



THE
**HEROES
TAEKWONDO**
โรงเรียนสอนเทควันโด เดอะ ฮีโร่ เทควันโด



WORLD
TAEKWONDO

THE 1ST HEROES TAEKWONDO BEGINNERS POOMSAE VIRTUAL CHAMPIONSHIP
1ST MAY 2021
ONLY COLOR BELT
ALL KIDS GET MEDALS
REGISTER NOW!
WWW.GMACGROUP.COM

**The 1st HEROES TAEKWONDO BEGINNERS POOMSAE VIRTUAL
CHAMPIONSHIP 2021**

MANY HEARTS, ONE FIGHT

Date: 01st – 07th May 2021 (UPLOAD Video Streaming)

To encourage all the athletes and coaches who keep working like true heroes, we will go through this and make the
greatest moment ever.



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Respected Sir/Madam,

We are pleased to inform you that The Heroes Taekwondo organization is organizing, “The 1st Heroes Taekwondo Beginner Poomsae Virtual Championship 2021”, on 01st– 07th May 2021. Which will be held online by “Youtube Live” to strengthen & harmony of World Taekwondo lovers.

Our aim is to invite players from all around the world above 30+ 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: Miss Cassandra Haller the CEO of the Hero Sport Center Co., Ltd

Email: Cassandra.chz@gmail.com

Whatsapp: +66 869797638

Whatsapp Group: <https://chat.whatsapp.com/CMnXFVGE2NN1bwL9vEBzpL>



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SCHEDULE OF TIME-TABLE (UPLOAD)

Date	Details	Time
28 April	Entry Closed	23:59 (GMT+7)
01 May	Drawing Group	Released 16:00 (GMT+7)
03 May	Streaming Taeguek 1	Start 14:00 (GMT+7)
04 May	Streaming Taeguek 3	Start 14:00 (GMT+7)
05 May	Streaming Taeguek 5	Start 14:00 (GMT+7)
06 May	Streaming Taeguek 7	Start 14:00 (GMT+7)
07 May	Streaming Taeguek 8	Start 14:00 (GMT+7)
08 May	Result Released on Website	12:00 (GMT+7)

1 – 28 April 2021: Registration Online at www.gmacscore.com

03 – 07 May: Youtube Live. Link will be release on www.facebook.com/heroestaekwondo and announcement on WhatsApp group +66869797638 (Cassandra)

<https://chat.whatsapp.com/CMnXFVGE2NN1bwL9vEBzpL>

For more information update will be announced in

www.facebook.com/heroestaekwondo or <https://www.facebook.com/Gmacscore>

www.facebook.com/chotokojung (Cassandra C Haller)

<https://chat.whatsapp.com/CMnXFVGE2NN1bwL9vEBzpL> (Whatsapp Group)



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OVERVIEW

SLOGAN – MANY HEARTS, ONE FIGHT

GOALS

- Promoting the Championship as a fight against “Covid 19” of all Taekwondo lovers worldwide.
- Beyond greater connection with the worldwide Taekwondo family, the participants will be able to reflect on history and true spirit of Taekwondo at its beating heart in beautiful Taekwondo championship.
- To show how beautiful and sportsmanship athletes must encourage the sport during hard situation.
- To make athletes be outstanding and prove to worldwide though the social medias with their strength skills and to motivate kids around the world to play sport. 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.
- To encourage new athletes to join and motivate them.



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OUTLINE

The 1st Heroes Taekwondo Beginner Poomsae Virtual Championship 2021”, on
01st – 06th May 2021

1. Organized / Hosted By: THE HEROES TAEKWONDO
2. Competition Rules: WT Competition Rules, in forces as of June 14, 2019 (Poomsae)
3. Method of Competition: Poomsae Cut Off system tournament following by ranking score.

Poomsae Event

1. Categories (3 Categories): Poomsae Individual / Pair / Freestyle Individual
2. Color Belt: 1 Poomsae UPLOAD (Athletes must show their ID (can download) or write down the event name on paper in the video recorded)

In the case of uploaded athletes can record any places indoor or outdoor any that convenient to athletes such as Home, Dojung (School – Gym) or any parks or sightseeing, garden, riverside, beach, mountains, city, landmark point)



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**WORLD
TAEKWONDO**

TYPE	AGE	6 BLOCKS	POOMSAE	POOMSAE	POOMSAE	POOMSAE	POOMSAE
			TAEGUEK1	TAEGUEK3	TAEGUEK5	TAEGUEK7	TAEGUEK8
INDIVIDUAL	UNDER 4Y (2017 - ABOVE)	✓	✓	✗	✗	✗	✗
	UNDER 7Y (2014 – 2016)	✓	✓	✓	✓	✓	✓
	UNDER 10Y (2011 – 2013)	✓	✓	✓	✓	✓	✓
	UNDER 13Y (2008 – 2011)	✗	✓	✓	✓	✓	✓
	UNDER 15Y (2006 – 2007)	✗	✓	✓	✓	✓	✓

ATTENTION!

