



**Worldwide**  
SPORTS ONLINE

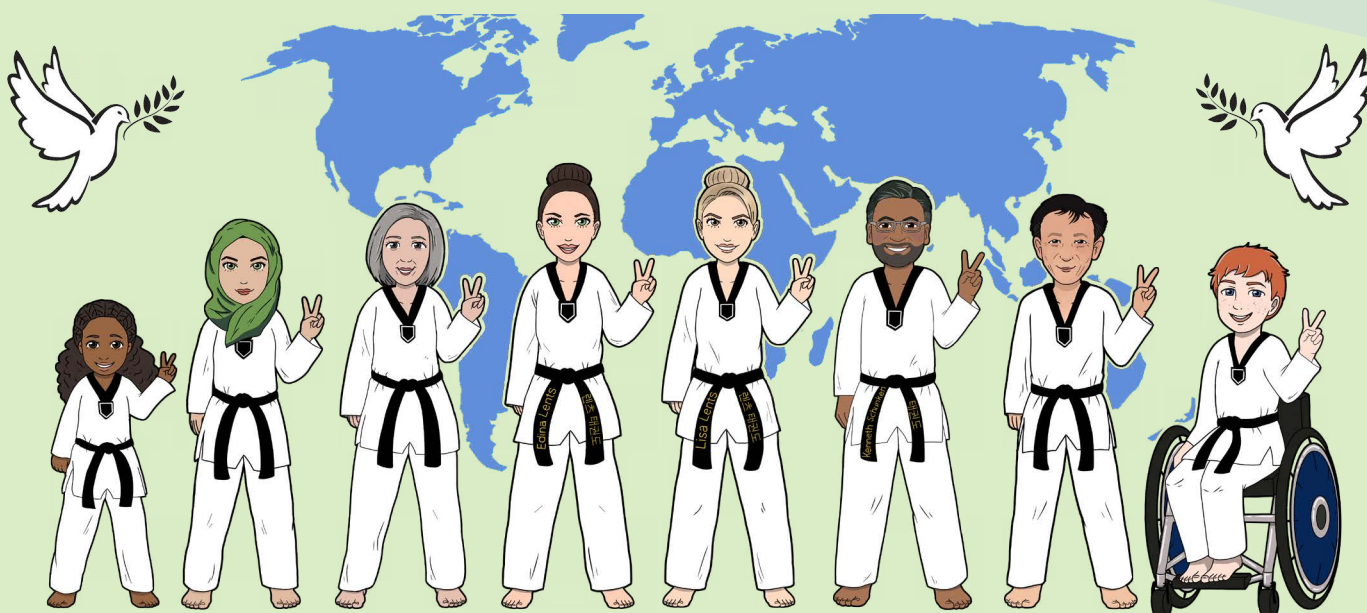


Lents Taekwondo & Worldwide Sports Online present:

# 3<sup>rd</sup> LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2021

Powered by **KWON**

## OFFICIAL INFORMATION PACKAGE



Promoting Peace, Goodwill & Friendship through Taekwondo

**VAZTIC**

MARTIAL  **EVENTS**



**Worldwide**  
SPORTS ONLINE



# 3<sup>rd</sup> LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2021

Dear Global Taekwondo Family!

It has been some amazing months with 2 major online Poomsae championships! With your participation of 855 athletes from 63 countries at our 1st event & 750 athletes from 60 countries at our 2nd event, you have exceeded our expectations! Thank you so much for your incredible support.

Together with you and GCS International we have raised 1.000 Dollars & donated 40 Doboks together with our partner KWON to female household victims in Nepal, who will receive free Taekwondo education.

Lents Taekwondo & Worldwide Sports Online are very pleased to announce that we will host the "3rd Lents Taekwondo Worldwide Sports Online Poomsae Open 2021" featuring Recognized Poomsae, Freestyle Poomsae, Para Poomsae & Beach Poomsae in February 2021.

For the 3rd time we will work together with GCS International - Goodwill Cooperation Service and with your participation we will support a humanitarian cause in Bhutan. We are also proud to announce that we have launched a T-shirt collection with KWON with the illustrations from our 3 events & "Promoting Peace, Goodwill & Friendship" motto. The T-shirts can be purchased on [www.kwon.com](http://www.kwon.com) & [export@kwon.de](mailto:export@kwon.de). 2 Euros from each sale will be donated to a charitable cause.

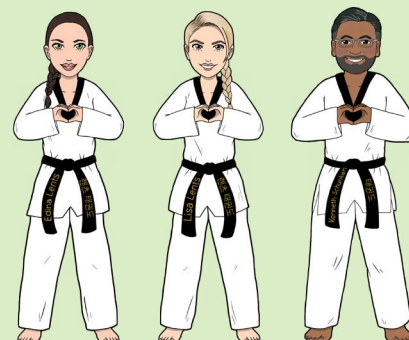
Together with our partners Kwon, Vaztic and Martial Events we are looking forward to host a state of the art 6-day online event, which is open for the whole world. The competition format is pre-recorded video upload with live judging by some of the most qualified International Referees in the world.

As the global COVID-19 pandemic has not yet ended, our goal with hosting the "3rd Lents Taekwondo Worldwide Sports Online Poomsae Open 2021", 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

### IMPORTANT DATES

**REGISTRATION DEADLINE FOR RECOGNIZED POOMSAE  
& RECOGNIZED POOMSAE BLACK BELTS DRAW**

1 FEBRUARY - 23.59 CENTRAL EUROPEAN TIME GMT +1

**TECHNICAL MEETING**

2 FEBRUARY - 18.00 CENTRAL EUROPEAN TIME GMT +1

**HEAD OF TEAM MEETING ON ZOOM**

5 FEBRUARY - 18.00 CENTRAL EUROPEAN TIME GMT +1

**REFEREE TRAINING**

6 FEBRUARY - 18.00 CENTRAL EUROPEAN TIME GMT +1

**UPLOAD PERIOD FOR RECOGNIZED POOMSAE**

6–11 FEBRUARY - 23.59 CENTRAL EUROPEAN TIME GMT +1

**REGISTRATION DEADLINE FOR FREESTYLE, PARA & BEACH POOMSAE**

17 FEBRUARY - 23.59 CENTRAL EUROPEAN TIME GMT +1

**PARA POOMSAE DRAW**

19 FEBRUARY

**UPLOAD PERIOD FOR FREESTYLE, PARA & BEACH POOMSAE**

20-25 FEBRUARY - 23.59 CENTRAL EUROPEAN TIME GMT +1

### COMPETITION DATES

**RECOGNIZED POOMSAE:**

13, 14, 20, 21 FEBRUARY 2021

**FREESTYLE, BEACH AND PARA POOMSAE:**

27 – 28 FEBRUARY 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. If you experience problems, email **ricardo@martial.events**
3. Make the payment directly on the **www.Martial.Events** website.
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, 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. 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](mailto:kenneth@wwsportsonline.com)

## ORGANIZERS – CONTACT

<b>Mr. Kenneth Schunken</b>	Event Manager	<a href="mailto:kenneth@wwsportsonline.com">kenneth@wwsportsonline.com</a>	<a href="https://www.facebook.com/worldwidesportsonline/">www.facebook.com/worldwidesportsonline/</a>
<b>Ms. Edina Lents</b>	Technical Director / Referee Chairman	<a href="mailto:lentsaekwondo@gmail.com">lentsaekwondo@gmail.com</a>	<a href="https://www.facebook.com/LentsTaekwondo">www.facebook.com/LentsTaekwondo</a>
<b>Ms. Lisa Lents</b>	PR & Media Director	<a href="mailto:lentsaekwondo@gmail.com">lentsaekwondo@gmail.com</a>	<a href="https://www.facebook.com/LentsTaekwondo">www.facebook.com/LentsTaekwondo</a>
<b>Mr. Kenneth Schunken, Ms. Edina Lents, Ms. Lisa Lents</b>	Competition Supervisory Board		

## TECHNICAL ASSISTANCE

<b>Mr. Andrew Pang</b>	VAZTIC Manager	<a href="mailto:upload@vaztic.com">upload@vaztic.com</a>	Contact Mr. Pang for all video related questions and upload issues
<b>Mr. Ricardo Hoogesteger</b>	Martial.Events Manager	<a href="mailto:ricardo@martial.events">ricardo@martial.events</a>	Contact Mr. Hoogesteger for all registration/payment related questions

