



Lents Taekwondo & Worldwide Sports Online present:

2nd LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2020

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OFFICIAL INFORMATION PACKAGE



Promoting Peace, Goodwill & Friendship through Taekwondo





Worldwide
SPORTS ONLINE



GCS International

2nd LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2020

Dear Global Taekwondo Family!

What an amazing weeks we've had because of your participation at our inaugural event! With 855 athletes from 63 countries worldwide, we are the largest private online event! We are so proud and grateful that we have your support! Together with you and GCS International we have raised 1.000 Dollars & donated 32 Doboks together with our partner KWON to homeless children in Cambodia, who will receive free Taekwondo education.

Most of the proceeds come from the athletes, but we have also received a private donation from a referee, who donated her fee. Furthermore we have sponsored some athletes from underdeveloped countries in order to give them a chance to compete on a worldwide stage. We would like to show our great appreciation to everyone involved who has contributed to this cause.

Lents Taekwondo & Worldwide Sports Online are very pleased to announce that we will host the "2nd Lents Taekwondo Worldwide Sports Online Poomsae Open 2020" featuring Recognized Poomsae, Freestyle Poomsae, Para Poomsae & Beach Poomsae at the end of October and in November 2020! Once more, we will work together with GCS International - Goodwill Cooperation Service and with your participation we will support a humanitarian cause in Nepal. We are also excited to announce that we have established a collaboration with THF - Taekwondo Humanitarian Foundation for the "2nd Lents Taekwondo Worldwide Sports Online Open 2020" to support and empower refugees through Taekwondo. We are offering free participation to all refugee athletes who come from THF. By including them in our championships, we hope that we can contribute to THF's great efforts to create physical & mental wellbeing as well as discipline, self-belief and motivation to those who need it the most!

Together with our partners KWON, Vaztic and Martial events we are looking forward to host a state of the art 6-day online event, which is open for the whole world. The competition format is pre-recorded video upload with live judging by some of the most qualified International Referees in the world.

As the global COVID-19 pandemic has not yet ended, our goal with hosting the "2nd Lents Taekwondo Worldwide Sports Online Poomsae Open 2020", is to unite and inspire athletes, coaches and referees worldwide in the joy of the participation at our online Taekwondo event!

We are thrilled that you will join us in our efforts to promote Peace, Goodwill & Friendship through Taekwondo!

Thank you for your support!

Sincerely,
Edina Lents, Lisa Lents and Kenneth Schunken
Lents Taekwondo & Worldwide Sports Online



VAZTIC

KWON



MARTIAL EVENTS

GENERAL INFORMATION

COMPETITION DATES

RECOGNIZED POOMSAE:

31 OCTOBER – 1 NOVEMBER

7 - 8 NOVEMBER

FREESTYLE, BEACH AND PARA POOMSAE:

21 – 22 NOVEMBER

HOW DO I JOIN THE COMPETITION?

1. Read the full information package
2. Go to www.Martial.Events, create a team name and register yourself or your athletes.
If you experience problems, email ricardo@martial.events
3. Make the payment and send your receipt to kenneth@wwsportsonline.com
4. Before recording, make sure to carefully read the Video recording guides & the procedure for uploading videos. Notice that recording requirements for Freestyle Poomsae are different from Recognized, Beach & Para Poomsae.
5. On the day registration closes make sure to check your email/junk box for an email from Martial Events with information how to upload your videos. The email will be sent to the email you have been registered with, which means your coach/parent will receive the link, if the registration was not done by yourself.
6. The link will route you automatically to the Vaztic server where you can upload your videos. The link will only show the exact number of videos you need to upload.
7. If you have 20 or more athletes in your division, that means you will perform and upload 6 videos; Preliminary, Semi-final & Final Rounds. In the case there are between 9-19 athletes in your division, you will perform Semi-finals & Finals, which means 2 rounds and 4 videos in total. If there are 8 or fewer athletes in your division, you will only perform the Final round and only submit 2 videos of your Final round Poomsae. The Vaztic uploading system will tell you the exact number of Poomsae you are required to upload.
8. If there are issues with the upload, you will be notified right away. Please make sure to check your email/junk box for an email from Vaztic. The email will be sent to the email address you have been registered with, which means your coach/parent will receive the link, if the registration was not done by yourself. If you have questions, send an email to upload@vaztic.com
9. Processing may take a long time and you will receive an email after processing has finished, make sure to check your email/junk box for an email from Vaztic. The email will be sent to the email address you have been registered with, which means your coach/parent will receive the link, if the registration was not done by yourself. If you do not receive an email within 24 hours check back your link and see if your Poomsae video had an issue with processing. Don't wait to the last minute to upload, because it can take time and your video may not meet the requirements of the competition.

COMPETITION METHOD

WT Poomsae rules, with adjustments as mentioned in the outline. Cut-off system online competition with pre-recorded videos broadcasted online with real time judging by qualified International Referees.

ELIGIBILITY REQUIREMENTS

- Athletes from all over the world can participate.
- Athletes must be affiliated to a WT member national association.
- Athletes must meet age and belt requirements.

PROTEST

Only official protests are being reviewed by the Competition Supervisory Board. The protest must be made in writing within 10 minutes of the conclusion of the round's broadcast online. The fee is 150 Euro and is non-refundable. Protests must be submitted to kenneth@wwsportsonline.com

ORGANIZERS – CONTACT

Mr. Kenneth Schunken	Event Manager	kenneth@wwsportsonline.com	www.facebook.com/worldwidesportsonline/
Ms. Edina Lents	Technical Director / Referee Chairman	lentstaekwondo@gmail.com	www.facebook.com/LentsTaekwondo
Ms. Lisa Lents	PR & Media Director	lentstaekwondo@gmail.com	www.facebook.com/LentsTaekwondo
Mr. Kenneth Schunken, Ms. Edina Lents, Ms. Lisa Lents	Competition Supervisory Board		

TECHNICAL ASSISTANCE

Mr. Andrew Pang	VAZTIC Manager	upload@vaztic.com	Contact Mr. Pang for all video related questions and upload issues
Mr. Ricardo Hoogesteger	Martial.Events Manager	ricardo@martial.events	Contact Mr. Hoogesteger for all registration related questions

SOCIAL MEDIA CHANNELS

LENTS TAEKWONDO



Facebook: www.facebook.com/LentsTaekwondo



Instagram: www.instagram.com/LentsTaekwondo



Twitter: www.twitter.com/LentsTaekwondo



YouTube: www.youtube.com/LentsTaekwondo

WORLDWIDE SPORTS ONLINE



Facebook: www.facebook.com/wwsportsonline



Instagram: www.instagram.com/wwsportsonline



Website: www.wwsportsonline.com

GCS INTERNATIONAL - GOODWILL COOPERATION SERVICE



Website: www.gcsngo.org

HASHTAGS

#LentsTaekwondo

#렌츠태권도

#WorldwideSportsOnline

#2ndLentsTaekwondoWorldwideSportsOnlineOpen2020

#2ndOnlineBeachTaekwondoChampionships2020

#PeaceIsMorePreciousThanTriumph

REGISTRATION

ENTRY FEES & REGISTRATION DEADLINES

All athletes participating at the **2nd Lents Taekwondo Worldwide Sports Online Poomsae Open 2020** agree and consent that Vaztic, Lents Taekwondo, and World Wide Sports Online own any submitted video and information and may continue to use and edit it as they see fit.

FEE	DISCIPLINE	REGISTRATION DEADLINE
45 Euro per individual athlete	1) Recognized Poomsae 2) Freestyle Poomsae 3) Beach Poomsae 4) Para Poomsae	1) 21 October 2020, 23:59 GMT +2 2) 14 November 2020, 23:59 GMT +1 3) 14 November 2020, 23:59 GMT +1 4) 14 November 2020, 23:59 GMT +1
60 Euro per pair	Recognized Poomsae Freestyle Beach Poomsae	
65 Euro per team	Recognized Poomsae Freestyle Beach Poomsae	

PAYMENT ENTRY

All entry fees shall be paid in advance to Worldwide Sports Online by bank or via PayPal. The sender shall pay for the bank transfer costs (OUR).

BANK TRANSFER INFORMATION

PayPal:	paypal.me/wwsportsonline or with the email address kenneth@wwsportsonline.com
BANK TRANSFER	
Beneficiary:	Worldwide Sports Taekwondo
Name of the bank:	BUNQ
IBAN:	NL71BUNQ2045140482
BIC/SWIFT:	BUNQNL2AXXX
Address of the bank:	Naritaweg 131, 1043 BS AMSTERDAM - NETHERLANDS

PAYMENT REFERENCE

COUNTRY – FULL NAME – DIVISION – ENTRY CODE (e.g. E-4812-ED)

DEADLINE FOR PAYMENT

RECOGNIZED POOMSAE: **29 OCTOBER 2020**

FREESTYLE, BEACH AND PARA POOMSAE: **19 NOVEMBER 2020**

PROOF OF PAYMENT REQUIREMENT

Proof of payment must in all cases be sent to: kenneth@wwsportsonline.com. Worldwide Sports Online has the right to delete entries from athletes who do not provide proof of payment on email. Proof of payment is necessary to link payments to athletes. Please clearly indicate for whom the payments has been made.

NO REFUND

The organizers maintain a no refund policy.

MEDALS AND CERTIFICATES

Medals will be awarded to the Gold, Silver and Bronze medalists and will be sent to medal winners' home address. At the end of the competition, you will be asked to fill out a Medal Registration Form on www.facebook.com/LentsTaekwondo. Electronic certificates will be sent to all the medal winners. Overall Champion Trophies will be sent to the winners' home address.

1st place:	Gold Medal & certificate
2nd place:	Silver Medal & certificate
3rd place:	Bronze Medal & certificate
3rd place:	Bronze Medal & certificate

SPECIAL AWARDS

Male Overall Champion:	Trophy & certificate
Female Overall Champion:	Trophy & certificat
Best referee:	Trophy & certificate

All athletes and International Referees will receive an electronic participation certificate by email.



RULES AND REGULATIONS

The WT Poomsae Competition Rules & Interpretation (May 14, 2019) and WT Para Taekwondo Poomsae Competition Rules (Jan. 1, 2017) are applicable, unless otherwise indicated in the outline of the event.

GENERAL RULES

- Jewelry is not allowed
- Athletes are allowed to wear footwear/socks outdoors
- If the position of the foot cannot be evaluated, referees will make deductions in scoring.
- Sports injury or medical bandages are allowed
- At beach competition, you may wear your belt

KUP GRADE POLICY

With worldwide participation, we are facing multiple KUP grade systems and interpretations which means we have to deal with the fact that each system has its own color belt related to the KUP rank. Therefore, we use the KUP grade registration information provided by the athletes because of the different interpretations of the color belt related to the KUP grade.

DISQUALIFICATION

The following situations may result in disqualification as per decision of the CSB:

- Contestants competing in the wrong division.
- Videos that have been edited or show proof of editing.
- Contestants that have registered without submitting their videos in time.
- Videos containing political, social, or religious propaganda.
- Videos containing non-recognized IOC flags. Please check your flags in your Dojangs.
- Videos containing profanity or indecent images or gestures.
- Freestyle Poomsae not performed on mats outdoors and indoors.
- Beach Poomsae not performed on sand.
- Contestants who submitted videos used in other competition or same video used several times in free choice Poomsae rounds.
- Videos with music during performance, excluding freestyle.
- Freestyle video submissions that do not meet the 1080p @ 60 frames per second video recording requirements.
- Freestyle videos that do not meet the duration requirements of a Freestyle performance from 90-100 seconds.

