



2024 **FILA OPEN ONLINE** Taekwondo Kyorugi Championships Guidebook

Enquiries

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2024 **FILA OPEN** ONLINE Taekwondo Kyorugi Championships

2024 FILA OPEN ONLINE Taekwondo Kyorugi Championships Guidebook

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01 Championships Schedule



Online Championships Registration and Progression

January 15th 2024 ~
March 31st 2024
Online registration

Online Championships Awards

February ~ April
Ongoing award ceremonies

Invitation Championships Progression

June ~ July
Venue: Yongin University
Multipurpose Gym · Danho Hall

Invitation Championships Awards

June ~ July
Venue: Yongin University
Multipurpose Gym · Danho Hall

Participants of the 2024 FILA OPEN ONLINE Taekwondo Kyorugi Championships could receive an invitation for the Invitation Championships (scheduled for June ~ July)



02-01 Championships Events (All)

Multiple entries are permitted

Individuals

Preschool (6 years and under)
Kindergarten (7 years)
Elementary school (by grade or age)
Middle school (by grade or age)
High school (by grade or age)
Adults (under 30, under 40, under 50,
under 60, under 65, 66 and over)

Pairs (2 people)

Preschool and Kindergarten
(7 or under)
Elementary
(lower grades, upper grades)
Middle school (combined)
High school (combined)
Adults (combined)

Team (3 people)

Preschool and Kindergarten
(7 or under)
Elementary
(lower grades, upper grades)
Middle school (combined)
High school (combined)
Adults (combined)

Mixed Team (4 people)

Preschool and Kindergarten
(7 or under)
Elementary
(lower grades, upper grades)
Middle school (combined)
High school (combined)
Adults (combined)

International participants will enter events based on their year of birth



02-02 Championships Events (Individuals)

Division	Age group	Category	Birth year
Preschool	6 years old and under	Color belts I (white belt - green belt)	2017 onwards
		Color belts II (blue belt - red belt)	
		Junior black belts	
Kindergarten	7 years old	Color belts I (white belt - green belt)	2016
		Color belts II (blue belt - red belt)	
		Junior black belts	

International athletes by year of birth

Division	Age group	Category	Birth year
Elementary School	1 st Grade (8 years old)	Color belts	2015
		Junior black belts	
	2 nd Grade (9 years old)	Color belts	2014
		Junior black belts	
	3 rd Grade (10 years old)	Color belts	2013
		Junior black belts	
	4 th Grade (11 years old)	Color belts	2012
		Junior black belts	
	5 th Grade (12 years old)	Color belts	2011
		Junior black belts	
	6 th Grade (13 years old)	Color belts	2010
		Junior black belts	



02-02 Championships Events (Individuals)

Division	Age group	Category	Birth year
Middle School	1 st Grade (14 years old)	Color belts	2009
		Junior/ Black belts	
	2 nd Grade (15 years old)	Color belts	2008
		Junior/ Black belts	
	3 rd Grade (16 years old)	Color belts	2007
		Junior/ Black belts	

Division	Age group	Category	Birth year
High School	1 st Grade (17 years old)	Color belts	2006
		Black belts	
	2 nd Grade (18 years old)	Color belts	2005
		Black belts	
	3 rd Grade (19 years old)	Color belts	2004
		Black belts	

Division	Age group	Category	Birth year
Adults	Under 30 (20 - 30 years old)	Color belts	2003 ~ 1993
		Black belts	
	Under 40 (31 - 40 years old)	Color belts	1992 ~ 1983
		Black belts	
	Under 50 (41 - 50 years old)	Color belts	1982 ~ 1973
		Black belts	
	Under 60 (51 - 60 years old)	Color belts	1972 ~ 1963
		Black belts	
	Under 65 (61 - 65 years old)	Color belts	1962 ~ 1958
		Black belts	
	66+ (66 years old and over)	Color belts	1957 and before
		Black belts	



02-03 Championships Events (Pairs) Mixed Pairs 2 people (1 male, 1 female)

Division	Age group	Category	Birth year
Preschool and Kindergarten	7 years old and under	Color belts	2016 onwards
		Junior black belts	
Elementary School	Lower Grades 1 st – 3 rd Grade (8 – 10 years old)	Color belts	2015 ~ 2013
		Junior black belts	
	Higher Grades 4 th – 6 th Grade (11 – 13 years old)	Color belts	2012 ~ 2010
		Junior black belts	

Division	Age group	Category	Birth year
Middle School	Combined 1 st – 3 rd Grade (14 – 16 years old)	Color belts	2009 ~ 2007
		Junior / Black belts	
High School	Combined 1 st – 3 rd Grade (17 – 19 years old)	Color belts	2006 ~ 2004
		Black belts	
Adults	Combined 20 years old and older	Color belts	2003 and before
		Black belts	

International athletes by year of birth



02-04 Championships Events (Team) Men / Women 3 people (3 males / 3 females)

Division	Age group	Category	Birth year
Preschool and Kindergarten	7 years old and under	Color belts	2016 onwards
		Junior black belts	
Elementary School	Lower Grades 1 st – 3 rd Grade (8 – 10 years old)	Color belts	2015 ~ 2013
		Junior black belts	
	Higher Grades 4 th – 6 th Grade (11 – 13 years old)	Color belts	2012 ~ 2010
		Junior black belts	

Division	Age group	Category	Birth year
Middle School	Combined 1 st – 3 rd Grade (14 – 16 years old)	Color belts	2009 ~ 2007
		Junior / Black belts	
High School	Combined 1 st – 3 rd Grade (17 – 19 years old)	Color belts	2006 ~ 2004
		Black belts	
Adults	Combined 20 years old and older	Color belts	2003 and before
		Black belts	

domestic athletes by grade, international athletes by year of birth



02-05 Championships Events (Mixed Team) Mixed Team of 4 people (2 males, 2 females)

