



WELCOME TO

**“THE HEROES TAEKWONDO VIRTUAL INTERNATIONAL
CHAMPIONSHIP”**

5 – 7th NOVEMBER 2022

히어로즈 태권도 온라인 국제 챔피언십

2022년 11월 5-7일

<https://gmac.group/app.gmacscore.com/home/index.php?tourid=241>

1 | Page The Heroes Taekwondo Virtual International Championship 2022



Proposal,

Our company, The Hero Sport Center Co., Ltd., is pleased to announce that on November 5th-7th, 2022, the "The Heroes Taekwondo, Thailand," will host the "The Heroes Taekwondo Virtual (Online) International Championship 2022" in Bangkok, Thailand. There will be a live broadcast of the event freely accessible on the YouTube Streaming - Gmac Studio Channel. To strengthening the worldwide Taekwondo community through unity. Our goal is to have over 15 different countries represented and over 500 total participants. Additionally, we anticipate it will give Taekwondo competitors a chance to shine. Athletes of all ages have shown promise, talent, and culture to the nation and region through the promotion of friendship, travel, and unity to better the athletes' quality of life and health.

The tournament committee will spare no effort in delivering an outstanding competition. We propose a format that will allow us to showcase new talents and bring countries together through Taekwondo considering the current COVID pandemic.

Your involvement is greatly anticipated.

Best Regards,

Ms. Cassandra Haller

CEO of Heroes Taekwondo Organization



CONTENTS

EVENT SCHEDULE	4
POOMSAE CLASSIFICATION	6
SPEED KICKING CLASSIFICATION	10
SPECIAL REMINDER	12
FEES AND PAYMENT	13
MEDAL CRITERIA	14



SCHEDULE - TIME TABLE

Date	Details	Time Schedule
20 SEPTEMBER 2022	Registration System Open	12:00 (GMT+7)
31 OCTOBER 2022	Registration System Closed	23:59 (GMT+6)
03 NOVEMBER 2022	Head of Team Meeting	21:00 (GMT+7)
02 NOVEMBER 2022	Last Day Submitted Video Poomsae	21:00 (GMT+7) *
03 NOVEMBER 2022	Drawing Group Poomsae	23:00 (GMT+7)
03 NOVEMBER 2022	Last Day Submitted Video Speed Kicking	21:00 (GMT+7) *
04 NOVEMBER 2022	Drawing Group Speed Kicking	23:00 (GMT+7)
Any update OC will announce in WhatsApp Group https://chat.whatsapp.com/CsZGTKOR5VPAZoNXVwU2jh		



Date	Details	Time Schedule
05 NOVEMBER 2022	6 BLOCKS / H-FORM COLOR BELT TK 1 – 4 Individual - ALL AGES	STREAMING YOUTUBE Start 15:00 (GMT+7)
06 NOVEMBER 2022	COLOR BELT TK 5 – 8 Individual - ALL AGES	
07 NOVEMBER 2022	POOM / BLACK BELT Individual ALL BELTS - AGES Pair - Team	
08 NOVEMBER 2022	SPEED KICKING BOARDCAST (BEGINNERS / ADVANCE)	
12 NOVEMBER 2022	Result Released E-Certificate Download	Start 15:00 (GMT+7)
10 DECEMBER 2022	Start Sending Medals (IT might take at least 2-3months to be reached)	
Any update OC will announce in WhatsappGroup https://chat.whatsapp.com/CsZGTKOR5VPAZoNXVwU2jh		



Poomsae Classification and Division

1. Poomsae Individual: (Male / Female)
2. Poomsae Pair / Team
3. Family Poomsae (Either Pair or Team)

(Male – Male / Female – Female / Mixed Gender, will be added as same division)

Recognized Poomsae Individual – Pair – Team

White Belt: 6 Block – H - Form will be combined as one category
 Yellow Belt: Taeguk 1 – 2 will be combined as one category
 Green Belt: Taeguk 3 – 4 will be combined as one category
 Blue Belt: Taeguk 5 – 6 will be combined as one category
 Brown Belt: Taeguk 7 – 8 will be combined as one category

Recognized Poomsae Individual

Division	White, Yellow	Green, Blue, Brown, Red	Poom (Perform 2 Poomsae) 2 Videos Submitted	Dan (Perform 2 Poomsae) 2 Videos Submitted
Under 6 (2016 – Above)	Taeguk 1 or 2 (Select 1)	Taeguk 3,4,5,6,7,8 (Select 1)	Taeguk 5 and 7	Taeguk 5 and Koryo
Under 9 (2013 – 2015)				
Under 12 (2010 – 2012)				
Under 14 (2008 – 2009)			Taeguk 8 and Koryo	
Under 17 (2005 – 2007)				
Under 30 (1992 – 2004)			Taeguk 7 and Koryo	



