



মুজিব MUJIB  
শতবর্ষ 100

# BANGABANDHU

INTERNATIONAL VIRTUAL  
TAEKWONDO CHAMPIONSHIP

## BANGLADESH

# 17-19 DECEMBER 2021

LIVE PERFORMANCE CONTEST  
VIA ZOOM AND BOARDCASTING  
VIA YOUTUBE CHANNEL



Sergio Livaya  
FILMS



Bangabandhu  
International  
Virtual  
Taekwondo  
Championship  
Bangladesh 2021  
Tentative Dates:  
17 - 19  
December 2021



“The Bangabandhu International Virtual Taekwondo  
Championship Bangladesh 2021 “

will be held in memory and honor  
of Bangabandhu Sheikh Mujibur  
Rahman, our nation's founding  
father, and to commemorate his  
100th birthday. In addition, this  
event will commemorate our  
country's 50th anniversary Years of  
self-government





**Bangabandhu**

Sheikh Mujibur Rahman

Founding Father of the Nation  
First President

People's Republic of Bangladesh



**Sheikh**

Hasina

Honourable Prime Minister  
(2009 - current)

People's Republic of Bangladesh



**Md. Zahid**

Ahsan Russel

Member of Parliament  
State Minister of Youth and Sports

People's Republic of Bangladesh



# COMMITTEE MEMBERS



**Quazi**  
Murshed Hossain Kamal

President  
Bangladesh Taekwondo Federation



**Mahmudul**  
Islam Rana

General Secretary  
Bangladesh Taekwondo Federation



SCHEDULE -  
TIME TABLE

SCHEDULE OF TIME-TABLE (UPLOAD)

Date	Details	Time Schedule
22 NOVEMBER 2021	Registration System Open	12:00 (GMT+7)
14 DECEMBER 2021	Entry Closed	23:59 (GMT+7)
15 DECEMBER 2021	Head of Team Meeting	20:00 (GMT+7)*
16 DECEMBER 2021	Drawing Group	18:00 (GMT+7)
18 DECEMBER 2021	LIVE VIA ZOOM	Start 09:00 (GMT+7)
	COLOR BELT TK1 - 8 Individual - ALL AGES	
19 DECEMBER 2021	LIVE VIA ZOOM	Start 09:00 (GMT+7)
	POOM / BLACK BELT Individual / Pair - ALL AGES	
20 DECEMBER 2021	Streaming Facebook Poomsae Freestyle	Start 12:00 (GMT+7)
23 - 24 DECEMBER 2021	SPEED KICKING BOARDCAST	Start 12:00 (GMT+7)
28 DECEMBER 2021	Result Released and E-Certificate Download	Start 12:00 (GMT+7)
16 JANUARY 2022	Start Sending Medals	

Any update OC will announce in Whatsapp Group



# Poomsae Classifications and Divisions

- Poomsae Individual
  - (Male / Female)
- Poomsae Pair (Male – Male / Female – Female / Mixed Gender, will be added as same division)
- Freestyle Poomsae: Individual

