

1stVirtual U.S East Coast Open International Taekwondo Tournament

Saturday, September 12, 2020 Your Taekwondo School

General Information

1. **Organized By:** U.S. East Coast Taekwondo Union
2. **Directed By:** Master Bong-deok Lim
3. **Hosted By:**
 - Spain:** Master **Bion-su, Yun**, Master **Sun-ho, Sin** and **Jong-tae, Cho**.
 - U.S.A:** Master **Soon-woo, Hong** (MA), Master **Soon-chan, Park** (NY), **Master Jay, Kim** (NY),
Master **Woo-yeol, Jung** (CT), Master **Ik-soo, Park** (ME), Master **Chris, Lim** (SF), and
Master **Bong-deok, Lim** (NJ)
4. **Date:** Saturday, September 12, 2020
5. **Time:** 9 AM (SF), 11PM (CHI), 12 PM (NY, NJ, CT,MA,ME), 6 PM (ESP)
6. **(Zoom ID: <https://us02web.zoom.us/j/8126347511>)**
7. **Location:** Your Taekwondo School
8. **Registration Deadline:** Saturday Sep 5, 2020 @7 PM (New York Time)
 - a. Register under your own TKD school **OR** use the Registration link below.
 - b. Late/Final Register: Must be received by Wednesday, September 9, 2020
 - c. Convenient phone registration is available by Calling 1-908-317-9611 Mon-Fri at 10:30AM - 5PM
 - d. All fees are non-refundable and non-transferable.
9. **Entry Fees: \$60.00 / Late Entry Fees: \$70.00**
10. **Registration Link:** <https://forms.gle/wRT7Ltz3DbjHSLoc7>
11. **Equipment:** Clean, White WT Approved V-neck Uniform or School Uniform.
No shoes will be allowed during competition
12. **Awards:**
 - a. **Individual:** Award Certificate all 1st Place winners.
all 2nd. Place winners.
all 3rd Place winners.
 - b. **School Awards:** The Top five Schools with the most student participation will receive a
“1st Virtual U.S East Coast Open International Taekwondo Tournament Best School”
Certificate.
 - c. **Instructor Awards:** All Instructors who pre-register more than 20 competitors will receive a
“1st Virtual U.S East Coast Open International Taekwondo Tournament Best Instructor”
Appreciation Award Certificate.
 - d. All participants will receive a Participation Certificate.
13. **Referees and Coach Meeting:** Saturday, September 5, 2020 @9 AM (SF), 11PM (CHI), 12 PM(NY), 6 PM (ESP)
(Zoom ID: <https://us02web.zoom.us/j/8126347511>)
14. **Gender and ages groups Division:**
 - a. **Male Division, Female Division**

b. Ages groups:

**8up – 9under / 10up – 12under / 13up – 15under / 16up – 17under / 18up – 21under
22up – 30under / 31up – 40under / 41up – 50under / 51up – 60under / 61up**

15. Belt Division: Color Belt Division/ Black Belt Division

16. Timetable: Start 9 AM (SF), 11AM (CHI), 12 PM (NY, NJ, CT,MA,ME), 6 PM (ESP)

*****(Exact time will be announced after the participation registration is competed.)*****

17. Competition Rules and Regulations: Current WT Rules and Regulations will govern the tournament with a few modifications to enhance the competition experience for all participants.

(See: RULES & REGULATIONS INFORMATION)

18. Participant age groups and Entrance Categories:

Age Group	1. Forms	2. Physical	3. Balance	4. Speed Kicking	Seconds
8-9	Division of Belt	1.Jumping Jack (15sec) 2.Sit-up (15sec) 3.Shuttle run(15sec) 4.Push-ups(15sec)	Side kick 30sec	1. Both legs front kick high 2. Both legs tornado kick middle Section 3. Round House Kick Middle Section Left Leg 10 sec, Right Leg 10 sec 4. Leg up Round House Kick 5. Hop round house kick Left Leg 10 sec, Right Leg 10 sec	20 sec
10-12					
13-15		1.Jumping Jack (20sec) 2.Sit-up(20sec) 3.Shuttle run(20sec) 4.Push-ups(20sec) 5.jump in place(20sec)	Side kick 60sec	1. Both legs front kick high 2. Both legs tornado kick middle Section 3. Round House Kick Middle Section Left Leg 10 sec, Right Leg 10 sec 4. Leg up Round House Kick 5. Hop round house kick Left Leg 10 sec, Right Leg 10 sec	
16-17					
18-21					
22-30		1.Jumping Jack (30sec) 2.Sit-up(30sec) 3.Shuttle run(30sec) 4.Push-ups(30sec) 5.Jump in place(30sec)	Side kick 60sec	1. Both legs front kick high 2. Both legs tornado kick middle Section 3. Round House Kick Middle Section Left Leg 10 sec, Right Leg 10 sec 4. Leg up Round House Kick 5. Hop round house kick Left Leg 10 sec, Right Leg 10 sec	
31-40					
41-50					
51-60		1.Jumping Jack (20sec) 2.Sit-up(20sec) 3.Shuttle run(20sec) 4.Push-ups(20sec)	Side kick 30sec	1. Both legs front kick high 2. Hop round house kick Left Leg 10 sec, Right Leg 10 sec 3. Round House Kick Middle Section Left Leg 10 sec, Right Leg 10 sec 4. Leg up Round House Kick	
61 up					

