

# TAEKWONDO FORTITUDE ONLINE CHAMPIONSHIPS 2022

## INFORMATION SHEET

---

The **Taekwondo Fortitude Online Championships 2022** is sanctioned by the Singapore Taekwondo Federation (STF).

### 1. COMPETITION SCHEDULE

#### 1.1. Registration

Date: 26th September 2022 (Monday) to 30th September 2022 (Friday) (GMT +08)

Time: N.A.

Mode: [registration website]

#### 1.2. Video Submissions

Date: 3rd October 2022 (Monday) to 7th October 2022 (Friday) (GMT +08)

Time: N.A.

Mode: [registration website]

#### 1.3. Competition Proper

Date: [TBC] 17th October 2022 (Monday) to 23rd October 2022 (Sunday) (GMT +08)

Time: TBC

Venue: Events will be broadcast on Facebook channel.

(The organising committee reserve the right to change the schedule as they deems fit)

### 2. PRE-COMPETITION PROCEEDINGS

#### 2.1. Online Briefing and Drawing of Lots

Date: 26th September 2022 (Monday) (GMT +08)

Time: TBC

Venue: The Briefing and Drawing of Lots will be conducted on Zoom.

(The organising committee reserve the right to change the schedule as they deems fit)

### 3. REGISTRATION

#### 3.1. Registration Forms

3.1.1. Registration will be done online (<https://frcombat.com/poomsae/allteam.php?match=17>)

3.1.2. All online registration forms must be completed fully and accurately.

#### 3.2. Eligibility

3.2.1. Local Competitors

3.2.1.1. Open to all clubs affiliated to Singapore Taekwondo Federation (STF).

3.2.1.2. Members must be of clubs affiliated to Singapore Taekwondo Federation (STF), holding a certificate approved by STF.



## 4. GENERAL COMPETITION RULES

### 4.1. Events

#### 4.1.1. Poomsae (Individual)

4.1.1.1. There is no limit to the number of competitors a club can field for all Individual Poomsae event.

#### 4.1.2. Kyorugi (Individual)

4.1.2.1. There is no limit to the number of competitors a club can field for all Individual Kyorugi event.

### 4.2. Age Divisions

4.2.1. Super Junior Division: 8 years old and below  
(Born in or after year 2014)

4.2.2. Young Junior Division: 9 to 11 years old  
(Born between year 2011 to 2013)

4.2.3. Cadet Division: 12 to 14 years old  
(Born between year 2008 to 2010)

4.2.4. Junior Division: 15 to 17 years old  
(Born between year 2005 to 2007)

4.2.5. Senior 1 Division: 18 to 30 years old  
(Born between year 1992 to 2004)

4.2.6. Senior 2 Division: 31 to 40 years old  
(Born between year 1982 to 1991)

4.2.7. Senior 3 Division: 41 to 50 years old  
(Born between year 1972 to 1981)

4.2.8. Master 1 Division: 51 to 60 years old  
(Born between year 1962 to 1971)

4.2.9. Master 2 Division: 61 years old and above  
(Born in or before year 1961)

### 4.3. Uniform and Equipment

4.3.1. All local competitors must wear STF-approved WT-style uniforms (white-based or poomsae). Those who fail to observe this rule will be barred from participation. All local officials and competitors are reminded that the STF-approved brand uniforms must be bought from the respective companies as listed on the Singapore Taekwondo Federation website. They will also get into trouble with the STF if they buy the uniforms with STF trademarks from unauthorised sources. For any discrepancies, the organising committee will request the coach or competitor to fill up a form stating that uniform has been purchased from an official source, have the uniform photographed on the spot and provide proof of purchase at a later date. The affected companies will reserves the rights to pursue legal action.

4.3.2. All international competitors must wear white-based WT-style uniforms or poomsae uniforms approved by their countries' NSA for international competition. Those fail to observe this rule will be barred from the participation.

