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MARCH 13-14  
2021

1ST ONLINE

ELITE POOMSAE

ELITE  
TAEKWONDO

& SPEED KICKING CHAMPIONSHIP



한국문화원  
KOREAI KULTURÁLIS KÖZPONT

FOR THE KOREAN AMBASSADOR'S CUP

INDIVIDUAL - PARA - PAIR - TEAM - FREESTYLE

# I. Online Elite Poomsae & Speed Kicking Championships

## General Information

Date	13-14 March 2021.
Location	Online
Promoter	Hungarian Taekwondo Federation
Organizer	Elite Taekwondo Club Hungary
Technical Director	Ms. Judit Orosz
Rules	According to the official WT rules, unless otherwise indicated in the outline
Registration deadline	1 March 2021. (Monday)
Draws	3 March 2021. (Wednesday)
Uploading deadline	10 March 2021. (Wednesday)
Register via	<a href="https://tpss.eu/login.asp">https://tpss.eu/login.asp</a>
Entry fee	Speed kicking 15 EUR/participant Poomsae <b>30 EUR</b> /individual athlete; <b>40 EUR</b> /pair; <b>40 EUR</b> /team
Contact us if further information is needed	<p>Orosz Judit</p> <ul style="list-style-type: none"><li>• +3630/574-78-08</li><li>• <a href="mailto:oroszjudit.bp@gmail.com">oroszjudit.bp@gmail.com</a></li></ul> <p><b>Lerch János – technical support</b></p> <ul style="list-style-type: none"><li>• +36620/560-27-37</li><li>• <a href="mailto:lerch@outlook.com">lerch@outlook.com</a></li></ul> <p>Juhász Attila</p> <ul style="list-style-type: none"><li>• +3670/398-52-16</li><li>• <a href="mailto:elite.taekwondo.hungary@gmail.com">elite.taekwondo.hungary@gmail.com</a></li></ul>

## *I. Online Elite Poomsae & Speed Kicking Championships*

### Participation requirements

Athletes can participate from all over the world, but must be affiliated to a WT MNA. **All entry fees shall be paid in advance until 1 March 2021. (Monday).** Organizers maintain a no refund policy.

#### Payment information

Beneficiary: Elite Taekwondo Sportegyesület  
IBAN number: HU17107003477231779451100005  
Name of the Bank: CIB Bank  
Comment: Entry fee\_name of the club



## Online Poomsae Championship

### TECHNICAL INFORMATION

#### Video recording guide & procedure for uploading

- **The competitor records the poomsaes according to the draw and the following instructions. The coach of the club, who has been authorized on tpss.eu, gets a link to the official cloud drive of the competition. The link arrives after the registration, to the e-mail what had been used before. The coach of the club can upload all the videos of his/her athletes until the deadline.**
- Mandatory video format is **.mp4** or **.mov** (default setting on most mobile phones).
- Recommended video quality is **FHD 1920x1080**
- Recommended camera stand height is 100-150 cm.
- The name of each video must be: **NAME\_Club\_category\_round\_poomsae**; so for example:  
**JoePotter\_EliteClub\_U30 Male A\_preliminary\_Koryo**
- One poomsae has to be in one file.
- The uploads cannot be changed.
- **The athlete's body shall be completely in the frame during the recording. Try to film as close as possible without going out of the frame. The camera must be stationary, no zoom or rotation is allowed. Only raw (unedited) videos may be submitted. Do not edit or cut the video. Recordings must be in landscape mode.** If the video doesn't meet with the requirements it may result in disqualification.
- The recording starts with the competitor who bows. After the bow the athlete may do the poomsae, then stand back and bow again. Marching in and out is not necessary.
- The video can be recorded inside (dojang, living room, etc.) or outside (garden, etc.).
- The competitor must wear full dobok with belt and cannot wear shoes or socks. Wearing jewelry is not allowed.
- Videos that have been used in any other competitions will not be accepted for consideration.
- **The uploaded poomsaes will be judged on 13-14 March and the list of the awarded athletes will be published on 14 March until 23:59 GMT+1 time.**

