

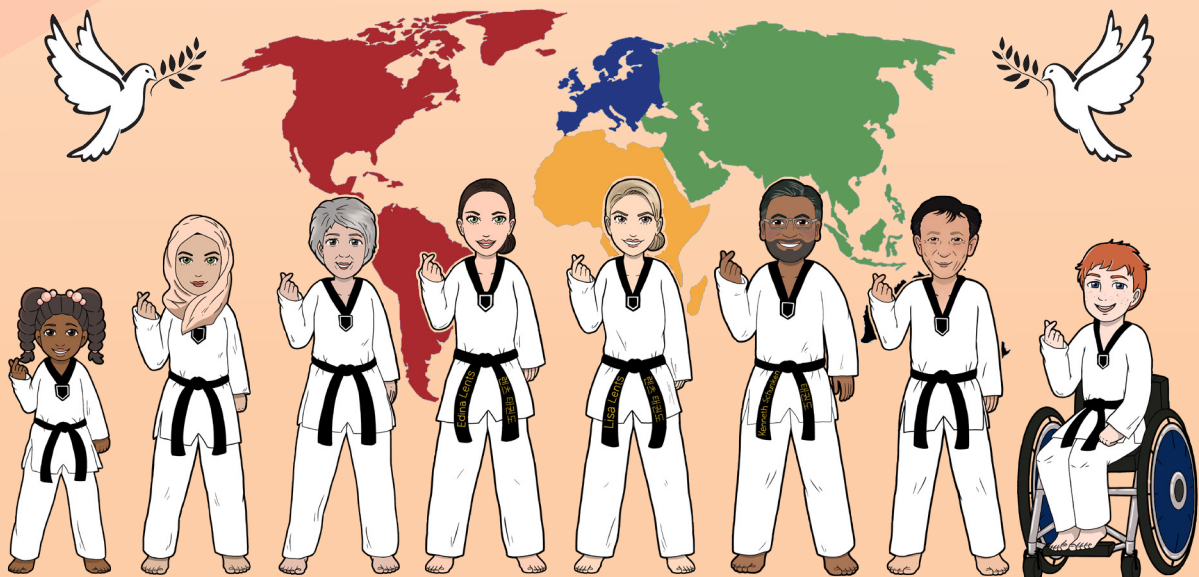
Lents Taekwondo & Worldwide Sports Online present:



5th LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2021

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OFFICIAL INFORMATION PACKAGE



Dear Global Taekwondo Family!

For more than a year, the global pandemic has been a true challenge for everyone.

Dojangs all over the world closed down and people started not only to lose their motivation, but also their spirit and started to let go of their dreams. During this time, we have lost a lot of Taekwondo practitioners. In many countries things are starting to brighten up, while others are going back to lockdowns. We still do not know when the pandemic is going to end.

Since the beginning of the pandemic, Lents Taekwondo & Worldwide Sports Online have conducted 4 major online Poomsae events in collaboration with KWON & GCS International to support WT Cares projects. 680 to nearly 1.000 athletes have supported our events. As Goodwill Cooperation Service Ambassadors, we feel the responsibility to help people regain the motivation, joy, feeling of hope & unity.

By participating in our events, you automatically support a charitable cause. We are proud to share that with our 4 prior events we have already donated 152 KWON Taekwondo Doboks (worth over 6.700 dollars) and money donations of 3.520 Dollars to support WT Cares projects in Cambodia, Nepal, Bhutan & Sri Lanka. A total donation worth 10.220+ Dollars. As an organizing committee of 3 people; Lents Taekwondo & Worldwide Sports Online we are very proud of this contribution. We would like to give a special thanks to each and one of you for contributing to our donation with your participation!

Lents Taekwondo & Worldwide Sports Online are very excited to invite you to participate in the 5th Lents Taekwondo Worldwide Sports Online Poomsae Open 2021 featuring Recognized, Freestyle, Para & Beach Poomsae in July/August 2021. The event will once again include the Overall Champion Trophy competition, where all of the winners of the Black Belt Individual Recognized Poomsae divisions will compete against each other for the prestigious titles in the Male & Female divisions. There will also be special awards for Best Male & Female Referee, Best Male & Female Coach, Outstanding Male & Female Performance & Team Spirit Awards.

For the 5th time we will work together with GCS International - Goodwill Cooperation Service and with your participation we will support a humanitarian cause in Sri Lanka.

Together with our partners KWON, Wcompetition and Martial Events we are looking forward to host a 6-day long world-class 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.