- 4.3.3. No national flag or 3-letter country code is allowed on the uniform.
- 4.3.4. Competitors must wear the belt of the category in which they are competing e.g. If Competitor A is participating in Green Belt Category, he must wear a Green belt when he is competing.
- 4.3.5. For Kyorugi, all competitors are required to wear the following equipment :  
Head gear (BLUE or RED only), Trunk Protector, Groin Guard (Both Male and Female), Forearm guard (white - based), Shin guard (white-based), Gloves, Foot Protector.
  - 4.3.5.1. Competitors in the Super Junior Division, Young Junior Division, and Cadet Division will be required to wear Head gear with protective face shield. Mouthpiece is optional.
  - 4.3.5.2. Competitors in the Junior Division have the option to wear Head gear with protective face shield or without. If protective face shield is worn, mouthpiece is optional. If Head Gear without protective face shield is worn, mouthpiece is compulsory.
  - 4.3.5.3. Competitors in the Senior Division will be required to wear Head gear without protective face shield. Mouthpiece is compulsory.

## 5. RULES AND REGULATIONS (POOMSAE)

- 5.1. WT and STF rules will apply.
- 5.2. The cut-off system will be used for this competition.
- 5.3. In the event that there is overwhelming registration for a category, the organising committee reserve the right to split the category into two (or more) sub-categories and competitors within each sub-category will compete within their sub-category. The division of competitors into the sub-categories will be based on organising committee' discretion.
- 5.4. For international categories, the organising committee reserve the right to vary the number selected for each stage of competition.
- 5.5. Performances will either be pre-judged or judged "live" based on the prevailing COVID-19 situation and the government measures by International Poomsae Referees and/or National Poomsae Referees.
- 5.6. The sequence of performance shall be as follows:
  - 5.6.1. Individual (by alphabetical order of the surname, then given names of the competitors)
  - 5.6.2. Notwithstanding the above, the organising committee reserve the right to use electronic balloting for the sequence of performance. This will be announced during the Briefing and Drawing of Lots.
  - 5.6.3. The poomsae for Young Junior, Cadet, Junior and Senior for the international categories will be announced during the Online Briefing and Drawing of Lots
- 5.7. **Events**
  - 5.7.1. Individual Event
    - 5.7.1.1. Male and female will compete in separate gender categories. There will be no limits to the number of competitors to each club.
    - 5.7.1.2. For development categories, competitors in the colour belt categories can participate in up to 3 individual events (applicable to 9th Geup to 1st Geup only).
    - 5.7.1.3. A lower colour belt is allowed to participate in higher colour belt categories up to Black-Tip category. However, a higher colour belt is not allowed to participate in lower colour belt categories. e.g. Competitor A holds a belt level of 9th geup, he/she is allowed to take part in Yellow Belt, Green Belt and Blue Belt category.

5.7.1.4. For development categories, competitors in the poom/dan belt categories can participate in up to 3 individual events (applicable to 1st Poom to 4th Poom only).

5.7.1.5. A lower poom/dan belt is allowed to participate in higher poom/dan belt categories up to Poom 4 category. However, a higher poom/dan belt is not allowed to participate in lower poom/dan belt categories.

## 5.8. Individual Poomsae Belt Categories

### 5.8.1. Development

Division	Category	Semi-Finals	Finals
Super Junior Young Junior Cadet Junior Senior 1 Senior 2 Senior 3 Master 1 Master 2	Yellow (8th to 9th Geup)	nil	Il Jang
	Green-Tip (7th to 9th Geup)	nil	Ee Jang
	Green (6th to 9th Geup)	nil	Sam Jang
	Blue-Tip (5th to 9th Geup)	nil	Sa Jang
	Blue (4th to 9th Geup)	nil	O Jang
	Red-Tip (3rd to 9th Geup)	nil	Yuk Jang
	Red (2nd to 9th Geup)	nil	Chil Jang
	Black-Tip (1st to 9th Geup)	nil	Pal Jang
	Poom/Dan 1 (1st Poom/Dan)	nil	Koryo
	Poom/Dan 2 (1st to 2nd Poom/Dan)	nil	Keumgang
	Poom/Dan 3 (All Poom/Dan)	nil	Taebaek
	Poom/Dan 4 (All Poom/Dan)	nil	Pyongwon

