



বাংলাদেশ তায়কোয়ানডো ফেডারেশন

BANGLADESH TAEKWONDO FEDERATION

Affiliated by: Ministry of Youth & Sports, The People's Republic of Bangladesh & National Sports Council
Bangladesh Olympic Association, World Taekwondo Federation, Asia Taekwondo Union.



1st
BANGLADESH TAEKWONDO
INTERNATIONAL POOMSAE
LIVE
CHAMPIONSHIP
3-4 OCTOBER
2020
LIVE STREAM ON

YouTube ZOOM

TAEKWONDO
LIVE
POOMSAE



বাংলাদেশ তায়কোয়ানডো ফেডারেশন
BANGLADESH TAEKWONDO FEDERATION

Affiliated by: Ministry of Youth & Sports, The People's Republic of Bangladesh & National Sports Council
Bangladesh Olympic Association, World Taekwondo Federation, Asia Taekwondo Union.



“LOOK UP, GET UP & NEVER GIVE UP”

**1st BANGLADESH TAEKWONDO
INTERNATIONAL POOMSAE**

LIVE CHAMPIONSHIP

DATE: 3 – 4 OCTOBER 2020

**LIVE STREAM ON
YOUTUBE & ZOOM**

To all the athletes and coaches who keep working like true heroes, we will go through

This and make the greatest moment ever.

Outline Download: <https://gmac.group/app.gmacscore.com/home/index.php?tourid=160>



বাংলাদেশ তায়কোয়ানডো ফেডারেশন
BANGLADESH TAEKWONDO FEDERATION

Affiliated by: Ministry of Youth & Sports, The People's Republic of Bangladesh & National Sports Council
Bangladesh Olympic Association, World Taekwondo Federation, Asia Taekwondo Union.



Respected Sir/Madam,

We are pleased to inform you that The Heroes Taekwondo organization is organizing, “The 1st Bangladesh Taekwondo (Poomsae) International LIVE Championship 2020”, on 3rd – 4th October 2020. Which will held online by “Zoom Application” (zoom.us) to strengthen & harmony of World Taekwondo lovers.

Our aim is to invite players from all around the world above 20+ countries. We hope it will become an opportunity for Taekwondo athletes of all ages and cultures to gather in promoting friendship and harmony, to improve the quality of life and health. The Organizing Committee will be working hard to bring you great competition that ever be organized with exciting and cultural experiences doing this situation to fight against Covid 19 together.

Promoter:

Mahmudul Islam Rana

General Secretary of Bangladesh Taekwondo Federation

Email: bantkf@gmail.com WhatsApp: +8801711355720

www.taekwondobd.com www.bantkdassociation.com

Whatsapp Group: <https://chat.whatsapp.com/F11fUmygGjwANnkUpbcku8> (1st Poomsae Online Group)

Outline Download: <https://gmac.group/app.gmacscore.com/home/index.php?tourid=160>



বাংলাদেশ তায়কোয়ানডো ফেডারেশন
BANGLADESH TAEKWONDO FEDERATION

Affiliated by: Ministry of Youth & Sports, The People's Republic of Bangladesh & National Sports Council
Bangladesh Olympic Association, World Taekwondo Federation, Asia Taekwondo Union.



Schedule of Time Table

Date	Time Zone	Details
October 02	GMT+4 UAE TIME ZONE Start at 02:00 PM (14:00 DUBAI, UAE Time Zone)	TEAM MEETING SYSTEM EXPLANATION AND REGULATIONS OF COMPETITION RULES
October 03	GMT+4 UAE TIME ZONE Start at 09.30 am (DUBAI, UAE Time Zone)	ALL COLOR BELT AGES GROUP ALL TIME ZONE
October 04	GMT+4 UAE TIME ZONE Start at 09.30 am (DUBAI, UAE Time Zone)	ALL BLACK BELT AGES GROUPS ALL TIME ZONE
PLEASE NOTE IF THERE ANY REGIONS SUCH AS AMERICAN CONTINENT DUE TO TIME ZONE CAN REQUEST TO ORGANIZER TEAM TO PERFORM AFTER WITH YOUR TIMING ZONE		

Registration

Registration Online at: <https://gmac.group/app.gmacscore.com/home/index.php?tourid=160>

Outline Download: <https://gmac.group/app.gmacscore.com/home/index.php?tourid=160> (Choose Download)

Registration Date: Date: 1 – 30 September 2020

Representative Meeting: 14:00 GMT+4 UAE TIME ZONE 02 OCTOBER

Event Date: 03 – 04 OCTOBER 2020

The event will be Live on YouTube Link Channel Will be Announced

Result: Score announcement of all categories with real time update on website



বাংলাদেশ তায়কোয়ানডো ফেডারেশন
BANGLADESH TAEKWONDO FEDERATION

Affiliated by: Ministry of Youth & Sports, The People's Republic of Bangladesh & National Sports Council
Bangladesh Olympic Association, World Taekwondo Federation, Asia Taekwondo Union.



