

5-10 October

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2nd HEROES TAEKWONDO INTERNATIONAL LEAGUE 2021

- Poomsae Individual/Pair/Team
- Poomsae Freestyle
- Speed Kicking














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OUTLINE

THE 2nd HEROES TAEKWONDO INTERNATIONAL LEAGUE 2021

(VIRTUAL POOMSAE & SPEED KICKING CHAMPIONSHIP)

STREAMING VIA YOUTUBE: 6 – 10 OCTOBER 2021

We are pleased to inform everyone that “The Heroes Taekwondo” has organized a competition under the name of “2nd Hero Taekwondo International League”, between 06 – 10 October 2021. Which will be held online by Youtube Streaming - Gmac Studio Channel. To strengthen and reconcile Taekwondo lovers around the world. Our goal is to invite players from all over which will be more than 40 countries. We hope it will be an opportunity for Taekwondo athletes. All ages have shown potential, talent and culture to the nation and the region to promote friendship, travel and unity to improve the quality of life and health of athletes.

The tournament organizing committee will work hard to bring you the best tournaments that have been organized. come up exciting and full of culture Experience made this situation to fight the Covid-19 epidemic together.

Organizing Committee: THE HEROES TAEKWONDO - THAILAND

Telephone: +66 86 979 7638

Email: Cassandra.chz@gmail.com

Registration Website: <https://gmac.group/app.gmacscore.com/home/index.php?tourid=188>

<https://gmac.group/app.gmacscore.com/home/index.php?tourid=188>



Poomsae Classifications and Divisions:

1. Poomsae Individual: (Male / Female)
2. Poomsae Pair: (Can be: Male – Male / Female – Female / Mixed Gender)
3. Poomsae Team: (Can be: Male – Male / Female – Female / Mixed Gender)
4. Poomsae Freestyle: Individual

| Individual Poomsae: (Male / Female) | | | | | | | | |
|---|-----------------------|-------------|-------------|-------------|-----------|------------|--------------------------|---------------------|
| Color belts categories only perform 1 Pattern / For Poom & Dan (Black Belt) perform 2 patterns in 1 video | | | | | | | | |
| AGE GROUPS | White Belt | Yellow Belt | Green Belt | Brown Belt | Poom Belt | Black Belt | | |
| | | | Blue Belt | Red Belt | | | | |
| UNDER 4Y (2017 - ABOVE) | 6 Blocks / H- form | Taeguek 1/2 | Taeguek 3/4 | - | - | - | - | |
| UNDER 7Y (2014 – 2016) | 6 Blocks / H- form | Taeguek 1/2 | Taeguek 3/4 | Taeguek 5/6 | Taeguek 7 | Taeguek 8 | Taeguek 7 & Taeguek 8 | |
| UNDER 10Y (2011 – 2013) | 6 Blocks / H- form | Taeguek 1/2 | Taeguek 3/4 | Taeguek 5/6 | Taeguek 7 | Taeguek 8 | Taeguek 7 & Taeguek 8 | |
| UNDER 12Y (2009 – 2010) | 6 Blocks / H- form | Taeguek 1/2 | Taeguek 3/4 | Taeguek 5/6 | Taeguek 7 | Taeguek 8 | Taeguek 8 & Koryo | |
| UNDER 14Y (2007 – 2008) | Taeguek 1/2 | | Taeguek 3/4 | Taeguek 5/6 | Taeguek 7 | Taeguek 8 | Taeguek 8 & Koryo | |
| | | | | | | | | |
| UNDER 17Y (2004 – 2006) | Taeguek 1 | | Taeguek 3 | Taeguek 5 | Taeguek 7 | | - | Koryo & Kumgang |
| UNDER 30Y (1991 – 2003) | Taeguek 1 | | Taeguek 3 | Taeguek 5 | Taeguek 7 | | - | Koryo & Kumgang |
| UNDER 40Y (1981 – 1990) | Taeguek 1 | | Taeguek 3 | Taeguek 5 | Taeguek 7 | | - | Koryo & Pyongwon |
| UNDER 50Y (1971 – 1980) | Taeguek 3 | | | Taeguek 5 | | | - | Kumgang & Sipjin |
| OVER 50Y (BELOW – 1970) | Taeguek 3 | | | Taeguek 5 | | | - | Kumgang & Sipjin |