6 BLOCKS POOMSAE: ATHLETES MUST WEAR ONLY WHITE BELT!

TAEGUEK 1: YELLOW / YELLOW – GREEN BELT ONLY

TAEGUEK 3: YELLOW / GREEN / GREEN – BLUE BELT ONLY

TAEGUEK 5: GREEN / BLUE / BLUE – BROWN / BLUE – RED BELT ONLY

TAEGUEK 7: BLUE / BROWN / BROWN – RED / RED

TAEGUEK 8: ANY BELT COLOR ARE ALLOWED

Athletes must wear correct belt to perform the poomsae they are applied otherwise will be deducted 0.5 from total score.

THERE WILL BE NO POOM OR BLACK ARE ALLOW IN THIS COMPETITION OTHERWISE WILL BE DISQUALIFIED



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**WORLD
TAEKWONDO**

TYPE	AGE	POOMSAE	POOMSAE	POOMSAE	POOMSAE
		TAEGUEK1	TAEGUEK3	TAEGUEK 5	TAEGUEK7
PAIR	UNDER 7Y (2014 – 2016)	✓	✓	✓	✓
	UNDER 10Y (2011 – 2013)	✓	✓	✓	✓
	UNDER 13Y (2008 – 2011)	✓	✓	✓	✓
	UNDER 15Y (2006 – 2007)	✓	✓	✓	✓



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POOMSAE SCORE CRITERIA

Score shall be made in accordance with the rules of the World Taekwondo

1. Recognized Poomsae (10.0)

a. Accuracy (4.0)

- Accuracy in basic movements
- Accuracy in individual movement of the Poomsae
- Balance

b. Presentation (6.0)

- Speed and Power
- Rhythm & Tempo
- Expression of energy

c. Allotted Scoring Chart for Recognized Poomsae

Scoring Criteria	Details of Scoring Criteria	Point
Accuracy (4.0)	Accuracy in basic movements	(4.0)
	Accuracy in individual movement of the Poomsae	
	Balance	
Presentation (6.0)	Speed and Power	(2.0)
	Rhythm & Tempo	(2.0)
	Expression of energy	(2.0)



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Method of Scoring – Poomsae Recognized

1.1 Total Score is 10.0

1.1.1 Accuracy: Basic Score 4.0

- **0.1 point shall be deducted each time when a contestant makes a small mistake in individual movement.**
- **0.3 points shall be deducted each time when a contestant makes a big mistake in individual movement.**

1.1.2 Presentation: Basic Score 6.0

2. Free Style Poomsae (10.0)

1.2 Technical Skills (6.0)

2 Level of difficulty of kicking techniques

2.1 Presentation (4.0)

3 Creativity

4 Harmony

5 Expression of energy

6 Music & Choreography

6.1 The types of kick in the level of difficulty of foot techniques shall be designated by WT Poomsae Committee every year.



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6.2 Allotted Scoring Chart for Free Style Poomsae

Scoring Criteria	Details of Scoring Criteria		Point
Technical Skills (6.0)	Level of difficulty of kicking techniques	Jumping side kick	(5.0)
		Multiple kicks in a jump	
		Gradient of spins in a spin kick	
		Kyorugi style consecutive kicks	
		Acrobatic kicking technique	
	Basic movements & Practicability		(1.0)
Presentation (4.0)	Creativity		(4.0)
	Harmony		
	Expression of energy		
	Music & Choreography		
Maximum Points			(10.0)

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 (-0.1) point deduction.
3. Warning or deduction is given to the following acts by.
 - 7 Conducting undesirable behaviour
 - 8 Disturbing the judges or the staffs to proceed during the competition.
 - 9 If a contestant lacks or exceeds the limit time: 0.3 point will be deducted for every 10 seconds.
 - 10 If the number of contestants does meet the required limit 3 points will be deducted per person
 - 11 Stepping over the boundary line of the competition area results will be deducted to (-0.3 point)



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- 12 Not performing the compulsory technical movements will be deducted 0.3 point per movement
- 13 Penalty points shall be deducted from the participant's total score
- 14 Entering the contest in the name of other will be disqualified

POOMSAE FREESTYLE		
POOMSAE FREESTYLE (INDIVIDUAL)	SUB-CADET NOT OVER 9 YEARS (2012 – ABOVE)	Following to Compulsory Regulations
	SUB-CADET NOT OVER 12 YEARS (2009 – 2011)	
	CADET NOT OVER 15 YEARS (2006 – 2008)	

● Awards

Individual Awards:

- 1st Place – Gold Medal
- 2nd Place - Silver Medal
- 3rd Place Bronze Medal
- 4th Place Bronze Medal



- Please Note the Certificate will be downloaded by Personal with the code after the results and released at least 3 days.



