

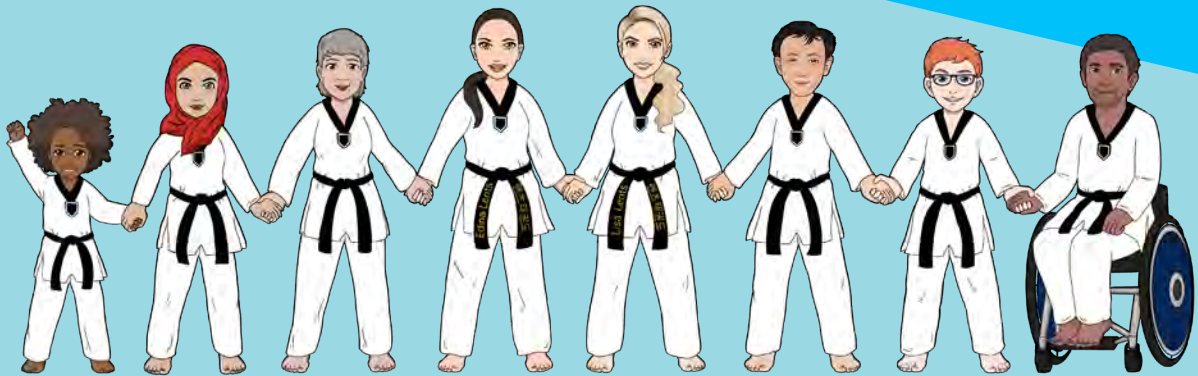


Lents Taekwondo & Worldwide Sports Online present:

LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2020

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OFFICIAL INFORMATION PACKAGE



Promoting Peace, Goodwill & Friendship through Taekwondo



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GCS International

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Dear Global Taekwondo Family!

Lents Taekwondo & Worldwide Sports Online are pleased to host "Lents Taekwondo Worldwide Sports Online Poomsae Open 2020" featuring Recognized Poomsae, Free-style, Para & Beach Poomsae in September 2020, with the support of World Taekwondo Europe & in collaboration with GCS International - Goodwill Cooperation Service supporting a humanitarian cause.

Together with our partners Vaztic, KWON & Martial Events we are thrilled to host the 8-day long championship, which is open for the whole world. The competition format is video upload with live judging by some of the most qualified International Referees in the world.

This event will also make history by hosting the very 1st Online Beach Poomsae Competition ever performed on sand.

Unfortunately many events have been cancelled due to the global COVID-19 pandemic, and by hosting "Lents Taekwondo Worldwide Sports Online Poomsae Open 2020", our goal is to unite & inspire athletes, coaches & referees worldwide in the joy of the participation at this online Taekwondo event.

By competing in this championship, you will automatically support homeless children in Cambodia. The inspiration came from President Chungwon Choue's motto: "Peace is More Precious than Triumph", where we decided to create awareness for the less fortunate children in Cambodia through the online championships, since Taekwondo can be an effective tool to help promote world peace.

From each athlete entry fee, an amount of 1 US\$ will be donated to the GCS International.

We are thrilled to promote Peace, Goodwill & Friendship through Taekwondo!

Thank you for your support!

Sincerely,

Lents Taekwondo & Worldwide Sports Online



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SPORTS ONLINE



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LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2020

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GENERAL INFORMATION

COMPETITION METHOD

WT Poomsae rules, with adjustments as mentioned in the outline. Cut-off system online competition with prerecorded videos broadcasted online with real time judging by qualified International Referees.

ELIGIBILITY REQUIREMENTS

- Athletes from all over the world can participate.
- Athletes must be affiliated to a WT or WTE member national association.
- Athletes must meet age and belt requirements.

PROTEST

Only official protests are being reviewed by the Competition Supervisory Board. The protest must be made in writing within 10 minutes of the conclusion of the round's broadcast online. The fee is 150 Euro and is non-refundable. Protests must be submitted to kenneth@wwsportsonline.com

PRIZE MONEY POLICY

Prize money can only be awarded when more than 1,000 athletes have registered and paid the entry fees. See section on Prize money in the information package.

ORGANIZERS – CONTACT

Mr. Kenneth Schunken	Event Manager	kenneth@wwsportsonline.com	www.facebook.com/ worldwidesportsonline/
Ms. Edina Lents	Technical Director / Referee Director	edinalents@gmail.com	
Ms. Lisa Lents	PR & Media Director	lentsaekwondo@gmail.com	
Mr. Kenneth Schunken, Ms. Edina Lents, Ms. Lisa Lents	Competition Supervisory Board		



SOCIAL MEDIA

Worldwide Online Sports

Facebook: @wwsportsonline

Instagram: @wwsportsonline

www.wwsportsonline.com

Lents TKD

Facebook: @LentsTaekwondo

Instagram: @LentsTaekwondo

YouTube: @LentsTaekwondo

Hashtags:

#LentsTaekwondo

#렌츠태권도

#LentsTaekwondoWorldwideSportsOpen2020

#1stOnlineBeachTaekwondoChampionships2020

#WorldwideSportsOnline

REGISTRATION

ENTRY FEES & REGISTRATION DEADLINES

FEE	DISCIPLINE	REGISTRATION/ UPLOAD DEADLINE
40 Euro per individual athlete	1) Beach Poomsae 2) Para Poomsae 3) Recognized Poomsae 4) Freestyle	1) 29 August 2020, 23:59 GMT +2 Paris Time 2) 29 August 2020, 23:59 GMT +2 Paris Time 3) 5 September 2020, 23:59 GMT +2 Paris Time 4) 19 September 2020, 23:59 GMT +2 Paris Time
55 Euro per pair	Beach Poomsae Recognized Poomsae Freestyle	
60 Euro per team	Beach Poomsae Recognized Poomsae Freestyle	

PAYMENT ENTRY

All entry fees shall be paid in advance to Worldwide Sports Online by bank or via PayPal. The sender shall pay for the bank transfer costs (OUR).

PayPal:	paypal.me/wwsportsonline
BANK TRANSFER	
Beneficiary:	Worldwide Sports Taekwondo
Name of the bank:	BUNQ
IBAN:	NL71BUNQ2045140482
BIC/SWIFT:	BUNQNL2AXXX

PAYMENT REFERENCE

Country – Full name – Division

PROOF OF PAYMENT REQUIREMENT

Proof of payment must be emailed to: kenneth@wwsportsonline.com

Worldwide Sports Online has the right to delete entries from athletes who do not provide proof of payment on email.

