

# 2020 Virtual U.S. East Coast Taekwondo Challenge I

June 10, 2020

Dear Members of the Taekwondo Family,

It is my greatest pleasure to extend my personal invitation to you and your students to the First Virtual U.S. East Coast Taekwondo Challenge on June 30, 2020 via the online platform Zoom. Virtual U.S. East Coast Taekwondo Challenge (VUSECTC) is excited to start forming new partnerships and traditions!

How Virtual U.S. East Coast Taekwondo Challenge came about was when Master Hong (MA), Master Park (NY), Master Jay (NY), Master Jung (CT), Master Park (ME) and I were wondering what we could do to uplift our students' spirits when virtual Taekwondo training has extended for longer than all of us could imagine. Finally, we came to create an engaging and meaningful challenge that will emphasize the five virtues of Taekwondo, "Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit" in the midst of the strenuous times that we are in today.

The goal of this challenge is to not only motivate students to not give up and become better Taekwondo students during this difficult remote training time, but to also build a sense of agency as members of our society and give back using the skills they have in innovative methods.

All proceeds that are earned by each individual school through this challenge will be donated to aid the COVID19 impacted communities that the schools are located in (ex: All donations from NJ school will be going to NJ's community). Being able to participate in this challenge with Taekwondo students across the east coast will make this journey more meaningful and exciting!

We are thrilled to present various categories to engage our participants. Never has there been a better time to be a student of Taekwondo of all ages and gender to join the brotherhood/sisterhood of Taekwondo training and its teachings. As we invite you all to join our first East Coast Taekwondo event, we also hope to continue this challenge offline, when circumstances allow, with your continued support.

Please take the time to carefully read over the enclosed information and contact us if you have questions or concerns. We look forward to seeing you at the First Virtual U.S. East Coast Taekwondo Challenge- let's keep moving forward together during this time! Stay safe and be well.

Sincerely,  
Master Bongdeok Lim.

Director: Master Bongdeok, Lim.

Host By: Master Soonwoo, Hong (MA), Master Soonchan, Park (NY), Master Jay, Kim (NY), Master Wooyeol, Jung (CT),

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### General Information

1. **Organized By:** U.S. East Coast Taekwondo Union
2. **Directed By:** Master Bongdeok Lim
3. **Hosted By:** Master Soonwoo, Hong (MA), Master Soonchan, Park (NY), Master Jay, Kim (NY),  
Master Wooyeol, Jung (CT), Master Iksoo, Park and Master Bongdeok Lim(NJ)
4. **Challenge Date:** Tuesday, June 30, 2020
5. **Registration Deadline:** Saturday June 27, 2020 @5:00 PM
  - a. Register under your own TKD school
6. **Entry Fees:** \$30.00 (pay to your own TKD school)
7. **Registration Link:**  
[https://docs.google.com/forms/d/1ALV\\_a\\_igGWtO4cHjih-2WdGvryoYwkwVTldcFVU7X8c/edit](https://docs.google.com/forms/d/1ALV_a_igGWtO4cHjih-2WdGvryoYwkwVTldcFVU7X8c/edit)
8. **All students get** (Best Student, Great Student and Awesome Student)
9. **Referees Meeting:** Tuesday, June 30, 2020 @10:00 am
10. **Ages groups and Division:** 5<sup>Under</sup> / 6-7/ 8-10/ 11-13/ 14-17/ 18 Up
  - a. Division A: Black Belt / Division B: Color Belt
  - b. Challenge Timetable:
    - i. **5<sup>Under</sup>: 10:30-11:30 AM**
    - ii. **6-7: 11:30AM-12:30 PM**
    - iii. **Lunch Time 12:30-1:00 PM**
    - iv. **8-10: 1:00-2:00 PM**
    - v. **11-13: 3:00-4:00 PM**
    - vi. **14-17: 4:00-5:00 PM**
    - vii. **18 Up: 5:00-6:00 PM**
11. **Challenge Categories, Rules and Regulations:**
  - a. **Form:** 100-point max (World Taekwondo Federation Form Rules)
  - b. **Physical:** Count per exercise = Number of points (Ex: Sit Up for 15sec: 20 sit ups= 20 Point)

- c. **Balance:** 1 min= 60pts max (every 10sec=10pts) (Feet touching floor up to 3 times acceptable, with 5pts deductions each time. From the 4<sup>th</sup> time, participants automatically receive just 30pts.)
- d. **Speed Kicking:** Number of kicks in each category = Number of points (Ex: Front kick for 10sec: 19 kicks =19 Point)

## 12. Participant age groups and Entrance Categories:

Age	1. Forms	2. Physical	3. Balance	4. Speed Kicking	Seconds
<b>5under</b>	Punch	1.Jumping Jack (30sec) <b>15sec Break Time</b> 2.Butt Kicker (30sec) <b>15sec Break Time</b> 3.Toe Touches(30sec)	Crane Stance 30sec	1. Right leg front kick 2. Left leg front kick 3. Both legs front kick	<b>10sec</b> per exercise <b>15sec Break Time</b>
<b>6-7</b>	Punch	1.Jumping Jack (30sec) <b>15sec Break Time</b> 2.Toe Touches(30sec) <b>15sec Break Time</b> 3.Sit Up (30sec)	Crane Stance 40sec	1. Right leg front kick 2 Left leg front kick 3. Both legs front kick 4. Both legs hop snap kick	<b>10sec</b> per exercise <b>15sec Break Time</b>
<b>8-9</b>	Category of Belt	1.Toe Touches(30sec) <b>15sec Break Time</b> 2.Push Up (30sec) <b>15sec Break Time</b> 3.Sit Up (30sec)	Crane Stance 50sec	1. Right leg front kick 2 Left leg front kick 3. Both legs front kick 4. Both legs hop snap kick	<b>15sec</b> per exercise <b>15sec Break Time</b>
<b>10-12</b>	Category of Belt	1.Push Up (30sec) <b>15sec Break Time</b> 2.Sit Up (30sec) <b>15sec Break Time</b> 3.High Pitch (30sec)	Crane Stance 60sec	1. Right leg hop snap kick 2. Left leg hop snap kick 3. Both legs front kick 4. Both legs Axe-kick	<b>15sec</b> per exercise <b>15sec Break Time</b>
<b>13-17</b>	Category of Belt	1.Push Up (30sec) <b>15sec Break Time</b> 2.Sit Up (30sec) <b>15sec Break Time</b> 3.Burpee & Knee up (30sec)	Crane Stance 60sec	1. Both leg front kicking 2. Both legs back step, front kick 3. Both legs hop snap kick 4. Hop Axe-kick	<b>20sec</b> per exercise <b>15sec Break Time</b>
<b>18 up</b>	Category of Belt	1.Plank (30sec) <b>15sec Break Time</b> 2.Squat (30sec) <b>15sec Break Time</b> 3.Burpee & Knee up (30sec)	Crane Stance 60sec	1. Both leg front kicking 2. Both legs back step, front kick 3. Both legs hop snap kick 4. Both legs hop Axe-kick	<b>20sec</b> per exercise <b>15sec Break Time</b>
<b>Over 55</b>	Category of Belt	1.Jumping Jack (30sec) <b>15sec Break Time</b> 2.Butt Kicker (30sec) <b>15sec Break Time</b> 3.Toe Touches(30sec)	Crane Stance 40sec	1. Right leg front kick 2. Left leg front kick 3. Both legs front kick	<b>20sec</b> per exercise <b>15sec Break Time</b>

