



1st

MYANMAR M O P E N

INTERNATIONAL
TAEKWONDO ONLINE
CHAMPIONSHIPS

15 - 18 APRIL 2022

POOMSAE

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SPEED KICKING

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POOMSAE CLASSIFICATION AND DIVISIONS

1. Poomsae Individual
2. Poomsae Pair
3. Pomsae Team
4. Poomsae Freestyle
5. Family Pair* (Open to all age groups)

**In this case, two(2) family members or two(2) generation of directly family members regardless of gender – sibling, couple, father and son, father and daughter, mother and son, mother and daughter, grand parents and grand children.*



LIST OF POOMSAE TO BE PERFORMED

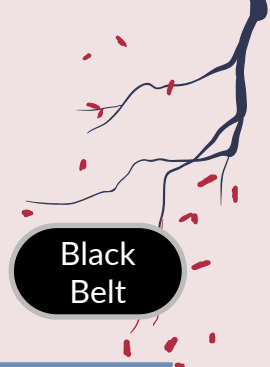
Age group	White Belt	Yellow Belt	Green Belt	Blue Belt	Red Belt	Brown Belt	Poom Belt	Black Belt
Under 4 Years (2018 - above)	6 Block H Form	1/2	3/4	-	-	-	-	-
Under 7 Years (2015 - 2017)	6 Block H Form	1/2	3/4	5/6	7	8	7 & 8	
Under 10 Years (2012 - 2014)	6 Block H Form	1/2	3/4	5/6	7	8	7 & 8	
Under 12 Years (2010-2011)	6 Block H Form	1/2	3/4	5/6	7	8	7 & 8	
Under 14 Years (2008-2009)	Taegeuk 1/2		3/4	5/6	7	8	8 & Koryo	

Taegeuk

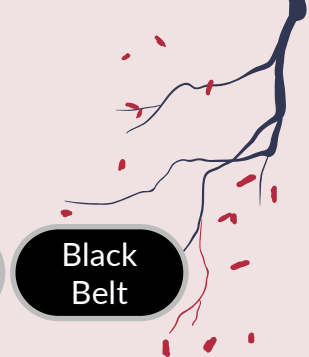
LIST OF POOMSAE TO BE PERFORMED

- Colour belts categorize only perform 1 Poomsae.
- Poom & Dan Perform 2 pomsae (1 video 2 Poomsae)

Age group	White Belt	Yellow Belt	Green Belt	Blue Belt	Red Belt	Brown Belt	Poom Belt	Black Belt
Under 17 Years (2005-2007)	1	1	3	5	7	7	-	Koryo & Keumgang
Under 30 Years (1992-2004)	1	1	3	5	7	7	-	Koryo & Keumgang
Under 40 Years (1982-1991)	1	1	3	5	7	7	-	Koryo & Taebaek
Under 50 Years (1972-1981)	3	3	3	5	5	5	-	Keumgang & Shipping
Over 50 Years (1971- Above)	3	3	3	5	5	5	-	Keumgang & Shipping



POOMSAE PAIR / TEAM (MALE-MALE/ FEMALE-FEMALE/ MIX GENDER)

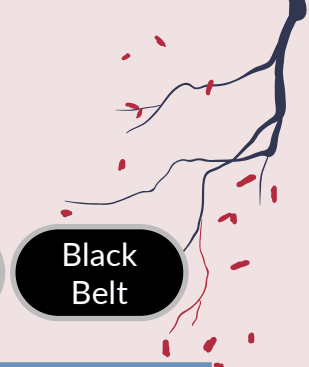


Age group	White Belt	Yellow Belt	Green Belt	Blue Belt	Brown Belt	Red Belt	Poom Belt	Black Belt
Under - 7 Years (2015 - 2017)	1	1	1	4	4	6	7 & 8	7 & 8
Under - 10 Years (2012 - 2014)	1	1	1	4	4	6	7 & 8	7 & 8
Under - 12 Years (2010 - 2011)	1	1	1	4	4	6	7 & 8	7 & 8
Under - 14 Years (2008 - 2009)	1	1	1	4	4	6	7 & 8	7 & 8

Taegeuk (Poomsae)



POOMSAE PAIR / TEAM (MALE-MALE/ FEMALE-FEMALE/ MIX GENDER)



Age group	White Belt	Yellow Belt	Green Belt	Blue Belt	Brown Belt	Red Belt	Poom Belt	Black Belt
Under - 17 Years (2005 - 2007)	3	3	3	5	5	7	8 & Koryo	8 & Koryo
Under - 30 Years (1992 - 2004)	3	3	3	5	5	7		8 & Koryo
Over - 30 Years (Below - 1991)	3	3	3	5	5	7		8 & Koryo

Taegeuk (Poomsae)



FAMILY PAIR (OPEN TO ALL AGES GROUP)

White
Belt

Yellow
Belt

Green
Belt

Blue
Belt

Brown
Belt

Red
Belt

Poom / Dan

Taegeuk 1

Taegeuk 1

Taegeuk 1

Taegeuk 3

Taegeuk 3

Taegeuk 3

Taegeuk 6 & 8



POOMSAE SCORING CRITERIA

Method of Scoring

WT Poomsae Competition Rules & Interpretation in force as of May 14, 2019 Shall Apply.

Recognized Poomsae :
Individual / Pair/ Team – total score is 10.0

Accuracy : Basic Score 4.0

0.1 point shall be deducted each time when a contestant make a small mistake in individual movement.

0.3 point shall be deducted each time when a contestant make big mistake in individual movement.

