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OUTLINE

# Taekwondo International OPEN 2022



15-16<sup>th</sup>  
October

Poomsae Championships | Online Edition

Registration website:  
[www.martial.events](http://www.martial.events)

Deadline: Oct. 1<sup>st</sup>, 2022  
11:59 p.m. UTC+1



Dojang Wien  
Taekwondo

Design



Fighter's  
World

Dear Poomsae Lovers!

In our series of International Open Poomsae Championships open to the whole world we this time visit a different region in Austria.

We kindly invite all Poomsae athletes and coaches to register to the **INTERNATIONAL OPEN TAEKWONDO POOMSAE CHAMPIONSHIPS 2022**, Online Edition.

You may register to the following categories:  
**RECOGNIZED POOMSAE (Individual, Pair, Team)**  
**PARA POOMSAE (Individual)**  
**FREESTYLE POOMSAE (Individual, Pair, Team)**  
**FAMILY POOMSAE (2 athletes or more)**

All videos must be uploaded to **YouTube** first. At the **Championship days on October 15th and 16th** all videos will be **scored by top International Referees only** and live streamed via YouTube.

Please find further details and announcements in the information package (outline) or visit the Championship's [Facebook event page](#).

**Registration will be open from August 16th till October 09th - secure your spot now as our event usually fill ups quickly!**

We wish best of success to all our competitors – very much looking forward to watching your performances!

Peter Nestler,  
Organizing Committee President  
**INTERNATIONAL POOMSAE OPEN**

For any question, please contact us by e-mail: [info@dojang.at](mailto:info@dojang.at)

Liebe Poomsae-Liebhaber!

In unserer Serie internationaler Poomsae-Meisterschaften, die für die ganze Welt offen sind, besuchen wir diesmal ein weiteres Bundesland in Österreich. Wir laden alle Poomsae-Athleten herzlich ein, sich für die **INTERNATIONAL OPEN TAEKWONDO POOMSAE CHAMPIONSHIPS 2022**, Online-Edition, anzumelden.

Folgende Kategorien stehen zur Auswahl:  
**RECOGNIZED POOMSAE (Einzel, Paar, Team)**  
**PARA POOMSAE (Einzel)**  
**FREESTYLE POOMSAE (Einzel, Paar, Team)**  
**FAMILY POOMSAE (2 Athleten oder mehr)**

Alle Videos müssen zuerst auf **YouTube** hochgeladen werden. An den **Turniertagen 15./16. Oktober 2022** werden alle Videos **von top International Referees bewertet** und über YouTube live gestreamt.

Weitere Details und Ankündigungen finden Sie im Informationspaket (Ausschreibung) oder auf der [Facebook-Event-Seite](#) des Turniers.

**Die Registration ist vom 16. August bis 9. Oktober geöffnet – sichern Sie sich jetzt Ihren Platz, denn unser Event füllt sich üblicherweise rasch!**

Wir wünschen allen Teilnehmerinnen und Teilnehmern viel Erfolg und freuen uns sehr auf Ihre Leistungen!

Peter Nestler,  
Organisationskomitee Präsident  
**INTERNATIONAL POOMSAE OPEN**

Bei Fragen wenden Sie sich bitte per E-Mail an: [info@dojang.at](mailto:info@dojang.at)

# International Open Taekwondo Poomsae Championships 2022


## Online Edition

with Para | Family | FreeStyle

15<sup>th</sup> – 16<sup>th</sup> October 2022

### 1. Organizer & Officials

<b>Organizer contact</b>	<b>INTERNATIONAL POOMSAE OPEN Organising Committee</b>
<b>President</b>	<b>Peter Nestler</b>
<b>Competition Director</b>	<b>Peter Nestler</b> E-Mail: <a href="mailto:info@dojang.at">info@dojang.at</a>
<b>Technical Delegate</b>	<b>GM Tong Wan Shin</b>
<b>Head of CSB</b>	<b>GM Tong Wan Shin</b>
<b>Referee Director</b>	<b>GM Johanna Bliem</b>
<b>Competition Admin</b>	<b>Carmina Presinszky</b>
<b>Online Competition Date</b>	<b>2022 October 15-16</b>
<b>Registration Website</b>	<a href="#">Martial Events</a>
<b>Registration deadline</b>	<b>2022 October 09, 23:59 CEST</b>
<b>Poomsae Draws</b>	<b>2022 September 26, 12:00 CEST</b>
<b>Payment Deadline</b>	<b>2022 October 03, 23:59 CEST</b>
<b>Video Submission Deadline</b>	<b>2022 October 09, 23:59 CEST</b>

