

# 2020 New York Open Taekwondo e-Championships



A Virtual Event - Live and Online

Saturday, Oct. 10th

WWW.NYOPENTKD.ORG



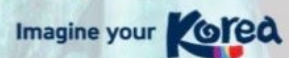
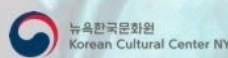
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Dear Masters/Instructors,

I would like to take this opportunity to wish you all good health and safety during this time. It is with great honor and excitement that I extend to you an invitation to participate in our first ever "Live" Online New York Open Taekwondo e-Championships to be held on Saturday, Oct. 10<sup>th</sup>, 2020. Thank you to all who participated last year as we were able to raise over \$4,000, which we donated to The Juliana Buongiovanni Memorial Scholarship.

Our goal for the 2020 New York Open TaeKwonDo e-Championships is to uphold a level of expertise as an Olympic sport and use this event as a platform to come together during this time of calamity. As the only Festival without any political, commercial, or profit based agenda (as it is a non-profit event), we pride ourselves on using TaeKwonDo as a tool to bring together and embrace the different cultures of the world, regardless of race and creed - hence our philosophy: "TaeKwonDo, One Family One Vision."

We are honored to serve you and hope to ensure that each individual has his or her best tournament experience of the year. Moreover, It is always a privilege to have competitors from all over compete in the highest traditions of our sport and art. Again, your participation and support is invaluable to the success, growth, and recognition of TaeKwonDo. I commend everyone for your desire to compete and excel!

Sincerely,

Grandmaster Y.H. Park

U.S. Olympic Team Coach for 1988 Olympics, 1991 Pan-Am Games Head Coach  
Chairman of New York Open TaeKwonDo Championships/ Korean Cultural Festival



# GENERAL INFORMATION

REGISTER online at [www.nyopentkd.org](http://www.nyopentkd.org)

Hosted by:	New York Open TaekwonDo Organizing Committee
Recognized by:	World TaekwonDo (WT) Korea Taekwondo Association (KTA)
Sponsored by:	Flushing Bank Korean Cultural Service of NY (뉴욕한 문화원) Korea Tourism Organization AT Center of NY
Tournament Chairman:	Grandmaster Y.H. Park
Tournament Director:	Master Edward Park
Date:	Saturday, October 10 <sup>th</sup> , 2020
Location:	Zoom Online (Athletes will be sent a Zoom Link and time of competition at least 24 hours before the event.)
Registration Deadline:	Must be received by Wednesday, October 7 <sup>th</sup> , 2020 (11:59pm Eastern Time) (No Registration will be accepted after this date- NO EXCEPTIONS)
Uniform Requirement:	Competitors should have a taekwondo or martial arts uniform in good condition, any color is acceptable. Belt representing rank is required and should be tied neatly and evenly.
Individual Awards:	Electronic certificates for 1st, 2nd, and two 3rd places will be awarded to the winners in each division. All winners will also be recognized on NY Open TKD social media platforms and our NY Open TKD website. All other participants will receive the NY Open TKD "Spirit Award" Certificate.
Technical Issues:	If the competitor cannot be judged due to a technical difficulty (e.g. internet connection crashes), they may perform again without penalty. The judgement will be made by the tournament committee regarding the nature of the technical error. It's recommended to link to a wired connection if available. During competition, please have your family reduce internet usage for better connectability.



# TECHNICAL & SPACE REQUIREMENTS

Zoom will be used as the virtual platform for the tournament. The Zoom application can be installed both on PCs and on mobile devices. Please be sure to create a free Zoom account (<http://zoom.us>) and to have the Zoom application installed on your device before the tournament. In addition, please be sure to test Zoom before the tournament to ensure that Zoom is correctly working on your device.

If you already have zoom installed, please update to the latest Zoom client and test before the event.

## Camera Requirements:

In order for the referees to correctly judge your performance, the device running Zoom must have a camera. Please be sure to test your camera before the event to ensure that it works correctly. In addition, we will require that your entire body stays within the frame of the camera to track your movements, however, your camera must remain in the same location, i.e. the camera can pan left and right but cannot be moved. Please be sure to test run your performance in front of the camera before the event to ensure that you stay within the frame the entire time.

