



Kukkiwon ACT Sports Taekwondo ACT



Inaugural Online Poomsae & Bongsul Competition

23 May 2020



COMPETITION CONTACT

Kukkiwon ACT / Sports Taekwondo ACT
E-mail: contact@kmaa.com.au

COMPETITION DATE

Online submissions of Poomsae and / or Bongsul video recordings will be accepted by email until **18 May 2020, 23:59 AEST**. Entries will be judged on 23 May 2020.

OPEN EVENT

Athletes from any Martial Arts school can participate in this event.

COMPETITION RULES

Accepted Taekwondo Poomsae & Bongsul Competition Rules & Interpretation.
Athletes shall perform **2 chosen Poomsae and / or Bongsul**

IMPORTANT DATES

18 May 2020	Deadline for applications, videos and entry fees
22 May 2020	Poomsae & Bongsul entries published to all participants
23 May 2020	Poomsae & Bongsul entries will be judged
25 May 2020	Poomsae & Bongsul results will be published to all participants
27 May 2020	Poomsae & Bongsul medals will be sent out to winning participants

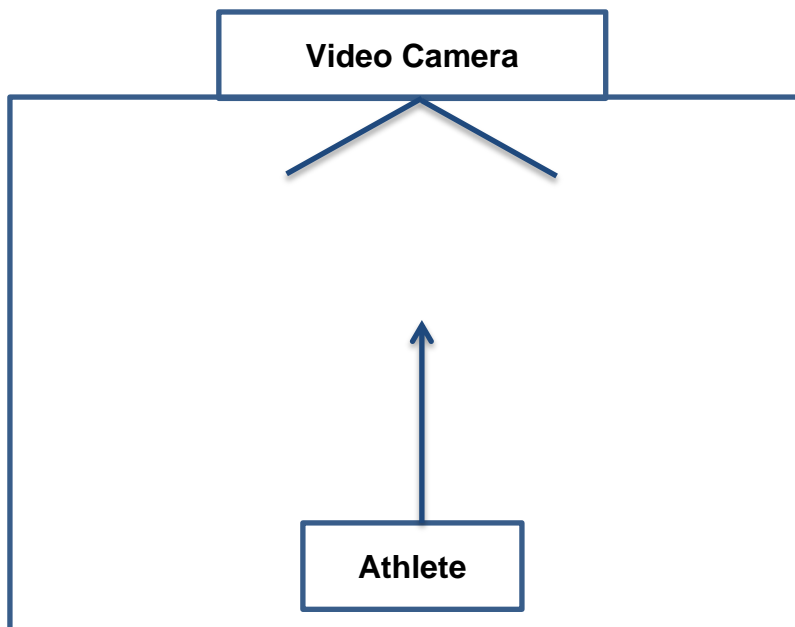
AWARDS

Medals will be sent directly to medal winners home addresses after the event.

SUBMISSION OF VIDEO RECORDINGS

Rules on video recording and submissions:

1. Deadline to send video submissions by email is: **18 May 2020, 23:59 AEST**
2. The Poomsae or Bongsul performance can be recorded in athletes' own homes, outside or inside. The athlete shall strictly follow the Local Government instructions (from where they reside in) about social distancing.
3. At all times, the athlete should have their full body inside the screen. The camera is allowed to move.
4. The video recording should be done while the athlete is facing the camera in the starting position. The camera can be moved in an angle left and right by 90 degrees as indicated below:



5. Each athlete shall upload the videos. You can either email the videos directly to contact@kmaa.com.au, or upload videos to your personal YouTube channel and email the YouTube links to contact@kmaa.com.au (athletes under 18 years must have this approved by their Parent / Guardian).
6. You can follow this link to learn how to make the YouTube videos **private**: <https://www.ubergizmo.com/how-to/share-youtube-private-video/>



MEDAL EVENTS FOR BOTH POOMSAE AND BONGSUL

The competition will be judged under the following divisions:

- Kids, 3 years to 7 years (colour belts, birth year: 2013 - 2017)
- Kids, 8 years to 11 years (colour belts, birth year: 2009 -2012)
- Cadets (colour and black belts, birth year: 2003 - 2008)
- Adults, under 40 (colour and black belts, birth year: 1981 – 2002)
- Adults, 40 years to 59 years (colour and black belts, birth year: 1961 - 1980)
- Seniors (colour and black belts, birth year: 1960 or earlier)

Depending on the number of entries and range of ages and belt levels, these categories may be adjusted. This is at the discretion of the Organising Committee.