*** Black Belt: Tornado kick /Colors Belt and 63up Black Belt :Hop round house kick |**

**PLEASE READ ALL MATERIAL CAREFULLY BEFORE
COMPLETING ANY REGISTRATION FORMS**

PURPOSE: 1stVirtual U.S East Coast Open International Taekwondo Tournament

DATE: Saturday, September 12, 2020

TIME: 9 AM (SF), 11 AM (CHI), 12 PM (NY, NJ, CT, MA, ME), 6 PM (ESP)

PLACE: Your Taekwondo School

RULES: Current WT rules and regulations will govern the championships with few modifications.

Brief outline of general rules and regulations and procedures is enclosed.

INFORMATION: limtkdwf@gmail.com, **TEL (908) 317 9611**

REGISTRATION INFORMATION

Please Read Thoroughly.

COMPETITORS ELIGIBILITY:

1. You **MUST** be a current Taekwondo student in good standing.
2. You **MUST** be able to show proof of Current Do-jang membership upon registration.
3. You **MUST** sign the WAIVER FORM correctly and be sure to fill in all information on the official entry form.
4. Any false information given on the application (ex., wrong belt color, age or weight) will result in immediate disqualification.

PRE-REGISTRATION:

Deadline (Received By) – Saturday, September 5, 2020 @7 PM (New York Time)

RRGISTRATION LINK: <https://forms.gle/wRT7Ltz3DbjHSLoc7>

ENTRY FEES: \$60.00

All faxed and/or credit card applications will be charged \$5.00 convenience fee for each entry form.

****CONVENIENT PHONE REGISTRATION IS AVAILABLE BY CALLING (908)317-9611 10:30AM-4:30PM Mon-Fri.**

LATE REGISTRATION: will be strictly enforced – no exceptions

Deadline (Received By) – 9 PM, Wednesday, September 9, 2020

LATE ENTRY FEES: \$70.00.

All faxed and/or credit card applications will be charged \$5.00 convenience fee for each entry form.

RULES & REGULATIONS

Current WT rules and regulations will govern the championships with few modifications. Brief outline of general rules and regulations and procedures is enclosed

MANDATORY EQUIPMENT AND INFORMATION

1. White V-neck WT approved dobok or School Uniform for all events.
- 2. No shoes will be allowed during competition.**
3. Review the new timetable for the **time** and **division** that you are participating in, and join at your appropriate time on the zoom link at: (**Zoom ID: <https://us02web.zoom.us/j/8126347511>**)
4. Prepare your camera angle in advance so that it shows your entire body.
5. For the Speed Kicking section, **please stand on your side**, so the judges can see you kick high above your belt or shoulder.
6. Ensure that your Zoom screen name is your (participant's) full name, and that it includes the initials of your Nation and state. **Ex: Bongdeok Lim (U.S.A NJ)**

WT POOMSAE (FORMS)

1. WT approved Poomsae (forms) only.
Color Belt Poomsae: Taeguk 1 – 8 Jang
Black Belt Forms: 1st Dan – Koryo, 2nd Dan – Keumgang, 3rd Dan – Tae Baek, etc.
2. All participants must perform a rank appropriate Poomsae.
3. All non-WT forms will not be allowed in the WT Poomsae divisions

Scoring for WT Poomsae (Form)

1. Judges will only score students in their designated lines.
(**Ex: Line 1- Master Kim (New York), Line 2- Master Yoon (Spain), Line 3- Master Lim (New Jersey)**)
2. Judges cannot score students from their own school.
3. Judges must report if a student from their school gets assigned to their line to get it changed immediately.
4. Automatic 50pts will be assigned when found that a judge has scored their own school student.
5. Lowest score is 90 points and Highest score is 98 points.

Physical Test Scoring Requirement

- 1. Sit-Up:** Participant must lie on their back, with their knees bent, feet placed on the floor, and both hands fixed next to their ears. Elbows must touch participants' knees exactly to be counted.
- 2. Push-Up:** Participants must place their palms on the floor in the width of their shoulders. Their butts and arms must go up and down together to be counted.
- 3. Jumping Jacks:** Participants must clap by placing their palms above their heads, then clap their palms on their thighs with a jump to count as 1 jumping jack. (If palms are not clapped above the head and besides their thighs completely, it will not count).
- 4. Shuttle Run:** In the width of three Taekwondo mats, participants must move in two steps to touch the dojang floor where it is marked by two cones on each side. (Only touches of the dojang floor, not cones, will be counted.)
- 5. Side jump:** Pad height: 30 cm (12 in), Pad width minimum 5 cm (2 in). Only successful jumps on both sides of the pad will be counted. If pad falls, participant must place it back to its original position and continue the jumps.

