



**Tiger Martial Arts**

**TMA 3rd ONLINE AND 20th ANNUAL  
Spring TAEKWONDO  
CHAMPIONSHIPS 2021**

**Saturday, March 27th, 2021**

**Hosted by Tiger Martial Arts in Sunnyvale**

**Held ONLINE via Tiger Martial Arts Website**



## Pre-Tournament Schedule

TOPIC	DATE
<p><b>Registration Opens</b> You will receive a link via e-mail that you can use to upload videos. Please do not lose this email!</p>	<p><b>Monday, February 15, 2021</b></p>
<p><b>Sport Poomsae Draws Published</b></p>	<p><b>Wednesday, March 17, 2021</b></p>
<p><b>Registration Closes</b> Division registration shall be published 11:59 PM Thursday, March 18, 2021. <b>Any registration after this date/time will be considered late and be subject to the increased fee</b></p>	<p><b>10:00 PM Wednesday, March 17, 2021</b></p>
<p><b>Registration Corrections</b> Please check the divisions you are registered for on the TMA website and notify <a href="mailto:competition@tma-academy.net">competition@tma-academy.net</a> of any changes that must be made.</p>	<p><b>11:59 PM Friday, March 19, 2021</b></p>
<p><b>Video Upload Period Begins</b> Links will be sent out no earlier than 48 hours before. <b>PLEASE UPLOAD AS EARLY AS POSSIBLE TO ALLOW FOR TIME TO REUPLOAD IF NEEDED</b></p>	<p><b>Friday, March 19, 2021</b></p>
<p><b>Sport Poomsae Video at TMA</b> To prepare for US and International competition, Sport Poomsae athletes have the option to take their videos at Tiger Martial Arts, following state and county health guidelines. Contact Master Hung to reserve a 30-minute time slot. See details below.</p>	<p><b>Friday March 19, 2021 - Monday, March 22, 2021</b></p>
<p><b>Video Upload Period Closes</b> <b>Late uploads will not be accepted</b></p>	<p><b>Monday, March 22, 2021 11:59 PM</b></p>
<p><b>Tournament Live Scoring Broadcast</b></p>	<p><b>Saturday, March 27, 2021</b></p>



## Registration

Registration shall be completed via Google Forms [HERE](#) or with the link below. Payment for registration fees shall be handled by Master Hung.

<https://forms.gle/iYiwFbgu4u4kHQs6A>

# of Events	Regular Registration	Late Registration*
	February 15 - March 17	March 18 - March 22
One Individual Event	\$40	\$60
Each Additional Event	\$10	\$20

**\*For late registrants, all videos need to be submitted by March 25, 2021.**

## Awards

- Those who place (1st - 3rd) shall receive a TMA certificate and award following the event
  - 1 first place, 1 second place, and 2 third place.
- In addition all athletes who compete, will receive a TMA participation certificate.

## Events

- Beginner (Kibon) Poomsae
- Traditional (Taegeuk) Poomsae
- Open (Palgwe) Poomsae
- Sport Poomsae (Taegeuk and Yudanja)
- Weapons Poomsae
- Kicking Combinations



## Beginner Poomsae (White Belts Only)

*Kibon Poomsae* (Basic Forms) emphasize fundamental techniques. White belt students shall perform one form from the following choices suitable for their belt level. Accuracy and presentation are more important than choosing a higher level form. Please do not attempt a form beyond your belt level.

Competitors who are new to their belt rank and do not yet know the form for their belt may perform their most recent form, under the following conditions:

1. The competitor is registered as their previous belt rank
2. The competitor wears their previous belt (corresponding to the form they are performing)

For example, if a White Belt with Orange Stripe does not yet know Kibon 3, they can perform Kibon 2, under the following conditions:

1. They register as a White Belt with Yellow Stripe
2. They wear a White Belt with Yellow Stripe in the recording (corresponding to Kibon 2)

Color belts and black belts cannot compete in the Kibon Poomsae.

### Designated Poomsae by Belt

<b>Belt Level</b>	<b>Compulsory Poomsae</b>
White Belt	Kibon 1
White Belt - Yellow Stripe	Kibon 2
White Belt - Orange Stripe	Kibon 3
White Belt - Purple Stripe	Kibon 4
White Belt - Green Stripe	Kibon 5
White Belt - Blue Stripe	Kibon 6



## Traditional Poomsae (Taegeuk Poomsae Only)

Color belt students shall perform one form from the following choices suitable for their belt level. Accuracy and presentation are more important than choosing a higher level form. Please do not attempt a form beyond your belt level.

Competitors who are new to their belt rank and do not yet know the form for their belt may perform their most recent form, under the following conditions:

1. The competitor is registered as their previous belt rank
2. The competitor wears their previous belt (corresponding to the form they are performing)

**For example, if a Purple Belt does not yet know Taegeuk 4, they can perform Taegeuk 3, under the following conditions:**

1. **They register as an Orange Advanced Belt**
2. **They wear an Orange Advanced Belt in the recording (corresponding to Taegeuk 3)**

Black Belts cannot compete in the Traditional Poomsae event with only one exception. If the athlete just recently achieved their Black Belt, they may register as a Red Belt and compete in events at that belt rank, as long as they wear a Red Belt in the recording.