Division	Age group	Category	Birth year
Preschool and Kindergarten	7 years old and under	Color belts	2016 onwards
		Junior black belts	
Elementary School	Lower Grades 1 st – 3 rd Grade (8 – 10 years old)	Color belts	2015 ~ 2013
		Junior black belts	
	Higher Grades 4 th – 6 th Grade (11 – 13 years old)	Color belts	2012 ~ 2010
		Junior black belts	

Division	Age group	Category	Birth year
Middle School	Combined 1 st – 3 rd Grade (14 – 16 years old)	Color belts	2009 ~ 2007
		Junior / Black belts	
High School	Combined 1 st – 3 rd Grade (17 – 19 years old)	Color belts	2006 ~ 2004
		Black belts	
Adults	Combined 20 years old and older	Color belts	2003 and before
		Black belts	

International athletes by year of birth



03 Mandatory Techniques

Mandatory Techniques are the same for each category in Individuals, Pairs, Team and Mixed Team

Point deduction for missing mandatory skills (Technical skill points will be deducted for each missing technique)

Division	Age group	Mandatory Techniques (each at least once)
Preschool and Kindergarten	Color belts, Junior black belts (1 – 7 years old)	<ul style="list-style-type: none"> ✔ Punch attack ✔ Axe kick ✔ Front kick or Turning kick
Elementary School	Color belts 1 st – 6 th Grade (8 – 13 years old)	<ul style="list-style-type: none"> ✔ Punch attack
	Junior black belts 1 st – 3 rd Grade (8 – 10 years old)	<ul style="list-style-type: none"> ✔ Axe kick ✔ Turning Kick
	Higher Grades 4 th – 6 th Grade (11 – 13 years old)	<ul style="list-style-type: none"> ✔ Punch attack ✔ Axe kick ✔ Turning Kick ✔ Back kick ✔ Reverse hook kick

Division	Age group	Mandatory Techniques (each at least once)
Middle School	1 st – 3 rd Grade (14 – 16 years old)	<ul style="list-style-type: none"> ✔ Punch attack
High School	1 st – 3 rd Grade (17 – 19 years old)	<ul style="list-style-type: none"> ✔ Axe kick ✔ Turning Kick ✔ Back kick
Adults	Everyone (20 years and over)	<ul style="list-style-type: none"> ✔ Reverse hook kick ✔ Double kicks ✔ Tornado kick







04-01 Championships Time

Division	Age group	Individuals	Pairs (2 people)	Team (3 people)	Mixed Team (4 people)
Preschool and Kindergarten	Color belts, Junior black belts (1 – 7 years old)	within 20 seconds	within 30 seconds	within 35 seconds	within 40 seconds
Elementary School	1 st – 3 rd Grade (8 – 10 years old)	within 20 seconds	within 30 seconds	within 35 seconds	within 40 seconds
	4 th – 6 th Grade (11 – 13 years old)	within 20 seconds	within 35 seconds	within 45 seconds	within 50 seconds
Middle School	1 st – 3 rd Grade (14 – 16 years old)	within 25 seconds	within 35 seconds	within 45 seconds	within 50 seconds
High School	1 st – 3 rd Grade (17 – 19 years old)	within 30 seconds	within 40 seconds	within 50 seconds	within 60 seconds
Adults	Everyone (20 years and over)	within 30 seconds	within 40 seconds	within 50 seconds	within 60 seconds



04-02 Championships Format

-  **Using kick paddles to show sparring against a virtual athlete**
-  **Use of mandatory techniques during the designated match time**
-  **Pairs, team and mixed team matches will be played via athlete substitution**
-  **Mandatory techniques must be used more than once during the match period for pairs, teams and mixed teams.**

 **Both single and double kick paddles are permitted**

Event	Detailed Championships Format
Individuals	Using kick paddles to demonstrate sparring against a virtual athlete
Pairs	Using kick paddles, no division between genders: Athlete 1 demonstrates first (10 – 20 seconds) followed by Athlete 2’s demonstration (10 – 20 seconds)
Team	Using kick paddles: Athlete 1 demonstrates (10 – 20s) › Athlete 2 (10 – 20s) › Athlete 3 demonstrates (10 – 20s) one by one in this order
Mixed Team	Using kick paddles: Female Athlete 1 (10 – 20s) › Male Athlete 2 (10 – 20s) › Female Athlete 3 (10 – 20s) › Male Athlete 4 (10 – 20s) demonstrates one by one in this order



04-03 Championships Attire



Taekwondo Uniform and Belt

Generally, wearing an approved uniform and belt is preferred, but colored uniforms and dojang logos are permitted, there will be no point deduction.

The wearing of Taekwondo shoes, hoodies or sports jackets is not permitted.