Our goal with hosting the 5th Lents Taekwondo Worldwide Sports Online Poomsae Open 2021 is to provide athletes from all over the world the possibility to compete at an inclusivity event where all countries, ages, belt grades and Poomsae disciplines are included.

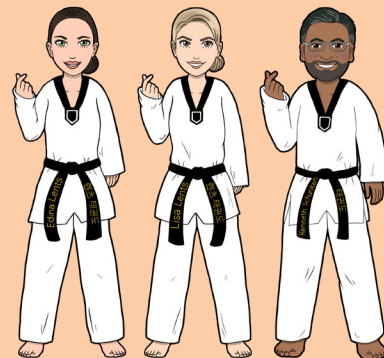
If you enjoy our events, please feel free to encourage others to participate & help us in our efforts to promote Peace, Goodwill & Friendship through Taekwondo!

On the behalf of Lents Taekwondo & Worldwide Sports Online, we would like to thank you for supporting the 5th Lents Taekwondo Worldwide Sports Online Open 2021!

Thank you for your support!

Sincerely,

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



GENERAL INFORMATION

COMPETITION DATES

Freestyle, Beach & Para Poomsae: 17-18 July
Recognized Poomsae: 24-25 & 31 July – 1 August

REGISTRATION DEADLINE

Freestyle, Beach & Para Poomsae: 7 July: 23:59 CEST GMT +2
Recognized Poomsae: 14 July: 23:59 CEST GMT +2

DRAW PUBLICATION

Para Draw: 3 July: 12.00 CEST GMT +2
Recognized Poomsae Draw: 3 July: 12.00 CEST GMT +2

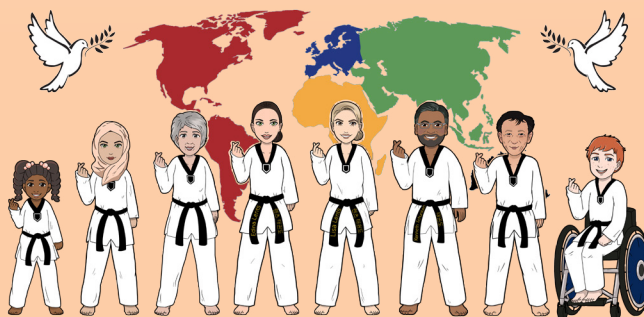
YOUTUBE LINK SUBMISSION TO WWW.MARTIAL.EVENTS

Freestyle, Beach & Para Poomsae: 09-12 July: 23:59 CEST GMT +2
Recognized Poomsae: 16-19 July: 23:59 CEST GMT +2

5th LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2021

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/and your athletes. During the registration on Martial Events, add a portrait photo. It must be a png file, with the name of the athlete. If you experience problems, email info@martial.events. Your photo will be shown during the live stream.
3. Make the payment directly on the www.Martial.Events website.
4. Before recording, make sure to carefully read the video recording guide & the procedure for uploading videos. Notice that recording requirements for Freestyle Poomsae are different from Recognized, Beach & Para Poomsae.
5. The Poomsae performance can be recorded indoors or outdoors. Please ensure you follow the instructions of your local and national health authorities with regard to social distancing and outdoors excursions.
6. Record 1 video per Poomsae, which means a maximum total of 6 Poomsae.
7. If you have 20 or more athletes in your division, that means you will perform and upload 6 videos; Preliminary, Semifinal & Final Rounds. In the case there are between 9-19 athletes in your division, you will perform Semifinals & 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.
8. Create a YouTube Channel.
9. Upload your videos to your Youtube Channel, make sure to mark them as "**unlisted**" or "**public**". Name each video: Name, country, division, Poomsae name & round (Prelim 1-2, Semi 1-2, Final 1-2). Ex.: Lisa Lents – Denmark – Rec. Female U40 – Koryo – Prelim 1.
10. Enter the video links on www.Martial.Events within your online registration. When entering video links on Martial.Events, you must also select the Poomsaes you perform (unless you perform Poomsaes by draw). You can update your registration and change this link and Poomsae selection at any time within the video submission period.
11. For any questions regarding the registration & payment, contact Mr. Ricardo Hoogesteger at info@martial.events. For any video related questions and YouTube upload issues please contact Wcompetition on wcompetition2@gmail.com



5th LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2021

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/ Vice Referee Chairman	lentstaekwondo@gmail.com	www.facebook.com/LentsTaekwondo
Mr. Kenneth Schunken Ms. Edina Lents Ms. Lisa Lents	Competition Supervisory Board		