OVERVIEW

SLOGAN: LOOK UP, GET UP & NEVER GIVE UP

GOALS:

- To get a greater connection with worldwide Taekwondo family and the participants who will be able to reflect on history and true spirit of Taekwondo.
- To prove and make the athletes outstanding to worldwide through the social media which will encourage and motivate kids and athletes around the world sports to play Taekwondo.

BASIC AIMS

- Globalization of the region by holding the event with participation of the citizens
- Supporting the sport and encourage kids to keep improving their skills.
- Winning general popularity of Taekwondo as a sport.



বাংলাদেশ তায়কোয়ানডো ফেডারেশন
BANGLADESH TAEKWONDO FEDERATION

Affiliated by: Ministry of Youth & Sports, The People's Republic of Bangladesh & National Sports Council
Bangladesh Olympic Association, World Taekwondo Federation, Asia Taekwondo Union.



OUTLINE

1st BANGLADESH TAEKWONDO INTERNATIONAL POOMSAE

LIVE

CHAMPIONSHIP

03 – 04 OCTOBER 2020

1. ORGANIZED BY: THE HEROES TAEKWONDO

HOSTED BY: BANGLADESH TAEKWONDO FEDERATION – BANGLADESH

EMAIL: bantkf@gmail.com

WEBSITE: www.taekwondobd.com

FACEBOOK: <https://www.facebook.com/BANTKF> (BANGLADESH TAEKWONDO FEDERATION)

<https://www.facebook.com/RANABTFTKD> (MAHMUDUL ISLAM RANA)

1. COMPETITION RULES: WT competition rules, in forces as of June 1, 2019 (POOMSAE)
2. METHOD OF COMPETITION: POOMSAE- Single Elimination Tournament.

POOMSAE EVENT

1. Categories: Poomsae Individual / Pair
2. Color belt: 1 Poomsae Only (1 Pattern)
3. POOM – DAN BELT: (2 PATTERNS)

****THE ATHLETES MUST SHOW ELECTRONIC ID CARD BEFORE PERFORM LIVE FOR JUDGES TO VERIFY****



POOMSAE INDIVIDUAL

AGE / BELT	WHITE	YELLOW	GREEN	BLUE	BROWN	RED	POOM/DAN
UNDER 6 Y (2014 – ABOVE)	6 Blocks	Pattern 1 (Taeguek1)	Pattern 3 (Taeguek3)	Pattern 5 (Taeguek5)	Pattern 7 (Taeguek7)	Pattern 8 (Taeguek8)	Taeguek8 Koryo
UNDER 8 Y (2012 – 2013)	6 Blocks	Pattern 1 (Taeguek1)	Pattern 3 (Taeguek3)	Pattern 5 (Taeguek5)	Pattern 7 (Taeguek7)	Pattern 8 (Taeguek8)	Taeguek8 Koryo
UNDER 10 Y (2010 – 2011)	6 Blocks	Pattern 1 (Taeguek1)	Pattern 3 (Taeguek3)	Pattern 5 (Taeguek5)	Pattern 7 (Taeguek7)	Pattern 8 (Taeguek8)	Taeguek8 Koryo
UNDER 12 Y (2008 – 2009)	6 Blocks	Pattern 1 (Taeguek1)	Pattern 3 (Taeguek3)	Pattern 5 (Taeguek5)	Pattern 7 (Taeguek7)	Pattern 8 (Taeguek8)	Taeguek8 Koryo
UNDER 14 Y (2006 – 2007)	6 Blocks	Pattern 1 (Taeguek1)	Pattern 3 (Taeguek3)	Pattern 5 (Taeguek5)	Pattern 7 (Taeguek7)	Pattern 8 (Taeguek8)	Taeguek8 Koryo
UNDER 17 Y (2003 – 2005)	6 Blocks	Pattern 1 (Taeguek1)	Pattern 3 (Taeguek3)	Pattern 5 (Taeguek5)	Pattern 7 (Taeguek7)	Pattern 8 (Taeguek8)	Koryo Keumgang
UNDER 24 Y (1996 – 2002)	6 Blocks	Pattern 1 (Taeguek1)	Pattern 3 (Taeguek3)	Pattern 5 (Taeguek5)	Pattern 7 (Taeguek7)	Pattern 8 (Taeguek8)	Koryo Keumgang
UNDER 30 Y (1990 – 1995)	-	Pattern 1 (Taeguek1)	Pattern 3 (Taeguek3)	Pattern 5 (Taeguek5)	Pattern 7 (Taeguek7)	Pattern 8 (Taeguek8)	Keumgang Taebaek
UNDER 40 Y (1980 – 1989)	-	-	-	-	-	Pattern 8 (Taeguek8)	Keumgang Taebaek
UNDER 50 Y (1970 – 1979)	-	-	-	-	-	Pattern 8 (Taeguek8)	Taebaek Pyongwon
ABOVE 50 Y (BELOW - 1969)	-	-	-	-	-	Pattern 8 (Taeguek8)	Taebaek Pyongwon