## Individual Poomsae: (Male / Female)

Athletes NEED TO CHOOSE ONLY 1 POOMSAE BELOW THE CHART

POOM AND DAN NEED TO PERFORM 2 POOMSAE

AGE GROUPS	White Belt	Yellow Belt	Green Belt	Brown Belt		Poom Belt	Black Belt	
			Blue Belt	Red Belt				
UNDER 4Y (2017 - ABOVE)	6 Blocks / H- form	Taeguek 1/2	Taeguek 3/4	-	-	-	-	
UNDER 7Y (2014 - 2016)	6 Blocks / H- form	Taeguek 1/2	Taeguek 3/4	Taeguek 5/6	Taeguek 7	Taeguek 8	Taeguek 7 & Taeguek 8	-
UNDER 10Y (2011 - 2013)	6 Blocks / H- form	Taeguek 1/2	Taeguek 3/4	Taeguek 5/6	Taeguek 7	Taeguek 8	Taeguek 7 & Taeguek 8	-
UNDER 12Y (2009 - 2010)	6 Blocks / H- form	Taeguek 1/2	Taeguek 3/4	Taeguek 5/6	Taeguek 7	Taeguek 8	Taeguek 8 & Koryo	-
UNDER 14Y (2007 - 2008)	Taeguek 1/2		Taeguek 3/4	Taeguek 5/6	Taeguek 7	Taeguek 8	Taeguek 8 & Koryo	-
UNDER 17Y (2004 - 2006)	Taeguek 1		Taeguek 3	Taeguek 5	Taeguek 7		-	Koryo / Kungang
UNDER 30Y (1991 - 2003)	Taeguek 1		Taeguek 3	Taeguek 5	Taeguek 7		-	Koryo / Kungang
UNDER 40Y (1981 - 1990)	Taeguek 1		Taeguek 3	Taeguek 5	Taeguek 7		-	Kungang / Taebek
UNDER 50Y (1971 - 1980)	Taeguek 3			Taeguek 5			-	Kungang / Taebek
OVER 50Y (BELOW - 1970)	Taeguek 3			Taeguek 5			-	Kungang / Taebek



POOMSAE PAIR / TEAM (Male – Male / Female – Female / Mixed Gender)

AGE GROUPS	White Belt	Yellow Belt	Green Belt	Blue Belt	Brown Belt	Red Belt	Poom Belt	Black Belt
UNDER 7Y (2014 – 2016)		Taeguek 1		Taeguek 5			Taeguek 7 & 8	
UNDER 10Y (2011 – 2013)		Taeguek 1		Taeguek 5			Taeguek 7 & 8	
UNDER 12Y (2009 – 2010)		Taeguek 1		Taeguek 5			Taeguek 7 & 8	
UNDER 14Y (2007 – 2008)		Taeguek 1		Taeguek 5			Taeguek 7 & 8	
-								
UNDER 17Y (2004 – 2006)		Taeguek 3		Taeguek 6			Taeguek 8 & Koryo	
UNDER 30Y (1991 – 2003)		Taeguek 3		Taeguek 6			Taeguek 8 & Koryo	
OVER 30Y (BELOW – 1990)		Taeguek 3		Taeguek 6			Taeguek 8 & Koryo	



## POOMSAE SCORE CRITERIA:

Score shall be made in accordance with the rules of the  
World Taekwondo

### Method of Scoring

- Poomsae Recognized: Individual / Pair / Team - Total Score is 100

### Accuracy: Basic Score 4.0

- 0.1 point shall be deducted each time when a contestant makes a small mistake in individual movement.
- 0.3 points shall be deducted each time when a contestant makes a big mistake in individual movement.

### Presentation: Basic Score 6.0

Divided into: Speed and Power (2.0) / Rhythm & Tempo (2.0) / Expression of energy (2.0)

<b>CADET</b>	<b>NOT OVER 9 YEARS (2012 – ABOVE)</b>
	<b>NOT OVER 12 YEARS (2009 –2011)</b>
	<b>NOT OVER 14 YEARS (2007 –2008)</b>
<b>JUNIOR</b>	<b>OVER 17 YEARS (2004 –2006)</b>
<b>SENIOR</b>	<b>UNDER 30 YEARS (1991 –2003)</b>
	<b>OVER 30 YEARS (BELOW-1990)</b>



<b>Poomsae (10.0)</b>	<b>Technical Skills (6.0)</b>	<b>Level of difficulty of kicking techniques (5.0):</b>	<b>Jumping side kick / Multiple kicks in a jump / Gradient of spins in a spin kick / Kyorugi style consecutive kicks / Acrobatic kicking technique</b>
	<b>Basic movements &amp; Practicability (1.0)</b>		
	<b>Presentation (4.0)</b>	<ul style="list-style-type: none"> <li>1 Creativity</li> <li>2 Harmony</li> <li>3 Expression of energy</li> <li>4 Music &amp; Choreography</li> </ul>	<p>The types of kick in the level of difficulty of foot techniques shall be designated by WT Poomsae Committee every year.</p>