TECHNICAL ASSISTANCE

Mr. Nelson Paez	Wcompetition	wcompetition2@gmail.com	Contact Wcompetition for all video related questions and upload issues
Mr. Ricardo Hoogesteger	Martial.Events Manager	info@martial.events	Contact Mr. Hoogesteger for all registration/payment related questions

5th LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2021

SOCIAL MEDIA CHANNELS

LENTS TAEKWONDO



Facebook: www.facebook.com/LentsTaekwondo



Instagram: www.instagram.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

#5thLentsTaekwondoWorldwideSportsOnlineOpen2021

#5thOnlineBeachTaekwondoChampionships2021

#PeacelsMorePreciousThanTriumph

5th LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2021

REGISTRATION

ENTRY FEES & REGISTRATION DEADLINES

All athletes participating at the 5th Lents Taekwondo Worldwide Sports Online Poomsae Open 2021 agree and consent that Wcompetition, Lents Taekwondo, and Worldwide 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	Freestyle Poomsae Beach Poomsae Para Poomsae Recognized Poomsae	7 July 2021, 23:59 CEST GMT +2 7 July 2021, 23:59 CEST GMT +2 7 July 2021, 23:59 CEST GMT +2 14 July 2021, 23:59 CEST GMT +2
60 Euro per pair	Recognized Poomsae Freestyle Poomsae Beach Poomsae	
65 Euro per team	Recognized Poomsae Freestyle Poomsae Beach Poomsae	

PAYMENT ENTRY

All entry fees shall be paid in advance during the registration process on the website: www.Martial.Events. Registrations are completed only after you have successfully completed your payment. Martial.Events will send you a confirmation email once payment has been processed. Payments can be made with various payment methods: PayPal, Credit Card, Wire Transfer and several local payment methods and are non-refundable.

DEADLINE FOR PAYMENT

FREESTYLE, BEACH AND PARA POOMSAE: 7 July 2021

RECOGNIZED POOMSAE: 14 July 2021

NO REFUND

The organizers maintain a **no refund** policy.



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MEDALS AND CERTIFICATES

Medals will be awarded to the Gold, Silver and Bronze medalists and will be sent to the medal winners' home countries. At the end of the competition, you will be contacted by Mr. Kenneth Schunken from Worldwide Sports Online from kenneth@wwsportsonline.com regarding the shipment of your medals.

For any questions related the medals, please contact Mr. Schunken.

Electronic certificates will be sent to all of the medal winners from LentsTaekwondo@gmail.com within 1 month after the competition.

Special Award Trophies will be sent to the winners' home countries.

- 1st place: Gold Medal & certificate
- 2nd place: Silver Medal & certificate
- 3rd place: Bronze Medal & certificate
- 4th place: Bronze Medal & certificate

SPECIAL AWARDS

- Male Overall Champion: Trophy & certificate
- Female Overall Champion: Trophy & certificate
- Outstanding Performance: Male Trophy & certificate
- Outstanding Performance: Female Trophy & certificate
- Best Male Coach: Trophy & certificate
- Best Female Coach: Trophy & certificate
- Best Male Referee: Trophy & certificate
- Best Female Referee: Trophy & certificate
- 5 Team Spirit Awards: Trophy & certificate

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



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ADDITIONAL MEDAL & SHIPMENT INFORMATION

The medals are ordered after the last weekend of the 5th Lents Taekwondo Worldwide Sports Online Poomsae Open 2021. The production, shipping, & getting the medals released from customs can take up to 1 month. As soon as the medals have been received from the factory/customs, they are shipped worldwide. Regular shipment of the medals is included in the entry fee.

REGULAR SHIPMENT

Your medal will be sent under normal shipment conditions. There is no Track and Trace number. The package is not insured. Your signature is not required. NO extra costs.

However, if you want shipment with extra options, please see below the possibilities we offer:

SHIPMENT WITH TRACK AND TRACE

You will receive a Track and Trace number by email to follow your medal package online. The package is not insured. Your signature is not required. Inside Europe*: 20 Euro. Outside Europe: 35 Euro

SHIPMENT WITH TRACK AND TRACE, INSURENCE AND SIGNATURE REQUIRED

You will receive a Track and Trace number by email to follow your medal package online. The package is insured till maximum 100 Euro. Your signature is required to receive the package. Inside Europe*: 31 Euro. Outside Europe: 47,50 Euro

*Only EU countries plus Norway, Switzerland, Great Britain.

