



2024 FILA OPEN ONLINE Taekwondo Poomsae Championships Guidebook

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2024 **FILA OPEN ONLINE** Taekwondo Poomsae Championships

2024 FILA OPEN ONLINE Taekwondo Poomsae 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

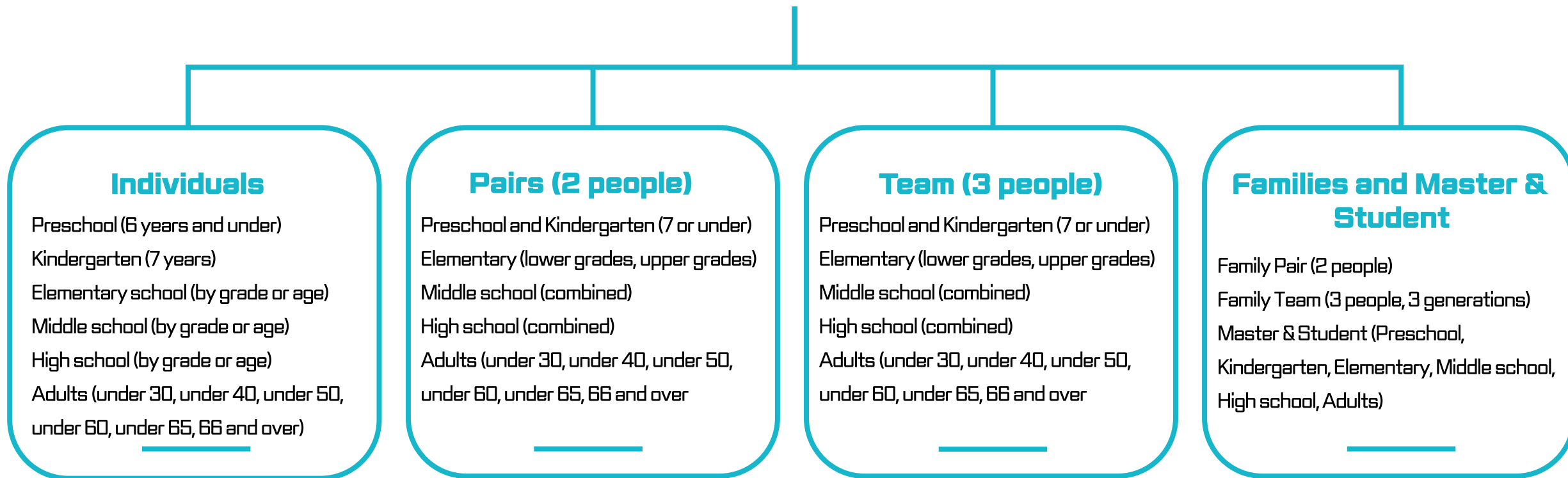
June ~ July
Venue: Yongin University
Multipurpose Gym · Danho Hall

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



02-01 Championships Events (Recognized Poomsae)

Multiple entries are permitted



International participants will enter events based on their year of birth



02-02 Recognized Poomsae (Championships Event) 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	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 Recognized Poomsae (Championships Event) 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 Recognized Poomsae (Championships Event) Pairs (Mixed Pair 1 male, 1 female)

Division	Age group	Category	Birth year
Preschool and Kindergarten	7 years old and under combined	Color belts	2016 onwards
		Junior black belts	
Elementary	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	
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	

International athletes by year of birth

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		

Adults: Older adults can change to a division lower than their own and compete with other athletes. Example: “Athlete 1 (under 40)” “Athlete 2 (under 60)” → Athlete 2 can change to the under 40s division to participate. Athlete 1 cannot change to under 60s division.



02-04 Recognized Poomsae Team 3 People Men / Women (3 males/ 3 females)

Division	Age group	Category	Birth year
Preschool and Kindergarten	7 years old and under combined	Color belts	2016 onwards
		Junior black belts	
Elementary	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	
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	

International athletes by year of birth

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		

Adults: Older adults can change to a division lower than their own and compete with other athletes. Example: “Athlete 1 (under 40)” “Athlete 2 (under 60)” → Athlete 2 can change to the under 40s division to participate. Athlete 1 cannot change to under 60s division.



02-05 Recognized Poomsae (Championships Event) Family and Master & Student Pairs

Event	Division
Family Pair (2 People)	Father & Son
	Father & Daughter
	Mother & Son
	Mother & Daughter
Family Team (3 People, 3 Generations)	Family 3 People
	Family 3 Generations

**domestic athletes by grade,
international athletes by year of birth**

Event	Division	Age group	Notes
Master & Student Master, Instructor or Leader 1 Person + Student 1 Person	Preschool and Kindergarten	Combined (7 years and under)	2016년 이후
	Elementary	Lower Grades 1 st Grade ~ 3 rd Grade (8 - 10 years old)	2015년 ~ 2013년
		Upper Grades 4 th ~ 6 th Grade (11 - 13 years old)	2012년 ~ 2010년
	Middle School	Combined 1 st Grade ~ 3 rd Grade (14 - 16 years old)	2009년 ~ 2007년
	High School	Combined 1 st Grade ~ 3 rd Grade (17 - 19 years old)	2006년 ~ 2004년
	Adults	Combined (20 years and over)	2003년 이전



