the contestant.

10.6 All techniques shall be performed in the camera angle.

10.7 The five techniques designated by WT Poomsae Committee must be included in the techniques to be performed. Also, those techniques can be replaced as below: (Five Demonstration Techniques: Jumping side kick, Multiple kicks in a jump, Gradient of spins in a spin kick, Consecutive kicks, and Acrobatic kicking technique)

10.7.1 Jumping side kick: Jumping High Kick, Jumping Front Kick, Jumping Round Kick, Jumping Spin Kick, Jumping Back Kick and Jumping Open-Spread Kick

10.7.2 Multiple kicks in a jump: Jumping Multi-step Kick, Multi-step Round Kick, Multi-step Side Kick and Multi-step Scissors Kick

10.7.3 Gradient of spins in a spin kick: Horizontal Rotation Kick, Back Slap Kick, Back Slap Multi-step Kick and Spin Kick

10.7.4 Consecutive kicks

10.7.5 Acrobatic kicking technique

10.8 Cut-off system

10.8.1 **Preliminaries:** In case twenty (20) or more contestants are participating, the competition shall start from preliminary round with division of groups. (It can be adjusted according to the number of contestants).

10.8.2 **Semi-final:** In case nine (9) to nineteen (19) contestants are participating, competition shall start from semi-final. Top eight (8) contestants advance to final based on the points.

10.8.3 **Final:** In case eight (8) or less contestants are participating, competition shall start from final round. Top four (4) contestants shall be awarded based on the points. Bronze medals shall be given to the 3rd and the 4th contestants.

10.8.4 **Duration of contest:** from 90 to 100 seconds



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*** Awards**

11.1 Medals & Certificates:

- 1st place: Gold medal(s) and certificate(s)
- 2nd place: Silver medal(s) and certificate(s)
- 3rd place and 4th place: Bronze medal(s) and certificate(s)

11.2 Participation Online Certificate: All Participants

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*** Uniform**

All contestants must wear the WT-recognized Poomsae competition uniforms. If contestants don't have the WT-recognized Poomsae competition uniforms, they can wear any white colored uniform.



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*** Guidelines for Video Recording** (It might be changed or added later.)

13.1 When the contestant performs Poomsae,

13.1.1 Install the camera 6m apart from the contestant (recommended), and 115-120cm above the ground

13.1.2 Available to move the camera to either side within the limit of 3m on the mat so that the whole body of the contestant can be seen in the camera angle

13.1.3 Not allowed to edit or manipulate the video

13.1.4 Must record the video to be seen the front of the contestant without zooming in or out the image

13.1.5 Setting the camera frame as below

- Android : FHD 16:9

- iPhone : 1080p HD, 30fps

13.2 The video can be recorded regardless of time and place. Please strictly observe the guidelines of the local and national health authorities when you go out to record video. Any political, economic, cultural and social issues involved in the video means automatic disqualification.

13.3 All contestants must always be inside the camera. Using substitutes means automatic disqualification.

13.4 Points will be deducted as follows;

13.4.1 When any part of the body is cut-off by the video frame, 0.3 points deduction will apply for every Poom movement each time.

13.4.2 When whole body is cut-off by the video frame, 0.6 points deduction will apply for every Poom movement in each time.

13.5 You can display the IOC-approved flag as a background or use the flag as an emoji.

13.6 Protective equipment, taping, and shoes cannot be worn when recording video.

13.7 Do not leave the video angle from the preparation to the end of performance.

13.8 Any sound other than Kihap should not be heard during the performance.

13.9 Before performing, you should make comments. (Mission comment - title of championships, country, division, title of Poomsae, contestant's name in order).



Event Schedule

| Date | Events |
|----------------------------|---|
| Nov. 1st - Nov. 15th 18:00 | Registration & Video Uploading |
| Nov. 18th 11:00 | Online Head of Team Meeting (Group Drawing) |
| Nov. 5th | Referee Meeting |
| Dec. 1st | Release of the Preliminary and Semi-final results Scoring the Final match |
| Dec. 4th | Broadcast of the Final match |