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

Full Name or Team Name

5th LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2021

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 performed on spring-loaded floors or any other bouncing floors.
- 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 performance without music.
- Freestyle video submissions that do not meet the 1080p @ 60 frames per second video recording requirements.

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.
- Freestyle videos that do not meet the duration requirement of a freestyle performance from 90-100 seconds will result in 0,3 deduction.

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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 5th Lents Taekwondo Worldwide Sports Online Open 2021, 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 above mentioned 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:

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VIDEO RECORDINGS

Minimum suggested requirements Beach, Para and Recognized Poomsae event:

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

MANDATORY

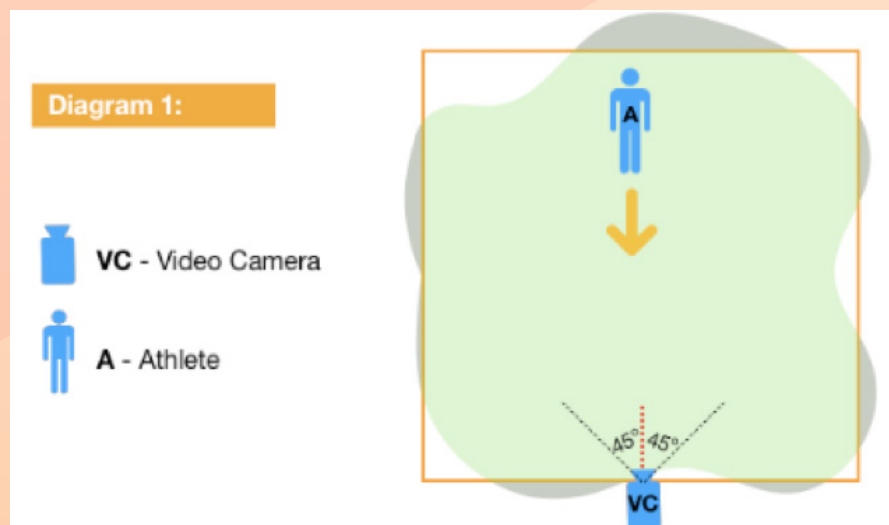
Requirements Freestyle Poomsae event:

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

RULES ON VIDEO RECORDING & 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.



5. 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. It is not necessary to write your name, add a flag etc. on 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>). Athlete 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.

RECOGNIZED POOMSAE

COLOR BELT DIVISIONS - 10th–1st KUP – INDIVIDUAL

10th – 7th Kup

Kids Under 11 Male & Female	(birth year: 2010 – and younger)
Cadet Male & Female	(birth year: 2007 – 2009)
Junior Male & Female	(birth year: 2004 – 2006)
Over 17 Male & Female	(birth year: 2003 and older)

6th – 3rd KUP

Kids Under 11 Male & Female	(birth year: 2010 – and younger)
Cadet Male & Female	(birth year: 2007 – 2009)
Junior Male & Female	(birth year: 2004 – 2006)
Over 17 Male & Female	(birth year: 2003 and older)

2nd – 1st KUP

Kids Under 11 Male & Female	(birth year: 2010 – and younger)
Cadet Male & Female	(birth year: 2007 – 2009)
Junior Male & Female	(birth year: 2004 – 2006)
Over 17 Male & Female	(birth year: 2003 and older)

COLOR BELT DIVISIONS - 10th–1st KUP - PAIRS & TEAMS

Pairs Under 17	(birth year: 2004 – younger)
Pairs Over 17	(birth year: 2003 – older)
Team Under 17 Male & Female	(birth year: 2004 – younger)
Team Over 17 Male & Female	(birth year: 2003 – older)

BLACK BELT DIVISIONS – INDIVIDUAL

Kids Under 11 Male & Female	(birth year: 2010 – and younger)
Cadet Male & Female	(birth year: 2007 – 2009)
Junior Male & Female	(birth year: 2004 – 2006)
Under 30 Male & Female	(birth year: 1991 – 2003)
Under 40 Male & Female	(birth year: 1981 – 1990)
Under 50 Male & Female	(birth year: 1971 – 1980)
Under 60 Male & Female	(birth year: 1961 – 1970)
Under 65 Male & Female	(birth year: 1956 – 1960)
Over 65 Male & Female	(birth year: 1955 older)