Poomsae scoring system powered by: 



## 2. Event Timeline

<b>Registration Deadline</b>	<b>Sunday 9<sup>th</sup> of October 2022, 23:59 CEST</b>
<b>Compulsory Poomsae Draw</b>	<b>Monday 26<sup>th</sup> of September 2022, 12:00 CEST</b>
<b>Payment Deadline</b>	<b>Monday 3<sup>rd</sup> of October 2022, 23:59 CEST</b>
<b>Video Submission Deadline</b>	<b>Sunday 9<sup>th</sup> of October 2022, 23:59 CEST</b>
<b>Online Coach Meeting (Zoom)</b>	<b>Friday 30<sup>th</sup> of September 2022, 16:00 CEST</b>
<b>Online Competition Date</b>	<b>Saturday 15<sup>th</sup> and Sunday 16<sup>th</sup> of October 2022</b>

## 3. Payment

<b>Individual</b>	<b>25 Euro per athlete</b>
<b>Pair</b>	<b>30 Euro per pair</b>
<b>Team/Family</b>	<b>30 Euro per team</b>

Payment is processed during your registration process via [Martial Events](#).

Please note, all payments are non-refundable once they have been processed. In the event of not reaching a minimum of 150 entries at the time of payment deadline, the organiser reserves the right to cancel the event. All entries will be refunded minus a 10 % processing fee.

## 4. Method of Competition

Competition will be held under the most current **World Taekwondo Poomsae rules & interpretations** as in force as of May 14<sup>th</sup>, 2019, amended for Online Competitions in 2020 and Para Poomsae Rules as of Jan 1<sup>st</sup>, 2017, and will be run on a **Cut Off System** of up to 3 rounds (Preliminary, Semi-final and Final) for all categories.

## 5. Classifications of Competition

### Age Limits

The age limits for each division (excluding Family Poomsae which is not age limited) is based on the year, not on the date when the competition is held.

### A. Recognized Poomsae

#### Individual Poomsae categories

Classification	Class	Selection	Recognised Poomsae	Division	Age
Individual male / female	A Poom/Dan (black belt)	Compulsory Recognized Poomsae	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang	Kids	Under 12
				Cadet	12-14
			Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek	Junior	15-17
				Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin	Under 30
			Under 40		31-40
			Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, Chonkwon	Under 50	41-50
	Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, Chonkwon, Hansu	Under 60	51-60		
		Under 65	61-65		
		Over 65	+66		
	B 1 <sup>st</sup> Kup to 4 <sup>th</sup> Kup	Competitor's choice of Poomsae	Taegeuk 3, 4, 5, 6, 7, 8 Koryo, Keumgang	Mini Kids	9 and under
				Kids	10-11
				Cadet	12-14
				Junior	15-17
				Under 35	18-35
				Over 35	36-50
				Over 50	+51
	C 5 <sup>th</sup> Kup to 10 <sup>th</sup> Kup	Competitor's choice of Poomsae	Taegeuk 1, 2, 3, 4, 5, 6, 7, 8	Mini Kids	9 and under
				Kids	10-11
				Cadet	12-14
Junior				15-17	
Under 35				18-35	
Over 35				36-50	
Over 50	+51				

All athletes in Recognized Poomsae must show **two different Poomsae each round**.

Nevertheless, in Class C athletes may show Poomsae which they performed in a previous round.

