



**1ST RN INTERNATIONAL  
TAEKWONDO  
CHAMPIONSHIP-2021**  
ON DECEMBER 28,29



STREAM START ON  
 YouTube

Galle Taekwondo would like to welcome you for the  
**1<sup>st</sup> RN International Taekwondo Championship 2021, Sri Lanka.**

Poomsae and Speed Kicking Championship

**28<sup>th</sup> and 29<sup>th</sup> of December 2021**

**Stream Start on**

YouTube

**ORGANIZED BY**



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# **INVITATION**

**Presidents / Secretary Generals of Taekwondo Clubs/Associations**

**Subject:** 1<sup>st</sup> RN International Taekwondo Championship 2021, Sri Lanka.

## **The Warmest Greetings!**

We would like to inform you that the 1<sup>st</sup> RN International Taekwondo Championship 2021 will be held on 28<sup>th</sup> and 29<sup>th</sup> of December 2021 in Sri Lanka.

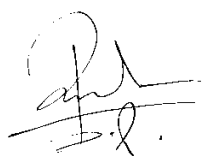
It is our great pleasure to extend an official invitation to your association/club to participate in this event. We hope that this competition will help to improve the physical and mental wellbeing of taekwondo athletes who were unable to come to the playing field due to Covid-19 pandemic.

The Sri Lanka sport governing body is supporting us to make this event a success.

We adhere the highest standards of preparation to make a successful event.

We are looking forward to seeing you virtually in the tournament.

Sincerely yours,



Deshabandu Ruwan Nissanka

Organizing Chairman

**1<sup>st</sup> RN International Taekwondo Championship 2021**

# **1<sup>st</sup> RN International Taekwondo Championship 2021**

## **Sri Lanka.**

Online Taekwondo Poomsae and Speed Kicking Championship

### **OUT LINE**

**1. ORGANIZING COMMITTEE:** Galle District Taekwondo Association

**ADDRESS** : Sri Dharmadara Road, Hegoda, Rathgama, Galle, Sri Lanka

**TELEPHONE** : +947 77248553/ +947 12115971

**EMAIL** : [rnchampionshiplk@gmail.com](mailto:rnchampionshiplk@gmail.com) / [kayodan@gmail.com](mailto:kayodan@gmail.com)

**2. DATE OF CHAMPIONSHIPS (VIRTUAL) : DECEMBER 28-29, 2021**

**3. IMPORTANT SCHEDULES (Local time in Sri Lanka)**

Submission of Team Summary : December 15<sup>th</sup>, 2021

Last Date of Athlete Registration : December 15<sup>th</sup>, 2021

Video URL Submission deadline : December 20<sup>th</sup> (11:59pm)

Date of Technical Meeting with coa : December 22<sup>nd</sup> (6:00pm)

**4. QUALIFICATIONS OF CONTESTANT:**

a. Open to all

b. Family Division (Pair & Team), open to all age groups among family members

c. Family Pair / Two Generation: Two (02) family member.

I. Pair -Two (2) direct family members regardless of gender Sibling

II. Two Generation -Two (2) family members of 2nd generation of direct family members regardless of gender. Father and Son, Father and Daughter, Mother and Son, Mother and Daughter.

d. All Taekwondo Black Belters and Colure Belters.

## 5. REGISTRATION REQUIREMENTS:

a. The registration must be done online.

i. **Team Registration** - Coaches must fill out the Team Forms and submit through given link.



[https://docs.google.com/forms/d/e/1FAIpQLSdWN8y-4vrg3ZGAg8GpZk77So5MFaVmkofn2AsTPrbO-Q2bSQ/viewform?usp=sf link](https://docs.google.com/forms/d/e/1FAIpQLSdWN8y-4vrg3ZGAg8GpZk77So5MFaVmkofn2AsTPrbO-Q2bSQ/viewform?usp=sf_link)

ii. **Athlete Registration** - All athlete should register through given online application from. (It will receive after team registration)

b. No limitation on the number of athletes entries per team.

