



ASIA CONTINENTAL VIRTUAL TAEKWONDO CHAMPIONSHIP

7-12 MARCH

2022



SPORTSMENT



www.gmac.group



Respected Masters, Coaches, Club Heads & Athletes

We wish everyone a great start to the NEW YEAR 2022 and hope that the global taekwondo community will have a bright and safer year. Last Championship results were overwhelming, with more than 985 athletes from 15 countries.

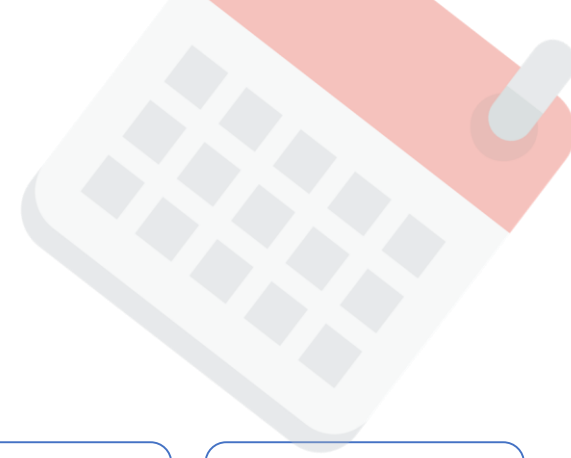
Due to the stunning results, we have decided to continue with these new virtual formats. Also 19th Asian Games will be celebrated in Hangzhou, China, **from 10-25 September 2022**. But, before that, let's celebrate with the

ASIA CONTINENTAL VIRTUAL TAEKWONDO CHAMPIONSHIP FROM 7-12 MARCH 2022.

The SPORTSMENT company, OTA Puri INDIA, has cooperated with Heroes Taekwondo Organization, and GMAC Scoring systems are committed to giving a wonderful, exciting, fair, and memorable taekwondo experience. Thank you, and we look forward to your active participation Organizing Committee

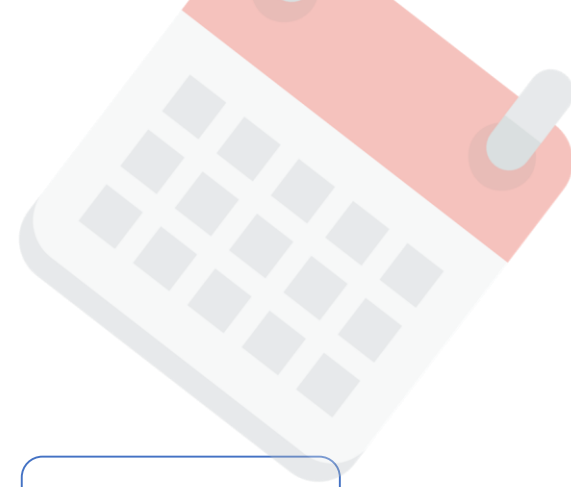


Schedule – Time Table



DATE	01 FEBRUARY	01 MARCH	02 MARCH	04 MARCH	09 MARCH	10 MARCH
DETAILS	Registration System Open	Registration System Closed	Head of Team Meeting	Drawing Group	6 BLOCKS / H-FORM COLOR BELT TK 1 – 4 Individual - ALL AGES	COLOR BELT TK 5 – 8 Individual - ALL AGES
TIME SCHEDULE	12:00 (GMT+5:30)	23:59 (GMT+5.30)	20:00 (GMT+5.30)*	18:00 (GMT+5.30)	STREAMING YOUTUBE Start 13:00 (GMT+5.30)	

Schedule – Time Table



DATE	11 MARCH	12 MARCH	14 MARCH	19 MARCH	10 APRIL
DETAILS	POOM / BLACK BELT Individual / Pair / Team / Freestyle (Facebook)	SPEED KICKING BOARDCAST	Result Released	E-Certificate Download	Start Sending Medals (IT might take 2-3months to be reached)
TIME SCHEDULE	STREAMING YOUTUBE Start 13:00 (GMT+5.30)		Start 12:00 (GMT+7)	Start 12:00 (GMT+7)	23:59 (GMT+5.30)