Balance

1. Participants must prepare by raising their leg to your belt and fold
2. According to the signal, participants must side kick to the belt level and balance themselves.
3. 1 second will count for 1 point. However, if the participants do not move their resting foot and their sidekick leg the entire time, they will receive the full 100 points.
4. Each time the participant moves their resting foot, 5 points will be deducted.
5. Each time the sidekick leg falls to the floor, 10 points will be deducted. From the third time the leg falls, the participant automatically receives the basic 30 points.

Ex:

- **If the participant moves their resting foot twice during their side kick, it will be minus 10 points. (50 points for 1 minute).**
- **If the participant lets their sidekick leg fall once after their leg has already been raised it will be minus 10 points. (50 points for 1 min).**
- **If the participant moves their resting foot on the floor 4 times while their sidekick leg is up (minus 20points), and they let their side kick leg fall once (minus 10 points), (30 points in 1 min, the same as the basic points).**
- **If the sidekick leg falls three times to the floor (basic points 30 for 1 minute).**

Speed Kick

1. All speed kicks will be counted by the number of kicks completed in 20 seconds.

Ex: If the participant kicks 30 times within 20 seconds, they receive 30 points. This applies to all kicks.

2. **Front Kick:** Both legs must be kicked to reach the height of the shoulders.

3. **Tornado Kick:** Tornado kick and then the front leg that landed goes to the back and kicks the other leg. (Both jumping tornado kick, and regular tornado kick will be counted. However, the participant must bring the first kicked leg back. / **Black Belts Only**).

4. **Round House Kick:** Total kick counts from both the left leg 10 seconds and the right leg 10 seconds will be added. (The round house kick must be over the belt. If the kick goes below the belt over 3 times, the participant will automatically be assigned 15 points.)

5. **Leg up, Speed Round House Kick:** Participants must kick as many times as possible with their one leg up the entire time. (Here, light touches will also be counted for points. However, if their resting foot bounces, each bounce will deduct 5 points. If the lifted leg falls on the floor, the participant must stop and counts only up to the fall will count. Ex: If the participant kicks 50 times, and had et their resting foot bounce 3 times, a total of 15 points will be deducted, resulting a final total of 35points.)

6. **Hop Round House Kick:** Participants will kick both their legs for 10 seconds to their belt high, If the participant drops their leg below the belt area more than 3 times, they will be assigned 7 points automatically. (**Color Belts and ages 63 and up Black Belts ONLY**).

***If there are not enough athletes participating, they can compete with the different age group, but they will be ranked within their age group.**

***If participants from the same school needs to participate at the same time for the same category, the school must prepare extra laptops to stream all participants.**

Individual Applications Form

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PLEASE CHECK ALL APPROPRIATE SPACE, AND TYPE OR PRINT CLEARLY.

ALL COMPETITORS MUST COMPLETE THIS SECTION ACCURATELY AND COMPLETELY IN ORDER TO PARTICIPATE.

- EMAIL ADDRESS : _____
- MEDICAL INSURANCE CARRIER NUMBER: _____
- FIRST AND LAST NAME OF THE PRATICIPANT _____
- GENDER: MALE _____ FEMALE _____
- PLEASE SELECT THE PARTICPANT'S APPROPRIATE AGE GROUP.
AGES 8-9 () / AGES 10-12 () / AGES 13-15() / AGES 16-17() / AGES 18-21() / AGES 22-30()
/ AGES 31-40() / AGES 41-50() / AGES 51-60() / AGES 61 up()

*** SCHOOL & INSTRUCTOR INFORMATION ***

SCHOOL NAME: _____ TEL.:(____) _____
INSTRUCTOR'S NAME: _____ RANK: _____ DAN _____
SCHOOL E-MAIL ADDRESS AND WEBSITE: _____

*** PAYMENT INFORMATION ***

MAKE CASHIER'S CHECK OR MONEY ORDER PAYABLE TO: "Lim's Taekwondo Club."

SEND ALL PAYMENTS TO: Grand Master Bong D. Lim

77 Prall Ave, Fl 2

Staten Island, NY 10312

- (PLEASE CHECK ONE) CASH _____ (Please DO NOT send Cash through mail)
- MONEY ORDER/CASHIER'S CHECK _____
- VENMO: @maia-westfield
- CREDIT CARD : VISA (), MASTERCARD(), AMEX() (\$5.00 Convenience fee will be applied)
- CARD NO _____ EXP. DATE: ____ / ____ / ____ Security Code: _____
- **OR YOUR TAEKWONDO SCHOOL**

SORRY, NO REFUNDS, TRANSFERS, AND/ OR CREDITS WILL BE MADE UNDER ANY CIRCUMSTANCES

*** LIABILITY WAIVER ***

Operator Not Liable. I acknowledge that the "1st Virtual U.S East Coast Open International Taekwondo Tournament" involves activities which my child/children and/or I may suffer personal injury. I agree to forever relieve and hold harmless the operator, its employees, instructors, and other students from any injury whether or not due to the negligence of the operator.

X _____
Participant 18+ OR Parent's (Guardian's) Signature

Relationship to Participant