Presentation : Basic Score 6.0

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



POOMSAE FREESTYLE

Sub Cadet &
Cadet

Not Over 9 Years (2013 – above)
Not Over 12 Years (2013 – above)
Not Over 14 Years (2013 – above)

Junior

Not Over 17 Years (2005 – 2007)

Senior

Under 30 Years (1992-2004)
Over 30 Years (Below – 1991)



FREESTYLE POOMSAE SCORING CRITERIA

1. Technical Skill (6.0)

> Level of Difficulty of Kicking Technique

2. Presentation (4.0)

- > Creativity
- > Harmony
- > Expression of Energy
- > Music & Choreography

Scoring Criteria	Details of Scoring Criteria		Point
Technical Skill Press	Level of Difficulty of Kicking Techniques	Jumping Side Kick	(5.0)
		Multiple Kick in a Jump	
		Gradient of Spin in a Spin Kick	
		Kyorugi Style consecutive Kicks	
		Aerobatic Kicking Technique	
	Basic Movements & Practicability		(1.0)
Presentation	Creativity		(4.0)
	Harmony		
	Expression of Energy		
	Music & Choreography		
Maximum Point			(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 acts by
 - Conducting undesirable behavior
 - Disturbing the judges or the staff to proceed during the competition
 - If a constant lack or exceeds the limit time : 0.3 point will be deducted for every 10 seconds
 - If the number of constants 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

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 athlete/camera will get (-0.1) point immediately each time it goes out of the frame screen, or fall on the floor.
- Athletes can pronounce (KIHP) while kicking and scoring.
- The video must have a sharp image. Not too dark or too bright, allow for minor noise such as wind noise, animal or the sound of a passing car but unable to open background music.
- Can attach a picture of the club or a gym logos as a background but not allowed to advertise any product.

COMPETITION RECORDING PROCEDURE

The Player must stand at infront / center of camera from 7 m distance.
Make a standing bow conducted by a coach “Cha-ryeot” and “Kyeong-rye”.

Please **do not make** any editing of Pomsae , **or the performance** will results disqualified .



Video Camera



Participant



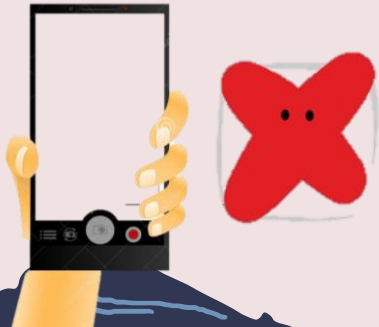
Participant



Video Angle

TIPS

1. Recording position of camera about 7 m straight front & belt high to cover whole body during poomsae performance.
2. When any part of the player body 1 Second cut off by the video frame 0.3 point deduction will apply for every time.
3. Quality of Video Recording is responsible for the player.
4. Camera must remain in same position for the duration of the performance (not permitted to zoom in and out for pan up and down).
5. Resolution 1080 (HD), minimum resolution, 720 (HD) at 60 frame per sec.
6. Background & backdrop : No virtual backgrounds – No religious or political displays. NOC flag 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 below. Otherwise, you may cause deduction (-0.8) or will be disqualified.



SPEED KICKING CLASSIFICATIONS AND DIVISIONS

- Gender : (Male / Female)
- Age Categories
- Level of Performance

Beginner (White - Blue Belt)

- **Any kick except Turning body and turning head kicks**
- **Back kick/ Swing kick/ Spinning kicks**

Advance (Open Class any belts colour)

- **Allow all Kicks that count as the scores**



Age Categories	Ages	Time	Beginner (White Belt)	Advance (Open Class)
Youth	Under 6 years (2016 - above)	30 Sec	Beginner : (White - Blue Belt) Any kick following in WT Rules except turning body & Turning head kicks No Back kick/ swing kick/ or spinning kicks (1,2,3 points for beginners are allowed) Advance (Open Class) – Any Belt colours Allow all kicks that count as the scores	
	Under 8 years (2014 - 2016)	30 Sec		
	Under 11 years (2011 - 2013)	45 Sec		
Cadet	Under 14 years (2008-2010)	60 Sec		
Junior	Under 17 years (2005-2007)			
Senior	Under 30 Years (1992-2004)			
	Under 40 years (1982-1991)			
	Above 40 years (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 Athlete got medal)
2. Kick Height : Athlete must kick higher than the line. Your waist in the body area and feet must be in the face or higher for head kick.
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 judge will be used to judge and the total score will be averaged to determine the net score.
5. At the same time of the match, the kicker must kick continuously. Never stop kicking to get as many as possible kick. Scoring will be based on the number of kicks level of difficulty kick and the correctness of the kick.



SAMPLE OF VIDEO



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



Sample of video:

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

COMPETITION FEES

POOMSAE INDIVIDUAL	\$30 USD
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POOMSAE PAIR	\$50 USD
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POOMSAR TEAM	\$70 USD
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SPEED KICKING	\$25 USD
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ALL PLAYERS GET MEDALS

FEES INCLUDING SHIPPING FEES

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

Payment Details

By PayPal: cassandra.chz@gmail.com (+4.5%)

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

**Bank Account Number:
68018331109**

IFSC CODE MAHB0001159

Name Pranav R. Nivangune

Individual: 2,250/- INR

Pair Poomsae: 3,750/- INR

Team Poomsae 5,250/- INR

Family Poomsae 7,500/- INR

Freestyle: 2,250/- INR

Speed Kick: 1,900/- INR