



PHILIPPINE TAEKWONDO ASSOCIATION

(Affiliate Member: WORLD TAEKWONDO FEDERATION & PHILIPPINE OLYMPIC COMMITTEE)

Rizal Memorial Sports Complex, Pablo Ocampo Sr. St., Malate, Manila, Philippines

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Email: philtkd@gmail.com / ptacompetitions@gmail.com



DATE : 19th July 2021

TO : Presidents
WT Member National Associations (MNAs)

SUBJECT : Invitation to 2021 Smart/MVP Sports Foundation Global Online Taekwondo Poomsae and Speed Kicking Championships

Dear Colleagues,

Warm greetings from the Philippine Taekwondo Association!

It is with great pleasure to inform you that Philippines is hosting the 2nd Smart/MVP Sports Foundation Global Online Taekwondo Poomsae and Speed Kicking Championships on September 18-19, 2021 (POOMSAE) and September 25-26, 2021 (SPEEDKICKING)

The Philippine Taekwondo Association wishes to extend this Official Invitation to your Federation to participate in this unique and very exciting global tournament. It is our mission to keep our Taekwondo athletes active physically and mentally during this pandemic and ensure that this will be a memorable event filled with the spirit of unity and fair play.

We are looking forward to virtually seeing you and your athletes in this event.

Sincerely yours,

ROBERT N. AVENTAJADO

President

Philippine Taekwondo Association

2021 SMART/MVP SPORTS FOUNDATION
GLOBAL ONLINE TAEKWONDO
POOMSAE AND SPEED KICKING CHAMPIONSHIPS

OUTLINE

1. **ORGANIZING COMMITTEE:** Philippine Taekwondo Association
ADDRESS: Philippine Taekwondo Association Headquarters
Rizal Memorial Sports Complex, Pablo Ocampo Street,
Vito Cruz, Manila
TELEPHONE: +632 522-0518 / +632 522-0519
FAX: +632 522-5450
EMAIL: philtkd@gmail.com / competitions@philtkd.com

2. **DATE OF CHAMPIONSHIPS:** September 18-19 : Online Poomsae Event
September 25-26 : Online Speed Kicking Event

3. **IMPORTANT SCHEDULES:** Submission of Team Summary : August 14, 2021
Registration Period : August 28 - September 5, 2021
Deadline of Registration : September 5 (11:59pm Manila Time)
Coaches Technical Meeting : September 8 (6:00pm Manila Time)

4. **QUALIFICATIONS:**
 - a. Open to all WT MNA members - colored belts and black belts
 - b. Holder of the nationality of the participating team
 - c. Competitors who are minors must have a parent's/guardian's signature on the Online Registration Form.
 - d. Black belt: MNA members
 - e. Novice 2 (4th Kup - 1st Kup)
 - f. Novice 1 (8th Kup - 5th Kup)

KUP GRADE POLICY

Since we are dealing with international participation,
we recognize that each country has its own color belt related interpretation of the KUP rank.
For this reason, we will use the KUP grade provided by the athletes in the online registration.

5. **REGISTRATION REQUIREMENTS:**
 - a. The registration must be done online
 - b. No limit on Competition entries per team
Two (2) ways to register:
 1. Individual Registration: www.streamtaekwondo.com
 2. Team Registration: Coaches must fill out the Team Forms only and email to:
philtkd@gmail.com / competitions@philtkd.com
 - c. Registration fee: \$30 per participant per event.

Two (2) ways to pay the registration fees:

1. Bank deposit

Bank name : Philippine National Bank
Harrison Plaza Branch, Rizal Memorial SportsComplex,
Adriatico St. Malate, Manila, Philippines
Swift code : PNBMPHMM
Account Name : Philippine Taekwondo Association
Account number : 170360041873

2. Paypal

All paypal transfer should be made to: competitions@philtkd.com

Paypal is accepted via the internet entries portal

3. Please send payment reference or screenshot to:

philtkd@gmail.com / competitions@philtkd.com

6. EVENTS:

- a. POOMSAE - Individual Recognized Poomsae
- b. SPEED KICKING - Free Kicking

7. METHOD OF COMPETITION:

- a. Video submission of entries.
- b. The top four (4) players per category will be identified through the ranking system.

8. **POOMSAE CLASSIFICATIONS AND DIVISIONS:**

- a. Male and Female will be separated
- b. Division will be by year of birth
- c. Categories will be by belt level
 1. BLACKBELT: MNA Member
 2. COLORED BELT:
 - a. Novice 1 (8th Kup - 5th Kup)
 - b. Novice 2 (4th Kup - 1st Kup)
- d. No limit on entries per weight category
- e. Divisions and Required Poomsae

Colored belts: Participants will perform one (1) Poomsae form.