BLACK BELT DIVISIONS - PAIRS & TEAMS

Pairs Under 17	(birth year: 2004 – younger)
Pairs Over 17	(birth year: 2003 – older)
Team Under 17 Male & Female	(birth year: 2004 – younger)
Team Over 17 Male & Female	(birth year: 2003 – older)

FREESTYLE POOMSAE

COLOR BELT DIVISIONS – FREESTYLE INDIVIDUAL

Under 17 Male & Female (birth year: 2004 - and younger)
Over 17 Male & Female (birth year: 2003 - older)

COLOR BELT DIVISIONS – FREESTYLE PAIRS, TEAMS & MIXED TEAM

Pairs Under 17 (birth year: 2004 - younger)
Pairs Over 17 (birth year: 2003 - older)
Mixed Team (birth year: no age limit)

BLACK BELT DIVISIONS – FREESTYLE INDIVIDUAL

Under 11 Kids Male & Female (birth year: 2010 - and younger)
12-17 Years Male & Female (birth year: 2004 - 2009)
Over 17 Male & Female (birth year: 2003 - older)

BLACK BELT DIVISIONS – FREESTYLE PAIRS, TEAMS & MIXED TEAM

Pairs Under 17 (birth year: 2004 - younger)
Pairs Over 17 (birth year: 2003 - older)
Mixed Team (birth year: no age limit)

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BEACH POOMSAE ON SAND

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

Under 17 Male & Female (birth year: 2004 - younger)
Over 17 Male & Female (birth year: 2003 - older)

COLOR BELT DIVISIONS - 10th–1st KUP – BEACH PAIRS & TEAMS

Pairs Under 17 (birth year: 2004 – younger)
Pairs Over 17 (birth year: 2003 – older)
Team Under 17 Male & Female (birth year: 2004 – younger)
Team Over 17 Male & Female (birth year: 2003 – older)

BLACK BELT DIVISIONS – BEACH INDIVIDUAL

Kids Under 11 Male & Female (birth year: 2010 – and younger)
Cadet Male & Female (birth year: 2007 – 2009)
Junior Male & Female (birth year: 2004 – 2006)
Under 30 Male & Female (birth year: 1991 – 2003)
Over 30 Male & Female (birth year: 1991 - older)

BLACK BELT DIVISIONS – BEACH PAIRS & TEAMS

Pairs Under 17 (birth year: 2004 – younger)
Pairs Over 17 (birth year: 2003 – older)
Team Under 17 Male & Female (birth year: 2004 – younger)
Team Over 17 Male & Female (birth year: 2003 – older)

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PARA POOMSAE

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

JUNIOR (12-15 YEARS OLD) Birth year: 2006 – 2009

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

UNDER 30 (16-29 YEARS OLD) Birth year: 1992 – 2005

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

OVER 30 (30 YEARS OLD & OLDER) Birth year: 1991 and older

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

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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, Semifinal, Final Rounds

9 -19 athletes in a division = 4 videos; Semifinal, 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: 2010 – and younger)

Cadet: (birth year: 2007 – 2009)

Junior: (birth year: 2004 – 2006)

Over 17: (birth year: 2003 and older)

6th – 3rd KUP

Kids Under 11: (birth year: 2010 – and younger)

Cadet: (birth year: 2007 – 2009)

Junior: (birth year: 2004 – 2006)

Over 17: (birth year: 2003 and older)

2nd – 1st KUP

Kids Under 11: (birth year: 2010 – and younger)

Cadet: (birth year: 2007 – 2009)

Junior: (birth year: 2004 – 2006)

Over 17: (birth year: 2003 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

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

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

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

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COLOR BELT DIVISIONS – 10th-1st KUP - PAIRS AND TEAMS

Birth year: 2004 – younger

Pairs Under 17
Male Team Under 17
Female Team Under 17

Birth year: 2003 – older

Pairs Over 17
Male Team Over 17
Female Team Over 17

Pairs Under 17	T1, T2, T3, T4, T5, T6, T7, T8
Pairs Over 17	T1, T2, T3, T4, T5, T6, T7, T8
Male & Female Team Under 17	T1, T2, T3, T4, T5, T6, T7, T8
Male & Female Team Over 17	T1, T2, T3, T4, T5, T6, T7, T8

POOMSAE SUBMISSIONS - FREE CHOICE

The athletes have to submit **2 Poomsae per round** - Preliminary, Semifinal and Final rounds, with maximum of 6 Poomsae. Color belts 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 Taeguk 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: 2010 and younger)
Cadet (birth year: 2007 – 2009)
Junior (birth year: 2004 – 2006)
Under 30 (birth year: 1991 – 2003)
Under 40 (birth year: 1981 – 1990)
Under 50 (birth year: 1971 – 1980)
Under 60 (birth year: 1961 – 1970)
Under 65 (birth year: 1956-1960)
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