Any update OC will announce in WhatsappGroup

<https://chat.whatsapp.com/L52A3cpuJB9KYnMDvbPUFa>



ASIA CONTINENTAL VIRTUAL TAEKWONDO CHAMPIONSHIP 7-12 MARCH 2022 POOMSAE

- POOMSAE (ALL AGES)**
- INDIVIDUAL
 - PAIR
 - TEAM
 - FREESTYLE

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POOMSAE CLASSIFICATIONS AND DIVISIONS

- Poomsae Individual
 - (Male / Female)
- Poomsae Pair / Team
 - (Male – Male / Female – Female / Mixed Gender, will be added as same division)
- Freestyle Poomsae: Individual



Individual Poomsae: (Male / Female)

FOR COLORS BELT - Athletes NEED TO CHOOSE ONLY 1 POOMSAE BELOW THE CHART

PLEASE NOTE ***POOM AND DAN NEED TO PERFORM 2 POOMSAE***** IN 1 VIDEO**

AGE GROUPS	White Belt	Yellow Belt	Green Belt	Brown Belt	Poom Belt			Black Belt
			Blue Belt	Red Belt				
UNDER 4Y (2018 - ABOVE)	6 Blocks / H- form	Taeguek 1/2	Taeguek 3/4					
UNDER 7Y (2015 – 2017)	6 Blocks / H- form	Taeguek 1/2	Taeguek 3/4	Taeguek 5/6	Taeguek 7	Taeguek 8	Taeguek 7 & Taeguek 8	
UNDER 10Y (2012– 2014)	6 Blocks / H- form	Taeguek 1/2	Taeguek 3/4	Taeguek 5/6	Taeguek 7	Taeguek 8	Taeguek 7 & Taeguek 8	
UNDER 12Y (2010 – 2011)	6 Blocks / H- form	Taeguek 1/2	Taeguek 3/4	Taeguek 5/6	Taeguek 7	Taeguek 8	Taeguek 7 & Taeguek 8	
UNDER 14Y (2008 – 2009)	Taeguek 1/2		Taeguek 3/4	Taeguek 5/6	Taeguek 7	Taeguek 8	Taeguek 8 & Koryo	
UNDER 17Y (2005– 2007)	Taeguek 1		Taeguek 3	Taeguek 5	Taeguek 7			Taeguek 8 & Koryo
UNDER 30Y (1992 – 2004)	Taeguek 1		Taeguek 3	Taeguek 5	Taeguek 7			Koryo & Taebaek
UNDER 40Y (1982– 1991)	Taeguek 1		Taeguek 3	Taeguek 5	Taeguek 7			Koryo & Kumgang
UNDER 50Y (1972– 1981)	Taeguek 3			Taeguek 5				Kumgang & Taebek
OVER 50Y (BELOW – 1971)	Taeguek 3			Taeguek 5				Taebek & Pyeongwon

POOMSAE PAIR / TEAM (Male – Male / Female – Female / Mixed Gender)

AGE GROUPS	<u>White Belt</u>	<u>Yellow Belt</u>	<u>Green Belt</u>	<u>Blue Belt</u>	<u>Brown Belt</u>	<u>Red Belt</u>	<u>Poom Belt</u>	<u>Black Belt</u>
	UNDER 7Y (2015 – 2017)	Taeguek 1			Taeguek 5		Taeguek 7 & 8	
UNDER 10Y (2012 – 2014)	Taeguek 1			Taeguek 5		Taeguek 7 & 8		
UNDER 12Y (2010 – 2011)	Taeguek 1			Taeguek 5		Taeguek 7 & 8		
UNDER 14Y (2008 – 2009)	Taeguek 1			Taeguek 5		Taeguek 7 & 8		
 								
