

ONLINE REGISTRATION  
INTHETMS.COM

# GLOBAL ONLINE

## OPEN MARTIAL ARTS CHAMPIONSHIPS

**JULY 16 & 17, 2022**  
(Deadline of submission: July 4, 2022)



WT POOMSAE

WT SPEED KICKING

WT FREESTYLE KICKING

OPEN KATA

FMA (ANYO)

OPEN FORMS

OPEN WEAPONS

OPEN SPEED KICKING

WOOD BOARD BREAKING

*Dear Masters and martial artists!*

*The Global Online Open Martial Arts Championships was created with one goal in mind - to bring the martial arts world closer together. Joining hands with masters from all over the world, this online tournament gives martial artists the opportunity to excel and demonstrate their prowess in the international community.*

*We would like to cordially invite you to this online championships on July 16 and 17. Multiple events for all martial art styles have been prepared for you to provide an exemplary online experience that conveniently connects everyone. Despite the effects of the COVID-19 pandemic and other world events, it is our wish through this year's Global Online Open Martial Arts Championships to unite people of different race, beliefs, and practices through our common love for the martial arts.*

*Sincerely,*

*Organizing Committee*

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# REGISTRATION INFORMATION

**REGISTRATION:**

[intheams.com](https://intheams.com)

**DEADLINE OF REGISTRATION:**

July 4, 2022 – 11:59pm (EST)

**TOURNAMENT FEE:**

\$65 / athlete (first event)  
\$25 / additional event

**VIDEO SUBMISSION DEADLINE:**

July 4, 2022 – 11:59pm (EST)

**NOTES:**

Teams/ Athletes may register first according to the registration options stated above, and submit video entries on or before July 4, 2022. Registration fees are nonrefundable and will be used to cover international level judges, e-certificates, medals, and e-tournament operations.



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# TOURNAMENT INFORMATION

- Each competitor may register up to 7 events.
- Individual Division will be separated into male and female competitors.
- Correct AGE is calculated: the year of the tournament, 2021 minus your birth year no matter which month you were born, i.e.  $2021 - 1971 = 50$
- If there are not enough registrants within one grouping (age, level, etc.), that group will be combined with another appropriate group closest to the level/age group.
- Due to the COVID-19 pandemic, masks can be worn when the competitor sees a need to wear them in any of the events: Individual, Pair, or Team.
- Depending on the number of entries, they may be classified and grouped into a maximum of 4 players per group. They will be judged by selected international referees and be live streamed on YouTube platform and [www.globalchampionships.online](http://www.globalchampionships.online)
- Medals may take 2-3 months or longer due to COVID-19 restrictions.

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# TOURNAMENT EVENTS

## WT TAEKWONDO

### Poomsae

- For all belt levels and ages who practice World Taekwondo poomsae
- Events: Individual, Pair, and Team

### Speed Kicking

- Most number of proper kicks in the given time
- Open to all belt levels and ages who practice under World Taekwondo
- Events: With Target and Without Target

### Freestyle Kicking

- Most number of proper kicks with technical kyorugi skill
- Open to all belt levels and ages who practice under World Taekwondo
- Events: With Target and Without Target

## OPEN KATA

- For all belt levels and ages who practice any Karate style
- Events: Individual, Pair, and Team

## FMA (ANYO)

- For all ages who practice FMA and wield: double stick, single stick, double bolo, single bolo, espada y daga, or sangot
- Events: Individual, Pair, and Team

## OPEN FORMS

- For all belt levels and ages of all martial art styles
- Events: Individual, Pair, and Team

## OPEN WEAPONS

- For all ages of all martial art styles wielding any weapon
- Events: Individual, Pair, and Team

## OPEN SPEED KICKING

- For all ages of all martial art styles
- Events: With Target and Without Target
- Most number of proper kicks in the given time