# Video Record Requirements FOR POOMSAE FREESTYLE / SPEED KICKING ONLY – INDIVIDUAL & PAIR POOMSAE PERFORM VIA LIVE ZOOM



Record the video of the athletes participating in the competition to have a timer. on time clearly in the video clip However, before the competition, athletes must show their ID card every time. In case you forget to take a screenshot of your watch (timing). The judges and the organizer will cut the clip in the specified time only.



Filming a video clip should be horizontal and must be taken from a straight face only, and the height of the camera should be balanced. (Athlete's chest area) The camera will not be able to do any movement. Therefore, athletes keep the distance to balance. If it comes off the screen, the camera will get (-0.1) point immediately each time it goes out of the frame screen. or fall on the floor.



Athletes can pronounce (KIHAP) while kicking and scoring.



The video must have a sharp image. Not too dark or too bright, allows for minor noise such as wind noise, animals, or the sound of a passing car. but unable to open background music



Can attach a picture of the club or a gym logo as a background but not allowed to advertise any product.



# Penalty (Deduction & Disqualifications)

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Penalties are given by the judges.

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The penalties are warning ("Gyong-go"), deduction ("Gam-jeom"), and disqualification ("Sil-Gyook"). One deduction penalty is equal to (-0.1) point deduction.

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Warning or deduction is given to the following acts by.

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Conducting undesirable behaviour

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Disturbing the judges or the staffs to proceed during the competition.

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If a contestant lacks or exceeds the limit time: 0.3 point will be deducted for every 10 seconds.

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If the number of contestants does meet the required limit 3 points will be deducted per person.

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Stepping over the boundary line of the competition area results will be deducted to (-0.3 point).

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Not performing the compulsory technical movements will be deducted 0.3 point per movement.

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Penalty points shall be deducted from the participant's total score.

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Entering the contest in the name of other will be disqualified.

# Competition Recording Procedure For Freestyle Poomsae (record all procedures below)

The player **must** stand at in front/canter of camera from 7m distance  
Make a standing bow conducted by a coach- “Cha-ryeot” and “Kyeong-rye”  
Please note Any editing of Poomsae perform will result as disqualified.

## Recording / Live Position Sample

Recording-Position of camera About 7m straight front & belt height to cover whole body during Poomsae performance.

When any part of the player body is cut-off by the video frame a 0.3 points deduction will apply for every time.

If whole body out shall be 0.6 points will be deducted for every Poomsae movement in each time

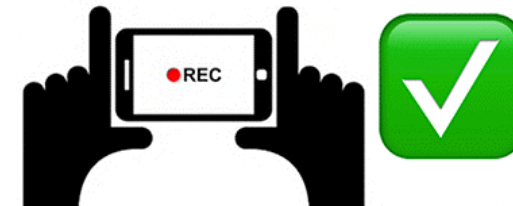
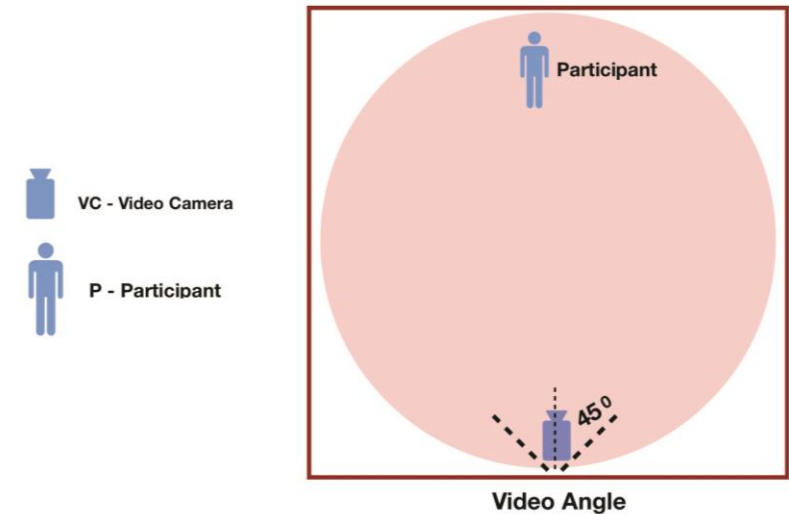
## Quality of video recording is responsible for the player.

