



THE
**HEROES
TAEKWONDO**
โรงเรียนสอนเทควันโด เดอะ ฮีโร่ เทควันโด



**WORLD
TAEKWONDO**

HEROES TAEKWONDO INTERNATIONAL LEAGUE 2021

 30-31 January 2021

 Theme: LIVE or OUTDOOR UPLOAD



 **YouTube**



The 2nd HEROES TAEKWONDO VIRTUAL INTERNATIONAL CHAMPIONSHIP

MANY HEARTS, ONE FIGHT

Date: 30th – 31st January 2021 (LIVE & UPLOAD)

To all the athletes and coaches who keep working like true heroes, we will go through this and make the greatest moment ever.



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Respected Sir/Madam,

We are pleased to inform you that The Heroes Taekwondo organization is organizing, “The 2nd Heroes Taekwondo Virtual (Poomsae) International Championship 2021”, on 30th – 31st January 2021. Which will be held online by “Youtube Live” to strengthen & harmony of World Taekwondo lovers.

Our aim is to invite players from all around the world above 20+ countries. We hope it will become an opportunity for Taekwondo athletes of all ages and cultures to gather in promoting friendship and harmony, to improve the quality of life and health. The Organizing Committee will be working hard to bring you great competition that ever be organized with exciting and cultural experiences doing this situation to fight against Covid 19 together.

Promoter: Miss Cassandra Haller the CEO of the Hero Sport Center Co., Ltd

Email: Cassandra.chz@gmail.com

Whatsapp: +66 869797638

www.herosportcenter.com (Under construction)



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SCHEDULE OF TIME-TABLE (LIVE & UPLOAD)

Date	Details	Time
30 January	Color Belt	Start 09:00 (GMT+7)
31 January	Black Belt	Start 09:00 (GMT+7)

1 – 25 January 2021: Registration Online at www.gmacscore.com

30 – 31 January: Youtube Live. Link will be release on www.facebook.com/heroestaekwondo and announcement on WhatsApp group +66869797638 (Cassandra)

For more information update will be announced in

www.facebook.com/heroestaekwondo

www.facebook.com/chotokojung (Cassandra C Haller)

<https://chat.whatsapp.com/D4Fhi6q0EKgDgRiFW5ekSy> (Whatsapp)



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OVERVIEW

SLOGAN – MANY HEARTS, ONE FIGHT

GOALS

- Promoting the Championship as a fight against “Covid 19” of all Taekwondo lovers worldwide.
- Beyond greater connection with the worldwide Taekwondo family, the participants will be able to reflect on history and true spirit of Taekwondo at its beating heart in beautiful Taekwondo championship.
- To show how beautiful and sportsmanship athletes must encourage the sport during hard situation.
- To make athletes be outstanding and prove to worldwide though the social medias with their strength skills and to motivate kids around the world to play sport. Play Taekwondo.

BASIC AIMS

- Globalization of the region by holding the event with participation of the citizens - Supporting the sport and encourage kids to keep improving their skills
- Winning general popularity of Taekwondo as a sport.



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OUTLINE

The 2nd Heroes Taekwondo Virtual International Championship 2021

30th – 31st January 2021

1. Organized / Hosted By: THE HEROES TAEKWONDO
2. Competition Rules: WT Competition Rules, in forces as of June 14, 2019 (Poomsae)
3. Method of Competition: Poomsae Cut Off system tournament following by ranking score

Poomsae Event

1. Categories (3 Categories): Poomsae Individual / Pair / Freestyle Individual
2. Color Belt: 1 Poomsae LIVE & UPLOAD (If by Upload Only Outdoor recorded)
3. Poom – Dan: 2 Poomsae LIVE & UPLOAD (If by Upload Only Outdoor recorded)

In the case of uploaded we consider as outside of home or Dojang (School) to encourage and promote participants locations therefore could be such as, home - garden, riverside, beach, mountains, city, landmark point)



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We are allow using Taekwondo shoes only IN CASE OF perform an OUTDOOR and the area is not convenient without using shoes.

