

AMERICAN OPEN INTERNATIONAL VIRTUAL CHAMPIONSHIP

AUGUST 28-29, 2021

**AMERICAN OPEN INTERNATIONAL
VIRTUAL TAEKWONDO CHAMPIONSHIP**

August 28th & 29th, 2021
Register Online at
AMERICANTKDOPEN.com

**2022 INTERNATIONAL AMERICAN OPEN CHAMPIONSHIP
"ON AUG 27TH 2022"**

**Grand Master
Jun Yoon Ph.D.**

**Tournament Director
Master Joseph Yoon**

Host by: Sky Martial Arts/Tackwondo
Tournament Chairman: Dr. Jun Yoon
Tournament Co-director: Master Joseph Yoon
Technical Director: Master Andrew Yoon
Referee Chairman: Master Mike Wong
Sponsor by: Master Keith Quatro
VAZTIC, Martial Event,
Image Printing Solution

VAZTIC **Productions** **MARTIAL EVENTS**

SKY Martial Arts
Family Tackwondo
Address: Dublin, CA & Los Altos, CA
Email: losaltos@skykicks.com
grandmaster@skykicks.com
Contact: Master Joseph Yoon

CKV

[HTTPS://AMERICANTKDOPEN.COM](https://AMERICANTKDOPEN.COM)

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WELCOME

Dear American Open International Taekwondo Championship family and friends,

We are very excited to announce the 2021 American Open International Virtual Taekwondo Championship! In order to comply with COVID-19 guidelines and provide a safe competition experience for all competitors, this event will take place entirely online. In addition to having events in Poomsae, we will also be including events in Virtual Sparring. We are excited to be creating these additional opportunities for competition in this new virtual format. The competition format will be video upload with live judging, which will help to ensure high quality video viewing for judging regardless of the competitor's internet connection strength.

Key Highlights:

- Online Broadcast of Competition August 28, 29th (Sat, Sun)
- World Class Poomsae, Traditional Poomsae, and Open Poomsae
- Virtual Sparring

While we understand that nothing online can compare to the experience of in-person competition, we are confident that this virtual format will still provide all participants with an excellent competition experience. In fact, one of the added advantages of this new virtual format is that it allows for the participation of all competitors regardless of their physical geographical location. Thus, we look forward to welcoming competitors not only from California, but from around the world!

We are #StrongerTogether. Thank you for your support.

Sincerely,

MASTER JOSEPH YOON

Master/Instructor, Sky Martial Arts



REGISTRATION

EVENT CONTACTS

REGARDING:	CONTACT:	E-MAIL ADDRESS :
Registration	Master Joseph Yoon	joyoontkd@gmail.com
Video	Master Mike Wong	mikewongtkd@gmail.com
Schedule	Master Andrew Yoon	andrew540@gmail.com
Referees	Master Keith Quatro	keith.quatro@gmail.com

EARLY REGISTRATION

**LAST DAY: JULY 28, 2021
23:59 PDT (GMT-7)**

Athletes: 1 Event: USD \$60.00

Additional Events: USD \$35.00 each

Coaches: USD \$10.00

FINAL REGISTRATION

**LAST DAY: AUGUST 11, 2021
23:59 PDT (GMT-7)**

Athletes: 1 Event: USD \$80.00

Additional Events: USD \$35.00 each

Coaches: USD \$20.00

PAYMENT ENTRY

All payments shall be made through the Martial Events registration page.

PROOF OF PAYMENT REQUIREMENT

Sky Martial Arts has the right to delete sport entries from teams that do not have proof of payment from Martial Events. Please save your payment receipt email; you may need to check your spam e-mail. No proof of payment may result in loss of competition eligibility.

NO REFUND

There is no refund for entry fees paid.

