



Dear Masters, Coaches and Athletes,

It is with great pleasure to invite you to the **ONE HERO CHAMPIONSHIPS Virtual Poomsae International** which will run from **August 29-31, 2021**. The event is open to all Taekwondo lovers around the world and it aims to foster camaraderie and brotherhood under the true spirit of martial arts regardless of race, language, class or creed. Youtube platform will be used to showcase the talents of athletes around the world. As an added excitement, **ALL PARTICIPANTS WILL BE AWARDED WITH MEDAL** and a chance to represent his/her country and be watched by people worldwide.

The Heroes Taekwondo Organization, World Martial Sports and GMAC system, are committed to give you a wonderful, exciting, fair, and memorable Taekwondo Experience.

With the global challenge happening right now, we will show to the world that we can overcome because WE ARE ONE!

Yours in the Spirit of Martial Arts,

The Organizing Committee



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## REGISTRATION, DATES, SCHEDULES & FEES

(All dates and time is based on Thailand Time)

DATE	EVENT	FEES
July 16 - August 14	Regular Registration Period	<b>US\$30</b> - first Event <b>US\$25</b> – for each additional event/participant  <i>For Philippine Participants:</i> <b>Php1,500</b> – first Event <b>Php1,250</b> – for each additional event/participant
<b>Payment must be made not later than 11:59 August 14 (GMT+7)</b>		
August 15-21	Late Registration Period	<b>US\$40</b> - first Event <b>US\$35</b> – for each additional event/participant  <i>For Philippine Participants:</i> <b>Php 2,000</b> – first Event <b>Php1,750</b> – for each additional event/participant
<b>Payment must be made not later than 11:59 August 21 (GMT+7)</b>		
August 23	Online Representative Meeting – 8pm (GMT+7)	
August 29-31	Online Competition Proper	
Registration Link		

Participants may register first according to the deadlines specified above before the submission of videos. Video recordings must be sent no later than 11:59 (GMT+7) **August 21, 2021**. All non-refundable registration fees will be used to cover International level judges, e-certificates, and all e-tournament operations.



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## EVENTS

1	<b>INDIVIDUAL EVENT</b>
2	<b>PAIR EVENT</b>
3	<b>TEAM EVENT</b>
4	<b>PAIR FAMILY EVENT</b>
5	<b>TEAM FAMILY EVENT</b>
6	<b>MASTER - STUDENT PAIR EVENT</b>
7	<b>FREESTYLE INDIVIDUAL EVENT</b>

## GENERAL INFORMATION

1. Each competitor may register up to seven (7) events.
2. In events number 1 and 7 (Individual Event and Freestyle Individual Event), players will be separated into male and female competitors.
3. In events number 2-6 (Pair, Team, Pair Family, Team Family and Master-Student Pair Event), there is no restriction on gender.
4. Levels are classified as follows:
  - **Whitebelts** – for 10<sup>th</sup> and 9<sup>th</sup> geup
  - **Grassroots 1** – for 8<sup>th</sup> and 7<sup>th</sup> geup
  - **Grassroots 2** – for 6<sup>th</sup> and 5<sup>th</sup> geup
  - **Intermediate** – for 4<sup>th</sup> and 3<sup>rd</sup> geup
  - **Advance** – for 2<sup>nd</sup> and 1<sup>st</sup> geup
  - **Blackbelts** – for 1<sup>st</sup> Poom/Dan and above



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5. Adjustments in age grouping and skill level is applied in the pair, family, master and student and team events.
6. Due to various belt systems used worldwide, please register for the belt level corresponding to the poomsae prepared.
7. Participants will be grouped into a maximum of 4 players in each division.
8. **If there are not enough players within one grouping (age, level, etc.), that group will be combined with another appropriate group closest to the level/age group.**
9. Correct AGE is calculated as follows: the year of the championship, 2021 minus your birth year no matter which month you were born, i.e.  $2021 - 1971 = 50$ .
10. Due to COVID-19 situation, masks can be worn when the competitor sees a need to wear them.
11. Updates and schedule on the timing of events will be given at least three (3) days before the date of the tournament. Other concerns about the participation will be discussed in the representative meeting
12. If deemed necessary, the organizer reserves the right to change or modify tournament provisions not stated in the guidelines.