NO REFUND

The organizers maintain a no refund policy.



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MARTIAL EVENTS

MEDALS AND CERTIFICATES

Medals, trophies and certificates will be awarded to the Gold, Silver and Bronze medalists and will be sent to medal winners' home address.

1st place: Gold Medal & certificate

2nd place: Silver Medal & certificate

3rd place: Bronze Medal & certificate

3rd place: Bronze Medal & certificate

SPECIAL AWARDS

Male Overall Champion: Trophy & certificate

Female Overall Champion: Trophy & certificate

Best referee: Trophy & certificate

All athletes & International referees receive a softcopy participation certificate by email.

PRIZE MONEY

Prize money can only be awarded when more than 1,000 athletes have registered and paid the entry fees. Only athletes in certain categories with minimum of 8 athletes per group as indicated in the outline and who have paid the entry fee in full are eligible to receive prize money. The transfer of the prize money can only be done by bank transfer and the bank transfer costs are to be borne by the receiving party. Only gold medalists may receive prize money. The organizer does not take any responsibility for tax liability regarding received prize money by the gold medal winner.

The following prize money can be awarded to Gold medalists in categories with min. 8 athletes:

BEACH POOMSAE

Black belt divisions

Junior	250 euro
Under 30	500 euro
Over 30:	500 euro

FREESTYLE POOMSAE INDIVIDUAL

Black Belt divisions

Male Under 17	250 euro
Female Under 17	250 euro
Male Over 17	500 euro
Female Over 17	500 euro

RECOGNIZED POOMSAE INDIVIDUAL

Black Belt divisions

Kids	100 euro
Cadet	150 euro
Junior	250 euro
Under 30	500 euro
Under 40	500 euro
Under 50	250 euro
Under 60	250 euro
Over 60	250 euro



RULES AND REGULATIONS

The WT Poomsae Competition Rules & Interpretation (May 14, 2019) and WT Para Taekwondo Poomsae Competition Rules (Jan. 1, 2017) are applicable, unless otherwise indicated in the outline of the event.

FOOTWEAR POLICY

- Athletes are allowed to wear footwear/socks outdoors
- If the position of the foot cannot be evaluated, referees will make deductions in scoring.

DISQUALIFICATION

- Contestants competing in the wrong division.
- Contestants wearing incorrect belt colors or unacceptable uniforms for their age division.
- Contestants that have registered without submitting their videos in time.
- Videos containing political, social, or religious propaganda.
- Videos containing non-recognized IOC flags.
- Videos containing profanity or indecent images or gestures.
- Freestyle Poomsae not performed on mats outdoors and indoors.
- Beach Poomsae not performed on sand.
- Contestants who submitted videos used in other competition or same video used several times in free of choice Poomsae rounds.
- Videos with music during performance, excluding freestyle.
- Freestyle video submissions that do not meet the 1080p @ 60 frames per second video recording requirements.

DEDUCTIONS:

- Poor quality videos that are unable to be judged by the referees will result in the minimum score of 1,5 per poomsae.
- Contestants performing the wrong poomsae will receive the minimum score of 1,5 per poomsae.
- 0,3 will be deducted if any part of the contestant's body is out of the video frame. Further deductions will apply for each movement, where a part of the body is not visible.

VIDEO RECORDINGS

Minimum suggested requirements Beach, Para and Recognized Poomsae event:

- 720 or 1080p with 30/60 frames per second

MANDATORY Requirements Freestyle Poomsae event:

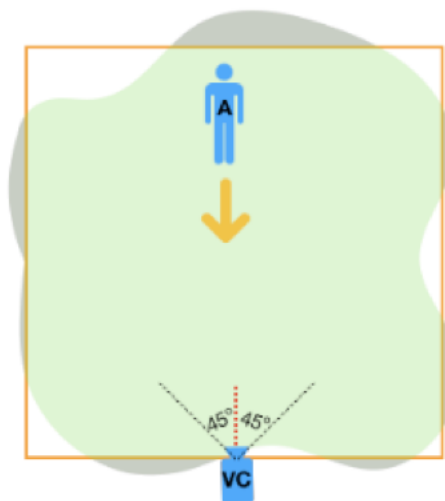
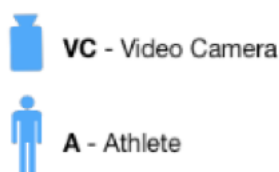
- 1080p with 60 frames per second
- Not meeting these requirements result in DSQ

Rules on video recording and submissions:

1. Please ensure you follow the instructions of your local and national health authorities with regard to social distancing and outdoors excursions.
2. The athlete shall be 100% full body inside the video recording at all times. The camera can be moved to facilitate this coverage (no music).
3. Videos that have been used in any other competitions will NOT be accepted for consideration.
4. The video recording shall be done while the athlete is facing the camera in the start position.

The camera must be stationary but may be rotated no more than 45 degrees left and right from its starting point as indicated in Diagram 1. Zooming in and Out during performance is allowed, as long as the full body is in the video frame.

Diagram 1:



5. Minimum video requirements 720p with 60 frames per seconds is highly recommendable. Lower quality video recordings may result in the referees not being able to score your poomsae performance.
6. Recordings must be in landscape mode. Portrait mode is not allowed.
7. Athletes are allowed to wear footwear, however the position of the foot must be clearly visible.

Lents Taekwondo & Worldwide Sports Online present:

LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE OPEN 2020 September 5-6

1st ONLINE BEACH POOMSAE COMPETITION

- Individual
- Pairs
- Teams

- * Black Belt & Color Belt divisions
- * Must be performed on sand

Worldwide Participation

Register now on: [Martial.Events](https://www.martial.events)
Deadline: 29 AUGUST 2020
23:59 GMT +2 Paris time

LIVE STREAM ON LENTS TKD

Promoting Peace, Unity & Friendship through Taekwondo! Together with Goodwill Cooperation Service, *Lents Taekwondo Worldwide Sports Online Open 2020* will fundraise for homeless children in Cambodia. 1 US\$ will be donated from each entry.
Join us now



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LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2020

1ST ONLINE BEACH POOMSAE COMPETITION

COMPETITION DATES

Beach Poomsae

5 – 6 September

Para Poomsae

5 – 6 September


Recognized Poomsae


12-13 & 19-20 September


Freestyle

26-27 September

Lents TKD

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COMPETITION METHOD


WT Poomsae rules, with adjustments as mentioned in the outline.