Black belts: Participants will perform 1 (1) Poomsae form.

COLORED BELT

DIVISION	7TH TO 8TH KUP	5TH TO 6TH KUP	3RD TO 4TH KUP	1ST TO 2ND KUP
SENIORS <i>(Born on or before 2003)</i>	TAEGEUK 1	TAEGEUK 4	TAEGEUK 5	TAEGEUK 8
JUNIORS <i>(Born 2004 to 2006)</i>	TAEGEUK 1	TAEGEUK 4	TAEGEUK 5	TAEGEUK 8
CADET <i>(Born 2007 to 2009)</i>	TAEGEUK 1	TAEGEUK 4	TAEGEUK 5	TAEGEUK 8
CHILDREN <i>(Born 2010 onwards)</i>	TAEGEUK 1	TAEGEUK 4	TAEGEUK 5	TAEGEUK 8

BLACKBELT

DIVISION	POOMSAE
SENIORS <i>(Born on or before 2003)</i>	PYONGWON
JUNIORS <i>(Born 2004 to 2006)</i>	TAEBACK
CADET <i>(Born 2007 to 2009)</i>	KORYO
CHILDREN <i>(Born 2010 onwards)</i>	TAEGEUK 8

9. POOMSAE SCORING SYSTEM

- a. Cut off system (Top 4 players will be awarded)
- b. Scoring shall be based on the Scoring Parameters below:
 1. Accuracy (4.0)
 - i. 0.1 point shall be deducted for each small mistakes
 - ii. 0.3 points shall be deducted for each big mistakes
 2. Presentation (6.0)
 - i. Speed and power
 - ii. Control of power, speed and rhythm
 - iii. Expression of energy

10. **SPEED KICKING CLASSIFICATIONS AND DIVISIONS:**

- a. Male and Female will be separated
- b. Division will be by year of birth
- c. Categories will be by belt level
 1. BLACKBELT : MNA Member
 2. NOVICE 2 : 4th Kup - 1st KUP
 3. NOVICE 1 : 8th Kup - 5th KUP
- d. No limit on entries per weight category
- e. Divisions and weight categories

SENIOR DIVISION (Born on or before 2003)

CATEGORIES	MEN	WOMEN
1. Fin	54 kg. and below	46 kg. and below
2. Fly	over 54 - 58 kg.	over 46 - 49 kg.
3. Bantam	over 58 - 63 kg.	over 49 - 53 kg.
4. Feather	over 63 - 68 kg.	over 53 - 57 kg.
5. Light	over 68 - 74 kg.	over 57 - 62 kg.
6. Welter	over 74 - 80 kg.	over 62 - 67 kg.
7. Middle	over 80 - 87 kg.	over 67 - 73 kg.
8. Heavy	over 87 kg.	over 73 kg.

JUNIOR DIVISION (Born 2004 to 2006)

CATEGORIES	MEN	WOMEN
1. Fin	45 - below	42 kg. and below
2. Fly	over 45 - 48 kg.	over 42 - 44 kg.
3. Bantam	over 48 - 51 kg.	over 44 - 46 kg.
4. Feather	over 51 - 55 kg.	over 46 - 49 kg.
5. Light	over 55 - 59 kg.	over 49 - 52 kg.
6. Welter	over 59 - 63 kg.	over 52 - 55 kg.
7. Lt. Middle	over 63 - 68 kg.	over 55 - 59 kg.
8. Middle	over 68 - 73 kg.	over 59 - 63 kg.
9. Lt. Heavy	over 73 - 78 kg.	over 63 - 68 kg.
10. Heavy	over 78 kg	over 68 kg.

CADET (Born 2007 to 2009)

CATEGORIES	BOYS	GIRLS
1. Fin	33 kg. and below	29 kg. and below
2. Fly	over 33 - 37 kg.	over 29 - 33 kg.
3. Bantam	over 37 - 41 kg.	over 33 - 37 kg.
4. Feather	over 41 - 45 kg.	over 37 - 41 kg.
5. Light	over 45 - 49 kg.	over 41 - 44 kg.
6. Welter	over 49 - 53 kg.	over 44 - 47 kg.
7. Lt. Middle	over 53 - 57 kg.	over 47 - 51 kg.
8. Middle	over 57 - 61 kg.	over 51 - 55 kg.
9. Lt. Heavy	over 61 - 65 kg.	over 55 - 59 kg.
10. Heavy	over 65 kg.	over 59 kg.