Colored uniforms permitted



Club name and logo on Uniform permitted



Taekwondo shoes are not permitted



Hoodies or sports jackets are not permitted



04-04 How to Record

- ✓ The video should be filmed on a non-slippery and safe Taekwondo mat with a flat surface.
- ✓ It should be 1 single continuous video (cutting or editing the video is grounds for disqualification)
- ✓ The video should be filmed horizontally
- ✓ The camera should be level when filming, so the video isn't tilted
- ✓ The camera can be moved up, down, left, right and can be zoomed in and out depending on the athlete's movement
- ✓ Save the competition video file as 'event - gender - division - age group - dojang name (affiliation) - athlete's name'



Saving the Championships video

Championships video file name

1. Event
2. Gender
3. Division
4. Age group
5. Dojang name (Team name)
6. Athlete's name

See the following pages for examples



Individuals



Pairs



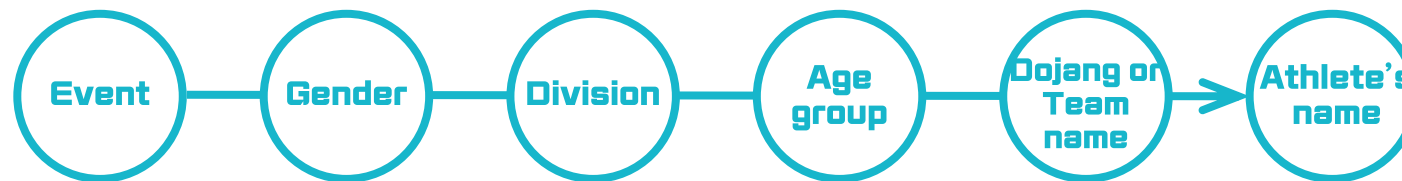
Team



Mixed Team



04-05 Championships Game Video File Name (Individuals)



Example of Championships Game Video (File Name) for Individuals

Individuals - Men - Preschool - 6years and under - Yongin Taekwondo Dojang - Yongin Kim

Individuals - Women - Elementary - 1st Grade (8 years) - Yongin Taekwondo Dojang - Yongin Kim

Individuals - Men - Middle school - 1st Grade (14 years) - Yongin Taekwondo Dojang - Yongin Kim

Individuals - Women - High school - 1st Grade (17 years) - Yongin Taekwondo Dojang - Yongin Kim

Individuals - Men - Adults - under 30s - Yongin Taekwondo Dojang - Yongin Kim



04-06 Championships Game Video File Name (Pairs)

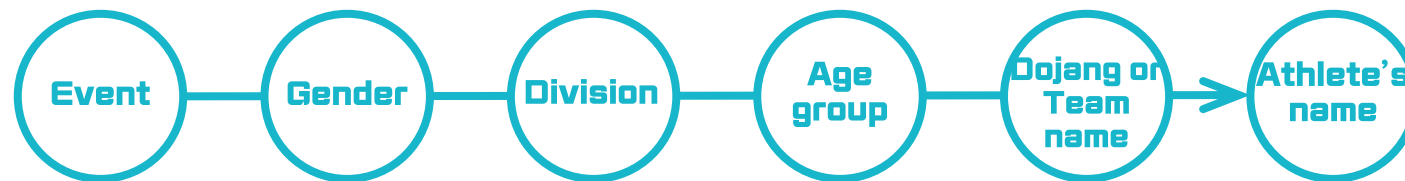


Example of Championships Game Video (File Name) for Pairs (Mixed pairs 2people)

- Pairs - Preschool - 6 years and under - Yongin Taekwondo Dojang - YongIn Kim, Mina Lee
- Pairs - Elementary - Lower grades - Yongin Taekwondo Dojang - YongIn Kim, Mina Lee
- Pairs - Middle school - Combined - Yongin Taekwondo Dojang - YongIn Kim, Mina Lee
- Pairs - High school - Combined - Yongin Taekwondo Dojang - YongIn Kim, Mina Lee
- Pairs - Adults - Combined - Yongin Taekwondo Dojang - YongIn Kim, Mina Lee



04-07 Championships Game Video File Name (Team)



Example of Championships Game Video (File Name) for Teams (3 males / 3 females)

- Team - Men - Preschool - 6 years and under - Yongin Taekwondo Dojang - YongIn Kim, Sam Lee, John Park
- Team - Women - Elementary - Lower grades - Yongin Taekwondo Dojang - YongIn Kim, Mina Lee, Jina Park
- Team - Men - Middle school - Combined - Yongin Taekwondo Dojang - YongIn Kim, Sam Lee, John Park
- Team - Women - High school - Combined - Yongin Taekwondo Dojang - YongIn Kim, Mina Lee, Jina Park
- Team - Men - Adults - Combined - Yongin Taekwondo Dojang - YongIn Kim, Sam Lee, John Park



04-08 Championships Game Video File Name (Mixed Team)



Example of Championships Game Video (File Name) for Mixed Teams (2 males, 2 females)

- Mixed Team – Preschool – 6 year and under – Yongin TKD Dojang – YongIn Kim, Mina Lee, John Park, Anna Kwon
- Mixed Team – Elementary – Lower grades – Yongin TKD Dojang – YongIn Kim, Mina Lee, John Park, Anna Kwon
- Mixed Team – Middle school – Combined – Yongin TKD Dojang – YongIn Kim, Mina Lee, John Park, Anna Kwon
- Mixed Team – High school – Combined – Yongin TKD Dojang – YongIn Kim, Mina Lee, John Park, Anna Kwon
- Mixed Team – Adults – Combined – Yongin TKD Dojang – YongIn Kim, Mina Lee, John Park, Anna Kwon