DEDUCTIONS:

- Poor quality videos that are unable to be judged by the referees will result in the minimum score of 1,5 per poomsae. In Freestyle, poor quality videos will be scored Technical 0,0 and Presentation as normal.
- Contestants performing the wrong poomsae will receive the minimum score of 1,5 per poomsae.
- 0,3 will be deducted if any part of the contestant's body is out of the video frame. Further deductions will apply for each movement, where a part of the body is not visible.

PARA ATHLETE DECLARATION

ATHLETE DECLARATION – MANDATORY

I, the undersigned, declare that I am a Para Taekwondo athlete who was never classified in the past. In order to participate at the 2nd Lents Taekwondo Worldwide Sports Online Open 2020, I declare that I am a Para Taekwondo athlete.

NAME:

DATE OF BIRTH:

Based on my own analysis I classify myself as (fill in the classification group you belong to):

.....
.....

I declare that I have filled out this declaration honestly and provided all information based on a fair analysis. I understand that if I have not been honest about my classification, the event organizers may take disciplinary actions against me at the level of World Taekwondo.

Name:

Date:

Signature:

COACH DECLARATION – STRONGLY RECOMMENDED

I, the undersigned, declare that I am the coach of abovementioned Para Taekwondo athlete. As coach, I concur with the declaration made by abovementioned athlete. I declare that I have filled out this declaration honestly and provided all information based on a fair analysis. I understand that if I have not been honest the event organizers may take disciplinary actions against me at the level of World Taekwondo.

Name:

Date:

Signature:

VIDEO RECORDINGS

Minimum suggested requirements Beach, Para and Recognized Poomsae event:

- 720 or 1080p with 30/60 frames per second

MANDATORY

Requirements Freestyle Poomsae event:

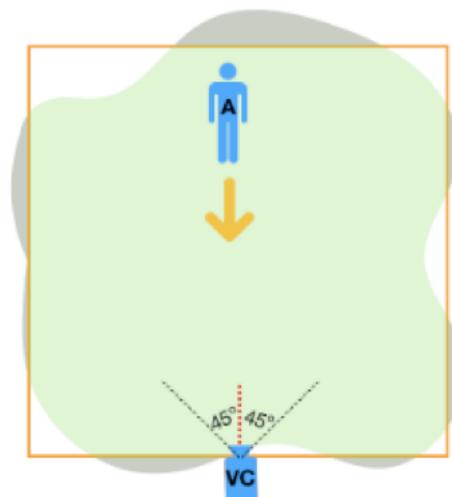
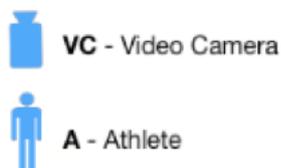
- 1080p with 60 frames per second
- Not meeting these requirements result in DSQ
- 90-100 seconds duration

Rules on video recording and submissions:

1. Please ensure you follow the instructions of your local and national health authorities with regard to social distancing and outdoors excursions.
2. The athlete shall be 100% full body inside the video recording at all times. The camera can be moved to facilitate this coverage (no music). Try to film as close as possible without going out of the frame.
3. Videos that have been used in any other competitions will NOT be accepted for consideration.
4. The video recording shall be done while the athlete is facing the camera in the start position.

The camera must be stationary but may be rotated no more than 45 degrees left and right (panning) from its starting point as indicated in Diagram 1. Zooming in and Out during performance is allowed, as long as the full body is in the video frame.

Diagram 1:



5. The video recording can start immediately after Charyot & Kyonghe. Walking in and out is not necessary.
6. Only raw videos may be submitted. Do not edit the video or include anything additional in the beginning of the video.
7. Minimum video requirements 720p with 30 frames per second. However, 1080p with 60 frames per second is highly recommendable for Recognized, Beach & Para Poomsae events. Lower quality video recordings may result in the referees not being able to score your poomsae performance.
8. Mandatory minimum video requirements for Freestyle Poomsae is 1080p with 60 frames per second. Lower quality video recordings and videos edited to meet any of the requirements will result in disqualification.
9. Recordings must be in landscape mode. Portrait mode is not allowed.
10. Athletes are allowed to wear footwear, however the position of the foot must be clearly visible.
11. Only IOC recognized flags may be shown (<https://www.olympic.org/national-olympic-committees>). Athletes who show political, religious or any other than IOC recognized flags shall be disqualified. Please check the flags in your dojangs. We recommend to remove the flags if they are not IOC recognized to avoid disqualification.



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REGISTRATION ON MARTIAL EVENTS AND VAZTIC VIDEO SUBMISSION DEADLINES:

RECOGNIZED POOMSAE

Registration Closes:	21 OCTOBER 2020, 23:59 GMT +2
Publication of Poomsae draw:	21 OCTOBER 2020, 23:59 GMT +2
Athlete list verification ends:	22 OCTOBER 2020, 23:59 GMT +2
Upload period:	23 OCTOBER 2020, 00:00 GMT +2 to 28 OCTOBER 2020 23:59 GMT +1
Competition begins:	31 OCTOBER 2020, 09:00 GMT +1

FREESTYLE, BEACH & PARA POOMSAE

Registration Closes:	14 NOVEMBER 2020, 23:59 GMT +1
Athlete list verification ends:	15 NOVEMBER 2020, 23:59 GMT +1
Upload period:	16 NOVEMBER 2020, 00:00 GMT +1 to 19 NOVEMBER 2020 23:59 GMT +1
Competition begins:	21 NOVEMBER 2020, 12:00 GMT +1

The video submissions for the 2nd Lents Taekwondo Worldwide Sports Online Open 2020 will work in 3 steps, depending on your event! Follow below steps!

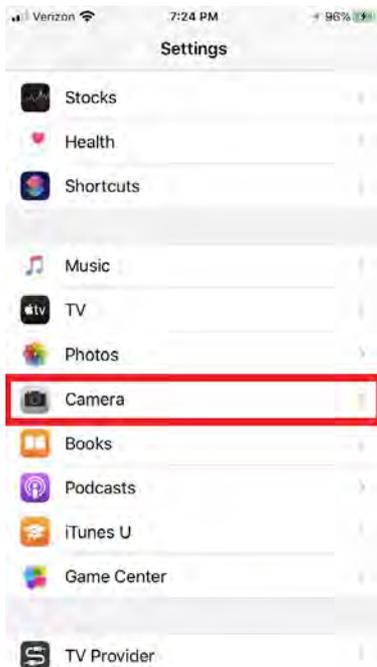
OPTION 1	OPTION 2
I CAN CHOOSE MY OWN POOMSAE	MY POOMSAE WILL BE DRAWN
1. Athletes participating at an event in which they can choose their own Poomsae have to submit their choice of Poomsae before the registration closes and register their choice in the Martial.Events registration portal	1. Athletes participating at an event in which the Organizing Committee will draw their Poomsae do NOT submit their Poomsae in the Martial.Events registration portal.
2. After the registration closes coaches and athletes have 24 hours to submit corrections to the posted division lists.	2. After the registration closes coaches and athletes have 24 hours to submit corrections to the posted division lists.
3. 24h after the registration deadline, Martial.Events will send each athlete a unique link to submit their videos on the Vaztic server for the event. The page will show the athlete's name, NOC and division. For 96 hours, the athletes can upload and submit their videos. There will be one submission box for each selected Poomsae at registration and it will show the round & Poomsae name listed on it. The page will display a confirmation message when a Poomsae is successfully uploaded. It will display an error if the video fails a check. An email will be sent after the video has finished processing to come back and check your video.	3. 24h after the registration deadline, Martial.Events will send each athlete a unique link to submit their videos on the Vaztic server for the event. The page will show the athlete's name, NOC and division. For 96 hours, the athletes can upload and submit their videos. There will be one submission box for each selected Poomsae at registration and it will show the round & Poomsae name listed on it. The page will display a confirmation message when a Poomsae is successfully uploaded. It will display an error if the video fails a check. An email will be sent after the video has finished processing to come back and check your video.

How to Record at 1080p @ 60fps on iPhone

1. Open the “Settings” icon



2. Scroll down to the “Camera” settings tab and select it

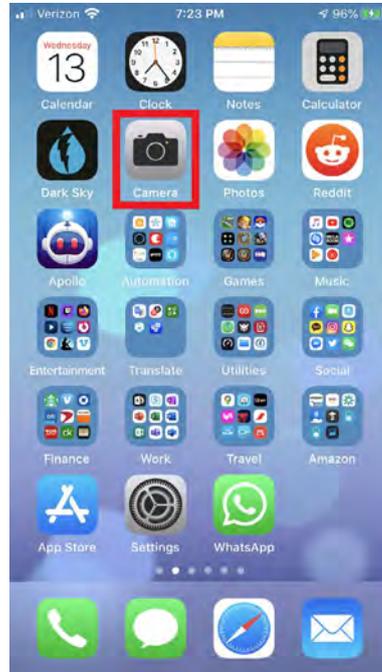


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3. Select the “Record Video” settings tab



5. Return back to the home screen and open your camera



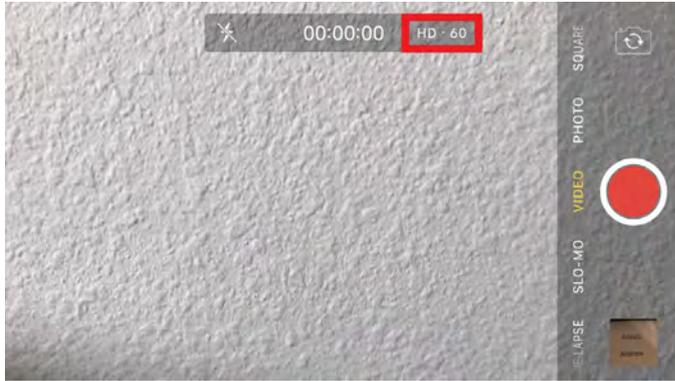
4. Select “1080p HD at 60 fps”



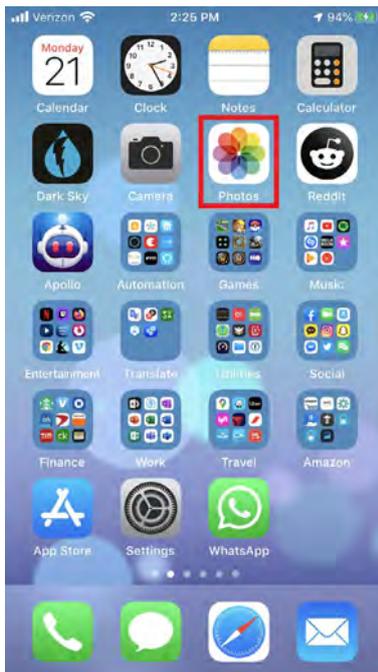
6. Swipe to the right for “VIDEO” and start recording



7. Rotate your phone to be in landscape mode and you should be in the middle of the screen while in landscape mode



8. Make sure to record with the back of the phone camera and recording from the lockscreen
9. Return to your home screen and select the "Photos" icon