Under 40 (1982 – 1991)	Taeguek 1	Taeguek 3		Taeguek 8 and Koryo
Under 50 (1972 – 1981)				Koryo and Kumgang or Koryo and Taebek
Under 60 (1962 – 1971)				
Over 60 (Below – 1961)				

Recognized Poomsae Pair, Team

Division	White, Yellow, Green	Green, Blue, Brown, Red	Poom (Perform 2 Poomsae) 2 Videos Submitted	Dan (Perform 2 Poomsae) 2 Videos Submitted
Under 7 (2015 – Above)	Taeguek 1	Taeguek 5	Taeguek 7 & 8	
Under 10 (2012 – 2014)				
Under 12 (2010 – 2011)				
Under 14 (2008 – 2009)	Taeguek 3	Taeguek 7	Taeguek 8 & Koryo	Koryo & Kumgang
Under 17 (2005 – 2007)				
Under 30 (1992 – 2004)				
Under 40 (1982 – 1991)				
Over 40 (Below – 1981)				

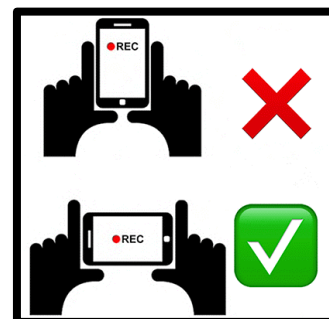
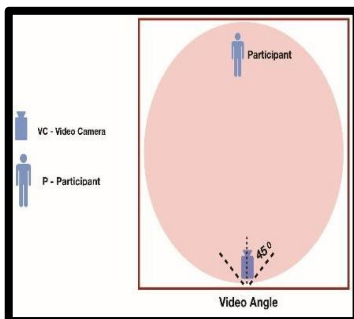
Recognized Poomsae Regulations

WT COMPETITION RULES, in forces as of June 14, 2019 (POOMSAE)

1. Judging System: 3 judges Score - Distribution: Accuracy 4 points and Presentation 6 points
2. Duration of Contest 1.30 minutes or up to 90 seconds
3. The winner has the highest final score
4. The top 4 Winners arrange according to the final scores, from the highest score.
5. In the case of total score is equal, **presentation score is equal**, presentation score will be used as the judging score
6. In the case of total score and presentation are equal, there will be another competition to judge with no previous score included
7. Make-up is allowed

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. Otherwise Poomsae categories without ID card will be deduct (0.3)
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.





Recognized Poomsae Score Criteria

Score shall be made in accordance with the **rules of the World Taekwondo**

Methods of scoring for recognized poomsae: Total score is 10.0

Accuracy: Basic score 4.0

- 0.1 point shall be deducted each time when a contestant makes a small minor mistake in individual movement.
- 0.3 points shall be deducted each time when a contestant makes a big major 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)

Penalty (Deduction and Disqualifications)

1. Penalties are given by the judges
2. The penalties are a warning (“Gyong-go”), deduction (“Gam-jeom”), and disqualification (“Sil-gyouk”). One deduction penalty is equal to a - 0.1point deduction.
3. Warning or deduction is given to the following acts by
 - Conducting undesirable behavior
 - Disturbing the judges or the staff from proceeding during the competition
 - If a contestant lacks or exceeds the time; 0.3 points 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 a 0.3 point
 - Not performing the compulsory technical movements will be deducted 0.3 points per movement
 - Penalty points shall be deducted from the participant’s total score
 - Entering the contest in the name of others will be disqualified
 - Restarting will deduct (-0.6) point from the accuracy score
4. The virtual poomsae will be deducted 0.8 points after the total score versus the actual live event



Speed Kicking Classification and Division

- Gender: Male / Female
- Age categories
- Level of Performance:
- Beginner (White – Blue Belt): **Any kicks except turning body & Turning Head Kicks: Back Kick / Swing Kick / Spinning Kicks (U6, U9, U12 Allow Using the target)** - 1,2,3 points for beginners are allowed
- Advance (Open Class any belts colors) **Allow all type of kicks that count as the scores.**




Categories	Ages	Duration
Youth	Under 6 Y (2016 – Above)	30 Secs
	Under 9 Y (2013 - 2015)	30 Secs
	Under 12Y (2010 - 2012)	45 Secs
Cadet	Under 14Y (2008 – 2019)	60 Secs (1 Minute)
Junior	Under 17Y (2005 – 2007)	
Senior	Under 30Y (1992 – 2004)	
	UNDER 40Y (1982 – 1991)	45 Secs
	Above 40Y (Below – 1981)	