## WOOD BOARD BREAKING

- For all ages of all martial art styles
- Must provide own wood board

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# AGE DIVISIONS

**5 YEARS OLD & UNDER**

**DRAGON 6 – 7 YEARS OLD**

**TIGER 8 – 9 YEARS OLD**

**YOUTH 10 – 11 YEARS OLD**

**CADET 12 – 14 YEARS OLD**

**JUNIOR 15 – 17 YEARS OLD**

**SENIOR 18 – 30 YEARS OLD**

**UNDER 40 YEARS OLD**

**UNDER 50 YEARS OLD**

**UNDER 60 YEARS OLD**

**60 – 65 YEARS OLD**

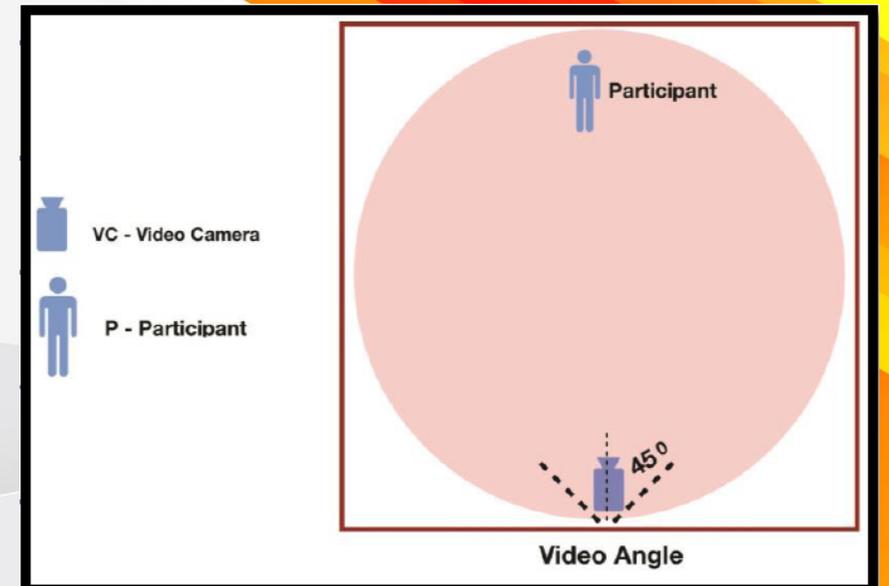
**66 YEARS OLD & OVER**



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# VIDEO GUIDELINES

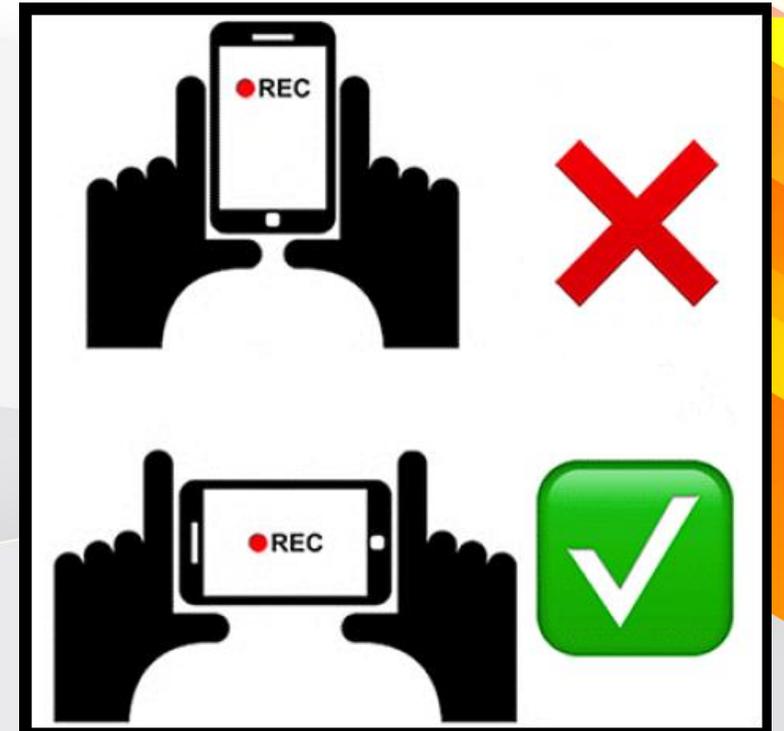
1. The performance can be video recorded anywhere where there is space allowed. Please ensure you follow the instructions of your local and national health authorities regarding social distancing and outdoor excursions.
2. Athlete must be 100% full body inside the screen of the recording for the entire performance. 0.3 points will be deducted from accuracy for every movement performed with any part of the athlete's body out of the video frame.
3. Music is not allowed.
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 the diagram below. Zooming in and out during the performance is not allowed.



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# VIDEO GUIDELINES

5. Video must be in LANDSCAPE orientation.
6. Videos that have been used in any other competitions will be disqualified.
7. Poor quality videos that are unable to be judged by the referees will result in the minimum score of 1.5 per. Minimum video quality should be 720p @ 60fps. Suggested video quality is 1080p @ 60fps where possible.
8. Performance should start and end with the correct etiquette based on your martial art style. This will reflect in the final scoring. Masters may help with announcing the actions for the students.



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# VIDEO GUIDELINES

9. Title of video entries should follow this format:

2022 GOOMAC – Specific Event – Name of athlete/s – Gender – Age Division

**examples:**

2022 GOOMAC – WT Taekwondo Poomsae Individual – Jane Doe – Female – Tiger

2022 GOOMAC – Open Kata Pair – Jane Doe and John Doe – Cadet (exclude gender because it's a pairs event)

2022 GOOMAC – FMA Team – Jane Doe, John Doe, Joe Doe – Junior (exclude gender because it's a team event)

10. Videos must be uploaded on YouTube and saved as unlisted or PUBLIC setting. Paste the video YouTube link in the designated box of the event management page of inthetms.com.

11. A video with wrong player/s or registered in the wrong division will be disqualified.

12. Please check the embedded box from your YouTube account on each video link.

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# CREATING AN ACCOUNT

During the tournament live streaming, the athlete's name with images of the school/team name, logo, national flag, video entry, scores, and award are reflected. By creating a school/team account, team representative can log in at any time and be able to view and manage their participants' data. Once a school/team has created an account, this will serve as the school/team's account in every competition managed by inthetms.com. Athletes' information is saved and can be updated any time.

## Procedure:

1. Email your school/team name, email address, complete mailing address, and logo to [ongstk@gmail.com](mailto:ongstk@gmail.com) or send the complete information via text to +1 (352) 438 9455 or +1 (352) 804 4120. For schools/teams with multiple locations but with one logo, please register each school/team separately and indicate their respective addresses.
2. You will receive your User ID and password for your school/team within 48 hours. After which, you can log in and manage your team participants.

## TIP:

Have 1 representative manage your account, preferably your instructor or team manager.



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**WT TAEKWONDO**



# POOMSAE

# GENERAL INFORMATION

- ❖ Open to all ages and belt level: Individual, Pairs and Team
- ❖ No gender restrictions in forming pairs or teams
- ❖ No age restrictions in forming of the pairs and teams
- ❖ All belt combinations are allowed in forming of the pairs and teams
- ❖ Pairs consists of only 2 members
- ❖ Teams can consist of 3 members
- ❖ Individual: must perform designated poomsae for your belt level
- ❖ Pairs/Team: Must perform designated poomsae based on level (Novice, Advanced, Black belt)
- ❖ Due to various belt systems used worldwide, coaches/ athletes are expected to register in accordance to the respective poomsae prepared.
- ❖ If deemed necessary, the organizer reserves the right to change or modify tournament provisions not stated in the guidelines.

