



**2020**  
**POOMSAE**  
**GRAND SLAM**

## Promotor

**Promoter & Sanctioned By:**  
USATKD  
1015 Garden of the Gods Road, Suite 110  
Colorado Springs, CO 80907

## USATKD Points of Contact

**Eric Wininger – Events Manager**  
[eric.wininger@usa-taekwondo.us](mailto:eric.wininger@usa-taekwondo.us)

**Alyssa Allen – Membership Manager**  
[alyssa.allen@usa-taekwondo.us](mailto:alyssa.allen@usa-taekwondo.us)

Mailing Address:  
USATKD  
Events Department  
1015 Garden of the Gods Road, Suite 110  
Colorado Springs, CO 80907

## Ranking Points

USATKD is excited to announce that the 2020 Poomsae Online Grand Slam.

This is an open tournament for black belt and red belt athletes. The Poomsae Online Grand Slam will be a US 16.0 Tournament. This will also be the first Major Event in the [Poomsae Pathways](#) for the World Class Black Belt Divisions. This event will play a role in National Team Selection Procedures.

The Tusah Poomsae Rankings will be used to seed athletes in the first round of the division.  
More information about seeding can be found in the [Poomsae Ranking Rules](#).

## Registration Information

All registration must be done through [USATKD Sport80](#).

If you need assistance registering for the event, please view a short [video](#) that has been provided.

**NO REFUNDS** will be given for any reason. Athletes must register and pay in full by the date listed below to confirm your participation in this event.

***\*\*Registration Deadline ends at 11:59pm (MT)\*\* If an athlete does not pay in full by the final registration date, then they will not be confirmed for this event and will not be eligible to compete.***

USATKD uses the date December 31 of the given year (December 31, 2020) to determine the age of all competitors. Example: an athlete turns 15 on December 27, 2020 they would compete as a 15-year-old in the 2020 Poomsae Online Grand Slam, even though they are 14 years old at the time of the event.

USATKD Member Entry Fee	Non-Member Entry Fee	Division Fee
\$75	\$100	\$25

## Method of Competition and Competition Rules

The current USATKD [poomsae rules](#) for all divisions will be used.

### **Cut-off System**

**Preliminary Round:** All athletes will perform two Designated Poomsae chosen from the Compulsory Poomsae (Red Belts will not have a preliminary round)

**Semi-final Round:** Top 50% of the preliminary round athletes will perform two Designated Poomsae chosen from the Compulsory Poomsae list

**Final Round:** Top 8 of the semi-final round athletes will perform two Designated Poomsae chosen from the Compulsory Poomsae

Five judges will be used for scoring for all divisions.

Designated Poomsae will be posted by 12 p.m. MT the day after registration closes. All Freestyle divisions will only have a finals round. If there are 8 or less athletes in the division, there will only be a finals round.

Each athlete shall video record 3 videos with the camera facing **HORIZONTAL**:

- Video 1 Preliminary Round: Record 2 Poomsae with 30 second break between poomsae
- Video 2 Semi-final: Record 2 Poomsae with 30 second break between poomsae
- Video 3 Final: Record 2 Poomsae with 30 second break between poomsae

**Athletes must stay in the video frame during the 30 second break between each poomsae. Leaving the frame will be considered out of bounds and receive a 0.3 deduction.**

## Online Poomsae Rule Additions

- If an incorrect uniform is worn for the division, there will be a 0.3 deduction. **\*Rule only applied for the online poomsae event**
- If an incorrect belt color or stripe is worn for the division, there will be a 0.3 deduction.
- No shoes allowed to be worn by athletes while performing poomsae forms.
- If the athlete goes outside of the camera's viewing range, it will be considered out of bounds and there will be a 0.3 deduction per time exiting the screen.
- If a person other than the athlete is in the video, there will be a 0.3 deduction.
- Videos labeled wrong or incorrect form order will receive a 0.3 deduction.
- Athletes must stay in the video frame during the 30 second break between each poomsae form.
- Athletes that submit videos after the submission deadline will be disqualified.