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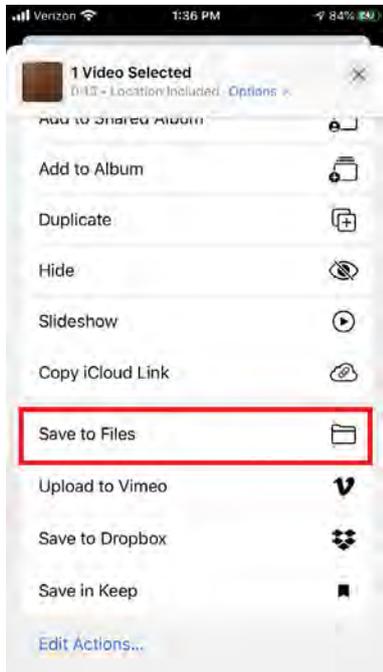
10. Scroll down to your recorded video and press the “Select” button



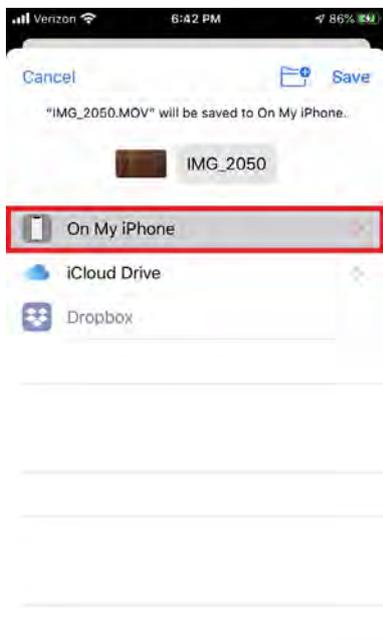
11. Select your recorded video and then press the “Forward” icon



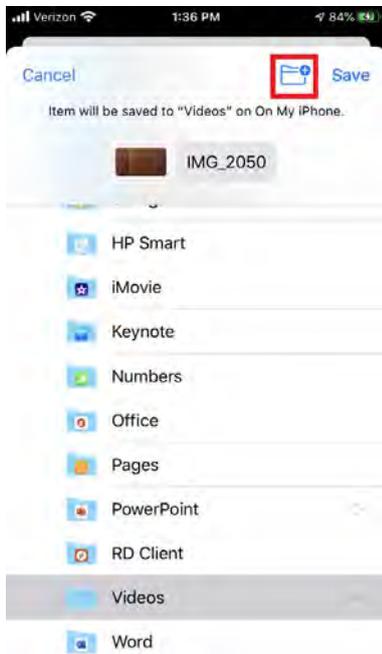
12. Scroll down to the “Save to Files” option and select it



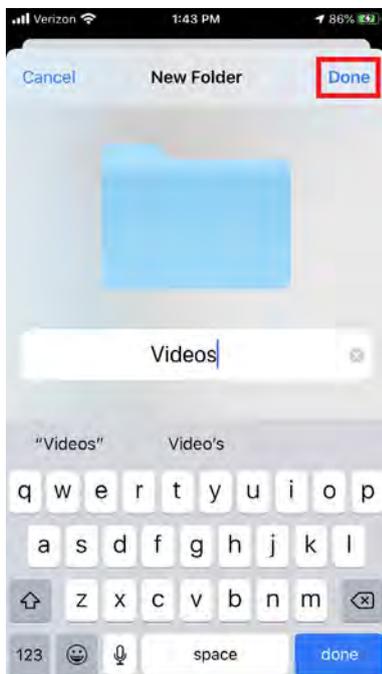
13. Scroll up to the top and select and expand “On My iPhone”



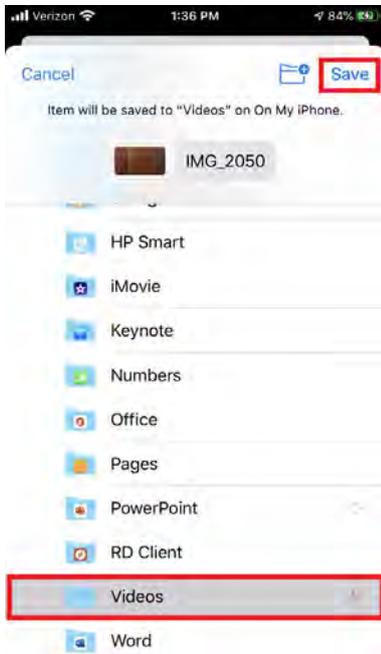
14. Create a new folder by pressing the “Folder” icon



15. Label the folder “Videos” and then select done



16. Select the created “Videos” folder and select “Save”



17. Open the upload website from the link sent to your email and select the location you want to upload under

18. Select the “Browse” option when uploading



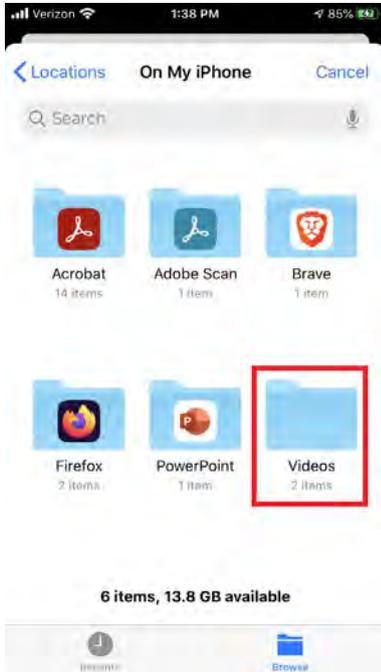
19. Select the “Locations” setting



20. Select “On My iPhone” as the location



21. Scroll down to the created “Videos” folder and select it



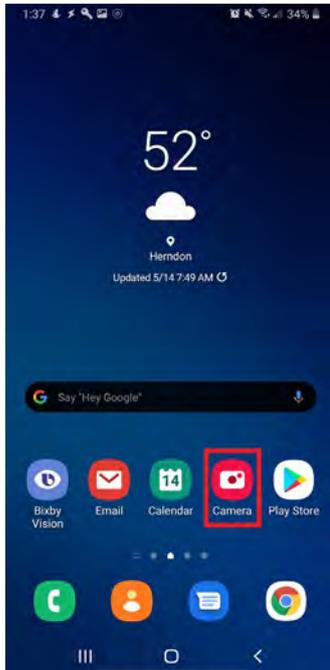
22. Select the proper video file for the upload location



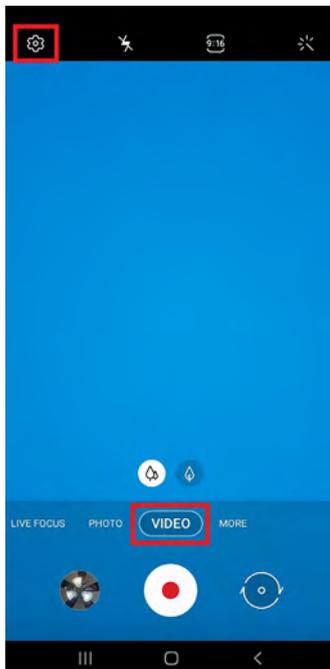
23. Re-watch your video to ensure the correct video is uploaded

How to Record at 1080p @ 60fps on Galaxy S9

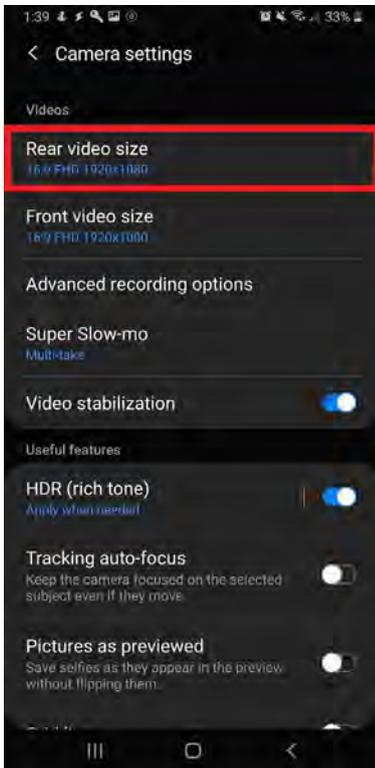
1. Open the "Camera" icon



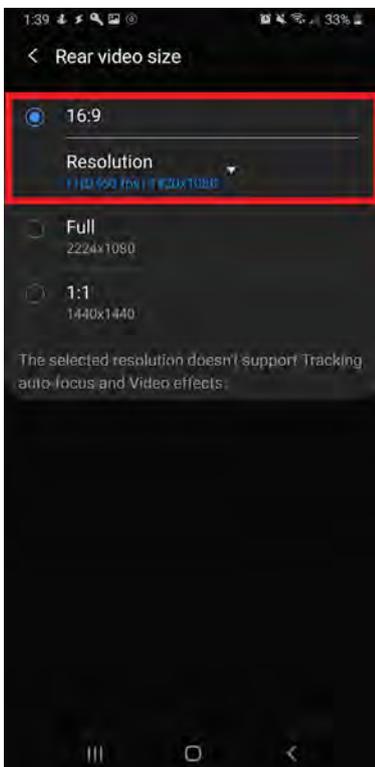
2. Select "VIDEO" and then select the settings cog



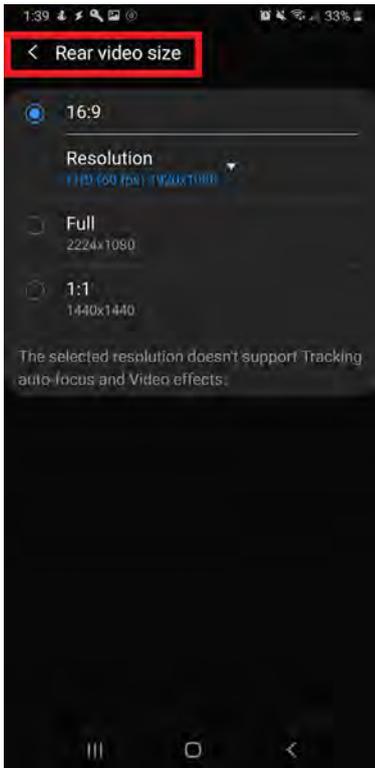
3. Select "Rear video size"



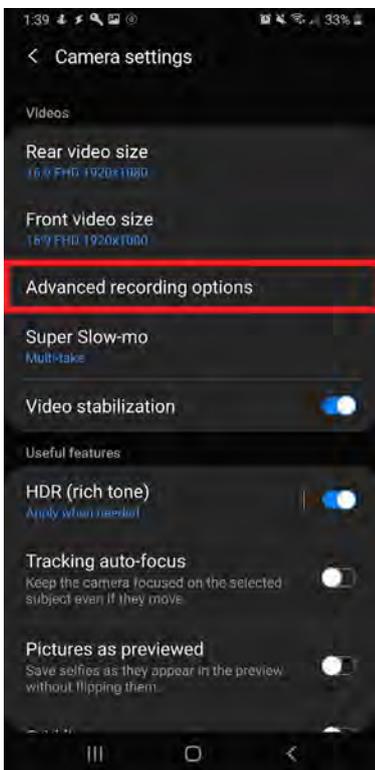
4. Select "16:9" and Resolution of "FHD (60 fps) 1920x1080"