### 5.8.2. International Categories

Division	Category	Semi-Finals	Finals
Young Junior	Poom (1st Poom and higher)	Sa Jang, O Jang, Yuk Jang, Chil Jang (2 poomsae will be chosen)	Chil Jang, Pal Jang, Koryo, Keumgang (2 poomsae will be chosen)
Cadet	Poom (1st Poom and higher)	Sa Jang, O Jang, Yuk Jang, Chil Jang (2 poomsae will be chosen)	Chil Jang, Pal Jang, Koryo, Keumgang (2 poomsae will be chosen)
Junior	Dan (1st Dan and higher)	Sa Jang, O Jang, Yuk Jang, Chil Jang (2 poomsae will be chosen)	Pal Jang, Koryo, Keumgang, Taebaek (2 poomsae will be chosen)

Senior 1	Dan (1st Dan and higher)	Yuk Jang, Chil Jang, Pal Jang, Koryo (2 poomsae will be chosen)	Keumgang, Taebaek, Pyongwon, Sipjin (2 poomsae will be chosen)
Senior 2	Dan (1st Dan and higher)	Yuk Jang, Chil Jang, Pal Jang, Koryo (2 poomsae will be chosen)	Keumgang, Taebaek, Pyongwon, Sipjin (2 poomsae will be chosen)
Senior 3	Dan (1st Dan and higher)	Pal Jang, Koryo, Keumgang, Taebaek (2 poomsae will be chosen)	Pyongwon, Sipjin, Jitae, Chonkwon (2 poomsae will be chosen)
Master 1	Dan (1st Dan and higher)	Koryo, Keumgang, Taebaek, Pyongwon (2 poomsae will be chosen)	Sipjin, Jitae, Chonkwon, Hansu (2 poomsae will be chosen)
Master 2	Dan (1st Dan and higher)	Koryo, Keumgang, Taebaek, Pyongwon (2 poomsae will be chosen)	Sipjin, Jitae, Chonkwon, Hansu (2 poomsae will be chosen)

5.9. Age will be based on year of tournament.

## 6. RULES AND REGULATIONS (KYORUGI)

6.1. WT and STF rules will apply.

6.2. In the event that there is overwhelming registration for a category, the organising committee reserve the right to split the category into two (or more) sub-categories and competitors within each sub-category will compete within their sub-category. The division of competitors into the sub-categories will be based on organising committee' discretion.

6.3. Performances will either be pre-judged or judged "live" based on the prevailing COVID-19 situation and the government measures by International Kyorugi Referees and/or National Kyorugi Referees.

6.4. The sequence of performance shall be as follows:

6.4.1. Individual (by alphabetical order of the surname, then given names of the competitors)

6.4.2. Notwithstanding the above, the organising committee reserve the right to use electronic balloting for the sequence of performance. This will be announced during the Briefing and Drawing of Lots.

### 6.5. Events

#### 6.5.1. Individual Event

6.5.1.1. Male and female will compete in separate gender categories. There will be no limits to the number of competitors to each club.

6.5.1.2. Only color belts (6th Geup to 1st Geup only) and poom/black belts (Super Junior Division, Young Junior Division) are eligible for development categories.

6.5.1.3. Only color belts (6th to 1st Geup only) and poom/black belts (Cadet Division, Junior Division, Senior Division) are eligible for international categories.

### 6.6. Individual Kyorugi Categories

#### 6.6.1. Development

6.6.1.1. Competitors must perform as many kicks on two (2) kicking paddles/focusers/hand-mitts.

6.6.1.2. For competitors in the Super Junior Division and Young Junior Division, the height of the target will be the height of athlete's waist.