**Class A** must show those Poomsae in order selected by the **Poomsae draw** and being published.

**Class B and C** may choose within the given Poomsae range.

## Pair Poomsae categories

Classification	Class	Selection	Recognized Poomsae	Division	Age
<b>Pairs</b>  male + female only	<b>A</b> <b>Poom/Dan</b> (black belt)	Compulsory Recognized Poomsae	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang	Cadet	12-14
			Taegeuk 4,5,6,7, 8 Jang, Koryo, Keumgang, Taebaek	Junior	15-17
			Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin	Under 30	18-30
			Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, Chonkwon	Over 30	+31
	<b>B</b> 1 <sup>st</sup> Kup to 4 <sup>th</sup> Kup	Competitor's choice of Poomsae	Taegeuk 3, 4, 5, 6, 7, 8 Koryo, Keumgang	Cadet	12-14
				Junior	15-17
				Under 30	18-30
				Over 30	+31
	<b>C</b> 5 <sup>th</sup> Kup to 10 <sup>th</sup> Kup	Competitor's choice of Poomsae	Taegeuk 1, 2, 3, 4, 5, 6, 7, 8	Cadet	12-14
				Junior	15-17
				Under 30	18-30
				Over 30	+31

All athletes in Recognized Poomsae must show **two different Poomsae each round**.

Nevertheless, in Class C athletes may show Poomsae which they performed in a previous round.

**Class A** must show those Poomsae in order selected by the **Poomsae draw** and being published.

**Class B and C** may choose within the given Poomsae range.

For Cadet Pairs they can mix with members from a higher age group (i.e., one Cadet, one Junior).

The compulsory Poomsae for this combination Pair is chosen from the highest member in age from that Pair (i.e., Junior).

## Team Poomsae categories

Classification	Class	Selection	Recognized Poomsae	Division	Age
<b>Teams</b> 3 males or 3 females	<b>A</b> <b>Poom/Dan</b> (black belt)	Compulsory Recognized Poomsae	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang	Cadet	12-14
			Taegeuk 4,5,6,7, 8 Jang, Koryo, Keumgang, Taebaek	Junior	15-17
			Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin	Under 30	18-30
			Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, Chonkwon	Over 30	+31
	<b>B</b> 1 <sup>st</sup> Kup to 4 <sup>th</sup> Kup	Competitor's choice of Poomsae	Taegeuk 4, 5, 6, 7, 8 Koryo, Keumgang	Cadet	12-14
				Junior	15-17
				Under 30	18-30
				Over 30	+31
	<b>C</b> 5 <sup>th</sup> Kup to 10 <sup>th</sup> Kup	Competitor's choice of Poomsae	Taegeuk 1, 2, 3, 4, 5, 6, 7, 8	Cadet	12-14
				Junior	15-17
				Under 30	18-30
				Over 30	+31

All athletes in Recognized Poomsae must show **two different Poomsae each round**.

Nevertheless, in Class C athletes may show Poomsae which they performed in a previous round.

**Class A** must show those Poomsae in order selected by the **Poomsae draw** and being published.

**Class B and C** may choose within the given Poomsae range.

For Cadet Teams they can mix with one member of a higher age group (i.e., two Cadets, one Junior).

The compulsory Poomsae for this combined Team is chosen from the highest member of age from that Team (i.e., Junior).

## B. Para Poomsae

Para Categories will be split as per World Taekwondo rules and regulations and will also be separated into Male / Female and Kup / Dan Grades.