04-09 Filming Order

1 Greeting

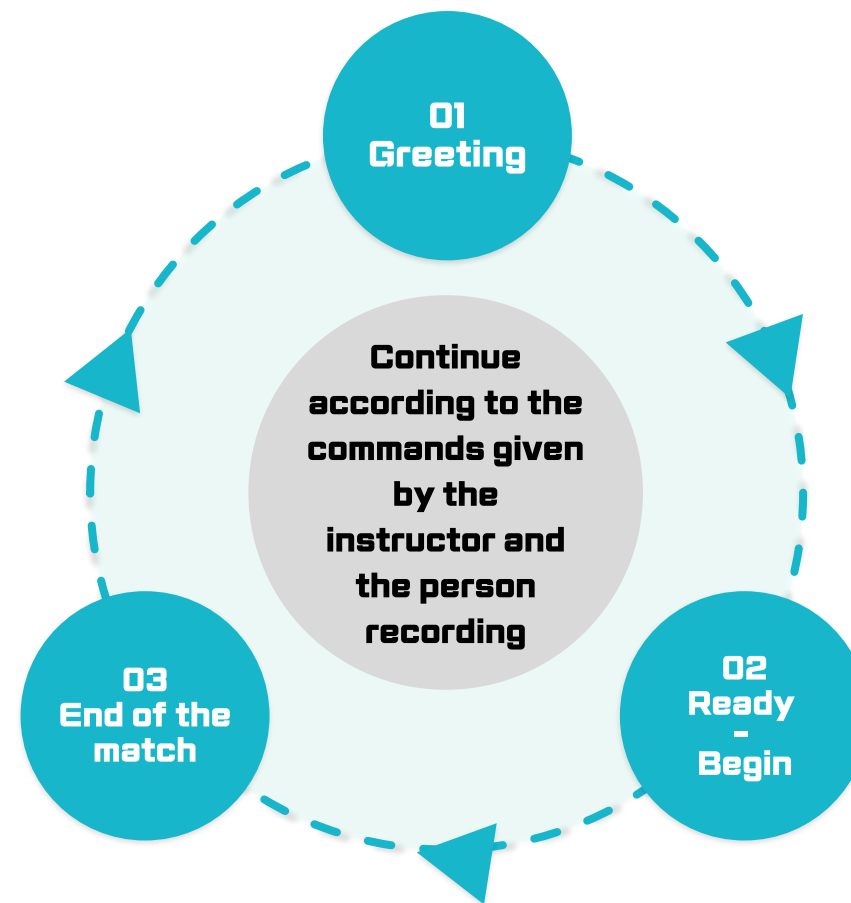
At the “Charyut” (“Attention”) command, the athlete bows when “Kyeong rye” (“Bow”) is called after checking the athlete’s identity
Example: The match begins after ‘Individuals Elementary lower grades Yongin Taekwondo Dojang Yongin Kim’ (Video file name) is called. For pairs, teams and mixed teams the 1st athlete is called

2 Ready - Begin

At the “Junbi - Sijak” (“Ready - Begin”) command, the match (paddle sparring) begins

3 End of the Match

When the “Geuman - Charyut - Kyeong Rye” (“Stop - Attention - Bow”) command is given, the match and recording ends.





04-10 Evaluation Method

- 1 **Cut-off scoring system**
- 2 **3 Referee system (1 main referee, 2 assistant referees)**
- 3 **Evaluation criteria (technical skills, aptitude)**
- 4 **Deductions for not applying mandatory techniques (each missed technique has a point deducted from the technical skill points)**
- 5 **The final evaluations are G (GOLD), S (SILVER), and B (BRONZE) class**

Overview	Category	Evaluation Points	points	
Evaluation criteria (10 points)	Technical Skills (6.0 points)	Motion Connectivity	2	
		Mandatory Techniques	1	
		Practicality	1	
		Accuracy	1	
		Kicking Speed	1	
	Aptitude (4.0 points)	Variety	2	
		Kihap	1	
		Step	1	
	Final evaluation			

The final evaluations are G (GOLD), S (SILVER), and B (BRONZE) class



04-11 Grounds for Disqualification

- 1 The specified time is exceeded**
- 2 Noises other than Kihap hinder scoring**
- 3 Using acrobatics or demonstration kicks other than kicks needed for Kyorugi skills**
- 4 The athlete is off the screen for more than 3 seconds**
- 5 The video was edited in any way**
- 6 Two or more referees agree to disqualification due to other circumstances**

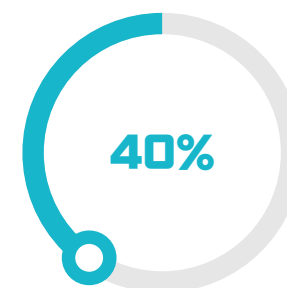


04-12 Awards

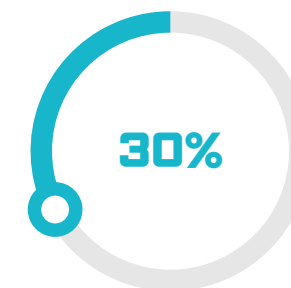
- 1 Awarded regularly through online evaluations from February to April**
Participants of the 2024 FILA OPEN ONLINE Taekwondo Kyorugi Championships could be invited to the Invitation Championships (scheduled for June~July)
- 2 Awards for each division in individuals, pairs, team and mixed team through evaluation of each division's referees**
Awards are given in G class (GOLD), S class (SILVER), and B class (BRONZE)
- 4 e-certificates (certificate files) are sent by dojang or group**
When requesting certificates (dojang or group application) printing and shipping costs are incurred
- 5 Best Instructor and Best Athlete Awards**
- 6 Early Bird Award, FILA Award, Special Award, Blue Dragon Award, Value Award, Smile Award, etc Various giveaways and benefits**



G class (GOLD)



S class (SILVER)



B class (BRONZE)



05 How to Complete the Application Form



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2024 FILA OPEN Official Band Registration