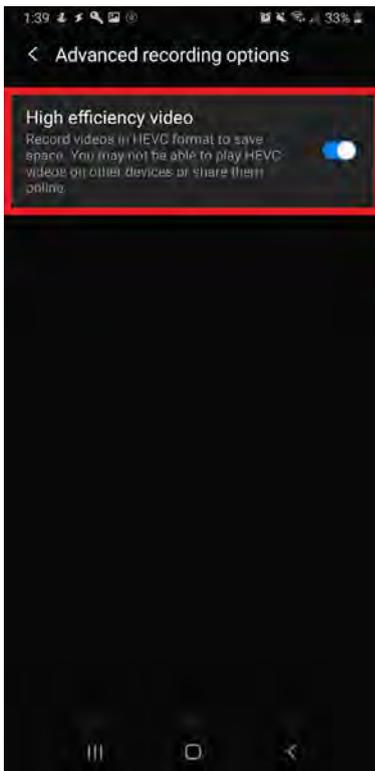
5. Return back to camera settings by selecting "< Rear video size"



6. Select "Advanced recording options"



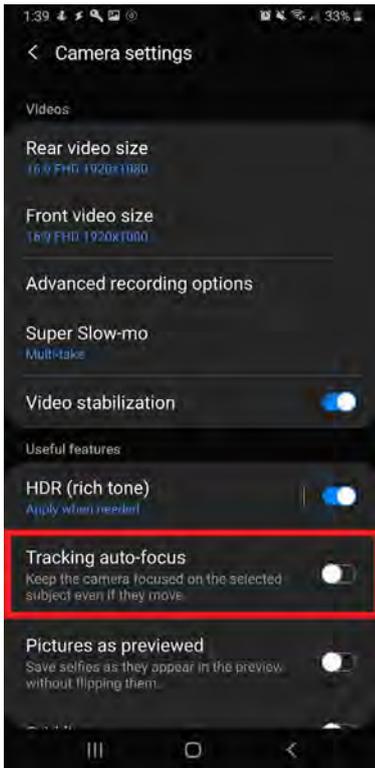
7. Enable “High efficiency video”



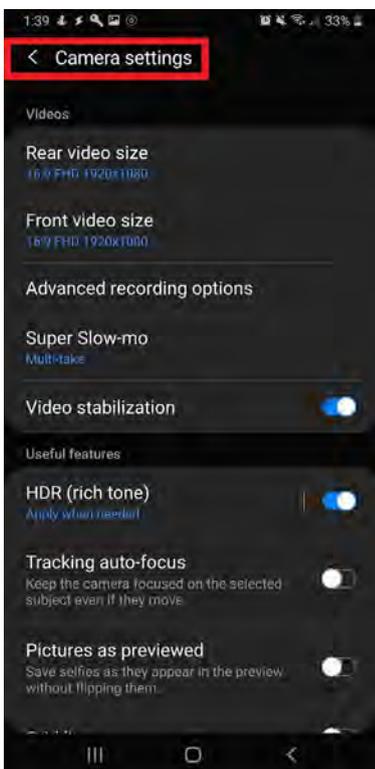
8. Return back to camera settings by select “< Advanced recording options”



9. Disable "Tracking auto-focus"



10. Return back to the camera selecting "< Camera settings"



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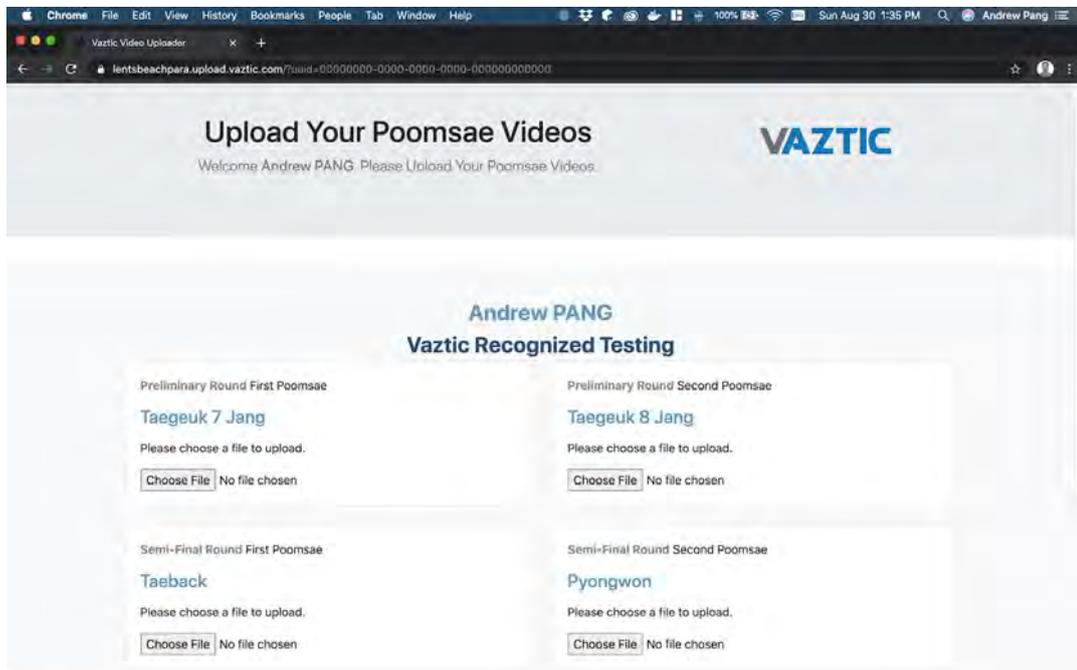
11. Rotate your phone to be in landscape mode and you should see “(16:9)” upright on the left hand middle side of the screen while in landscape mode



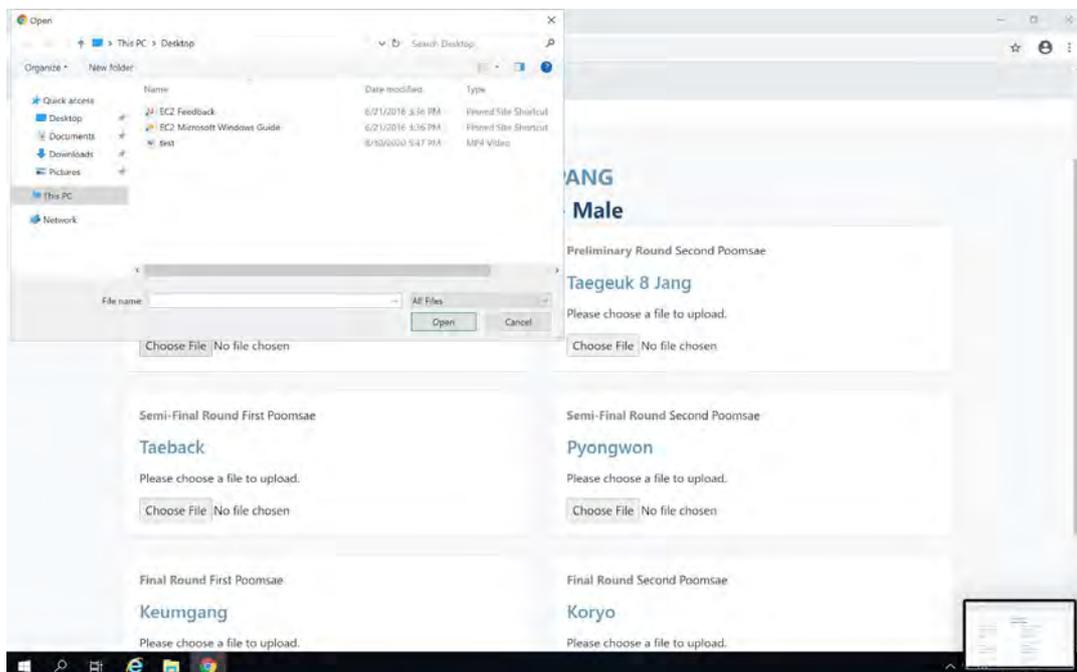
12. Make sure to record with the back of the phone camera and don't record after locking the phone and recording from the lockscreen
13. Proceed to the email you received and open the link to your custom upload link
14. Open the website and upload the correct video under each upload location
15. Re-watch your video to ensure the correct video is uploaded

Procedure for Uploading Videos

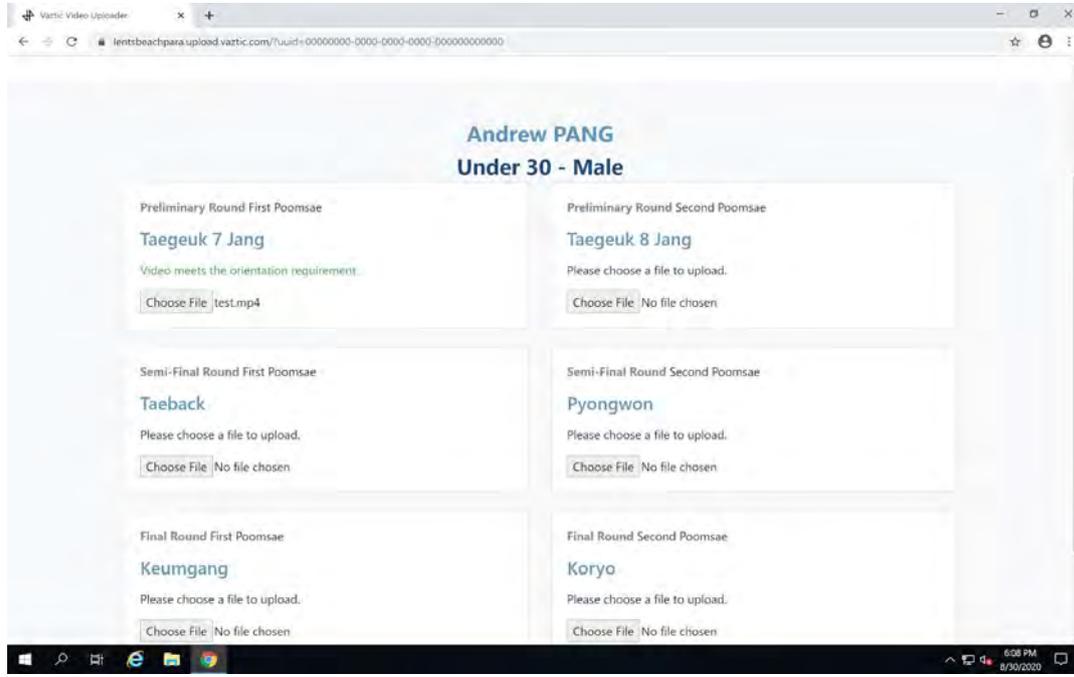
1. Open the email containing your custom upload link
2. Click on the custom upload link to open the website



3. For each Poomsae, click the Upload button, then select the video for that Poomsae to upload.

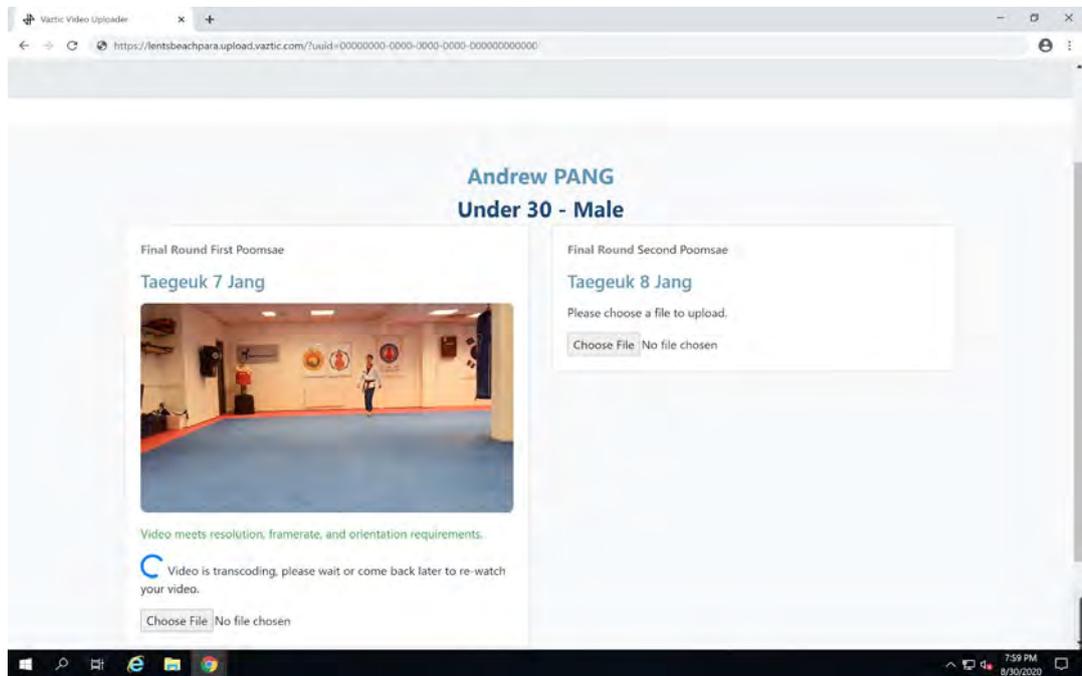


4. Stay on the page until the upload completes



5. Read the result message

a. A green message means the video passes the quality checks.