# I. Online Elite Poomsae & Speed Kicking Championships

## CATEGORIES:

<b>Individual</b>				
Category	Age group	Belt grade	Mandatory poomsaes	
<b>A category</b>	Cadet (12-14)	2.kup or higher	Taegeuk 4,5,6,7,8 Jang, Koryo, Keumgang	Will be drawn
	Junior (15-17)	2.kup or higher	Taegeuk 4,5,6,7,8 Jang, Koryo, Keumgang, Taeback	
	Senior I. (18-30)	1.Dan or higher	Taegeuk 6,7,8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin	
	Senior II. (31-40)	1.Dan or higher	Taegeuk 6,7,8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin	
	Senior III. (41+)	1.Dan or higher	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon	
<b>B category</b>	Kid (7-11)	any	Taegeuk 1,2, 3,4,5,6, 7, 8 Jang	Optional
	Cadet (12-14)	10-3.kup	Taegeuk 1,2,3,4,5,6,7,8 Jang	
	Junior (15-17)	10-3.kup	Taegeuk 1,2,3,4,5,6,7,8 Jang	
	Senior I. (18-30)	10-1.kup	Taegeuk 1,2,3,4,5,6,7,8 Jang, Koryo	
	Senior II. (31+)	10-1.kup	Taegeuk 1,2,3,4,5,6,7,8 Jang, Koryo	
<b>Para</b>	-	any	any	
<b>Freestyle</b>	Junior (12-17)	any		
	Senior (18+)	any		

<b>Pair</b>				
Category	Age group	Belt grade	Mandatory poomsaes	
<b>A category</b>	Cadet (12-14)	2.kup or higher	Taegeuk 4,5,6,7,8 Jang, Koryo, Keumgang	Will be drawn
	Junior (15-17)	2.kup or higher	Taegeuk 4,5,6,7,8 Jang, Koryo, Keumgang, Taeback	
	Senior (18+)	1.Dan or higher	Taegeuk 6,7,8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin	
<b>B category</b>	Kid (7-11)	10-3.kup	Taegeuk 1,2, 3,4,5,6, 7, 8 Jang	Optional
	Cadet (12-14)	10-3.kup	Taegeuk 1,2,3,4,5,6,7,8 Jang	
	Junior (15-17)	10-3.kup	Taegeuk 1,2,3,4,5,6,7,8 Jang	
	Senior (18+)	10-1.kup	Taegeuk 1,2,3,4,5,6,7,8 Jang, Koryo	
<b>Freestyle</b>	Junior (12-17)	any		
	Senior (18+)	any		

## I. Online Elite Poomsae & Speed Kicking Championships

Team				
Category	Age group	Belt grade	Mandatory poomsaes	
<b>A category</b>	U14 (12-14)	2.kup or higher	Taegeuk 4,5,6,7,8 Jang, Koryo, Keumgang	Will be drawn
	U30 (15-30)	2.kup or higher	Taegeuk 4,5,6,7,8 Jang, Koryo, Keumgang, Taeback	
	O30 (31+)	1.Dan or higher	Taegeuk 6,7,8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin	
<b>B category</b>	U14 (12-14)	10-3.kup	Taeguk 1,2,3,4,5,6,7,8	Optional
	U30 (15-30)	10-3.kup	Taeguk 1,2,3,4,5,6,7,8	
	O30 (31+)	10-1.kup	Taeguk 1,2,3,4,5,6,7,8	

- Every individual category has female and male categories separated.
- **In category „A” competitors have to follow the draw which will be published on 3rd of March on tpss.eu and on the official Facebook page of Elite Taekwondo (<https://www.facebook.com/EliteTKDHun>).**
- In category „B” there will be no draw, the athlete can choose his/her own forms to show.
- Age groups are the following according to the year of birth:
  - Kis (7-11 yo.): 2010-2014
  - Cadet (12-14 yo.): 2007-2009
  - Junior (15-17 yo.): 2004-2006
  - Senior I. (18-30 yo.): 1991-2003
  - Senior II. (31-40 yo.): 1981-1990
  - Senior III. (41+): -1980

### FREESTYLE POOMSAE:

- The rules are according to the WT official competition rules and guidelines.
- The results are counted in the team' results.