**The Poomsae may be chosen free – 2 Poomsae each round, preferably in one video.**

### Kup Divisions

*Age of Contestant:*

Under 15 years

15 - 30 years

Over 30 years

### Dan Divisions

*Age of Contestant:*

Under 15 years

15 - 30 years

Over 30 years

**Must perform recognized WT Poomsae**

**Must perform recognized WT Poomsae**

### PARA POOMSAE divisions

**P11/P12/P13 – Visual Impairments (Competitor’s choice – any Poomsae, Taegeuk 1 & higher)**

**P20 – Intellectually Impaired (The coach can give commands, competitor’s choice)**

**P31/P32/P33/P34 – Physical Impairments (Compulsory Poomsae will be specified by draw)**

**P40 – Limb Deficiency (Competitor’s choice of Poomsae)**

**P50 – Wheelchair Classes (Competitor’s choice of Poomsae)**

**P60 – Deaf (Competitor’s choice of Poomsae)**

**P71/P72 - Short Stature (Competitor’s choice of Poomsae)**

## C. Family Poomsae

One parent, parents, or grandparents together with their child or children or grandchildren. The number of family members is unlimited. **At least two generations are required for a family team.** There is no age limit or graduation restriction for Family Poomsae. Family Poomsae has Finals only.

**The Recognized Poomsae can be freely selected – two Poomsae.**

Classification	Grade	Selection	Recognized Poomsae	Division	Age
<b>Family Poomsae (unlimited Members, minimum 2)</b>	No belt restriction	Competitor’s Choice of Poomsae	Free of Choice	One Family	No age limit



## D. Freestyle Poomsae

Music & choreography shall be the choice of each contestant, following World Taekwondo Freestyle Poomsae rules.

Classification	Grade	Selection	Duration	Division	Age
<b>Individual Male or Female</b>	Poom/Dan (black belt)	1 Freestyle	90-100 seconds	Under 17	11-17
				Over 17	18+

Classification	Grade	Selection	Duration	Division	Age
<b>Pair male + female only</b>	Poom/Dan (black belt)	1 Freestyle	90-100 seconds	Under 17	11-17
				Over 17	18+

Classification	Grade	Selection	Duration	Division	Age
<b>Team mixed 5 members</b>	Poom/Dan (black belt)	1 Freestyle	90-100 seconds	Under 17	11-17
				Over 17	18+

Freestyle competition has 1 Poomsae per round and Finals only.

## 5. Uniforms

**Poomsae competition uniform:** All contestants *may* wear WT-approved Poomsae competition uniform. If contestants do not have a WT-approved Poomsae competition uniform, contestants are able to wear any World Taekwondo uniform (in white colour or gold for Grandmaster). Besides the Taekwondo uniform – dobok and belt – nothing else is allowed: no shoes, no socks, no jewellery etc.

Any kind of religious related stuff must be declared and approved by the organizing committee. We kindly ask to keep those things to a minimum.

Any medical related braces etc. must be declared and approved by the organizing committee.

Any visible things other than dobok and belt or mentioned in World Taekwondo Poomsae Competition rules will lead to deductions in the competitor's score(s).