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# INDIVIDUAL POOMSAE

|                          | WHITE<br>(9th Geup)                       | YELLOW<br>(8 <sup>th</sup> / 7 <sup>th</sup> Geup) | BLUE / GREEN<br>(6 <sup>th</sup> / 5 <sup>th</sup> Geup) | RED / BLUE<br>(4 <sup>th</sup> / 3 <sup>rd</sup> Geup) | BROWN<br>(2 <sup>nd</sup> / 1 <sup>st</sup> Geup) | BLACK<br>(1 <sup>st</sup> Dan to 2 <sup>nd</sup> Dan ) | BLACK<br>(3 <sup>rd</sup> dan and Above) |
|--------------------------|---|--|--|--|---|--|--|
| 5 YEARS OLD & UNDER      | H-Form, Basic One, Foundation Form 1 or 2 | Taegeuk 1 or 2 Jang                                | Taegeuk 3 or 4 Jang                                      | Taeguek 5 or 6 Jang                                    | Taeguek 7 or 8 Jang                               | Koryo or Keumgang                                      | Taebaek or Pyongwon                      |
| Dragon 6 – 7 YEARS OLD   | H-Form, Basic One, Foundation Form 1 or 2 | Taegeuk 1 or 2 Jang                                | Taegeuk 3 or 4 Jang                                      | Taeguek 5 or 6 Jang                                    | Taeguek 7 or 8 Jang                               | Koryo or Keumgang                                      | Taebaek or Pyongwon                      |
| Tiger 8 – 9 YEARS OLD    | H-Form, Basic One, Foundation Form 1 or 2 | Taegeuk 1 or 2 Jang                                | Taegeuk 3 or 4 Jang                                      | Taeguek 5 or 6 Jang                                    | Taeguek 7 or 8 Jang                               | Koryo or Keumgang                                      | Taebaek or Pyongwon                      |
| Youth 10 – 11 YEARS OLD  | H-Form, Basic One, Foundation Form 1 or 2 | Taegeuk 1 or 2 Jang                                | Taegeuk 3 or 4 Jang                                      | Taeguek 5 or 6 Jang                                    | Taeguek 7 or 8 Jang                               | Koryo or Keumgang                                      | Taebaek or Pyongwon                      |
| Cadet 12 – 14 YEARS OLD  | H-Form, Basic One, Foundation Form 1 or 2 | Taegeuk 1 or 2 Jang                                | Taegeuk 3 or 4 Jang                                      | Taeguek 5 or 6 Jang                                    | Taeguek 7 or 8 Jang                               | Koryo or Keumgang                                      | Taebaek or Pyongwon                      |
| Junior 15 – 17 YEARS OLD | H-Form, Basic One, Foundation Form 1 or 2 | Taegeuk 1 or 2 Jang                                | Taegeuk 3 or 4 Jang                                      | Taeguek 5 or 6 Jang                                    | Taeguek 7 or 8 Jang                               | Koryo or Keumgang                                      | Taebaek or Pyongwon                      |
| Senior 18 – 30 YEARS OLD | H-Form, Basic One, Foundation Form 1 or 2 | Taegeuk 1 or 2 Jang                                | Taegeuk 3 or 4 Jang                                      | Taeguek 5 or 6 Jang                                    | Taeguek 7 or 8 Jang                               | Koryo or Keumgang                                      | Taebaek or Pyongwon                      |
| Under 40 YEARS OLD       | H-Form, Basic One, Foundation Form 1 or 2 | Taegeuk 1 or 2 Jang                                | Taegeuk 3 or 4 Jang                                      | Taeguek 5 or 6 Jang                                    | Taeguek 7 or 8 Jang                               | Koryo or Keumgang                                      | Taebaek or Pyongwon                      |
| Under 50 YEARS OLD       | H-Form, Basic One, Foundation Form 1 or 2 | Taegeuk 1 or 2 Jang                                | Taegeuk 3 or 4 Jang                                      | Taeguek 5 or 6 Jang                                    | Taeguek 7 or 8 Jang                               | Koryo or Keumgang                                      | Taebaek or Pyongwon                      |
| Under 60 YEARS OLD       | H-Form, Basic One, Foundation Form 1 or 2 | Taegeuk 1 or 2 Jang                                | Taegeuk 3 or 4 Jang                                      | Taeguek 5 or 6 Jang                                    | Taeguek 7 or 8 Jang                               | Koryo or Keumgang                                      | Taebaek or Pyongwon                      |
| 60 – 65 YEARS OLD        | H-Form, Basic One, Foundation Form 1 or 2 | Taegeuk 1 or 2 Jang                                | Taegeuk 3 or 4 Jang                                      | Taeguek 5 or 6 Jang                                    | Taeguek 7 or 8 Jang                               | Keumgang   | Taebaek                                  |
| 66 YEARS OLD & OVER      | H-Form, Basic One, Foundation Form 1 or 2 | Taegeuk 1 or 2 Jang                                | Taegeuk 3 or 4 Jang                                      | Taeguek 5 or 6 Jang                                    | Taeguek 7 or 8 Jang                               | Keumgang   | Taebaek                                  |