- b. A red message means the video passes the quality checks. The video must be recorded again and the new video uploaded.

Final Round Second Poomsae

Taegeuk 8 Jang



Video does not meet orientation requirements (found portrait; landscape orientation required), resolution requirements (found 1280x720; 1920x1080 required), and framerate requirements (found 31 fps; 60 fps required).

 Video is transcoding, please wait or come back later to re-watch your video.

No file chosen

6. An email will be sent once we have processed the video.

VAZTIC

Hello Andrew PANG!

We have finished processing your Under 30 - Male Final Round Taegeuk 7 Jang Poomsae video and it is ready to be reviewed. Please click <https://www.lentsbeachpara.upload.vaztic.com/?uuid=00000000-0000-0000-0000-000000000000> to review your video. You are responsible for verifying the quality of the video prior to competition.

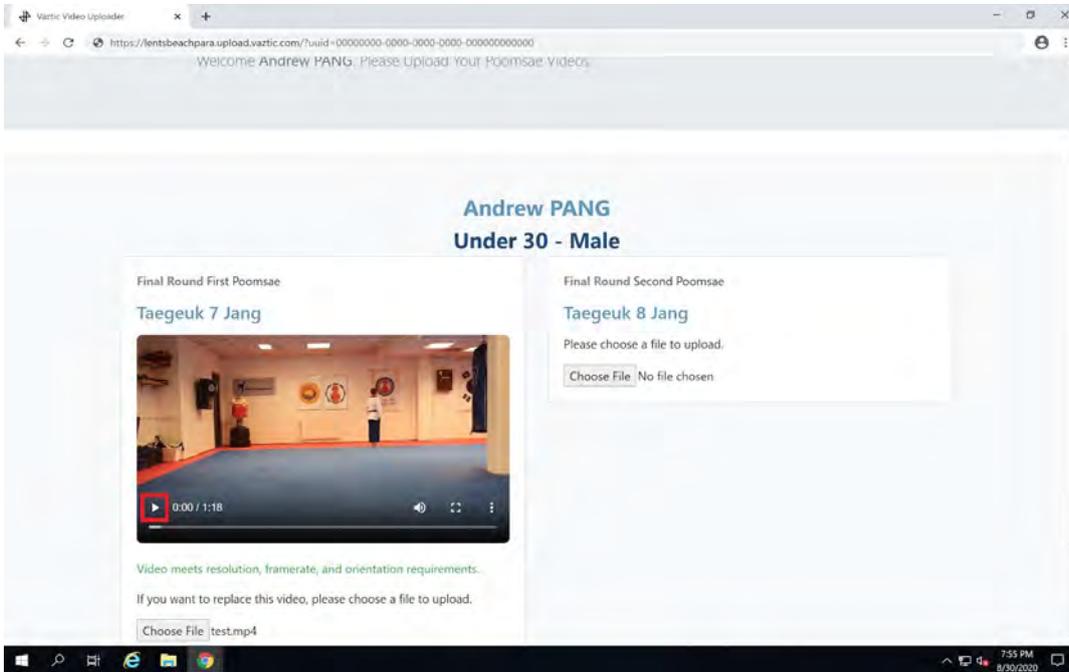
If you have any questions or concerns regarding your uploaded video please feel free to email us at upload@vaztic.com.

Thank You!
Vaztic

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2nd LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2020

7. Review the video to ensure you are satisfied with the quality. What is shown on the site is exactly what will be played during the event.



RECOGNIZED POOMSAE

COLOR BELT DIVISIONS 10TH – 1ST KUP – INDIVIDUAL

10th – 7th Kup

Kids Under 11 Male	(birth year: 2009 – and younger)
Kids Under 11 Female	(birth year: 2009 – and younger)
Cadet Male	(birth year: 2006 – 2008)
Cadet Female	(birth year: 2006 – 2008)
Junior Male	(birth year: 2003 – 2005)
Junior Female	(birth year: 2003 – 2005)
Over 17 Male	(birth year: 2002 and older)
Over 17 Female	(birth year: 2002 and older)

6th – 3rd KUP

Kids Under 11 Male	(birth year: 2009 – and younger)
Kids Under 11 Female	(birth year: 2009 – and younger)
Cadet Male	(birth year: 2006 – 2008)
Cadet Female	(birth year: 2006 – 2008)
Junior Male	(birth year: 2003 – 2005)
Junior Female	(birth year: 2003 – 2005)
Over 17 Male	(birth year: 2002 and older)
Over 17 Female	(birth year: 2002 and older)

2nd – 1st KUP

Kids Under 11 Male	(birth year: 2009 – and younger)
Kids Under 11 Female	(birth year: 2009 – and younger)
Cadet Male	(birth year: 2006 – 2008)
Cadet Female	(birth year: 2006 – 2008)
Junior Male	(birth year: 2003 – 2005)
Junior Female	(birth year: 2003 – 2005)
Over 17 Male	(birth year: 2002 and older)
Over 17 Female	(birth year: 2002 and older)

RECOGNIZED POOMSAE

BLACK BELT DIVISIONS – INDIVIDUAL

Kids Under 11 Male	(birth year: 2009 – and younger)
Kids Under 11 Female	(birth year: 2009 – and younger)
Cadet Male	(birth year: 2006 – 2008)
Cadet Female	(birth year: 2006 – 2008)
Junior Male	(birth year: 2003 – 2005)
Junior Female	(birth year: 2003 – 2005)
Under 30 Male	(birth year: 1990 – 2002)
Under 30 Female	(birth year: 1990 – 2002)
Under 40 Male	(birth year: 1980 – 1989)
Under 40 Female	(birth year: 1980 – 1989)
Under 50 Male	(birth year: 1970 – 1979)
Under 50 Female	(birth year: 1970 – 1979)
Under 60 Male	(birth year: 1960 – 1969)
Under 60 Female	(birth year: 1960 – 1969)
Under 65 Male	(birth year: 1955 – 1959)
Under 65 Female	(birth year: 1955 – 1959)
Over 65 Male	(birth year: 1954 older)
Over 65 Female	(birth year: 1954 older)

BLACK BELT DIVISIONS - PAIRS & TEAMS

Pairs Under 17:	(birth year: 2003 – younger)
Male Team Under 17	(birth year: 2003 – younger)
Female Team Under 17:	(birth year: 2003 – younger)
Pairs Over 17:	(birth year: 2002 – older)
Male Team Over 17:	(birth year: 2002 – older)
Female Team Over 17:	(birth year: 2002 – older)

2nd LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2020

FREESTYLE POOMSAE

BLACK BELT DIVISIONS – FREESTYLE INDIVIDUAL

Kids Male Under 11	(birth year: 2009 - and younger)
Kids Female Under 11	(birth year: 2009 - and younger)
Male 12-17 Years	(birth year: 2003 - 2008)
Female 12-17 Years	(birth year: 2003 - 2008)
Over 17 Male	(birth year: 2002 - older)
Over 17 Female	(birth year: 2002 - older)

BLACK BELT DIVISIONS – FREESTYLE PAIRS & TEAMS

Pairs Under 17	(birth year: 2003 - younger)
Pairs Over 17	(birth year: 2002 - older)
Mixed Team	(birth year: no age limit)

BEACH POOMSAE

COLOR BELT DIVISIONS 10TH-1ST KUP – BEACH INDIVIDUAL

10th – 1st KUP

Kids Male Under 11	(birth year: 2009 - and younger)
Kids Female Under 11	(birth year: 2009 - and younger)
Male 12-17 Years	(birth year: 2003 - 2008)
Female 12-17 Years	(birth year: 2003 - 2008)
Over 17 Male	(birth year: 2002 - older)
Over 17 Female	(birth year: 2002 - older)

BLACK BELT DIVISIONS – BEACH INDIVIDUAL

Kids Under 11 Male	(birth year: 2009 – and younger)
Kids Under 11 Female	(birth year: 2009 – and younger)
Cadet Male	(birth year: 2006 – 2008)
Cadet Female	(birth year: 2006 – 2008)
Junior Male	(birth year: 2003 – 2005)
Junior Female	(birth year: 2003 – 2005)
Under 30 Male	(birth year: 1990 – 2002)
Under 30 Female	(birth year: 1990 – 2002)
Over 30 Male	(birth year: 1989 – older)
Over 30 Female	(birth year: 1989 – older)

BLACK BELT DIVISIONS – BEACH PAIRS & TEAMS

Pairs Under 17	(birth year: 2003 – younger)
Male Team Under 17	(birth year: 2003 – younger)
Female Team Under 17	(birth year: 2003 – younger)
Pairs Over 17	(birth year: 2002 – older)
Male Team Over 17	(birth year: 2002 – older)
Female Team Over 17	(birth year: 2002 – older)

PARA POOMSAE

COLOR BELT TO BLACK BELT DIVISIONS 8TH KUP+ – INDIVIDUAL

Birth year: 2003 – 2005

Junior Male - P10 - Visual Impairment
Junior Male - P20 - Intellectual Impairment
Junior Male - P31/P32/P33 - Physical Impairments
Junior Male - P34 - Physical Impairments
Junior Male - P50 - Wheelchair Classes
Junior Male - P60 - Deaf
Junior Male - P70 - Short Stature

Birth year: 2003 – 2005

Junior Female - P10 - Visual Impairment
Junior Female - P20 - Intellectual Impairment
Junior Female - P31/P32/P33 - Physical Impairments
Junior Female - P34 - Physical Impairments
Junior Female - P50 - Wheelchair Classes
Junior Female - P60 - Deaf
Junior Female - P70 - Short Stature

Birth year: 1990 – 2002

Under 30 Male - P10 - Visual Impairment
Under 30 Male - P20 - Intellectual Impairment
Under 30 Male - P31/P32/P33 - Physical Impairments
Under 30 Male - P34 - Physical Impairments
Under 30 Male - P50 - Wheelchair Classes
Under 30 Male - P60 - Deaf
Under 30 Male - P70 - Short Stature