## 6. Methods of Competition

### 6.1 Cut-off-System

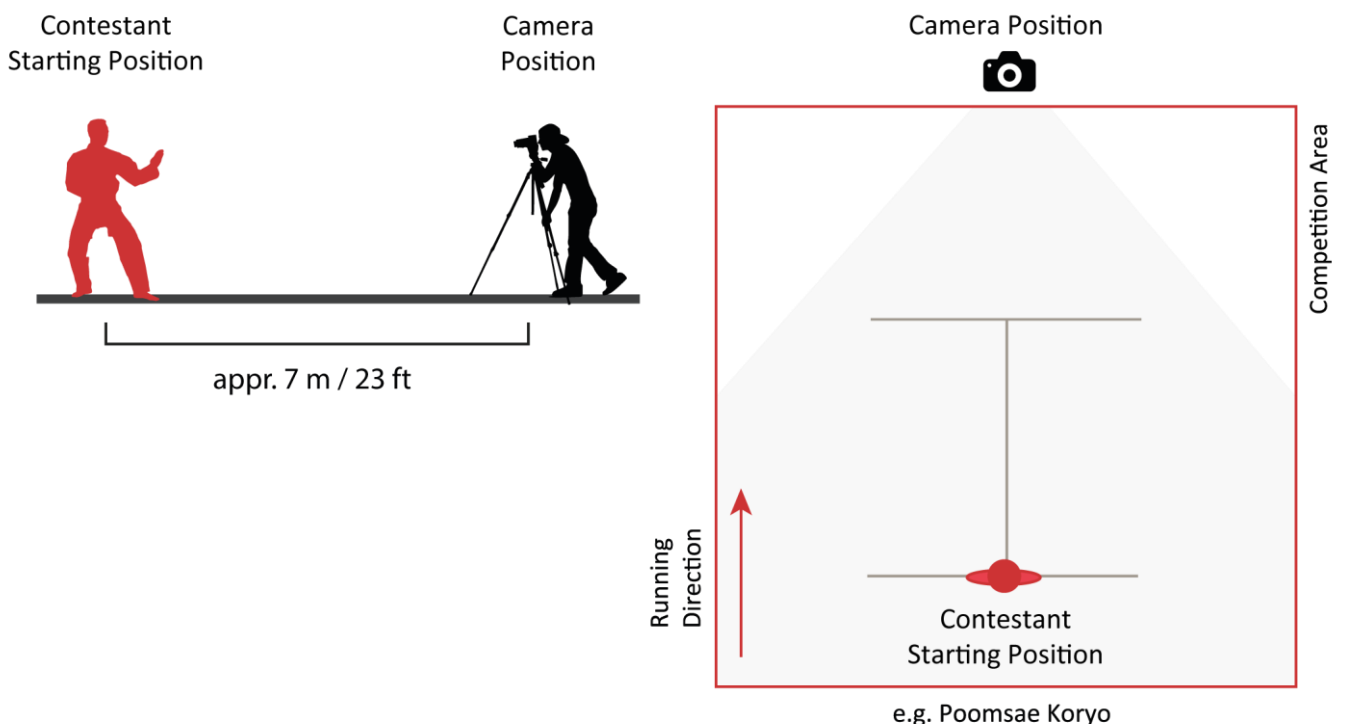
**Preliminary:** Only categories of 20 and more players will have a Preliminary round, competitors should take maximum 30 seconds break before performing the next Poomsae. Top 50 % of competitors will progress to the Semi-finals round.

**Semi-Finals:** Categories of less than 20 players will go straight to the Semi-finals round. Competitors should take maximum 30 seconds break before performing the next Poomsae. The top 8 competitors will progress to the Final round.

**Final:** Dan categories of 9 competitors or less will go straight to Finals (Kup Grades 10 or less will go straight to the Finals). Competitors should take maximum 30 seconds break before performing the next Poomsae. The top 3 will receive a medal depending on their finishing position. Family Poomsae has Finals only.

### 6.2 Specific rules for online video competition

Competitors should start their Poomsae facing the camera whilst performing the necessary Poomsae stances to prepare and begin Poomsae: enter, then Chariot (attention stance), Kyongye (bow), Joonbi (ready stance) and then perform their Poomsae. Once finished they should return to Joonbi stance (facing camera at the end) and then bow before resting for 30 seconds to perform next Poomsae or finish the recording after the second Compulsory Poomsae. **Competitor must stay within the camera view during the break between the Poomsae's.** The competitor may drink, stretch, walk around during the break between the Poomsae's. During the performance, the competitor's full body head to toe must be in camera view and **0.3 deduction** will be given if any part of the body **goes out of view each movement.** See illustration below as a set up guideline:



**Competitors are encouraged to display their country's national flag** (or name of country) behind the competitor's competition area in clear view of the camera. They can also add their official NOC flag (IOC recognized) by video editing.

**Competitors can wear a dobok with the IOC recognized NOC code or club name on the back,** according to World Taekwondo competition rules.

**Competitors must not wear any kind of shoes, socks or anything not mentioned in the World Taekwondo Poomsae rules.** Also, jewellery must be taken off or hidden.

**Due to the COVID-19 pandemic we allow competitors to wear masks during their performance.** Nevertheless, the eyes must be visible still.

**Competitors whole body must always be visible during the performance video footage,** for fair and proper competition judging to be carried out according to the Poomsae competition rules set in place. Videos which do not meet these standards may be removed from competition.