03-01 Designated Recognized Poomsae (Individuals)

- 1 **Preschool, Kindergarten: Choice of 1 designated poomsae within the category**
- 2 **Elementary, Middle school, High school and adults: Choice of 2 designated poomsae within the category**

Division	Category	Designated Poomsae	Note
Preschool and Kindergarten	Color belts I (white belt – green belt)	Taegeuk 1 Jang ~ Taegeuk 3 Jang	Choice of 1
	Color belts II (blue belt – red belt)	Taegeuk 4 Jang ~ Taegeuk 8 Jang	
	Junior black belts	Taegeuk 4 Jang ~ Koryeo	
Elementary	Color belts I (white belt – green belt)	Taegeuk 1 Jang ~ Taegeuk 3 Jang	Choice of 2
	Color belts II (blue belt – red belt)	Taegeuk 4 Jang ~ Taegeuk 8 Jang	
	Junior black belts	Taegeuk 4 Jang ~ Taebaek	

Elementary, Middle school, High school and adult black belts:
Select 1st poomsae (Taegeuk poomsae) and 2nd poomsae (Black belt poomsae) as designated poomsae



03-01 Designated Recognized Poomsae (Individuals)

- 1 **Preschool, Kindergarten:** Choice of 1 designated poomsae within the category
- 2 **Elementary, Middle school, High school and adults:** Choice of 2 designated poomsae within the category

Division	Category	Designated Poomsae	Note
Middle School	Color belts	Taegeuk 1 Jang ~ Taegeuk 8 Jang	Choice of 2
	Junior / Black belts	Taegeuk 5 Jang ~ Pyeongwon	
High School	Color belts	Taegeuk 1 Jang ~ Taegeuk 8 Jang	
	Black belts	Taegeuk 6 Jang ~ Sibjin	
Adults	Color belts	Taegeuk 1 Jang ~ Taegeuk 8 Jang	
	Black belts	Taegeuk 6 Jang ~ Hansu	

Elementary, Middle school, High school and adult black belts:

Select 1st poomsae (Taegeuk poomsae) and 2nd poomsae (Black belt poomsae) as designated poomsae



03-02 Designated Recognized Poomsae (Pairs) Mixed Pair 2 people (1 male and 1 female)

- 1 **Preschool, Kindergarten:** Choice of 1 designated poomsae within the category
- 2 **Elementary, Middle school, High school and adults:** Choice of 2 designated poomsae within the category

Division	Category	Designated Poomsae	Note
Preschool and Kindergarten	Color belts	Taegeuk 1 Jang ~ Taegeuk 8 Jang	Choice of 1
	Junior black belts	Taegeuk 4 Jang ~ Koryeo	
Elementary	Color belts	Taegeuk 1 Jang ~ Taegeuk 8 Jang	Choice of 2
	Junior black belts	Taegeuk 4 Jang ~ Taebaek	
Middle School	Color belts	Taegeuk 1 Jang ~ Taegeuk 8 Jang	
	Junior / Black belts	Taegeuk 5 Jang ~ Pyeongwon	

Elementary, Middle school, High school and adult black belts:

Select 1st poomsae (Taegeuk poomsae) and 2nd poomsae (Black belt poomsae) as designated poomsae



03-02 Designated Recognized Poomsae (Pairs) Mixed Pair 2 people (1 male and 1 female)

- 1** **Preschool, Kindergarten:** Choice of 1 designated poomsae within the category
- 2** **Elementary, Middle school, High school and adults:** Choice of 2 designated poomsae within the category

Division	Category	Designated Poomsae	Note
High School	Color belts	Taegeuk 1 Jang ~ Taegeuk 8 Jang	Choice of 2
	Black belts	Taegeuk 6 Jang ~ Sibjin	
Adults	Color belts	Taegeuk 1 Jang ~ Taegeuk 8 Jang	
	Black belts	Taegeuk 6 Jang ~ Hansu	

Elementary, Middle school, High school and adult black belts:

Select 1st poomsae (Taegeuk poomsae) and 2nd poomsae (Black belt poomsae) as designated poomsae



03-03 Designated Recognized Poomsae (Team) Men / Women 3 people (3 males / 3 females)

- 1 **Preschool, Kindergarten:** Choice of 1 designated poomsae within the category
- 2 **Elementary, Middle school, High school and adults:** Choice of 2 designated poomsae within the category

Division	Category	Designated Poomsae	Note
Preschool and Kindergarten	Color belts	Taegeuk 1 Jang ~ Taegeuk 8 Jang	Choice of 1
	Junior black belts	Taegeuk 4 Jang ~ Koryeo	
Elementary	Color belts	Taegeuk 1 Jang ~ Taegeuk 8 Jang	Choice of 2
	Junior black belts	Taegeuk 4 Jang ~ Taebaek	
Middle School	Color belts	Taegeuk 1 Jang ~ Taegeuk 8 Jang	
	Junior / Black belts	Taegeuk 5 Jang ~ Pyeongwon	