Birth year: 1990 – 2002

Under 30 Female - P10 - Visual Impairment
Under 30 Female - P20 - Intellectual Impairment
Under 30 Female - P31/P32/P33 - Physical Impairments
Under 30 Female - P34 - Physical Impairments
Under 30 Female - P50 - Wheelchair Classes
Under 30 Female - P60 - Deaf
Under 30 Female - P70 - Short Stature

Birth year: 1989 – older

Over 30 Male - P10 - Visual Impairment
Over 30 Male - P20 - Intellectual Impairment
Over 30 Male - P31/P32/P33 - Physical Impairments
Over 30 Male - P34 - Physical Impairments
Over 30 Male - P50 - Wheelchair Classes
Over 30 Male - P60 - Deaf
Over 30 Male - P70 - Short Stature

Birth year: 1989 – older

Over 30 Female - P10 - Visual Impairment
Over 30 Female - P20 - Intellectual Impairment
Over 30 Female - P31/P32/P33 - Physical Impairments
Over 30 Female - P34 - Physical Impairments
Over 30 Female - P50 - Wheelchair Classes
Over 30 Female - P60 – Deaf
Over 30 Female - P70 - Short Stature

RECOGNIZED POOMSAE

T1	Taeguk Il Jang	P1	Poomsae Koryo
T2	Taeguk Yi Jang	P2	Poomsae Keumgang
T3	Taeguk Sam Jang	P3	Poomsae Taebaek
T4	Taeguk Sah Jang	P4	Poomsae Pyongwon
T5	Taeguk Oh Jang	P5	Poomsae Sipjin
T6	Taeguk Yook Jang	P6	Poomsae Jitae
T7	Taeguk Chill Jang	P7	Poomsae Chongkwon
T8	Taeguk Pal Jang	P8	Poomsae Hansu

DIVISIONS AGE ELIGIBILITY AND POOMSAE PERFORMANCE

20+ athletes in a division = 6 videos; Preliminary, Semi-final, Final Rounds

9 -19 athletes in a division = 4 videos; Semi-final, Final Rounds

8 or fewer athletes = 2 videos; Final Round

COLOR BELT DIVISIONS 10TH -1ST KUP – INDIVIDUAL MALE & FEMALE

10th – 7th Kup

Kids Under 11: (birth year: 2009 – and younger)

Cadet: (birth year: 2006 – 2008)

Junior: (birth year: 2003 – 2005)

Over 17: (birth year: 2002 and older)

6th – 3rd KUP

Kids Under 11: (birth year: 2009 – and younger)

Cadet: (birth year: 2006 – 2008)

Junior: (birth year: 2003 – 2005)

Over 17: (birth year: 2002 and older)

2nd – 1st KUP

Kids Under 11: (birth year: 2009 – and younger)

Cadet: (birth year: 2006 – 2008)

Junior: (birth year: 2003 – 2005)

Over 17: (birth year: 2002 and older)

Kids U11: 10th-7th Kup	T1, T2, T3, T4
Kids U11: 6th-3rd Kup	T3, T4, T5, T6
Kids U11: 2nd-1st Kup	T4, T5, T6, T7, T8

Junior: 10th-7th Kup	T1, T2, T3, T4
Junior: 6th-3rd Kup	T3, T4, T5, T6
Junior: 2nd-1st Kup	T4, T5, T6, T7, T8

Cadet: 10th-7th Kup	T1, T2, T3, T4
Cadet: 6th-3rd Kup	T3, T4, T5, T6
Cadet: 2nd-1st Kup	T4, T5, T6, T7, T8

Over 17: 10th-7th Kup	T1, T2, T3, T4
Over 17: 6th-3rd Kup	T3, T4, T5, T6
Over 17: 2nd-1st Kup	T4, T5, T6, T7, T8

POOMSAE SUBMISSIONS - FREE CHOICE

The athletes have to submit 2 Poomsae per round - Preliminary, Semi-final and Final rounds, with maximum of 6 Poomsae. Color belts can choose their Poomsae from above table, each round needs to have 2 different Poomsae, but Poomsae may be repeated in the next round.

Submit 1 video per 1 Poomsae, with a maximum of 6 videos! Please see an example below.

In case of repetition of Taeguek or Poomsae, a new video has to be recorded each time. If same video is submitted several times it will result in disqualification.

Example:

ALLOWED:

Preliminary round: T1 – T3
Semifinal: T2 – T3
Final: T1 – T2

NOT ALLOWED:

Preliminary round: T1 – T1
Semifinal: T2 – T2
Final: T3 – T3

BLACK BELT DIVISIONS – INDIVIDUAL MALE & FEMALE

Kids Under 11	(birth year: 2009 and younger)
Cadet	(birth year: 2006 – 2008)
Junior	(birth year: 2003 – 2005)
Under 30	(birth year: 1990 – 2002)
Under 40	(birth year: 1980 – 1989)
Under 50	(birth year: 1970 – 1979)
Under 60	(birth year: 1960 – 1969)
Under 65	(birth year: 1955 – 1959)
Over 65	(birth year: 1955 – older)

Kids Under 11	T4, T5, T6, T7, T8, P1, P2
Cadet	T4, T5, T6, T7, T8, P1, P2
Junior	T4, T5, T6, T7, T8, P1, P2, P3
Under 30	T6, T7, T8, P1, P2, P3, P4, P5
Under 40	T6, T7, T8, P1, P2, P3, P4, P5
Under 50	T8, P1, P2, P3, P4, P5, P6, P7
Under 60	P1, P2, P3, P4, P5, P6, P7, P8
Under 65	P1, P2, P3, P4, P5, P6, P7, P8
Over 65	P1, P2, P3, P4, P5, P6, P7, P8

BLACK BELT DIVISIONS – PAIRS AND TEAMS

Birth year: 2003 – younger

Pairs Under 17

Male Team Under 17

Female Team Under 17

Birth year: 2002 – older

Pairs Under 17

Pairs Over 17

Male Team Over 17

Female Team Over 17

Pairs Under 17	T4, T5, T6, T7, T8, P1, P2, P3
Male Team Under 17	T4, T5, T6, T7, T8, P1, P2, P3
Female Team Under 17	T4, T5, T6, T7, T8, P1, P2, P3
Pairs Over 17	T6, T7, T8, P1, P2, P3, P4, P5
Male Team Over 17	T6, T7, T8, P1, P2, P3, P4, P5
Female Team Over 17	T6, T7, T8, P1, P2, P3, P4, P5

OVERALL CHAMPION

Male & Female winners of each Individual Recognized Poomsae Black Belt Category; Kids U11, Cadet, Junior, U30, U40, U50, U60, U65, O65 will compete in divisions against each other for the ultimate "Overall Champion" title. After the Recognized Poomsae Finals, each winner shall upload a new video containing one poomsae from the compulsory poomsae list for your category. This video may be a reupload of one of your Preliminary, Semi-Final, or Final videos from this competition. The winners will be awarded with the title "Overall Champion", a trophy & a certificate.

POOMSAE SUBMISSIONS - DESIGNATED DRAW

The athletes have to submit 2 Poomsae per round, with maximum 6 Poomsae for Preliminary, Semifinal & Final rounds with maximum of 6 Poomsae. The draw of the Poomsae for Black Belts will be officially announced on www.facebook.com/LentsTaekwondo

Submit 1 video per 1 Poomsae, with a maximum of 6 videos!

SPORT EQUIPMENT

Athletes can only use generally accepted (White or Competition, Kyurogi or Poomsae) Doboks. Suggested are WT recognized products: <http://www.worldtaekwondo.org/wtf-partners/recognized/>

REQUIREMENTS

Must be performed outdoors or indoors.

REGISTRATION DEADLINE

21 OCTOBER 2020, 23:59 GMT +1 Paris time

UPLOAD DEADLINE

28 OCTOBER 2020, 23:59 GMT +1 Paris time

FREESTYLE POOMSAE

DIVISIONS AGE ELIGIBILITY AND POOMSAE PERFORMANCE

INDIVIDUAL

Kids Male Under 11	(birth year: 2009 - and younger)
Kids Female Under 11	(birth year: 2009 - and younger)
Male 12-17 Years	(birth year: 2003 - 2008)
Female 12-17 Years	(birth year: 2003 - 2008)
Male Over 17	(birth year: 2002 – older)
Female Over 17	(birth year: 2002 – older)

PAIRS AND TEAMS

Black belt divisions	
Pairs Under 17	(birth year: 2003 – younger)
Pairs Over 17	(birth year: 2002 – older)
Mixed Team	(birth year: no age limit)

POOMSAE SUBMISSION

The athletes have to submit 1 Freestyle Poomsae. The duration should be 90 to 100 seconds and video recorded in landscape mode . WT rules are applicable.

VIDEO REQUIREMENTS

The video recording for Freestyle Poomsae competition shall be recorded at 1080p and minimum 60 fps (frames per second). DSQ shall be announced for those athletes whose video does not meet these requirements. Please make sure to read the recording guide carefully before recording your videos to avoid DSQ.

REQUIREMENTS

Freestyle must be performed on standard Taekwondo mats outdoors or indoors. Spring-loaded floors or any other bouncing floors are not allowed.

SPORT EQUIPMENT

Athletes can only use generally accepted (White or Competition, Kyurogi and Poomsae) Doboks. Suggested are WT recognized products: <http://www.worldtaekwondo.org/wtf-partners/recognized/>

REGISTRATION DEADLINE

14 NOVEMBER 2020, 23:59 GMT +1 Paris time

UPLOAD DEADLINE

19 NOVEMBER 2020, 23:59 GMT +1 Paris time

BEACH POOMSAE

DIVISIONS AGE ELIGIBILITY AND POOMSAE PERFORMANCE

COLOR BELT DIVISIONS 10TH – 1ST KUP - INDIVIDUAL MALE & FEMALE

Under 17 (birth year: 2003 – younger)
 Over 17 (birth year: 2002 – older)

POOMSAE SUBMISSIONS

The athletes must submit 2 Beach Poomsae per round - Preliminary, Semi-final and Final rounds, with maximum of 6 Poomsae. They can choose their Poomsae from below table, each round needs to have 2 different Poomsae, but Poomsae may be repeated in the next round. Submit 1 video per 1 Poomsae, with a maximum of 6 videos! Please see an example below.

In case of repetition of Poomsae, a new video has to be recorded each time.
 If same video is submitted several times it will result in disqualification.