2024 FILA OPEN Kyorugi Championships



2024 FILA OPEN Official Band QR

2024 FILA OPEN Official Kyorugi Championships URL:
<https://band.us/band/90143893>



05 How to Complete the Application Form

**Application form
Kyorugi
(Individuals)**



**Application form
Kyorugi
(Pairs)**



**Application form
Kyorugi
(Team)**



<https://band.us/band/90143893>



05 How to Complete the Application Form – International Applicants

International applicants for the 2024 FILA OPEN Taekwondo Kyorugi Championships can receive the application form via QR code and submit it together with the Championships Game video via email

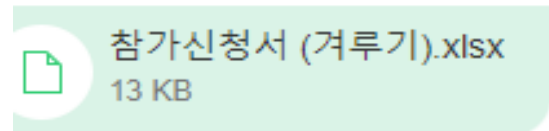
1



2024 FILA OPEN Official Band QR

2024 FILA OPEN Kyorugi Championships
Application Form URL:
<https://band.us/band/90143893>

2



+



1

Get an application form for participation

Download the participation application file from the QR code or the link

2

Send the completed application form and video via email

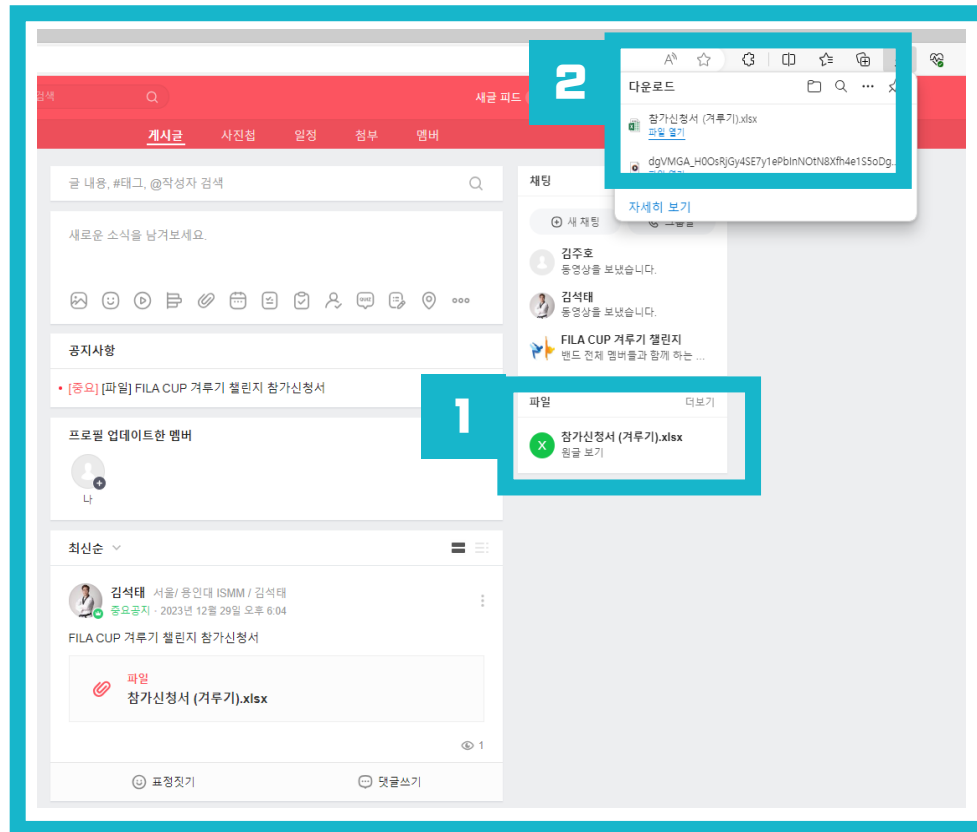
Send the completed application for and correctly named video via email to

Juho Kim (kjh92300@naver.com) and

SeungHwan Lee (bbabock@naver.com)



05 How to Complete the Application Form



1

Get an application form for participation

Get the file as attachment for participation application

2

Open the application form

Open the file or folder to see the application form



05 How to Complete the Application Form

A9 I agree to the use and utilization or portrait photography products in regard to photos and videos related to the competition.

Application form for 2024 FILA OPEN ONLINE Taekwondo Kyorugi (Individual) Championships			
Taekwon Dojang Name			
Representating Master Name			E-mail
Cell Phone			Country
Participating Event	Kyorugi / Men's individuals	Kyorugi / Women's individuals	
Taekwon Dojang Address			
<p>I agree to the use and utilization of portrait photography products in regard to photos and videos related to the competition. The organizers are not liable for accident insurance or civil or criminal liability in connection with any accident or injury that occurs during the operation of the competition, and the participating players and organizations agree not to hold them responsible. By registering for this competition, the participating players and organizations agree to these conditions.</p>			
(dd/mm/yyyy) ____ / ____ /2024			
Representative (Master) Name :		(Signature):	

3 Enter the applicant's (master or representative's) information

Enter personal information such as dojang name, representative name, e-mail, contact information, and address

 All events can be selected via drop function or typed in directly into the box



05 How to Complete the Application Form

Participating Event	Team name
Kyorugi / Men's individuals	
Kyorugi / Women's individuals	
Kyorugi / Men's individuals	
Kyorugi / Women's individuals	

4 Select an event (Individual)
 Men's individuals
 Women's individuals

Participating Event	Team name
Kyorugi / Pairs (1 male and 1 female)	Yongin 1
Kyorugi / Pairs (1 male and 1 female)	

5 Select an event (Pairs)
 Pairs (1 male and 1 female)
 Enter team name

Participating Event	Team name
Kyorugi / Team (3 males)	Yongin 1
Kyorugi / Team (3 females)	Yongin 1
Kyorugi / Mixed Team (2 males and 2 females)	Yongin 1
Kyorugi / Team (3 males)	
Kyorugi / Team (3 females)	
Kyorugi / Mixed Team (2 males and 2 females)	

