



2021 Alberta Open Online Tournament Package

ELIGIBILITY

- This tournament is open to all active Canadian taekwondo practitioners

FORMAT

- The 2021 Alberta Open Online Tournament consists of two components
 - Video entry events
 - Live virtual sparring event during the final show

ENTRY DEADLINE and TIMELINE

- Sunday, May 16 Videos and entry forms must be submitted by 11:59 pm MST
- Thursday, May 27 Zoom link and virtual sparring trees will be posted
- Friday, May 28 Live virtual sparring event 5:30 – 8:30 pm MST
- Saturday, May 29 Final show, prizes, results, highlights to be released at 12:00 pm MST

COST

- There is a \$25.00 entry fee, payable to the Alberta Taekwondo Association

PRIZES

- All entrants will receive participation certificates and be eligible for prize draws
- Certificates and/or medals will be awarded for competitive events
- Crazy competitions are for draw entries

SPONSORSHIP

- We gratefully accept any Canadian vendors wishing to sponsor our event
- Please contact albertaopen@taekwondoalberta.com if you wish to donate gift certificates or promotional items
- Your generosity will be acknowledged

UNIFORM

- Coloured Belt – any style white taekwondo dobok with appropriate belt and bare feet
- Black Belt – any style white taekwondo dobok with poom or black belt and bare feet

VIDEO ENTRY EVENTS

- Individual Poomsae Competition – Page 4
 - Colour Belt Poomsae
 - Black Belt Recreational Poomsae
 - Black Belt Sport Poomsae
 - Freestyle
- Kicking Competitions – Page 6
 - Manual Scoring
 - 20/20 Armor Scoring – Advanced Belts
 - 20/20 Armor Scoring – Beginner Belts
 - Paper Ball Challenge
- Crazy Competitions – Page 8
 - Water Balloon Break
 - Blindfolded Board Break


VIDEO RULES FOR ALL EVENTS

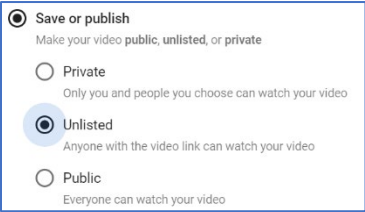
- Videos used in previous competitions are unacceptable
- Videos must be filmed in landscape mode
- Videos must be continuous without stops and starts
- Make sure entire competitor can be seen in video at all times
- Camera must be stationary, but may be rotated up to 45 degrees left or right during filming
- Space must be well-lit without shadows or backlighting of competitor (from a window or a light)
- Videos must be at least 720dpi quality (most phones will have this capability)
- See individual event instructions for further video rules
- Please carefully follow these guidelines to prevent disqualification
- Send us your blooper videos for prize draws

LIVE VIRTUAL SPARRING EVENT

- Virtual sparring is like the ‘Rock, Paper, Scissors’ game, using Taekwondo techniques
- This event will be held over Zoom, on Saturday, May 29, during the live show
- Competitors will be grouped into fight trees and compete head to head, single elimination
- Upon hearing the referee’s command of ‘begin’, players perform, and hold, one of the following techniques:
 - Block
 - Kick
 - Punch
- The referee will see what each player does and then determine the winner:
 - Kick beats Punch
 - Punch beats Block
 - Block beats Kick
- If a player does two techniques, they receive a gam-jeom
- 3 Rounds (best 2 out of 3), each round goes to 5 points
- If a player times out because of connectivity problems, they will receive 2 chances to come back to the competition before being disqualified