Individual: must perform designated poomsae for your belt level

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# PAIR / TEAM POOMSAE

|  |   |
|--|---|
| <b>NOVICE:</b><br>WHITE TO BLUE/GREEN<br>8 <sup>TH</sup> GEUP – 5 <sup>TH</sup> GEUP | Taegeuk 1, 2, 3, OR 4 Jang (may wear WHITE TO BLUE/ GREEN BELT) |
| <b>ADVANCE:</b><br>RED TO BROWN<br>4 <sup>TH</sup> GEUP TO 1 <sup>ST</sup> GEUP      | Taegeuk 5, 6, 7, OR 8 Jang (may wear any colored belt)          |
| <b>BLACK</b>   | Koryo, Keumgang, Taebaek, Pyungwon, Shipjin, Jitae, OR Chunkwon |

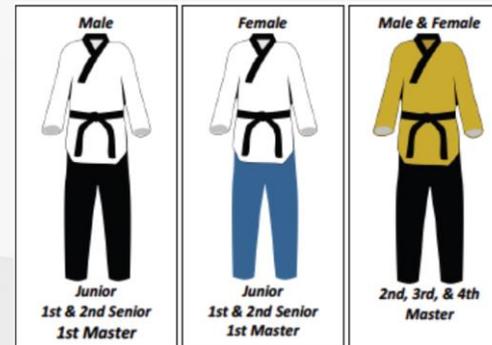
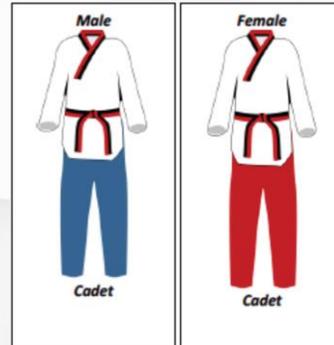
All levels will have no age and gender restriction.  
Matches will be according to level and poomsae performed.  
Choose one form from any of the designated poomsae based on your level.

- Pairs consists of only 2 members
- Teams can consist of 3 members
- Pairs/Team: Must perform designated poomsae based on level (Novice, Advanced, Black belt)

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# UNIFORM

- Standard white dobok **OR**
- Age-appropriate individual WT approved uniform



## BELT:

- Athletes in Colored Belt categories **MUST** wear their appropriate corresponding colored belts for his/ her designated poomsae being performed. For athletes from a country with a different belt system, athletes may wear the belt color nearest their Geup.
- Pair and Team members can each wear their own level belts.

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# PROCEDURE

1. Performance should start with the correct Taekwondo etiquette before each performance. This will reflect in the final scoring as an element within Taekwondo Spirit criteria.
  - Procedure at the start of performance: Charyot, Kyungrae, Choonbee, Shijak
  - Procedure at the end of performance: Baro, Charyot, Kyungrae
  - Masters may help with announcing the actions for the students
2. Poomsae competitors shall record 1 video for each event between 30 – 90 seconds.

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# SCORING

Scoring will be in the following order of importance:

- Individual: Presentation, Accuracy, TKD spirit
- Pair: Presentation, Accuracy, TKD Spirit, Synchronization, Teamwork
- Team: Presentation, Accuracy, TKD Spirit, Synchronization, Teamwork

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# SPEED KICKING

# GENERAL INFORMATION

- ❖ Participants are required to kick (with or without a target) as many times possible within a specified time limit, using correctly executed Taekwondo kicking techniques.
- ❖ A body opponent bag (Bob), heavy bag, free standing bag paddles may be used as target.
- ❖ Every properly executed Taekwondo kick will be counted as 1 point.
- ❖ Participants without a target will be matched together.
- ❖ Participants with a target will be matched according to the type of target used below:
  - Body opponent bag (Bob)/heavy bag/free standing bag
  - Kickpads

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# BELT DIVISIONS

|                          | NOVICE                                  | ADVANCE                                 | BLACK BELT                    |
|--------------------------|---|---|-------------------------------|
| 5 YEARS OLD & UNDER      | 5 <sup>th</sup> to 9 <sup>th</sup> Geup | 4 <sup>th</sup> to 1 <sup>st</sup> Geup | 1 <sup>st</sup> Dan and above |
| Dragon 6 – 7 YEARS OLD   | 5 <sup>th</sup> to 9 <sup>th</sup> Geup | 4 <sup>th</sup> to 1 <sup>st</sup> Geup | 1 <sup>st</sup> Dan and above |
| Tiger 8 – 9 YEARS OLD    | 5 <sup>th</sup> to 9 <sup>th</sup> Geup | 4 <sup>th</sup> to 1 <sup>st</sup> Geup | 1 <sup>st</sup> Dan and above |
| Youth 10 – 11 YEARS OLD  | 5 <sup>th</sup> to 9 <sup>th</sup> Geup | 4 <sup>th</sup> to 1 <sup>st</sup> Geup | 1 <sup>st</sup> Dan and above |
| Cadet 12 – 14 YEARS OLD  | 5 <sup>th</sup> to 9 <sup>th</sup> Geup | 4 <sup>th</sup> to 1 <sup>st</sup> Geup | 1 <sup>st</sup> Dan and above |
| Junior 15 – 17 YEARS OLD | 5 <sup>th</sup> to 9 <sup>th</sup> Geup | 4 <sup>th</sup> to 1 <sup>st</sup> Geup | 1 <sup>st</sup> Dan and above |
| Senior 18 – 30 YEARS OLD | 5 <sup>th</sup> to 9 <sup>th</sup> Geup | 4 <sup>th</sup> to 1 <sup>st</sup> Geup | 1 <sup>st</sup> Dan and above |
| Under 40 YEARS OLD       | 5 <sup>th</sup> to 9 <sup>th</sup> Geup | 4 <sup>th</sup> to 1 <sup>st</sup> Geup | 1 <sup>st</sup> Dan and above |
| Under 50 YEARS OLD       | 5 <sup>th</sup> to 9 <sup>th</sup> Geup | 4 <sup>th</sup> to 1 <sup>st</sup> Geup | 1 <sup>st</sup> Dan and above |
| Under 60 YEARS OLD       | 5 <sup>th</sup> to 9 <sup>th</sup> Geup | 4 <sup>th</sup> to 1 <sup>st</sup> Geup | 1 <sup>st</sup> Dan and above |
| 60 – 65 YEARS OLD        | 5 <sup>th</sup> to 9 <sup>th</sup> Geup | 4 <sup>th</sup> to 1 <sup>st</sup> Geup | 1 <sup>st</sup> Dan and above |
| 66 YEARS OLD & OVER      | 5 <sup>th</sup> to 9 <sup>th</sup> Geup | 4 <sup>th</sup> to 1 <sup>st</sup> Geup | 1 <sup>st</sup> Dan and above |