EVENT SCHEDULE

INFORMATIONAL AND TECHNICAL MEETINGS

EVENT:	DATE:
Informational Meeting Zoom Webinar	Sunday May 30, 2021 17:00 PDT (GMT-7) Link found at https://americantkdopen.com/
Technical Meeting (live designated Poomsae draw) Zoom Webinar	Saturday August 14, 2021 10:00 PDT (GMT-7) Link will be emailed to all registered coaches

VIDEO SUBMISSION DEADLINES

EVENT:	DATE:
Division Draw	Thursday August 12, 2021 23:59 PDT (GMT-7)
Poomsae Draw	Saturday August 14, 2021 10:00 PDT (GMT-7)
Video Submission Deadline	Monday August 23, 2021 23:59 PDT (GMT-7)

AUGUST 28 & 29, 2021

TIME:	DESCRIPTION OF EVENT:	LOCATION:
09:00 PDT (GMT-7)	Livestream of all rings begins	YouTube
Schedule subject to change without notice.		

COMPETITION FORMAT

AWARDS		
EVENT:	MEDALIST:	AWARD:
World Class Poomsae (Black Belts) (Cadet, Junior, U30, U40, U50, U65, O65)	Gold Silver Bronze (x2)	Medal and Digital Certificate Medal and Digital Certificate Medal and Digital Certificate
World Class Poomsae (Black Belts) (Kid Under 9, Kid Under 11)	Gold Silver Bronze (x2)	Medal and Digital Certificate Medal and Digital Certificate Medal and Digital Certificate
Traditional Poomsae	Gold Silver Bronze (x2)	Medal and Digital Certificate Medal and Digital Certificate Medal and Digital Certificate
Open Poomsae	Gold Silver Bronze (x2)	Medal and Digital Certificate Medal and Digital Certificate Medal and Digital Certificate
Virtual Sparring	Gold Silver Bronze (x2)	Medal and Digital Certificate Medal and Digital Certificate Medal and Digital Certificate
All	All Competitors	Digital Participation Certificate

Digital Award and Participation Certificates will be emailed to competitors once results are finalized following the conclusion of the competition.

Medals will be shipped following the conclusion of the competition. When there is more than 1 medalist from a team/school, medals will be shipped together to the affiliated school.

International Athletes will receive a Digital Certificate.

MODIFIED CUT-OFF

- Each belt and age division is split into multiple, even flights of size between 14 and 27 competitors.
 - The division of competitors into flight is random.
 - *Interpretation:* The number of flights is selected such that the number of competitors per flight is as close to 20 as possible.
- Each flight competes in one round.
- The competitors perform 1 poomsae to be chosen by the competitor from the list of compulsory poomsae (see Traditional Poomsae table below).
- The order of competition is determined randomly.

COMPETITION RULES

BELT DIVISIONS:

Color Belts divisions shall be: Yellow (10th–8th Gup), Green (7th–5th Gup), Blue (4th–3rd Gup), and Red (2nd–1st) belts. The poom belt shall NOT be allowed as an advanced red belt. White belts shall compete in the yellow belt division and may wear their white belt. All Black belt divisions shall wear the Black belt; stripes and writing on the belt are allowed. If black belt athletes wear a belt with stripes indicating Dan ranking, the rank must be correct for their division.

UNIFORM AND BELT:

- Any V-neck or Y-neck style WT Taekwondo uniform is permitted.
- Athletes must wear the belt corresponding to the division they registered for. Wearing any other belt may result in disqualification.
- Belts can include stripes of any color as long as the base color is one of the approved colors. Belts cannot be of the half one color, half another color style. (EX: Half Red and Half Blue)
 - Exception: Cadet competitors in the Black belt division may wear Poom belts.