POOMSAE PAIR

AGE / BELT	POOM/DAN
UNDER 14 Y (2006 – 2007)	Taeguek8 Koryo
UNDER 17 Y (2003 – 2005)	Koryo Keumgang
UNDER 30 Y (1990 – 1995)	Keumgang Taebaek
ABOVE 40 Y (BELOW – 1989)	Keumgang Taebaek



বাংলাদেশ তায়কোয়ানডো ফেডারেশন

BANGLADESH TAEKWONDO FEDERATION

Affiliated by: Ministry of Youth & Sports, The People's Republic of Bangladesh & National Sports Council
Bangladesh Olympic Association, World Taekwondo Federation, Asia Taekwondo Union.



POOMSAE REGULATIONS

1. Judging System: 3 judges Score – Distribution: Accuracy 4 points and Presentation 6 points
2. Duration of Contest 1.30 minutes
3. The winner has the highest final score
4. The top 3 Winners arrange according to the final scores, from the highest score.
5. In the case of total score is equal, presentation score is equal, presentation score will be used as the judging score
6. In the case of total score and presentation are equal, there will be another competition to judge with no previous score included
7. Make-up is allowed

Penalty (Deduction and Disqualifications)

1. Penalties are given by the judges
2. The penalties are warning (“Gyong-go”), deduction (“Gam-jeom”), and disqualification (“Sil-gyook”). One deduction penalty is equal to a -0.1 point deduction.
3. Warning or deduction is given to the following acts by
 - Conducting undesirable behavior
 - Disturbing the judges or the staffs to proceed during the competition
 - If a contestant lacks or exceeds the time; 0.3 point will be deducted for every 10 seconds
 - If the number of contestants does not meet the required limit, 3 points will be deducted per person
 - Stepping over the boundary line of the competition area results will be deducted to a 0.3 point
 - Not performing the compulsory technical movements will be deducted 0.3 point per movement
 - Penalty points shall be deducted from the participant’s total score
 - Entering the contest in the name of other will be disqualified



বাংলাদেশ তায়কোয়ানডো ফেডারেশন

BANGLADESH TAEKWONDO FEDERATION

Affiliated by: Ministry of Youth & Sports, The People's Republic of Bangladesh & National Sports Council
Bangladesh Olympic Association, World Taekwondo Federation, Asia Taekwondo Union.



• Awards

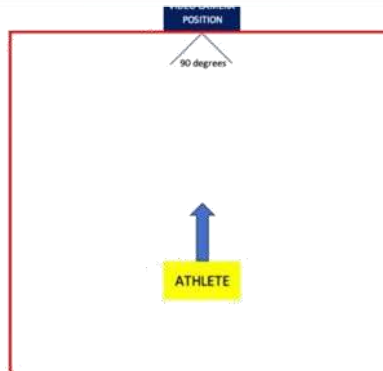
Individual Awards:

- 1st Place – Gold Medal
- 2nd Place – Silver Medal
- 3rd Place – Bronze Medal

(The Certificate will be downloaded by Personal with the code after the athletes claimed with Results)

Zoom Live Regulations

- At all times, the athlete shall be **100% full body inside the screen**. Otherwise will be deducted or disqualified.
- Cameraman is NOT allowed to move.
- The camera must be in the front of the athlete. Side or rear view will be disqualified.
- If the athlete's Elbow and Knee was out of frame, it will be consider as disqualification
- If the athlete's Wrist and Ankle was out of frame, it will be -0.3 deduction each time on accuracy points.
- When the location is limited and performance is restricted, make sure to keep at least 2 meters of space at the end of the activity distance so that a part of the body is not visible, or stops or interferes with the progress line.
- Athletes shouldn't put the camera from high to the bottom
- Please prepare high quality camera or mobile phone including the surrounding sounds to avoid the noise for judgment (Quiet Location is benefit to athletes)
- The winner need to prove their identities to their head of team to claim the rewards





বাংলাদেশ তায়কোয়ানডো ফেডারেশন

BANGLADESH TAEKWONDO FEDERATION

Affiliated by: Ministry of Youth & Sports, The People's Republic of Bangladesh & National Sports Council
Bangladesh Olympic Association, World Taekwondo Federation, Asia Taekwondo Union.