## Day of Zoom Room Requirements:

- On the day of the competition, please be sure to log in to your Zoom Room ten minutes before your scheduled Check-In time. Scheduled Check-In times for each division, as well as the Zoom links for each division, will be emailed out prior to the competition day.
- Once logged in to your Zoom Room, please be sure to change the name on your screen to your full name and rank (eg. John Smith, Red). A guide on how to change your name can be found here: <https://support.zoom.us/he/en-us/articles/201363203-Customizing-your-Profile>
- Please do not utilize a virtual background while participating in this event. Virtual backgrounds distort the image and will lead to inaccurate scoring.

Space Requirements: The performance space should be clean and uncluttered with unimpeded views of the competitor. Any competition surface or setting (at home, outdoors, in a studio) is acceptable.



# SCHEDULE OF EVENTS

Saturday, October 10<sup>th</sup>, 2020

Zoom Online (Code will be emailed to competitors)

*\*This is a NON-OFFICIAL schedule meant for approximation.*

*\*We will send an OFFICIAL schedule at least 24 hours before the competition day.*

*\*Lateness will result in disqualification*

7:45 AM	Check-In: Individual Traditional Poomsae competitors
8:00	<u>Competition: Individual Traditional Poomsae</u>
8:45	Check-In: Team Traditional Poomsae competitors
9:00	<u>Competition: Team Traditional Poomsae</u>
9:45	Check-In: Individual Creative Freestyle competitors
10:00	<u>Competition: Individual Creative Freestyle</u>
10:45	Check-In: Individual Creative Weapons competitors
11:00	<u>Competition: Individual Creative Weapons</u>
11:45	Check-In: Individual Speed Front Kick competitors
12:00 PM	<u>Competition: Individual Speed Front Kick</u>
12:45	Check-In: Individual Speed Hook Kick competitors
1:00	<u>Competition: Individual Speed Hook Kick</u>
1:45	Check-In: World Class Sport Poomsae competitors
2:00 PM	<u>Competition: World Class Sport Poomsae</u>



# RULES & REGULATIONS

## INDIVIDUAL TRADITIONAL POOMSAE (FORMS) COMPETITION

### 1. Traditional Poomsae (forms).

Color Belt Poomsae: Taeguk 1– 8 or Pal Gwe 1-8

Black Belt Forms: Koryo, Keumgang, Taebaek, Pyongwon

### 2. Age Divisions: (4-5yr) (6-7yr) (8-9 yr) (10-11yr) (12-14yr) (15-17 yr) (18-32 yr) (33-40 yr) (41 & up yr)

### 3. Belt Divisions: White/Yellow/Orange Belts are *Yellow* Division (Taeguk1-2). Green/Blue/Purple Belts are *Blue* Division (Taeguk 3-5) Red/Brown/Poom is *Red* Division (Taeguk 6-8). BLACK BELTS are 1 Division

## TEAM TRADITIONAL POOMSAE (2 - 3 competitors)

\*Each member must register separately.

\*Genders may be mixed in any combination

\*All ages

1. Total Maximum Average of Points = 10. Each participant will perform one form together of their choosing.

2. The following will complete each team's score:

### Correct Execution of each technique (10 points)

- Posture - correct stances
- Accuracy of each hand technique - in addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place.
- Accuracy of each kicking technique - correct form, height and power of kick.
- Speed and Power of each individual technique
- Correct poomsae based on lowest pair or team member's registered rank. If team performs the wrong poomsae according to the lowest team member's registered rank (Ex. 1 team member is a blue belt and team performs 1st Dan Poomsae Koryo), team will automatically receive a score of 5 for accurate sequence of movements but will NOT be disqualified.
- Correct order of techniques for each form, including correct stances, blocks, strikes.