## SCORING

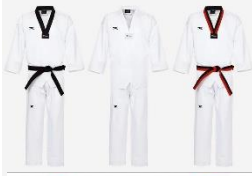
WT Poomsae Competition Rules and Interpretation in force as of May 14, 2019 will be followed. However, if deemed appropriate by the organizing committee, due to the nature of the competition being online, the rules can be amended through the representative meeting.



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## COMPETITION UNIFORM



**Regular Dobok** – Standard white dobok or the official competition dobok that is approved by the sponsoring school master.



### Sports Poomsae Dobok

**Ages 8 – 14:** WT approved uniform for the Cadet Division: White top with red and black collar, plus blue pants for males; the same top, but with red pants, for females.



### Sports Poomsae Dobok

**15 and up:** Age appropriate individual WT-approved uniform.

## AWARDS AND MEDALS

- 1<sup>st</sup> Place – 1<sup>st</sup> Place E-Certificate & Medal
- 2<sup>nd</sup> Place – 2<sup>nd</sup> Place E-Certificate & Medal
- 3<sup>rd</sup> Place – 3<sup>rd</sup> Place E-Certificate & Medal
- 4<sup>th</sup> Place – 4<sup>th</sup> Place E-Certificate & Medal

**ALL PARTICIPANTS WILL BE AWARDED WITH MEDALS!** Regular shipment will be used.

No tracking or trace number and the package is not insured. Please email the following information for the medal shipment at [worldmartialsports@gmail.com](mailto:worldmartialsports@gmail.com):

**Gym/Club/School Name**  
**Receiver's Name**  
**Address**  
**Postal Code**  
**Country & Contact Number**

If you want your shipment to be expedited with trace and tracking number, please include in the email.



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## POOMSAES TO PERFORM

### INDIVIDUAL EVENT (SELECT ONLY 1 POOMSAE)

	WHITE BELTS 10 <sup>th</sup> & 9 <sup>th</sup> Geup	GRASSROOTS 1 8 <sup>th</sup> & 7 <sup>th</sup> Geup	GRASSROOTS 2 6 <sup>TH</sup> & 5 <sup>TH</sup> Geup	INTER- MEDIATE 4 <sup>th</sup> & 3 <sup>rd</sup> Geup	ADVANCE 2 <sup>nd</sup> & 1 <sup>st</sup> Geup	BLACK 1 <sup>st</sup> Poom/Dan & Above
UNDER 4YO (2017 & above)	Foundation Form #1(H- Form)  OR  6 Blocks	Taegeuk 1 or 2	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
UNDER 7YO (2014-2016)		Taegeuk 1 or 2	Taegeuk 3 or 4	Taegeuk 5 or 6	Taegeuk 7 or 8	<b>X</b>
UNDER 10YO (2011-2013)		Taegeuk 1 or 2	Taegeuk 3 or 4	Taegeuk 5 or 6	Taegeuk 7 or 8	Koryo
UNDER 12YO (2009-2010)		Taegeuk 1 or 2	Taegeuk 3 or 4	Taegeuk 5 or 6	Taegeuk 7 or 8	Koryo
UNDER 14YO (2007-2008)		Taegeuk 1 or 2	Taegeuk 3 or 4	Taegeuk 5 or 6	Taegeuk 7 or 8	Koryo
UNDER 17YO (2004-2006)		Taegeuk 1 or 2	Taegeuk 3 or 4	Taegeuk 5 or 6	Taegeuk 7 or 8	Koryo
UNDER 30 (1991-2003)	<b>X</b>	Taegeuk 1 or 2	Taegeuk 3 or 4	Taegeuk 5 or 6	Taegeuk 7 or 8	Kemgang
UNDER 40 (1981-1990)	<b>X</b>	Taegeuk 1 or 2	Taegeuk 3 or 4	Taegeuk 5 or 6	Taegeuk 7 or 8	Keumgang
UNDER 50 (1971-1980)	<b>X</b>	Taegeuk 1 or 2	Taegeuk 3 or 4	Taegeuk 5 or 6	Taegeuk 7 or 8	Taebaek
OVER 50YO (1970 & BELOW)	<b>X</b>	Taegeuk 1 or 2	Taegeuk 3 or 4	Taegeuk 5 or 6	Taegeuk 7 or 8	Taebaek