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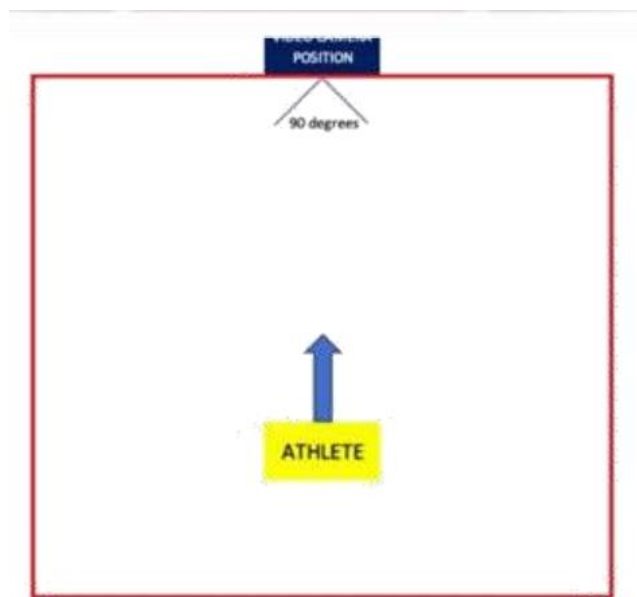


When the location is limited and performance is restricted, make sure to keep at least 2 meters of space at the end of the activities distance so that apart of the body is not visible, or stops or interferes with the progress line.

Athletes should not put the camera from high to the bottom to cover all part of the body.

Please prepare high quality video or mobile phone including the surrounding sounds to avoid the noise for judgment (Quiet location is the benefit to athletes) good video is benefit for judges to clear scoring point.

The winner needs to prove their identities to their head of team to claims the medals and rewards.



- **Uniform**

Athletes must wear a WT recognized Taekwondo Uniform: can be used as Kyorugi (White Uniform with white/black/red-black trim) Or Poomsae competition uniform following by WT recognized uniform type.

We are not matter with the uniform brands, if the uniform is following by WT recognized uniform.

Colour belts categories are not allowed to wear Poom or Dan (black or red-black BELT) when perform Taeguk 1- 7 otherwise participant will be deducted (0.8 score) or will be disqualified.



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- **Registration Deadline:**

Wednesday, 28 April 2021, 23:59 GMT+7

This deadline is applicable for all entries and admitting all required document.

Limit Up to 300 participants in all categories. (Could be more)

- **Signup**

Each athlete can register more than 1 event (Max 3 Events)

Therefore, coaches must consider a right and honest level of athletes before registered, to respect other participants.

- **Head of Team meeting**

The head of team meeting shall be conducted by The Heroes Taekwondo official organized. Exactly time shall be communicated forthwith. The number schedule queue shall be shown on website on 29th January 2021 and the Head of Meet meeting will be on 30th April 2021 (timing will be announced in the WhatsApp group) following by the link: <https://chat.whatsapp.com/CMnXFVGE2NN1bwL9vEBzpL>

Information / Updates

The Heroes Taekwondo Facebook: <http://www.facebook.com/heroestaekwondo>



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Entry Fees / Deadline:

The entry fees must be paid at the time of registration deadline, by the bank transfer, western union, or PayPal. Athletes shall not be allowed to complete without verified payment of entry fee to the organized committee.

Registration Fee:

\$25 USD – Individual Poomsae

\$25 USD – Freestyle Poomsae

\$35 USD – Pair

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

● Payment Details

By Bank Account:

Account Name: Cassandra Haller

Account Number: 7-322-871-887

Bank Name: KASIKORN BANK

Swift Code: KASITHBK

Bank Address: The Mall Bangkapi, 3522 Ladprod Klongjan Bangkapi, Bangkok Thailand 10240

By Western Union

Receiver Name: Cassandra Haller

Address: Ramkhamheang 24 Huamark Bangkapi Bangkok, Thailand 10240

Tel: +66 86 979 7638

By Paypal: Cassandra.chz@gmail.com If team or individual pay by PayPal must add (+4.5% fees)

Entry Deadline is 28 April 2021

- Refund: There will be no refund due to lack of timing or any personal issues.

Social Media Campaign: Hashtags: #HEROESTAETKWONDO #HEROESVIRTUAL

#HEROESCOACHES #TAEKWONDO

Youtube Chanel: Gmacscore