## SOCIAL MEDIA CHANNELS

### LENTS TAEKWONDO



Facebook: [www.facebook.com/LentsTaekwondo](http://www.facebook.com/LentsTaekwondo)



Instagram: [www.instagram.com/LentsTaekwondo](http://www.instagram.com/LentsTaekwondo)



Twitter: [www.twitter.com/LentsTaekwondo](http://www.twitter.com/LentsTaekwondo)



YouTube: [www.youtube.com/LentsTaekwondo](http://www.youtube.com/LentsTaekwondo)

### WORLDWIDE SPORTS ONLINE



Facebook: [www.facebook.com/wwwsportsonline](http://www.facebook.com/wwwsportsonline)



Instagram: [www.instagram.com/wwwsportsonline](http://www.instagram.com/wwwsportsonline)



Website: [www.wwwsportsonline.com](http://www.wwwsportsonline.com)

### GCS INTERNATIONAL - GOODWILL COOPERATION SERVICE



Website: [www.gcsngo.org](http://www.gcsngo.org)

## HASHTAGS

#LentsTaekwondo

#렌츠태권도

#WorldwideSportsOnline

#3rdLentsTaekwondoWorldwideSportsOnlineOpen2021

#3rdOnlineBeachTaekwondoChampionships2021

#PeacelsMorePreciousThanTriumph



## REGISTRATION

### ENTRY FEES & REGISTRATION DEADLINES

All athletes participating at the 3rd Lents Taekwondo Worldwide Sports Online Poomsae Open 2021 agree and consent that Vaztic, 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	1) Recognized Poomsae 2) Freestyle Poomsae 3) Beach Poomsae 4) Para Poomsae	1) 1 February 2021, 23:59 GMT +1 2) 17 February 2021, 23:59 GMT +1 3) 17 February 2021, 23:59 GMT +1 4) 17 February 2021, 23:59 GMT +1
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](http://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

RECOGNIZED POOMSAE: **1 FEBRUARY 2021**

FREESTYLE POOMSAE, BEACH AND PARA POOMSAE: **17 FEBRUARY 2021**

### 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](https://www.facebook.com/LentsTaekwondo). Electronic certificates will be sent to all the medal winners. Special Award 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 & certificate
Male Outstanding Performance:	Trophy & certificate
Female Outstanding Performance:	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.





## ADDITIONAL MEDAL & SHIPMENT INFORMATION

The medals are ordered after the Freestyle, Beach & Para events of the 3rd Lents Taekwondo Worldwide Sports Online Poomsae Open 2021. The production & shipping of the medals can take up to 1 month. As soon as the medals have been received from the factory, 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 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 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

<b>PayPal:</b>	paypal.me/wwsportsonline or with the email address <a href="mailto:kenneth@wwsportsonline.com">kenneth@wwsportsonline.com</a>
<b>BANK TRANSFER</b>	
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**

## 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 Freestyle Poomsae not performed on sand.
- Beach Poomsae not performed on sand.
- Using subjects or people for support during Freestyle.
- 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 3rd 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 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.

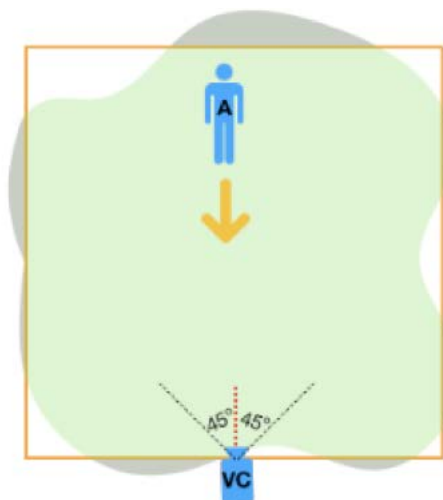
Diagram 1:



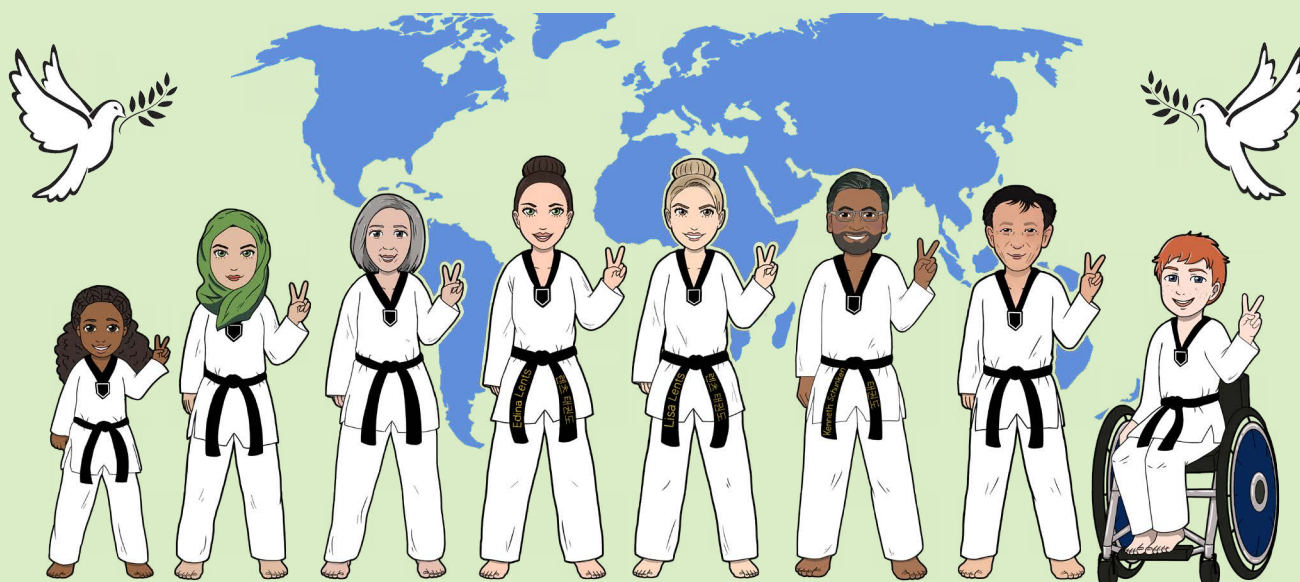
VC - Video Camera



A - Athlete



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>). 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.



**Promoting Peace, Goodwill & Friendship through Taekwondo**

# 3<sup>rd</sup> LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2021

## REGISTRATION ON MARTIAL EVENTS AND VAZTIC VIDEO SUBMISSION DEADLINES:

### RECOGNIZED POOMSAE

Registration Closes:	<b>1 FEBRUARY 2021, 23:59 GMT +1</b>
Publication of Poomsae draw:	1 FEBRUARY 2021, 23:59 GMT +1
Athlete list verification ends:	3 FEBRUARY 2021, 23:59 GMT +1
Upload period:	6 FEBRUARY 2021, 00:00 GMT +1 to 11 FEBRUARY 2021 23:59 GMT +1
Competition begins:	13 FEBRUARY 2021, 12:00 GMT +1

### FREESTYLE POOMSAE, BEACH & PARA POOMSAE

Registration Closes:	<b>17 FEBRUARY 2021, 23:59 GMT +1</b>
Athlete list verification ends:	18 FEBRUARY 2021, 23:59 GMT +1
Publication of Para Draw:	19 FEBRUARY 2021
Upload period:	20 FEBRUARY 2021, 00:00 GMT +1 to 25 FEBRUARY 2021, 23:59 GMT +1
Competition begins:	27 FEBRUARY 2021, 12:00 GMT +1

The video submissions for the 3rd Lents Taekwondo Worldwide Sports Online Open 2021 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. After the registration closes coaches and athletes have 24 hours to submit corrections to the posted division lists.	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. 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. The athletes can upload and submit their videos. There will be one submission box for each Poomsae it will show the round 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.	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. The athletes can upload and submit their videos. There will be one submission box for each Poomsae it will show the round 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.