POOMSAE PAIR / TEAM (Can be: Male – Male / Female – Female / Mixed Gender)

| AGE GROUPS | White Belt | Yellow Belt | Green Belt | Blue Belt | Brown Belt | Red Belt | Poom Belt | Black Belt |
|----------------------------|------------|-------------|------------|-----------|------------|----------|-----------|------------|
| UNDER 7Y (2014 – 2016) | Taeguk 1 | | Taeguk 5 | | Taeguk 7 | | | |
| UNDER 10Y (2011 – 2013) | Taeguk 1 | | Taeguk 5 | | Taeguk 7 | | | |
| UNDER 12Y (2009 – 2010) | Taeguk 1 | | Taeguk 5 | | Taeguk 7 | | | |
| UNDER 14Y (2007 – 2008) | Taeguk 1 | | Taeguk 5 | | Taeguk 7 | | | |
| - | | | | | | | | |
| UNDER 17Y (2004 – 2006) | Taeguk 3 | | Taeguk 6 | | Taeguk 8 | | | |
| UNDER 30Y (1991 – 2003) | Taeguk 3 | | Taeguk 6 | | Taeguk 8 | | | |
| OVER 30Y (BELOW - 1990) | Taeguk 3 | | Taeguk 6 | | Taeguk 8 | | | |

| POOMSAE FREE STYLE | |
|--------------------|------------------------------------|
| CADET | NOT OVER 9 YEARS (2012 – ABOVE) |
| | NOT OVER 12 YEARS (2009 – 2011) |
| | NOT OVER 14 YEARS (2007 – 2008) |
| JUNIOR | NOT OVER 17 YEARS (2004 – 2006) |
| SENIOR | UNDER 30 YEARS (1991 – 2003) |
| | OVER 30 YEARS (BELOW - 1990) |

NOTICE: POOMSAE FREESTYLE WILL BE BOARDCAST VIA FACEBOOK – “GMAC STUDIO”

<https://gmac.group/app.gmacscore.com/home/index.php?tourid=188>



SPECIAL EVENT: HEROES POOMSAE CHALLENGE (ANY BELTS CLASS)

(This category will be rank only top4 for medalists: Gold / Silver / 2 Bronze)

EVERY GOLD MEDAL WILL RECEIVED TROPHY & UNIFORM

| AGE GROUPS | 1 st POOMSAE | 2 nd POOMSAE | 3 rd POOMSAE |
|---------------------------------------|-------------------------|-------------------------|-------------------------|
| UNDER 8Y (2013 – ABOVE) | Taeguek 3 | Taeguek 4 | Taeguek 5 |
| UNDER 11Y (2010 – 2012) | Taeguek 4 | Taeguek 7 | Taeguek 8 |
| UNDER 14Y (2007 – 2009) | Taeguek 7 | Taeguek 8 | Koryo |
| UNDER 17Y (2004 – 2006) | Taeguek 5 | Koryo | Kumgang |
| SENIOR UNDER 30Y (1991 – 2003) | Koryo | Kumgang | Taebaek |
| MASTER OVER 30Y+ (BELOW – 1990) | Kumgang | Taebaek | Pyongwon or Slipjin |



POOMSAE SCORE CRITERIA: Score shall be made in accordance with the rules of the World Taekwondo

Method of Scoring

- **Poomsae Recognized: Individual / Pair / Team - Total Score is 10.0**

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.

Presentation: Basic Score 6.0

Divided into: Speed and Power (2.0) / Rhythm & Tempo (2.0) / Expression of energy (2.0)

- **Free Style Poomsae (10.0)**

Technical Skills (6.0)

- Level of difficulty of kicking techniques (5.0)
- Jumping side kick / 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)

- 1 Creativity
- 2 Harmony
- 3 Expression of energy
- 4 Music & Choreography

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

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.

- Conducting undesirable behaviour
- Disturbing the judges or the staffs to proceed during the competition.
- If a contestant lacks or exceeds the limit 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 (-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.

Competition Recording Procedure: (record all procedures below)

- Declare the name of Poomsae, division, athlete's name (or TEAM NAME) and the registration number or provide the ID card that player can download before performing otherwise will be deducted (-0.5) points.
- 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”

(ID CARD – Can be downloaded in the system after registered or by manual write the name details.