WORLD CLASS POOMSAE

AGE:	BELT COLOR:	COMPULSORY POOMSAE:	FORMAT:
Kid Under 9, Kid Under 11	BLACK	Taegeuk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo	Cut-Off
Cadet	BLACK	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang	Cut-Off
Junior	BLACK	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek	Cut-Off
Under 30, Under 40	BLACK	Taegeuk 6, 7, 8 Jang, Koryo , Keumgang, Taebak, Pyongwon, Shipjin	Cut-Off
Under 50	BLACK	Taegeuk 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon	Cut-Off
Under 60, Under 65, Over 65	BLACK	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu	Cut-Off

COMPETITION RULES

Age Divisions:

In order for an athlete to be eligible for participation in an age group they must have been born in the following years:

- Kid Under 9 (Birth Year: 2012–2013)
- Kid Under 11 (Birth Year: 2010–2011)
- Cadet (Birth Year: 2007–2009)
- Junior (Birth Year: 2004–2006)
- Under 30 (Birth Year: 1991–2003)
- Under 40 (Birth Year: 1981–1990)
- Under 50 (Birth Year: 1971–1980)
- Under 60 (Birth Year: 1961–1970)
- Under 65 (Birth Year: 1956–1960)
- Over 65 (Birth Year: 1955 or Earlier)

Rules:

- Scoring shall be made in accordance with the USATKD Poomsae and WT Competition Rules with the following modifications:
 - Competition begins in the final round, regardless of the number of competitors
 - 2 poomsae performed in the final round
- The video must include *Joon-bi* and *Shi-ah* movements, missing these elements will result in -0.3 deductions.

TRADITIONAL POOMSAE

Competitors are required to perform one of the Poomsae (forms) designated for their belt rank. The athlete may choose which of the two poomsae they want to perform. Scores are based on:

- Accuracy: correct movement, correct placement of technique, balance
- Presentation: strength, speed, rhythm, expression of energy

Authorized Poomsae are those approved by the World Taekwondo Federation:

- Taegeuk 1–8 Jang (See table below)
- Black Belt Poomsae (See table below)
- Recently promoted 1st Dan black belts (< 6 months) may compete in red belt divisions if and only if they compete as a red belt for all events. All other black belts must compete in the black belt division.

Rules:

- All athletes must demonstrate a form that corresponds with their rank.
- All athletes must wear the correct belt for their division.
- Gender and ranks may be combined at the discretion of the tournament director.

COMPETITION RULES

AGE:	BELT COLOR:	COMPULSORY POOMSAE:	FORMAT:
Kid Under 7, Kid Under 9, Kid Under 11, Cadet, Junior, Under 30, Under 40, Under 50, Under 60, Under 65, Over 65	YELLOW	Taegeuk 1 or 2 Jang	Modified Cut-Off
Kid Under 7, Kid Under 9, Kid Under 11, Cadet, Junior, Under 30, Under 40, Under 50, Under 60, Under 65, Over 65	GREEN	Taegeuk 3 or 4 Jang	Modified Cut-Off
Kid Under 7, Kid Under 9, Kid Under 11, Cadet, Junior, Under 30, Under 40, Under 50, Under 60, Under 65, Over 65	BLUE	Taegeuk 5 or 6 Jang	Modified Cut-Off
Kid Under 7, Kid Under 9, Kid Under 11, Cadet, Junior, Under 30, Under 40, Under 50, Under 60, Under 65, Over 65	RED	Taegeuk 7 or 8 Jang	Modified Cut-Off
Kid Under 7, Kid Under 9, Kid Under 11, Cadet, Junior, Under 30, Under 40, Under 50, Under 60, Under 65, Over 65	BLACK	1st Dan: Koryo 2nd Dan: Keumgang 3rd Dan: Taebaek 4th Dan: Pyongwon, etc.	Modified Cut-Off

OPEN POOMSAE

Competitors are allowed to perform any one Poomsae (form) that is not officially recognized by World Taekwondo Poomsae. Scores are based on:

- **Presentation:** strength, speed, rhythm, expression of energy

Rules:

- Open forms may be performed with or without music.
- Gender and ranks may be combined at the discretion of the tournament director.

VIRTUAL SPARRING

In Virtual Sparring competition, participants use controlled, correctly executed Taekwondo hand and foot techniques delivered to a heavy bag equipped with **head and body-level targets of the same height as the athlete**. Competitors are expected to display technical skill and proper Taekwondo manner, as well as showmanship and creativity. Competitors shall wear full gear as per USA Taekwondo (USATKD) competition sparring rules. Competitors may perform as many legal techniques as they wish, as long as they do not exceed the published time limit.