## **RECOGNIZED POOMSAE**

### **COLOR BELT DIVISIONS 10TH – 1ST KUP – INDIVIDUAL**

#### **10th – 7th Kup**

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

#### **6th – 3rd KUP**

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

#### **2nd – 1st KUP**

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

## **RECOGNIZED POOMSAE**

### **BLACK BELT DIVISIONS – INDIVIDUAL**

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

### **BLACK BELT DIVISIONS - PAIRS & TEAMS**

<b>Pairs Under 17</b>	(birth year: 2004 – younger)
<b>Male Team Under 17</b>	(birth year: 2004 – younger)
<b>Female Team Under 17</b>	(birth year: 2004 – younger)
<b>Pairs Over 17</b>	(birth year: 2003 – older)
<b>Male Team Over 17</b>	(birth year: 2003 – older)
<b>Female Team Over 17</b>	(Birth year: 2003 – older)

## FREESTYLE POOMSAE ON MATS

### COLOR BELT DIVISIONS – FREESTYLE INDIVIDUAL

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

### BLACK BELT DIVISIONS – FREESTYLE INDIVIDUAL

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

### COLOR BELT DIVISIONS – FREESTYLE PAIRS & 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 – FREESTYLE PAIRS & TEAMS

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

## BEACH FREESTYLE POOMSAE ON SAND

### BLACK BELT DIVISIONS – BEACH FREESTYLE INDIVIDUAL

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

### BLACK BELT DIVISIONS – BEACH FREESTYLE PAIRS & TEAMS

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

## **BEACH POOMSAE ON SAND**

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

<b>Under 17 Male</b>	(birth year: 2004 - younger)
<b>Under 17 Female</b>	(birth year: 2004 - younger)
<b>Over 17 Male</b>	(birth year: 2003 - older)
<b>Over 17 Female</b>	(birth year: 2003 - older)

### **BLACK BELT DIVISIONS – BEACH INDIVIDUAL**

<b>Kids Under 11 Male</b>	(birth year: 2010 – and younger)
<b>Kids Under 11 Female</b>	(birth year: 2010 – and younger)
<b>Cadet Male</b>	(birth year: 2007 – 2008)
<b>Cadet Female</b>	(birth year: 2007 – 2008)
<b>Junior Male</b>	(birth year: 2004 – 2005)
<b>Junior Female</b>	(birth year: 2004 – 2005)
<b>Under 30 Male</b>	(birth year: 1991 – 2003)
<b>Under 30 Female</b>	(birth year: 1991 – 2003)
<b>Over 30 Male</b>	(birth year: 1990 – older)
<b>Over 30 Female</b>	(birth year: 1990 – older)

### **BLACK BELT DIVISIONS – BEACH PAIRS & TEAMS**

<b>Pairs Under 17</b>	(birth year: 2004 – younger)
<b>Male Team Under 17</b>	(birth year: 2004 – younger)
<b>Female Team Under 17</b>	(birth year: 2004 – younger)
<b>Pairs Over 17</b>	(birth year: 2003 – older)
<b>Male Team Over 17</b>	(birth year: 2003 – older)
<b>Female Team Over 17</b>	(birth year: 2003 – older)

## PARA POOMSAE

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

#### Birth year: 2004 – 2006

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: 1991 – 2003

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 – 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: 2004 – 2006

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: 1991 – 2003

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: 1990 – 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	Taeguek Il Jang	P1	Poomsae Koryo
T2	Taeguek Yi Jang	P2	Poomsae Keumgang
T3	Taeguek Sam Jang	P3	Poomsae Taebaek
T4	Taeguek Sah Jang	P4	Poomsae Pyongwon
T5	Taeguek Oh Jang	P5	Poomsae Sipjin
T6	Taeguek Yook Jang	P6	Poomsae Jitae
T7	Taeguek Chill Jang	P7	Poomsae Chongkwon
T8	Taeguek 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

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, Semifinal 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 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:

**NOT ALLOWED:**

Preliminary round: T1 – T3

Semifinal: T2 – T3

Final: T1 – T2

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

## BLACK BELT DIVISIONS – 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	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, Semifinal, 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](http://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

1 FEBRUARY 2021, 23:59 CET GMT +1

## UPLOAD DEADLINE

11 FEBRUARY 2021, 23:59 CET GMT +1

# FREESTYLE POOMSAE ON MATS

## DIVISIONS AGE ELIGIBILITY AND POOMSAE PERFORMANCE

### INDIVIDUAL

#### Color belt divisions

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

#### Black belt divisions

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

### PAIRS AND TEAMS

#### Color belt divisions

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

#### Black belt divisions

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. 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

17 FEBRUARY 2021, 23:59 CET GMT +1

### UPLOAD DEADLINE

25 FEBRUARY 2021, 23:59 CET GMT +1

# BEACH FREESTYLE POOMSAE ON SAND

## DIVISIONS AGE ELIGIBILITY AND POOMSAE PERFORMANCE

### INDIVIDUAL

#### Black belt divisions

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

### PAIRS AND TEAMS

#### Black belt divisions

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

### POOMSAE SUBMISSIONS

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

Beach Freestyle must be performed **ON SAND**. Can be performed on a beach, a sand playground, athletics track, desert, lakeside etc. Standard Taekwondo mats, spring-loaded floors or any other bouncing floors are **NOT** allowed and will result in a DSQ.

### DRESS CODE

#### MALE

Dobok  
Sleeveless or topless  
Long trousers, shorts, swim shorts

#### FEMALE

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

Sunglasses are allowed. Jewelry is not allowed.

### REGISTRATION DEADLINE

17 FEBRUARY 2021, 23:59 CET GMT +1

### UPLOAD DEADLINE

25 FEBRUARY 2021, 23:59 CET GMT +1

# BEACH POOMSAE

## DIVISIONS AGE ELIGIBILITY AND POOMSAE PERFORMANCE

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

Under 17 (birth year: 2004 – younger)  
Over 17 (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

#### 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

## 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

Pairs under 17  
Teams Male under 17  
Teams Female under 17

### Birth year: 2003 – 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

## DRESS CODE

### MALE

Dobok  
Sleeveless or topless  
Long trousers, shorts, swim shorts

### FEMALE

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

Sunglasses are allowed. Jewelry is not allowed.

## 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

17 FEBRUARY 2021, 23:59 CET GMT +1

## UPLOAD DEADLINE

25 FEBRUARY 2021, 23:59 CET GMT +1



## 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: 2004 - 2006)

Under 30 (birth year: 1991 - 2003)

Over 30 (birth year: 1990 - 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

## 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

17 FEBRUARY 2021, 23:59 CET GMT +1

## UPLOAD DEADLINE

25 FEBRUARY 2021, 23:59 CET GMT +1

## CHARITY

Promoting Peace, Goodwill & Friendship through Taekwondo!  
Together with Goodwill Cooperation Service the "3rd Lents Taekwondo Worldwide Sports Online Open 2021" will fundraise money for the less privileged in rehabilitation and recovery centers in Bhutan. 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 "3rd Lents Taekwondo Worldwide Sports Online Open 2021" 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 the less privileged in rehabilitation and recovery centers in Bhutan through our 3rd 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 work with GCS International - Goodwill Cooperation Service for the 3rd 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 "3rd Lents Taekwondo Worldwide Sports Online Open 2021" will donate 1 US\$ per athlete from the entry fees gathered through the championships to support less privileged in rehabilitation and recovery centers in Bhutan. The people will receive free Taekwondo education and training under the WT Cares Program. You can also purchase a T-shirt from our 3 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](http://www.gcsngo.org)

[www.thfaid.org](http://www.thfaid.org)

[www.worldtaekwondo.org/news/taekwondo-cares/](http://www.worldtaekwondo.org/news/taekwondo-cares/)

**VAZTIC**



**KWON**






## ABOUT BHUTAN PROJECT





The 2020-2021 WT Cares Program is working alongside Bhutan Taekwondo Federation titled "Road to Recovery" is a project that started in early December 2020. It's main objective is to provide Taekwondo to society's underprivileged section, concentrating on drug and alcohol rehabilitation and recovery centers within the country. Road to Recovery will be held in three centers. Jurwa Halfway Home, located in Paro, which strives to support the less fortunate, especially victims of drugs and alcohol, jobless, school drop-outs, and people living on the streets. Two centers are located within the nation's capital, Thimphu. The Chithuen Phendhy Association aims to become a leading civil society organization that promotes a drug and alcohol-free society in Bhutan. Finally, the Bhutan Institute of Wellbeing, with it's vision to inspire and nurture Bhutanese youth's full potential. The Institute of Wellbeing's mission "is to model and demonstrate humane education and living, founded on a real understanding of Gross National Happiness (GNH) values." Road to Recovery will give Bhutanese youth an opportunity of a lifetime and, more importantly, positive impact their lives.