CHILDREN'S DIVISION (Born on 2010 or onward)

CATEGORIES	BOYS	GIRLS
1. Fin	26 kg. and below	24 kg. and below
2. Fly	over 26 - 28 kg.	over 24 - 26 kg.
3. Bantam	over 28 - 30 kg.	over 26 - 28 kg.
4. Feather	over 30 - 32 kg.	over 28 - 30 kg.
5. Light	over 32 - 34 kg.	over 30 - 32 kg.
6. Lt. Welter	over 34 - 36 kg.	over 32 - 34 kg.
7. Welter	over 36 - 39 kg.	over 34 - 37 kg.
8. Lt. Middle	over 39 - 42 kg.	over 37 - 40 kg.
9. Middle	over 42 - 45 kg.	over 40 - 43 kg.
10. Lt. Heavy	over 45 - 49 kg.	over 43 - 47 kg.
11. Heavy	over 49 kg.	over 47 kg.

11. SPEED KICKING SCORING SYSTEM

- a. Cut off system (Top 4 players will be awarded)
- b. Scoring shall be based on the Scoring Parameters below:
 1. Technical (40%)
 - i. Total number kicks delivered
 - ii. Total number of head kicks delivered
 - iii. Total number of turning kicks and punches delivered
 2. Performance (60%)
 - i. Quality of kick
 - ii. Difficulty of kick and kicking combination
 - iii. Overall performance

12. SPEED KICKING COMPETITION MECHANICS

Contestants will take a video of themselves executing as many kicks as possible following time limit on the chart below.

CATEGORY	TIME LIMIT	MIN. NO. OF KICKS	MIN. NO. OF PUNCHES
Novice 1 (5 TH TO 8 TH KUP)	30 seconds	20 Kicks	4 Punches
Novice 2 (1 ST TO 4 TH KUP)	60 seconds	50 Kicks	6 Punches
BLACK BELT	60 seconds	70 Kicks	6 Punches

13. GENERAL VIDEO RECORDING GUIDELINES

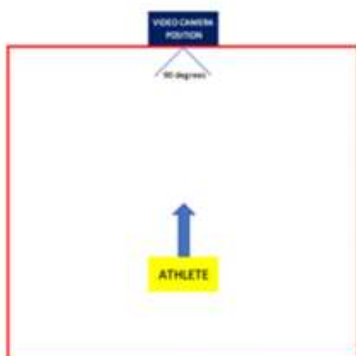
- a. The player must say his/her name, country and division before performing.
(Example: JUAN DELA CRUZ, PHILIPPINES, SENIOR MALE)
- b. The player shall be 100% full body inside the screen. The camera is allowed to move in an angle left and right but cannot zoom in and zoom out.
(Videos may be disqualified if parts of the body go out of the screen)
- c. Video entry should be in landscape orientation.
(Videos may be disqualified if it is in portrait orientation)



- d. The angle of the video should be waist level.
(Videos may be disqualified if the angle is too high or too low)
- e. The video should be suitable lighting.
(Videos may be disqualified if it is too dark)
- f. The video can be recorded indoors or outdoors. Please follow strictly the instructions from of the national and local health authorities with regard to social distancing, proper hygiene, etc.

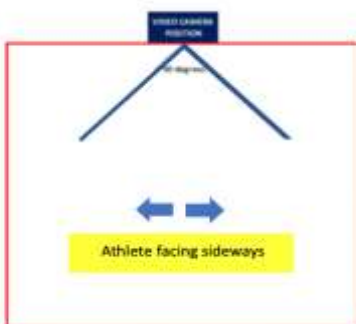
14. **POOMSAE** VIDEO RECORDING GUIDELINES

- A. The player should be facing the camera.
(Videos may be disqualified if video in diagonal, side or back angle)
- B. Each athlete shall perform the required poomsae for his or her division.
(Please refer to Table of Divisions, Required Poomsae)



15. **SPEED KICKING** VIDEO RECORDING GUIDELINES

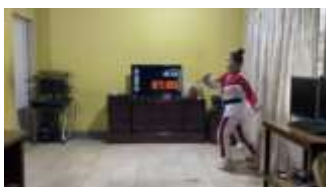
- a. The player should kick facing sideways.
(Videos may be disqualified if player is facing the camera)



- b. A timer should be visible in the video at all times.
 - Time starts on the 1st kick
 - **OPTIONS:**



- 1. Edited



2. Shown in TV



3. Shown in laptop



4. Shown in timer

16. GENERAL VIDEO UPLOADING GUIDELINES

- a. Videos must be uploaded in Youtube ONLY.
- b. Strictly use this format for the title of the file:
NAME (First Name Last Name), COUNTRY, DIVISION
JUAN DELA CRUZ, PHILIPPINES, SENIOR MALE
- c. Upload the video as Unlisted or Public. (*Video should NOT set to private*)
- d. The YouTube link must be attached in the online registration form.