Example:

ALLOWED:

Preliminary round: T1 – T3
 Semifinal: T2 – T3
 Final: T1 – T2

NOT ALLOWED:

Preliminary round: T1 – T1
 Semifinal: T2 – T2
 Final: T3 – T3

Under 17 and Over 17:

T1	Taeguk Il Jang
T2	Taeguk Yi Jang
T3	Taeguk Sam Jang
T4	Taeguk Sah Jang
T5	Taeguk Oh Jang
T6	Taeguk Yook Jang
T7	Taeguk Chill Jang
T8	Taeguk Pal Jang

Under 17	T1, T2, T3, T4, T5, T6, T7, T8
Over 17	T1, T2, T3, T4, T5, T6, T7, T8

BEACH POOMSAE

BLACK BELT DIVISIONS - INDIVIDUAL MALE & FEMALE

Kids Under 11	(birth year: 2009 and younger)
Cadet	(birth year: 2006 – 2008)
Junior	(birth year: 2003 – 2005)
Under 30	(birth year: 1990 – 2002)
Over 30	(birth year: 1989 – older)

The athlete – depending on age - can choose their Poomsae as per below overview. Poomsae cannot be repeated in the different rounds, so 6 different Poomsae need to be performed. Choice of:

Kids U11	T2, T3, T4, T5, T6, T7, T8, P1
Cadet	T4, T5, T6, T7, T8, P1, P2
Junior	T4, T5, T6, T7, T8, P1, P2, P3
Under 30	T6, T7, T8, P1, P2, P3, P4, P5
Over 30	T6, T7, T8, P1, P2, P3, P4, P5, P6, P7, P8

BLACK BELT DIVISIONS - PAIRS AND TEAMS

Birth year: 2003 – younger

Pairs under 17
Teams Male under 17
Teams Female under 17

Birth year: 2002 – older

Pairs over 17
Teams Male over 17
Teams Female over 17

The pairs and teams – depending on age - can choose their Poomsae as per below overview. Poomsae cannot be repeated in the different rounds, so 6 different Poomsae need to be performed. Choice of:

Pairs Under 17	T4, T5, T6, T7, T8, P1, P2, P3
Male Team Under 17	T4, T5, T6, T7, T8, P1, P2, P3
Female Team Under 17	T4, T5, T6, T7, T8, P1, P2, P3
Pairs Over 17	T6, T7, T8, P1, P2, P3, P4, P5, P6, P7, P8
Teams Male over 17	T6, T7, T8, P1, P2, P3, P4, P5, P6, P7, P8
Female Team Over 17	T6, T7, T8, P1, P2, P3, P4, P5, P6, P7, P8

2nd LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2020

DRESS CODE

MALE

Sleeveless or topless
Long trousers, shorts, swim shorts

FEMALE

Long shirts, tank top, sleeveless, bikini, swim suit
Long trousers, legging, shorts, swim shorts

Sunglasses & belt are allowed. Jewelry is not allowed.

REQUIREMENTS

Beach Taekwondo must be performed on sand. Can be performed on a beach, a sand playground, athletics track, desert, lakeside etc.

REGISTRATION DEADLINE

14 NOVEMBER 2020, 23:59 GMT +1 Paris time

UPLOAD DEADLINE

19 NOVEMBER 2020, 23:59 GMT +1 Paris time

PARA POOMSAE

DIVISIONS AGE ELIGIBILITY AND POOMSAE PERFORMANCE

COLOR BELT + BLACK BELT DIVISIONS - INDIVIDUAL MALE & FEMALE

P10 – VISUAL IMPAIRMENT

P11/P12/P13 together in 1 group

P11: Visual acuity poorer than LogMAR 2,6

P12: Visual acuity ranging from LogMAR 1,5 to 2,6 (inclusive) and/or Visual field constricted to a diameter of less than 10 degrees.

P13: Visual acuity ranging from LogMAR 1,4 to 1,0 (inclusive) and/or Visual field constricted to a diameter of less than 40 degrees.

P20 – INTELLECTUAL IMPAIRMENT

P30 – PHYSICAL IMPAIRMENT

P31/32/33 together in 1 group

P31: diplegia, asymmetric diplegia, double hemiplegia or triplegia

P32: dyskinesias athetosis, dystonia, ataxia, mild spastic quadriplegia or a combination of the above

P33: spastic hemiplegia or very mild spastic dystonia

P34 division: very mild hemiplegia, diplegia, athetosis, dystonia, hemi-dystonia and very mild ataxia

P50 – WHEELCHAIR CLASSES

P60 – DEAF

P70 – SHORT STATURE

Athletes with Short Stature have a reduced length in the bones of the upper limbs, lower limbs and/or trunk. Examples of an underlying health condition that may lead to Short Stature include achondroplasia, growth hormone dysfunction, and osteogenesis imperfecta.

AGE CATEGORIES IN ALL GROUPS

Junior (birth year: 2003 – 2005)

Under 30 (birth year: 1990 – 2002)

Over 30 (birth year: 1989 – older)

POOMSAE

The athlete – depending on age - can choose their Poomsae as per below overview. Poomsae cannot be repeated in the different rounds, so 6 different Poomsae need to be performed. Choice of:

P10 SPORT CLASS

Athletes may choose to perform a free-choice Recognized Poomsae ranging from T2-P8 instead of the Compulsory Poomsae drawn for the round of competition.

Compulsory Poomsae

Junior	T4, T5, T6, T7, T8, P1, P2
Under 30	T5, T6, T7, T8, P1, P2, P3, P4, P5
Over 30	T8, P1, P2, P3, P4, P5, P6, P7, P8

In the case an athlete chooses to perform a free-choice Recognized Poomsae the following deductions will be made to the final score of the Poomsae:

Poomsae	Deduction
Any free-choice Recognized Poomsae	0,6 deduction points
T1 – T3	Additional 0,5 deduction points
T4 – T7	Additional 0,3 deduction points
T8 – P5	No additional deduction points

P20 SPORT CLASS

Shall perform a free-choice Recognized Poomsae ranking T1-P5. The following bonus points shall be added to the final score by the Poomsae scoring system or the Referee and Judges, according to the Poomsae performed and is as follows:

Poomsae	Bonus
T1 – T3	No bonus points
T4 – T7	0,3 bonus points
T8 – P5	0,5 bonus points

P30 SPORT CLASS

Athletes may choose to perform a free-choice Recognized Poomsae ranging from T2-P8 – with the exception of P2 – instead of the Compulsory Poomsae drawn for the round of competition.

Compulsory Poomsae

Junior	T4, T5, T6, T7, T8, P1
Under 30	T5, T6, T7, T8, P1, P3, P4, P5 (except P2)
Over 30	T8, P1, P3, P4, P5, P6, P7, P8 (except P2)

In the case an athlete chooses to perform a free-choice Recognized Poomsae the following deductions will be made to the final score of the Poomsae:

Poomsae	Deduction
Any free-choice Recognized Poomsae	0,6 deduction points
T1 – T3	Additional 0,5 deduction points
T4 – T7	Additional 0,3 deduction points
T8 – P5	No additional deduction points

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P50 SPORT CLASS

Athletes may choose to perform a free-choice Recognized Poomsae, depending on the age division.

Compulsory Poomsae

Junior	T4, T5, T6, T7, T8, P1, P2, P3
Under 30	T6, T7, T8, P1, P2, P3, P4, P5
Over 30	T6, T7, T8, P1, P2, P3, P4, P5, P6, P7, P8

P60 SPORT CLASS

Athletes may choose to perform a free-choice Recognized Poomsae ranging from T6-P2.

Junior/Under30/Over30	T6, T7, T8, P1, P2
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P70 SPORT CLASS

Athletes may choose to perform a free-choice Recognized Poomsae, depending on the age division.

Compulsory Poomsae

Junior	T4, T5, T6, T7, T8, P1, P2, P3
Under 30	T6, T7, T8, P1, P2, P3, P4, P5
Over 30	T6, T7, T8, P1, P2, P3, P4, P5, P6, P7, P8

POOMSAE SUBMISSIONS

All divisions

The athletes must submit 2 Poomsae per round for Preliminary, Semi-final & Final rounds with maximum of 6 Poomsae. Submit 1 video per 1 Poomsae, with a maximum of 6 videos!

SPORT EQUIPMENT

Athletes can only use generally accepted (White or Competition, Kyurogi and Poomsae) Doboks. Suggested are WT recognized products: <http://www.worldtaekwondo.org/wtf-partners/recognized/>

REQUIREMENTS

Must be performed indoors or outdoors.

REGISTRATION DEADLINE

14 NOVEMBER 2020, 23:59 GMT +1 Paris time

UPLOAD DEADLINE

19 NOVEMBER 2020, 23:59 GMT +1 Paris time

CHARITY

Promoting Peace, Goodwill & Friendship through Taekwondo!

Together with Goodwill Cooperation Service the "2nd Lents Taekwondo Worldwide Sports Online Open 2020" will fundraise money for female household violence victims in Nepal. From each entry fee, an amount of 1 US\$ will be donated to the GCS International.

HELP TO BUILD A BETTER TOMORROW!

By competing in the "2nd Lents Taekwondo Worldwide Sports Online Open 2020" you will automatically support a humanitarian cause.

Lents Taekwondo & Worldwide Sports Online were inspired by President Chungwon Choue's motto: "Peace is More Precious than Triumph" and decided to create awareness for female household violence victims in Nepal through our 2nd online championships, since Taekwondo can be an effective tool to help promote world peace.

GOODWILL COOPERATION SERVICE – TKD HUMANITARIAN FOUNDATION - TKD CARES

Lents Taekwondo & Worldwide Sports Online are proud to announce that we have established a collaboration with GCS International - Goodwill Cooperation Service, which was founded by World Taekwondo President – Dr. Chungwon Choue's late father, Dr. Young Seek Choue, who is also the founder of the Kyung Hee University.

It is a Seoul-based UN-affiliated non-governmental organization with a global membership of 44 national chapters. GCS International strives to promote a healthy society, better living, preservation of nature, restoration of human dignity and world peace.

The founder of GCS International - Dr. Young Seek Choue - proposed the International Day of Peace & The International Year of Peace to the United Nations in 1981 & was approved by the U.N. General Assembly that year.

In 2016, the GCS International signed a memorandum of understanding with World Taekwondo and the Taekwondo Humanitarian Foundation to help empower the powerless in the developing countries.

In cooperation with Asia Development Foundation, WT is running one-year WT Cares projects with Nepal, Sri Lanka & Cambodia. The WT Cares program is intended to help and promote grass roots Taekwondo in developing MNA's by supporting children in need, such as orphans, young prisoners, household victims and homeless children.

HOW CAN YOU SUPPORT?

The "2nd Lents Taekwondo Worldwide Sports Online Open 2020" will donate 1 US\$ per athlete from the entry fees gathered through the championships to support female household violence victims in Nepal. The victims will receive free Taekwondo education and training under the WT Cares Program.

If you are not an athlete, but want to support the cause, you can donate an amount to our fundraiser. We would like to encourage Member National Associations, athletes, coaches, referees to contribute to this cause, so we together can make a positive impact on victims' lives through Taekwondo, unity, peace, love, friendship and harmony!

Read more about the humanitarian projects here:

www.gcsngo.org

www.thfaid.org

www.worldtaekwondo.org/news/taekwondo-cares/

PHOTOS FROM NEPAL PROJECT



Promoting Peace, Goodwill & Friendship through Taekwondo

THF – TAEKWONDO HUMANITARIAN FOUNDATION

Lents Taekwondo & Worldwide Sports Online are excited to announce that we have established a collaboration with Taekwondo Humanitarian Foundation for the 2nd Lents Taekwondo Worldwide Sports Online Open 2020” to support and empower refugees through Taekwondo. There are currently nearly 26 million refugees worldwide, and 79.5 million forcibly displaced people worldwide at the end of 2019 – it represents 1% of the world’s population. Many refugees are in poor physical and mental health. Refugees in many camps often have little to do. And half of global refugees are children. In order to be a part of the solution to this global crisis – the Taekwondo Humanitarian Foundation - THF, was founded in 2016 by WT President Chungwon Choue.

Using Taekwondo as a medium for refugee children & youth to understand the concepts of world peace, Olympism & global citizenship, the Foundation has created a holistic educational program including technical training and educational activities to foster the participants’ rehabilitation from traumas of displacement and help them regain part of their childhood.