Score system, 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 techniques
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

		
<p><u>NAME OF THE VIDEO</u> <u>FILE:</u> FILENAME FORMAT: ATHLETE ID _ ATHLETE NAME EXAMPLE: 1991_CASSANDRA</p>	<p>SAMPLE OF VIDEO: HTTPS://YOUTU.BE/QD_KWUWLBRM BY ULYSSES - HEROES TAEKWONDO</p>	<p>SAMPLE OF VIDEO: HTTPS://YOUTU.BE/7Z_LFCXO-E BY CHAIYAPORN - HEROES TAEKWONDO</p>



Special Reminder

- **WT Recognized Brands:** Participating contestants aren't necessary required to wear WT recognized uniform or protective equipment's brands. The latest version of WT-recognized manufactures list is available at the website of WT:
<http://www.worldtaekwondofederation.net/recognized>
- **Dress Code:** Poomsae's Athletes must wear according to picture below. Otherwise, you may cause deduction (-0.8) or will be disqualified.



- **Indemnities:** The respective participants shall be responsible for ensuring that they validly completed and agreed to the relevant declarations during registration, thus indemnifying the organizers and, its officials and other contestants from any claims of injuries, losses, fatalities of otherwise arising during participation in these championships or any activities thereto.
- **Head of Team meeting & Drawing of lots:** The head of team meeting shall be conducted by Heroes Taekwondo Committee officially organized. The drawing shall be shown on website and the Head of Team meeting will be on **03 November 2022** Via Zoom, 21:00 (GMT+7) Thailand Time zone, for any changes we will be informed as soon as possible.
- **Information / Updates:** For further updates please refer to the official THE HEROESTAETAEKWONDO FACEBOOK <https://www.facebook.com/HeroesTaekwondo> or www.Gmac.group



The registered athletes or team officials may be removed without any penalty until Sunday 31 October 2022
The entry fees must be paid, in the case of cancellation of participating athletes last day on Monday 31 October 2022

FEES AND PAYMENT

“ALL THE TEAMS MUST DO THE PAYMENT BEFORE CLOSING ENTRY”

POOMSAE / SPEED KICKING

Poomsae	Poomsae Pair	Poomsae Team	Speed Kicking
25 USD/person (900 THB)	40 USD/pair (1,450 THB)	50 USD/Team (1,850 THB)	20 USD/person (750 THB)

Discount Details (The discount will be given per team entries)

- OVER 10 ENTRIES 5% DISCOUNT
- OVER 25 ENTRIES 10% DISCOUNT
- OVER 40 ENTRIES 12% DISCOUNT

Payment Details

- Via Bank:

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

- Via: Western Union

Receiver Name: CASSANDRA HALLER / PATCHAREE HALLER (CHOOSE ONE PERSON NAME)
Address: Ramkhamheang 24 Huamark Bangkapi Bangkok, Thailand 10240 Tel: +66 98 196 4535

- Via Paypal: cassandra.chz@gmail.com
- Via Wise Transfer: <https://wise.com/invite/u/cassandrah161> **search via** cassandra.chz@gmail.com

For Shipping Methods, for those who send individually. We might send together with other team members or by nations due to the cost of shipping. Also, for some area such as South America, Africa or some countries might have the additional cost for shipping the medals.



MEDALIST: POOMSAE & SPEED KICKING

Will not be divided by group of 4 people, but

from 5th place will still receive bronze medalist with participation certificate

- The Winner (1st Place – Gold Medalist)
- The First Runner Up (2nd Place – Silver Medalist)
- The Second Runner Up (3rd Place – Bronze Medalist)
- The Third Runner Up (4th Place – Bronze Medalist)



Participation Ranking from 5th place will receive Bronze Medalist



For Furthermore information, please do not hesitate to contact us.

Contact Information:

Tel: (+66) 86 979 7638

Email: cassandra.chz@gmail.com

WhatsApp Link: <https://chat.whatsapp.com/CsZGTKOR5VPAZoNXVwU2jh>

Facebook: www.facebook.com/heroestaekwondo Instagram: heroestaekwondo

Registration Link: <https://gmac.group/app.gmacscore.com/home/index.php?tourid=241>



THE Heroes
TAEKWONDO VIRTUAL
INTERNATIONAL CHAMPIONSHIP
2022

Design 5
Sport T-shirt



For the best player of each ages categories will be received limited Heroes Virtual T-Shirt

THE Heroes
TAEKWONDO VIRTUAL
INTERNATIONAL CHAMPIONSHIP
5-7th NOVEMBER 2022

QR Code for Whatsapp Group
"The Heroes Taekwondo Virtual
International Championship 2022"