TYPE	AGE	6	POOMSAE	POOMSAE	POOMSAE	POOMSAE	POOMSAE	POOM	DAN
		BLOCKS	TAEGUEK 1	TAEGUEK 3	TAEGUEK 5	TAEGUEK 7	TAEGUEK 8	TAEGUEK 8 & KORYO	KORYO & KUMKANG
INDIVIDUAL	UNDER 4Y (2017 - ABOVE)	✓	✓	✗	✗	✗	✗	✗	✗
	UNDER 7Y (2014 – 2016)	✓	✓	✓	✓	✓	✓	✓	✗
	UNDER 10Y (2011 – 2013)	✓	✓	✓	✓	✓	✓	✓	✗
	UNDER 12Y (2009 – 2010)	✗	✓	✓	✓	✓	✓	✓	✗
	UNDER 14Y (2007 – 2008)	✗	✓	✓	✓	✓	✓	✓	✗
	UNDER 17Y (2004 – 2006)	✗	✓	✓	✓	✓	✓	✗	✓
	UNDER 30Y (1991 – 2003)	✗	✓	✓	✓	✓	✓	✗	✓



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UNDER 40Y (1981-1990)	×	×	×	×	×	×	×	×	✓
UNDER 50Y (1971-1980)	×	×	×	×	×	×	×	×	✓
OVER 50Y (1970 – BELOW)	×	×	×	×	×	×	×	×	✓

TYPE	AGE	POOM	DAN
		TAEGUEK 8 & KORYO	KORYO & KUMKANG
<u>PAIR</u>	UNDER 10Y (2011 – 2013)	✓	×
	UNDER 12Y (2009 – 2010)	✓	×
	UNDER 14Y (2007 – 2008)	✓	×
	UNDER 17Y (2004 – 2006)	×	✓
	UNDER 30Y (1991 – 2003)	×	✓
	OVER 30Y (1990 - BELOW)	×	✓



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POOMSAE SCORE CRITERIA

Score shall be made in accordance with the rules of the WT

1. Recognized Poomsae (10.0)

1.1 Accuracy (4.0)

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

1.2 Presentation (6.0)

- Speed and Power
- Rhythm & Tempo
- Expression of energy

1.3 Allotted Scoring Chart for Recognized Poomsae

Scoring Criteria	Details of Scoring Criteria	Point
Accuracy (4.0)	Accuracy in basic movements	(4.0)
	Accuracy in individual movement of the Poomsae	
	Balance	
Presentation (6.0)	Speed and Power	(2.0)
	Rhythm & Tempo	(2.0)
	Expression of energy	(2.0)



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Method of Scoring – Poomsae Recognized

1.1 Total Score is 10.0

1.1.1 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

1.1.2 Presentation: Basic Score 6.0

2. Free Style Poomsae (10.0)

1.2 Technical Skills (6.0)

2 Level of difficulty of kicking techniques

2.1 Presentation (4.0)

3 Creativity

4 Harmony

5 Expression of energy

6 Music & Choreography

6.1 The types of kick in the level of difficulty of foot techniques shall be designated by WT Poomsae

Committee every year

6.2 Allotted Scoring Chart for Free Style Poomsae

Scoring Criteria	Details of Scoring Criteria		Point
Technical Skills (6.0)	Level of difficulty of kicking techniques	Jumping side kick	(5.0)
		Multiple kicks in a jump	
		Gradient of spins in a spin kick	
		Kyorugi style consecutive kicks	
	Acrobatic kicking technique		
	Basic movements & Practicability		(1.0)



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Presentation (4.0)	Creativity	(4.0)
	Harmony	
	Expression of energy	
	Music & Choreography	
Maximum Points		(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 following acts by
 - 7 Conducting undesirable behaviour
 - 8 Disturbing the judges or the staffs to proceed during the competition
 - 9 If a contestant lacks or exceeds the limit time: 0.3 point will be deducted for every 10 seconds
 - 10 If the number of contestants does meet the required limit 3 points will be deducted per person
 - 11 Stepping over the boundary line of the competition area results will be deducted to (-0.3 point)
 - 12 Not performing the compulsory technical movements will be deducted 0.3 point per movement
 - 13 Penalty points shall be deducted from the participant’s total score
 - 14 Entering the contest in the name of other will be disqualified



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POOMSAE FREESTYLE		
POOMSAE FREESTYLE (INDIVIDUAL)	SUB-CADET NOT OVER 11 YEARS (2010 – ABOVE)	Following to Compulsory Regulations
	CADET NOT OVER 14 YEARS (2007 – 2009)	
	JUNIOR NOT OVER 17 YEARS (2004 – 2006)	
	SENIOR OVER 18 YEARS (BELOW – 2003)	



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● Awards

Individual Awards: (The medals are connected as puzzles)

1st Place – Gold Medal & Heroes Taekwondo T-shirt (With T-shirt only if there are at least 4 participants in a group)

2nd Place - Silver Medal

3rd Place Bronze Medal

Best Players Will received Heroes Taekwondo Jacket as rewards

(12 Rewards: By LIVE 7 rewards and Outdoor Video Upload 5 Rewards best performance and best spot)

- **Please Note the Certificate will be downloaded by Personal with the code after the results and released at least 3 days**

● Zoom Live Regulations

At all times, the athletes shall be 100% Full body inside the screen, otherwise will be deducted or disqualified

Camerman is NOT allowed to MOVE

The camera must be in front of the athletes. Side or rear view will be disqualified

If the athlete's elbow and knee was out of frame, it will be consider as deducted or disqualification, will consider by committees.