Cut-off system online competition with prerecorded videos broadcasted online with real time judging by qualified International Referees. Must be performed on sand.

ORGANIZERS

Worldwide Online Sports

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www.wwsportsonline.com

Hashtags:

#LentsTaekwondo #렌츠태권도

#LentsTaekwondoWorldwideSportsOpen2020

ELIGIBILITY REQUIREMENTS

Athletes must be affiliated to a WT or WTE member national association.

Athletes must meet age and belt requirements.

DIVISIONS AGE ELIGIBILITY

Beach Poomsae

INDIVIDUAL (Male/Female)

Black belt divisions:

Cadet (birth year: 2006 – 2008)

Junior (birth year: 2003 – 2005)

Under 30 (birth year: 1990 – 2002)

Over 30 (birth year: 1989 – older)

Pairs and teams

Black belt divisions:

Pairs Under 17

Teams Male Under 17

Teams Female Under 17

(birth year: 2003 – younger)

Pairs Over 17

Teams Male Over 17

Teams Female Over 17

(birth year: 2002 – older)

PARTNERS

World Taekwondo

Europe, Vaztic

Martial Events

PRIZE MONEY GOLD MEDAL WINNERS

Beach Poomsae

INDIVIDUAL

Black belt divisions:

Junior: 250 euro

Under 30: 500 euro

Over 30: 500 euro

Prize money can be awarded when more than 1,000 athletes have registered and paid the entry fee. See Prize money policy below for more information.

SPORT ENTRIES

Athletes can register via the event portal at Martial.Events

REGISTRATION DEADLINE

29 AUGUST 2020

23:59 GMT +2 Paris time

CHARITY

Promoting Peace, Unity & Friendship through Taekwondo! Together with Goodwill Cooperation Service, Lents Taekwondo Worldwide Sports Online Open 2020 will fundraise for homeless children in Cambodia. 1 US\$ will be donated from each entry. Join us now

ENTRY FEES

40 Euro per athlete

55 Euro per pair

60 Euro per team

All entry fees shall be paid in advance to Worldwide Sports Online by bank or via PayPal. The sender shall pay for the bank transfer costs (OUR).

PayPal

paypal.me/wwsportsonline

Bank transfer

Beneficiary:

Worldwide Sports Taekwondo

Name of the bank: **BUNQ**

IBAN: **NL71BUNQ2045140482**

BIC/SWIFT: **BUNQNL2AXXX**

NO REFUND POLICY

The organizers maintain a no refund policy.

Prize money policy: only athletes in certain categories as indicated in the outline and who have paid the entry fee in full are eligible to receive prize money. The transfer of the prize money can only be done by bank transfer and the bank transfer costs are to be borne by the receiving party. Only gold medalists may receive prize money. The organizer does not take any responsibility for tax liability regarding received prize money by the gold medal winner.



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1ST ONLINE BEACH POOMSAE OPEN 2020

5 – 6 SEPTEMBER 2020

Powered by **KWON**

DIVISIONS AGE ELIGIBILITY AND POOMSAE PERFORMANCE

INDIVIDUAL (Male/Female)

Color belt divisions (10th- 1st Kup)

Under 17 (birth year: 2003 – younger)

Over 17 (birth year: 2002 – older)

POOMSAE SUBMISSIONS

Color Belt divisions 10th – 1st Kup

The athletes have to submit 2 Beach Poomsae per round - preliminary, semifinal and final rounds, with maximum of 6 Poomsae. They can choose their Poomsae from below table, each round needs to have 2 different Poomsae, but Poomsae may be repeated in the next round. Please see an example below.

Submit 1 video per 1 Poomsae, with a maximum of 6 videos!

In case of repetition of Poomsae, a new video has to be recorded each time. If same video is submitted several times it will result in disqualification.

Example:

ALLOWED:

Preliminary round: T1 – T3

Semi-final: T2 – T3

Final: T1 – T2

NOT ALLOWED:

Preliminary round: T1 – T1

Semi-final: T2 – T2

Final: T3 – T3

Under 17 and Over 17:

T1	Taeguek Il Jang
T2	Taeguek Yi Jang
T3	Taeguek Sam Jang
T4	Taeguek Sah Jang
T5	Taeguek Oh Jang
T6	Taeguek Yook Jang
T7	Taeguek Chill Jang
T8	Taeguek Pal Jang

Under 17	T1, T2, T3, T4, T5, T6, T7, T8
Over 17	T1, T2, T3, T4, T5, T6, T7, T8



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MARTIAL EVENTS



INDIVIDUAL (Male/Female)

Black belt divisions

Cadet (birth year: 2006 – 2008)

Junior (birth year: 2003 – 2005)

Under 30 (birth year: 1990 – 2002)

Over 30 (birth year: 1989 – older)

POOMSAE INDIVIDUAL

Black belt divisions

The athlete – depending on age - can choose their Poomsae as per below overview.

Poomsae cannot be repeated in the different rounds, so 6 different Poomsae need to be performed. Choice of:

Cadet	T4, T5, T6, T7, T8, P1, P2
Junior	T4, T5, T6, T7, T8, P1, P2, P3
Under 30	T6, T7, T8, P1, P2, P3, P4, P5
Over 30	T6, T7, T8, P1, P2, P3, P4, P5, P6, P7, P8

PAIRS AND TEAMS

Black belt divisions

Pairs under 17

Teams Male under 17

Teams Female under 17

(birth year: 2003 – younger)

Pairs over 17

Teams Male over 17

Teams Female over 17

(birth year: 2002 – older)

POOMSAE PAIRS AND TEAMS

Black belt divisions

The pairs and teams – depending on age - can choose their Poomsae as per below overview.

Poomsae cannot be repeated in the different rounds, so 6 different Poomsae need to be performed.

