

1st TEGUH TAEKWONDO

INTERNATIONAL OPEN POOMSAE ONLINE CHAMPIONSHIP 2021



WITH COOPERATION

MINISTRY OF
EDUCATION
MALAYSIA



TERENGGANU
STATE GOVERNMENT



TERENGGANU STATE
SPORTS YOUTH UNIT

O F F I C I A L INFORMATION PACKAGE



Beautiful
Terengganu
Malaysia



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مَنْتَرِي بَسَرِ تَرْغَنَّاوْ

MENTERI BESAR TERENGGANU

1ST TEGUH TAEKWONDO INTERNATIONAL OPEN POOMSAE ONLINE CHAMPIONSHIP 2021

Assalamualaikum Warahmatullahi Wabarakatuh and greetings.

Firstly, I would like to congratulate and thank those from Kelab Taekwondo Teguh (WTF) Terengganu who have worked tirelessly for the past few months to put together the 1st Teguh Taekwondo International Open Poomsae Online Championship 2021. Absolutely any and every effort to develop the field of sports is crucial in creating a generation of reliable as well as independent athletes among young citizens. For this generation of talented athletes are the ones who shall work to uphold the name of their country in the future.

Throughout the COVID-19 pandemic that has inevitably changed our way of living, many challenges had to be endured especially by athletes where countless sports events were cancelled as well as training centres being closed. Nevertheless, this did not become a cause to give up, instead it birthed a determination to create and use new and innovative approaches to continue training sessions and other events. Thus, this has brought to the existence of this online taekwondo championship, that enables Poomsae athletes from our country to compete on an international level with other athletes from different countries.

I would also take pride in the fact that the state of Terengganu is host of this prestigious online taekwondo championship. Through the 1st Teguh Taekwondo International Open Poomsae Online Championship 2021, I firmly believe that many Poomsae athletes will feel driven to be more proactive in their daily lives and learn to never give up so easily. Finally, I hope that this championship will become motivation for athletes to keep striving to bring pride to their countries and clubs. Good luck!

TERENGGANU MAJU BERKAT SEJAHTERA

DATO' SERI DR AHMAD SAMSURU BIN MOKHTAR

FOREWORD CHIEF MINISTER STATE OF TERENGGANU





1ST TEGUH TAEKWONDO

INTERNATIONAL OPEN POOMSAE ONLINE CHAMPIONSHIP 2021

FOREWORD

EXCO FOR YOUTH DEVELOPMENT,
SPORT AND NGOS, STATE OF TERENGGANU



Assalamualaikum w.b.t. and greetings,

The participation of young athletes in sports championships is crucial in building a sense of sportsmanship and a healthy competitive attitude with each other. In an effort to combat the continuous spreading of the COVID-19 virus, a majority of sports events had to be cancelled and thus resulting in many athletes losing their spirits during these challenging times. However, there are still many ways to overcome these hardships through collective effort and cooperation as well as using technology to our advantage.

With the efforts of Kelab Taekwondo Teguh (WTF) holding the 1st Teguh Taekwondo International Open Poomsae Online Championship 2021, many athletes have the chance to gain new experiences and to restore their sense of sportsmanship. In addition to that, this championship is open to all Poomsae athletes from around the world no matter what their nationality or backgrounds are. Kelab Taekwondo Teguh (WTF) has diligently organised this event with high hopes that it will continue to raise the performance and competitive spirit of every athlete and simultaneously creating new friendships between Poomsae athletes from other countries.

This shows that not only can we overcome the many challenges brought by the spread of COVID-19, but in fact we can create something better than what we had before the said pandemic. In other words, the COVID-19 pandemic has influenced Taekwondo clubs to think of a different approach to continue events such as Poomsae competitions, hence bringing us to the existence of this international online championship brought to you by Kelab Taekwondo Teguh.

