

# TAEKWONDO **FORTITUDE** ONLINE CHAMPIONSHIPS 2021

## KYORUGI - DEVELOPMENT CATEGORIES

Division	Category	Event	Scoring Criteria
Super Junior Young Junior	Green to Black-Tip (1st to 6th Geup)	2 rounds of 30 seconds each with 30 seconds rest in between rounds	<b>BODY LEVEL ONLY (above the waist and below collar-bone)</b>  - One (1) point for a valid punch to the target  - Two (2) points for a valid kick to the target  - Four (4) points for a valid turning kick to the target  A "Gam-jeom" of one (1) point will be deducted for any stated prohibited act.
Super Junior Young Junior	Poom (All Poom)	2 rounds of 30 seconds each with 30 seconds rest in between rounds	

## KYORUGI - INTERNATIONAL CATEGORIES

Division	Category	Event	Scoring Criteria
Cadet	Green to Black-Tip (1st to 6th Geup)	2 rounds of 30 seconds each with 30 seconds rest in between rounds	- One (1) point for a valid punch to the target
	Poom(All Poom)		- Two (2) points for a valid kick to the target
Junior	Green to Black-Tip (1st to 6th Geup)	2 rounds of 45 seconds each with 30 seconds rest in between rounds	- Three (3) points for a valid kick to the target at head level
	Dan (All Dan)		- Four (4) points for a valid turning kick to the target
Senior	Green to Black-Tip (1st to 6th Geup)  Dan (All Dan)	2 rounds of 60 seconds each with 30 seconds rest in between rounds.	- Five (5) points for a valid turning kick to the target at head level  A "Gam-jeom" of one (1) point will be deducted for any stated prohibited act.

Please refer to the Rules & Regulations for more details!

ORGANISED BY J H KIM TAEKWONDO (BUKIT TIMAH) - HAN ACADEMY PTE. LTD.