6 Select an event (Team)
 Men's Team
 Women's Team
 Mixed Team (2 males and 2 females)
 Enter team name



05 How to Complete the Application Form

7	Player's Name	Date of Birth	
	Kim	2017.01.01	
	Lee	1985.01.01	U.

7 Enter the athlete's information (Individual)

Player's Name and Date of Birth

9	Player's Name	Date of Birth
	Kim/Pakr/Lee	2015.01.01/2015.01.01/2015.01.01
	Kim/Pakr/Lee	1985.01.01/1985.01.01/1985.01.01
	Kim/Pakr/Lee/Sam	1985.01.01/1990.01.01/2000.01.01/2003.01.01

9 Enter the athlete's information (Team)

Player's Name and Date of Birth

8	Player's Name	Date of Birth
	Kim/Pakr	2015.01.01/2015.01.01

8 Enter the athlete's information (Pairs)

Player's Name and Date of Birth



05 How to Complete the Application Form

Division	Category
2017 onwards	Color belts I (white belt - green belt)
U40 (1992 ~ 1983)	Black belts
▼	
2017 onwards	
2016	
2015	
2014	
2013	
2012	
2011	
2010	

10

10 Division & Category (Individual)

After entering the age group, select the category

Division	Category
Elementary (Lower Grades & 2015 ~ 2013)	Color belts
▼	
Preschool and Kindergarten (2016 onwards)	
Elementary (Lower Grades & 2015 ~ 2013)	
Elementary (Upper Grades & 2012 ~ 2010)	
Middle School (2009 ~ 2007)	
High School (2006 ~ 2004)	
Adults (2003 and before)	

11

11 Division & Category (Pairs)

After entering the age group, select the category

Division	Category
Elementary (Lower Grades & 2015 ~ 2013)	Color belts
Adults (2003 and before)	Black belts
Adults (2003 and before)	Black belts
▼	
Preschool and Kindergarten (2016 onwards)	
Elementary (Lower Grades & 2015 ~ 2013)	
Elementary (Upper Grades & 2012 ~ 2010)	
Middle School (2009 ~ 2007)	
High School (2006 ~ 2004)	
Adults (2003 and before)	

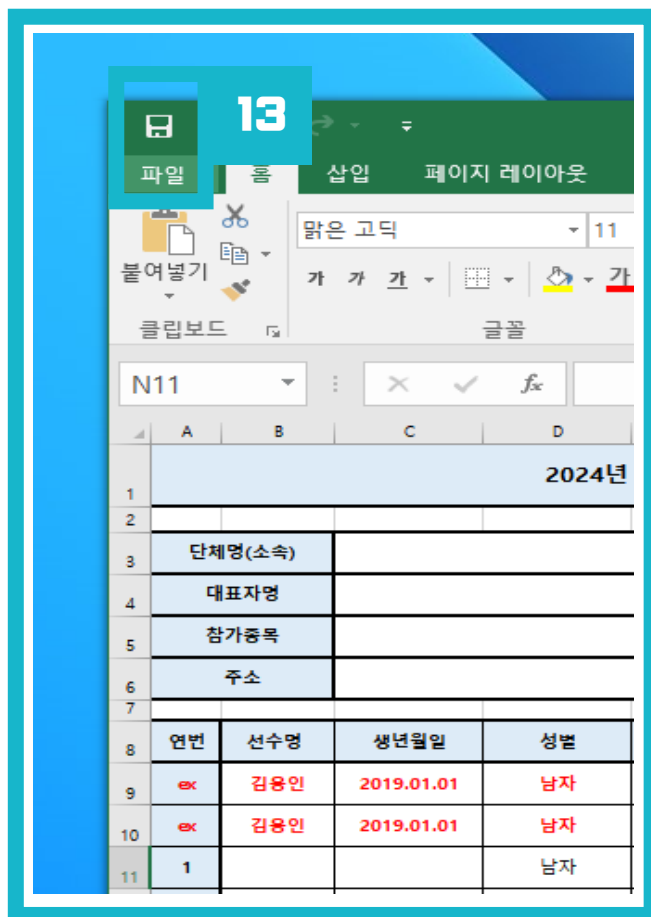
12

12 Division & Category (Team)

After entering the age group, select the category:



05 How to Complete the Application Form



13

Saving the file

After entering all the athlete's information, save the form. You can choose one of the following:

1. Click the floppy disc button to save
2. Click File > save
3. Use the keyboard shortcut Ctrl + S



05 How to Complete the Application Form



14 Save as

Save the file again under a different name by clicking 'save as'

15 Change the file name

Change the name of the participation application form

File name : participation application (Kyorugi) – dojang name (group name) – applicant (instructor's name)

