



Tiger Martial Arts

TMA 1st ONLINE AND 19th ANNUAL SPRING TAEKWONDO CHAMPIONSHIPS 2020

Saturday, July 4, 2020

Hosted by Tiger Martial Arts in Sunnyvale

Held ONLINE via Tiger Martial Arts Website

Athlete Registration and Volunteer Registration



Pre-Tournament Schedule

TOPIC	DATE
<p>Registration Opens (except Sport Poomsae)</p> <p>You will receive a link via e-mail after registering that you can use to edit your registration and video submissions. Keep this email!</p>	Monday, June 15, 2020
<p>Sport Poomsae Draws</p>	Monday, June 22, 2020
<p>Sport Poomsae Registration</p>	Monday, June 22, 2020
<p>Sport Poomsae Video at TMA</p> <p>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>	Monday, June 22, 2020 to Friday June 26, 2020 12:15-3PM
<p>All Registration Closes</p>	11:59 PM Tuesday, June 30, 2020
<p>Video Review Window</p> <p>Videos sent in this period will be checked and contestants may resubmit if needed. Past this window, contestants with unsatisfactory submitted videos will be disqualified.</p>	Monday, June 22 to 11:59 PM Sunday, June 28, 2020
<p>Tournament Live Scoring Broadcast</p>	Saturday, July 4, 2020



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/XPMuBY9bkVrDuFpe9>

Cost

1 Event: \$40

2 Events: \$45

3 Events: \$50

4 Events: \$55

- Those who place (1st - 3rd) shall receive their medals in the mail following the event
- 1 first place, 1 second place, and 2 third place medals shall be awarded

Events

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



Beginner Forms (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 so do not attempt a form beyond your belt level.

Competitors who do not know their compulsory poomsae for their rank may register one rank below and perform that poomsae. If a yellow belt student has just received their yellow belt but does not know the Taegeuk Poomsae for their rank, they may register as one rank lower and compete in events at that rank.

Color and black belts cannot compete in the Kibon Poomsae.

Designated Poomsae by Belt Rank

Belt Level	Compulsory Poomsae
White Belt	Kibon 1
White with 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

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 so do not attempt a form beyond your belt level. Color belts may participate either or all of Traditional, Open, and Weapons poomsae if they know those forms.

Competitors that do not know their compulsory poomsae for their rank may register one rank below and perform that poomsae. If an orange belt student has just received their orange belt but does not know the Taegeuk poomsae for their rank, they may register as a yellow belt and compete in all events at that rank.

Black belts cannot compete in the Traditional Poomsae event with only one exception. If the black belt athlete just recently achieved their rank, they may register as a red-black belt and compete in events at that rank.

Belt Level	Compulsory Poomsae
Yellow Belt	Taegeuk 1
Orange Belt	Taegeuk 2
Purple Belt	Taegeuk 3
Green Belt	Taegeuk 4
Blue Belt	Taegeuk 5
Brown Belt	Taegeuk 6
Red Belt	Taegeuk 7
Red-Black Belt	Taegeuk 8



Open Poomsae

Color belt students shall perform one form from the following choices suitable for their belt level. Do not attempt a form beyond your belt level. Color belts may participate in each or any combination of Traditional, Open, and Weapons poomsae if they know those forms.

Competitors that do not know their compulsory poomsae for their rank may register one rank below and perform that poomsae. If a yellow belt student has just received their yellow belt but does not know the Palgwe poomsae for their rank, they may register as a white belt with blue stripe and compete in all events at that rank.

Black belts cannot compete in the Open Poomsae event with only one exception. If the black belt athlete just recently achieved their rank, they may register as a red-black belt and compete in events at that rank.

Belt Level	Poomsae
Yellow Belt	Palgwe 1
Orange Belt	Palgwe 2
Purple Belt	Palgwe 3
Green Belt	Palgwe 4
Blue Belt	Palgwe 5
Brown Belt	Palgwe 6
Red Belt	Palgwe 7
Red-Black Belt	Palgwe 8



Sport Poomsae

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 Monday, June 15th.

Age Group	Age	Compulsory Forms
Youth	11 and below	Taegeuk 2 - Koryo
Cadets	12 - 14	Taegeuk 4 - Keumgang
Juniors	14 - 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 ranks 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

Individual Test Cutting Demonstration (Black Belt Only)

If you have participated in the Test Cutting seminars, then you may submit your video for test cutting. Please edit the video to contain only cutting movements and 3-5 seconds before and after each cut.

- Sword: Tameshigiri



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
 - 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), *Shi-ah* movement (attention stance), and bowing-out.
- The athlete must be completely in view during the entire poomsae.
 - Each technique (or portion of technique) that is out of frame results in a -0.3 deduction.
- Camera location is fixed with horizontal or vertical rotation permitted.
- The light shall be a minimum of 1200 lux to a maximum of 1800 lux, and shall be directed onto the performance area from above the performance area and/or behind the camera.
- Uniform must be appropriate
 - Correct belt color for division
 - Taekwondo uniform
 - No shoes or socks
- No religious or political displays
 - Email competition@tma-academy.net for specific clarification

Videos shall be uploaded to Google Forms as a part of registration [here](https://forms.gle/XPMuBY9bkVrDuFpe9) (<https://forms.gle/XPMuBY9bkVrDuFpe9>)

For all events the files must be named in all lower case. For numbered forms, the number goes after the form name (no space).

Examples:

kibon2
taegeuk4
palgwe7

Sport poomsae videos (1 poomsae per video) must be named as follows:

semfin
final1
final2



Once the videos are posted, the video shall be automatically analyzed for resolution & framerate. If the videos are posted 2 days prior to the posting deadline and do not meet these requirements, athletes will receive an e-mail requesting resubmission. Video submitted in the last 2 days of the posting deadline, if unsatisfactory, will not receive e-mail notification and the competitor will be **disqualified**. If the videos do not meet other requirements, then those athletes will be disqualified when the judges begin scoring.

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.

Available time slots (June 22-June 26):

12:15-12:45 PM, 1:00-1:30 PM, 1:45-2:15 PM, and 2:30-3:00 PM

Masks and physical distancing are required travelling to and from the school. Only one athlete will be allowed in the school at any given time. Once the athlete is on the mats, no mask is necessary. Master Hung will be available to call coordinator commands and operate the camera at a safe physical distance. Master Hung will also use the time period before and after each athlete to sanitize the school.

Contact Information

Email: competition@tma-academy.net

Phone: (408)-730-2534