In conclusion to this, I am proud to see the fruits of labour that Kelab Taekwondo Teguh have been working tirelessly on, that is this international online championship. Therefore, I believe and can say with full confidence that the 1st Teguh Taekwondo International Open Poomsae Online Championship 2021 will bring benefits to all involved parties and furthermore bring young athletes from all corners of the world together. I sincerely wish the best for all the participants involved and hope you all bring pride to your country and club.

YB WAN SUKAIRI BIN WAN ABDULLAH



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ORGANIZER

Kelab Taekwondo Teguh Terengganu, MALAYSIA

Information
+6012 808 5659 (WhatsApp)
Mr. Ahmad Ikram

INVITATION

Dear Taekwondo Families:

The global outbreak of COVID-19 has resulted in closure of gyms, stadiums, pools, dance and fitness studios, physiotherapy centers, parks and playgrounds. Many individuals are therefore not able to actively participate in their regular individual or group sporting or physical activities outside of their homes. Under such conditions, many tend to be less physically active, have longer screen time, irregular sleep patterns as well as worse diets, resulting in weight gain and loss of physical fitness.

COVID-19 pandemic made a huge impact on the Global Taekwondo industry too. All Taekwondo families are going through a difficult time. We hope to make fun and happiness for all Poomsae Lovers through this online event. And ignite our passion, exchange experiences during this online Poomsae competition.

We are pleased to inform that Kelab Taekwondo Teguh will organize **1st Teguh Taekwondo International Open Poomsae Online Championship 2021**. Hence, it is much with excitement and pleasure that we invite you and your team to participate in this upcoming event.

Please feel free to encourage others to participate and help us in making the event as a fantastic online international event.

Thank you for your support!

Master Mohamad Salihin Siew Hin
Event Technical Chairman

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ABOUT US

Kelab Taekwondo Teguh is based in the East Coast of Malaysia, in the state of Terengganu. Kelab Taekwondo Teguh is an organization that was founded in 2010. Our goal is to provide an enriching, competitive taekwondo club experience while also focusing on the development of strong, healthy and talented taekwondo athletes. The heart and soul of the club centers around the athletes' achievements and progress.



We know that there are a lot of taekwondo clubs across Malaysia, but Kelab Taekwondo Teguh is among one of the most active clubs in the region. We have the largest amount of athlete membership in the state of Terengganu and the east coast. This virtual event will be hosted in the beautiful state of Terengganu. We take pride in having the honor of nurturing future potential national athletes born and bred in Terengganu which is a state rich in unique cultures and astonishing sights. We strongly suggest visiting our extraordinary state for an experience lie no other once the COVID-19 pandemic is over.



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Terengganu is a state where long-standing traditions and customs are given utmost importance, but at the same time, the state is ever-growing in terms of technology, modernization and development of the entirety of Terengganu itself. The same thing applies to us at Kelab Taekwondo Teguh, where we constantly uphold the established principles of taekwondo to instill discipline in our athletes and yet we continuously strive to find and practice ways to develop in an era where technology is the glue holding our community together.



Many athletes in our club come together from different districts from our large state. This does not only give us the chance to spread the knowledge of taekwondo to many more people, but simultaneously builds a strong sense of companionship and discipline among our athletes. These traits are essential in building character as future national athletes to which we spare no effort in working towards. Coaches and supporting individuals in our club work with a hope to guide potential-filled youths towards a future where they can take pride in being a national taekwondo athlete hailing from the state of Terengganu. Thus, further proving that Terengganu is a force to be reckoned with and our community is filled with talented and hard-working individuals who can achieve absolutely anything when they are passionate and put their all into anything, including taekwondo.



Some beautiful places in Terengganu.

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DATE AND SCHEDULE

All time is calculated in Malaysia time zone, GMT +8

REGISTRATION

Athletes Registration Deadline : July 19th 2021, 23:59 GMT+8

PAYMENT

Payment Deadline : July 19th 2021, 23:59 GMT+8

YOUTUBE LINK SUBMISSION

Link Submission Deadline : July 23th 2021, 23:59 GMT+8

LIVE TOURNAMENT

Live at Youtube Channel
& Facebook Page : July 29th – 31st 2021

**Schedule is subject to change due to any unforeseen circumstances.*

QUALIFICATION

This is an OPEN Championship for all taekwondo athletes around the world. Athletes must meet age and belt requirement. The participating teams must respect and following the all rules that have been set by the organizer. And also advised to respect other competing team.