17. GENERAL PROVISIONS

- a. All participants must perform barefoot (Wearing of shoes, foot gloves or any footwear are NOT allowed).
- b. Participating contestants are required to wear the required competition uniform.
 - Poomsae event: WT-approved Poomsae uniform
 - Kyorugi event: WT-approved uniform or any white standard Taekwondo uniform

18. CLASSIFICATION OF RESULTS

- a. E-Certificate of Participation will be given to all participants
- b. E-Medal Certificate will be given/awarded to the top four athletes in the respective categories.
 - 1st Place MILO E-Gold Medal Certificate
 - 2nd Place MILO E-Silver Medal Certificate
 - 3rd Place MILO E-Bronze Medal Certificate
 - 4th Place MILO E-Bronze Medal Certificate

19. REFEREES AND OFFICIALS

The Philippine Taekwondo Association will appoint Officials and International Referees to officiate in the 2021 Smart/MVP Sports Foundation Online Global Taekwondo Poomsae and Speed Kicking Taekwondo Championships.

20. WEIGH-IN (For Speed Kicking participants only)

- a. Respective weight shall be certified by the respective MNAs.
- b. The Organizing Committee shall accept the declared weight of the participants certified by their respective MNA.

21. HEALTH WAIVER

By entering this event and choosing to participate, competitors agree that they are medically fit and able. They are also in their best physical condition that is necessary to compete in this Global Online Poomsae and Speed Kicking Championships organized by the Philippine Taekwondo Association. Competitors also acknowledge that they are abiding by their local/national COVID-19 protocols and regulations and freely assume all such risk, both known and unknown, even if arising from the negligence of the releases of others, and assume full responsibility for their participation in this event. Competitors may record their videos indoors or outdoors as long as they are following the COVID-19 health protocols given by the national and local government authorities.

22. HEALTH AND SAFETY PROTOCOL

1. Events in this tournament are all individual events.
2. The video can be recorded indoors or outdoors.
3. Temperature of the athlete and videographer must not be above 37.4 degrees Celsius.
4. Do not engage in physical activity if you are not feeling well.
5. Video recording must be done on a well-ventilated area.
6. Always maintain at least 2-meter distance.
7. If there are other people in the room, ensure that only the athlete performing is allowed to remove her face mask.
8. Always maintain at least 2-meter distance.
9. Please follow strict compliance to the IATF regulations .
<https://doh.gov.ph/sites/default/files/health-update/IATFResolution119.pdf>
10. Please follow strictly the health protocols from your local health authorities.

23. LIVE STREAM

Competition will be live-streamed through our website, www.streamtaekwondo.com on event days. Competition schedule will be released one (1) day before the competition. Latest update will also be posted on Philippine Taekwondo Facebook and Instagram.

24. COORDINATING CENTER

Philippine Taekwondo Association Central Office
Rizal Memorial Sports Complex, Pablo Ocampo Sr. St., Malate, Manila
Contact numbers: +632-8522-0518 or +632-8522-0519
Mobile number: +63918 670-0370 or +63977 384-5870
Email: competitions@philtkd.com and philtkd@gmail.com
Games Committee Chairman OIC: Mr. Ricky Santiago

2021 SMART/MVP SPORTS FOUNDATION
GLOBAL ONLINE TAEKWONDO
POOMSAE & SPEED KICKING CHAMPIONSHIPS

TEAM SUMMARY

TO: ORGANIZING COMMITTEE
philtkd@gmail.com / competitions@philtkd.com

Applying Nation: _____

NUMBER OF POOMSAE PARTICIPANTS

DIVISION	MALE Total Participants	FEMALE Total Participants
SENIOR		
JUNIOR		
CADET		
CHILDREN		

NUMBER OF SPEED KICKING PARTICIPANTS

DIVISION	MALE Total Participants	FEMALE Total Participants
SENIOR		
JUNIOR		
CADET		
CHILDREN		

Submitted by:

Name / Position

Date: _____

***Please send back this form to the Organizing Committee on or before August 14, 2021.**