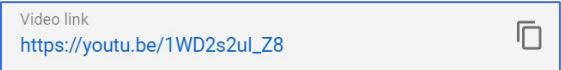
HOW TO ENTER

- Read all instructions in this tournament package
- Film your video(s) and review carefully to make sure all necessary criteria are met
- Name each video in this format:
 - Last Name_First Name_Sex_Event Name
 - Example: Pendry_Darrel_M_Paper Ball Challenge
 - **NOTE:** If you're entering the advanced 20/20 Armor competition name your three videos in this format:
 - Last Name_First Name_Sex_Event Name_Video Number
 - Example: Strome_Harvey_M_20/20 Armor_1
- Upload video(s) to [YouTube](#)
 - Create, if necessary, then log in to YouTube account
 - Click the 'Add Video' icon  and select 'Upload Video'
 - Upload one video at a time or several videos at one time
 - Make sure videos are properly named
 - Proceed through the steps, making sure to set videos to 'Unlisted'



The screenshot shows the YouTube 'Save or publish' dialog box. It has three radio button options: 'Private' (unselected), 'Unlisted' (selected), and 'Public' (unselected). Below each option is a brief description of the privacy level.

 - If you choose 'Private' your video will be unavailable for viewing or judging
 - Once video is uploaded and published, copy its link



The screenshot shows a text box labeled 'Video link' containing the URL https://youtu.be/1WD2s2ul_Z8 and a copy icon to the right.
- Fill out the entry form
 - Go to www.taekwondoalberta.com to enter OR
 - Click [2021 Alberta Open Online Tournament](#) to go directly to the form

Individual Poomsae Competition

- Qualified judges will score videos according to current sport poomsae criteria
- The start / finish at the same place rule will not be applied
- Each competitor will be allowed to enter recreational **OR** sport poomsae, plus freestyle (if desired)

Poomsae Video Rules

- Video must have sound so that kihaps and stomps are evident
- Athlete must be 100% in view at all times or .3 deductions for missing moves shall be applied
- Athlete must not adjust their position or take an extra step because of inadequate space or .3 deduction for extra step shall be applied
- For sport poomsae, competitors must remain in view with camera running, during 30 second break

Recreational Poomsae

- Coloured Belt – choose highest or second highest poomsae for belt level
- Black Belt Recreational – choose highest or second highest poomsae for belt level

Sport Poomsae

- Perform two (2) compulsory poomsae according to WT, in one continuous video
- Poomsae draws
 - Youth 1 (Under 8 years old born 2013 and later): T4, T5
 - Youth 2 (9 – 11 years old born 2010 - 2012): T6, T7
 - Cadet (12 - 14 years old born 2007 – 2009): T8, Koryo
 - Junior (15 – 17 years old born 2004-2006): Keumgang, Taebaek
 - Senior 1 - U30, U40 (18 – 40 years old born 1981 to 2003): Pyongwon, Shipjin
 - Senior 2 – U50, U60 (41 – 60 years old born 1961 – 1980): Jitae, Chonkwon
 - Senior Open - U65, O65 (61 years and older born 1970 and earlier): Jitae, Hansu
- Make sure to perform the correct poomsae for your category, in the correct order
- Uniform Requirements
 - WT approved competition uniform with appropriate belt and bare feet
 - Incorrect uniform or footwear will result in a .3 deduction
 - No jewelry or taping of the hands, wrists, ankles, feet
- Poomsae commands shall be announced by someone off camera
 - First Poomsae
 - Cha-ryeot (Attention)
 - Kyeong-rye (Bow)
 - Joon-bi (Ready)
 - Shi-jak (Begin)
 - Ba-ro (Back to start)
 - Shi-o (Relax)
 - Second Poomsae
 - Joon-bi (Ready)
 - Shi-jak (Begin)
 - Ba-ro (Back to start)
 - Kyeong-rye (Bow)

Freestyle Poomsae

- This an expansion of our poomsae into dance moves crazy competition from the 2021 Alberta Taekwondo Challenge
- Individuals will create a 20-30 second freestyle poomsae video using the following criteria:
 - Must include music without lyrics
 - Must include these 3 essential elements in order:
 - Jumping Kick (eg: flying side kick, double kicks, jump back kick, jump front kick)
 - Spinning kick (eg: 360 degree roundhouse or hook, spinning back kick, tornado)
 - Sparring combination (start with a fighting stance and a few bounces followed by a 3-kick combo)
 - Any moves between the essential elements should be creative and include good quality poomsae moves, including a variety of stances, hand techniques, and foot techniques
- Check out individual freestyle routines here: [2020 Poomsae Grand Slam](#)