6.6.1.3. For competitors in the Super Junior and Young Junior Division, the kicks must be done within 2 rounds of 30 seconds each with 30 seconds rest in between rounds.

6.6.2. International

6.6.2.1. Competitors must perform as many kicks on two (2) kicking paddles/focusers/hand-mitts.

6.6.2.2. For competitors in the Cadet Division, Junior Division and Senior Division, the height of the target will be the height of athlete's waist and head (above collar-bone).

6.6.2.3. For competitors in the Cadet Division, the kicks must be done within 2 rounds of 30 seconds each with 30 seconds rest in between rounds.

6.6.2.4. For competitors in the Junior Division, the kicks must be done within 2 rounds of 45 seconds each with 30 seconds rest in between rounds.

6.6.2.5. For competitors in the Senior Division, the kicks must be done within 2 rounds of 60 seconds each with 30 seconds rest in between rounds.

6.7. The judging criteria is as follows

6.7.1. Only permitted techniques that are delivered to the target with proper level of speed, power and impact will be counted.

6.7.2. For Development category, the valid points are as follows

6.7.2.1. One (1) point for a valid punch to the target

6.7.2.2. Two (2) points for a valid kick to the target

6.7.2.3. Four (4) points for a valid turning kick to the target

6.7.3. For International category, the valid points are as follows

6.7.3.1. One (1) point for a valid punch to the target

6.7.3.2. Two (2) points for a valid kick to the target

6.7.3.3. Three (3) points for a valid kick to the target at head level

6.7.3.4. Four (4) points for a valid turning kick to the target

6.7.3.5. Five (5) points for a valid turning kick to the target at head level

6.7.4. Invalidation of point(s): When a competitor records points while using prohibited act(s):

6.7.4.1. If the prohibited act was instrumental to the scoring of the point(s), the referee will declare the penalty for the prohibited act and invalidate the next point(s) immediately after the prohibited act.

6.7.4.2. However, if the prohibited act was not instrumental to earn the next point(s), the referee may penalise the prohibited act but not invalidate the point(s).

6.7.5. A "Gam-jeom" shall be counted as one (1) point deducted from the score of that round.

6.7.6. The following acts should be classified as prohibited acts, and "Gam-jeom" shall be declared.

6.7.6.1. Falling down

6.7.6.2. Avoiding or delaying the match

6.7.6.2.1. Taking a break between techniques without footwork

6.7.6.2.2. Moving back three steps or more without executing a valid technique

6.7.6.2.3. Adjusting any protectors which result in a delay in the match

- 6.7.6.3. Grabbing or pushing the target
- 6.7.6.4. Lifting a leg or kicking in the air for more than 3 seconds or kick was aiming to below the waist
- 6.7.6.5. Kicking below the waist
  - 6.7.6.5.1. Any technique on any target that is held below the waist
- 6.7.6.6. Hitting the target at head level with the hand or aiming at head level with the hand
- 6.7.6.7. Butting or attacking with the knee
- 6.7.6.8. Any part of the competitor is out of the video.
- 6.7.7. When the competitor receives ten (10) “Gam-jeom”, the referee shall declare the competitor loser by referee’s punitive declaration.
- 6.7.8. For the international category, the combination kicks shall be defined as continuous and flowing combinations. Techniques shall be done with proper posture, fighting form, speed and balance. The referee shall disqualify any competitor who kick in a “sequential” or “drill-like” or “choreographed” manner without proper application of techniques.
- 6.7.9. The average of the scores of two judges shall be used to determine the points of each round.
- 6.7.10. A referee will be appointed per competitor to declare prohibit acts and invalidate point(s) for each round. The decision of the referee is final.
- 6.7.11. Match score shall be the sum of points of the two rounds.
- 6.8. Competitors will compete in the same gender, age division, weight and belt categories.
- 6.9. Age will be based on year of tournament.

## 7. **FIXTURES**

- 7.1. The tournament fixtures will be ready for dissemination one day before the broadcast.