## CHARITY T-SHIRTS



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NEWS > Taekwondo Online Events - Cooperation with Lents Taekwondo

### TAEKWONDO ONLINE EVENTS - COOPERATION WITH LENTS TAEKWONDO

15/12/2020 11:00 AM 0 Comments


In the midst of the Corona crisis, Worldwide Sports Online and Lents Taekwondo successfully started an online Taekwondo event series in which thousands of Taekwondo athletes worldwide were able to participate in various disciplines (Recognized, Freestyle, Beach & Para Poomsae).

KWON will also support the upcoming event (3rd Lents Taekwondo Worldwide Sports Online Open 2021) in February 2021 again.

In cooperation with Lents Taekwondo & Worldwide Sports Online, the T-shirts with their motto "Promoting Peace, Goodwill & Friendship through Taekwondo" are now available in our shop.

[>>> CLICK HERE TO VIEW SHIRTS <<<](#)

We wish our partner a successful event in the new year and look forward to further cooperation.



### 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](http://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

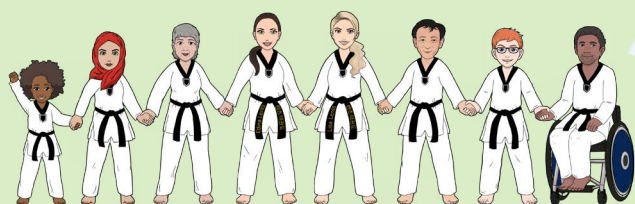
Shipping available to UK, Germany, Austria, France & Switzerland on the webshops:  
[kwon.com](http://kwon.com) for Germany  
[kwon.co.uk](http://kwon.co.uk) for the UK  
[kwon.it](http://kwon.it) for Italy  
[kwon.at](http://kwon.at) for Austria  
[kwon.fr](http://kwon.fr) for France  
[kwon.ch](http://kwon.ch)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

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



# 3<sup>rd</sup> LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2021

## 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

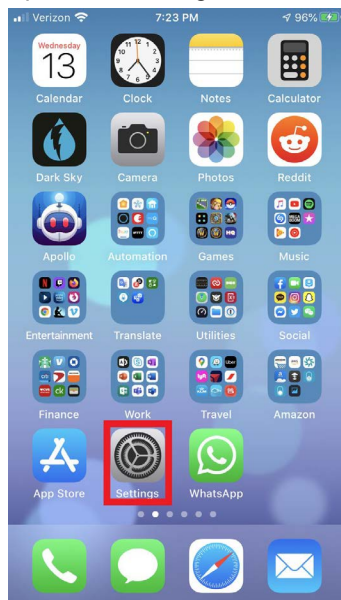


Promoting Peace, Goodwill & Friendship through Taekwondo

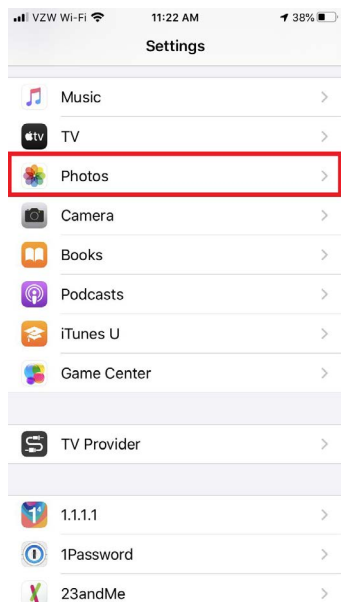


# How to Record at 1080p @ 60fps on iPhone

1. Open the "Settings" icon



2. Scroll down to the "Photos" settings tab and select it



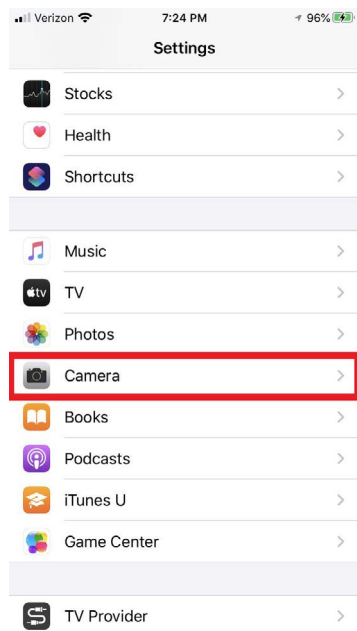
3. Make sure that "iCloud Photos" is enabled



4. Select on "Settings" to return to the settings menu



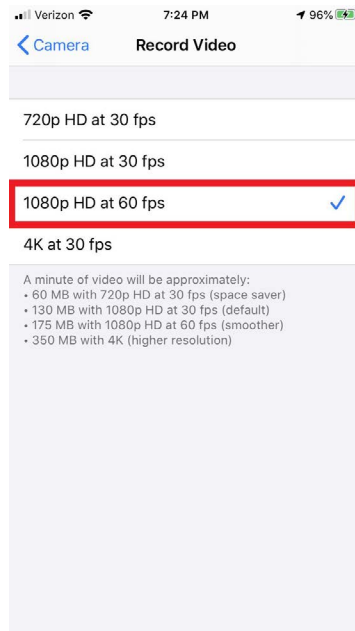
5. Scroll down to the “Camera” settings tab and select it



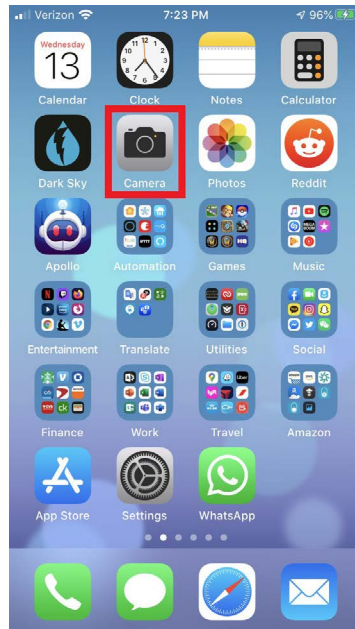
6. Select the “Record Video” settings tab



7. Select “1080p HD at 60 fps”



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

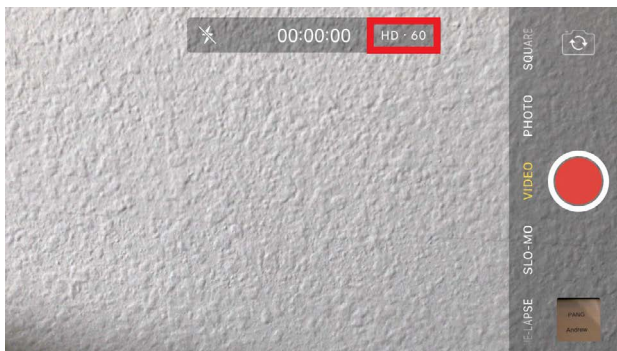


# 3<sup>rd</sup> LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2021

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

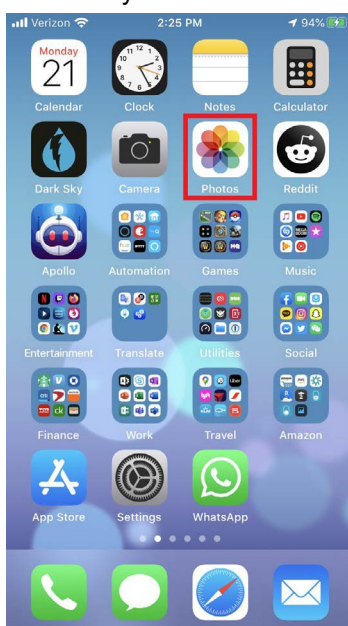


10. Rotate your phone to be in landscape mode and you should see “HD · 60” in the top middle of the screen while in landscape mode



11. Make sure to record with the back of the phone camera and don't record after locking the phone and recording from the lockscreen

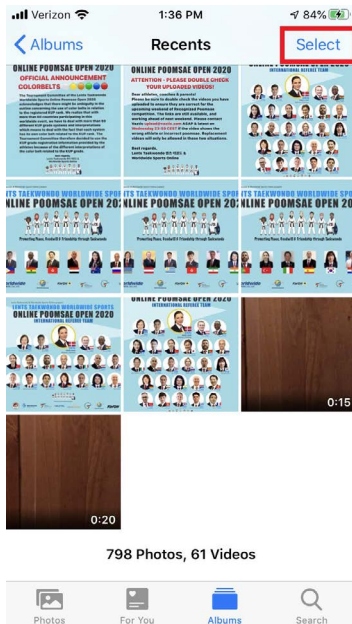
12. Return to your home screen and select the “Photos” icon