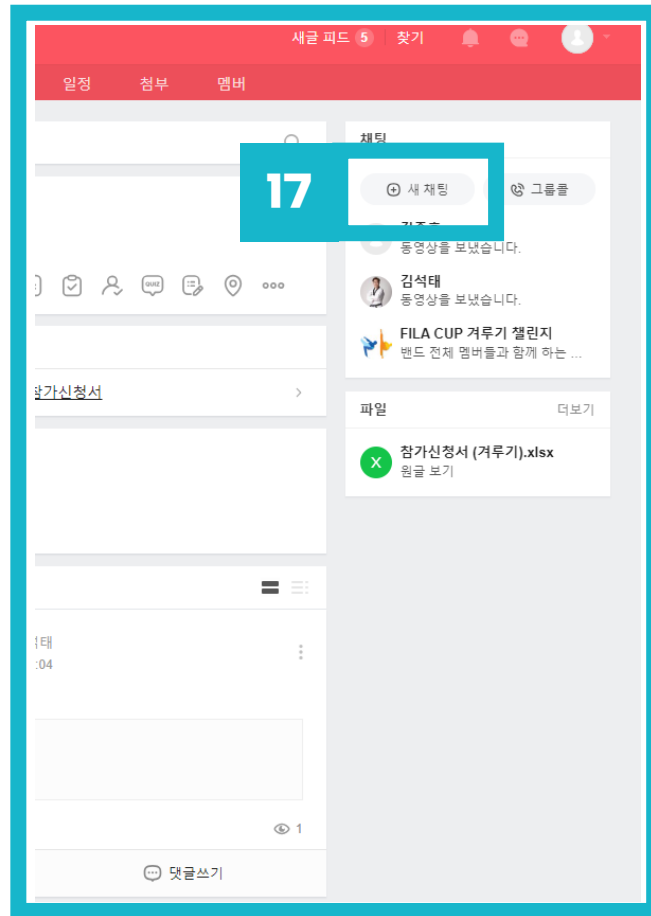
Example) Kyorugi – Yongin Taekwondo Dojang – Yongin Kim

16 Save the file

Save the file with the newly changed file name



05 How to Complete the Application Form



17

Application

After joining the 2024 FILA Official Kyorugi Band send the application form and Kyorugi video via a private message or Send the completed application for and correctly named video via email to

Juho Kim (kjh92300@naver.com and

SeungHwan Lee (bbabock@naver.com)

Submit your completed application form and video clip via Bend App. or e-mail provided above.



06 Participation Registration



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2024 FILA OPEN Kyorugi Championships

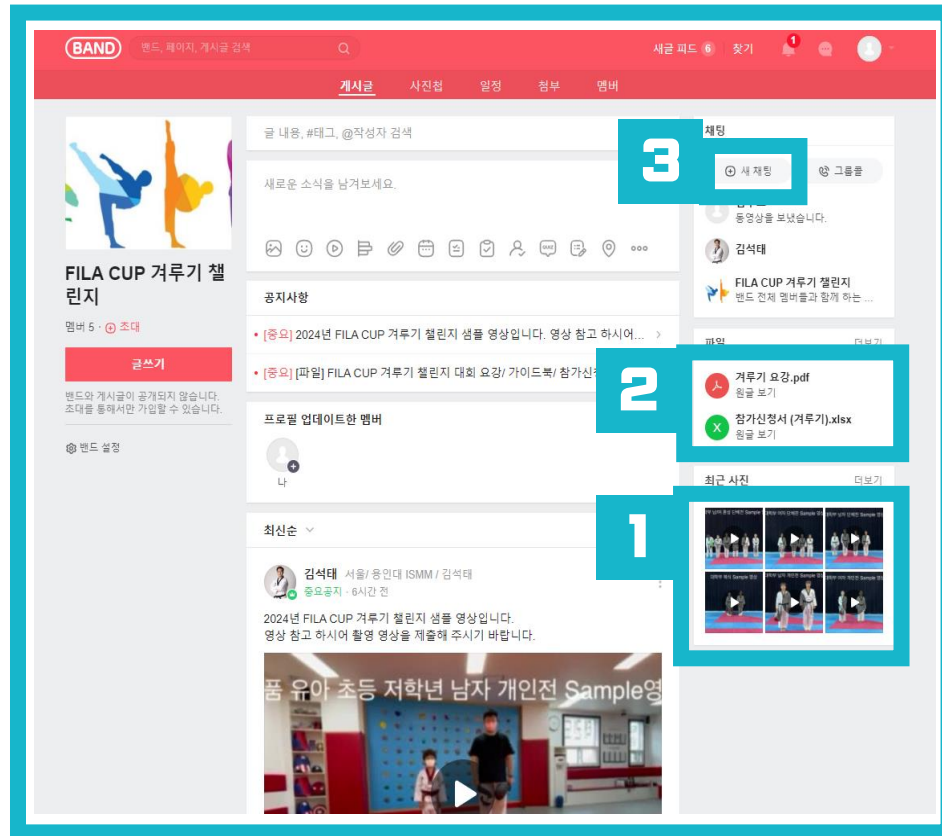


2024 FILA OPEN Official Band QR

2024 FILA OPEN Official Kyorugi Championships URL:
<https://band.us/band/90143893>



06 Participation Registration



1

Video guide

Watch the video of the paddle sparring (sample video)

2

Get the participation application form as attachment

Click on 2024 FILA OPEN ONLINE Taekwondo Kyorugi Championships Application form to download the file