The format for this event shall be video recordings uploaded to Vaztic (see instructions on upload deadlines, video requirements, and how to upload).

COMPETITION RULES

Divisions:

Divisions shall be the same as outlined in the 2020 USATKD Kyorugi Rules. Athletes shall report their weight. To encourage competition, weight divisions may be merged at the discretion of the tournament organizers.

Competition Equipment:

The athlete must wear the following mandatory equipment:

- Dobok
- Belt
- Hogu
- Helmet (hogu and helmet colors must match)
- Instep protectors
- Mouthpiece (must show insertion of mouthpiece prior to sparring the bag)
- Gloves for Black belts 12 years and older (cadet and higher divisions)

The groin protector and forearm protectors are optional for this event.

Athletes shall conform with the same personal requirements as outlined in the 2020 USATKD rules; e.g. pony tails must be tucked inside the headgear, and no metallic or hard objects such as eye glasses or jewelry are allowed.

ROUND TIME	
AGE:	ROUNDS X TIME:
All Color Belts, 6-7 Black Belts, and 8-9 Black	2 Rounds x 30 Seconds (30 Seconds Rest)
Youth Black Belts and Cadet Black Belts	2 Rounds x 45 Seconds (30 Seconds Rest)
Junior Black Belts and Senior (18+) Black Belts	2 Rounds x 60 Seconds (30 Seconds Rest)

Procedure of the Contest:

The athlete will need an assistant to call commands and mark the time, who shall be referred as the Timer. The timer must have a stopwatch and be able to competently start, stop, and reset the stopwatch. If the Timer takes more than a few seconds to operate the watch, they may incur a delay of match penalty.

The athlete shall face the camera with helmet in the left hand, and mouthpiece out. The timer shall call *charyeot*, *kyeong-rye* (or their English equivalents: *attention*, *bow*). After bowing, the athlete shall put on the helmet and insert the mouthpiece, and turn to face the heavy bag. The timer shall call *choonbi*, *shi-jak* (*ready*, *begin*), upon which the athlete shall assume a fighting stance and begin sparring the heavy bag. On the *shi-jak* call, the timer shall also start their stopwatch to ensure the athlete follows the time constraints as described above. At the end of the first round, the timer shall call *keu-man* (*time[’s up]*), reset their stopwatch, and begin timing the rest period.

The athlete may remove their helmet and mouthpiece during the rest period and have access to a towel and water as one would have ringside. The athlete may not receive medical attention during the rest period, except treatments that are prescribed by a doctor (such as an inhaler).

COMPETITION RULES

At the end of the rest period, the timer shall call *Chung* (*blue*: if the athlete is using the blue hogu and helmet) or *Hong* (*red*: if the athlete is using the red hogu and helmet). At this call, the athlete will put their helmet back on and reinsert the mouthpiece (if removed) and face the heavy bag. The timer shall call *choonbi, shi-jak*, upon which the athlete assumes a fighting stance and resumes sparring the heavy bag. On the athlete call, the timer shall reset their stopwatch from the rest timer. On the *shi-jak* call, the timer shall begin timing the second round. At the end of the second round, the timer shall call *keu-man*. The athlete shall face the camera and remove their helmet. The timer shall call *cha-ryeot, kyung-rye*, at which the athlete shall bow, thus ending their performance for the judges to score.

Scoring:

Athletes shall be awarded points according to the number of techniques, difficulty of techniques, skill in combining movements and techniques, focus, and showmanship. Points are awarded on technical merit and presentation. Penalties shall reflect current sparring guidelines as detailed in the 2020 USATKD rules. The total score shall be given on a 10-point scale from 0.0 to 10.0 and athletes ranked based on their total score.