## Video Submission Requirements

Video Submissions for Preliminary, Semi-Final, and Final Rounds for all Youth, Under 30, Under 40, Under 50, Under 60, Under 65, Over 65, Under 30 Black Belt Pairs, Over 30 Black Belt Pairs, and 18+ Freestyle belts/divisions due:

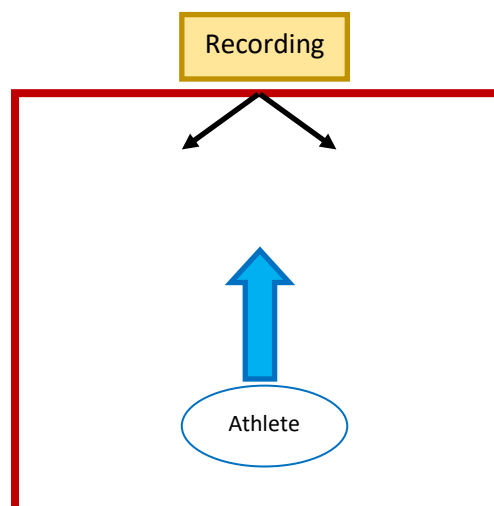
**12 p.m. MT, Monday, October 26**

Video Submissions for Preliminary, Semi-Final, and Final Rounds for all Cadet, Junior, Cadet Black Belt Pairs, Junior Black Belt Pairs, and 12 – 17 Freestyle belts/divisions due:

**12 p.m. MT, Monday, November 16**

## Video Instructions

- The poomsae recording can take place inside or outside. All locations must strictly follow the instructions of the local and national health authorities.
- During the recording, the athlete must always keep 100% of their full body inside the screen. If the athlete goes outside of the camera's viewing range, it will be considered out of bounds and there will be a 0.3 deduction.
- The camera can only move to the right or left. See diagram:



- Each video should have an introduction that includes:
  - Name
  - Age
  - State
  - Club that you train with
  - Coach
  - At the end of the second poomsae, the video should capture the “Kyeong-rye” command.
- **If using an Android, please make sure the camera is set to 1920 x 1080 and if using an iPhone set camera to 1880HD @ 30fps.**
- The recording must retain a stable recording foundation. We recommend recording the video horizontally.
- During the video, no coaches or person other than the athlete shall be in the video.
- Please ensure that the recording is done in a quiet area to avoid any background noise. Be sure there is good lighting so that the referees can clearly see you in the video.
- Each athlete must upload the videos separately to Dropbox. The title of each video shall be in the following format:
  - Poomsae Online Grand Slam – Full Name – Division/Belt

#### **To sign up for a Dropbox account:**

- Create an account on [dropbox.com](https://dropbox.com).
- Type your name and email address (your email address is the username for your **Dropbox** account).
- Create a unique password.
- Click the box to agree to the **Dropbox** terms.
- Click Create an account.

Following the video upload please share the Dropbox link and email it to [events@usa-taekwondo.us](mailto:events@usa-taekwondo.us) using the following email templates.

- If competing in multiple events, please send separate emails.

#### **How to share with a link from Dropbox.**

- Sign in to [dropbox.com](https://dropbox.com).
- Hover your cursor over the file or folder to **share** and click **Share** when it appears.
- If a **link** has not been created, click Create a **link**. If a **link** was already created, click Copy **link**.
- The **link** will be copied to your clipboard.

#### **Email Submissions:**

Please see the following examples on how to submit your videos to USATKD. **Only one athlete should submit the videos for the pair, please include the information for both athletes in the email.**

We may be highlighting select athletes throughout the online tournament for each age and belt division. If you would like to have the opportunity to be highlighted during the event, please include an interesting fact about yourself. We may be in touch with you about putting this online. This can include the number of years you have been competing, how you got started in taekwondo, taekwondo accomplishments, volunteer activities with school and/or teammate, an interesting hobby you have outside of taekwondo, or a family story. You do not have to submit any information if you do not want to share any information.

### Recognized Individual Email Example:

To: [events@usa-taekwondo.us](mailto:events@usa-taekwondo.us)

Subject: 2020 Poomsae Online Grand Slam – Jane Doe – Individual Female Under 30/Black

Name: Jane Doe  
Date of Birth: 1/1/1990  
Age: 29  
USATKD Member #: 999000111  
State: CO  
Club: National Center  
Coach: Jane Doe

Division: Female Under 30 Black Belt  
Preliminary Link: <https://www.dropbox.com/h>  
Semi-Final Link: <https://www.dropbox.com/h>  
Final Link: <https://www.dropbox.com/h>

Interesting Fact: If you want to submit (not required). Keep to 2 – 4 sentences.