Camera must be in horizontal position \*please refer the sample video clip.

Camera must remain in same position for the duration of the performance (not permitted to zoom in and out or pan up and down)

Resolution 1080p (HD), minimum resolution 720p (HD) at 60 frames per second.

Backgrounds & backdrop: No virtual backgrounds-No religious or political displays – “NOC flags are recommended to be displayed.”



# Uniform

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Athletes must wear a WT recognized Taekwondo Uniform can be used as Kyorugi (White Uniform with white/black/red-black trim) Or Poomsae competition uniform following by WT recognized uniform type. We are not matter with the uniform brands if the uniform is following by WT recognized uniform

Athletes must wear according to the table charts above. Otherwise, you may cause deduction (-0.8) or will be disqualified







## Speed Kicking Classifications and Divisions

- Gender: Male / Female
  - Age categories
  - Level of Performance:
  - Beginner (White – Blue Belt):
- Any kicks except turning body & Head Kicks / Back Kick / Swing Kick / Spinning Kicks
  - Advance (Open Class any belts colors): Allow All Kicks that count as the scores

Age Categories	Ages	Time	Beginner White - Blue	Advance (Open Class)
Youth	Under 6Y (2015 – Above)	30 Secs	<ul style="list-style-type: none"> <li><b>Beginners:</b> (White – Blue Belt)</li> </ul> <u>Any kicks except turning body &amp; Head Kicks</u> <b>No Back Kick / Swing Kick / or Spinning Kicks</b>	
	Under 8Y (2013 - 2015)	30 Secs		
	Under 11Y (2010 - 2012)	45 Secs		
Cadet	Under 14Y (2007 – 2009)	60 Secs		
Junior	Under 17Y (2004 – 2006)			
Senior	Under 30Y (1991 – 2003)			
	UNDER 40Y (1981 – 1990)	45 Secs		Advance Level
	Above 40Y (Below – 1980)			

# Speed Kicking Scoring System and Scoring Criteria

Score System score will be based on World Taekwondo scoring criteria

- (1) Point from "Punch"
- (2) Points from "Body Kick"
- (3) Points from "Head Kick"
- (4) Points from "Turning Body Kick"
- (5) Points from "Turning / Spinning Head Kick"
- (-1) Point from Fall Down / Out of Frame / deduction will apply for every time.
- Scoring Criteria