Kicking Competitions

Manual Scoring

- Complete as many kicks as you can in 30 seconds
- Competitor may kick
 - Bob/Bobby
 - Sibling or parent wearing a chest protector
 - Shield/paddles/blast master target
- Kicking style MUST be
 - Back leg roundhouse kick ONLY
 - Back leg MUST start behind or beside the base leg to count
- All kicks must be higher than the competitor's belt level
- Categories will be grouped depending on entries received
- Filming guidelines
 - Must be done at the height of the competitor's body
 - Must show the entire competitor AND the target
 - Include a view of a 30 second timer (on a phone) during the video
 - Competitor begins when somebody off camera shouts, "Shi-jak!" and starts the timer
- Judging will be based on proper form and number of kicks

20/20 Armor Scoring – Reflex Reaction Game – Advanced Belts

- Green belt to Black belt (6th gup and higher)
- Each competitor will record and submit 3 separate videos, one for each round of competition
 - Round 1 – Rear leg roundhouse kick beginning in open stance (same leg throughout)
 - Round 2 – Back kick beginning in fighting stance, rear leg executes the back kick and return to fighting stance after each kick (same leg throughout)
 - Round 3 – Tornado kick beginning in fighting stance, front leg will make contact, spin direction depends on which leg is forward (same leg throughout)
- Competitor must win the first round to proceed to the second round and win the second round to proceed to the finals

20/20 Armor Scoring – Reflex Reaction Game – Beginner Belts

- White belt to Green stripe (10th to 7th gup)
- Each competitor will record 1 video and there is 1 round of competition
- Competitor must use the rear leg roundhouse kick, beginning in fighting stance (same leg throughout)

Guidelines for Both Levels of 20/20 Armor Competition

- You will need an account, the app (found at 2020armor.com/app), and the 20/20 Armor electronic hogu, updated with the latest software
- In the app, choose 'Reflex Reaction', then choose 'Live', set the game for 30 seconds
- The app will use your phone's REAR facing camera to film the game and you will upload this video to YouTube, as per the competition guidelines
- You must allow access to your camera/camera roll to be able to save the videos
- Video MUST include a full view of the kicker and the hogu
- All kicks must be higher than the competitor's belt level
- Electronic hogu may be worn by Bob or a human
- Judging will be based on the best average reaction time, the fastest reaction time, the most kicks (in that order if there are ties)

Paper Ball Challenge

- Ball up a piece of loose-leaf paper
- Set a stopwatch to be visible in the video
- You must complete a series of kicks in the fastest amount of time possible
- Kicker must throw the paper ball in the air and kick it
- Only move on to the next kick once you've completed the previous kick
- Beginner – White belt to Green stripe (10th to 7th gup)
 - Front snap kick
 - Roundhouse kick
 - Side kick
 - Front leg hook kick
- Advanced – Green belt to Black belt (6th gup and higher)
 - Front snap kick
 - Roundhouse kick
 - Side kick
 - Back kick
 - Spinning hook kick
 - Tornado kick
- Winners will be determined by fastest time and best quality of kicks

Crazy Competitions

- Enter either or both of the following crazy competitions
- All entrants will be entered to win fantastic prizes

Water Balloon Breaking

- You can toss your own balloon, or have someone toss it for you
- Water balloon must break as a result of being kicked
- Any kick style is acceptable
- MAKE SURE YOU HAVE PERMISSION TO BREAK WATER BALLOONS

Blindfolded Board Break

- You must be in uniform
- Any kick is acceptable
- You must be blindfolded
- Any style of board is acceptable
- BOARD HOLDERS BEWARE