ID card can be shown by Print, Mobile Phone, Ipad, In the case that can't do new record video. Athletes can use the previous video by insert the ID card in front of video by video editor only add ID card!



Competition Recording Procedure:

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 as 1st Poomsae

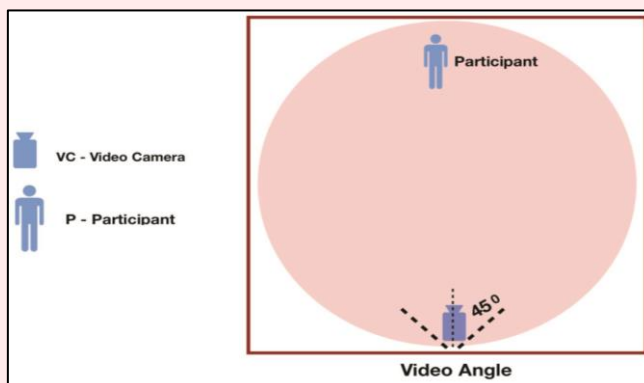
Please refer the sample video clips how to record the competition Poomsae–Performance procedure

Please note Any editing of Poomsae perform will result as disqualified.

Video Sample Link: >>>> [\(1\) 13846 - Gilbert Jamena - YouTube](#)

<https://gmac.group/app.gmacscore.com/home/index.php?tourid=188>

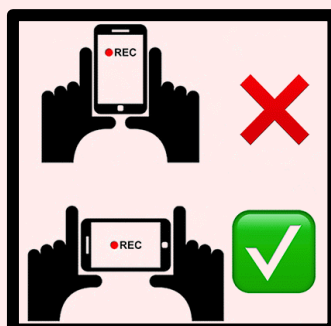
Recording Position Sample



- 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.

Athletes must wear according to the table charts above. Otherwise, you may cause deduction (-0.8) or will be disqualified.

<https://gmac.group/app.gmacscore.com/home/index.php?tourid=188>



SPEED KICKING – FREESTYLE KICKING

Speed Kicking Classifications and Divisions:

1. Gender: Male / Female
2. Age categories
3. Level of Performance:
 - Beginner (White – Blue Belt): **Any kicks except turning body & Head Kicks /Back Kick / Swing Kick / Spinning Kicks**
 - Advance (Open Class any belts colors): Allow All Kicks that count as the scores

| Age Categories | Ages | Time | Beginner White - Blue | Advance (Open Class) |
|----------------|-----------------------------|---------|--|----------------------|
| Youth | Under 6Y (2015 – Above) | 30 Secs | <ul style="list-style-type: none"> • Beginners: (White – Blue Belt) Any kicks except turning body & Head Kicks No Back Kick / Swing Kick / or Spinning Kicks • Advance: (Open Class) – Any belt colours Allow All Kicks that count as the scores | |
| | Under 8Y (2013 - 2015) | 30 Secs | | |
| | Under 11Y (2010 - 2012) | 45 Secs | | |
| Cadet | Under 14Y (2007 – 2009) | 60 Secs | | |
| | Under 17Y (2004 – 2006) | | | |
| Senior | Under 30Y (1991 – 2003) | 45 Secs | | |
| | UNDER 40Y (1981 – 1990) | | | |
| | Above 40Y (Below – 1980) | | | |

<https://gmac.group/app.gmacscore.com/home/index.php?tourid=188>

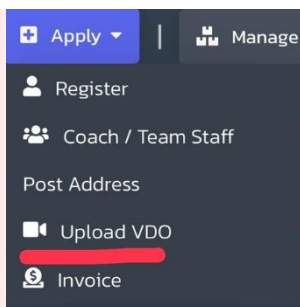


Speed Kicking Scoring System and Scoring Criteria

- Score System
 1. (1) Point from “Punch”
 2. (2) Points from “Body Kick”
 3. (3) Points from “Head Kick”
 4. (4) Points from “Turning Body Kick”
 5. (5) Points from “Turning / Spinning Head Kick”
 6. (-1) Point from Fall Down / Out of Frame / deduction will apply for every time.
- Scoring Criteria
 1. Judging Points: Determined by the person with the highest score in the competition. (All athletes get medals)
 2. Kick Height: Athletes must kick higher than the line. (your waist area) in the body area and feet must be in the face or higher for head kicks.
 3. In the case of equal scores: will be settled on the spot Strength tactic of kicking moves and the issuance of individual kicking weapons
 4. A total of 3 judges will be used to judge and the total score will be averaged to determine the net score.
 5. At the time of the match, the kicker must kick continuously. Never stop kicking to get as many as possible kicks. Scoring will be based on the number of kicks / levels of difficulty kicks and the correctness of the kick