### Designated Poomsae by Belt

Belt Level	Poomsae
Yellow White Belt / Yellow Orange Belt	Taegeuk 1 or 2
Orange Belt / Orange Adv. Belt	Taegeuk 3
Purple Belt / Purple Adv. Belt	Taegeuk 4
Green Belt / Green Adv. Belt	Taegeuk 5
Blue Belt / Blue Adv. Belt	Taegeuk 6
Brown Belt / Brown Adv. Belt	Taegeuk 7
Red Belt / Red Adv. Belt	Taegeuk 8



## Open Poomsae (Palgwe Only)

Color belt students shall perform one form from the following choices suitable for their belt level. Please do not attempt a form beyond your belt level.

**If you are an Advanced Belt, you may not perform the form you are learning.** For example, if you are a Purple Advanced Belt, you may not perform Palgwe 4, you must perform Palgwe 3. For further clarification, please see the table below.

Black Belts cannot compete in the Open Poomsae event with only one exception. If the athlete just recently achieved their Black Belt, they may register as a Red Advanced Belt belt and compete, as long as they wear the Red Advanced Belt during their recording.

### Designated Poomsae by Belt

Belt Level	Poomsae
Yellow White Belt / Yellow Orange Belt	Palgwe 1
Orange Belt / Orange Adv. Belt	Palgwe 2
Purple Belt / Purple Adv. Belt	Palgwe 3
Green Belt / Green Adv. Belt	Palgwe 4
Blue Belt / Blue Adv. Belt	Palgwe 5
Brown Belt / Brown Adv. Belt	Palgwe 6
Red Belt / Red Adv. Belt	Palgwe 7 or Palgwe 8



## Sport Poomsae (1st Poom/Dan and Above)

All black belt competitors shall compete using Sport Poomsae rules.

To give competitors more training while balancing tournament time, individual divisions shall start with the Semi-Finals round of one form, and two forms for the Finals round. Poomsae draws shall be announced Wednesday, March 17th.

<b>Age Group</b>	<b>Age</b>	<b>Compulsory Forms</b>
Youth	11 and below	Taegeuk 4 - Koryo
Cadets	12 - 14	Taegeuk 4 - Keumgang
Juniors	15 - 17	Taegeuk 4 - Taebaek
Under 30	18 - 30	Taegeuk 6 - Sipjin
Under 40	31 - 40	Taegeuk 6 - Sipjin
Under 50	41 - 50	Taegeuk 8 - Chonkwon



## Weapons Poomsae

All belts above white belt may compete in Weapons Poomsae with **one** of the following choices.

### Individual Demonstration

- Sword: Palgwe 1, Palgwe 2, or Hapki 3
- Staff: Palgwe 3, Palgwe 4, or Hapki 2

## Combination Kicks (All belt levels)

The Combinations Kicks division is open to all belt ranks. Kicks will be evaluated based on overall difficulty level, accuracy and presentation.

### Rules:

- All kicks must be above belt height.
- Each Kick set should consist of between 4-6 Kicks
- Each Athlete is required to perform 3 **different** combination kick sets.
- After each kick set, the athlete shall return to starting position before the next kick set.





## Recording and Submitting Video

Videos must meet the following requirements. Competitors who submit videos that do not meet these requirements will be disqualified.

- 720p 30FPS required
  - 720p 60FPS *STRONGLY advised* for Black Belt competitors
  - 1080p 60FPS recommended
- Video duration must be long enough that it contains bowing-in, *Joon-bi* movement (ready stance), the entire poomsae, *Baro* movement (return to ready stance), *Charyeot* (attention stance) and bowing-out.
  - For black belts (sports poomsae), missing any component will result in a -0.3 deduction
- The athlete must be completely in view during the entire poomsae.
  - For color belts, each technique (or portion of technique) that is out of frame results in a -0.1 deduction.
  - For black belts (sports poomsae), each technique (or portion of technique) that is out of frame results in a -0.3 deduction.
- Camera location is fixed and the frame is landscape.
- Uniform must be appropriate
  - Correct belt color for each division
    - Refer to the Event (Kibon, Taekgeuk, or Palgwe) for further instruction
  - Taekwondo uniform
    - Black V or Y-neck for Black Belt
    - White V-neck for Color Belt
  - No shoes or socks
  - No jewelry, watches, accessories, etc.
- No religious or political displays - email [competition@tma-academy.net](mailto:competition@tma-academy.net) for clarification

Once registration closes, video upload begins on March 19. Please look for an email containing instructions on where to upload your files.

### Black Belt Sport Poomsae Video at Tiger Martial Arts

To prepare for US and International competition, Sport Poomsae black belt athletes can take videos of their performances on their own or take videos at TMA, following state and county health guidelines. Contact Master Hung to reserve a 30-minute time slot.

Video recording dates - Friday, March 19 - Monday, March 22, 2021.

For additional questions please contact:

Email: [competition@tma-academy.net](mailto:competition@tma-academy.net)

Phone: (650) 996-2534