# 3<sup>rd</sup> LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2021

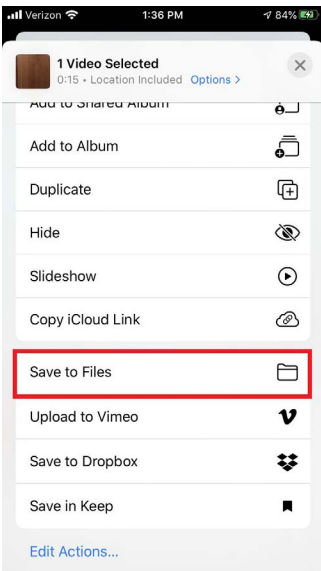
13. Scroll down to your recorded video and press the “Select” button



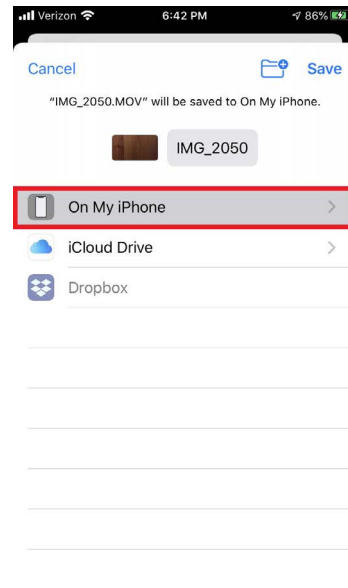
14. Select your recorded video and then press the “Forward” icon



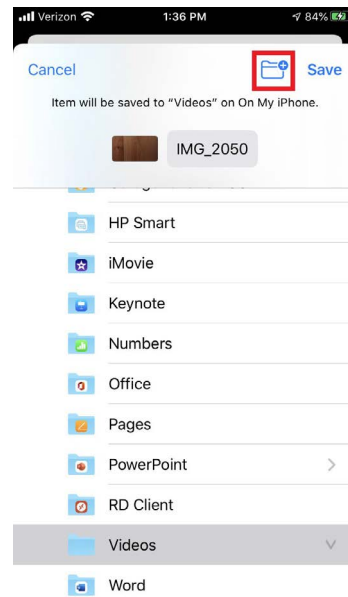
15. Scroll down to the “Save to Files” option and select it



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

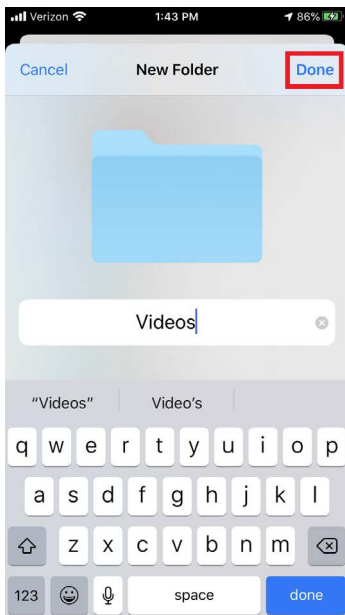


17. Create a new folder by pressing the “Folder” icon

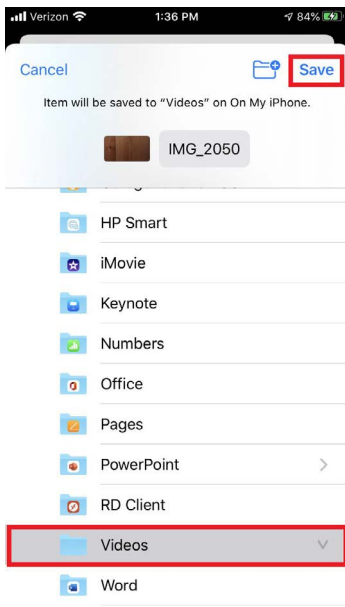


### 3<sup>rd</sup> LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2021

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



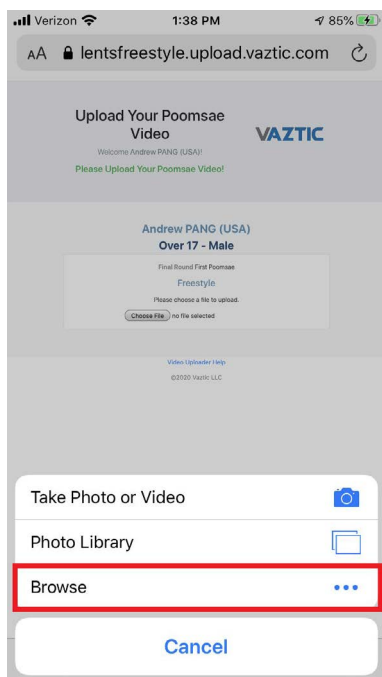
19. Select the created “Videos” folder and select “Save”



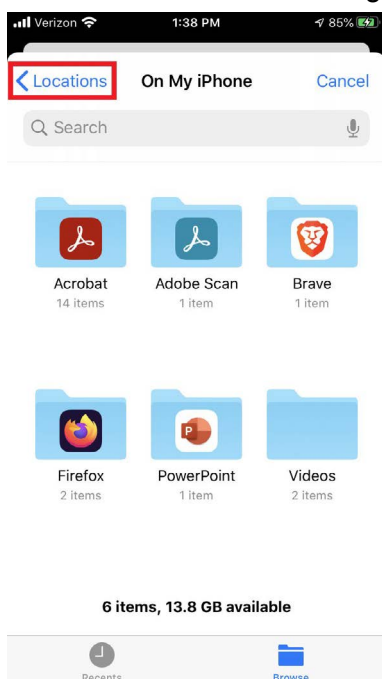
20. Open the upload website from the link sent to your email and select the correct video location you want to upload under

# 3<sup>rd</sup> LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2021

21. Select the “Browse” option when uploading



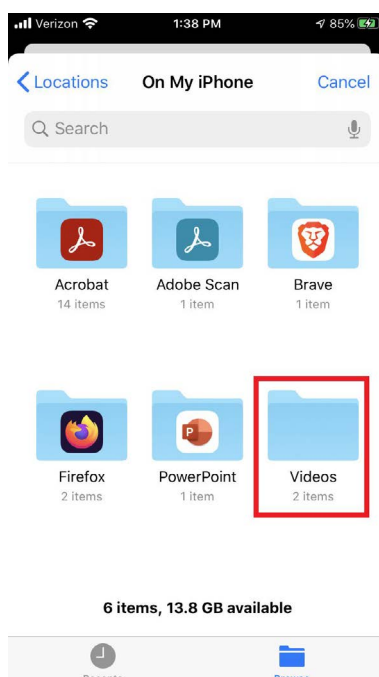
22. Select the “Locations” setting



23. Select “On My iPhone” as the location

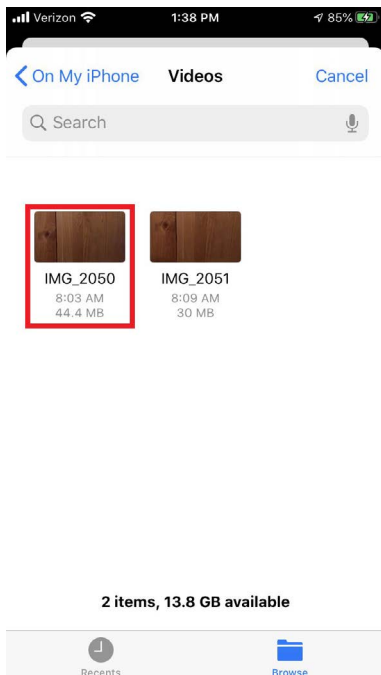


24. Scroll down to the created “Videos” folder and select it





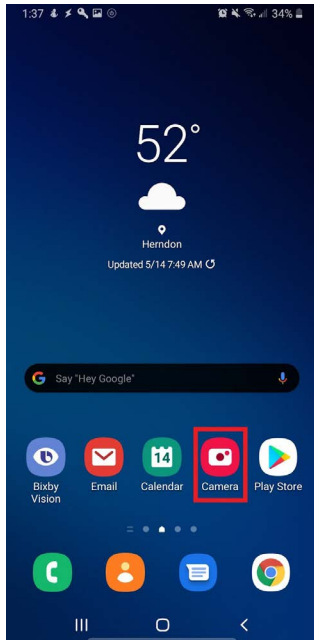
25. Select the proper video file for the upload location