Judging will be based on two criteria:

- (40%) Technical: Number of attacks to legal scoring areas of the heavy bag
- (60%) Presentation: Difficulty and variety of technique

TECHNICAL

Heavy Bag:

The athlete must demonstrate techniques against a heavy bag or standing mannequin (e.g. Century's "Bob"). The bag or mannequin must be equipped with a hogu of the opposite color to the hogu which the athlete wears, and must be placed at the same height as the standing athlete's hogu. A helmet of the opposite color to the helmet which the athlete wears must be safely attached to the mannequin or bag at the same height as the standing athlete's helmet. If tape is used on a heavy bag, it must clearly mark the bottom and top of the head-level target.

Junior safety rules shall not be used for this event.

The permitted techniques, permitted areas, and scoring areas shall be the same as 2020 USATKD Kyorugi rules.

The heavy bag must be free standing or hanging without human assistance (i.e. a coach cannot hold up, or otherwise support the bag). If using a mannequin or free-standing heavy bag, the base should be sufficiently weighted to remain stable throughout the performance. If the athlete knocks the heavy bag down, out of the video frame, knocks the helmet off or to an incorrect position, or knocks the hogu off or to an incorrect position, then the athlete, coach, or assistant may adjust the heavy bag to its proper upright position and correct wearing of the hogu and helmet. The athlete must refrain from attacking the heavy bag while it or its hogu or helmet are not in the correct positions as described above. The time to reset the heavy bag counts against the time for the given round (i.e. the timer does not stop the clock while the bag is being reset).

COMPETITION RULES

Points per Valid Attack:

- One (1) point for a valid punch to the trunk protector
- Two (2) points for a valid kick to the trunk protector
- Three (3) points for a valid kick to the head
- Four (4) points for a valid turning kick to the trunk protector
- Five (5) points for a valid turning kick to the head

The technical score shall be tallied by a consensus of a majority of voting judges for each valid attack. Attacks that cannot be clearly seen in the video will not be scored. The points shall be converted into the technical score in stages. The principle idea is to differentiate athletes with higher skill by increasing the difficulty as they score more points. Because there are diminishing returns, athletes may choose to focus their performance more on presentation skills than technical skills, depending on their ability. Technical score shall be calculated using the conversion according to the table below.

All athletes start at Stage 1. While their accumulated points are within the range for Stage 1, their technical score shall be calculated as their total points divided by the Stage 1 Scale value. The maximum technical score achievable in Stage 1 is 2.0. When the athlete accumulates enough points to achieve a technical score of 2.0, they move to Stage 2. At Stage 2, the scale value doubles, making the difficulty twice as hard to increase the technical score. The maximum technical score achievable in Stage 2 is 3.0. When the athlete accumulates enough points to achieve the maximum technical score in Stage 2, they move to Stage 3. At Stage 3, the scale value again doubles. Techniques delivered after the maximum value for Stage 3 is reached shall be scored for presentation only.

AGE/RANK GROUP	STAGE 1		STAGE 2		STAGE 3	
	0-2.0 TECH		2.0-3.0 TECH		3.0-4.0 TECH	
	Range	Scale	Range	Scale	Range	Scale
All Color Belts, 6-7 Black Belts, and 8-9 Black Belts	0-40	20	41-80	40	81-160	80
Youth Black Belts and Cadet Black Belts	0-60	30	61-120	60	121-240	120
Junior Black Belts and Senior (18+) Black Belts	0-80	40	81-160	80	161-320	160

COMPETITION RULES

Example 1 for Junior Black Belt:

24 kicks to the body = 48 pts

5 kicks to the head = 15 pts

10 turning kicks to the body = 40 pts

7 punches = 7 pts

Total points: 110 pts

Technical score: 2.375 (Stage 1: $80/40 = 2.0$; Stage 2: $110-80 = 30$, $30/80 = 0.375$; $2.0 + 0.375 = 2.375$)

Example 2 for Junior Black Belt:

5 kicks to the body = 10 pts

15 kicks to the head = 45 pts

10 turning kicks to the body = 40 pts

5 turning kicks to the head = 25 pts

11 punches = 11 pts

Total points: 141 pts

Technical score: 2.763 (Stage 1: $80/40 = 2.0$; Stage 2: $141-80 = 61$, $61/80 = 0.763$; $2.0 + 0.763 = 2.763$)

PRESENTATION

Judging Criteria based on the following:

1. Difficulty and Skill
2. Creativity
3. Sparring Competition Spirit

The presentation score shall be the average of the scores of the judges, rounded to two decimals. If the court has 3 judges, all presentation scores shall be counted. If the court has 5 or 7 judges, the highest and lowest presentation score shall be dropped.