UNDER 17Y (2005 – 2007)	Taeguek 3			Taeguek 6		Taeguek 8 & Koryo		
UNDER 30Y (1992 – 2004)	Taeguek 3			Taeguek 6		Taeguek 8 & Koryo		
OVER 30Y (BELOW - 1991)	Taeguek 3			Taeguek 6		Taeguek 8 & Koryo		

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)

CADET	NOT OVER 9 YEARS (2013 – ABOVE)
	NOT OVER 12 YEARS (2010 –2012)
	NOT OVER 14 YEARS (2008 –2009)
JUNIOR	OVER 17 YEARS (2005 –2007)
SENIOR	UNDER 30 YEARS (1992 –2004)
	OVER 30 YEARS (BELOW -1991)

POOMSAE FREE STYLE

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)	<ul style="list-style-type: none"> 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.



Video Record Requirements FOR ALL EVENTS



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.

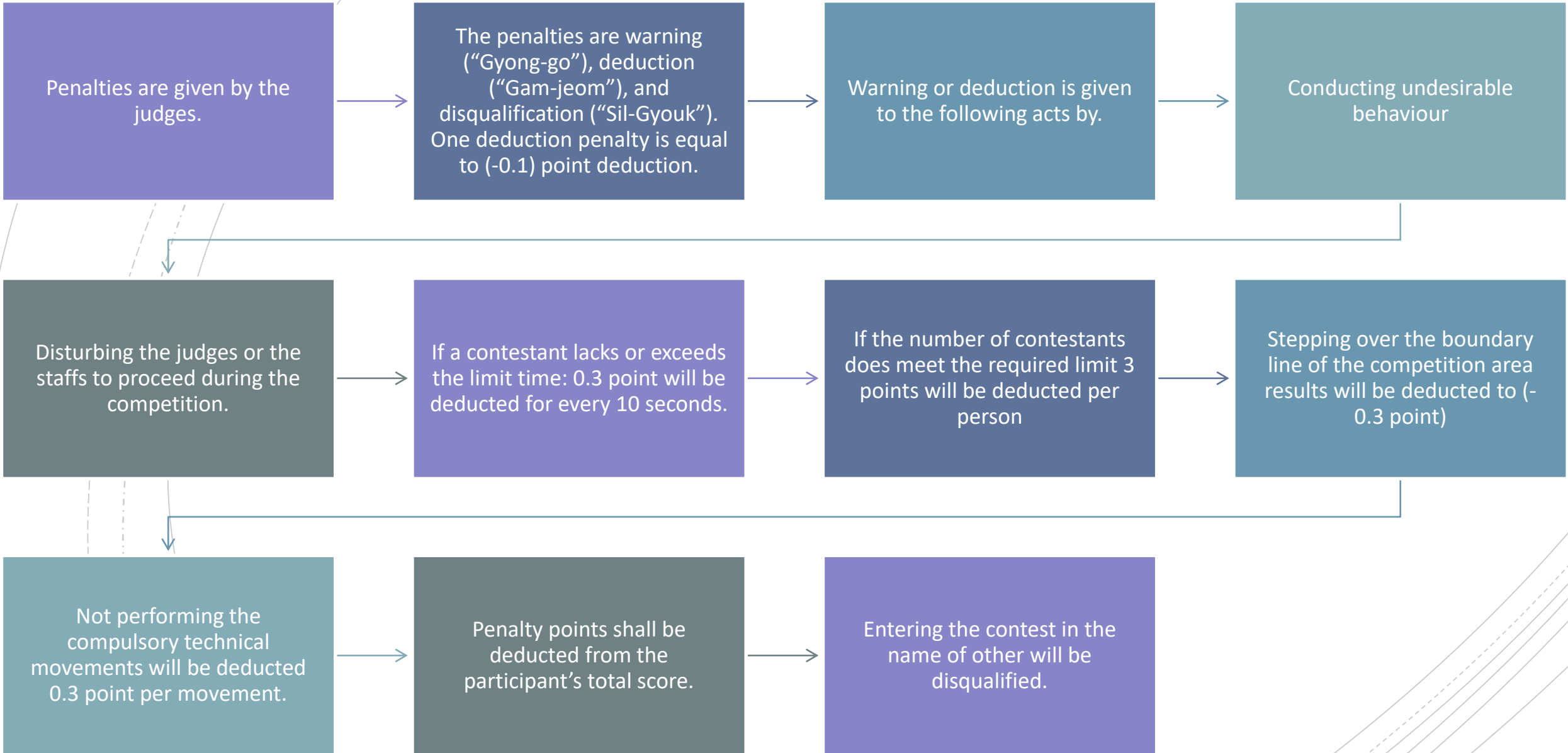
Filming a video clip should be horizontal and must be taken from a straight face only, and the height of the camera should be balanced. (Athlete's chest area) The camera will not be able to do any movement. Therefore, athletes keep the distance to balance. If it comes off the screen, the camera will get (-0.1) point immediately each time it goes out of the frame screen. or fall on the floor.