RULES AND COMPETITION METHOD

World Taekwondo Poomsae Competition Rules & Interpretation, in force as of May 14 2019 was used as a reference, with adjustment as mentioned in the outline. This is a Cut-off system online competition with pre-recorded video broadcasted online.

Only categories of over 8 players will have Preliminary round. 8 or fewer athletes will go straight to Final round. Top 50% of competitors from Preliminary will progress to the Final round.

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DIVISIONS & CATEGORIES

Separate male and female divisions for individual ONLY. Team and pair can consist mixed gender.

INDIVIDUAL (RECOGNIZED POOMSAE)

Category	Age
Kids	6-8 Years Old
Sub Junior	9-11 Years Old
Cadet	12-14 Years Old
Junior	15-17 Years Old
Senior	18-30 Years Old
Senior 2	31-40 Years Old
Master	41-50 Years Old

COLOUR BELT

Belt / Grade	Preliminary	Final
White - 10 th 9 th	-	Taegeuk 1
Yellow – 8 th 7 th	Taegeuk 1	Taegeuk 2
Green – 6 th 5 th	Taegeuk 3	Taegeuk 4
Blue – 4 th 3 rd	Taegeuk 5	Taegeuk 6
Red – 2 nd 1 st	Taegeuk 7	Taegeuk 8

POOM BELT / BLACK BELT

Category	Preliminary	Final
Kids	Taegeuk 1 or Taegeuk 2	Koryo
Sub Junior	Taegeuk 4 or Taegeuk 5	
Cadet	Taegeuk 5 or Taegeuk 6	
Junior	Taegeuk 6 or Taegeuk 7	
Senior	Taegeuk 7 or Taegeuk 8	Taebaek
Senior 2	Koryo or Keumgang	Pyongwon
Master	Pyongwon or Sipjin	Jitae

For Poom / Black Belt, must choose ONLY ONE Poomsae to be performed in the preliminary round based on the table.

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PAIR & TEAM (RECOGNIZED POOMSAE)

Category	Age
Sub Junior	9-11 Years Old
Cadet	12-14 Years Old
Junior	15-17 Years Old
Senior	18-30 Years Old
Mixed Belt	All age

Belt/Grade	Preliminary	Final
Yellow – 8 th 7 th	Taegeuk 1	Taegeuk 2
Green – 6 th 5 th	Taegeuk 3	Taegeuk 4
Blue – 4 th 3 rd	Taegeuk 5	Taegeuk 6
Red – 2 nd 1 st	Taegeuk 7	Taegeuk 8
Poombelt	Taegeuk 5	Taegeuk 7
Blackbelt	Taegeuk 7	Koryo
Mixed Belt	Taegeuk 1 - Taegeuk 5	Taegeuk 2 - Koryo

Team Category

Team category consists of 3 divisions; Team Male, Team Female & Team Mixed.

Pair Category

Pair category must be formed of two opposite genders, one Male and one Female.

Mixed Belt Category

Pair and team can include mixed belts (any colours), any ages and genders.

For example Team A consists 3 athletes which are:

- 7 years old Male Yellow Belt
- 9 years old Female Blue Belt
- 11 years old Male Red Belt

Formed Team or Pair can choose any taegeuk from Taegeuk 1 until Taegeuk 5 to perform in Preliminary Round. And can choose Taegeuk 2 until Koryo for Final Round.

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ONLINE RULES AND DEDUCTIONS

Allow performing with or without the mat and any places available. Failed for back to the start point will not be deducted.