C. A single athlete can participate in a maximum of three events only.

d. Registration fee:

- \$10 per participant per event.
- \$15 per participant for two events.
- \$20 per participant for three events.
- 1,000 LKR per local participant per event.
- 1,250 LKR per local participant for two events.
- 1,500 LKR per local participant for three events.

d. Online banking payment should be made to:

- Bank Name : Bank of Ceylon
- Address : Bank of Ceylon, Devenigoda, Rathgama, Galle, Sri Lanka.
- Swift Code : BCEYLKLX
- Account No : 74454771
- Account Name : YHC Senarathne
- Branch Code : 259
- Bank Code : 7010

e. Please send payment reference or screenshot to: [rnchampionshipk@gmail.com](mailto:rnchampionshipk@gmail.com) / [kayodan@gmail.com](mailto:kayodan@gmail.com)

## 6. EVENTS CATEGORIES:

a. **POOMSAE** - Individual Recognized Poomsae

Pair & Two Generation Recognized Poomsae

b. **SPEED KICKING** - Free Kicking

**7. METHOD OF COMPETITION:**

- a. One (1) Compulsory Poomsae or One (1) Poomsae from designated for each division.
- b. Video submission of entries.
- c. Cut-off System will be applied for all competitors.

**8. POOMSAE CLASSIFICATIONS AND AGE DIVISIONS:**

- a. Individual Poomsae, Male and Female will be separated.
- b. The age limits are based on the year, not on the date, when the Online Championships are held.
- c. An athlete to be eligible for participation must be born in:

- Kids - (birth year: 2014 or after)
- Pee Wee - (birth year: 2012 - 2013)
- Sub Junior - (birth year: 2010 - 2011)
- Cadet - (birth year: 2007 - 2009)
- Junior - (birth year: 2004 - 2006)
- Under 30 - (birth year: 2003- 1992)
- Master Under 40 - (birth year: 1982 - 2004)
- Master Under 50 - (birth year: 1981 - 1972)
- Master Under 60 - (birth year: 1971- 1962)
- Master Under 70 - (birth year: 1961 - 1952)

INDIVIDUAL POOMSAE AGE & BELT CATEGORIES		
Kids	Yellow Belt	Taeguk 1 Jang
	Green Belt	Taeguk 2 Jang
	Blue Belt	Taeguk 3 Jang
	Brown Belt	Taeguk 4 Jang
	Red Belt	Taeguk 5 Jang
	Black Belt	Taeguk 6, 7, 8 Jang
Pee Wee	Yellow Belt	Taeguk 1 Jang
	Green Belt	Taeguk 2 Jang
	Blue Belt	Taeguk 3 Jang
	Brown Belt	Taeguk 4 Jang
	Red Belt	Taeguk 5 Jang
	Black Belt	Taeguk 6, 7, 8 Jang

Sub Junior	Yellow Belt	Taeguk 1 Jang
	Green Belt	Taeguk 2 Jang
	Blue Belt	Taeguk 3 Jang
	Brown Belt	Taeguk 4 Jang
	Red Belt	Taeguk 5 Jang
	Black Belt	Taeguk 6, 7, 8 Jang
Cadet	Yellow Belt	Taeguk 1, Taeguk 2 Jang
	Green Belt	Taeguk 2, Taeguk 3 Jang
	Blue Belt	Taeguk 4, Taeguk 5 Jang
	Brown Belt	Taeguk 6, Taeguk 7 Jang
	Red Belt	Taeguk 7, Taeguk 8 Jang
	Black Belt	Koryo, Keumgang
Junior	Yellow Belt	Taeguk 1, Taeguk 2 Jang
	Green Belt	Taeguk 2, Taeguk 3 Jang
	Blue Belt	Taeguk 4, Taeguk 5 Jang
	Brown Belt	Taeguk 6, Taeguk 7 Jang
	Red Belt	Taeguk 7, Taeguk 8 Jang
	Black Belt	Koryo, Keumgang, Taeback
Senior U30	Yellow Belt	Taeguk 1, Taeguk 2 Jang
	Green Belt	Taeguk 2, Taeguk 3 Jang
	Blue Belt	Taeguk 4, Taeguk 5 Jang
	Brown Belt	Taeguk 6, Taeguk 7 Jang
	Red Belt	Taeguk 7, Taeguk 8 Jang
	Black Belt	Koryo, Keumgang, Taeback
Master U40	Black Belt	Koryo, Keumgang, Taeback
Master U50	Black Belt	Koryo, Keumgang, Taeback
Master U60	Black Belt	Koryo, Keumgang, Taeback
Master O60	Black Belt	Koryo, Keumgang, Taeback

