



Online 2020 World Taekwondo Poomsae Championships

Head of Team Meeting

November 15, 2020 | 21h00 KST

Opening Remarks



Welcome Speech

Prof. Jung Heon KIM, TD & Chair of WT Poomsae Committee



Competition Rules & Guidelines

Competition Rules & Poomsae Deduction in Pre-recorded and Live
- Mr. Mustapha MOUTARAZAK, CSB & Vice Chair of WT Poomsae Committee



General Information

COMPETITION RULES:

World Taekwondo Poomsae Competition Rules & Interpretation, in force as of May 14, 2019 and Guideline.

METHODS OF COMPETITION for Online WT G2 and WT Open

Cut off system:

Preliminary round (+20): all athletes shall perform 2 Poomsae.

Semi-finals (19-9): top 50% of the preliminary round athletes shall perform 2 Poomsae.

Finals (-8): top 8 of the semi-final round athletes shall perform 2 Poomsae.

*Our **goal** is **FUN** and **BEST POOMSAE ATHLETE MUST WIN***

Explantion Basic & Poomsae

➤ Important basic poomsae technique:

- Bawimilgi
- Keumgang momtongmakki
- Dangkyo jireugi
- Meongyechigi
- Momtong hechomakki
- Turning on Apchook
- Eyesight focus all kind of Kick (Ap- /Dollyo- /Yop-chagi) techniques
- Kick technique (Dollyo-chagi) over the centerline
- During the kick both allowed (Apchook & Baldeung)

Online Poomsae Deductions (1)

-0.3 points deduction from accuracy:

- If the athlete does not have adequate space to perform the poomsae and takes an extra step to get around any objects in the room each additional step.
- Each hand and or feet movement cannot be seen by referee as participant moves beyond the camera's view.
- Each hand and or feet movement cannot be seen by referee due to poor lighting (i.e., backlighting, lighting too bright/dim, etc ..).
- Each kihap cannot be heard by referee as participant fails to turn on his/her microphone before performance

Online Poomsae Deductions (2)

-0.3 points deduction from the final score will be given for the following:

- Overtime (at more than 90 seconds).

Any restart due to the following will receive a -0.6 points deduction from accuracy:

- Performing incorrect poomsae.
- Object, person or pet coming into the field of play while executing poomsae.
- Whole body cannot be seen by referee.

Online Poomsae Deductions (3)

-0.6 points deduction from the final score will be given for the following;

- Wearing incorrect dobok and/or wearing incorrect belt.
- Wearing any kind of shoes, socks or other footwear.
- Wear jewelry.

Disqualification in Live and Pre-recorded

- Video that have been edited or show proof of editing.
- Submission of wrong videos to wrong division.
- Incompliance with recording guideline provided by WT.
- Display of political, religious and non-recognized NOC flags.
- Movement of camera during performance (up/down and zoom in/out)

Online Poomsae Deductions (4)

Important information in Live:

- When technical issue with camera occurs, athletes must restart within 5 minutes to avoid any points deduction.
- When the Internet connection is lost during live performance, athletes must restart within 5 minutes to avoid any points deduction.
- Athletes may return to performance when technical/Internet issue occurs for the first time with the condition that they will return within 5 minutes. Athletes will be disqualified if they fail to return to performance within 5 minutes or when the issue occurs for the second time.

Explanation poomsae scoring criteria

Scoring shall be made in accordance with the rules of the WT.

Accuracy (4.0)

- Accuracy in basic movement.
- Accuracy in individual movement of the Poomsae.
- Balance.

Accuracy: Small & Big mistake shall be deducted each time in individual movement:

- Small mistake: -0.1 point.
- Big mistake: -0.3 point.

Presentation (6.0)

- Speed and power.
- Rhythm & Tempo.
- Expression of Energy.

Presentation: Points shall be made for the overall performance of poomsae.

Important to know

- 1) **Kiap** (yelling) is not made or kiap at wrong moment: -0.3 point.
- 2) **Eyesight** does not follow the side to which actions are: made: -0.3 point.
- 3) When a **Kick High**, if eye sight straight and not to the direction of foot: -0.3 point.
- 4) When a **kick (dollyo-chagi)**, if not cross the centerline: -0.1 point.
- 5) In case of a Tied score → Check 1st the presentation.
- 6) No deduction: stomp (jitjitgi)
- 7) No deduction: start / end spot
- 8) No deduction: crossing the boundary line



Important to know

- 1) Eyesight does not follow the side to which action are made (-0,3)
- 2) Flexibility of high kick is NOT criteria of high score. High score should be for correct body posture and accuracy of kick.
- 3) Restart (Live)→(reset system) 1st Restart (-0,6) → 2nd time is Disqualification that mean (no medal or ranking)
- 4) Finished later than the set contest TIME of 90 seconds → -0,3 points shall be deducted from the final score)-> Referee (after collating) -> recorder.
- 5) -0,1=small-mistake / -0,3=big-mistake deduct each time by Accuracy
- 6) During tournaments FEMALE wear white tshirt under dobok, MALE are not allowed to wear t-shirt under dobok.