If the athlete's wrist and ankle was out of frame, it will be (-0.3 deduction point) each time on accuracy points



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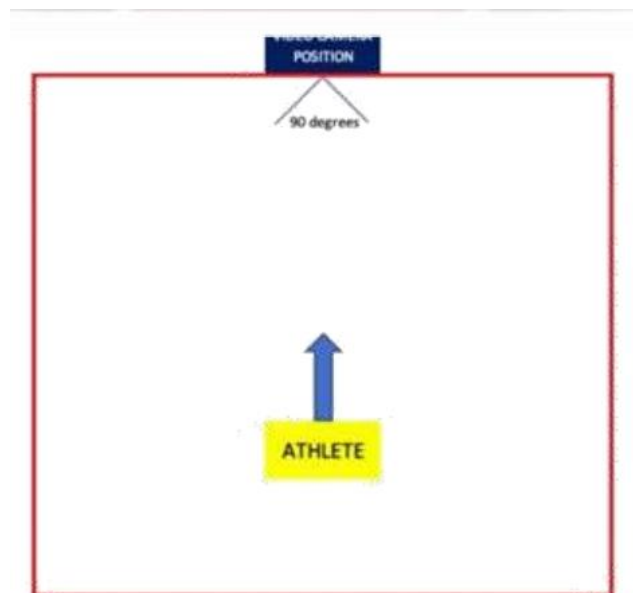


When the location is limited and performance is restricted, make sure to keep at least 2 meters of space at the end of the activities distance so that apart of the body is not visible, or stops or interferes with the progress line.

Athletes should not put the camera from high to the bottom to cover all part of body

Please prepare high quality camera or mobile phone including the surrounding sounds to avoid the noise for judgment (Quiet location is the benefit to athletes)

The winner needs to prove their identities to their head of team to claims the medals and rewards.



- **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.

Colour belts categories are not allowed to wear Poom or Dan (black or red-black BELT) when perform Taeguek 1- 7 otherwise participant will be deducted (0.5 score) or will be disqualified.



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- **Registration Deadline:**

Tuesday, 27 January 2021, 23:59 GMT+7

This deadline is applicable for all entries, and admitting all required document

Limit Up to 500 participants in all categories

- **Signup**

Each athlete can register more than 1 event (Max 3 Events)

Therefore, coaches must consider a right and honest level of athletes before registered, to respect other participants

- **Head of Team meeting**

The head of team meeting shall be conducted by The Heroes Taekwondo official organized. Exactly time shall be communicated forthwith. The number schedule queue shall be shown on website on 29th January 2021 and the Head of Meet meeting will be on 29th January 2021 (timing will be announced in the Whatsapp group) following by the link: <https://chat.whatsapp.com/D4Fhi6q0EKgDgRiFW5ekSy>

Information / Updates

The Heroes Taekwondo Facebook: <http://www.facebook.com/heroestaekwondo>

Whatsapp 2nd Heroes Virtual Poomsae Group: <https://chat.whatsapp.com/D4Fhi6q0EKgDgRiFW5ekSy>



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Entry Fees / Deadline:

The entry fees must be paid at the time of registration deadline, by the bank transfer, western union, or PayPal. Athletes shall not be allowed to complete without verified payment of entry fee to the organized committee.

Registration Fee:

\$30 USD – Individual Poomsae

\$30 USD – Freestyle Poomsae

\$45 USD – Pair

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

● Payment Details

By Bank Account:

Account Name: Cassandra Haller

Account Number: 7-322-871-887

Bank Name: KASIKORN BANK

Swift Code: KASITHBK

Bank Address: The Mall Bangkapi, 3522 Ladprod Klongjan Bangkapi, Bangkok Thailand 10240

By Western Union

Receiver Name: Cassandra Haller

Address: Ramkhamheang 24 Huamark Bangkapi Bangkok, Thailand 10240

Tel: +66 86 979 7638

By Paypal: Cassandra.chz@gmail.com

Entry Deadline is Monday 26 January 2021

- Refund: There will be no refund due to lack of timing or any personal issues.

Social Media Campaign: Hashtags: #HEROESTAETKWONDO #HEROESVIRTUAL #HEROESCOACHES

#TAEKWONDO

Youtube Chanel: Gmacscore / Sergio Ziroga