Difficulty and Skill:

A skill represents a specific knowledge, and an individual's level of proficiency in a skill demonstrates an understanding and execution based on their mastery of that knowledge.

Scale: 0.5 = Minimal difficulty/skill level, 2.0 = Most difficult/skill level

Difficulty is individually assessed by each judge on a scale of 0.0 to 2.0, based on the judge's consideration of the difficulty of the overall performance. The guidelines for assessing difficulty in order of superiority are as follows:

1. Difficulty of kicking techniques will be assessed on the following order of superiority:
 - a. Standing kick technique
 - b. Kicking technique with turning motion
 - c. Jumping kick
 - d. Jumping kick with turning motion
2. Height of the target (body, head)
3. Consistency in execution
4. Control and Power
5. Balance

COMPETITION RULES

Creativity:

Scale: 0.5 = Minimal creativity, 2.0 = Most creative

Skill is assessed by each judge on a scale of 0.5 to 2.0, based on the judge's evaluation of the choice and combinations of technical skill in the competitors performance.

The guidelines for assessing skill are as follows:

1. Variety of footwork and techniques
2. Combinations of footwork and techniques
3. Variety of combinations
4. Variety of targets, unpredictability

Sparring Competition Spirit:

Scale: 0.5 = Movements not found in sparring, 2.0 = Movements useful in sparring

Sparring competition spirit is assessed by each judge on a scale of 0.5 to 2.0, based on the judge's evaluation of the similarity of technique and footwork selection to an actual sparring competition.

The guidelines for assessing sparring competition spirit are as follows:

1. Flow of techniques during competition, intention of movements
2. Evasive footwork
3. Footwork to gain the positional advantage or create different openings
4. Cut kicks, cancels, and other combination setups

Penalties:

Penalties shall deduct 0.3 from the final score. Penalties are as follows:

- Stepping partially or wholly out-of-frame, allowing the heavy bag to be kicked or fall partially or wholly out-of-frame, or making an attack while the contestant or heavy bag is obscured by a third party
- Falling down
- Avoiding or delaying the match, by the contestant, coach, timer, or other assistants
- Grabbing or pushing the heavy bag down
- Lifting a leg for more than 3 seconds
- Kicking below the waist
- Hitting the head target with the hand
- Attacking after *kalyeo*
- Butting or attacking with the knee
- Attacking the fallen heavy bag or attacking while the heavy bag hogu and/or helmet are incorrectly positioned
- Attacking trunk with the side or bottom of the foot having the knee pointed out in clinch position
- Misconduct of the contestant or coach

These rules shall be held to similar interpretations as published in the 2020 USATKD Kyorugi rules, adjusting for the video format, safety concerns, and sparring a passive target.

COMPETITION RULES

Publication of Score:

The score shall be calculated immediately after the judges have submitted their scores to the scoring system and the result displayed in the broadcast.

Tie-Breaker:

In the event of a tied final score between two or more placing athletes, the criteria for resolving the ranking shall be:

1. Total presentation score
2. Total presentation score, including dropped scores
3. Fewest penalties
4. Judges vote

PROTESTS:

- Protests may only be made by registered coaches in writing within 10 minutes of the conclusion of the round's broadcast on YouTube.
- Protest may be made for any event.
- The protest fee is USD \$200.00.
- Protests must be submitted to drjcyoon@gmail.com.

VIDEO GUIDELINES

VIDEO RECORDING

Competitors who submit videos that do not meet the following requirements may be disqualified.