Thank you,  
Jane Doe

### Freestyle Email Example:

To: [events@usa-taekwondo.us](mailto:events@usa-taekwondo.us)

Subject: 2020 Poomsae Online Grand Slam – Jane Doe – Freestyle Female Over 18

Name: Jane Doe  
Date of Birth: 1/1/1990  
Age: 29  
USATKD Member #: 999000111  
State: CO  
Club: National Center  
Coach: Jane Doe

Division: Female Over 18  
Freestyle Link: <https://www.dropbox.com/h>

Interesting Fact: If you want to submit (not required). Keep to 2 – 4 sentences.

Thank you,  
Jane Doe

**Recognized Pair Email Example** (only one athlete should submit for the pair):

To: [events@usa-taekwondo.us](mailto:events@usa-taekwondo.us)

Subject: 2020 Poomsae Online Grand Slam – Jane Doe – Pairs Under 30

Female Athlete Name: Jane Doe  
Date of Birth: 1/1/1990  
Age: 29  
USATKD Member #: 999000111  
State: CO  
Club: National Center  
Coach: Jane Doe

Male Athlete Name: John Doe  
Date of Birth: 1/1/1990  
Age: 29  
USATKD Member #: 999000111  
State: CO  
Club: National Center  
Coach: Jane Doe

Division: Pairs Under 30  
Preliminary Link: <https://www.dropbox.com/h>  
Semi-Final Link: <https://www.dropbox.com/h>  
Final Link: <https://www.dropbox.com/h>

Interesting Fact: If you want to submit (not required). Keep to 2 – 4 sentences.

Thank you

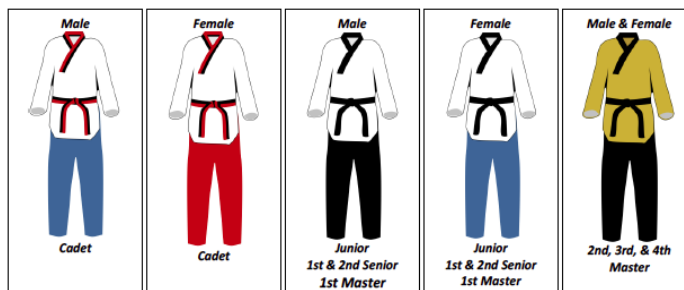
## Dobok Standards

To view all Dobok and Equipment Standards view the [Competition Rules](#) for most up to date information. If the dobok standards or belt colors are not met, a 0.3 deduction will occur for each.

All contestants must wear a white Taekwondo V-neck USATKD/WT uniform (dobok) in good condition. Black belts must wear black-collared uniforms. Color belts must wear white-collared uniforms; color belts cannot wear black-collared uniforms. Patches, embroidery, logos, team names, country names, athlete names, and stripes are permitted on the uniform; they can be up to 12" x 4" on each leg or arm for a total of four. Logos or names on the back of the uniform and patches on the chest area of the uniform are also allowed.

**No tape will be allowed on any part of the uniform.**

**Poomsae contestants** may wear either the standard V-neck USA/WT uniform (as specified above) or WT-designated Y-neck competition poomsae uniforms appropriate to the contestant's division.



## Poomsae Selection

- Designated Poomsae will be posted by 12 p.m. MT the day after registration ends. Athletes will only need to submit the videos for their division's posted designated poomsae. See schedule for dates each designated poomsae will be posted.
- If there are 8 or less athletes in a division, that division will only have a finals round.
- Red Belt divisions will not have preliminary round.
- All Freestyle divisions will only have a finals round.

## PAIR BLACK BELTS

PAIR DIVISIONS	COMPULSORY POOMSAE
<b>Cadet (12-14)</b>	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgant
<b>Junior (15-17)</b>	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
<b>Under 30</b>	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
<b>Over 30</b>	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon

## COLOR BELTS

INDIVIDUAL DIVISIONS	COMPULSORY POOMSAE
<b>Red (1st &amp; 2nd Geup)</b> All ages	Taegeuk 4, 5, 6, 7, 8 Jang



## INDIVIDUAL BLACK BELTS

INDIVIDUAL DIVISIONS	COMPULSORY POOMSAE
Dragon (6-7 M/F)	Taegeuk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo
Tiger (8-9 M/F)	
Youth (10-11 M/F)	
Cadet (12-14 M/F)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
Junior (15-17 M/F)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
Under 30 (18-30 M/F)	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
Under 40 (31-40 M/F)	
Under 50 (41-50 M/F)	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
Under 60 (51-60 M/F)	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkown, Hansu
Under 65 (61-65 M/F)	
Over 65 (66+ M/F)	

## Event Shirts

Event shirts will be available for purchase by each registered athlete. You will need to select your shirt size when registering. The last day to order a shirt is November 9.