Role of coach & IR coordinator

- 1) The role of coach for Pre-recorder → *Junbi (start the time)
*Shiyo (stop the time).
- 2) The role of coordinator during Live → *Junbi (start the time)
*Shiyo (stop the time).



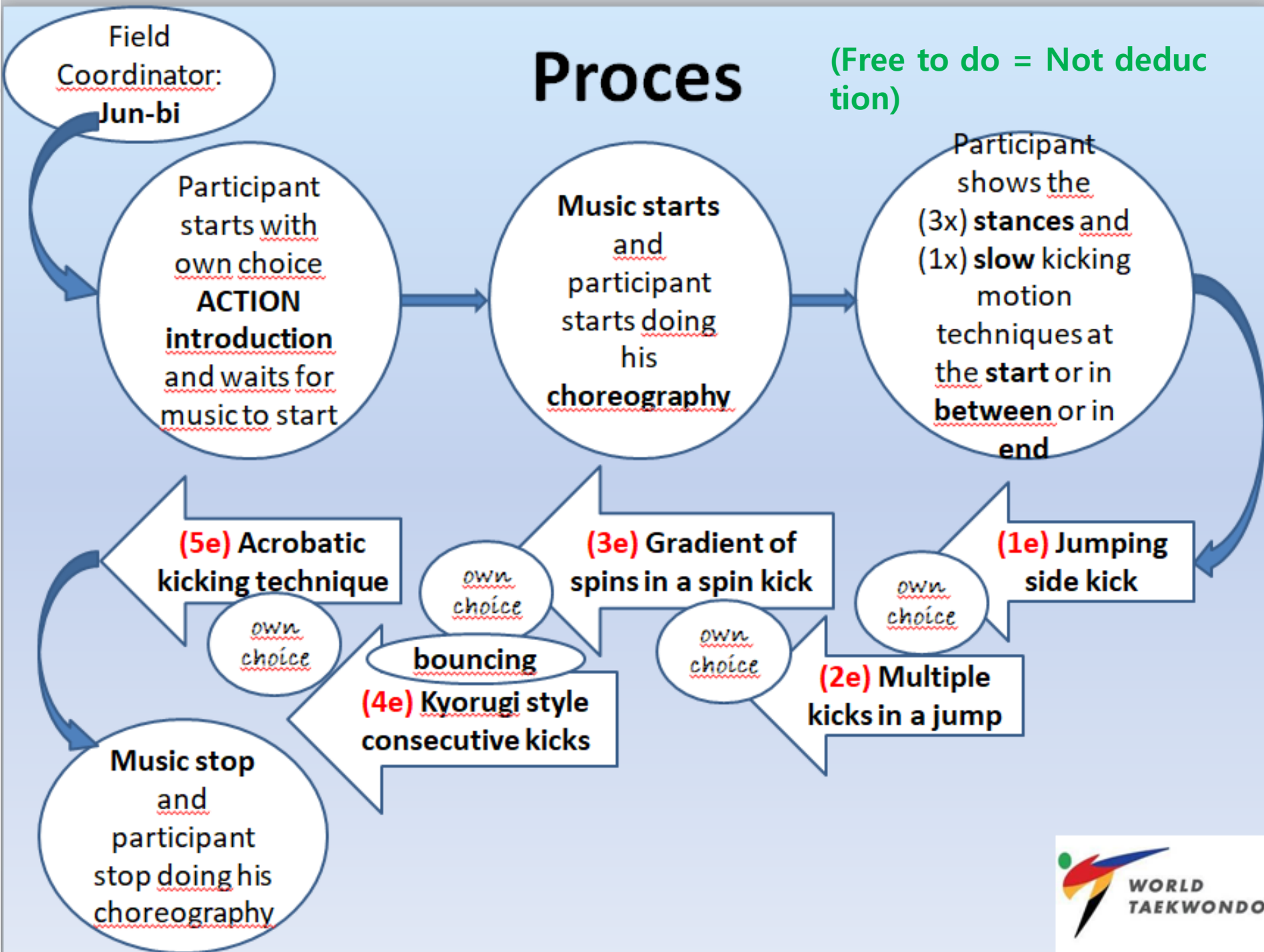
Freestyle Poomsae

In order to make game the most fair and highly transparent

- ❖ Think about **WHOLE CIRCLE: 5 Compulsory in order** & **No** supporting and helping from (Tech. Skill) + (3x) Sogi + Time + Enjoyment.
- ❖ **Slow motion basic kick** approx hold between 5-10 seconds: You are free to choose 1 kick from 3 kicks (Ap-Dollyo-Yop-chagi), **IT IS FREE TO DO.**
- ❖ **Demonstration** program with a good **story** and high **quality**:
 - 1) **high difficulty**
 - 2) **more dynamic**
 - 3) **more powerful**
 - 4) **more various**
 - 5) **team work with more fun.**
- ❖ Section of body:
 - **Above** the head
 - **Head / Face** height
 - **Chest** height (middle)
 - **Not under the hip!**

Proces

(Free to do = Not deduction)



Example: Ap-chagi_SlowMotion 5-10 sec



- Less than 3 bouncing: **No score.**
- Less than 3 kicks: **No score.**
- Less than 360: **No score.**

- Choose the **BEST one** if there are more than one trial in sequence or order.
- During the performance participant does one of the (5) compulsory in line .. but **bet**
ween doing (other things) and continuing with the same (in this situation the first li
ne counts).

- Loss of balance while performing any mandatory technique is deducted in the techn
ical skill score of the corresponding category .

- **Music stops** -> participant continues? or **Music continues** -> participant stops?
- During performance participant makes a roll on his back to the ground?

Competition Rules & Guidelines

Competition Rules Guideline in Pre-recorded and Live
- Mr. Raymond Te-Yi HSU, CSB & member of WT Poomsae Committee

**WT Open All Divisions
WT G2 Preliminary & Semi Final Round
Pre-recorded**

Please Follow Online Video Guidelines

In case of **WT Open Poomsae Championships**,

→ Athletes will be divided into 2/4/8 groups depending on the total number of athletes

Category	WT G2 Individual													
Division	Under 30		Under 40		Under 50		Under 60		Under 65		Over 65		FreeStyle	
Gender	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
#	64	62	33	31	39	25	31	17	20	7	13	11	29	21
Group A	1~22	1~21	1~17	1~16	1~20	1~13	1~16	1~17	10		1~13	1~11	1~15	1~11
Group B	23~44	22~43	18~33	17~31	21~39	14~25	17~31		10				16~29	12~21
