



Respected Sir/Madam,

We are pleased to inform you that PN' s TAEKWONDO ACADEMY (INDIA) is organizing, "1st TAEKWONDO FOR ALL INTERNATIONAL VIRTUAL POOMSAE CHAMPIONSHIP 2021", between 05 – 09 JULY 2021.

Which will be held online by "Youtube Streaming" 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.

REGISTER WEBSITE LINK: <https://gmac.group/app.gmacscore.com/home/index.php?tourid=178>



SCHEDULE OF TIME-TABLE (UPLOAD)

Date	Details	Time
30 June	Entry Closed	23:59 (GMT+5.30)
02 July	Drawing Group	Released 16:00 (GMT+5.30)
06 July	Streaming 6 Blocks / Taeguek 1-3	Start 14:00 (GMT+5.30)
07 July	Streaming Taeguek 4-6	Start 14:00 (GMT+5.30)
08 July	Streaming Taeguek 7&8	Start 14:00 (GMT+5.30)
09 July	Streaming Poom & Dan & Pair Poomsae all poomsae	Start 14:00 (GMT+5.30)
10 July	Streaming FreeStyle Poomsae Via Facebook	Start 14:00 (GMT+5.30)
12 July	Result Released on Website	12:00 (GMT+5.30)

03 June - 30 June 2021: Registration Online at

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06 – 10 July 2021: YouTube Streaming. & Facebook Live: Link will be release on

www.facebook.com/Pranav R. Nivangune and announcement on WhatsApp Group:

<https://chat.whatsapp.com/CMnXFVGE2NN1bwL9vEBzpl>

For more information update will be announced on: www.facebook.com/Pranav Nivangune or

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

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OVERVIEW

SLOGAN: – BELEIVE IN YOUR DREAMS

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.



OUTLINE

1st TAEKWONDO FOR ALL INTERNATIONAL VIRTUAL POOMSAE Championship 2021 between 06 - 09 JULY 2021

1. Organized / Hosted By: PN' s TAEKWONDO ACADEMY
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 Events

1. Categories: Poomsae Individual / Pair / Freestyle Individual / Family / Para
2. All Belt 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.



ATTENTION!

TYPE	AGE	6 BLOCKS	POOMSAE	POOMSAE	POOMSAE	POOMSAE	POOM	DAN
		ONLY	TAEGUEK1 TAEGUEK2	TAEGUEK3 TAEGUEK4	TAEGUEK5 TAEGUEK6	TAEGUEK7 TAEGUEK8	ONLY TAEGUEK8 & KORYO	KORYO & KUMGANG ALL BLACK 2 POOMSAE
		WHITE BELT	YELLOW BELT	GREEN BELT	BLUE BELT	BROWN OR RED	POOM BELT	
INDIVIDUAL	UNDER 4Y (2017 - ABOVE)	✓	✓	✗	✗	✗	✗	✗
	UNDER 7Y (2014 – 2016)	✓	✓	✓	✓	✓	✓	✗
	UNDER 10Y (2011 – 2013)	✓	✓	✓	✓	✓	✓	✗
	UNDER 12Y (2009 – 2010)	✗	✓	✓	✓	✓	✓	✗
	UNDER 14Y (2007 – 2008)	✗	✓	✓	✓	✓	✓	✗
	UNDER 17Y (2004 – 2006)	✗	✓	✓	✓	✓	✗	✓
	UNDER 30Y (1991 – 2003)	✗	✓	✓	✓	✓	✗	✓
	UNDER 40Y (1981 – 1990)	✗	✓	✓	✗	✗	✗	✓
	UNDER 50Y (1971 – 1980)	✗	✓	✗	✗	✗	✗	✓
	OVER 50Y (BELOW – 1970)	✗	✓	✗	✗	✗	✗	✓



PLEASE NOTE FOR COLOR BELTS CAN CHOOSE 1 POOMSAE

FOR POOM ALSO 2 POOMSAES (KORYO & KUMGANG)

BLACK BELT 2 POOMSAES (KORYO & TAEBEK)

6 BLOCKS POOMSAE: ATHLETES MUST WEAR ONLY **WHITE BELT ONLY!**

TAEGUEK 1 OR 2: **YELLOW BELT ONLY**

TAEGUEK 3 OR 4: **GREEN BELT ONLY**

TAEGUEK 5 OR 6: **BLUE BELT ONLY**

TAEGUEK 7 OR 8: **BROWN OR RED BELT ONLY**

POOM BELT: KORYO & KUMGANG

ALL BLACK BELT KORYO & TAEBEK

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



TYPE	AGE	POOMSAE	POOMSAE	POOMSAE	POOMSAE	TAEGUEK7	TAEGUEK8
		TAEGUEK1	TAEGUEK3	TAEGUEK 5	TAEGUEK7	& KORYO	& KORYO
PAIR	UNDER 7Y (2014 – 2016)	✓	✓	✓	✗	✓	✗
	UNDER 10Y (2011 – 2013)	✓	✓	✓	✗	✓	✗
	UNDER 13Y (2008 – 2011)	✓	✓	✓	✓	✓	✗
	UNDER 15Y (2006 – 2007)	✗	✗	✗	✓	✗	✓
	UNDER 18Y (2003 – 2005)	✗	✗	✗	✓	✗	✓
	ABOVE 18Y (BELOW – 2002)	✗	✗	✗	✓	✗	✓



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)



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.