### Presentation (10 points)

- Speed/Tempo/Flow
- Eye Control - correct direction to "look," correct eye position as well as where eyes are focused.
- Expression of energy
- Kihaps
- Balance and Rhythm

### Unity of Team Performance (10 points)

- Team Synchronization - every movement must be executed by each team member at the same time. However, team members may be facing different directions. Movements out of synchronization with other team members (for example, an "echo" movement) will result in a lower score.
- a. Deductions
  - Too many or too few team members (1 point deduction)
  - Unsportsmanlike conduct (1 point deduction)
- b. Tiebreaker
  - In the event of a tie for 1st place only (if there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd place awarded) - teams will perform the poomsae one (1) additional time. Judges will rescore. If there is still a tie, two 1st places will be awarded.



## INDIVIDUAL CREATIVE FREESTYLE

1. Total Maximum Average of Points = 10. Each participant will perform one form.
2. Maximum of 90 seconds to perform.
3. Music is allowed but not required and must be played by the participant from their home. All music must be suitable for a family environment; no explicit lyrics. We recommend participants playing music to test it out beforehand.
4. Props are allowed and must be appropriate for a family environment. (For example, a hat is allowed). Breaking boards are not allowed. All props must be provided by the participant and cannot pose a safety risk to the participant. Absolutely no pyrotechnics, fireworks (including poppers), or flame breaks. Confetti, glitter or similar products are prohibited. Chairs and trampolines are prohibited. Flowers and fruit are acceptable.
5. The following will complete each participant's score:
  - a. Correct Execution of Each Technique (10 points)
    - i. Posture - correct stances
    - ii. Accuracy of Each Hand Technique - In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place.
    - iii. Speed and Power of Each Hand Technique
  - b. Execution of Compulsory Techniques (10 points)
    - i. Execution of the minimum number of kicks (additional types of number of kicks are allowed):
      1. Flying Side Kick
      2. Jumping Front Kick/Multiple Jumping Front Kick
      3. Spinning Kick
      4. Sparring Component (max. of 5 kicks and min. of 3 kicks)
      5. Acrobatic (Cartwheel, roundoff, aerial, tumble, etc.)
      6. Kihap
    - ii. Execution of Each Kicking Technique
  - c. Creativity (10 points)
    - i. Composition of choreography
    - ii. Creativity of entire routine
    - iii. Degree of Difficulty
6. Deductions
  - a. Participant exceeds the 90 second time limit (1 point deduction for every 10 seconds over time limit)
  - b. Participant fails to perform required techniques (1 point deduction for each kick omitted) For example, no front snap kick (1 point deduction), no spinning kick and kihap (2 point deduction)
7. Tiebreaker
  - a. In the event of a tie for 1st place only (if there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) - participants will perform one additional time. Judges will rescore. If there is still a tie, two 1st places will be awarded.



## INDIVIDUAL CREATIVE WEAPONS

1. Total Maximum Average of Points = 10. Each participant will perform one form.
2. Maximum of 90 seconds to perform.
3. Music is allowed but not required and must be played by the participant from their home. All music must be suitable for a family environment; no explicit lyrics. We recommend participants playing music to test it out beforehand.
4. Props are allowed and must be appropriate for a family environment. (For example, a hat is allowed). Breaking boards are not allowed. All props must be provided by the participant and cannot pose a safety risk to the participant. Absolutely no pyrotechnics, fireworks (including poppers), or flame breaks. Confetti, glitter or similar products are prohibited. Chairs and trampolines are prohibited. Flowers and fruit are acceptable.
5. Only martial arts weapons are allowed. All weapon blades must be dull. Use best judgement according to your space, as we are not responsible for any damages or injury.
6. The following will complete each participant's score:
  - a. Correct Execution of Each Technique (10 points)
    - i. Posture - correct stances
    - ii. Accuracy of Each Hand Technique - In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place.
    - iii. Speed and Power of Each Hand Technique
    - iv. Execution of use of Weapon(s)
  - b. Presentation (10 points)
    - i. Speed/Power
    - ii. Rhythm
    - iii. Expression of Energy
  - c. Creativity (10 points)
    - i. Composition of choreography
    - ii. Creativity of entire routine
    - iii. Degree of Difficulty
7. Deductions
  - a. Participant exceeds the 90 second time limit (1 point deduction for every 10 seconds over time limit)
8. Tiebreaker
  - a. In the event of a tie for 1st place only (if there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) - participants will perform one additional time. Judges will rescore. If there is still a tie, two 1st places will be awarded.