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# PROCEDURE

1. Must have designated timer who will call commands and mark the time.
2. The timer shall call choonbi, shi-jak then the athlete shall assume a fighting stance and begin kicking the target.
3. At the end of the round, the timer shall call keu-man and stop the watch.
4. The athlete will face the camera and the timer shall call char-yeot, kyung-rye, at which the athlete shall bow thus ending their performance for the judges to score.
5. You must have a computer, tablet, or device in the video frame during the performance.

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# SCORING

- Judges will score legal kicks that are executed to same body and head level height as athlete.
- Three referees will count the number of athlete's kick and we will average score.
- Every kick will be counted as 1 point.

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# FREESTYLE KICKING

# GENERAL INFORMATION

- ❖ Highlights the speed, stamina, and creativity of kyorugi athletes
- ❖ Execute AS MANY kyorugi techniques involving all Taekwondo kicks like low kicks, high kicks, turning kicks, push kick, jumping kick, and proper punches in a given time
  - NOVICE – 30 seconds
  - ADVANCE – 40 seconds
  - BLACK BELT – 60 seconds

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# BELT DIVISIONS

|                          | NOVICE                                  | ADVANCE                                 | BLACK BELT                    |
|--------------------------|---|---|-------------------------------|
| 5 YEARS OLD & UNDER      | 5 <sup>th</sup> to 9 <sup>th</sup> Geup | 4 <sup>th</sup> to 1 <sup>st</sup> Geup | 1 <sup>st</sup> Dan and above |
| Dragon 6 – 7 YEARS OLD   | 5 <sup>th</sup> to 9 <sup>th</sup> Geup | 4 <sup>th</sup> to 1 <sup>st</sup> Geup | 1 <sup>st</sup> Dan and above |
| Tiger 8 – 9 YEARS OLD    | 5 <sup>th</sup> to 9 <sup>th</sup> Geup | 4 <sup>th</sup> to 1 <sup>st</sup> Geup | 1 <sup>st</sup> Dan and above |
| Youth 10 – 11 YEARS OLD  | 5 <sup>th</sup> to 9 <sup>th</sup> Geup | 4 <sup>th</sup> to 1 <sup>st</sup> Geup | 1 <sup>st</sup> Dan and above |
| Cadet 12 – 14 YEARS OLD  | 5 <sup>th</sup> to 9 <sup>th</sup> Geup | 4 <sup>th</sup> to 1 <sup>st</sup> Geup | 1 <sup>st</sup> Dan and above |
| Junior 15 – 17 YEARS OLD | 5 <sup>th</sup> to 9 <sup>th</sup> Geup | 4 <sup>th</sup> to 1 <sup>st</sup> Geup | 1 <sup>st</sup> Dan and above |
| Senior 18 – 30 YEARS OLD | 5 <sup>th</sup> to 9 <sup>th</sup> Geup | 4 <sup>th</sup> to 1 <sup>st</sup> Geup | 1 <sup>st</sup> Dan and above |
| Under 40 YEARS OLD       | 5 <sup>th</sup> to 9 <sup>th</sup> Geup | 4 <sup>th</sup> to 1 <sup>st</sup> Geup | 1 <sup>st</sup> Dan and above |
| Under 50 YEARS OLD       | 5 <sup>th</sup> to 9 <sup>th</sup> Geup | 4 <sup>th</sup> to 1 <sup>st</sup> Geup | 1 <sup>st</sup> Dan and above |
| Under 60 YEARS OLD       | 5 <sup>th</sup> to 9 <sup>th</sup> Geup | 4 <sup>th</sup> to 1 <sup>st</sup> Geup | 1 <sup>st</sup> Dan and above |
| 60 – 65 YEARS OLD        | 5 <sup>th</sup> to 9 <sup>th</sup> Geup | 4 <sup>th</sup> to 1 <sup>st</sup> Geup | 1 <sup>st</sup> Dan and above |
| 66 & OVER                | 5 <sup>th</sup> to 9 <sup>th</sup> Geup | 4 <sup>th</sup> to 1 <sup>st</sup> Geup | 1 <sup>st</sup> Dan and above |

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# PROCEDURE

1. Must have designated timer who will call commands and mark the time.
2. The timer shall call choonbi, shi-jak then the athlete shall assume a fighting stance and begin kicking the target.
3. At the end of the round, the timer shall call keu-man and stop the watch.
4. The athlete will face the camera and the timer shall call char-yeot, kyung-rye, at which the athlete shall bow thus ending their performance for the judges to score.
5. You must have a computer, tablet, or device in the video frame during the performance.