Choice of:

Pairs under 17	T4, T5, T6, T7, T8, P1, P2, P3
Teams Male under 17	T4, T5, T6, T7, T8, P1, P2, P3
Teams Female under 17	T4, T5, T6, T7, T8, P1, P2, P3
Pairs over 17	T6, T7, T8, P1, P2, P3, P4, P5, P6, P7, P8
Teams Male over 17	T6, T7, T8, P1, P2, P3, P4, P5, P6, P7, P8
Teams Female over 17	T6, T7, T8, P1, P2, P3, P4, P5, P6, P7, P8



DRESS CODE

MALE

Dobok, sleeveless, Sleeveless or topless, Long trousers, shorts, swim shorts

FEMALE

Dobok, sleeveless ,Long shirts, tank top, sleeveless, bikini, swim suit
Long trousers, legging, shorts, swim shorts

Sunglasses and make up are allowed.

REQUIREMENTS

Beach Taekwondo must be performed on sand. Can be performed on a beach, a sand playground, athletics track, desert, lakeside etc.

REGISTRATION DEADLINE

29 AUGUST 2020, 23:59 GMT +2 Paris time



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Lents Taekwondo & Worldwide Sports Online present:

LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE OPEN 2020 September 5-6

Para Poomsae

- P10 – Visual Impairment**
- P20 – Intellectual Impairment**
- P30 – Physical Impairments**
- P50 – Wheelchair Classes**
- P60 – Deaf**
- P70 – Short Stature**

- ★ Must be performed outdoors or indoors
- ★ Colour Belts (8th Kup) to Black Belts

Worldwide Participation

Register now on: [Martial.Events](https://www.martial.events)
Deadline: 29 AUGUST 2020
23:59 GMT +2 Paris time

LIVE STREAM ON LENTS TKD

Promoting Peace, Unity & Friendship through Taekwondo! Together with Goodwill Cooperation Service, Lents Taekwondo Worldwide Sports Online Open 2020 will fundraise for homeless children in Cambodia. 1 US\$ will be donated from each entry.

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MARTIAL **EVENTS**



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Lents Taekwondo & Worldwide Sports Online present:

LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2020 PARA POOMSAE COMPETITION

COMPETITION DATES

Beach Poomsae

5 – 6 September

Para Poomsae

5 – 6 September

Recognized Poomsae

12-13 & 19-20 September

Freestyle


26-27 September


COMPETITION METHOD

WT Poomsae rules, with adjustments as mentioned in the outline. Cut-off system online competition with prerecorded videos broadcasted online with real time judging by qualified International Referees. Must be performed outdoors or indoors.

ORGANIZERS

Worldwide Online Sports


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Lents TKD

 @LentsTaekwondo

 @LentsTaekwondo

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Hashtags:

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#LentsTaekwondoWorldwideSportsOpen2020

DIVISIONS AGE ELIGIBILITY

Para Poomsae

INDIVIDUAL

Colour Belts (8th Kup) to Black Belts divisions:

P10 – Visual Impairment

P20 – Intellectual Impairment

P30 – Physical Impairments

P50 – Wheelchair Classes

P60 – Deaf

P70 – Short Stature

Junior

(birth year: 2003 – 2005)

Under 30

(birth year: 1990 – 2002)

Over 30

(birth year: 1989 – older)

SPORT ENTRIES

Athletes can register via the event portal at Martial.Events

REGISTRATION DEADLINE

29 AUGUST 2020

23:59 GMT +2 Paris time

ELIGIBILITY REQUIREMENTS

Athletes must be affiliated to a WT or WTE member national association.

Athletes must meet age and belt requirements.

PARTNERS

World Taekwondo

Europe, Vaztic

Martial Events

NO REFUND POLICY

The organizers maintain a no refund policy.

CHARITY

Promoting Peace, Unity & Friendship through Taekwondo! Together with Goodwill Cooperation Service, Lents Taekwondo Worldwide Sports Online Open 2020 will fundraise for homeless children in Cambodia. 1 US\$ will be donated from each entry. Join us now

ENTRY FEES

40 Euro per athlete

PayPal

paypal.me/wwsportsonline

Bank transfer

Beneficiary:

Worldwide Sports Taekwondo

Name of the bank: **BUNQ**

IBAN: **NL71BUNQ2045140482**

BIC/SWIFT: **BUNQNL2AXXX**

All entry fees shall be paid in advance to Worldwide Sports Online by bank or via PayPal. The sender shall pay for the bank transfer costs (OUR).



Lents Taekwondo & Worldwide Sports Online present:

LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2020

ONLINE PARA TAEKWONDO POOMSAE COMPETITION Powered by **KWON**

5 – 6 SEPTEMBER 2020

DIVISIONS AGE ELIGIBILITY AND POOMSAE PERFORMANCE

INDIVIDUAL (Male/Female)

Color belt (8th Kup+) and Black belt divisions together in 1 group

P10 – VISUAL IMPAIRMENT

P11/P12/P13 together in 1 group

P11: Visual acuity poorer than LogMAR 2,6

P12: Visual acuity ranging from LogMAR 1,5 to 2,6 (inclusive) and/or Visual field constricted to a diameter of less than 10 degrees.

P13: Visual acuity ranging from LogMAR 1,4 to 1,0 (inclusive) and/or Visual field constricted to a diameter of less than 40 degrees.

P20 – INTELLECTUAL IMPAIRMENT

P30 – PHYSICAL IMPAIRMENT

P31/32/33 together in 1 group

P31: diplegia, asymmetric diplegia, double hemiplegia or triplegia

P32: dyskinesias athetosis, dystonia, ataxia, mild spastic quadriplegia or a combination of the above

P33: spastic hemiplegia or very mild spastic dystonia

P34 division

P34: very mild hemiplegia, diplegia, athetosis, dystonia, hemi-dystonia and very mild ataxia

P50 – WHEELCHAIR CLASSES

P60 – DEAF

P70 – SHORT STATURE

Athletes with Short Stature have a reduced length in the bones of the upper limbs, lower limbs and/or trunk. Examples of an underlying health condition that may lead to Short Stature include achondroplasia, growth hormone dysfunction, and osteogenesis imperfecta.

AGE CATEGORIES IN ALL GROUPS

Junior (birth year: 2003 – 2005)

Under 30 (birth year: 1990 – 2002)

Over 30 (birth year: 1989 – older)



POOMSAE

The athlete – depending on age - can choose their Poomsae as per below overview. Poomsae cannot be repeated in the different rounds, so 6 different Poomsae need to be performed.

Choice of:

P10 SPORT CLASS

Athletes may choose to perform a free-choice Recognized Poomsae ranging from T2-P8 instead of the Compulsory Poomsae drawn for the round of competition.