Athletes can pronounce (KIHAP) while kicking and scoring.

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

Can attach a picture of the club or a gym logo as a background but not allowed to advertise any product.

Penalty (Deduction & Disqualifications)



Competition Recording Procedure (record all procedures below)

The player **must** stand at in front/canter of camera from 7m distance

Make a standing bow conducted by a coach • “Cha-ryeot” and “Kyeong-rye”

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

Recording / Live 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

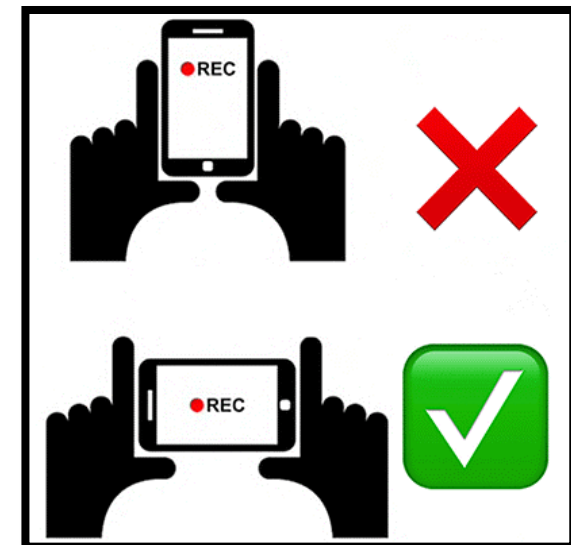
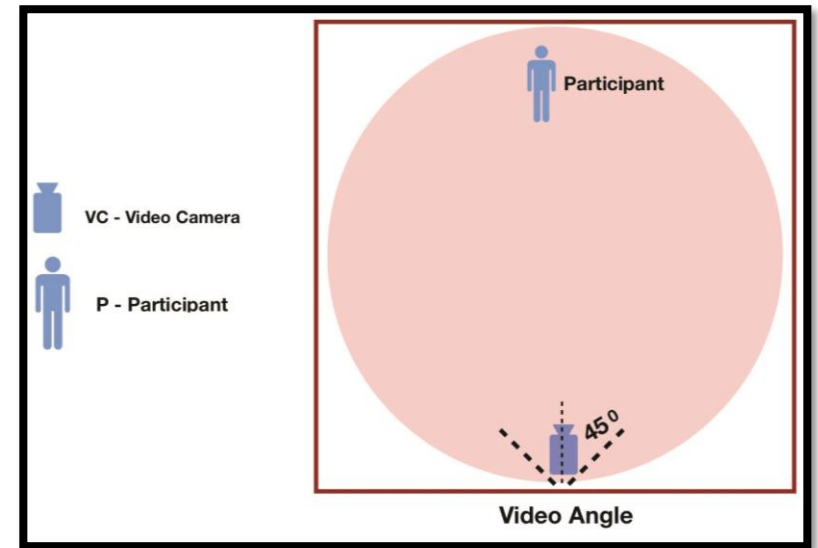
Quality of video recording is responsible for the player.

