

Korean Ambassador's Cup & Bratislava Open 2021 Open Slovak League SATKD



*Are you good in poomsae?
Are you good in kicking?*

*Show your best taekwondo skills
Became a champion*

Win in both disciplines



Korean Ambassador's Cup & Bratislava Open 2021 Open Slovak League SATKD

ORGANIZATION

Škp Ryong Bratislava

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DATE

19. 6. 2021

Online competition

TIMETABLE

16.6. 2021: *Deadline for the registration and videos upload*

18.6. 2021: *Deadline for the payment*

REGISTRATION

Online: www.tpss.eu

Deadline: 16.6. 2021.

Competition videos please send via Excel on bratislavaopen@gmail.com

STARTING FEE

Free in combination with poomsae

- 10€ - For those who wants to participate only in agility competition

Invoice will be send after the registration

Confirmation of the payment should be send on the email: bratislavaopen@gmail.com

AWARDS

Medals will be sent to each club.

CATEGORIES

Class D: 10. - 7. Kup

Class C: 6. - 4. Kup

Class B: 3. - 1. Kup

Class A: 1. Dan (Poom) and higher

Individual D, C, B, A class:

Pupils (2013 and younger)

Younger cadets (2012, 2011, 2010)

Cadets (2009, 2008, 2007)

Juniors (2006, 2005, 2004)

Seniors (2003 and older)

Para P10, P20, P30, P50, P60, P70:

Children (2007 and younger)

Juniors (2006-2004)

Under 30 (2003-1991)

Over 30 (1990 and older)



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DURATION OF THE TARGET-SPARRING, AND ALLOWED TARGETS:

Pupils: 30 seconds, BOB'S (Boxdummy), kicking target, heavy shield

Younger cadets: 30 seconds, BOB'S (Boxdummy), kicking target, heavy shield

Cadet: 30 seconds, kicking target, heavy shield

Junior: 40 seconds kicking target, heavy shield

Senior: 45 seconds kicking target, heavy shield

RULES:

- *The starting and ending point of the target-sparring should be clearly visible. Only techniques used in sparring will be permitted. No open hand techniques.*
- *Two scores per judge will be awarded.*
- *The 1 score includes the following criteria:
Pre movements, drop off the technique, covering during the kick*
- *The 2 score includes the following criteria:
Variety of techniques, speed and strength, precision, rotated techniques The lowest score from score 1 and score 2 will be deleted.*

All other scores are summed up to determine the total score.

PRE-MOVEMENTS: *Disclosing the following technique too early. The movement of the foot is specifically observed here.*

DROP OFF THE TECHNIQUE: *Return of the athlete to his starting fighting stance after performing the attack or technique.*

COVER DURING THE KICK: *Use of suitable block techniques not only before or after but especially during the execution of the techniques.*

VARIETY OF TECHNIQUES: *Use and sensible combinations of various techniques.*

SPEED AND STRENGTH: *The explosiveness, speed and strength of the technique used throughout the execution, from start of movement till hitting the target.*

PRECISION: *Precision of the techniques during execution and when hitting the target (dispersion or exact hitting the target area at the optimal height).*

ROTATED TECHNIQUES: *Sensible and strategic use of turning techniques (corresponding to higher scores in competitions).*

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- *Videos have to be recorded in HD quality – Horizontal / Landscap*
- *Each video has to be uploaded on the platform recognized by the system. Links have to be send in Excel spreadsheet sent By the organization after the registration.*
- *Your Video have to be an mpeg, ogg, or vlc file,*
- *It is not allowed to move the recording device during performance. Changing the zoom is not allowed.*
- *The distance between the athlete and the camera should be selected as short as possible so that the beginning and endpoints of the techniques are fully recognizable*
- *The recording device has to be mounted at chest height. 0.3 is deducted for every technique that is performed „out of frame“. Sound hast to be recorded.*
- *Each competitor has to wear the taekwondo uniform, no shoes or jewelry*
- *Forms can be recorded indoor or outdoor.*

Name of the video: **CATEGORY_SEX_NAME_CLUB_**: SENIOR_C_F_Viktoria_Bitalova_