Compulsory Poomsae

Junior	T4, T5, T6, T7, T8, P1, P2
Under 30	T6, T7, T8, P1, P2, P3, P4, P5
Over 30	T8, P1, P2, P3, P4, P5, P6, P7, P8

In the case an athlete chooses to perform a free of choice Recognized Poomsae the following deductions will be made to the final score of the Poomsae:

Poomsae	Deduction
Any free-choice Recognized Poomsae	0,6 deduction points
T1 – T3	Additional 0,5 deduction points
T4 – T7	Additional 0,3 deduction points
T8 – P5	No additional deduction points

P20 SPORT CLASS

Shall perform 2 free-choice Recognized Poomsae ranking T1-P5. The following bonus points shall be added tot he final score by the Poomsae scoring system or the Referee and Judges, according to the Poomsae performed and is as follows:

Poomsae	Bonus
T1 – T3	No bonus points
T4 – T7	0,3 bonus points
T8 – P5	0,5 bonus points



P30 SPORT CLASS

Athletes may choose to perform a free-choice Recognized Poomsae ranging from T2-P8 – with the exception of P2 – instead of the Compulsory Poomsae drawn for the round of competition.

Compulsory Poomsae

Junior	T4, T5, T6, T7, T8, P1
Under 30	T6, T7, T8, P1, P2, P3, P4, P5 (except P2)
Over 30	T8, P1, P3, P4, P5, P6, P7, P8(except P2)

In the case an athlete chooses to perform a free of choice Recognized Poomsae the following deductions will be made to the final score of the Poomsae:

Poomsae	Deduction
Any free-choice Recognized Poomsae	0,6 deduction points
T1 – T3	Additional 0,5 deduction points
T4 – T7	Additional 0,3 deduction points
T8 – P5	No additional deduction points

P50 SPORT CLASS

Athletes may choose to perform a free-choice Recognized Poomsae, depending on the age division.

Compulsory Poomsae

Junior	T4, T5, T6, T7, T8, P1, P2, P3
Under 30	T6, T7, T8, P1, P2, P3, P4, P5
Over 30	T6, T7, T8, P1, P2, P3, P4, P5, P6, P7, P8)

P60 SPORT CLASS

Athletes may choose to perform a free-choice Recognized Poomsae ranging from T6-P2.

Junior/Under30/Over30	T6, T7, T8, P1, P2
-----------------------	--------------------

P70 SPORT CLASS

Athletes may choose to perform a free-choice Recognized Poomsae, depending on the age division.

Compulsory Poomsae

Junior	T4, T5, T6, T7, T8, P1, P2, P3
Under 30	T6, T7, T8, P1, P2, P3, P4, P5
Over 30	T6, T7, T8, P1, P2, P3, P4, P5, P6, P7, P8



POOMSAE SUBMISSIONS

All divisions

The athletes have to submit 2 Poomsae per round for preliminary, semifinal & final rounds with maximum of 6 Poomsae.

Please submit 1 video per 1 Poomsae, with a maximum of 6 videos!

SPORT EQUIPMENT

Athletes can only use generally accepted (competition) doboks. Suggested are WT recognized products: <http://www.worldtaekwondo.org/wtf-partners/recognized/>

REQUIREMENTS

Must be performed indoors or outdoors.

REGISTRATION DEADLINE

29 AUGUST 2020, 23:59 GMT +2 Paris time



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Lents Taekwondo & Worldwide Sports Online present:

LENTS TAEKWONDO WORLDWIDE SPORTS

ONLINE OPEN 2020

September 12-13 & 19-20

RECOGNIZED POOMSAE

- Individual
- Pairs
- Teams
- Overall Champion

- * Black Belt divisions + Kids/Cadets Color Belts
- * Must be performed outdoors or indoors
- * Male & Female winners of each Individual category will compete in "Overall Champion" categories against each other. The winners will be awarded with the title "Overall Champion", a trophy & a certificate.

Worldwide Participation

Register now on: [Martial.Events](https://www.martial-events.com)

Deadline: 5 September 2020

23:59 GMT +2 Paris time

LIVE STREAM ON LENTS TKD

Promoting Peace, Unity & Friendship through Taekwondo! Together with Goodwill Cooperation Service, Lents Taekwondo Worldwide Sports Online Open 2020 will fundraise for homeless children in Cambodia. 1 US\$ will be donated from each entry.

Join us now



VAZTIC

MARTIAL EVENTS



KWON

Lents Taekwondo & Worldwide Sports Online present:

LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2020

RECOGNIZED POOMSAE COMPETITION

COMPETITION DATES

Beach Poomsae

5 – 6 September

Para Poomsae

5 – 6 September


Recognized Poomsae


12-13 & 19-20 September


Freestyle

26-27 September

Lents TKD

 @LentsTaekwondo

 @LentsTaekwondo


 @LentsTaekwondo


COMPETITION METHOD

WT Poomsae rules, with adjustments as mentioned in the outline. Cut-off system online competition with prerecorded videos broadcasted online with real time judging by qualified International Referees. It can be performed outdoors or indoors.

ORGANIZERS

Worldwide Online Sports

 @wwsportsonline

 @wwsportsonline

www.wwsportsonline.com

Hashtags:

#LentsTaekwondo #렌츠태권도

#LentsTaekwondoWorldwideSportsOpen2020

ELIGIBILITY REQUIREMENTS

Athletes must be affiliated to a WT or WTE member national association.

Athletes must meet age and belt requirements.

DIVISIONS AGE ELIGIBILITY

Recognized Poomsae

Individual:

Color Belt divisions:

10th-1st Kup

Kids: birth year: 2009 – 2011

Cadet: birth year: 2006 – 2008

Black Belt divisions:

Kids (birth year: 2009 – 2011)

Cadet (birth year: 2006 – 2008)

Junior (birth year: 2003 – 2005)

Under 30 (birth year: 1990 – 2002)

Under 40 (birth year: 1980 – 1989)

Under 50 (birth year: 1970 – 1979)

Under 60 (1960 – 1969)

Over 60 (birth year: 1959 - older)

PAIRS AND TEAMS

Black Belt divisions:

Pairs Under 17

Teams Male Under 17

Teams Female Under 17

(birth year: 2003 – younger)

Pairs Over 17

Teams Male Over 17

Teams Female Over 17

(birth year: 2002 – older)

Prize money policy: only athletes in certain categories as indicated in the outline and who have paid the entry fee in full are eligible to receive prize money. The transfer of the prize money can only be done by bank transfer and the bank transfer costs are to be borne by the receiving party. Only gold medalists may receive prize money. The organizer does not take any responsibility for tax liability regarding received prize money by the gold medal winner.