5th LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2021

BLACK BELT DIVISIONS – PAIRS AND TEAMS

Birth year: 2004 – younger

Pairs Under 17

Male Team Under 17

Female Team Under 17

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

Birth year: 2003 – older

Pairs Over 17

Male Team Over 17

Female Team Over 17

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’s video with the highest score from their Preliminary, Semifinal & Final round will be used for the 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

14 JULY 2021, 23:59 CEST GMT +2

YOUTUBE LINK SUBMISSION TO MARTIAL.EVENTS:

16-19 JULY 2021, 23:59 CEST GMT +2

5th LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2021

FREESTYLE POOMSAE

DIVISIONS AGE ELIGIBILITY AND POOMSAE PERFORMANCE

COLOR BELT DIVISIONS – INDIVIDUAL, PAIRS, TEAMS & MIXED TEAM

INDIVIDUAL

Under 17 Male & Female

(birth year: 2004 - and younger)

Over 17 Male & Female

(birth year: 2003 – older)

PAIRS AND TEAMS

Pairs Under 17

(birth year: 2004 – younger)

Pairs Over 17

(birth year: 2003 – older)

Mixed Team

(birth year: no age limit)

BLACK BELT DIVISIONS – INDIVIDUAL, PAIRS, TEAMS & MIXED TEAM

INDIVIDUAL

Under 11 Kids Male & Female

(birth year: 2010 - and younger)

12-17 Years Male & Female

(birth year: 2004 - 2009)

Over 17 Male & Female

(birth year: 2003 – older)

PAIRS AND TEAMS

Pairs Under 17

(birth year: 2004 – younger)

Pairs Over 17

(birth year: 2003 – older)

Mixed Team

(birth year: no age limit)

POOMSAE SUBMISSION

The athletes have to submit **1 Freestyle Poomsae with music**. 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 can be performed anywhere, outdoors or indoors, however 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

7 JULY 2021, 23:59 CEST GMT +2

YOUTUBE LINK SUBMISSION TO MARTIAL.EVENTS:

09-12 JULY 2021, 23:59 CEST GMT +2



5th LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2021

BEACH POOMSAE ON SAND

DIVISIONS AGE ELIGIBILITY AND POOMSAE PERFORMANCE

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

Under 17 Male & Female (birth year: 2004 – younger)
Over 17 Male & Female (birth year: 2003 – older)

POOMSAE SUBMISSIONS

The athletes must submit **2 Beach Poomsae per round** - Preliminary, Semifinal 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

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

Free of choice: Male & Female Under 17 and Over 17:

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

COLOR BELT DIVISIONS – 10th-1st KUP – BEACH PAIRS AND TEAMS

Birth year: 2004 – younger

Pairs Under 17
Male Team Under 17
Female Team Under 17

Birth year: 2003 – older

Pairs Over 17
Male Team Over 17
Female Team Over 17

Free of choice: Male & Female Pairs & Teams Under 17 and Over 17:

Pairs Under 17	T1, T2, T3, T4, T5, T6, T7, T8
Pairs Over 17	T1, T2, T3, T4, T5, T6, T7, T8
Male & Female Team Under 17	T1, T2, T3, T4, T5, T6, T7, T8
Male & Female Team Over 17	T1, T2, T3, T4, T5, T6, T7, T8

5th LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2021

BLACK BELT DIVISIONS - INDIVIDUAL MALE & FEMALE

Kids Under 11	(birth year: 2010 and younger)
Cadet	(birth year: 2007 – 2009)
Junior	(birth year: 2004 – 2006)
Under 30	(birth year: 1991 – 2003)
Over 30	(birth year: 1990 – 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: 2004 – younger	Birth year: 2003 – older
Pairs under 17	Pairs over 17
Teams Male under 17	Teams Male over 17
Teams Female under 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
Pairs Over 17	T6, T7, T8, P1, P2, P3, P4, P5, P6, P7, P8
Male & Female Team Under 17	T4, T5, T6, T7, T8, P1, P2, P3
Male & Female Team Over 17	T6, T7, T8, P1, P2, P3, P4, P5, P6, P7, P8

DRESS CODE

MALE

Sleeveless or topless
Long trousers, shorts, swim shorts
Dobok

Sunglasses & belt are allowed. Jewelry is not allowed.