Group C	45~64	44~62												

Category	WT Open Individual							
Division	Cadet		Junior		Pair	Team A	Team B	
Gender	Male	Female	Male	Female				
#	192	214	173	182	104	52	13	
Group A	1~24	1~27	1~22	1~23	1~13	1~18		
Group B	25~48	28~54	23~44	24~46	14~26	19~36		
Group C	49~72	55~81	45~66	47~69	27~39	37~52		
Group D	73~96	82~108	67~88	70~92	40~52			
Group E	97~120	109~135	89~110	93~115	53~65			
Group F	121~144	136~162	111~132	116~138	66~78			
Group G	145~168	163~189	133~154	139~161	79~91			
Group H	169~192	190~214	155~173	162~182	92~104			

	Final
	Semi-Final
	Preliminary



Check In / Inspection Live Final

- 30 minutes before each division starts
- If athlete not in the Zoom waiting room 5 minutes before the division starts, he or she will be disqualified
- To be allowed into the competition area, each athlete must have their Zoom account identified with their name NOC code and GAL number
Example (John Smith USA-1234)
This will allow the Ring Coordinator to find the athletes and spotlight them for their performance.
- Athlete must bring his/her passport, ID card, GAL card or birth certificate during Zoom check in
- Athletes need to wear WT-approved uniform
- No jewelry, ear pieces or taping allowed.
- Athlete needs to mute the speaker and turn off the camera if he/she

- Ring Coordinator will give commends to the contestant (not coach)
- Athlete will make a standing bow conducted by Ring Coordinator
"Cha-ryeot" and "Kyeong-rye"
- Athlete will declare the name of Poomsae, division, athlete's name and registration number
Example (WT Koryo Poomsae), (Male Under 30), (John Smith), (0001)
- After declaring the introduction of athlete, follow the orders by ring coordinator
 - "Joon-bi", "Shi-Jak", execute the 1st Poomsae, "Ba-ro", "She-uh"
 - 2nd Poomsae will be the same procedure as 1st Poomsae
 - 30 seconds break between 1st and 2nd Poomsae

Athlete Support

- There should be a support person to help the athlete with the live streaming process –
For example - turning on and off the microphone, adjusting camera, etc.
This person can be the assistant or coach
- It is highly recommended that the athlete check their system before the competition to ensure that the technical requirements and hardware working properly
- During the competition live streaming, neither the athlete, the coach, nor any other person shall make any questions, turn off the microphone and camera until your turn to perform. OC will setup communication channel (e.g. WhatsApp...)