Overall Champion

Male & Female winners of each Individual Recognized Poomsae Category will compete in "Overall Champion" categories against each other. The winners will be awarded with the title "Overall Champion", a trophy & a certificate.

PARTNERS

World Taekwondo
Europe, Vaztic
Martial Events

NO REFUND POLICY

The organizers maintain a no refund policy.

PRIZE MONEY GOLD MEDAL WINNERS

Individual

Black Belt divisions:

Kids: 100 euro

Cadet: 150 euro

Junior: 250 euro

Under 30: 500 euro

Under 40: 500 euro

Under 50: 250 euro

Under 60: 250 euro

Over 60: 250 euro

Prize money can be awarded when more than 1,000 athletes have registered and paid the entry fee. See Prize money policy below for more information.

SPORT ENTRIES

Athletes can register via the event portal at Martial Events

REGISTRATION DEADLINE
5 SEPTEMBER 2020
23:59 GMT +2 Paris Time

CHARITY

Promoting Peace, Unity & Friendship through Taekwondo! Together with Goodwill Cooperation Service, Lents Taekwondo Worldwide Sports Online Open 2020 will fundraise for homeless children in Cambodia. 1 US\$ will be donated from each entry. Join us now

ENTRY FEES

40 Euro per athlete

55 Euro per pair

60 Euro per team

PayPal

paypal.me/wwsportsonline

Bank transfer

Beneficiary:

Worldwide Sports Taekwondo

Name of the bank: **BUNQ**

IBAN: **NL71BUNQ2045140482**

BIC/SWIFT: **BUNQNL2AXXX**

All entry fees shall be paid in advance to Worldwide Sports Online by bank or via PayPal. The sender shall pay for the bank transfer costs (OUR).



Lents Taekwondo & Worldwide Sports Online present:

LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE RECOGNIZED POOMSAE OPEN 2020

12 – 13 & 19 – 20 SEPTEMBER Powered by **KWON**

DIVISIONS AGE ELIGIBILITY AND POOMSAE PERFORMANCE

INDIVIDUAL

Color Belt divisions 10th – 1st Kup

10th – 7th Kup: white, white/yellow, yellow and yellow/green belt

Kids Under 11: birth year: 2009 – 2011

Cadet: birth year: 2006 – 2008

6th – 3rd Kup: green, green/blue, blue, blue/red belt

Kids Under 11: birth year: 2009 – 2011

Cadet: birth year: 2006 – 2008

2nd – 1st Kup: red and red/black belt

Kids Under 11: birth year: 2009 – 2011

Cadet: birth year: 2006 – 2008

T1	Taeguek Il Jang
T2	Taeguek Yi Jang
T3	Taeguek Sam Jang
T4	Taeguek Sah Jang
T5	Taeguek Oh Jang
T6	Taeguek Yook Jang
T7	Taeguek Chill Jang
T8	Taeguek Pal Jang

P1	Poomsae Koryo
P2	Poomsae Keumgang
P3	Poomsae Taebaek
P4	Poomsae Pyongwon
P5	Poomsae Sipjin
P6	Poomsae Jitae
P7	Poomsae Chongkwon
P8	Poomsae Hansu

Kids Under 11: 10th-7th Kup	T1, T2, T3, T4
Cadet: 10th-7th Kup	T1, T2, T3, T4
Kids Under 11: 6th-3rd Kup	T3, T4, T5, T6
Cadet: 6th-3rd Kup	T3, T4, T5, T6
Kids Under 11: 2nd-1st Kup	T4, T5, T6, T7, T8
Cadet: : 2nd-1st Kup	T4, T5, T6, T7, T8



POOMSAE SUBMISSIONS

Color Belt divisions 10th – 1st Kup

The athletes have to submit 2 Poomsae per round - preliminary, semifinal and final rounds, with maximum of 6 Poomsae. They can choose their Poomsae from below table, each round needs to have 2 different Poomsae, but Poomsae may be repeated in the next round. Please see an example below.

Please submit 1 video per 1 Poomsae, with a maximum of 6 videos!

In case of repetition of Taeguk or Poomsae, a new video has to be recorded each time. If same video is submitted several times it will result in disqualification.

Example:

ALLOWED:

Preliminary round: T1 – T3

Semi-final: T2 – T3

Final: T1 – T2

NOT ALLOWED:

Preliminary round: T1 – T1

Semi-final: T2 – T2

Final: T3 – T3

INDIVIDUAL

Black Belt divisions

Kids Under 11	(birth year: 2009 – 2011)
Cadet	(birth year: 2006 – 2008)
Junior	(birth year: 2003 – 2005)
Under 30	(birth year: 1990 – 2002)
Under 40	(birth year: 1980 – 1989)
Under 50	(birth year: 1970 – 1979)
Under 60	(birth year: 1960 – 1969)
Over 60	(birth year: 1959 – older)

Kids Under 11	T4, T5, T6, T7, T8, P1, P2
Cadet	T4, T5, T6, T7, T8, P1, P2
Junior	T4, T5, T6, T7, T8, P1, P2, P3
Under 30	T6, T7, T8, P1, P2, P3, P4, P5
Under 40	T6, T7, T8, P1, P2, P3, P4, P5
Under 50	T8, P1, P2, P3, P4, P5, P6, P7
Under 60	P1, P2, P3, P4, P5, P6, P7, P8
Over 60	P1, P2, P3, P4, P5, P6, P7, P8



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TAEKWONDO
Taekwondo For All

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PAIRS AND TEAMS

Black Belt divisions

Pairs Under 17

Male Team Under 17

Female Team Under 17

(birth year: 2003 – younger)

Pairs Over 17

Male Team Over 17

Female Team Over 17

(birth year: 2002 – older)

Pairs under 17	T4, T5, T6, T7, T8, P1, P2, P3
Teams Male under 17	T4, T5, T6, T7, T8, P1, P2, P3
Teams Female under 17	T4, T5, T6, T7, T8, P1, P2, P3
Pairs over 17	T6, T7, T8, P1, P2, P3, P4, P5
Teams Male over 17	T6, T7, T8, P1, P2, P3, P4, P5
Teams Female over 17	T6, T7, T8, P1, P2, P3, P4, P5

OVERALL CHAMPION

Male & Female winners of each Individual Recognized Poomsae Category will compete in "Overall Champion" categories against each other. Each winner shall upload one of the videos uploaded in the preliminary round, semi-final or final round to be evaluated in the overall champion round. The winners will be awarded with the title "Overall Champion", a trophy & a certificate.