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# SCORING

## Technical (40%)

- Total number of kicks delivered
- Total number of head kicks
- Total number of turning kicks and punches

## Performance (60%)

- Quality of kick
- Difficulty of kick and kicking combination
- Overall performance

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# OPEN KATA

# GENERAL INFORMATION

- ❖ Open to all ages and belt level who practice any Karate style: Individual, Pairs and Team
- ❖ No gender restrictions in forming pairs or teams
- ❖ No age restrictions in forming of the pairs and teams
- ❖ All belt combinations are allowed in forming of the pairs and teams
- ❖ Pairs consists of only 2 members
- ❖ Teams can consist of 3 members
- ❖ Due to various belt systems used worldwide, coaches/ athletes are expected to register in accordance to the respective kata prepared.
- ❖ If deemed necessary, the organizer reserves the right to change or modify tournament provisions not stated in the guidelines.

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# BELT DIVISIONS

|                                 |                         |             |
|---------------------------------|-------------------------|-------------|
| <b>5 YEARS OLD &amp; UNDER</b>  | All Colored Belt Levels | Black Belts |
| <b>Dragon 6 – 7 YEARS OLD</b>   | All Colored Belt Levels | Black Belts |
| <b>Tiger 8 – 9 YEARS OLD</b>    | All Colored Belt Levels | Black Belts |
| <b>Youth 10 – 11 YEARS OLD</b>  | All Colored Belt Levels | Black Belts |
| <b>Cadet 12 – 14 YEARS OLD</b>  | All Colored Belt Levels | Black Belts |
| <b>Junior 15 – 17 YEARS OLD</b> | All Colored Belt Levels | Black Belts |
| <b>Senior 18 – 30 YEARS OLD</b> | All Colored Belt Levels | Black Belts |
| <b>Under 40 YEARS OLD</b>       | All Colored Belt Levels | Black Belts |
| <b>Under 50 YEARS OLD</b>       | All Colored Belt Levels | Black Belts |
| <b>Under 60 YEARS OLD</b>       | All Colored Belt Levels | Black Belts |
| <b>60 – 65 YEARS OLD</b>        | All Colored Belt Levels | Black Belts |
| <b>66 YEARS OLD &amp; OVER</b>  | All Colored Belt Levels | Black Belts |

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# UNIFORM

- Any Karate uniform
- Pair and Team members are recommended to wear same or similar uniforms

## **BELT:**

- Athletes in Colored Belt categories **MUST** wear their appropriate corresponding colored belts for his/ her designated kata being performed. For athletes from a country with a different belt system, athletes may wear the belt color nearest their level.
- Pair and Team members can each wear their own level belts.

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# PROCEDURE

1. Performance should start and end with the correct Karate etiquette appropriate for your style. This will reflect in the final scoring as an element within Spirit criteria.
2. Masters may help with announcing the actions for the students
3. Kata competitors shall record 1 video for each event.

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# SCORING

Scoring will be in the following order of importance:

- Individual: Presentation, Accuracy, Spirit
- Pair: Presentation, Accuracy, Spirit, Synchronization, Teamwork
- Team: Presentation, Accuracy, Spirit, Synchronization, Teamwork

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**FMA (ANYO)**

# GENERAL INFORMATION

- ❖ Open to all ages and belt level who practice FMA: Individual, Pairs and Team
- ❖ Competitors must wield either: double stick, single stick, double bolo, single bolo, espada y daga, or sangot
- ❖ No gender restrictions in forming pairs or teams
- ❖ No age restrictions in forming of the pairs and teams
- ❖ Pairs consists of only 2 members
- ❖ Teams can consist of 3 members
- ❖ If deemed necessary, the organizer reserves the right to change or modify tournament provisions not stated in the guidelines.

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# DIVISIONS

|                                 |           |
|---------------------------------|-----------|
| <b>5 YEARS OLD &amp; UNDER</b>  | Any level |
| <b>Dragon 6 – 7 YEARS OLD</b>   | Any level |
| <b>Tiger 8 – 9 YEARS OLD</b>    | Any level |
| <b>Youth 10 – 11 YEARS OLD</b>  | Any level |
| <b>Cadet 12 – 14 YEARS OLD</b>  | Any level |
| <b>Junior 15 – 17 YEARS OLD</b> | Any level |
| <b>Senior 18 – 30 YEARS OLD</b> | Any level |
| <b>Under 40 YEARS OLD</b>       | Any level |
| <b>Under 50 YEARS OLD</b>       | Any level |
| <b>Under 60 YEARS OLD</b>       | Any level |
| <b>60 – 65 YEARS OLD</b>        | Any level |
| <b>66 YEARS OLD &amp; OVER</b>  | Any level |

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# UNIFORM

- Athlete must wear proper attire
- Pair and Team members are recommended to wear same or similar attire

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# PROCEDURE

1. Performance should start and end with the proper bow or etiquette. This will reflect in the final scoring.
2. Competitors must hold their weapon/s all throughout from start to end.
3. Masters may help with announcing the actions for the students
4. Competitors shall record 1 video for each event between 30 – 60 seconds.