Video Recording Requirements for All Events:

- Each event shall be uploaded as a separate video.
- Videos must be one continuous take for each performance; no splicing or editing allowed.
- The athlete shall begin directly in front of the camera and facing the camera.
- Camera location must be fixed (e.g. on a camera tripod, clamped to a stable object, or resting on a stable surface).
 - Horizontal and vertical rotation (i.e. panning and tilting) are permitted.
- Video must be in wide (landscape) orientation.
- 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.
- 720p 60FPS minimum required (see additional document for details on how to do this).
 - 1080p 60FPS recommended
- Videos with 2K resolution and above or 90FPS frame rate and above are not allowed.
- Uniform must be appropriate.
 - Correct belt color for division (refer to Belt Divisions above)
 - TKD uniform
 - No shoes
 - No socks
- No religious or political displays.
- Only IOC recognized flags are permitted to be displayed.

Additional Instructions for World Class Poomsae, Traditional Poomsae, and Open Poomsae:

- Each poomsae shall be uploaded as a separate video.
- The athlete must be completely in view during the entire poomsae.
 - Each technique (or portion of technique) that is out-of-frame or otherwise obscured from view results in a -0.3 deduction.
- Must include *Joon-bi* and *Shi-ah*.
 - Missing any of these shall result in -0.3 deduction for each missing element.

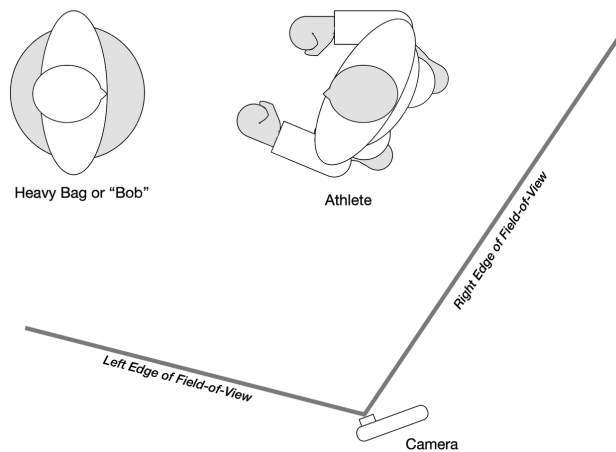
Additional Instructions for Virtual Sparring

- The athlete and the heavy bag must be completely in-frame of the video at all times, the video must be continuous for the entire duration, and the video must be unedited.
- The video must be filmed such that the athlete and the heavy bag are visible at all times (see Figure 1).
- The athlete is free to move around the heavy bag, so long as they stay completely in-frame. If using a mannequin, the back of the mannequin should not be visible in frame.
- The camera operator may pan (side-to-side rotation) or tilt (up-or-down rotation) the camera but may not otherwise move or zoom the camera.
- Must include *Shi-jak* and *Keu-man* calls.
 - Missing these elements will result in -0.3 deductions for each missing element.

VIDEO GUIDELINES

Figure 1:

Figure 1. Recommended starting angle and position of camera



VIDEO UPLOAD

During the video submission period, there will be a link on your registration page to upload your videos. Details on how to do this are detailed in separate reference documents. Each event shall be uploaded as a separate video.

VIDEO RESUBMISSION

Once the videos are uploaded, they will be automatically analyzed for resolution and frame rate. Failed requirements are automatically shown to the user on the upload website. Videos may be re-uploaded throughout the upload period to satisfy requirements. We strongly recommend that athletes review their videos after uploading to ensure the correct video has been uploaded. If the videos do not meet other requirements, then those athletes will be disqualified when the judges begin scoring.

CREDITS

These rule revisions were written by Danny Gonzalez and Mike Wong ©2021, with contributions from GM Marty Marcus, GM Jun Yoon, GM Jimmy Kim, GM Geoffrey Uy, GM Dave Pelham, GM Henry Cruz, and GM Derek Carter.

Special thanks to all of our sponsors: Vaztic, Martial Events, and E-Productions for helping make this event possible.