Video Record Requirements:

1. Record the video of the athletes participating in the competition to have a timer. on time clearly in the video clip
However, before the competition, athletes must show their ID card every time. In case you forget to take a screenshot of your watch (timing). The judges and the organizer will cut the clip in the specified time only.
2. Filming a video clip should be horizontal and must be taken from a straight face only, and the height of the camera should be balanced. (Athlete's chest area) The camera will not be able to do any movement. Therefore, athletes keep the distance to balance. If it comes off the screen, the camera will get (-0.1) point immediately each time it goes out of the frame screen. or fall on the floor.
3. Athletes can pronounce (KIHAP) while kicking and scoring.
4. The video must have a sharp image. Not too dark or too bright, allows for minor noise such as wind noise, animals, or the sound of a passing car. but unable to open background music
5. Can attach a picture of the club or a gym logo as a background but not allowed to advertise any product.



Name of The Video File: Filename format: Athlete ID _ Athlete Name

Example: 1991_CASSANDRA

Sample of Video: https://youtu.be/Qd_KwUwlbRM By ULYSSES - HEROES TAEKWONDO

https://youtu.be/7Z_LFCxo-E By CHAIYAPORN - HEROES TAEKWONDO

| SCHEDULE OF TIME-TABLE (UPLOAD) | | |
|---------------------------------|--|---------------------|
| Date | Details | Time Schedule |
| 20 August | Registration System Open | 12:00 (GMT+7) |
| 28 September | Entry Closed | 23:59 (GMT+7) |
| 29 September | Head of Team Meeting | 20:00 (GMT+7) |
| 30 September | Drawing Group | 18:00 (GMT+7) |
| 06 October | Streaming Youtube Six - Blocks / H-Form Taeguk 1 -4 (Individual) | Start 15:00 (GMT+7) |
| 07 October | Streaming Youtube Taeguk 5 – 8 (Individual) | Start 15:00 (GMT+7) |
| 08 October | Streaming Youtube Poom – Dan: Black Belt (Individual) | Start 15:00 (GMT+7) |
| 09 October | Streaming Youtube Pair / Team / Poomsae Free Style | Start 15:00 (GMT+7) |
| 10 October | Speed Kicking: Free Style | Start 14:00 (GMT+7) |
| 12 October | Result Released on website | 12:00 (GMT+7) |
| 17 October | Result of Best Players / Best Team | 14:00 (GMT+7) |
| 1 November | Start Sending Medals | |

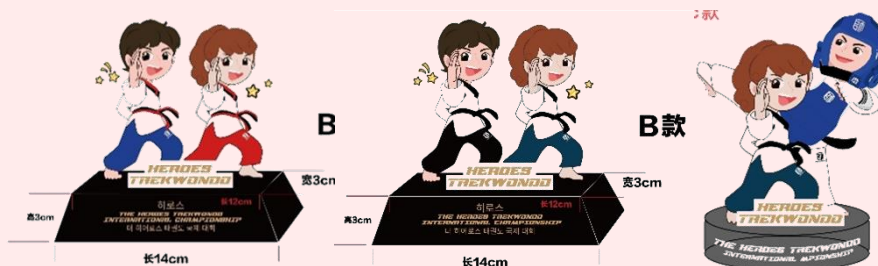
Awards of Results

1. Distribute medals to all athletes, in which each age group and level line, all gold medal winners will receive a plaque.