## 8. **PROVISION OF REFEREE AND VOLUNTEER**

- 8.1. There is no provision for referees or volunteers for this tournament but we encourage participating STF-registered clubs to nominate ONE (1) qualified National Poomsae Referee and ONE (1) qualified National Kyorugi Referee.
  - 8.1.1. Each referee will receive an honorarium of SGD60 per half day of refereeing and SGD120 per full day of refereeing. Details of the referees must be submitted during the club submission. Besides signing in and out with the Chief Referee, each referee must sign-in and sign-out with the official in charge of the accounts. The organising committee reserves the right not to issue the honorarium for any referee who did not perform his/her due diligence and duties, which includes the signing-in and signing-out.
  - 8.1.2. The organising committee reserves the right to reject the nomination of any referee, especially if the requirement number of referees is met.
- 8.2. International teams who wish to nominate qualified international poomsae referees or international kyorugi referee should contact the Executive Organising Chairman or Organising Chairman and this should be declared during registration. The Organising Committee reserves the right to reject the nomination of any referee.
- 8.3. International Poomsae Referees and International Kyorugi Referees may also be invited by the Executive Organising Chairman or Organising Chairman.

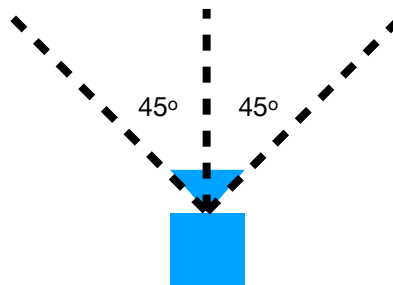


## 9. VIDEO RECORDING (POOMSAE)

- 9.1. Please ensure that you follow the instructions of your local and national health authorities with regard to social distancing.
- 9.2. Videos can be recorded indoors or outdoors. Competitors are allowed to wear footwear if necessary to protect the feet, however the position of the foot must be clearly visible.
- 9.3. Videos submitted shall be of reasonable quality such that referees are able to discern the techniques and stances. The minimum suggested requirement is 720p with 30 frames per second. The recommended requirement is 1080p with 60 frames per second. Poor quality videos that are unable to be judged will result in the competitor being awarded the minimum score.
- 9.4. The video shall be done while the athlete is facing the camera in the start position.
- 9.5. The competitor shall be 100% inside the video at all times. The camera must be stationary but may be rotated no more than 45 degrees each way from its starting point as indicated below. Zooming in and out during performance is allowed as long as the full body is in the video frame. 0.3 will be deducted if any part of the competitor's body is out of the video frame. Further deductions will apply for each movement, where a part of the body is not visible.



Competitor (facing the video camera)