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# SCORING

The competitor will be judged based on 3 criteria:

## Degree of Technique

- Difficulty and skill
- Consistency in execution

## Creativity

- Variety of combinations
- Unpredictability

## Competitive Spirit

- Fluidity of performance
- Projection of Martial Arts Spirit

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# OPEN FORMS

# GENERAL INFORMATION

- ❖ Open to all ages and belt level from all martial art styles: Individual, Pairs and Team
- ❖ No gender restrictions in forming pairs or teams
- ❖ No age restrictions in forming of the pairs and teams
- ❖ All belt combinations are allowed in forming of the pairs and teams
- ❖ Pairs consists of only 2 members
- ❖ Teams can consist of 3 members
- ❖ Due to various belt systems used worldwide, coaches/ athletes are expected to register in accordance to the respective form prepared.
- ❖ If deemed necessary, the organizer reserves the right to change or modify tournament provisions not stated in the guidelines.

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# BELT DIVISIONS

|                                 |                         |             |
|---------------------------------|-------------------------|-------------|
| <b>5 YEARS OLD &amp; UNDER</b>  | All Colored Belt Levels | Black Belts |
| <b>Dragon 6 – 7 YEARS OLD</b>   | All Colored Belt Levels | Black Belts |
| <b>Tiger 8 – 9 YEARS OLD</b>    | All Colored Belt Levels | Black Belts |
| <b>Youth 10 – 11 YEARS OLD</b>  | All Colored Belt Levels | Black Belts |
| <b>Cadet 12 – 14 YEARS OLD</b>  | All Colored Belt Levels | Black Belts |
| <b>Junior 15 – 17 YEARS OLD</b> | All Colored Belt Levels | Black Belts |
| <b>Senior 18 – 30 YEARS OLD</b> | All Colored Belt Levels | Black Belts |
| <b>Under 40 YEARS OLD</b>       | All Colored Belt Levels | Black Belts |
| <b>Under 50 YEARS OLD</b>       | All Colored Belt Levels | Black Belts |
| <b>Under 60 YEARS OLD</b>       | All Colored Belt Levels | Black Belts |
| <b>60 – 65 YEARS OLD</b>        | All Colored Belt Levels | Black Belts |
| <b>66 YEARS OLD &amp; OVER</b>  | All Colored Belt Levels | Black Belts |

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# UNIFORM

- Athlete must wear the proper uniform of their respective martial art
- Pair and Team members are recommended to wear same or similar uniforms

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# PROCEDURE

1. Performance should start and end with the proper bow or etiquette for your respective martial art. This will reflect in the final scoring as an element within Spirit criteria.
2. Masters may help with announcing the actions for the students
3. Competitors shall record 1 video for each event between 30 – 90 seconds.

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# SCORING

Scoring will be in the following order of importance:

- Individual: Presentation, Accuracy, spirit
- Pair: Presentation, Accuracy, Spirit, Synchronization, Teamwork
- Team: Presentation, Accuracy, Spirit, Synchronization, Teamwork

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# OPEN WEAPONS

# GENERAL INFORMATION

- ❖ Open to all ages and belt level from all martial art styles: Individual, Pairs and Team
- ❖ Competitors are allowed to use any martial art approved weapons given that they perform it within the specified time constraints.
- ❖ No gender restrictions in forming pairs or teams
- ❖ No age restrictions in forming of the pairs and teams
- ❖ All belt combinations are allowed in forming of the pairs and teams
- ❖ Pairs consists of only 2 members
- ❖ Teams can consist of 3 members
- ❖ Due to various belt systems used worldwide, coaches/ athletes are expected to register in accordance to the respective form prepared.
- ❖ If deemed necessary, the organizer reserves the right to change or modify tournament provisions not stated in the guidelines.

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# BELT DIVISIONS

|                                 |                         |             |
|---------------------------------|-------------------------|-------------|
| <b>5 YEARS OLD &amp; UNDER</b>  | All Colored Belt Levels | Black Belts |
| <b>Dragon 6 – 7 YEARS OLD</b>   | All Colored Belt Levels | Black Belts |
| <b>Tiger 8 – 9 YEARS OLD</b>    | All Colored Belt Levels | Black Belts |
| <b>Youth 10 – 11 YEARS OLD</b>  | All Colored Belt Levels | Black Belts |
| <b>Cadet 12 – 14 YEARS OLD</b>  | All Colored Belt Levels | Black Belts |
| <b>Junior 15 – 17 YEARS OLD</b> | All Colored Belt Levels | Black Belts |
| <b>Senior 18 – 30 YEARS OLD</b> | All Colored Belt Levels | Black Belts |
| <b>Under 40 YEARS OLD</b>       | All Colored Belt Levels | Black Belts |
| <b>Under 50 YEARS OLD</b>       | All Colored Belt Levels | Black Belts |
| <b>Under 60 YEARS OLD</b>       | All Colored Belt Levels | Black Belts |
| <b>60 – 65 YEARS OLD</b>        | All Colored Belt Levels | Black Belts |
| <b>66 YEARS OLD &amp; OVER</b>  | All Colored Belt Levels | Black Belts |

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# UNIFORM

- Athlete must wear the proper uniform of their respective martial art
- Pair and Team members are recommended to wear same or similar uniforms

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# PROCEDURE

1. Performance should start and end with the proper bow or etiquette for your respective martial art. This will reflect in the final scoring.
2. Competitors must hold their weapon/s all throughout from start to end.
3. Masters may help with announcing the actions for the students
4. Competitors shall record 1 video for each event between 30 – 60 seconds.