Elementary, Middle school, High school and adult black belts:

Select 1st poomsae (Taegeuk poomsae) and 2nd poomsae (Black belt poomsae) as designated poomsae



03-03 Designated Recognized Poomsae (Team) Men / Women 3 people (3 males / 3 females)

- 1** **Preschool, Kindergarten:** Choice of 1 designated poomsae within the category
- 2** **Elementary, Middle school, High school and adults:** Choice of 2 designated poomsae within the category

Division	Category	Designated Poomsae	Note
High School	Color belts	Taegeuk 1 Jang ~ Taegeuk 8 Jang	Choice of 2
	Black belts	Taegeuk 6 Jang ~ Sibjin	
Adults	Color belts	Taegeuk 1 Jang ~ Taegeuk 8 Jang	
	Black belts	Taegeuk 6 Jang ~ Hansu	

Elementary, Middle school, High school and adult black belts:

Select 1st poomsae (Taegeuk poomsae) and 2nd poomsae (Black belt poomsae) as designated poomsae



03-04 Designated Recognized Poomsae (Family and Master & Student)

- 1 **Family Pair:** Choice of 1 designated poomsae within the category
- 2 **Family Team:** Choice of 1 designated poomsae within the category
- 3 **Master & Student:** Choice of 1 designated poomsae within the category

Division	Designated Poomsae	Notes
Family Pair	Taegeuk 3 Jang ~ Hansu	Choice of 1
Family Team		
Master & Student		



04-01 Freestyle Poomsae (Championships Event)

01. Demonstration Music Composition and Movement Together

Music composition and movement must be demonstrated together based on Taekwondo skills

02. Inclusion of Taekwondo Skills

Performance skills should be included within the scope of Taekwondo skills

03. Use of music without lyrics or copyright

Only use music without lyrics and copyrights, as well as music sources without copyright issues
Music provided by organizers is available

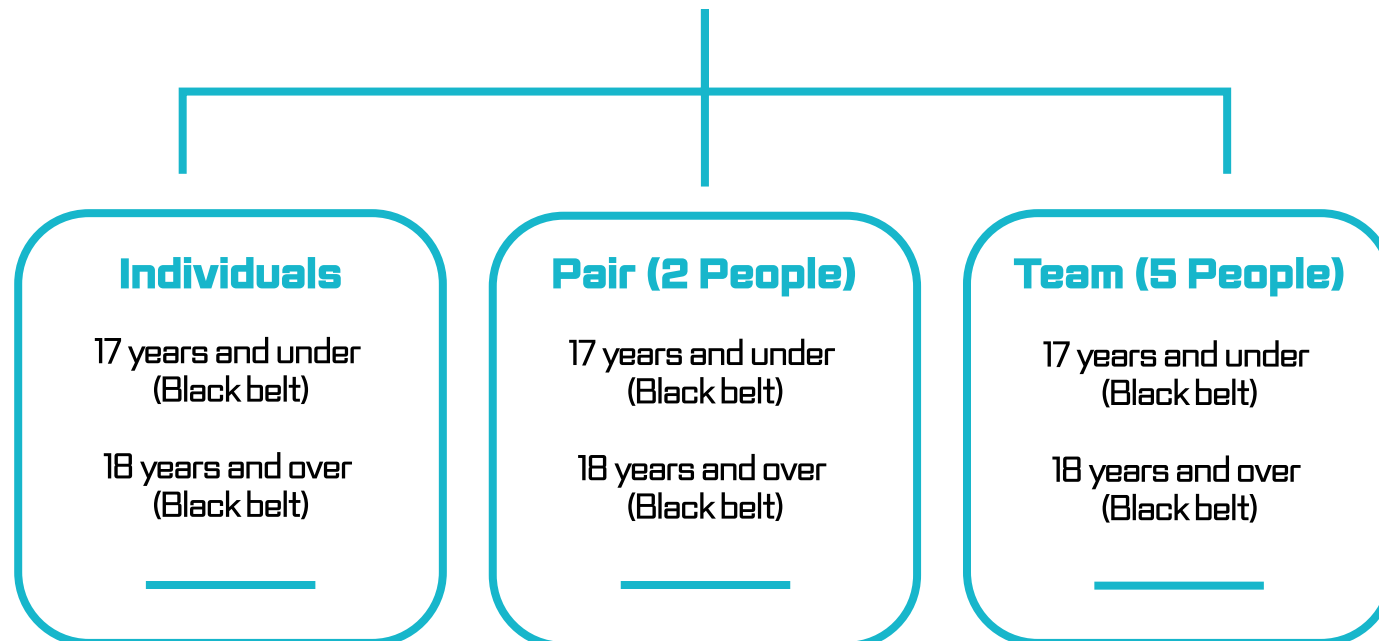


Compliant with World Taekwondo Freestyle Poomsae Regulations



Acrobatics excluded for under 17 years old

Multiple entries are permitted





04-02 Freestyle Poomsae (Championships Event) Individuals, Pairs, Mixed Team)