All shirts will be mailed to the participants.

## Referees

Registration must be completed through [USATKD Sport 80](#) online registration system. Selection for the event will be done with priority given Referee Certification Level and recent evaluation. Total number of referees needed each week will be determined by the number of registered athletes.

There will be three sessions of competition for this online event. Referees selected will receive an honorarium. Those referees who are selected to judge will be expected to work all days of the session, which should be two – three days for each session, which will be determined by the final number of registered athletes. You will be notified once appointments are made if you have been selected to judge a session.

A [video](#) has been created to assist with registration.

# Schedule

Date	Event	Time	Division
Oct 19	Registration Deadline	11:59 p.m. MT	Youth Recognized Individual - Black & Red Belts
			Under 30 Recognized Individual - Black & Red Belts
			Under 40 Recognized Individual - Black & Red Belts
			Under 50 - Recognized Individual - Black & Red Belts
			Under 60 Recognized Individual - Black & Red Belts
			Under 65 Recognized Individual - Black & Red Belts
			Over 65 Recognized Individual - Black & Red Belts
			Under 30 Recognized Pairs - Black Belts
			Over 30 Recognized Pairs - Black Belts
			18+ Freestyle Individual - Black Belts
Oct 20	Designated Poomsae Posted	12 p.m. MT	Youth Recognized Individual - Black & Red Belts
			Under 30 Recognized Individual - Black & Red Belts
			Under 40 Recognized Individual - Black & Red Belts
			Under 50 - Recognized Individual - Black & Red Belts
			Under 60 Recognized Individual - Black & Red Belts
			Under 65 Recognized Individual - Black & Red Belts
			Over 65 Recognized Individual - Black & Red Belts
			Under 30 Recognized Pairs - Black Belts
			Over 30 Recognized Pairs - Black Belts
			18+ Freestyle Individual - Black Belts
Oct 26	Video Submission Due	12 p.m. MT	Youth Recognized Individual - Black & Red Belts
			Under 30 Recognized Individual - Black & Red Belts
			Under 40 Recognized Individual - Black & Red Belts
			Under 50 - Recognized Individual - Black & Red Belts
			Under 60 Recognized Individual - Black & Red Belts
			Under 65 Recognized Individual - Black & Red Belts
			Over 65 Recognized Individual - Black & Red Belts
			Under 30 Recognized Pairs - Black Belts
			Over 30 Recognized Pairs - Black Belts
			18+ Freestyle Individual - Black Belts
Nov 9	Registration Deadline	11:59 p.m. MT	Cadet Recognized Individual - Black & Red Belts
			Junior Recognized Individual - Black & Red Belts
			Cadet Recognized Pairs - Black Belts
			Junior Recognized Pairs - Black Belts
			12 - 17 Freestyle Individual - Black Belts

# Schedule

Date	Event	Time	Division
Nov 16	*Broadcast Begin	TBD	Youth Recognized Individual - Black & Red Belts
			Under 30 Recognized Individual - Black & Red Belts
			Under 40 Recognized Individual - Black & Red Belts
			Under 50 - Recognized Individual - Black & Red Belts
			Under 60 Recognized Individual - Black & Red Belts
			Under 65 Recognized Individual - Black & Red Belts
			Over 65 Recognized Individual - Black & Red Belts
			Under 30 Recognized Pairs - Black Belts
			Over 30 Recognized Pairs - Black Belts
			18+ Freestyle Individual - Black Belts
Nov 10	Designated Poomsae Posted	12 p.m. MT	Cadet Recognized Individual - Black & Red Belts
			Junior Recognized Individual - Black & Red Belts
			Cadet Recognized Pairs - Black Belts
			Junior Recognized Pairs - Black Belts
			12 - 17 Freestyle Individual - Black Belts
Nov 16	Video Submission Due	12 p.m. MT	Cadet Recognized Individual - Black & Red Belts
			Junior Recognized Individual - Black & Red Belts
			Cadet Recognized Pairs - Black Belts
			Junior Recognized Pairs - Black Belts
			12 - 17 Freestyle Individual - Black Belts
Dec 14	*Broadcast Begin	TBD	Cadet Recognized Individual - Black & Red Belts
			Junior Recognized Individual - Black & Red Belts
			Cadet Recognized Pairs - Black Belts
			Junior Recognized Pairs - Black Belts
			12 - 17 Freestyle Individual - Black Belts
*A detailed broadcast schedule will be posted before the start of each broadcast date			