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

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SPEEDKICK

SPEED KICKING (ALL AGES)
• BEGINNER
• ADVANCE





Speed Kicking Classifications and Divisions

- Gender: Male / Female
 - Age categories
 - 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 (2016 – Above)	30 Secs	<ul style="list-style-type: none"> Beginners: (White – Blue Belt) <u>Any kicks FOLLOWING IN WT RULES</u> <u>except turning body & Turning Head Kicks</u> <u>No Back Kick / Swing Kick / or Spinning Kicks</u> (1,2,3 points for beginners are allowed) 	<ul style="list-style-type: none"> Advance: (Open Class) – Any belt colours <u>Allow All Kicks that count as the scores</u>
	Under 8Y (2014 - 2016)	30 Secs		
	Under 11Y (2011- 2013)	45 Secs		
Cadet	Under 14Y (2008 – 2010)	60 Secs		
Junior	Under 17Y (2005 – 2007)			
	Under 30Y (1992 – 2004)			
Senior	UNDER 40Y (1982 – 1991)	45 Secs		
	Above 40Y (Below – 1981)			

Speed Kicking Scoring System and Scoring Criteria

Score System, score will be based on **World Taekwondo scoring criteria**

- (1) Point from “Punch”
- (2) Points from “Body Kick”
- (3) Points from “Head Kick”
- (4) Points from “Turning Body Kick”
- (5) Points from “Turning / Spinning Head Kick”
- (-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



NAME OF THE VIDEO FILE:
FILENAME FORMAT: ATHLETE ID _
ATHLETE NAME
EXAMPLE: 1991_CASSANDRA



SAMPLE OF VIDEO:
[HTTPS://YOUTU.BE/QD_KWUWLBRM](https://youtu.be/QD_KWUWLBRM)
BY ULYSSES - HEROES TAEKWONDO



SAMPLE OF VIDEO:
[HTTPS://YOUTU.BE/7Z_LFCXO-E](https://youtu.be/7Z_LFCXO-E)
BY CHAIYAPORN - HEROES TAEKWONDO

COMPETITION FEES

- OVER 10 ENTRIES 5% DISCOUNT
- OVER 20 ENTRIES 10% DISCOUNT
- OVER 30 ENTRIES 12% DISCOUNT
- OVER 50 ENTRIES 15% DISCOUNT

POOMSAE INDIVIDUAL

\$30 USD

POOMSAE PAIR

\$50 USD

POOMSAR TEAM

\$70 USD

SPEED KICKING

\$30 USD

ALL PLAYERS GET MEDALS: DIVIDED BY GROUP OF 4 PLAYERS

FEES INCLUDING SHIPPING FEES

HARD COPY - CERTIFICATE AVAILABLE & E-CERTIFICATE ONLINE-DOWNLOAD

Payment Details

By PayPal: cassandra.chz@gmail.com

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, Bangkok, Bangkok 10240, Thailand

By Western Union

- Receiver Name: PATCHAREE HALLER
- Address: Ramkhamheang 24 Huamark Bangkok Bangkok, Thailand 10240
- Tel: +66 86 979 7638

FOR INDIAN
TEAMS

Individual: 2,200/- INR

Pair Poomsae: 3,700/- INR

Team Poomsae 5,200/- INR

Freestyle: 2,200/- INR

Speed Kick: 2,200/- INR

By GOOGLE PLAY / PHONE PE / PAYTM

SPORTSMENT COMPANY

6372166326

SIX THREE SEVEN TWO ONE SIX SIX THREE TWO SIX

WhatsApp contact: +919827852218

VIDEOS
SAMPLE
TAEGUEK 1 - 8

6 BLOCK: <https://youtu.be/z1IpfJJ03Co>

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>

YOUTUBE CHANEL

🔗 KORYO POOMSAE: <https://youtu.be/53glGTHdAMY>

🔗 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