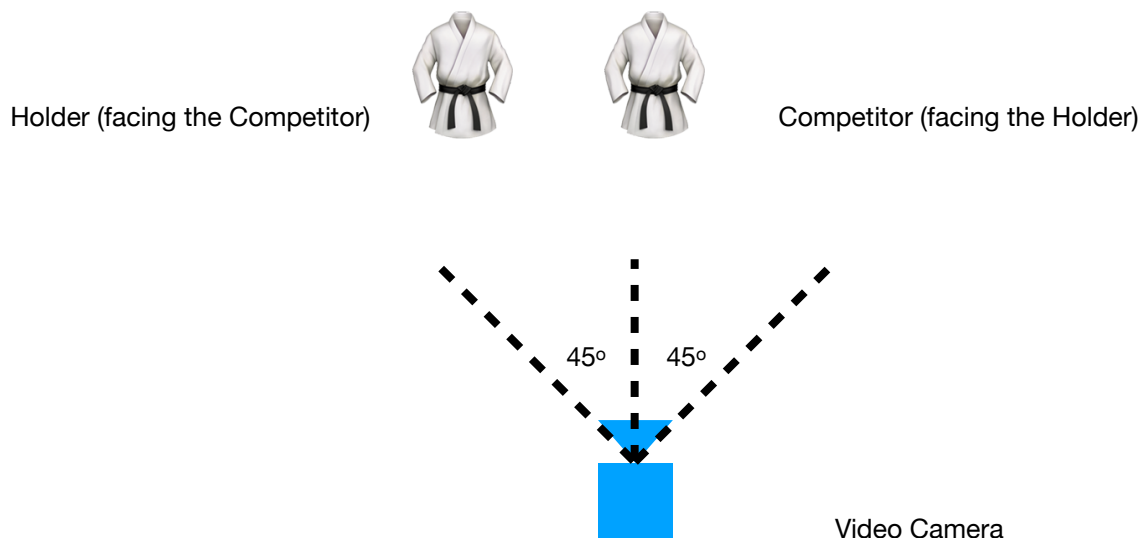
Video Camera

- 9.6. For the international categories (two poomsae per round), the submitted video should record 2 poomsae with maximum 60 seconds break between the poomsae with the camera running during the break.
- 9.7. No music is required or allowed. Video should be taken in a quiet setting but unavoidable ambient noises will be tolerated.
- 9.8. Recording must be done in landscape mode.
- 9.9. For the avoidance of doubt, competitors will be disqualified for the following
  - 9.9.1. Video is submitted after the deadline.
  - 9.9.2. Video contains the wrong poomsae for the category or division.
  - 9.9.3. For international categories, the two poomsae are not recorded in one continuous video.
  - 9.9.4. Music is deliberately used in the video.
  - 9.9.5. Video is in portrait mode.
  - 9.9.6. Video contains political, social or religious propaganda.
  - 9.9.7. Video contains non-recognized IOC flags.
  - 9.9.8. Video contains profanity or indecent images or gestures.

9.9.9. Video has been submitted for other competitions/gradings/events.

## 10. VIDEO RECORDING (KYORUGI)

- 10.1. Please ensure that you follow the instructions of your local and national health authorities with regard to social distancing.
- 10.2. Videos can be recorded indoors or outdoors. Competitors are not allowed to wear footwear.
- 10.3. Videos submitted shall be of reasonable quality such that referees are able to discern the techniques and stances. The minimum suggested requirement is 720p with 30 frames per second. The recommended requirement is 1080p with 60 frames per second. Poor quality videos that are unable to be judged will result in the competitor being awarded the minimum score.
- 10.4. The video shall be done while the athlete is facing to one side of the camera in the start position.
- 10.5. The competitor shall be 100% inside the video at all times. The camera must be stationary but may be rotated no more than 45 degrees each way from its starting point as indicated below. Zooming in and out during performance is allowed as long as the full body is in the video frame. 1 point will be deducted if any time any part of the competitor's body is out of the video frame.
- 10.6. The holder may be outside of the video frame during movement.
- 10.7. The targets must be 100% inside the video at all times. Points will only be given when the target is visible.



- 10.8. The submitted video should record all rounds with breaks between the rounds with the camera running during the break.
- 10.9. For Development Category, there must be a time indicator with 5 seconds ready time, 30 seconds for first round, 30s seconds for rest interval and 30 seconds for second round.
- 10.10. For International Category, there must be a time indicator with 5 seconds ready time, 30/45/60 seconds for first round, 30 seconds for rest interval and 30/45/60 seconds for second round.
- 10.11. No music is required or allowed. Video should be taken in a quiet setting but unavoidable ambient noises will be tolerated.
- 10.12. Recording must be done in landscape mode.
- 10.13. For the avoidance of doubt, competitors will be disqualified for the following
  - 10.13.1. Video is submitted after the deadline.
  - 10.13.2. Video contains the wrong events for the category or division.