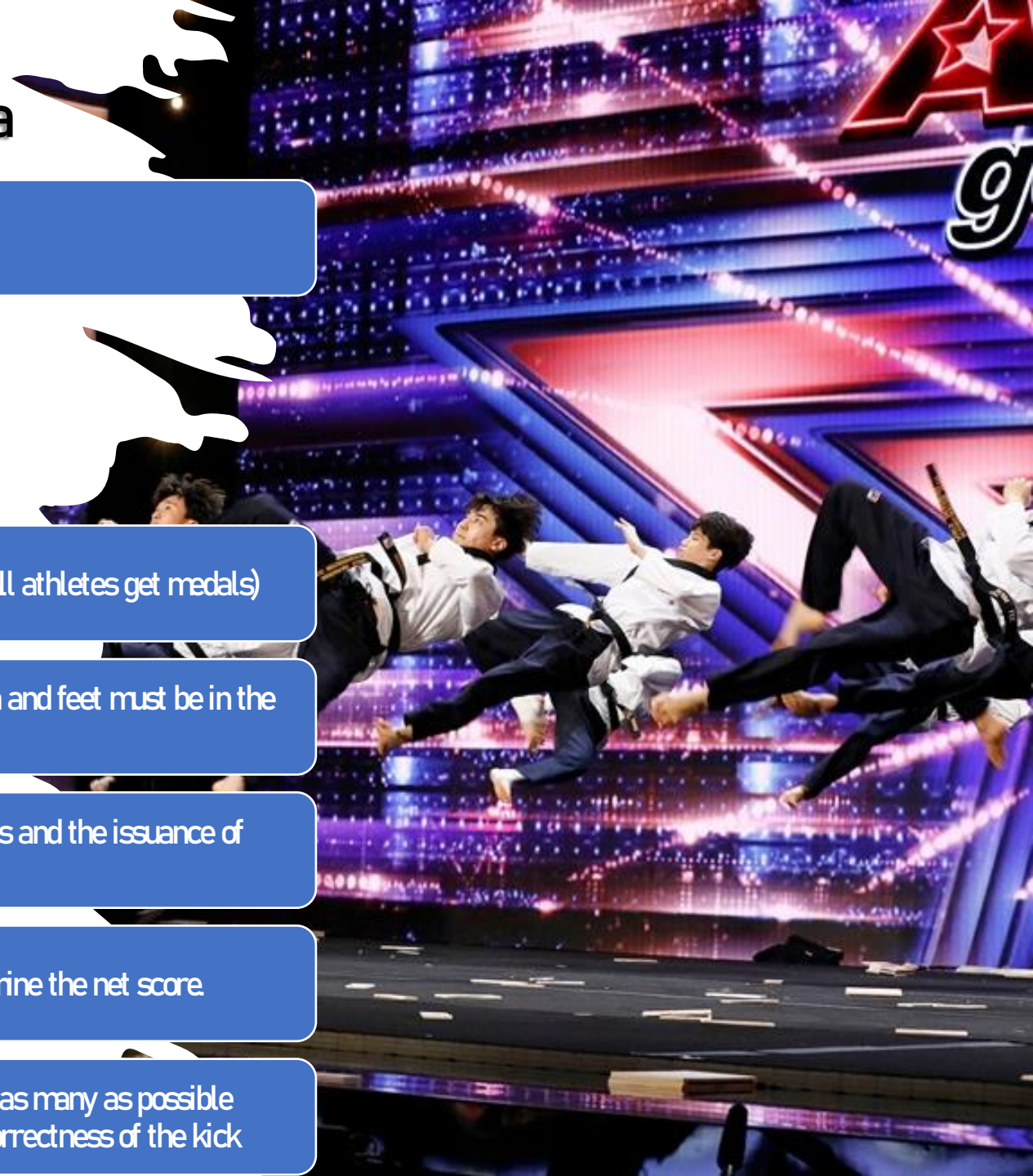
1. Judging Points: Determined by the person with the highest score in the competition. (All athletes get medals)

2. Kick Height: Athletes must kick higher than the line. (Your waist area) in the body area and feet must be in the face or higher for head kicks

3. In the case of equal scores, will be settled on the spot Strength tactic of kicking moves and the issuance of individual kicking weapons

4. A total of 3 judges will be used to judge and the total score will be averaged to determine the net score

5. At the time of the match, the kicker must kick continuously. Never stop kicking to get as many as possible kicks. Scoring will be based on the number of kicks / levels of difficulty kicks and the correctness of the kick





