



A promotional banner for 'The 1st Philippine International Virtual Poomsae Championships 2020'. It features a young male Taekwondo practitioner in a white uniform with a red and black belt, performing a poomsae move. The background is vibrant with colorful, swirling abstract shapes. Text on the banner includes 'The 1st Philippine International Virtual Poomsae Championships 17-18 October 2020'. Logos for P.T.U., World CTU, and Marcia are visible in the top right corner. A YouTube logo is in the bottom right corner.



TRADITIONAL POOMSAE

AGE / BELT	WHITE	YELLOW	GREEN	BLUE	BROWN	RED	POOM/DAN			
UNDER 7 Y (2013 – ABOVE)	H Form or Special Form	(Taeguk1)	(Taeguk2)	(Taeguk3)	(Taeguk4)	(Taeguk5)	(Taeguk6)	(Taeguk7)	(Taeguk8)	Taeguk6 & Koryo
UNDER 9 Y (2011 – 2012)	6 Blocks	(Taeguk1)	(Taeguk2)	(Taeguk3)	(Taeguk4)	(Taeguk5)	(Taeguk6)	(Taeguk7)	(Taeguk8)	Taeguk6 & Koryo
UNDER 11 Y (2009 – 2010)	6 Blocks	(Taeguk1)	(Taeguk2)	(Taeguk3)	(Taeguk4)	(Taeguk5)	(Taeguk6)	(Taeguk7)	(Taeguk8)	Taeguk8 & Koryo
UNDER 14 Y (2006 – 2008)	6 Blocks	(Taeguk1)	(Taeguk2)	(Taeguk3)	(Taeguk4)	(Taeguk5)	(Taeguk6)	(Taeguk7)	(Taeguk8)	Taeguk8 & Koryo
UNDER 17 Y (2003 – 2005)	-	(Taeguk1)	-	(Taeguk3)		(Taeguk5)		(Taeguk7)	(Taeguk8)	Koryo & Keumgang
UNDER 30 Y (1990 – 1995)	-	(Taeguk1)	-	(Taeguk3)		(Taeguk5)		(Taeguk7)	(Taeguk8)	Keumgang Taebaek
UNDER 40 Y (1980 – 1989)	-	-	-	-		-		-		KORYO
UNDER 50 Y (1970 – 1979)	-	-	-	-		-		-		TAEBEAK
UNDER 60 Y (1960 - 1969)	-	-	-	-		-		-		SHIPJIN
UNDER 65 Y (1955 - 1959)										KEUMGANG
ABOVE 65 Y (1954 – BELOW)										HANSU

BLACK BELT POOMSAE

Division by AGE	DESIGNATED POOMSAE
UNDER 7	TAEGUEK 8 & KORYO IN SAME VIDEO REST 30 SECS
UNDER 9	
UNDER 11	
Cadet (12-14)	KORYO
Junior (15-17)	KORYO
Under 30 (18-30)	TAEBEK
Under 40 (31-40)	KORYO
Under 50 (41-50)	TAEBEK
Under 60 (51-60)	SHIPJIN
Under 65 (61-65)	KEUMGANG
Over 65	HANSU

INFORMATION

Date of Tournament: October 17-18, 2020

Deadline of Submission of Entries: October 10, 2020

Registration Link:

<https://gmac.group/app.gmacscore.com/home/index.php?tourid=161>

Email: Cassandra.chz@gmail.com

Registration Fee: USD 35.00 with USD 5.00 Coach's Rebate.

For payments, please send to:

PLEASE NOTE! BEFORE ANY PAYMENT MUST REQUEST INVOICE FOR TEAM

- TO all payments, please request the Invoice before send fees.

PAYPAL

EMAIL: Cassandra.chz@gmail.com

WESTERN UNION CASSANDRA HALLER ADDRESS: RAMKHAMHEANG HUAMARK BANGKAPI BANGKOK 10240 TEL: +66 86979 7638	WESTERN UNION Anthony Moben Angeles 13 Woodpecker St., Ph5, Town and Country, Marilao. Philippines Mobile #: +63 9196963997
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BANK OF PHILIPPINE ISLANDS (BPI)

Account Name: Anthony Moben Angeles

Account #: 2206 1465 31

Swift Code: BOIPHMM



*Per Finance Committee please send a copy or a screenshot of the deposit slip/receipt and the name of the team to Cassandra Haller (Cassandra.chz@gmail.com) or Whatsapp: +66 86 979 7638
moben_angeles@yahoo.com for accounting purposes.

Tournament Format: *Pre-recorded performance of Poomsae according to belt category.*

- ✦ Recorded Poomsae performance can be video recorded indoors or outdoors.
- ✦ In the video recording the athlete must be 100% full body at all times.
- ✦ Video recording that have been used in other Online Poomsae tournaments will not be accepted.
- ✦ The minimum video resolution quality is 720p, but we strongly suggest the quality should be at 1080p.
- ✦ Only 1 video recording per competitor is allowed.
- ✦ Video Name: 1st Philippine International Virtual Poomsae Championships – John Smith – Koryo – Male – (Junior 15 years old)
- ✦ Each team must have their own YouTube Channel for the tournament.

Note: Should you have a dispute regarding the decision, the arbitration fee is USD 20.00.

AWARDS

Medals and Certificates will be awarded to all medalist and will be sent to each winner's Taekwondo Team address.

1st Place: Gold Medal and Certificate

2nd Place: Silver Medal and Certificate

3rd Place: Bronze Medal and Certificate

POOMSAE COMPETITION UNIFORM



- ❖ Cadet Division (Ages 12-14)
 - Male: White top with red and black collar, blue pants
 - Female : White top with red and black collar, red pants
- ❖ Junior and Senior Division (Ages 15 – 50)
 - Male: White top and dark blue pants
 - Female : White top and light blue pants
- ❖ Master Division (Ages 51 and Up)
 - Yellow top and dark blue pants for both males and females.

WAIVER

Philippine Taekwondo Union and the competition organizers will not be held responsible for any injuries or damages that may occur while participating to the 1st Philippine International Virtual Poomsae Championship.

This waiver releases Philippine Taekwondo Union and the organizers to any obligations for injuries and damages that may happen during the course of the event.



REGISTERLINK: <https://gmac.group/app.gmacscore.com/home/index.php?tourid=161>

THE REGISTRATION INSTRUCTIONS: Is on the first page of the www.gmacscore.com

1. Must register Website account
2. Choose event Link (Philippine Virtual Event)
3. Manage Team
4. Manage Person including Coach
5. Apply (Athletes)
6. Apply Coach name also

Any enquiries please email Cassandra.chz@gmail.com or direct contact

Whatsapp: **+66 86 979 7638 Cassandra**

Whatsapp Group Link: <https://chat.whatsapp.com/JDXLEvQ9ym83mbMAyqZcLa>

The 1st **Philippine** International **Virtual Poomsae** Championship 2020 | **6**