POOMSAE SUBMISSIONS

Black Belt divisions

The athletes have to submit 2 poomsae per round, with maximum 6 poomsae for preliminary, semifinal & final rounds with maximum of 6 Poomsae. The selected Poomsae will be announced on 25 July 2020.

Please submit 1 video per 1 Poomsae, with a maximum of 6 videos!

SPORT EQUIPMENT

Athletes can only use generally accepted (white or competition) doboks. Suggested are WT recognized products: <http://www.worldtaekwondo.org/wtf-partners/recognized/>

REQUIREMENTS

Must be performed outdoors or indoors.

REGISTRATION DEADLINE

5 SEPTEMBER 2020, 23:59 GMT +2 Paris time



Worldwide
SPORTS ONLINE



VAZTIC

MARTIAL EVENTS

Lents Taekwondo & Worldwide Sports Online present:

LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2020

FREESTYLE POOMSAE COMPETITION

COMPETITION DATES

Beach Poomsae

5 – 6 September

Para Poomsae

5 – 6 September

Recognized Poomsae

12-13 & 19-20 September

Freestyle

26-27 September


COMPETITION METHOD

WT Poomsae rules, with adjustments as mentioned in the outline. Cut-off system online competition with prerecorded videos broadcasted online with real time judging by qualified International Referees. Must be performed on mats indoors or outdoors.

ORGANIZERS


Worldwide Online Sports


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www.wwsportsonline.com

Lents TKD

 @LentsTaekwondo

 @LentsTaekwondo

 @LentsTaekwondo

Hashtags:

#LentsTaekwondo #렌츠태권도

#LentsTaekwondoWorldwideSportsOpen2020

ELIGIBILITY REQUIREMENTS

Athletes must be affiliated to a WT or WTE member national association. Athletes must meet age and belt requirements.

DIVISIONS AGE ELIGIBILITY

Freestyle Poomsae

Individual:

Black belt divisions:

Male Under 17

Female Under 17

(birth year: 2003 – younger)

Male Over 17

Female Over 17

(birth year: 2002 – older)

Pairs and Teams

Black Belt divisions:

Pairs under 17

(birth year: 2003 - younger)

Pairs over 17

(birth year: 2002 - older)

Mixed Team

From under 17 to over 17

(Birth year: 2006 - older)

PRIZE MONEY GOLD MEDAL WINNERS

Freestyle Poomsae

Individual:

Black belt divisions:

Male Under 17 250 euro

Female Under 17 250 euro

Male Over 17 500 euro

Female Over 17 500 euro

Prize money can be awarded when more than 1,000 athletes have registered and paid the entry fee. See Prize money policy below for more information.

SPORT ENTRIES

Athletes can register via the event portal at Martial.Events

REGISTRATION DEADLINE

19 SEPTEMBER 2020

23:59 GMT +2 Paris time

PARTNERS

World Taekwondo

Europe, Vaztic

Martial Events

PayPal

paypal.me/wwsportsonline

Bank transfer

Beneficiary:

Worldwide Sports Taekwondo

Name of the bank: **BUNQ**

IBAN: **NL71BUNQ2045140482**

BIC/SWIFT: **BUNQNL2AXXX**

NO REFUND POLICY

The organizers maintain a no refund policy.

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CHARITY

Promoting Peace, Unity & Friendship through Taekwondo! Together with Goodwill Cooperation Service, Lents Taekwondo Worldwide Sports Online Open 2020 will fundraise for homeless children in Cambodia. 1 US\$ will be donated from each entry. Join us now

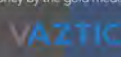
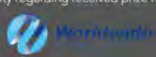
ENTRY FEES

40 Euro per athlete

55 Euro per pair

60 Euro per team

All entry fees shall be paid in advance to Worldwide Sports Online by bank or via PayPal. The sender shall pay for the bank transfer costs (OUR).



Lents Taekwondo & Worldwide Sports Online present:

LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2020

FREESTYLE POOMSAE COMPETITION

COMPETITION DATES

Beach Poomsae

5 – 6 September

Para Poomsae

5 – 6 September

Recognized Poomsae

12-13 & 19-20 September

Freestyle

26-27 September

COMPETITION METHOD

WT Poomsae rules, with adjustments as mentioned in the outline. Cut-off system online competition with prerecorded videos broadcasted online with real time judging by qualified International Referees. Must be performed on mats indoors or outdoors.

ORGANIZERS

Worldwide Online Sports

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 @LentsTaekwondo

Hashtags:

#LentsTaekwondo #렌츠태권도
#LentsTaekwondoWorldwideSportsOpen2020

ELIGIBILITY REQUIREMENTS

Athletes must be affiliated to a WT or WTE member national association. Athletes must meet age and belt requirements.

DIVISIONS AGE ELIGIBILITY

Freestyle Poomsae

Individual:

Black belt divisions:
Male Under 17
Female Under 17
(birth year: 2003 – younger)
Male Over 17
Female Over 17
(birth year: 2002 – older)

Pairs and Teams

Black Belt divisions:
Pairs under 17
(birth year: 2003 - younger)
Pairs over 17
(birth year: 2002 - older)
Mixed Team
From under 17 to over 17
(Birth year: 2006 - older)

PRIZE MONEY GOLD MEDAL WINNERS

Freestyle Poomsae

Individual:

Black belt divisions:
Male Under 17 250 euro
Female Under 17 250 euro
Male Over 17 500 euro
Female Over 17 500 euro

Prize money can be awarded when more than 1,000 athletes have registered and paid the entry fee. See Prize money policy below for more information.

PARTNERS

World Taekwondo
Europe, Vaztic
Martial Events

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SPORT ENTRIES

Athletes can register via the event portal at Martial.Events

REGISTRATION DEADLINE

19 SEPTEMBER 2020
23:59 GMT +2 Paris time

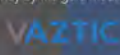
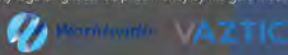
ENTRY FEES

40 Euro per athlete
55 Euro per pair
60 Euro per team

All entry fees shall be paid in advance to Worldwide Sports Online by bank or via PayPal. The sender shall pay for the bank transfer costs (OUR).