- 10.13.3. The rounds and breaks are not recorded in one continuous video.
- 10.13.4. Music is deliberately used in the video.
- 10.13.5. Video is in portrait mode.
- 10.13.6. Video contains political, social or religious propaganda.
- 10.13.7. Video contains non-recognized IOC flags.
- 10.13.8. Video contains profanity or indecent images or gestures.
- 10.13.9. Video has been submitted for other competitions/gradings/events.

## 11. DRAWING OF LOTS

- 11.1. Only one representative per affiliate will be allowed to participate in draw which will be conducted as per scheduled in clause 2.1.

## 12. AWARDS

- 12.1. The following prizes will be presented:
  - 1<sup>st</sup> Place: One Gold Medal
  - 2<sup>nd</sup> Place: One Silver Medal
  - 3<sup>rd</sup> Place: Two Bronze Medals
- 12.2. Medals will be sent to the affiliate by post.
- 12.3. Either certificates or e-certificates of achievements will be awarded to all medalists. This will be confirmed by the organisers at a later date.
- 12.4. Either certificates or e-certificates of participation will be given to all competitors. This will be confirmed by the organisers at a later date.

## 13. DECLARATION AND MEDICAL COVERAGE

- 13.1. Affiliate representatives (Manager/Coaches) must ensure that parents of young competitors personally endorse their participation.
- 13.2. While this is an online tournament, managers/coaches are to ensure that their competitors are prepared and fit for the competition. Doctor's clearance will be required for those with pre-existing medical conditions. They should withdraw any competitor who is not feeling well on the day of the competition.
- 13.3. As this is an online tournament, there will be no medical coverage. All teams and participants shall be responsible to ensure their own medical coverage, including first aid and personal accident insurance.

## 14. PROTEST

- 14.1. There is no provision for protest in this tournament. The referee and judges' decisions are final.

## 15. GENERAL CODE OF CONDUCT

- 15.1. The following guidelines are not intended to be exhaustive and include at the absolute minimum the code of conduct herein described.
- 15.2. All participants (e.g. coaches, team delegates and competitors) must at all times conduct and behave themselves in a manner befitting of a Taekwondo exponent and will take reasonable care to ensure that the good name of Taekwondo will not be tarnished by rowdy or bad behaviour.

- 15.3. Coaches are to ensure that they and any other member of their delegation understand that the decisions of all judges and referees are deemed final, save that in the event of a genuine dispute or disagreement, the complainant must:
- 15.3.1. Refrain from using abusive language and aggressive behaviour.
  - 15.3.2. Channel his/her protest through the Team Manager or coach of his/her club to the Competition Supervisory Board.
- 15.4. Disciplinary action shall be taken against those who attempt to discredit the officials, judges or referees.
- 15.5. Anyone previously disqualified from STF tournaments is not allowed to participate without first seeking clearance from the STF Secretariat.

## **16. ORGANISING COMMITTEE**

This championships is an STF sanctioned event and is organised by J H Kim Taekwondo Institute (Bukit Timah) - Han Academy Pte. Ltd..

Technical Delegate: TBC  
Competition Supervisory Board: TBC  
Chief Referee: TBC

Tournament Executive Chairman: Mr Lai Han Seng  
Tournament Chairman: Ms Lai Hai Mei  
Tournament Vice-Chairman: Ms Low Fei Yin

## **17. FOUNDING SPONSOR**

Han Academy Pte Ltd  
(J H Kim Taekwondo Institute - Bukit Timah)  
200 Turf Club Road, #02-02, The Grandstand, Singapore 287994

## **18. ENQUIRIES**

18.1. For further clarifications, please call or email: J H Kim Taekwondo Institute (Bukit Timah)  
+65 6463 0323  
fortitude@tkd-singapore.com

## **19. AMENDMENT OF COMPETITION RULES**

19.1. The organising committee, with the approval of the STF, reserve the right to vary or add to the above rules if and whenever necessary.

## **20. REQUESTS FROM SINGAPORE TAEKWONDO FEDERATION**

20.1. Please note that submitted videos for this tournament may be used by the Singapore Taekwondo Federation for referee training purposes upon their request.