## INDIVIDUAL SPEED FRONT KICK

1. Participants will attempt as many front kicks on a focus paddle in 30 seconds.
2. The bottom of the focus paddle striking area must be at least waist level of the participant.
3. The participant who kicks the paddle the most using any part of the foot, will be declared the winner. It is recommended to use the top or ball of the foot.
4. Participants must use the same foot and touch the ground after each kick.
5. If the participant touches the focus paddle without striking the handle of the target, this will be considered a successful kick.
6. The maximum number of holders is one. Holders can use one or both hands to hold the focus paddle. Holders must remain still and the focus paddle must remain in a fixed position.
7. In the event of a tie for 1st place only (if there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded), there will be 1 overtime round. If there is still a tie after the overtime round, both participants will be awarded 1st place.
8. Kick attempts will not be included in the final total score for the following infractions:
  - a. The bottom of the focus paddle is lower than the participant's waist. If the paddle is held below the participant's waist, there will be no score awarded for every infraction.
  - b. When a holder moves their wrist/hand to assist the breaking technique, there will be no score awarded for every infraction.
9. No Score (Score of 0)
  - a. Participant touches the ground with any part of the body other than feet during the 30 second attempt.
  - b. Participant falls down during the 30 second attempt.

## INDIVIDUAL SPIN HOOK KICK

1. Participants will attempt to strike a focus paddle as many times as possible with a continuous Spinning Hook Kick. Bottom of the focus paddles striking area must be at least waist level of the participant. Duration = 30 seconds.
2. The participant who strikes the focus paddle most without striking the handle of the focus paddle will be declared the winner.
3. If the participant strikes the paddle with their foot it is considered a successful attempt. The holder must be stationary during the 30 seconds and the target cannot move.
4. The maximum number of holders is one, and the holder must not move from a fixed position. Holders may use one or both hands to hold the focus paddle.
5. In the event of a tie for 1st place only (if there is a tie for 2nd or 3rd place, there will be multiple 2nd and 3rd places awarded) there will be 1 overtime round. If there is still a tie after the overtime round, both participants will be awarded 1st place.
6. Strikes will not be included in the final score for the following infractions:
  - a. If the bottom of the focus paddle is held below the participant's waist, there will be no score awarded for every infraction.
  - b. Striking the handle of the target.
  - c. Striking the focus paddle with the leg.
  - d. When a holder moves their wrist/hand to assist the kicking technique, there will be no kick awarded for every infraction.
7. No Score (Score of 0)
  - a. Participant touches the ground with any part of the body other than feet during the 30 second attempt.
  - b. Participant falls down during the 30 second attempt.



## WORLD-CLASS SPORT POOMSAE COMPETITION BLACK BELTS ONLY

1. WT Authorized Poomsae: Taeguek 1-8 Jang & Black Belt Poomsae: Koryo, Keumgang, Taebaek, etc.
2. Age Divisions: Youth (10-11) Cadet (12-14) Junior (15-17) Senior (18-32) Ultra (33+)

Divisions (Both Genders)	Compulsory Poomsae
Youth (10-11)	Taegeuk 4 5 6 7 8 Koryo
Cadet (12-14)	Taegeuk 4 5 6 7 8 Koryo, Keumgang
Junior (15-17)	Taegeuk 4 5 6 7 8 Koryo, Keumgang, Taebaek
Senior (18-32)	Taegeuk 4 5 6 7 8 Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
Ultra (33+)	Taegeuk 4 5 6 7 8 Koryo, Keumgang, Taebaek, Pyongwon, Shipjin

\*Poomsaes to perform will be posted on New York Open TKD website ([www.nyopentkd.org](http://www.nyopentkd.org)) and emailed two weeks prior to competition.