01. Individuals

02. Pairs (2 People)

2 people (1 male and 1 female) as 1 Pair

03. Mixed Team (5 People)

5 people as 1 Team
 (each more than 2 males, 2 females)
 Example) 2 males and 3 females or
 3 males and 2 females

Event	Age group	Division	Birth year
Individuals	17 years and under	Black belt	2008 and after
	18 years and older	Black belt	2007 and before
Pairs	17 years and under	Black belt	2008 and after
	18 years and older	Black belt	2007 and before
Mixed Team	17 years and under	Black belt	2008 and after
	18 years and older	Black belt	2007 and before



05-01 Championships Time

- 1 **Recognized Poomsae:** Each poomsae within 90 seconds (Rest time no more than 30 seconds)
- 2 **Freestyle Poomsae:** Between 90 - 100 seconds

Overview	Event	Competition Time	Note
Competition Time	Recognized Poomsae	Each poomsae within 90 seconds (Poomsae 1 within 90 seconds, Poomsae 2 within 90 seconds)	Poomsae 1 and Poomsae 2 to be filmed in 1 continuous video
	Freestyle Poomsae	Between 90 - 100 seconds	



05-02 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



05-03 How to Record

- ✓ The video should be filmed on a non-slippery and safe Taekwondo mat with a flat surface
- ✓ Poomsae 1 and Poomsae 2 to be filmed in 1 continuous video
- ✓ The athlete's whole body must be visible at all times
- ✓ The camera should be level and the video should be filmed horizontally
- ✓ Save the competition video file as event – gender – division – age group – dojang name (affiliation) – athlete's name



Saving the Championships video

Competition 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



Recognized Poomsae

Individuals, Pairs, Team, Family, Master & Student

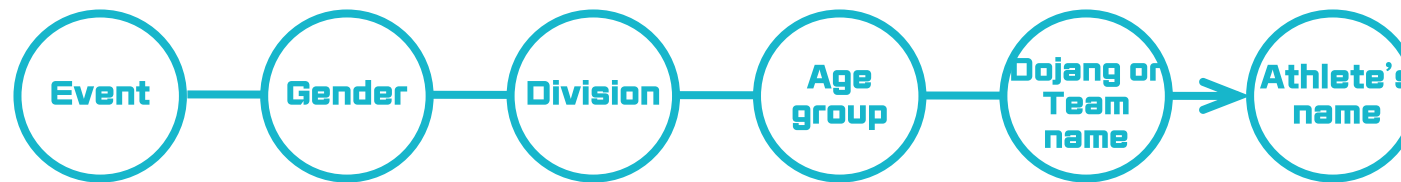


Freestyle Poomsae

Individuals, Pairs, Mixed Team



05-04 Championships Game Video File Name (Recognized Poomsae)



Example of Championships Game Video (File Name) for Recognized Poomsae

Recognized Individual - Men - Preschool - 6years under - Yongin Taekwondo Dojang - YongIn Kim

Recognized Pair - Mixed - Preschool - 6years under - Yongin Taekwondo Dojang - YongIn Kim, Mina Lee

Recognized Team - Men - Preschool - 6years under - Yongin Taekwondo Dojang - YongIn Kim, Sam Lee, John Park

Recognized Family - Pair - Father&Son - Yongin Taekwondo Dojang - YongIn Kim, Sam Lee

Recognized Family - Team - 3 Gen - Yongin Taekwondo Dojang - YongIn Kim, Mina Lee, John Park

Recognized Master&Student - Men - Preschool - 6years under - Yongin Taekwondo Dojang - YongIn Kim, Sam Lee



05-05 Championships Game Video File Name (Freestyle Poomsae)



Example of Championships Game Video (File Name) for Freestyle Poomsae

Free Individuals - Men - 17 and under - Yongin Taekwondo Dojang - YongIn Kim

Free Pairs - Men - 17 and under - Yongin Taekwondo Dojang - YongIn Kim, Sam Lee

Free Team - Mixed - 17 and under - Yongin Taekwondo Dojang - YongIn Kim, Sam Lee, Mina Park, Anna Know, John Park



05-06 Filming Order

1 Greeting

At the “Charyut” (“Attention”) command, the athlete bows when “Kyeong rye” (“Bow”) is called after checking the athlete’s identity