### PARA-POOMSAE INDIVIDUAL COMPETITION:

We'd like to follow our traditions and give opportunity to disabled athletes.

- In this category they show two poomsaes of their choice.
- The category divisions are: P10/P20/P31/P32/P33/P34/P50/P60/P70.

## *I. Online Elite Poomsae & Speed Kicking Championships*

### **COMPETITION METHOD:**

- **Cut off system will be used in every category.**

If the category has 20 or more athletes in a division, that means they will perform and upload 6 videos; preliminary, semifinal and final rounds.

In the case there are between 9-19 athletes in a division, they will perform semifinals and finals, which means 2 rounds and 4 videos in total.

If there are 8 or fewer athletes in a division, they will only perform the final round and only submit 2 videos of your final round poomsae.

- In category „B” the selected poomsae can be chosen again in the next round but a recording can be used only once. Participants have to record it again for the next round. (if it's the same it results in disqualification).
- The performed poomsaes will be uploaded to the Elite Taekwondo's YouTube channel by categories and by rounds. With the registration the participant accepts this condition.  
You can subscribe here: [SUBSCRIBE](#)

### **AWARDS:**

1-3. place: medal and electronic certificate.

The best 3 team will win the Trophy of the Korean Ambassador.

The awarded trophies and medals will be sent to the address of the club. Regular shipment costs are included in the entry fee. Electronic certificates will be sent via e-mail to the clubs.

## Online Speed Kicking Championship

### Rules

- **To register please fill out the attached excel form and send it back to the following e-mail address [lerch@outlook.com](mailto:lerch@outlook.com) until 1 March 23:59 GMT+1 time.**
- Competitors have to make a recorded video in which they show how many kicks can they do within 20 seconds. **The uploading and the recording criteria are the same as in the poomsae competition (read it above).**
- In case of tie, we give shared places in the ranking.
- **The athlete can kick: bandal chagi or dollyo chagi. Participants can kick with the same leg or switching the legs but after each kick the foot (which was used) has to touch the floor.**
- **Starting position: with two feet on the ground.**
- **Valid kick is minimum in momtong height (middle body height of the athlete) and touches the target which can be a mit or something else. Attention! We can accept only the kicks as we can see clearly on the video.**
- **The competitor has to wear dobok with belt.**
- **Round time: 20 sec.**
- The speed kicking championship will be judged by the same referees. The final point will be calculated as the average of the 5 judges' points.
- In each age group we separate male and female categories.
- Age groups are the following according to the date of birth:
  - Kid I. (6-7 yo.): 12 March 2013- 13 March 2015.
  - Kid II. (8-9 yo.): 12 March 2011- 13 March 2013.
  - Kid III. (10-11 yo.): 12 March 2009- 13 March 2011.
  - Cadet (12-14 yo.): 12 March 2006- 13 March 2009.
  - Junior (15-17 yo.): 12 March 2003- 13 March 2006.
  - Senior I. (18-30 yo.): 12 March 1990- 13 March 2003.
  - Senior II. (31-40 yo.): 12 March 1980- 13 March 1990.
  - Senior III. (41+ yo.): - 13 March 1980.



## *I. Online Elite Poomsae & Speed Kicking Championships*

### **AWARDING**

1-3. place: medal and electronic certificate.

The speed kicking championship is excluded from the club trophy points for the Korean Ambassador's Cup.

**We wish you joyful preparations and good luck for the competition!**  
**Hungarian Taekwondo Federation and Elite Taekwondo Club**

Mr. Miklós Patakfalvy  
President of Hungarian TKD Fed.

Ms. Judit Orosz  
Technical Director

Mr. Attila Juhász  
President of Elite TKD

**TAEKWONDO**