**It is not mandatory to perform the Poomsae on mats.** The competitor can choose his/her surroundings and surfaces if during recording the whole body is always visible. For example, one can record in a room, in a hotel lobby or on a grass field, even on a street.

**If your video has been edited, it will be rejected, except for adding graphics to display your national flag and your name.** Prohibited editing may lead to disqualification, even after the competition has ended.

**Videos must not be re-used from previous competitions or other events!** In case OC encounters re-used videos, the competitor(s) may be disqualified, even after competition has ended.

Videos must be set as **visible to all**. We urge competitors to upload well in advance as to not run into technical upload difficulties hours before the deadline entry. **The upload platform of our choice is YouTube and all videos to be scored must be set to 'unlisted' or 'open' status,** otherwise the Judges will disqualify the competitor(s).

**It is not allowed to show any religious, political, or any other symbols** negatively targeting a group or an individual in the video recording. Videos not following this rule are subject to immediate rejection.

### 6.3 Livestream

Competition will be livestreamed through our YouTube channels during event days:  
**Taekwondo Open Poomsae 2022**

Competition schedule is approximate and may be subject to change by the organizing committee. Please follow our [Facebook page](#) for the latest updates.

## 7. JUDGES & OFFICIALS

**Poomsae performances submitted will be judged and scored by qualified top International Referees (IR) only** over the course of all competition days in which the virtual championships are held to ensure the carrying out of fair and quality competition scoring in accordance with the most up-to-date official World Taekwondo Poomsae competition rules.

## 8. PROCEDURE OF PROTEST

Only the official head coach can protest to the Competition Director. This must be made within 15 minutes of the end of the contest in written form to the organizer's e-mail. A protest fee of 100 Euro will be payable immediately to the competition board. This will be refunded if the protest is accepted and won.

## 9. SITUATIONS NOT COVERED BY THE RULES

Where any situation arises, which is not covered by these rules, it shall be dealt with and decision given by the Referees after consultation with the organizing committee and the Competition Supervisory Board.

## 10. AWARDS

Virtual participation certificate and medals winner certificate will be awarded to the top 4 scoring competitors from each category.

**1<sup>st</sup> place:** will be awarded a **Gold Medal Certificate**.

**2<sup>nd</sup> place:** will be awarded a **Silver Medal Certificate**.

**3<sup>rd</sup> place:** will be awarded a **Bronze Medal Certificate**.

All other participants may request a **Participation certificate** sent by e-mail.

**A physical medal is available for all top 3 competitors.** Coaches will receive the option for their athletes to opt in on this medal **till one week after the competition by our online form**. By opting in the coach accepts to pay for the postal service cost for sending out the medal(s) to his/her club or personal address. The organisation will inform the coach of the total postage cost for their team. In the family competition, only one medal is awarded to each medal winning family. Additional medals may be requested by the coach at own cost.

## 11. SPONSORS

**Fighter's World**, Official supplier of World Taekwondo Approved Taekwondo Equipment, global distributor, offering top quality Taekwondo Equipment for WT Poomsae and Kyorugi competition.



Visit the Website: <https://www.fightersworld.com>

## 12. COVID-19

By entering this competition, competitors understand acknowledge they are abiding by local/national COVID-19 regulations and compete at their own risk.

Competitors may record their videos inside or outside so long as they are satisfied of their general safety and space. Additionally, all Covid-19 precautions are adequate to perform their Poomsae and complete their video recordings for the competition.

## 13. SOCIAL MEDIA

We are looking forward to seeing you all at the event, please support us and the event by using the following hashtags on your social media.

**#Taekwondo #tkd #Poomsae #InternationalOpenPoomsae #IOPC2022 #fightersworld**

## 14. DISCLAIMER

The process of entry and competition is carried out at the competitor's own risk, therefore the organizer and its partners/representatives must not be held responsible for any injuries sustained during recording or competition process. By entering this competition, competitors understand and accept that they are entering this competition at their own risk.

**BEST OF SUCCESS TO ALL COMPETITORS!**

In case of any question arising please contact us by mail: [info@dojang.at](mailto:info@dojang.at)