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In some WT MNAs and clubs, the level system is different. For FAIRPLAY, the organizer may ask for proof of current belt rank issued by your MNA or club to identify the athlete's current level.

**Colored belt Reference Level:**

- WHITE BELT** – For 10<sup>th</sup> and 9<sup>th</sup> Geup
- YELLOW BELT, ORANGE BELT** – For 8<sup>th</sup> and 7<sup>th</sup> Geup
- GREEN BELT, PURPLE BELT** - For 6<sup>th</sup> and 5<sup>th</sup> Geup
- BLUE BELT, RED BELT, BROWN BELT** - For 4<sup>th</sup> and 3<sup>rd</sup> Geup
- BROWN BELT, RED BELT** – For 1<sup>st</sup> and 2<sup>nd</sup> geup

Belts with stripes or with combined color can be allowed provided there is no full color belt available.

**PAIR EVENT**

**&**

**TEAM EVENT**

<b>No Gender Restrictions</b>	<b>GRASSROOTS 1 &amp; 2 COMBINED 8<sup>th</sup> , 7<sup>th</sup>, 6<sup>TH</sup> &amp; 5<sup>TH</sup> Geup</b>	<b>INTERMEDIATE &amp; ADVANCE COMBINED 4<sup>th</sup> , 3<sup>rd</sup> ,2<sup>nd</sup> &amp; 1<sup>st</sup> Geup</b>	<b>BLACKBELTS 1<sup>st</sup> Poom/Dan and Above</b>
<b>CHILDREN (11yo and Under)</b>	Taegeuk 3	Taegeuk 5	Koryo
<b>CADET (12-14yo)</b>			
<b>JUNIOR 15-17 yo</b>			
<b>UNDER 30 (18-30yo)</b>			
<b>31+ OVER</b>			



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**PAIR FAMILY EVENT**

&

**TEAM FAMILY EVENT**

**Pair Family Composition:**

- a. Father/Mother & Son/Daughter
- b. Grandmother/Grandfather & Grandson/Granddaughter
- c. Any 3 generation family combination

**Team Family Composition:**

- a. Father, Mother and Son/Daughter
- b. Father and 2 children
- c. Mother and 2 children
- d. Grandfather/Grandmother, Father/Mother and Son/Daughter
- e. Any 3 generation family combination.

A family member with the lowest rank will be the basis of the poomsae that will be performed by the pair or the team. Example: Mother is 8<sup>th</sup> geup, Father is 4<sup>th</sup> geup and Daughter is blackbelt. In this case, they will perform the required poomsae of the mother's geup level which is Taegeuk 1.

The Pair and Team Family event will also be divided into three (3) levels.

<b>No Gender &amp; Age Restrictions</b>	<b>GRASSROOTS 1 &amp; 2 COMBINED 8<sup>th</sup> , 7<sup>th</sup>, 6<sup>TH</sup> &amp; 5<sup>TH</sup> Geup</b>	<b>INTERMEDIATE &amp; ADVANCE COMBINED 4<sup>th</sup> , 3<sup>rd</sup> ,2<sup>nd</sup> &amp; 1<sup>st</sup> Geup</b>	<b>BLACKBELTS 1<sup>st</sup> Poom/Dan and Above</b>
<b>PAIR AND TEAM FAMILY EVENT</b>	Taegeuk 3	Taegeuk 5	Koryo



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## MASTER - STUDENT PAIR EVENT

The Master-Student Pair Event is divided into three (3) levels and two (2) age groups only. The current rank of the student will be the basis of the poomsae that will be performed.