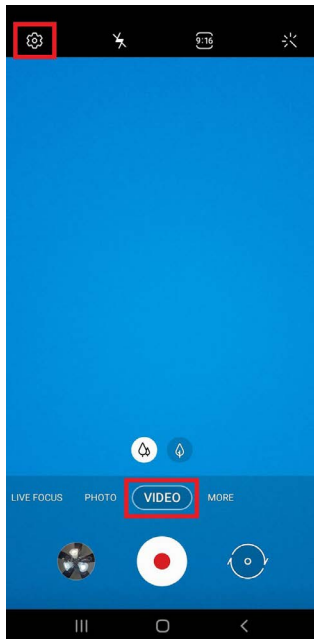
26. Re-watch your video to ensure the correct video is uploaded

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

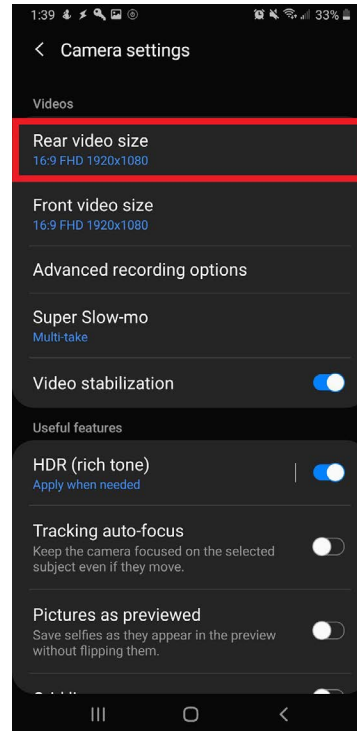
1. Open the "Camera" icon



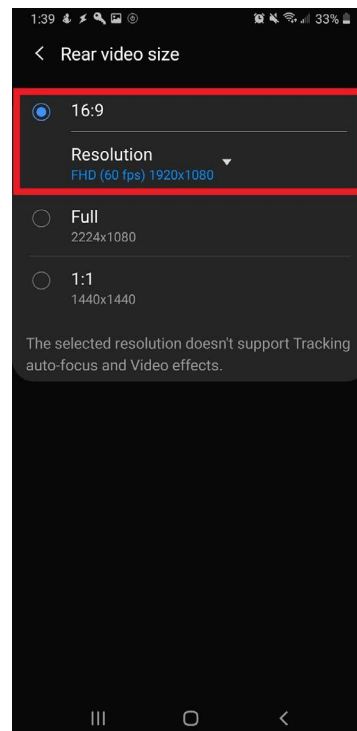
2. Select "VIDEO" and then select the settings cog



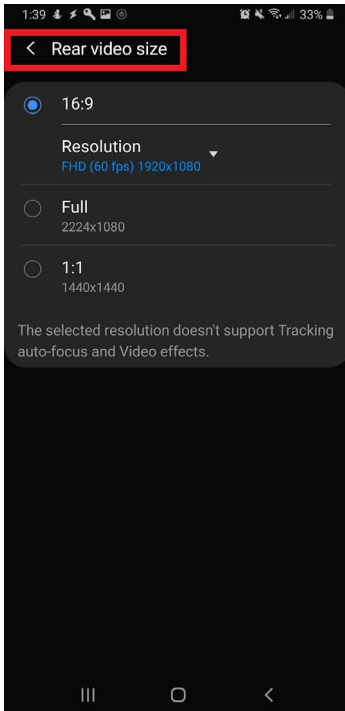
3. Select "Rear video size"



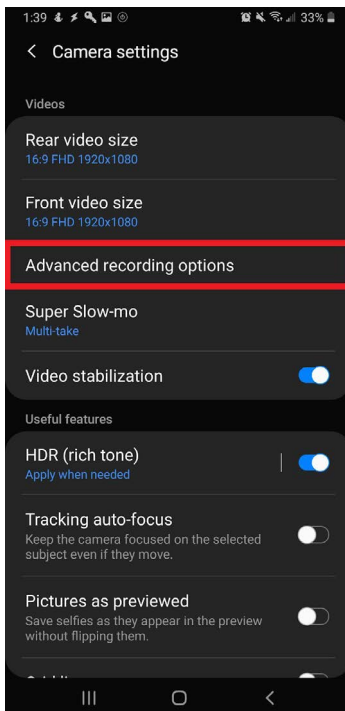
4. Select "16:9" and Resolution of "FHD (60 fps) 1920x1080"



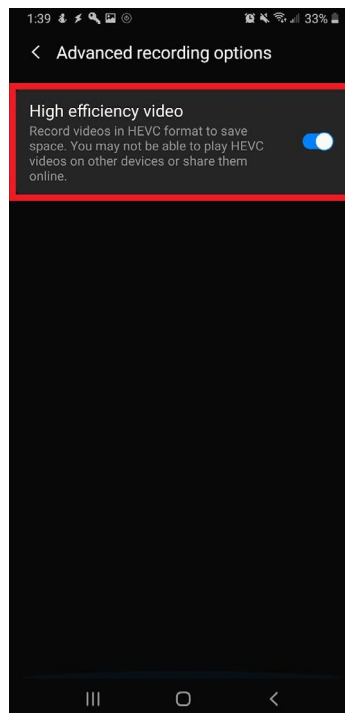
5. Return back to camera settings by selecting "< Rear video size"



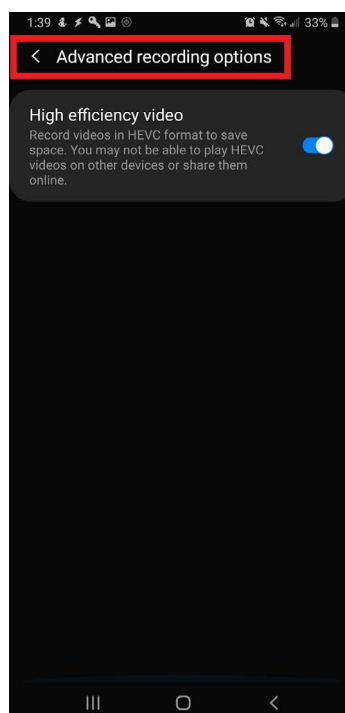
6. Select "Advanced recording options"



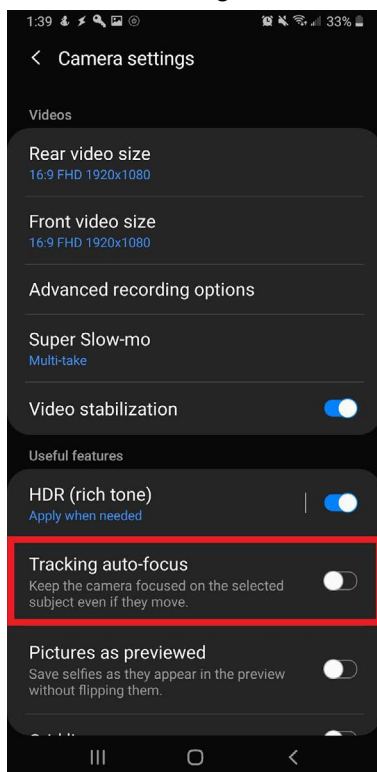
7. Enable "High efficiency video"



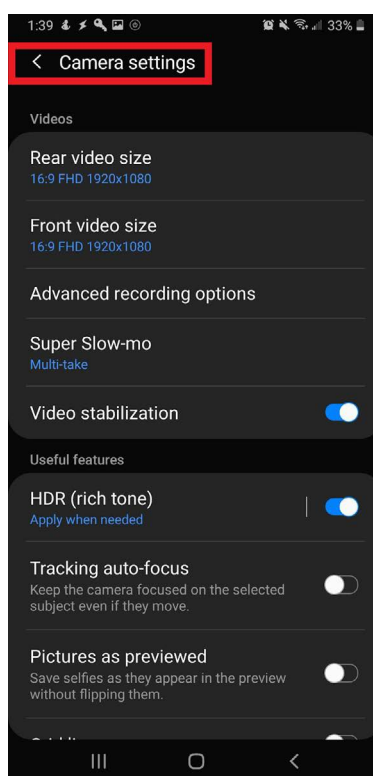
8. Return back to camera settings by select "< Advanced recording options"