-0.3 points deductions:

1. If the athlete does not have adequate space to perform the Poomsae and takes an extra step to get around any objects in the room each additional step.
2. Each hand and or foot movement cannot be seen by the referee as the participant moves beyond the camera's view.
3. Each hand and or feet movement cannot be seen by the referee due to poor lighting (i.e., backlighting, lighting too bright/dim, etc).
4. Each Ki-hap cannot be heard by the referee
5. Overtime (At more than 90 seconds in recognized Poomsae or more than 100 seconds in freestyle Poomsae or less than 90 seconds in freestyle Poomsae.).

-0.6 points deductions :

1. Performing incorrect Poomsae.
2. Object, person, or pet coming into the field of play while executing Poomsae. (Coach is allowed to appear but not allowed to do any kind of instruction.)
3. Once the more than 1/2 body cannot be seen by the referee.
4. Wearing shoes/jewellery/watch.
5. Restart

DISQUALIFICATIONS

1. Submission of wrong videos or registered in the wrong division.
2. Display of political, religious, and non-recognized NOC flags.
3. Fake Levels, E.g.: high level perform in low level's division.
4. Fake Identify / Wrong player.
5. Deliberately adjust the height of the camera to obtain unrealistic effects.
6. Wearing incorrect belt.
7. Edited video

Special rule:

1. The athlete should look at the target during kicking.
2. If the athlete's eye is looking parallel during a high kick. We will not deduct on the accuracy.
3. If the athlete's eye is looking down or he/she closed eyes during a kick, We will give a -0.3 deduction on the accuracy score.
4. If the video was too much blur as the athlete's looking direction cannot be seen by the referee clearly, Then -0.1 deduction on accuracy will be given each time the athlete kicks.
5. Bandage or support is not allowed, Except submitted declaration to OC in advance. Due to space restriction, stomping without sound is allowed and won't be deducted.

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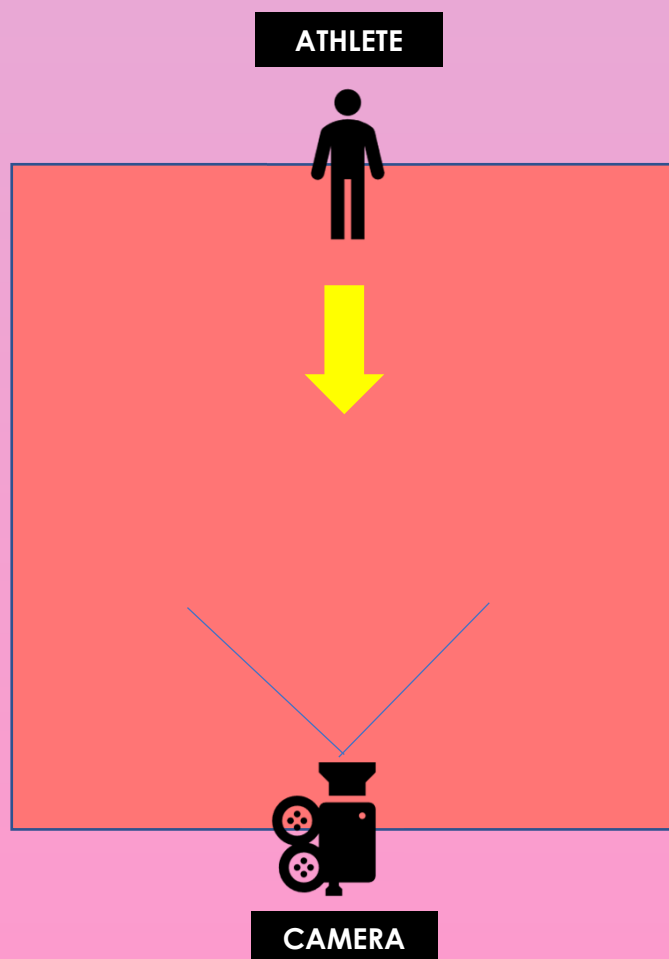
RECORDING GUIDELINES

Recording

1. Position of the camera: about 7m straight (suggested) front & suggesting 1.2m height to cover the whole body during Poomsae performance
2. When any part of the player body is cut-off by the video frame a -0.3 points deduction will apply for every time. If the whole body out shall be 0.6 points will be deducted for every Poomsae movement each time.
3. Quality of video recording is responsible for the athlete.
4. The camera must be in a horizontal position (landscape mode).
5. The camera must remain in the same position for the duration of the performance (not permitted to zoom in and out or pan up and down).
6. Resolution 1080p (HD), minimum resolution 720p (HD) at 30 frames per second. 1080p with 50-60 frames per second is highly recommended.