- **Uniform**

Athlete must wear a WT recognized Taekwondo Uniform: Both Kyorugi (White Uniform with white/black/red-black trim) and Poomsae competition uniform is allowed. We are not matter with uniform brands, as long as the uniform is follow by WT recognized Uniform.

Color belts categories are not allow to wear POOM or DAN (black belt), otherwise the participant will be disqualified.

- **Registration Deadline:**

30 September 2020, 23:59 GMT +4 UAE TIME ZONE

This deadline is applicable for all entries, and admitting all required document *Limit up to 500 participants in all categories

- **Signup**

Each athlete can register more than 1 event more than 1 Poomsae pattern

**Therefore coaches please considerer a right and honest level of athletes before registered.
(To respect other participants)**

- **Head of Team meeting & Drawing of lots:**

The head of team meeting shall be conducted by THE HEROES TAEKWONDO official organized. Exactly time shall be communicated forthwith. The number of schedule Queue shall be shown on website on **01st OCTOBER 2020** and the Head of Team meeting will be on **02nd OCTOBER 2020** by Zoom application Link will be provide in

WHATSAPP 1st BANGLADESH POOMSAE LIVE GROUP:

<https://chat.whatsapp.com/F11fUmygGjwANnkUpbcku8>

- **Information / Updates**

For more information update will be announced in

WHATSAPP 1st BANGLADESH POOMSAE LIVE GROUP <https://chat.whatsapp.com/F11fUmygGjwANnkUpbcku8>

Bangladesh taekwondo Federation: <https://www.facebook.com/BANTKF>

Mahmudul Islam Rana: <https://www.facebook.com/RANABTFTKD>

Instagram: <https://www.instagram.com/bantkdassoc>

YouTube: Bangladesh Taekwondo Federation

THE HEROESTAETAEKWONDO FACEBOOK <https://www.facebook.com/HeroesTaekwondo>



বাংলাদেশ তায়কোয়ানডো ফেডারেশন
BANGLADESH TAEKWONDO FEDERATION

Affiliated by: Ministry of Youth & Sports, The People's Republic of Bangladesh & National Sports Council
Bangladesh Olympic Association, World Taekwondo Federation, Asia Taekwondo Union.



- **Entry Fees / Deadlines:**

The entry fees must be paid at the time of registration deadline, by Bank Transfer, Western Union or PayPal. Athletes shall not be allowed to complete without verified payment of entry fee to the Organizing Committee

- Registration Fee:

POOMSAE INDIVIDUAL: **\$25 USD**

POOMSAE PAIR:

\$45 USD

Please Note for minimum 10 players per Team name! Will get 10% discount to Head of Team

And for every minimum 20 players per Team name! Will get 20% discount to Head of Team

All entry fees shall be paid (One club or one payment or by one group of teams by invoice)

- **Payment Details:**

By Bank Account:

Account Name: Cassandra Haller

Account Number: 7322 – 871 - 887

Bank Name: KASIKORN BANK SWIFT CODE: KASITHBK

Bank Address: The Mall Bangkok, 3522 Ladproad Klongjan Bangkok, Bangkok
Thailand 10240

By Western Union: Cassandra Haller

Address: Ramkhamheang 24 Huamark Bangkok Bangkok 10240

Tel: +66 86 9797638

By PayPal: Cassandra.chz@gmail.com

Team can request Invoice to pay by Visa or MasterCard

*****Payment Deadline is Thursday 01 October 2020*****

- **Refund** There will be no refund due to lack of timing or personal issues

Hashtags: #BANTKD #HeroesTaekwondo #taekwondobd #BTA

#Bangladeshtaekwondoassociation #bangladeshtaekwondofederation #BTF

#Poomsae #Live

YouTube Channel: SERGIO ZIROGA / GMAC

WHATSAPP - POOMSAE LIVE GROUP: <https://chat.whatsapp.com/F11fUmygGjwANnkUpbcku8>