FEMALE

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

REQUIREMENTS

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

REGISTRATION DEADLINE

7 JULY 2021, 23:59 CEST GMT +2

YOUTUBE LINK SUBMISSION TO MARTIAL.EVENTS:

9-12 JULY 2021, 23:59 CEST GMT +2

5th LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2021

PARA POOMASE

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: 12-15 years (birth year: 2006 - 2009)

Under 30: 16-29 years (birth year: 1992 - 2005)

Over 30 years (birth year: 1991 - 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.

5th LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2021

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 of 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 2 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 of 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

5th LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2021

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, Semifinal & 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

7 JULY 2021, 23:59 CEST GMT +2

YOUTUBE LINK SUBMISSION TO MARTIAL.EVENTS:

09-12 JULY 2021, 23:59 CEST GMT +2

5th LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2021

CHARITY

Promoting Peace, Goodwill & Friendship through Taekwondo!
Together with Goodwill Cooperation Service the 5th Lents Taekwondo Worldwide Sports Online Open 2021 will fundraise money to empower street children & war orphans in Sri Lanka. From each entry fee, an amount of 1 US\$ will be donated to GCS International.

HELP TO BUILD A BETTER TOMORROW!

By competing in the 5th Lents Taekwondo Worldwide Sports Online Open 2021, you will automatically support a humanitarian cause. Lents Taekwondo & Worldwide Sports Online are inspired by President Chungwon Choue's motto: "Peace is More Precious than Triumph" and continue to create awareness for different charitable causes, since Taekwondo is an effective tool to help promote world peace.

GOODWILL COOPERATION SERVICE – TKD HUMANITARIAN FOUNDATION - TKD CARES

Lents Taekwondo & Worldwide Sports Online are proud to work with GCS International - Goodwill Cooperation Service for the 5th time, 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 several WT Cares projects with Nepal, Sri Lanka, Cambodia, Bhutan and more. 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 5th Lents Taekwondo Worldwide Sports Online Open 2021" will donate 1 US\$ per athlete from the entry fees gathered through the championships to support & empower street children & war orphans in Sri Lanka. Some have been affected by war and others of different kinds of social discrimination and exploitation. They will receive free Taekwondo education and training under the WT Cares Program.

You can also purchase a T-shirt from our past events where 2 Euros will be donated to a charitable cause. 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 people's lives through Taekwondo, unity, peace, love, friendship and harmony!

Read more about the humanitarian projects here:

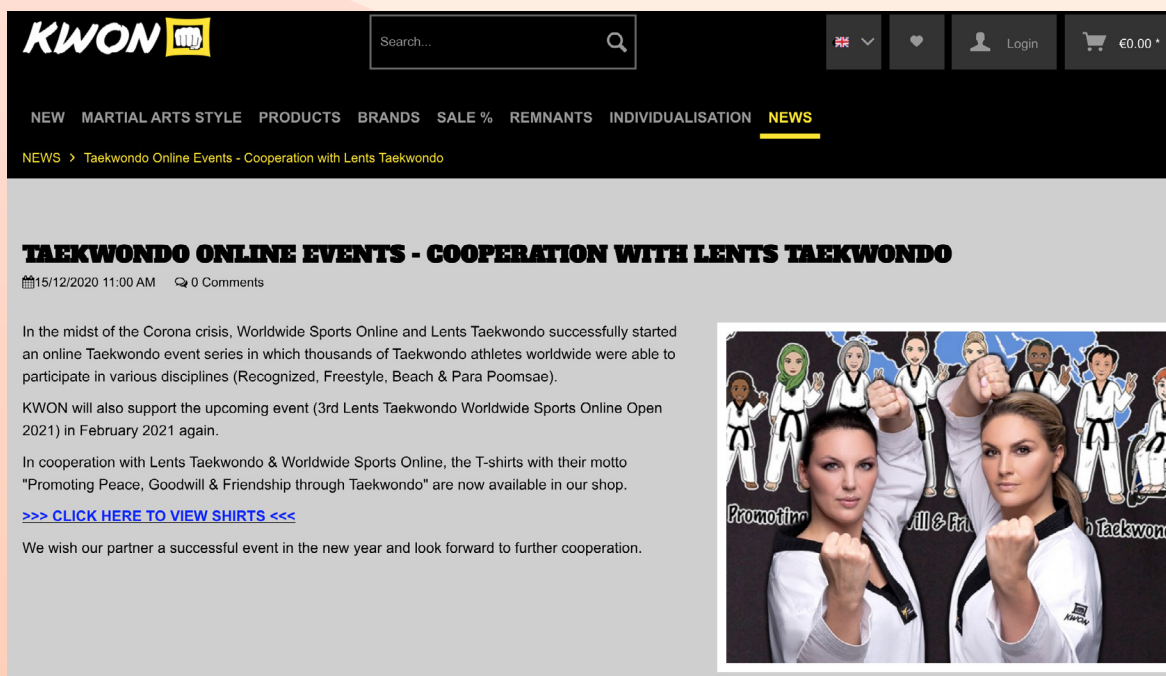
www.gcsngo.org

www.thfaid.org

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



CHARITY T-SHIRTS



The screenshot shows the KWON website's news section. The header includes the KWON logo, a search bar, and navigation links for 'NEW', 'MARTIAL ARTS STYLE', 'PRODUCTS', 'BRANDS', 'SALE %', 'REMNANTS', 'INDIVIDUALISATION', and 'NEWS'. The article title is 'TAEKWONDO ONLINE EVENTS - COOPERATION WITH LENTS TAEKWONDO', dated 15/12/2020 11:00 AM with 0 comments. The text describes an online Taekwondo event series during the Corona crisis, supported by KWON. It mentions T-shirts with the motto 'Promoting Peace, Goodwill & Friendship through Taekwondo' available for purchase. A link is provided to view the shirts, and a closing note expresses wishes for a successful event and further cooperation. An image of two women in Taekwondo uniforms is also visible.

INCLUSIVITY T-SHIRTS

We are now offering Inclusivity T-Shirts available in 3 versions; holding hands, heart hands, peace signs from our 3 events.

The straight-cut T-shirts with a round neckline and a large chest print with "Promoting Peace, Goodwill & Friendship through Taekwondo" motto can be purchased on www.kwon.com. The T-shirts are produced by KWON with print-design by Lents Taekwondo & Worldwide Sports Online. 2 Euros from each T-shirt will be donated to a charitable cause.

Material: 100% cotton
Colour: white and black

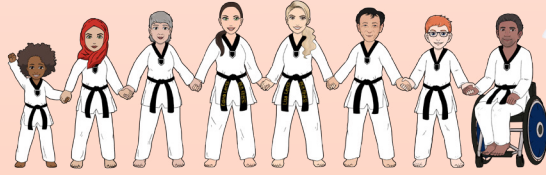
Size: XS - XXL, 128,140,152
Price: 13,90 Euro incl. VAT and excl. shipping costs

SHIPPING INFORMATION

Shipping available to UK, Germany, Austria, France & Switzerland on the webshops:
kwon.com for Germany
kwon.co.uk for the UK
kwon.it for Italy
kwon.at for Austria
kwon.fr for France
kwon.ch for Switzerland

For shipping to other European countries, America, Asia & Middle East, please contact KWON on email: export@kwon.com. For wholesale prices or larger quantity orders please contact KWON on email.

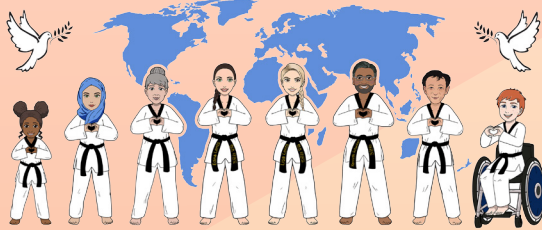
1. INCLUSIVITY T-SHIRT: HOLDING HANDS



Promoting Peace, Goodwill & Friendship through Taekwondo



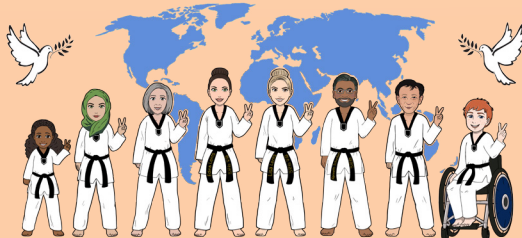
2. INCLUSIVITY T-SHIRT: HEART SYMBOLS



Promoting Peace, Goodwill & Friendship through Taekwondo



3. INCLUSIVITY T-SHIRT: PEACE SIGNS



Promoting Peace, Goodwill & Friendship through Taekwondo



5th LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2021

OUR PARTNERS



GCS International

KWON



Wcompetition

MARTIAL.**EVENTS**