<b>No Gender Restrictions</b>	<b>GRASSROOTS 1 &amp; 2 COMBINED 8<sup>th</sup> , 7<sup>th</sup>, 6<sup>TH</sup> &amp; 5<sup>TH</sup> Geup</b>	<b>INTERMEDIATE &amp; ADVANCE COMBINED 4<sup>th</sup> , 3<sup>rd</sup> ,2<sup>nd</sup> &amp; 1<sup>st</sup> Geup</b>	<b>BLACKBELTS 1<sup>st</sup> Poom/Dan and Above</b>
<b>CHILDREN (11 yo and Under)</b>	Taegeuk 3	Taegeuk 5	Koryo
<b>CADET (12-14Yo)</b>			



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## FREESTYLE POOMSAE EVENT

1. Freestyle Poomsae should be based on Taekwondo techniques with composition of music and choreography.
2. The types of foot techniques designated by WT Poomsae Committee which must be seen in order are:
  - Jumping kicks
  - Multiple kicks in a jump
  - Turning kicks
  - Performance level of consecutive kicks (Kyorugi style kick where 3 bouncing steps on a spot is mandatory before executing the kyorugi style kicks)
  - Acrobatic kicks
3. Any moves between the essential foot techniques should be creative and include good quality poomsae moves, including a variety of stances, hand techniques and foot techniques.
4. **MUSIC: The Participant can choose his/her own music.** (No derogative, political, or religious themed music please)

DIVISIONS	AGE GROUP
Sub- Cadet	Not over 11years old (2010-Above)
Cadet	Not over 14years old (2007-2009)
Junior	Not over 17years old (2004-2006)
Senior	Over 18years old (2003 & below)

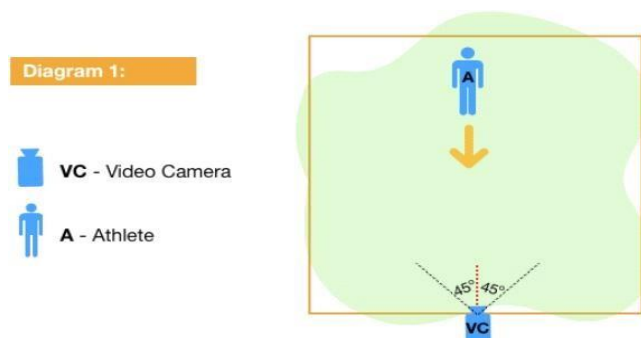


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## RULES FOR VIDEO RECORDING

1. The Poomsae performance can be video recorded preferably indoors (House, Taekwondo gym, Arena etc.) If there is a challenge in recording indoors, record in a place where there is a convenient space good enough for the performance of the poomsae. Please ensure you follow the instructions of your local and national health authorities regarding social distancing and outdoor excursions.
2. The athlete must be 100% full body inside the screen of the recording for the entire poomsae performance.
3. Videos that have been used in any other competitions will NOT be accepted for consideration.
4. The video recording device must be on a horizontal position, about 6-meter distance and 115-120cm above the ground to cover the whole body of the athlete.
5. The video recording shall be done while the athlete is facing the camera in the start position. The camera must be stationary but may be rotated no more than 45 degrees left and right from its starting point as indicated in Diagram 1. Zooming in and out during performance is not allowed.