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# SCORING

The competitor will be judged based on 3 criteria:

## Degree of Technique

- Difficulty and skill
- Consistency in execution

## Creativity

- Variety of combinations
- Unpredictability

## Competitive Spirit

- Fluidity of performance
- Projection of Martial Arts Spirit

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**OPEN SPEED KICKING**

# GENERAL INFORMATION

- ❖ Participants are required to kick (with or without a target) as many times possible within a specified time limit, using correctly executed kicking techniques that are at least above the waist.
- ❖ A body opponent bag (Bob), heavy bag, free standing bag paddles may be used as target.
- ❖ Every properly executed kick will be counted as 1 point.
- ❖ Participants without a target will be matched together.
- ❖ Participants with a target will be matched according to the type of target used below:
  - Body opponent bag (Bob)/heavy bag/free standing bag
  - Kickpads

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# BELT DIVISIONS

|                          |                         |             |
|--------------------------|-------------------------|-------------|
| 5 YEARS OLD & UNDER      | All Colored Belt Levels | Black Belts |
| Dragon 6 – 7 YEARS OLD   | All Colored Belt Levels | Black Belts |
| Tiger 8 – 9 YEARS OLD    | All Colored Belt Levels | Black Belts |
| Youth 10 – 11 YEARS OLD  | All Colored Belt Levels | Black Belts |
| Cadet 12 – 14 YEARS OLD  | All Colored Belt Levels | Black Belts |
| Junior 15 – 17 YEARS OLD | All Colored Belt Levels | Black Belts |
| Senior 18 – 30 YEARS OLD | All Colored Belt Levels | Black Belts |
| Under 40 YEARS OLD       | All Colored Belt Levels | Black Belts |
| Under 50 YEARS OLD       | All Colored Belt Levels | Black Belts |
| Under 60 YEARS OLD       | All Colored Belt Levels | Black Belts |
| 60 – 65 YEARS OLD        | All Colored Belt Levels | Black Belts |
| 66 YEARS OLD & OVER      | All Colored Belt Levels | Black Belts |

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# UNIFORM

- Athlete must wear the proper uniform or an attire that best reflects their martial art style and chosen weapon

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# PROCEDURE

1. Must have designated timer who will call commands and mark the time.
2. The timer shall give the commands READY, START then the athlete shall assume a fighting stance and begin kicking the target.
3. At the end of the round, the timer shall give the command FINISHED and stop the watch.
4. The athlete will face the camera and bow thus ending their performance for the judges to score.
5. You must have a computer, tablet, or device in the video frame during the performance.

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# SCORING

- Judges will score legal kicks that are executed to same body and head level height as athlete.
- Three referees will count the number of athlete's kick and we will average score.
- Every kick will be counted as 1 point.

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**WOOD BOARD BREAKING**

# GENERAL INFORMATION

- ❖ Competitors will use powerful, correctly executed hand and kicking techniques to break wood boards.
- ❖ Competitors are expected to display technical skill and proper martial art manner, as well as showmanship and creativity.

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# BELT DIVISIONS

|                          |                         |             |
|--------------------------|-------------------------|-------------|
| 5 YEARS OLD & UNDER      | All Colored Belt Levels | Black Belts |
| Dragon 6 – 7 YEARS OLD   | All Colored Belt Levels | Black Belts |
| Tiger 8 – 9 YEARS OLD    | All Colored Belt Levels | Black Belts |
| Youth 10 – 11 YEARS OLD  | All Colored Belt Levels | Black Belts |
| Cadet 12 – 14 YEARS OLD  | All Colored Belt Levels | Black Belts |
| Junior 15 – 17 YEARS OLD | All Colored Belt Levels | Black Belts |
| Senior 18 – 30 YEARS OLD | All Colored Belt Levels | Black Belts |
| Under 40 YEARS OLD       | All Colored Belt Levels | Black Belts |
| Under 50 YEARS OLD       | All Colored Belt Levels | Black Belts |
| Under 60 YEARS OLD       | All Colored Belt Levels | Black Belts |
| 60 – 65 YEARS OLD        | All Colored Belt Levels | Black Belts |
| 66 YEARS OLD & OVER      | All Colored Belt Levels | Black Belts |

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# UNIFORM

- Competitor must wear the proper uniform or an attire that best reflects their martial art style.

# BOARD

- Competitors must provide their own boards.
- Any size boards will be allowed for any age or division.
- No spacers may be used, including fingers. Holders may not attempt to “help” the competitor by bending, moving, or pushing the boards; any attempt to do so will result in deduction for each instance.
- No bricks, cinder blocks, or any materials other than approved wooden boards and approved mechanical holders

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# PROCEDURE

1. Competitors may choose the kind of techniques and number of boards to break, up to a maximum of 5 boards and a minimum of 1 board.
2. Performance should start and end with the proper bow or etiquette. This will reflect in the final scoring.
3. Presentation must be within the 1-minute time limit.
4. Any martial art striking or kicking technique may be used. No head strikes (head butts).
5. Mechanical board holders are allowed but no props such as chairs, trampolines, tables, etc. may be used.
6. Holders may be used as “human launch pads” for jumping techniques

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# SCORING

The competitor will be judged based on 3 criteria:

## Degree of Technique

- Difficulty and skill
- Consistency in execution

## Creativity

- Variety of combinations
- Unpredictability

## Competitive Spirit

- Fluidity of performance
- Projection of Martial Arts Spirit

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**AWARDS**

**1<sup>ST</sup> PLACE** – 1<sup>st</sup> Place E-certificate and Medal

**2<sup>ND</sup> PLACE** – 2<sup>nd</sup> Place E-certificate and Medal

**3<sup>RD</sup> PLACE** – 3<sup>rd</sup> Place E-certificate and Medal

**4<sup>TH</sup> PLACE** – 4<sup>th</sup> Place E-certificate and Medal

**NOTE:**

E-certificates may be downloaded immediately after awarding through your team's account

Medals will take 2 to 3 months to be delivered and may take longer depending on COVID-19 restrictions

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