NAME OF THE VIDEO FILE: FILENAME  
FORMAT: ATHLETE ID\_ ATHLETE NAME  
EXAMPLE: 1991\_CASSANDRA



SAMPLE OF VIDEO  
[HTTPS://YOUTUBE/QD\\_KWUWLRM](https://youtube.com/QD_KWUWLRM)  
BY ULYSSES - HEROES TAEKWONDO



SAMPLE OF VIDEO  
[HTTPS://YOUTUBE/7Z\\_LFCXO-E](https://youtube.com/7Z_LFCXO-E)  
BY CHAIYAPORN - HEROES TAEKWONDO

# COMPETITION FEES

POOMSAE INDIVIDUAL \$30 USD

POOMSAE PAIR \$50 USD

POOMSAR TEAM \$70 USD

SPEED KICKING \$25 USD

ALL PLAYERS GET MEDALS: DIVIDED BY GROUP OF 4 PLAYERS

FEES INCLUDING SHIPPING FEES

E-CERTIFICATE AVAILABLE FOR ONLINE-DOWNLOAD

# Payment Details

**By PayPal: [cassandra.chz@gmail.com](mailto:cassandra.chz@gmail.com)**

## By Bank Account:

- Account Name: CASSANDRA HALLER
- Account Number: 160 – 268 – 5919
- Bank Name: SIAM COMMERCIAL BANK PUBLIC COMPANY LIMITED
- Swift Code: SICOTHBK
- Bank Address: 3522 Ladprod Klong Chan, Bangkapi, Bangkok 10240, Thailand

## By Western Union

- Receiver Name: PATCHAREE HALLER
- Address: Ramkhamheang 24 Huamark Bangkapi Bangkok, Thailand 10240
- Tel: +66 86 979 7638

# FOR BANGLADESH TEAMS

Individual: 3,000/- Taka

Pair Poomsae: 5,000/- Taka

Freestyle: 3,000/- Taka

Speed Kick: 2,500/- Taka



• By Bkash Account:

• Account Name: MAHMUDUL ISLAM RANA

Account Number: 01711355720 (BKASH)

• CONTACT : +8801711355720



# VIDEOS SAMPLE TAEGUEK 1 - 8

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6 BLOCK: <https://youtu.be/z1IpfJJ03Co>

TAEGUEK1: <https://youtu.be/dDx6BHLm9z0>

TAEGUEK2: <https://youtu.be/IK-90BzZSPQ>

TAEGUEK3: [https://youtu.be/B4CSH\\_eJ9TU](https://youtu.be/B4CSH_eJ9TU)

TAEGUEK4: <https://youtu.be/PaC-a-K4eRI>

TAEGUEK5: <https://youtu.be/geRoLYuNU1k>

TAEGUEK6: [https://youtu.be/F1Er\\_NLEyDE](https://youtu.be/F1Er_NLEyDE)

TAEGUEK7: <https://youtu.be/pO-W4srESVI>

TAEGUEK8: <https://youtu.be/2JXhnjiKhR0>



# YOUTUBE CHANEL

 KORYO POOMSAE: <https://youtu.be/63glGTHdAMY>

 KUMGANG POOMSAE: <https://youtu.be/o7rsE3KaWW4>


 TAEBAEK POOMSAE <https://youtu.be/rM54VPPGwo0>

 PYEOWON POOMSAE: <https://youtu.be/joVipYAxMB8>

 SLIPJIN POOMSAE: <https://youtu.be/Yfp8ZPAzJyk>

 *SPEED KICKING - FREESTYLE KICKING*

 YOUTH UNDER 11: <https://youtu.be/XSW3IRdBa28>

 YOUTH UNDER 11: <https://youtu.be/P3p6LwQV7wM>

 JUNIOR UNDER 17: [https://youtu.be/7Z\\_LFCxo-E](https://youtu.be/7Z_LFCxo-E)

 SENIOR UNDER 30: [https://youtu.be/Qd\\_KwUwlbRM](https://youtu.be/Qd_KwUwlbRM)



THANKYOU