TEAM POOMSAEE CATEGORIES			
FAMILY	Pair	<b>All Belt</b>	Taeguk 2, 3, 4 Jang
	2nd Generation	<b>All Belt</b>	Taeguk 1, 2, 3 Jang

**9. SPEED KICKING CLASSIFICATIONS AND AGE DIVISIONS:**

**1. Senior Division (Born before 2001)**

	CATEGORIES	MEN	WOMEN
1	Fin	54 Kg and Below	46 Kg and Below
2	Fly	Over 54 - 58 Kg	Over 46 - 49 Kg
3	Bantom	Over 58 - 63 Kg	Over 49 - 53 Kg
4	Feather	Over 63 - 68 Kg	Over 53 - 57 Kg
5	Light	Over 68 - 74 Kg	Over 57 - 62 Kg
6	Welter	Over 74 - 80 Kg	Over 62 - 67 Kg
7	Middle	Over 80 - 87 Kg	Over 67 - 73 Kg
8	Heavy	Over 87 Kg	Over 73 Kg

**2. Junior Division (Born before 2006)**

	CATEGORIES	MEN	WOMEN
1	Fin	45 Kg and Below	42 Kg and Below
2	Fly	Over 45 - 48 Kg	Over 42 - 44 Kg
3	Bantom	Over 48 - 51 Kg	Over 44 - 46 Kg
4	Feather	Over 51 - 55 Kg	Over 46 - 49 Kg
5	Light	Over 55 - 59 Kg	Over 49 - 52 Kg
6	Welter	Over 59 - 63 Kg	Over 52 - 55 Kg
7	Lt. Middle	Over 63 - 68 Kg	Over 55 - 59 Kg
8	Middle	Over 68 - 73 Kg	Over 59 - 63 Kg
9	Lt. Heavy	Over 73 - 78 Kg	Over 63 - 68 Kg
10	Heavy	Over 78 Kg	Over 68 Kg



### 3. Cade (Bone 2007 to 2009)

	CATEGORIES	MEN	WOMEN
1	Fin	45 Kg and Below	42 Kg and Below
2	Fly	Over 45 - 48 Kg	Over 42 - 44 Kg
3	Bantom	Over 48 - 51 Kg	Over 44 - 46 Kg
4	Feather	Over 51 - 55 Kg	Over 46 - 49 Kg
5	Light	Over 55 - 59 Kg	Over 49 - 52 Kg
6	Welter	Over 59 - 63 Kg	Over 52 - 55 Kg
7	Lt. Middle	Over 63 - 68 Kg	Over 55 - 59 Kg
8	Middle	Over 68 - 73 Kg	Over 59 - 63 Kg
9	Lt. Heavy	Over 73 - 78 Kg	Over 63 - 68 Kg
10	Heavy	Over 78 Kg	Over 68 Kg

### 4. Children's Division (Bone 2010 or onward)

	CATEGORIES	BOYS	GIRLS
1	Fin	45 Kg and Below	42 Kg and Below
2	Fly	Over 45 - 48 Kg	Over 42 - 44 Kg
3	Bantom	Over 48 - 51 Kg	Over 44 - 46 Kg
4	Feather	Over 51 - 55 Kg	Over 46 - 49 Kg
5	Light	Over 55 - 59 Kg	Over 49 - 52 Kg
6	Lt. Welter	Over 59 - 63 Kg	Over 52 - 55 Kg
7	Welter	Over 63 - 68 Kg	Over 55 - 59 Kg
8	Lt. Middle	Over 68 - 73 Kg	Over 59 - 63 Kg
9	Middle	Over 73 - 78 Kg	Over 63 - 68 Kg
10	Lt. Heavy	Over 73 - 78 Kg	Over 63 - 68 Kg
11	Heavy	Over 78 Kg	Over 68 Kg