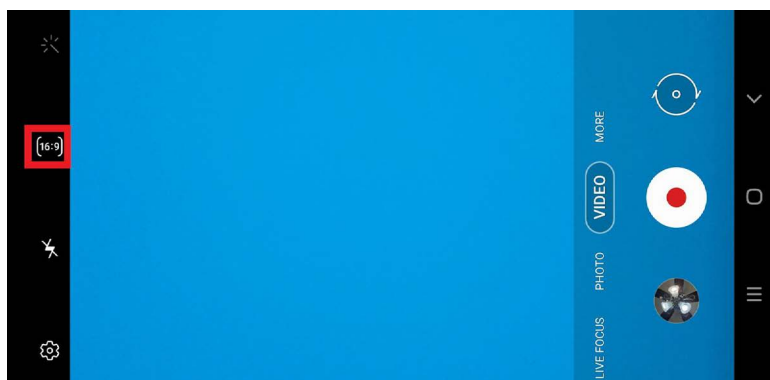
## 9. Disable “Tracking auto-focus”



## 10. Return back to the camera selecting “< Camera settings”



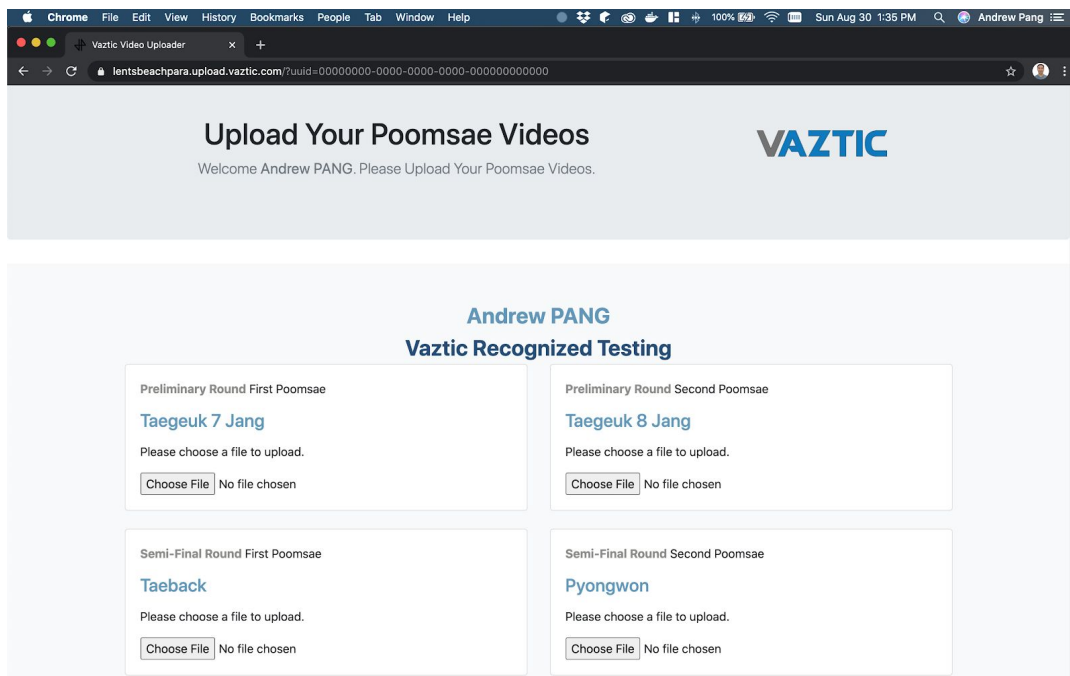
## 11. Rotate your phone to be in landscape mode and you should see “(16:9)” upright on the left hand middle side of the screen while in landscape mode



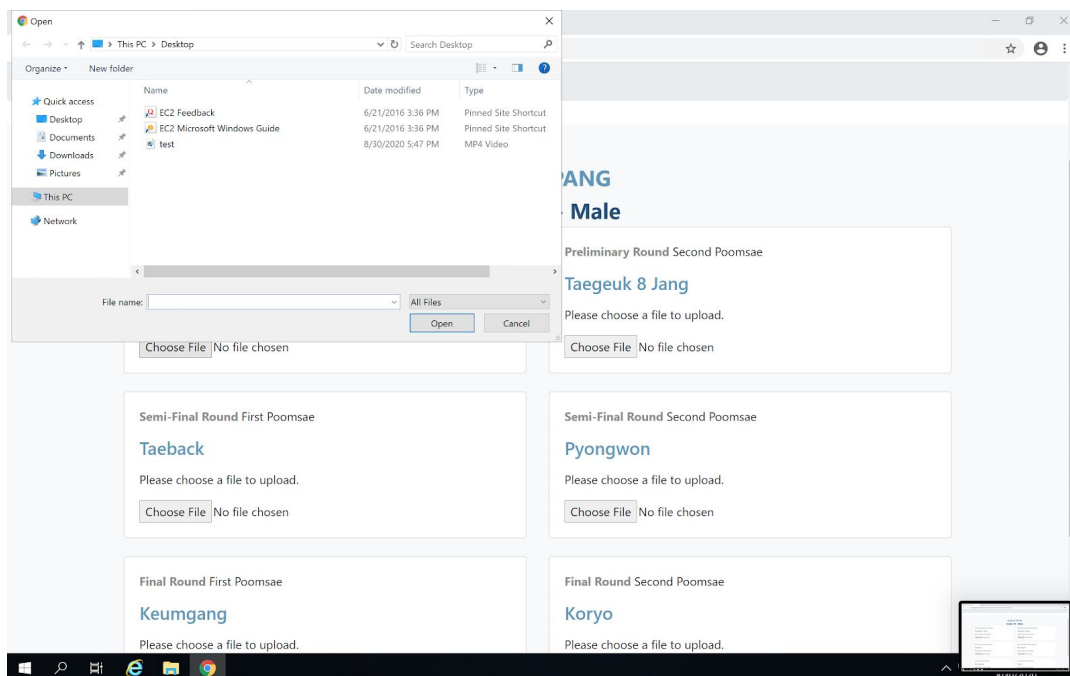
12. Make sure to record with the back of the phone camera and don't record after locking the phone and recording from the lockscreen
13. Proceed to the email you received and open the link to your custom upload link
14. Open the website and upload the correct video under each upload location
15. Re-watch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

# Procedure for Uploading Videos

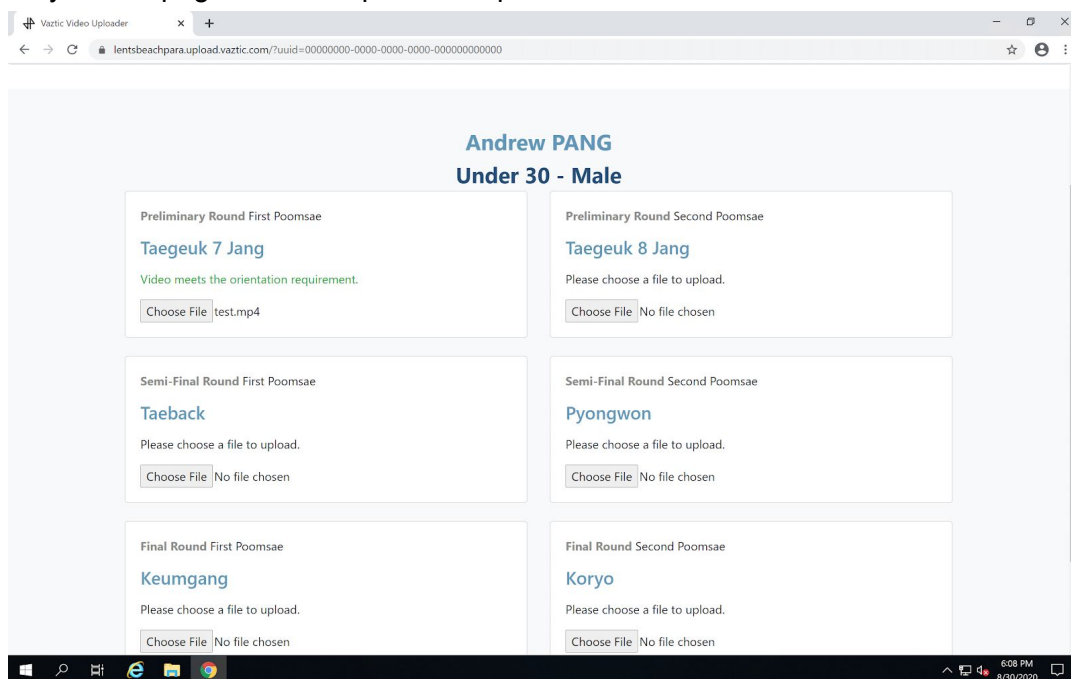
1. Open the email containing your custom upload link
2. Click on the custom upload link to open the website