JUDGES

Poomsae & Bongsul Judges will be selected for refereeing the events based on the number of entries. All athletes will be evaluated by more than one referee, and a list of selected Judges will be published closer to the event. Judges will have a high standard of technical Poomsae or Bongsul knowledge and experience.

UNIFORM

Athletes are to wear their standard Martial Arts uniform when participating at the event. If the athlete has a full dobok, this is preferred over t-shirt style.

REGISTRATION FEE AND VIDEO ENTRY DEADLINE

18 May 2020, 23:59 AEST

This deadline is applicable for all entries, payments and admitting all required documents.



LIST OF POOMSAE TO BE PERFORMED

Athletes can choose their own 2 Poomsae from below table. All athletes shall perform two (2) **different** Poomsae free of choice.

Divisions	
Competition	Choice of Poomsae
Poomsae: Colour Belts	Perform two different Poomsae: <i>Taegeuk 1, 2, 3, 4, 5, 6, 7, 8 Jang</i>
Poomsae: Black Belts	Perform two different Poomsae: <i>Taegeuk 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae</i>

LIST OF BONGSUL TO BE PERFORMED

Athletes can choose their own 2 Bongsul from below table. All athletes shall perform two (2) **different** Bongsul free of choice.

Divisions	
Competition	Choice of Poomsae
Bongsul: Colour or Black Belts	Perform two different Bongsul: <i>Bongsul Pattern 1, 2, 3, 4, 5, 6, 7, 8</i>

APPLICABLE FEES

\$10.00 (AUD) per registered individual athlete for Poomsae **OR** Bongsul (single event)
\$15.00 (AUD) per registered individual athlete for Poomsae **AND** Bongsul (two events)
Payment received by bank transfer before 18 May 2020



PAYMENT ENTRY

All entry fees shall be paid in advance to the Organising Committee. This will cover the cost of medals awarded, postage and handling and Judges fees. Any additional proceeds made from this event will be donated to Lifeline Canberra.

PAYMENTS BY BANK

All bank transfers shall be paid to the following bank account:

Beneficiary: Aust Cap TKD
Account Number: 043 966 876
BSB: 112-908

Payment reference

FULL NAME AND MARTIAL ARTS SCHOOL

Example: *John Smith: KMAA*

PROOF OF PAYMENT REQUIREMENT

All athletes are required to send proof of payment (copy of bank transfer) to contact@kmaa.com.au at the same time of registration (e.g., by no later than **18 May**).

NO REFUND

Entry fees will not be refunded.

LIABILITY WAIVER

Kukkiwon ACT & Sports Taekwondo ACT shall waive all liability in the broadest sense of the word with regard to the participation of athletes and by participating, the athlete shall indemnify Kukkiwon ACT & Sports Taekwondo ACT and all other officials and athletes from any claims of injuries, losses or otherwise arising in the course of participation at the Kukkiwon ACT & Sports Taekwondo ACT Inaugural Online Poomsae / Bongsul Competition 2020 or any activities linked therewith. It is the responsibility of each registered athlete to ensure and guarantee that enough insurance coverage has been arranged for themselves.



Kukkiwon ACT & Sports Taekwondo ACT

Inaugural Online Poomsae & Bongsul Competition Registration Form

Name:

Taekwondo School:

State/Province:

Country:

E-mail address:

Full Address:
(For medal delivery, if awarded)

Belt level:

Poomsae completed: 1.

2.

And / Or

Bongsul completed: 1.

2.

All fees paid in Australian Dollars (AUD)

\$10.00 fee paid – ONE event (proof of direct debit transfer attached)

\$15.00 fee paid – TWO events (proof of direct debit transfer attached)

I will upload videos of my two Poomsae and/or Bongsul performances and send video links to contact@kmaa.com.au by 18 May 2020, 23:59 AEST.

I have read and agree to the terms outlined in this event outline.

Name:

Signature: Date:
(Parent / Guardian, if athlete is under 18 years)

Please email this Registration Form to contact@kmaa.com.au by 18 May 2020.