## 10. SPEED KICKING SCORING SYSTEM:

**Speed Kicking** – an event highlighting the speed, stamina, and creativity of Kyorugi athletes, executing as many Kyorugi techniques involving all Taekwondo kicks like low, high kicks, turning kicks, Push kick, jumping kicks and proper punches in each span of time.

### a. Competition Mechanics

- Prerecorded landscape video, using 720p quality and minimum of 30 fps, where athletes execute continuous and flowing combination kicks. Video of lower quality may be subjected to deductions.

- Competition can combine **Any** proper and valid Taekwondo Kicks and proper Punches with SPEED and POWER.
- Competitors must not face the camera, nor give his back to camera while kicking. Competitors should be facing LEFT or RIGHT when kicking.
- All kick must be **WAIST** level and above. Any kicks **BELOW THE WAIST** will not be counted.
- Competitors should have the proper form, balance, and energetic performance.
- Competitor must “Speed Kicking” within a duration as mentioned below.
  - Senior and Junior - **60 seconds.**
  - Cadet - **45 seconds.**
  - Children - **30 seconds.**

**b. Invalid Techniques and deductions.**

- Jab, Hook, Uppercut, and Overhead punches will not be counted.
- Kicking with the SAME kick using SAME leg consecutively for (3) times and above will only be counted as Two (2)
- Any executed kick or punch of the player that is out of the video frame will not be counted.
- Any executed kick or punch of the player that is out of the video frame, three (3) times or more will be disqualified.
- Any executed kick or punch of the player that is not visible in the video frame due to any circumstance will not be counted. (e.g., kick or punch was blocked by the placed timer)
- Panning the video or moving the camera sideways during the performance BEYOND the allowable measured movement will receive a score of (0.5) for overall performance.
- Kicking in Choreographed, sequential, and repetitive manner will receive the lowest score of (0.5) for the difficulty of kick and kicking combination part of the performance.
- All kicks BELOW THE WAIST will not be counted.

**c. Scoring System**

- Scoring shall be based on the parameters below:
  - a. Technical (40%)
    - i. Total number kicks delivered

- ii. Total number of head kicks
- iii. Total number of turning kicks and punches

b. Performance (60%)

- i. Quality of kick
- ii. The difficulty of kick and kicking combination
- iii. Overall performance

**11. AWARDS:**

- 1<sup>st</sup> place: E-Certificate.
- 2<sup>nd</sup> place: E-Certificate.
- 3<sup>rd</sup> place and 4<sup>th</sup> place: E-Certificate(s).
- All Participants: Participation E-Certificate(s)

**12. REFEREES AND OFFICIALS:**

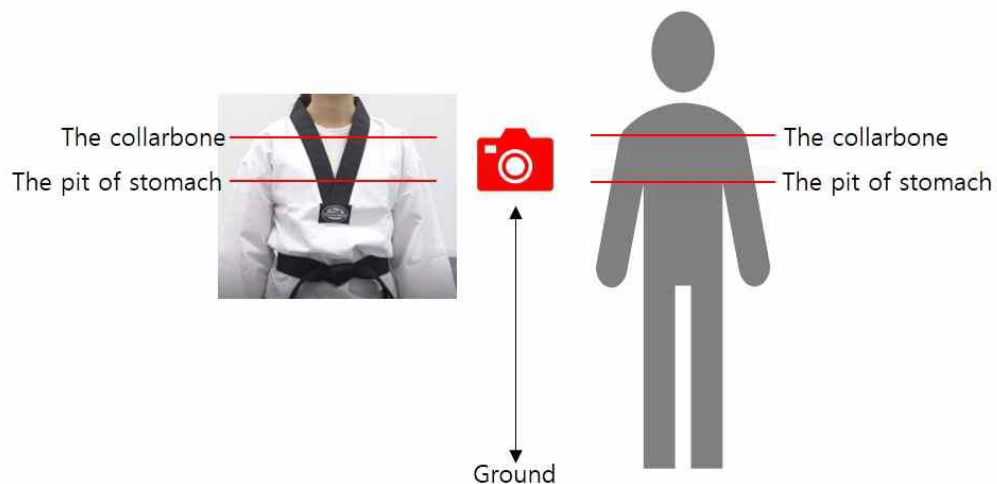
The Organizing Committee will appoint Officials and International Referees to officiate in the 1st RN International Taekwondo Championship 2021.