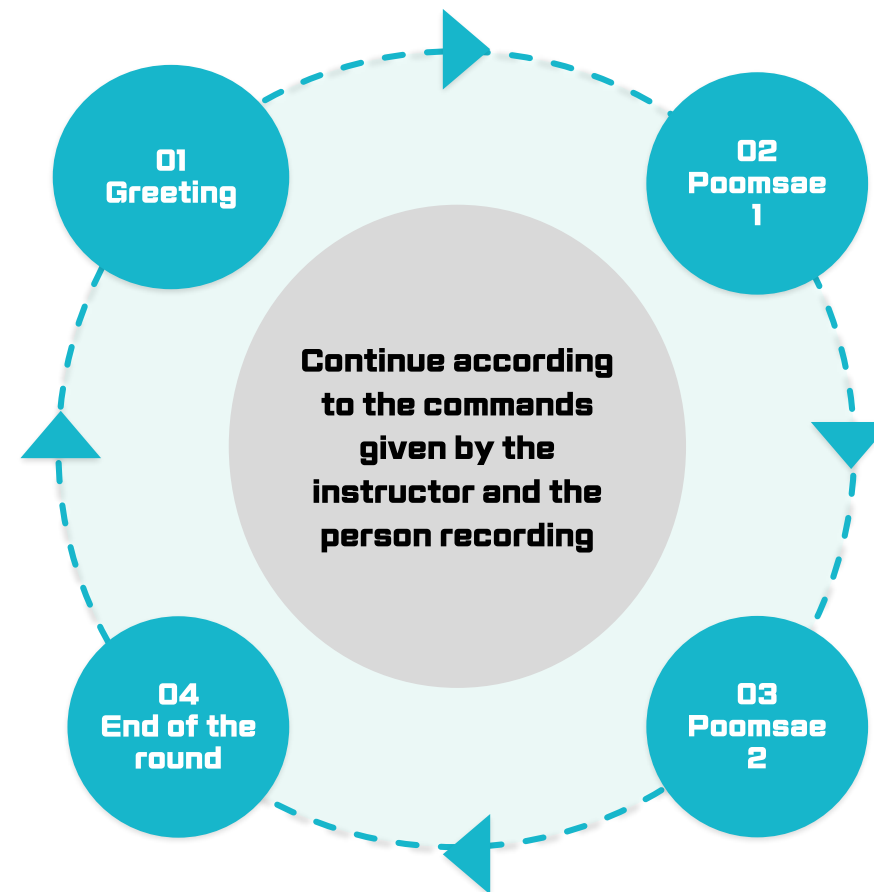
Example: The round begins after ‘Individuals Elementary lower grades Yongin Taekwondo Dojang Yongin Kim’ (Video file name) is called. For pairs, teams and mixed teams the 1st athlete is called

2 Ready - Begin

At the “Junbi - Sijak” (“Ready - Begin”) command, the designated recognized poomsae 1 and 2 or freestyle poomsae begin

3 End of the Round

When the “Geuman - Charyut - Kyeong Rye” (“Stop - Attention - Bow”) command is given, the 2nd poomsae round and recording ends.





05-07 Evaluation Method

1 Cut-off scoring system

2 3 Judge system

3 Recognized poomsae Evaluation criteria

4 Freestyle poomsae Evaluation criteria

Event	Category	Evaluation points	points
Recognized Poomsae (10 points)	Accuracy (4 points)	Accuracy of basic movements	2
		Accuracy of poomsae	1
		Balance	1
	Aptitude (6 points)	Speed and power	2
		Harmony (power, speed and rhythm)	2
		Expression of Ki	2

Event	Category	Evaluation points	points	
Freestyle (10 points)	Technical Skills (6 points)	Degree of difficulty of the kicks	Jump side kick	1
			Number of jumping kicks	1
			Number of spins	1
			Sparring style motion connectivity	1
			Acrobatic kicking skills (18 and over only)	1
			Basic movements and practicality	1
			Creativity	1
			Harmony	1
			Expression of Ki	1
			Music and choreography	1

The final evaluations for recognized and freestyle poomsae are G (GOLD), S (SILVER), and B (BRONZE) class



05-08 Grounds for Disqualification

- 1** Incorrect event, division or category application
- 2** The athlete competes in a different event than what was registered
- 3** Not wearing a dobok or wearing taekwondo shoes
- 4** Noise other than Kihap interferes with scoring
- 5** The athlete is off the screen for more than 3 seconds
- 6** The video was edited in any way
- 7** The organizing committee agrees on other disqualifying circumstances

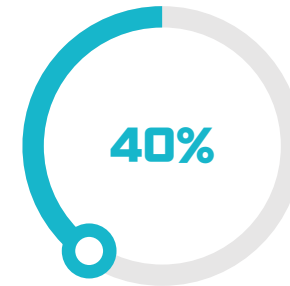


05-09 Awards

- 1 Awarded regularly through online evaluations from February to April**
Participants of the 2024 FILA OPEN ONLINE Taekwondo Poomsae Championships could be invited to the Invitation Championships (scheduled for June~July)
- 2 Awards for each division in recognized and freestyle poomsae through evaluation of each division's judges**
Awards are given in G class (GOLD), S class (SILVER), and B class (BRONZE)
- 3 e-certificates (certificate files) are sent by dojang or group**
When requesting certificates (dojang or group application) printing and shipping costs are incurred
- 4 Best Instructor and Best Athlete Awards**
- 5 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)