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)
- 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 14 YEARS (2007 – 2008)	
	JUNIOR NOT OVER 17 YEARS (2004 – 2006)	
	SENIOR ABOVE 17 YEARS (BELOW – 2003)	



● Awards

Individual Awards per group category

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 4 days.



Competition Recording Procedure:

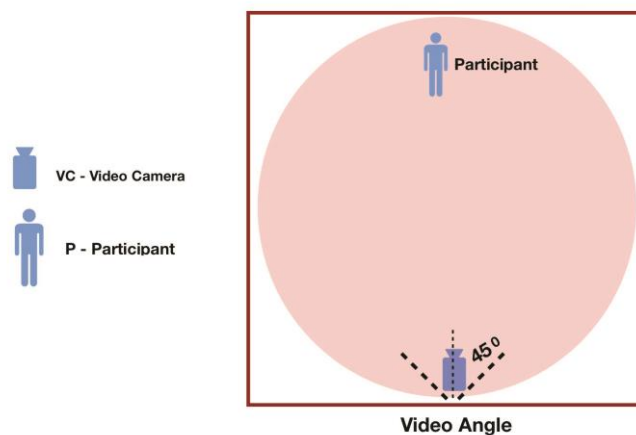
Competition procedure (record all procedures below)–The player stands at in front/canter of camera from 7m distance–Make a standing bow conducted by a coach• “Cha-ryeot” and “Kyeong-rye”–Declare the name of Poomsae, division, athlete's name (or TEAM NAME) and the registration numbered or provide the ID card that player can download before performing)

After declaring the introduction of athlete, follow the orders by a coach• “Joon-bi” – “Shi-jak” - execute the 1st Poomsae – “Ba-ro” – “She-uh” • 2nd Poomsae record same way like 1st Poomsae

Please refer the sample video clips how to record the competition Poomsae–Performance procedure

Please note Any editing will result disqualified.

Competition Recording Procedure





- Recording–Position of camera About 7m straight front & belt height to cover whole body during Poomsae performance.
- When any part of the player body is cut-off by the video frame a 0.3 points deduction will apply for every time.
- If whole body out shall be 0.6 points will be deducted for every Poomsae movement in each time.

Quality of video recording is responsible for the player.

- Camera must be in horizontal position *please refer the sample video clip.
- Camera must remain in same position for the duration of the performance (not permitted to zoom in and out or pan up and down)
- Resolution 1080p (HD), minimum resolution 720p (HD) at 60 frames per second.
- Backgrounds & backdrop:
- No virtual backgrounds–No religious or political displays–NOC flags are recommended to be displayed.



• 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.

From Taeguk 1 – 8: **Only Color belts** (Poom or Black **BELT** are not allowed)

Otherwise, you will be deducted 0.8 or will be disqualified.



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.

If any team apply less than 5 entries must self-response shipping fees. Unless we can ship per country together.

Registration Fee:

\$30 USD – Individual Poomsae

\$30 USD – Freestyle Poomsae

\$40 USD – Pair

For India Teams: 1,900 Indian Rupess – Individual / Freestyle Poomsae 2,300 Indian Rupees – Pair Poomsae

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: THE HERO SPORT CENTER CO., LTD

Account Number: 169 – 403439 - 4

Bank Name: SIAM COMMERCIAL BANK PUBLIC COMPANY LIMITED

Swift Code: SICOTHBK

Bank Address: 177 Ramkhamheang Rd, Huamak, Bangkok, Bangkok 10240, Thailand

By Western Union

Receiver Name: Cassandra Haller

Address: Ramkhamheang 24 Huamark Bangkok 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)**

By TranserWise: Email: Cassandra.chz@gmail.com (Cassandra Haller)



For India Team:

For India Teams: 1,900 Indian Rupees – Individual / Freestyle Poomsae 2,300 Indian Rupees – Pair Poomsae

Payment can via Google Pay, Phone Pay, Paytm, Amazon Pay or Bank of Maharashtra

By Bank Account:

Account Name: PRANAV R. NIVANGUNE

Account Number: 68018331109

Bank Name: BANK OF MAHARASHTRA

IFSC CODE: MAHB0001159

Entry Fees Deadline 02 JULY 2021

Social Media Campaign: Hashtags: #pntaekwondoworld #PNSVIRTUAL

#Pntaekwondoacademy #TAEKWONDO

Youtube Chanel: GmacStudio

TAEKWONDO
FOR ALL
INTERNATIONAL
VIRTUAL POOMSAE CHAMPIONSHIP

5 - 9 JULY 2021

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