**13. UNIFORM:**

- Both Poomsae and Kyorugi competition uniform are permitted.  
(Shoes are not permitted in any of the event)

**14. GUIDELINES FOR VIDEO RECORDING:**

- When the contestant performs Poomsae,
  - Install the camera 6m apart from the contestant (recommended), and between the collarbone and the pit of stomach height of the contestant.
- Available to move the camera to either side within the limit of 3m on the mat so that the whole body of the contestant can be seen in the camera angle.
- Not allowed to edit or manipulate the video.



- Must record the video to be seen the front of the contestant without zooming in or out the image
- Setting the camera frame as below
  - Android: FHD 16:9
  - iPhone: 1080p HD, 30fps
- All contestants must always be inside the camera. Using substitutes means automatic disqualification.
- Points will be deducted as follows:
  - i. When any part of the body is cut-off by the video frame, 0.3 points deduction will apply for every Poom movement each time.
  - ii. When whole body is cut-off by the video frame, 0.6 points deduction will apply for every Poom movement in each time.
  - iii. Protective equipment, and shoes cannot be worn when recording video.
  - iv. Do not leave the video angle from the preparation to the end of performance.
  - v. Any sound other than Kihap should not be heard during the performance.
  - vi. Before performing, you should hold the paper and make comments containing the information below:
    - **On the paper:** Title of championships, Division, Title of Poomsae, Country, Contestant's name in order.

**Ex)** 1st RN International Taekwondo Championship 2021, Under 30 – Individual Color belt, Taeguk 5 Jang, Sri Lanka, K.P.B. Nissanka.

- **Mission comment:** Title of championships, Contestants' name and Country, Title of Poomsae in order

**Ex)** WT Asia, Gil Dong HONG from Korea, Taegeuk 4 Jang.

### **15. VIDEO UPLOADING (Due Date-20<sup>th</sup> of December 2021):**

- i. You must Name your Video properly. - Name of Video File should have the following details:
  - Name
  - Division & Belt
  - Gender (Male/Female)
  - Category

Example: **H.M. Ratnayake, Cadet & Yellow, Male, Poomsae**

- Create your own [YOURBE CHANNEL](#) account
- Upload your student's [VIDEO](#) on your preferred YOUTUBE Channel.
- Save or publish your YouTube Video visibility as [UNLISTED](#) or [PUBLIC](#)
- Submit your [YouTube Video link \(URL\)](#) through your Online Registration Form

**16. EVENT SUMMERY:**

	<b>DATE</b>	<b>EVENT</b>
<b>1</b>	December 6 <sup>th</sup>	Team Registration
<b>2</b>	December 15 <sup>th</sup>	Athlete Registration
<b>3</b>	December 22 <sup>nd</sup>	Online Head of Team Meeting
<b>4</b>	December 20 <sup>th</sup>	Video Uploading
<b>5</b>	December 27 <sup>th</sup>	Online Referee Meeting
<b>6</b>	January 5 <sup>th</sup> 2022	Release of the Result

The Organizers reserve the right to make any changes during or before the competition even without prior information to the Participants / Teams / Coaches / Managers

**Hope to See you with!!**