06 How to Complete the Application Form



Naver Band

Subscribe to Naver Band



2024 FILA OPEN Band registration

2024 FILA OPEN Poomsae Championships



2024 FILA OPEN Band QR

2024 FILA OPEN Poomsae Championships URL
<https://band.us/n/a1a50aadWc91z>



06 How to Complete the Application Form

**Application form
Poomsae
(Individuals)**



**Application form
Poomsae
(Pairs)**



**Application form
Poomsae
(Team)**



**Application form
Poomsae
(Freestyle)**



<https://band.us/n/ala50aadWc91z>



05 How to Complete the Application Form – International Applicants

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

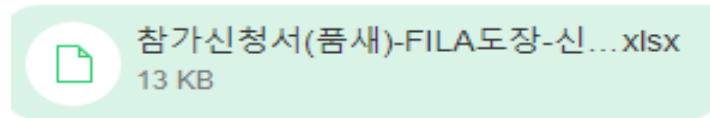
1



2024 FILA OPEN Official Band QR

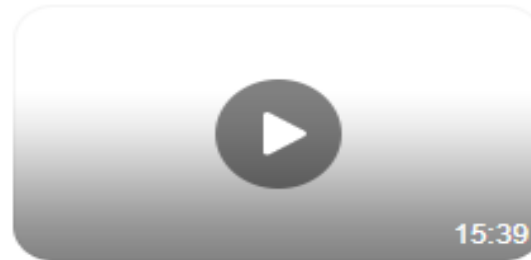
2024 FILA OPEN Official Poomsae Championships Application Form URL:
<https://band.us/n/a1a50aadWc91z>

2



참가신청서(품새)-FILA도장-신...xlsx
13 KB

+



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

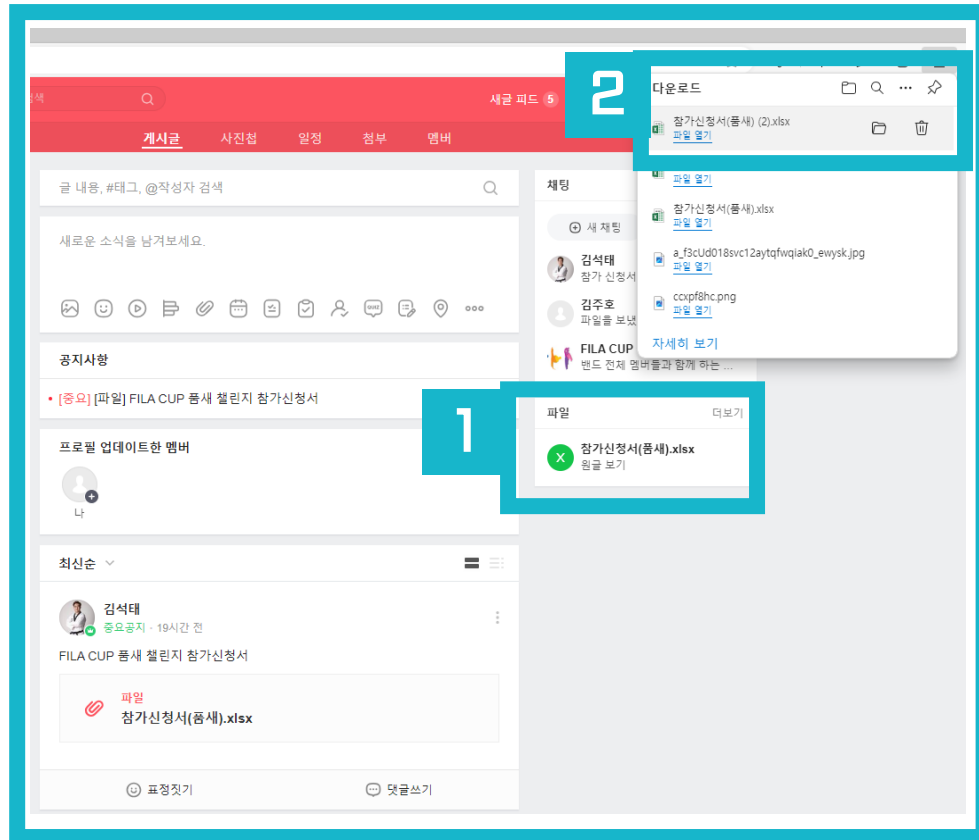
Send the completed application for and correctly named video via email to

Juho Kim (kjh92300@naver.com) and

SeungHwan Lee (bbabock@naver.com)



06 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



06 How to Complete the Application Form

3
Application form for 2024 FILA OPEN ONLINE Taekwondo Poomsae (Recognized Poomsae/Individual) Championships

Taekwon Dojang Name			
Representating Master Name		E-mail	
Cell. Phone		Country	
Participating Event	Recognized Poomsae / Men's Individuals	Recognized Poomsae / Women's Individuals	
Taekwon Dojang Address			

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.