1 gold medal, 1 silver medal and bronze medals for all athletes respectively

2. Certificates will be issued in the order of the awards received following by the ranking.

<https://gmac.group/app.gmacscore.com/home/index.php?tourid=188>



| Best Athlete Awards | Best Team Awards |
|---|--|
| Total of 12 Awards | (counted from the total score of medals 1-4 th place only) |
| <ol style="list-style-type: none"> 1. Male – Individual 2. Female – Individual 3. Mixed - Pair 4. Mixed – Team 5. Speed Kick - Freestyle | <p>1st place The Winner: cash coupons, hero products, valued at 10,000 ₪</p> <p>1st Runner-up: Cash Coupon, Hero Products, valued at 6,000 ₪</p> <p>2nd Runner Up: Cash Coupon, Hero Products, valued at 3,000 ₪</p> <p>3rd Runner-up: cash coupon, Hero Products, valued at 3,000 ₪</p> |

Registration Fees / Event

| Registration Fees | Rate |
|--------------------|----------|
| Speed Kicking | \$25 USD |
| Individual Poomsae | \$30 USD |
| Pair Poomsae | \$50 USD |
| Team Poomsae | \$70 USD |

Discount Rate:

For Every 10 Entries will be 5% Discount

For Every 15 Entries will be 10% Discount

For Every 20 Entries will be 12% Discount

For Every 30 Entries or above will be 15% Discount

For India Teams: Individual 2,200 Indian Rupees / Pair Poomsae 3,700 Indian Rupees / Team Poomsae 5,200 Indian Rupees

Freestyle Poomsae: 2,200 Indian Rupees / Speed Kicking: 1,850 Indian Rupees

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

<https://gmac.group/app.gmacscore.com/home/index.php?tourid=188>



● Payment Details

By Paypal or Credit Card: [The System will be linked automatically with Gmac Score Paypal](#)

By Bank Account:

Account Name: CASSANDRA HALLER

Account Number: 160 – 268 – 5919

Bank Name: SIAM COMMERCIAL BANK PUBLIC COMPANY LIMITED

Swift Code: SICOTHBK

Bank Address: 3522 Ladprod Klong Chan, Bangkapi, Bangkok 10240, Thailand

By Western Union

Receiver Name: Cassandra Haller

Address: Ramkhamheang 24 Huamark Bangkapi Bangkok, Thailand 10240

Tel: +66 86 979 7638

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

For India Teams

For India Teams: Individual 2,200 Indian Rupees / Pair Poomsae 3,700 Indian Rupees / Team Poomsae 5,200 Indian Rupees

Freestyle Poomsae: 2,200 Indian Rupees / Speed Kicking: 1,850 Indian Rupees

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

[WhatsApp GROUP: 2ND HEROES LEAGUE 2021](#)



<https://gmac.group/app.gmacscore.com/home/index.php?tourid=188>



YOUTUBE CHANEL






(GMAC STUDIO / CASSANDRA HALLER)

THE 2nd HEROES TAEKWONDO INTERNATIONAL LEAGUE 2021




(VIRTUAL POOMSAE & SPEED KICKING CHAMPIONSHIP)

HEROES TAEKWONDO

- 6 BLOCK: <https://youtu.be/z1lpfJJ03Co>
- TAEGUEK1: <https://youtu.be/dDx6BHLm9z0>
- TAEGUEK2: <https://youtu.be/lK-90BzZSPQ>
- TAEGUEK3: https://youtu.be/B4CSH_eJ9TU
- TAEGUEK4: <https://youtu.be/PaC-a-K4eRI>
- TAEGUEK5: <https://youtu.be/geRoLYuNU1k>
- TAEGUEK6: https://youtu.be/F1Er_NLEyDE
- TAEGUEK7: <https://youtu.be/pO-W4srESVI>
- TAEGUEK8: <https://youtu.be/2JXhnjiKhR0>

-  KORYO POOMSAE: <https://youtu.be/63glGTHdAMY>
-  KUMGANG POOMSAE: <https://youtu.be/o7rsE3KaWW4>
-  TAEBAEK POOMSAE: <https://youtu.be/rM54VPPGwo0>
-  PYEOWON POOMSAE: <https://youtu.be/joVipYAxMB8>
-  SLIPJIN POOMSAE: <https://youtu.be/Yfp8ZPAzJyk>

SPEED KICKING - FREESTYLE KICKING

-  YOUTH UNDER 11: <https://youtu.be/XSW3IRdBa28>
-  YOUTH UNDER 11: <https://youtu.be/P3p6LwQV7wM>
-  JUNIOR UNDER 17: https://youtu.be/7Z_LFCxo-E
-  SENIOR UNDER 30: https://youtu.be/Qd_KwUwlbRM

<https://gmac.group/app.gmacscore.com/home/index.php?tourid=188>