CHARITY

Promoting Peace, Unity & Friendship through Taekwondo! Together with Goodwill Cooperation Service, Lents Taekwondo Worldwide Sports Online Open 2020 will fundraise for homeless children in Cambodia. 1 US\$ will be donated from each entry. Join us now





LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE FREESTYLE POOMSAE OPEN 2020

26-27 SEPTEMBER

Powered by **KWON**

DIVISIONS AGE ELIGIBILITY AND POOMSAE PERFORMANCE

INDIVIDUAL

Black belt divisions

Male Under 17	(birth year: 2003 – younger)
Female Under 17	(birth year: 2003 – younger)
Male Over 17	(birth year: 2002 – older)
Female Over 17	(birth year: 2002 – older)

PAIRS AND TEAMS

Black belt divisions

Pairs under 17	(birth year: 2003 – younger)
Pairs over 17	(birth year: 2002 – older)
Mixed Team	(birth year: 2006 – older)

POOMSAE SUBMISSION

The athletes have to submit 1 freestyle Poomsae. The duration should be 90 to 100 seconds. WT rules are applicable.

VIDEO REQUIREMENTS

The video recording for freestyle Poomsae competition shall be recorded at 1080p and minimum 60 fps (frames per second). DSQ shall be announced for those athletes whose video do not meet these requirements.

REQUIREMENTS

Freestyle must be performed on mats outdoors or indoors.

SPORT EQUIPMENT

Athletes can only use generally accepted (white or competition) doboks. Suggested are WT recognized products: <http://www.worldtaekwondo.org/wtf-partners/recognized/>

REGISTRATION DEADLINE

19 SEPTEMBER 2020, 23:59 GMT +2 Paris time

Lents Taekwondo & Worldwide Sports Online present:



LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2020

Powered by **KWON**

CHARITY

Promoting Peace, Goodwill & Friendship through Taekwondo!

Together with Goodwill Cooperation Service "Lents Taekwondo Worldwide Sports Online Open 2020" will fundraise money for homeless children in Cambodia. From each entry fee, an amount of 1 US\$ will be donated to the GCS International.

HELP TO BUILD A BETTER TOMORROW!

By competing in "Lents Taekwondo Worldwide Sports Online Open 2020" you will automatically support a humanitarian cause.

Lents Taekwondo & Worldwide Sports Online were inspired by President Chungwon Choue's motto: "Peace is More Precious than Triumph" and decided to create awareness for the less fortunate children in Cambodia through the online championships, since Taekwondo can be an effective tool to help promote world peace.

GLOBAL COOPERATION SERVICE – TKD HUMANITARIAN FOUNDATION - TKD CARES

Lents Taekwondo & Worldwide Sports Online are proud to announce that we have established collaboration with GCS International - Global Cooperation Service, which was founded by World Taekwondo President – Dr. Chungwon Choue's late father, Dr. Young Seek Choue, who is also the founder of the Kyung Hee University.

It is a Seoul-based UN-affiliated non-governmental organization with a global membership of 44 national chapters. GCS International strives to promote a healthy society, better living, preservation of nature, restoration of human dignity and world peace.

The founder of GCS International - Dr. Young Seek Choue - proposed the International Day of Peace & The International Year of Peace to the United Nations in 1981 & was approved by the U.N. General Assembly that year.

In 2016, the GCS International signed a memorandum of understanding with World Taekwondo and the Taekwondo Humanitarian Foundation to help empower the powerless in the developing countries.

In cooperation with Asia Development Foundation, WT is running one-year WT Cares projects with Nepal, Sri Lanka & Cambodia. The WT Cares program is intended to help and promote grass roots Taekwondo in developing MNA's by supporting children in need, such as orphans, young prisoners, household victims and street homeless children.

HOW CAN YOU SUPPORT?

"Lents Taekwondo Worldwide Sports Online Open 2020" will donate 1 US\$ per athlete from the entry fees gathered through the championships to support children in need in Cambodia.

Together we will support homeless street children and those who have been victimized and sacrificed by trafficking and sexual slavery. Taekwondo Cares kicked off the project last year together with the Asia Development Foundation under the theme "Beginning a New Life through Taekwondo".

The children will receive free Taekwondo education and training under the WT Cares Program.

If you are not an athlete, but want to support the cause, you can donate an amount to our fundraiser. We would like to encourage Member National Associations, athletes, coaches, referees to contribute to this cause, so we together can make a positive impact on children's lives through Taekwondo, unity, peace, love, friendship and harmony!



Worldwide
SPORTS ONLINE

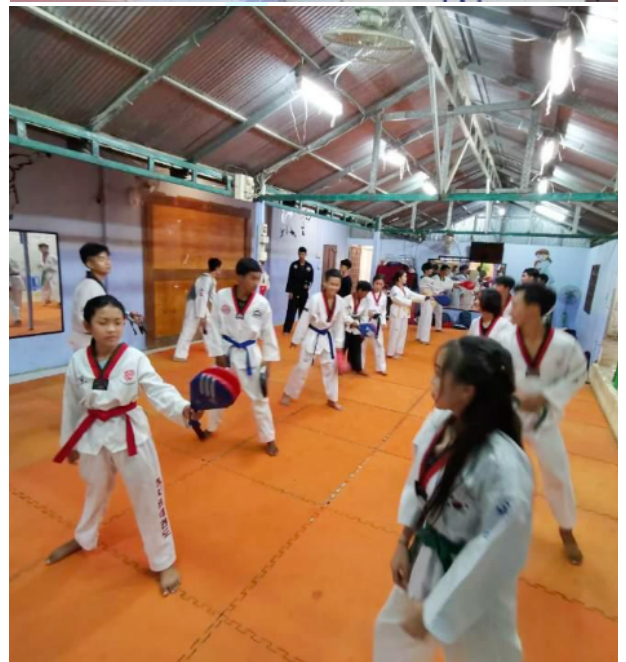


VAZTIC





Ms. Lisa Lents in Cambodia



Read more about the humanitarian projects here:
www.gcsngo.org
www.thfaid.org
www.worldtaekwondo.org/news/taekwondo-cares/



OUR PARTNERS



KWON



GCS International

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