6. If video recording is taken outside, do not position the camera against direct sunlight.



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7. Video recording submissions should be of sufficient quality to enable referees to judge all movements. Suggested video quality should be 1080p @ 60fps. Minimum video quality should be 720p @ 60fps.
8. Each poomsae must be finished between 40-90 seconds.
9. Send video entry/ies via google drive link or wetransfer at [Cassandra.chz@gmail.com](mailto:Cassandra.chz@gmail.com)

**Video Title examples:**

*Registration Number-Name-Gender-Category-Poomsae*

1234- Iones Pangniban-M-U10-Taegeuk 7

5678-Trisha Lobbonan-F-Junior -Taegeuk 3

#### DISQUALIFICATION CRITERIA

1. Edited videos
2. If judging cannot be made due to low video quality.
3. If noises (yelling, cheering, exclamations) hinder the evaluation.
4. If there is music or props that negatively affect the evaluation of the judges.
5. If the video was used in other competition.
6. Submission of wrong videos or registered in the wrong division.
7. Fake identity or wrong player.
8. High level performance player playing in the grassroots division.
9. Wrong uniform
10. Insults, inappropriate images, or hand gestures.
11. Wearing shoes or socks.



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## LIABILITY WAIVER

The Organizing Committee shall waive all liability in the broadest sense of the word regarding the participation of athletes and by participating, the athlete shall indemnify the organizing committee and all other officials and athletes from any claims of injuries, losses or otherwise arising in the course of participation at the 2021 One Hero Championships-Virtual Poomsae International or any activities linked therewith. It is the responsibility of each registered athlete to ensure and guarantee that sufficient insurance coverage has been arranged for themselves.

## REFEREES

1. The International referees are appointed by the organizing committee. They will be assigned to a certain division all throughout the competition.
2. Three (3) to Five (5) referees will be assigned in one court and they shall serve full-time.

## PAYMENT METHODS

**(All transaction fees or service charges will be shouldered by the payee)**

### 1. Bank Transfer

Account Name:	THE HERO SPORT CENTER CO., LIMITED
Account Number:	169-403439-4
Bank Name:	SIAM COMMERCIAL BANK PUBLIC COMPANY LIMITED
Swift Code:	SICOTHBK
Bank Address:	177 Ramkhamheang Rd. Huamak Bangkapi Bangkok, Thailand 10240
Telephone #:	+66 86 979 7638



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## 2. Western Union

Receiver Name: Cassandra Haller  
Address: Ramkhamheang 24 Huamark Bangkokpi  
Bangkok, Thailand 10240  
Tel: +66 86 979 7638 By

## 3. Paypal

[Cassandra.chz@gmail.com](mailto:Cassandra.chz@gmail.com)

## 4. TransferWise

[Cassandra.chz@gmail.com](mailto:Cassandra.chz@gmail.com) (Cassandra Haller)

### For Philippine Participants:

## 1. BDO

Account Name: Danrey C. Velo  
Current Account Number: 00546-030-1271

## 2. Western Union/Palawan Express

Receiver: Danrey C. Velo  
Contact #: +63998-953-7537

## 3. Paypal

[danreyvelobravehearts@gmail.com](mailto:danreyvelobravehearts@gmail.com)

## INQUIRY

### 1. Master Danrey Velo - Event Host

Email: [danreyvelobravehearts@gmail.com](mailto:danreyvelobravehearts@gmail.com)

WhatsApp: +639989537537

### 2. Master Cassandra Haller – Tournament General Manager

Email: [Cassandra.chz@gmail.com](mailto:Cassandra.chz@gmail.com)

Mobile Number: +66869797638



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## REGISTER WEBSITE:

<https://gmac.group/app.gmacscore.com/home/index.php?tourid=183>

## WHATSAPP GROUP:

<https://chat.whatsapp.com/CkJhsxWXjANGXi2R8KoTTC>

**ONE HERO CHAMPIONSHIP**  
Virtual Poomsae International  
29 - 31 August 2021

**INTERNATIONAL REFEREES (IR)**

 Nontawat Amarakul THA THAILAND	 Sanny Harsono INA INDONESIA	 Hsuan Hung Liu TPE CHINESE TAIPEI
 Ka Fai HKG HONG KONG	 Yukyung Song AUS AUSTRALIA	

Logos at the top: World Martial Sports, World Martial Arts Institute, Philippine Taekwondo Federation, STP (Samaheang Taekwondo ng Pilipinas).

Logos at the bottom: HERO, G, ETI, KUICKIWON, WORLD TAEKWONDO.

Row of flags at the bottom representing various countries.