We are very happy to welcome refugees to participate in the 2nd Lents Taekwondo Worldwide Sports Online Open 2020. We are offering free participation to all refugee athletes who come from THF. By including them in our championships, we hope that we can contribute to THF’s great efforts to create physical & mental wellbeing as well as discipline, self-belief and motivation to those who need it the most!

Read more about THF’s projects here: www.thfaid.org

Sincerely,

Edina Lents, Lisa Lents and Kenneth Schunken
Lents Taekwondo & Worldwide Sports Online



Why taekwondo?



Our students learn World Peace & Olympism key values such as:

fair-play
cooperation
respect
tolerance
teamwork
integrity

Where we work



- Taekwondo Academies (current & in planning)**
Jordan, Turkey, Rwanda, DRC, Niger, Ethiopia, Mexico
- Local project support**
Local clubs, North Carolina
- Athlete support**
Para Taekwondo, Athlete living in Australia
- Past projects**
Nepal



TAEKWONDO HUMANITARIAN FOUNDATION REFUGEE CAMPS





1st LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2020

MEDAL TABLE Rankings of countries by Medals and Points

RANK	COUNTRY	GOLD	SILVER	BRONZE	TOTAL	POINTS
1	UNITED STATES OF AMERICA	12	17	19	48	130
2	REPUBLIC OF KOREA	10	5	7	22	72
3	PHILIPPINES	8	4	12	24	64
4	ISLAMIC REPUBLIC OF IRAN	8	3	5	16	54
5	RUSSIAN FEDERATION	8	3	4	15	53
6	THAILAND	5	3	5	13	39
7	INDONESIA	3	3	4	10	28
8	SPAIN	3	2	4	9	25
9	GERMANY	2	4	2	8	24
10	ITALY	1	3	6	10	20
11	INDIA	1	4	0	5	17
12	SINGAPORE	1	2	6	9	17
13	AUSTRALIA	2	1	3	6	16
14	DENMARK	2	0	5	7	15
15	GREECE	2	0	4	6	14
16	JAPAN	1	2	2	5	13
17	ICELAND	1	1	3	5	11
18	TURKEY	2	0	0	2	10
19	SWEDEN	1	1	0	2	8
20	GREAT BRITAIN	1	0	3	4	8
21	MALAYSIA	1	0	2	3	7
22	ARUBA	1	0	1	2	6
22	CANADA	1	0	1	2	6
24	BAHRAIN	0	2	0	2	6
24	SLOVENIA	0	2	0	2	6
26	CROATIA	1	0	0	1	5
26	CZECH REPUBLIC	1	0	0	1	5
26	NICARAGUA	1	0	0	1	5
26	PORTUGAL	1	0	0	1	5
26	SWITZERLAND	1	0	0	1	5
26	VIETNAM	1	0	0	1	5
32	UKRAINE	0	1	2	3	5
33	SAUDI ARABIA	0	1	1	2	4
34	ARGENTINA	0	1	0	1	3
34	PEOPLE'S REPUBLIC OF CHINA	0	1	0	1	3
34	HUNGARY	0	1	0	1	3
34	NORWAY	0	1	0	1	3
34	PERU	0	1	0	1	3
34	SLOVAKIA	0	1	0	1	3
40	MEXICO	0	0	3	3	3
40	NETHERLANDS	0	0	3	3	3
42	BRAZIL	0	0	1	1	1
42	CUBA	0	0	1	1	1
42	FINLAND	0	0	1	1	1
42	CHINESE TAIPEI	0	0	1	1	1

GOLD 5 POINTS **SILVER** 3 POINTS **BRONZE** 1 POINT



Promoting Peace, Goodwill & Friendship through Taekwondo



Lents Taekwondo & Worldwide Sports Online present:

2nd LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2020

• **Recognized Poomsae: 31 Oct - 1 Nov & 7 - 8 Nov**

• **Freestyle, Beach & Para Poomsae: 21 - 22 Nov**

- ★ Individual, Pairs & Team divisions
- ★ Color belt & Black belt divisions
- ★ Overall champion in Recognized Poomsae

Worldwide Participation

Registration:
www.Martial.Events

Deadlines:

Recognized
21 Oct 2020 23:59
GMT +2 Paris Time

Freestyle, Beach &
Para Poomsae
14 Nov 2020 23:59
GMT +2 Paris Time

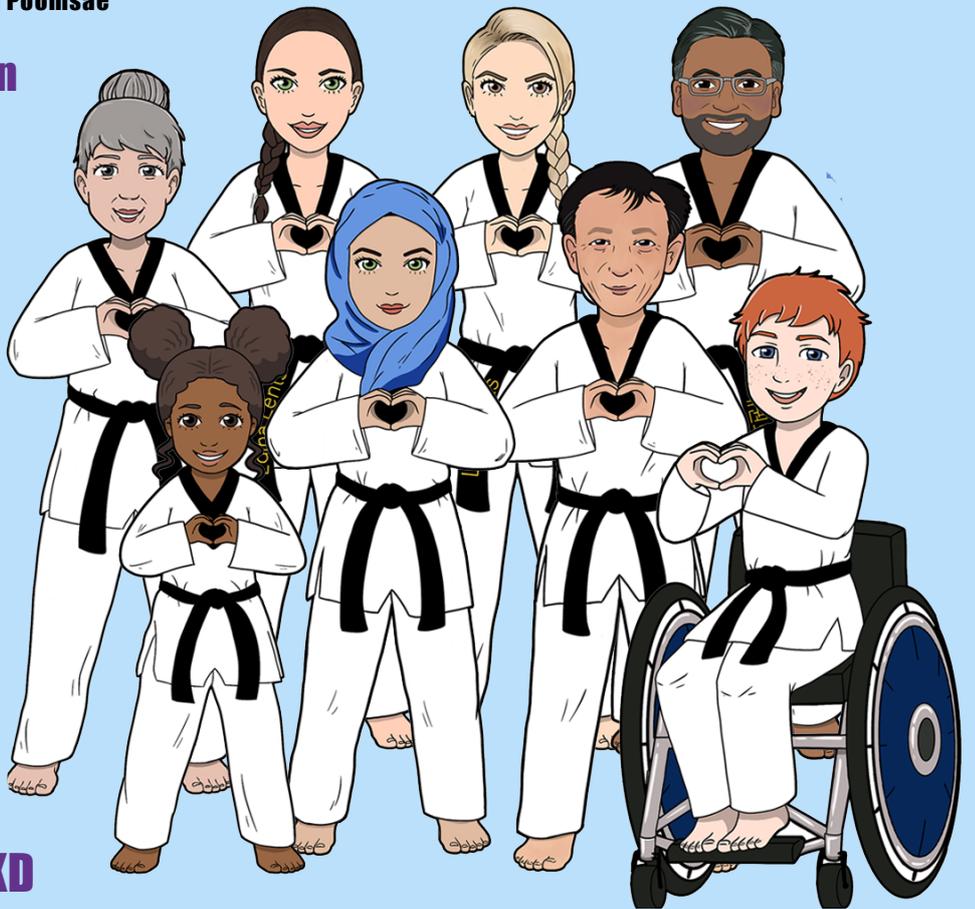
Live Stream on LENTS TKD

   @LentsTaekwondo

Charity



Promoting Peace, Goodwill & Friendship through Taekwondo! Together with GCS International - Goodwill Co-operation Service, the 2nd Lents Taekwondo Worldwide Sports Online Poomsae Open 2020 will fundraise for female household violence victims in Nepal. 1 US\$ will be donated from each entry. Join us now!



VAZTIC



Worldwide
SPORTS ONLINE

KWON



MARTIAL EVENTS

렌츠태권도 & 월드와이드스포츠온라인이 함께하는

제2회 렌츠태권도 월드와이드 스포츠 온라인 오픈 2020

- 공인품새: 10월 31일 - 11월 1일 & 11월 7-8일
- 자유품새, 비치품새 & 장애인품새: 11월 21-22일

★ 개인, 복식 & 단체 부문
★ 공인품새 종합우승자

전세계 참가신청

지금 온라인 신청하세요:
www.Martial.Events

신청마감:

공인부문

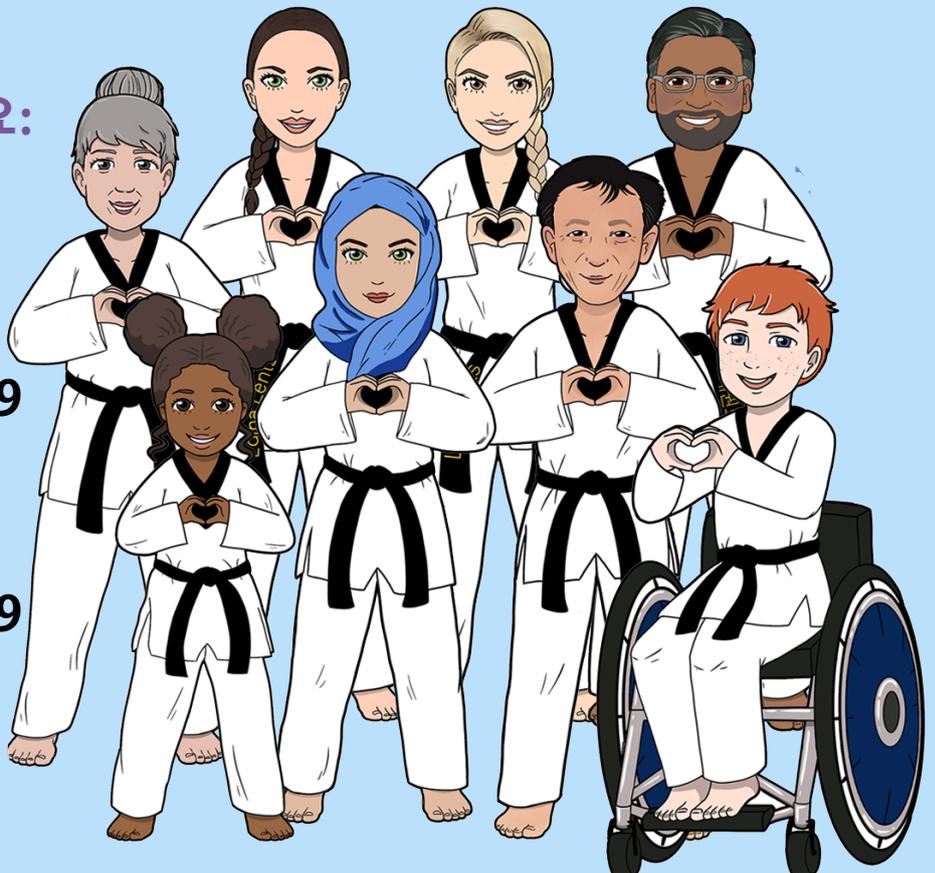
2020년 10월 21일 23:59
GMT +2 Paris Time

자유부문

2020년 11월 14일 23:59
GMT +2 Paris Time

렌츠태권도 라이브방송

  YouTube @LentsTaekwondo



태권도를 통한 평화/화합/우정의 장! '렌츠태권도 월드와이드 스포츠 온라인 오픈 2020'는 밝은사회 클럽 국제본부(GCS International)와 함께 네팔의 가정폭력 피해 여성들을 후원합니다. 각 참가 선수 당 1달러(US\$1)가 기부됩니다. 지금 참가 신청하세요!

VAZTIC



KWON



MARTIAL EVENTS

OUR PARTNERS



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GCS International



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