Backgrounds & Backdrop:

1. No virtual backgrounds.
2. No religious or political displays.
3. IOC recognized NOC flags are recommended to be displayed.



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ENTRY FEES

All entry fees shall be paid in advance BEFORE the datelines.
Registrations are completed only after you have completed your payment.

Payment before 15th June 2021

- 25 euro in Individual Recognized Poomsae per athlete
- 45 euro in Pair Poomsae per pair
- 65 euro in Team Poomsae per team

*applicable to International Athletes

*for Malaysian athletes, kindly contact us

Deadlines for Payment

Deadlines for all payments are 19th July 2021.

Payment

Payment can be made by following methods:

1. Bank Transfer

BANK DETAILS

Beneficiary:	Kelab Taekwondo Teguh (WTF)
Account number:	86-0172648-1
Swift code:	CTBBMYKL
Name of the bank:	CIMB Islamic Bank Berhad
Bank Address:	Lot 3063, Jalan Sultan Ismail, 20200 Kuala Terengganu, Terengganu, MALAYSIA.
Beneficiary Address:	Lot Pt 755, Jalan Cempaka, Tok Adis Kuala Ibai, 20400 Kuala Terengganu, Terengganu, MALAYSIA.

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2. Western Union

*make sure you choose "Bank account" option as shown below

WesternUnion\WU Send money Track transfer Find locations Help Log in Register

Send Money Online

Your receiver's country and send amount

Send to: Malaysia

Send amount: MYR

Send up to 50,000.00 MYR

How does your receiver want the money?

☐ Cash at agent location

☒ Bank account*

How would you like to pay?

Summary

Transfer amount	300.00 MYR
Transfer fee	+ 5.00 MYR
Transfer total	305.00 MYR
Total to receiver	300.00 MYR
Service time ^{1,3}	2 Business days

3. Paypal

Kindly contact us for invoice.

- Your team name must be remarked
- If you have any questions regarding transferring payment, please feel free to contact us.
- If you require an invoice to proceed with the payment, please do not hesitate to ask it from us.

No Refund

The organizer maintain a **no-refund** policy.

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UPLOAD GUIDELINES

1. You should upload the video file for each Poomsae to youtube first.
2. Paste the link into the Martial Events athlete's profile.
3. Each player's each Poomsae should be a separate link.

I	
ISAE	YOUTUBE LINK
	https://youtu.be/o06szuCkuU8
	https://youtu.be/pxVPWyroSU8
2	https://youtu.be/my7J_Som8ok
2	https://youtu.be/y5mhxOImpKY

AWARDS

Awards for Poom/Black Belt Division

1st Place - Gold Medal + Certificate + Tournament Jersey + Belt + Facemask
2nd Place - Silver Medal + Certificate + Tournament Jersey + Facemask
3rd Place Bronze Medal + Certificate + Facemask
4th Place Bronze Medal + Certificate + Facemask

Awards for Colour Belt

1st Place – Gold Medal + Certificate + Tournament Jersey + Facemask
2nd Place - Silver Medal + Certificate + Facemask
3rd Place Bronze Medal + Certificate + Facemask
4th Place Bronze Medal + Certificate + Facemask

Special prize will be awarded to OVERALL CHAMPION TEAM and BEST ATHLETE (male and female).

- Prizes are provided for free to all the winners.
- The shipping cost must be beared by the team.
- Cost for shipping to international countries will be based on weight and location of the country.

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We wish you
All the Best
for this upcoming
tournament.



See you on 29th July 2021!

#staysafe