(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



06 How to Complete the Application Form

Participating Event	Team name
Recognized Poomsae / Men's individuals	
Recognized Poomsae / Women's individuals	
Recognized Poomsae / Men's individuals	
Recognized Poomsae / Women's individuals	

4

4 Select an event (Individual)

- Men's individuals
- Women's individuals

Participating Event	Team name
Recognized Poomsae / Pairs(mixed)	Yongin 1
Recognized Poomsae / Family Pair	Yongin 1
Recognized Poomsae / Master & Student	Yongin 1
Recognized Poomsae / Pairs(mixed)	
Recognized Poomsae / Family Pair	
Recognized Poomsae / Master & Student	

5

5 Select an event (Pairs)

- Pairs (1 male and 1 female)
- Family Pair (2 People)
- Master & Student
- Enter team name

Participating Event	Team name
Recognized Poomsae / Team (3 males)	Yongin 1
Recognized Poomsae / Team (3 females)	Yongin 1
Recognized Poomsae / Family(3 People & 3 Generations)	Yongin 1
Recognized Poomsae / Team (3 males)	
Recognized Poomsae / Team (3 females)	
Recognized Poomsae / Family (3 People & 3 Generations)	

6

5 Select an event (Team)

- Men's Team (3 people)
- Women's Team (3 people)
- Family Team (3 People / 3 Generations)
- Enter team name

Participating Event	Team name
Freestyle Poomsae / Individuals(Men)	
Freestyle Poomsae / Individuals(Women)	
Freestyle Poomsae / Pairs	Yongin 1
Freestyle Poomsae / Mixed Team	Yongin 1
Freestyle Poomsae / Individuals(Men)	
Freestyle Poomsae / Individuals(Women)	
Freestyle Poomsae / Pairs	
Freestyle Poomsae / Mixed Team	

7

7 Select an event (Freestyle)

- Men's Individual
- Women's Individual
- Pairs (1 males and 1 females)
- Mixed Team (5 people 1 Team)
- Enter team name



06 How to Complete the Application Form

Player's Name	Date of Birth
Kim	2017.01.01
Lee	1985.01.01

8 Enter the athlete's information (Individual)
Player's Name and Date of Birth

Player's Name	Date of Birth
Kim/Lee	2015.01.01/2013.01.01
Kim/Lee	1985.01.01/2015.01.01
Kim/Lee	1985.01.01/2011.01.01

9 Enter the athlete's information (Pairs)
Player's Name and Date of Birth

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	1985.01.01/2017.01.01/1985.01.01

10 Enter the athlete's information (Team)
Player's Name and Date of Birth

Player's Name	Date of Birth
Kim	2009.01.01
Lee	1985.01.01
Kim/Pakr	1985.01.01/2010.01.01
Kim1/Pakr/Lee1/Kim2/Lee2	2006.01.01/2005.01.01/2004.01.01/2003.01.01/2002.01.01

11 Enter the athlete's information (Freestyle)
Player's Name and Date of Birth



06 How to Complete the Application Form

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

12

12 Division & Category (Individual)

After entering the age group, select the category

Division	Category
Elementary(Lower Grades)	Junior black belts
Father & Daughter	
Elementary(Upper Grades)	
▼	
Preschool and Kindergarten	
Elementary(Lower Grades)	
Elementary(Upper Grades)	
Middle School	
High School	
U30	
U40	
U50	

13

13 Division & Category (Pairs)

After entering the age group, select the category

Division	Category
Elementary(Lower Grades)	Color belts
U40	Black belts
Family 3 People	
▼	
Preschool and Kindergarten	
Elementary(Lower Grades)	
Elementary(Upper Grades)	
Middle School	
High School	
U30	
U40	
U50	

14

14 Division & Category (Team)

After entering the age group, select the category

Division	Category
17 years and under	Black belts
18 years and older	Black belts
18 years and older	Black belts
18 years and older	Black belts
18 years and older	
▼	
Junior black belts	
Black belts	