Competition Rules & Guidelines(Video Upload)

**Video Clip Uploading Guideline in Pre-recorded
- Taekwonsoft**

Poomsae Assignment

Poomsae Assignment

- Mr. Tong Wan SHIN, CSB & Member of WT Poomsae Committee

Stage	Division	Poomsae 1	Poomsae 2
Preliminary WT G2	Under 30	Taegeuk 6	Koryo
	Under 40	Taegeuk 7	Keumgang
	Under 50	Taegeuk 8	Taebak
	Under 60	Koryo	Pyongwon
	Under 65	Keumgang	Shipjin
	Over 65	Taebak	Jitae
Semi-Final WT G2	Under 30	Taegeuk 7	Taebak
	Under 40	Taegeuk 8	Pyongwon
	Under 50	Koryo	Shipjin
	Under 60	Keumgang	Jitae
	Under 65	Taebak	Chonkwon
	Over 65	Shipjin	Hansu
Final WT G2	Under 30	Keumgang	Pyongwon
	Under 40	Taegeuk 8	Taebak
	Under 50	Koryo	Jitae
	Under 60	Taebak	Shipjin
	Under 65	Jitae	Hansu
	Over 65	Keumgang	Chonkwon

Stage	Division	Poomsae 1	Poomsae 2
Preliminary WT Open	Cadet	Taegeuk 4	Taegeuk 8
	Junior	Taegeuk 6	Koryo
Semi Final WT Open	Cadet	Taegeuk 7	Koryo
	Junior	Taegeuk 4	Keumgang
Final WT Open	Cadet	Taegeuk 8	Keumgang
	Junior	Koryo	Taeback

Competition Schedule

Competition Schedule

- Ms. Edina LENTS, CSB & Member of WT Poomsae Committee



Online 2020 World Taekwondo Poomsae Championships (Subject to change)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Nov. 8	9	10	11	12	13	14
Athletes Registration (Oct. 12 ~ Nov. 13) * National Athletes : by MNA * Open event athletes : by online site (http://onlinepoomsae.com)						
15 ! Head of Team Meeting	16 [Preliminary] Video Clips Upload(16~20)	17	18	19	20	21 [Preliminary] Scoring (21~22)
22	23 [Preliminary] Online Streaming(23~27)	24	25	26	27	28 [Semi Final] Video Clips Upload
29	30 [Semi Final] Video Clips Upload(28~2)	Dec. 1	2	3 [Semi-Final] Scoring(3~4)	4	5 [Semi-Final] Online Streaming(5~6)
6	7 [Final] Live Match WT G-2 Recognized Poomsae (7~12)	8	9	10	11	12 [Final] Scoring(12~13)
13	14 [Final] Video Clips Upload(7~11)	15	16	17	18	19 [Final] Online Streaming(14~15)

 (WT G-2 & OPEN) Preliminary
 (WT G-2 & OPEN) Semi-Final

 (WT G-2 Free Style Poomsae & OPEN) Final
 (WT G-2 Recognized Poomsae) Final

**The live competitions will be held in 2 divisions per day for 6 days at 9 p.m. Korean Local time.

Special Prize Information

**Prize & Medal allocation
- World Taekwondo**



Prize Information

▪ Cadet & Junior Category(Maximum 4 athletes)

- 1st placed athletes of Male and Female divisions will be invited to compete in [Goyang 2022 World Taekwondo Poomsae Championships](#)
(Invitation of 1st placed athlete does not affect the quota of the National Association)
- World Taekwondo will only provide accommodation for the duration of competition period

▪ Family Category(Maximum 8 athletes)

- 1st placed athletes of

Family Pair

Family Team A

Family Team B

will be invited to [Goyang 2022 World Taekwondo Poomsae Championships](#) as guest of World Taekwondo, and their round-trip economy flight tickets and accommodation shall be booked by World Taekwondo for the duration of competition period

- If one athlete wins more than one(1) category, only one prize will be given to the athlete. The athlete will not receive 1st place prize from the other category. The prize will also not be given to the next highest ranked athlete.

Draw of Lots

World Taekwondo & Taekwonsoft



Q & A

World Taekwondo

