

# *World Class Tae Kwon Do 2020 Virtual Tournament*

**Competition Division: Forms, Basics, Basic Kicking, Combination Kicking, Black Belt Demonstration**

7 & Under	8-9 Years Old	10-11 Years Old	12-13 Years Old	14-15 Years Old
16-17 Years Old	18-26 Years Old	27-39 Years Old	40 - Over Years Old	

**Belt Divisions are as follows:**

FORMS (Poomsae)	BASICS	BASIC KICKING	COMBINATION KICKING	BLACK BELT DEMONSTRATION
1. White 2. Yellow 3. Yellow-Green/Orange 4. Green 5. Blue 6. Red 7. Black (1 <sup>st</sup> -3 <sup>rd</sup> )	1. White 2. Yellow 3. Yellow-Green/Orange 4. Green 5. Blue 6. Red 7. Black (1 <sup>st</sup> -3 <sup>rd</sup> )	1. Green 2. Blue 3. Red 4. Black (1 <sup>st</sup> -3 <sup>rd</sup> )	1. Red 2. Black (1 <sup>st</sup> -3 <sup>rd</sup> )	1. Black (1 <sup>st</sup> -3 <sup>rd</sup> )

**Required dobok or uniform:** All competitors are required to wear a clean, white V-neck uniform top and bottom. Black Trim collars are for black belts only.

**Video and/or live competition requirements :** All competitors are required to follow the below requirements for the competition:

- ✓ Video Framing must show the competitor from head to toe
- ✓ Video Framing must be appropriately distanced in order to see the competitor throughout every movement. **Note: Be mindful that form competition moves in multiple directions. This may involve someone holding the camera for the best view.**
- ✓ Audio must be appropriate to hear kihaps.
- ✓ Competition area should be clear of any objects and ensure enough space to perform the competition
- ✓ Lighting must be adequate for the judges to see the competitor
- ✓ Competitors will announce their name and rank before starting their competition (video or live)

## 2020 Divisions

### Forms (Poomsae) \*Live or Video Submission\*:

Palgwae poomsae are used for all color belt competition and WTF recognized poomsae for black belt competition. Color belt contestants may perform any color belt poomsae up to and including their current color belt poomsae.

Black belt contestants may perform any red belt poomsae or black belt poomsae up to and including their current learned black belt forms (ie. 1<sup>st</sup> Dan can perform either Koryo or Keumgang, 2<sup>nd</sup> Dan either Keumgang or Taebaek etc).

Judges will be evaluating the competitor on the following:

Power (waist, twist & stopping), speed, accuracy, stances, balance & concentration.

**All competitors receive either a gold, silver or bronze medal based on their overall performance.**

### Basics (New for 2020) \*Live or Video Submission\*:

Divisions will be divided by age and belt rank.

Competitors will perform the techniques listed in the table below (see Figure 1.)

Each technique will be performed three times and include the turnaround.

Judges will be evaluating the competitor on the following:

Power (waist, twist & stopping), speed, accuracy, stances, balance & concentration.

\*Note - Middle punch will be defined as solar plexus height and High punch will be defined as the space between the nose and the upper lip.

For live competition only - One technique will be performed after every kihap command by the ring referee.

Figure 1

REQUIREMENTS	Horseback Stance single/double middle punch	Kick-ups	Stepping forward Front Stance middle punch	Stepping forward Front Stance high punch	Stepping forward Front Stance knife-hand punch	Stepping forward Front Stance high block	Stepping forward Back Stance side block	Marching high side kick	Stepping Back Stance knife hand block	Stepping Back Stance knife hand strike
<b>RANK</b>										
White	X	X	X	X	X	X	X	n/a	n/a	n/a
Yellow	X	X	X	X	X	X	X	X	X	X
Yellow-Green/Orange	X	X	X	X	X	X	X	X	X	X
Green	X	X	X	X	X	X	X	X	X	X
Blue	X	X	X	X	X	X	X	X	X	X
Red	X	X	X	X	X	X	X	X	X	X
Black	X	X	X	X	X	X	X	X	X	X

**All competitors receive either a gold, silver or bronze medal based on their overall performance.**

**Basic Kicking \*Live or Video Submission\*:**

Divisions will be divided by age and belt rank.

Competitors will perform the following techniques:

**Front kick double punch, High sidekick & High roundhouse kick**

Each technique will be performed three times on each leg for a total of 18 kicks.

Judges will be evaluating the competitor on the following:

Power (waist, twist & stopping), speed, accuracy, starting position (stance), landing position (stance), proper kicking angle between base leg and extended leg, extension of kicking leg and foot, balance and concentration.

\*Note - Middle kick will be defined as solar plexus height and High kick will be defined as the space between the nose and the upper lip.

Front kick double punch will be with the ball of the foot.

For live competition only - One technique will be performed after every kihap command by the ring referee.

**All competitors receive either a gold, silver or bronze medal based on their overall performance.**

**Combination Kicking (New for 2020) \*Live or Video Submission\*:**

Divisions will be divided by age and belt rank.

Competitors will perform a **minimum three kick** combinations. Can be a mix of middle or high kicks.

Each combination will be performed a total of three times

Judges will be evaluating the competitor on the following:

Power (waist, twist & stopping), speed, accuracy, starting position (stance), landing position (stance), proper kicking angle between base leg and extended leg, extension of kicking leg and foot, balance, concentration and flow.

\*Note - Middle kick will be defined as solar plexus height and High kick will be defined as the space between the nose and the upper lip.

For live competition only - One combination will be performed after every kihap command by the ring referee.

**All competitors receive either a gold, silver or bronze medal based on their overall performance.**

**Black Belt Demonstration Competition (New for 2020) \*Video Submission Only\*:**

Competitors will have 1 minute to perform a taekwondo routine to impress the judges. This can be a form (traditional or creative), board break, a technique or a series of techniques. Please note that this list is not all inclusive and other forms of competition may be chosen. **No weapons or weapon routines will be allowed.** Competitors must state their name and announce what they will be performing.

Judges will be evaluating the competitor on the following:

Execution of the stated goal, relevance to taekwondo, precision, level of difficulty and overall wow factor.

**All competitors receive either a gold, silver or bronze medal based on their overall performance.**

**Tournament Committee reserves the right to divide/combine divisions based on age, gender, weight, and if necessary, forms could become co-ed based on participation numbers. Divisions and rules may be modified if necessary. WCTKD has full and final authority on eligibility to participate and to change or interpret these rules at any time in its sole discretion. All decisions are final.**