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

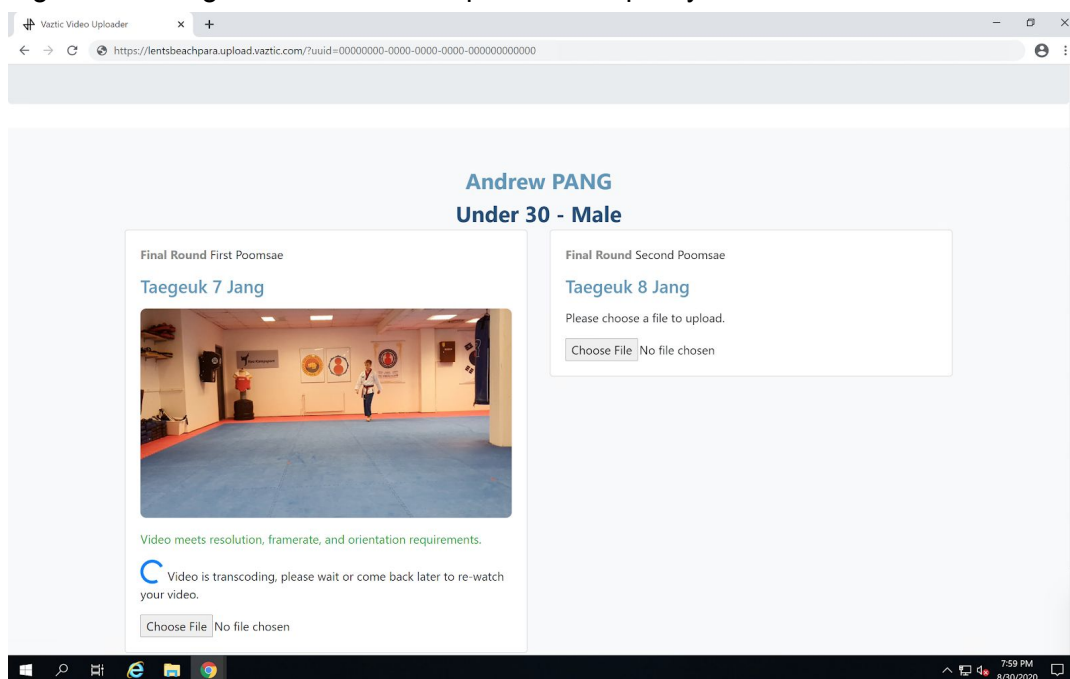


## 4. Stay on the page until the upload completes

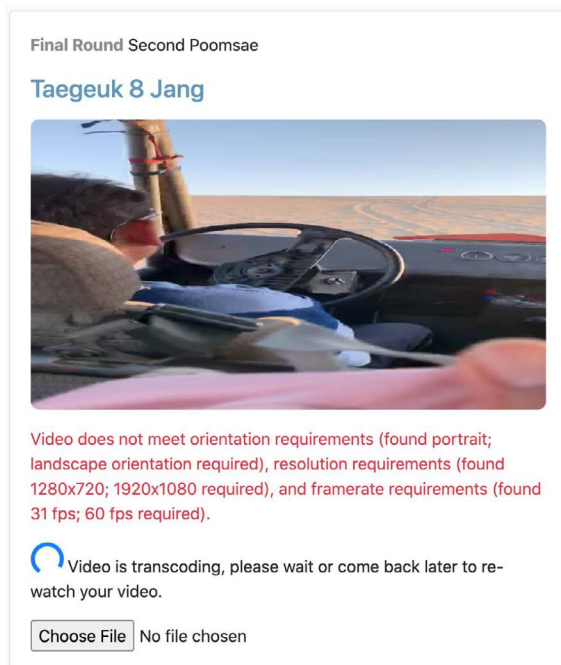


## 5. Read the result message

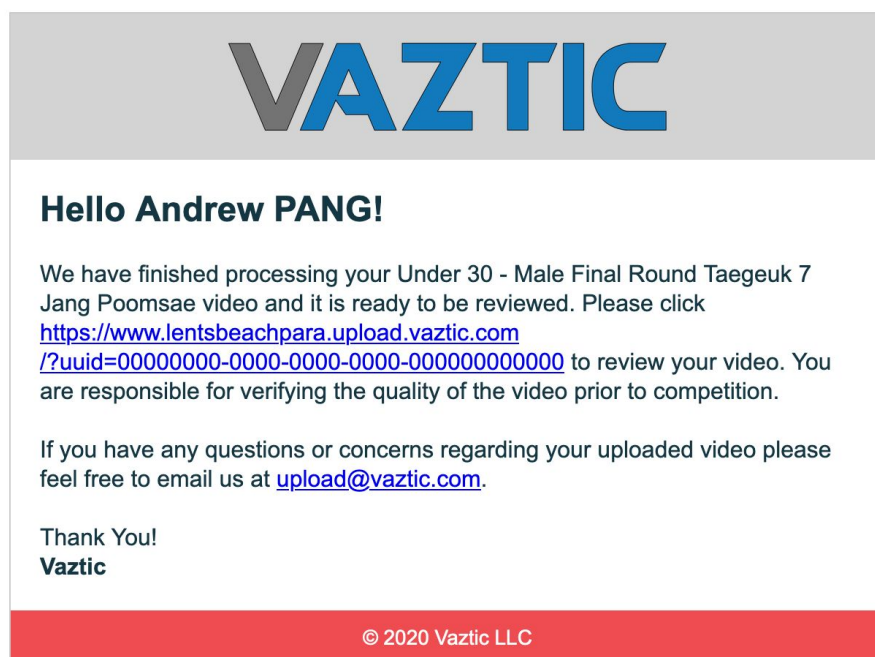
- A green message means the video passes the quality checks.



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

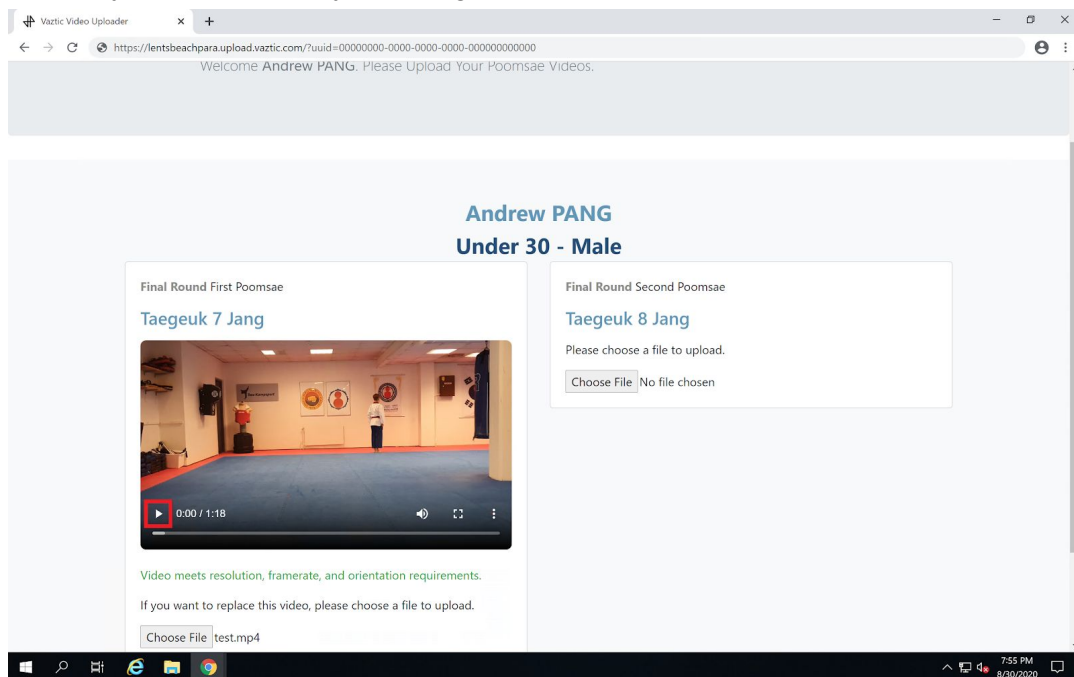


6. An email will be sent once we have processed the video.





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.



## OUR PARTNERS



**GCS International**

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