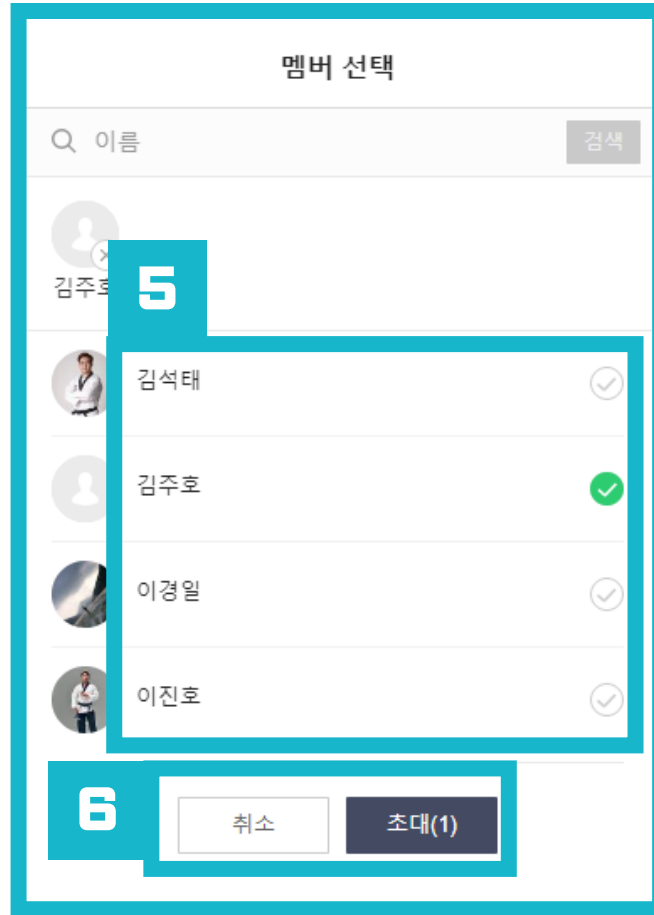
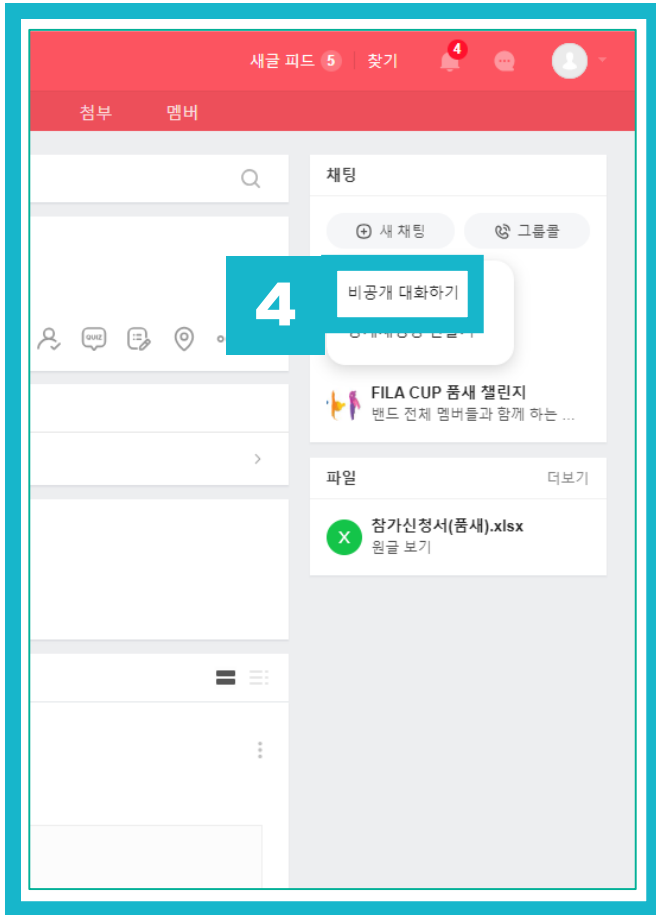
3

Chat with the administrators

Send the application form to the administrator via chat



06 Participation Registration



4 Start a private conversation

New chat > check private conversation

5 Select 2024 FILA CUP Organizing Committee (Administrator)

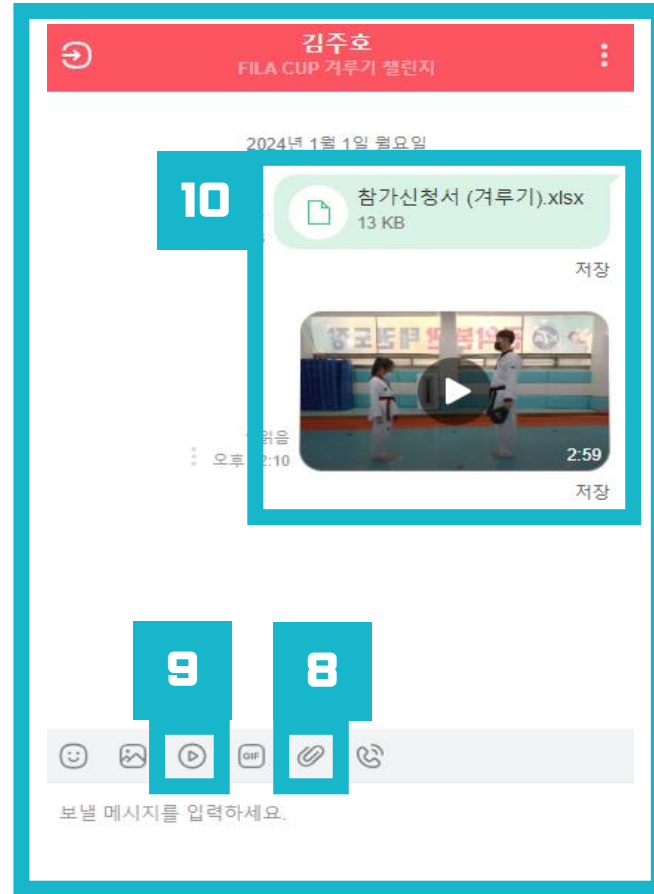
Select an administrator who has (administrator) next to their name, such as Seunghwan Lee, Juho Kim, Jinho Lee, Seoktae Kim

6 Invite the administrator into the chat

After selecting the administrator, invite them to the chat



06 Participation Registration



7 Open the chat room

After inviting the administrator, open the chat room

8 Attach the application form

Attach the completed participation application form (sparring)

9 Attach the competition video

Attach the filmed (and saved) competition video

10 Check the competition video and application form

Check that the competition video and application form are properly attached