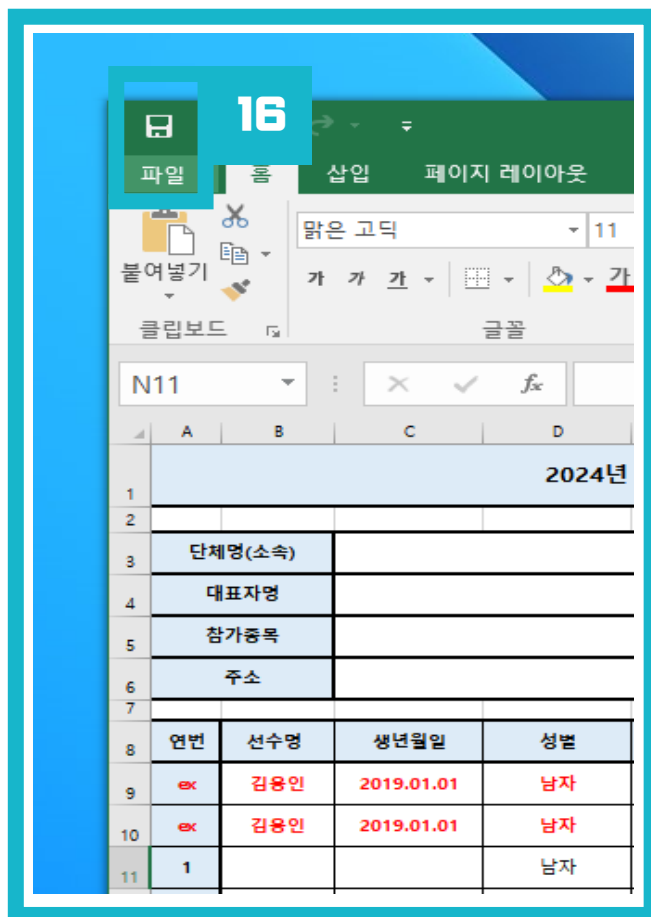
15

15 Division & Category (Freestyle)

After entering the age group, select the category



06 How to Complete the Application Form



16

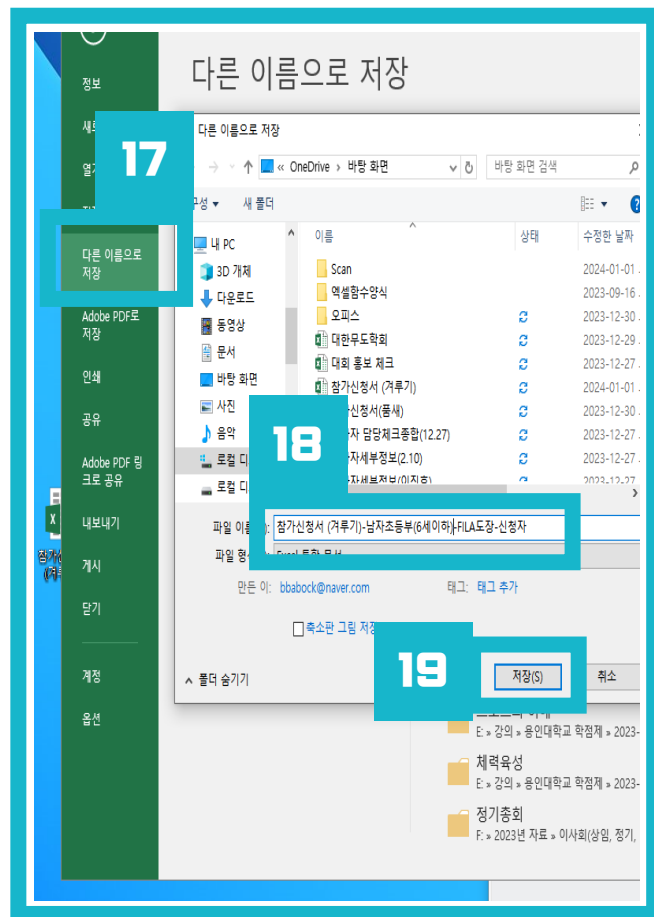
Saving the file

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



06 How to Complete the Application Form



17

Save as

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

18

Change the file name

Change the name of the participation application form
 File name : participation application (poomsae) – dojang name (group name) – applicant (instructor's name)
 Example) poomsae – Yongin Taekwondo Dojang – Yongin Kim

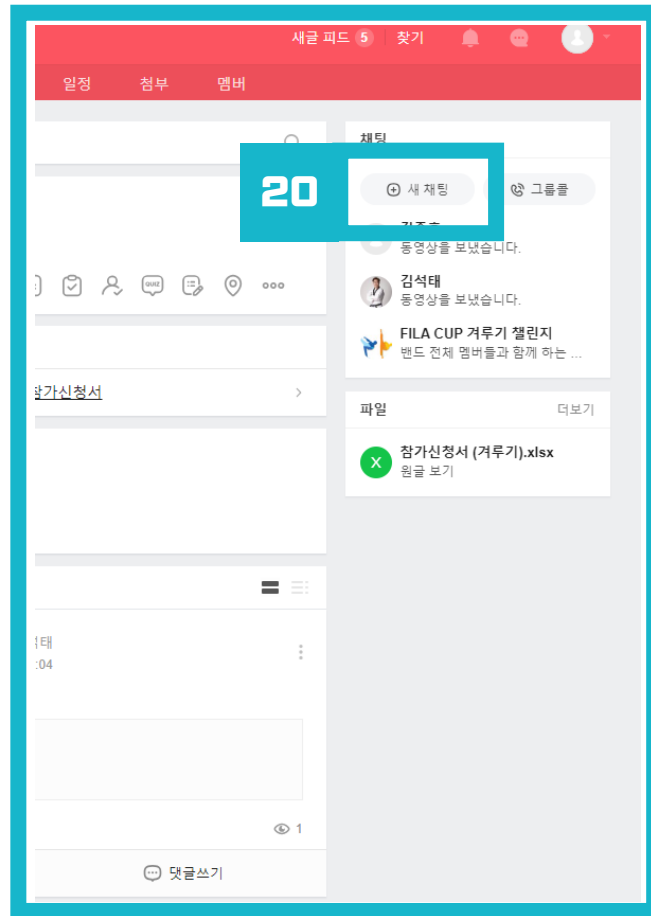
19

Save the file

Save the file with the newly changed file name



06 How to Complete the Application Form



20 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.



07 Participation Registration



Naver Band

Subscribe to Naver Band



2024 FILA OPEN Band registration

2024 FILA OPEN Poomsae Championships

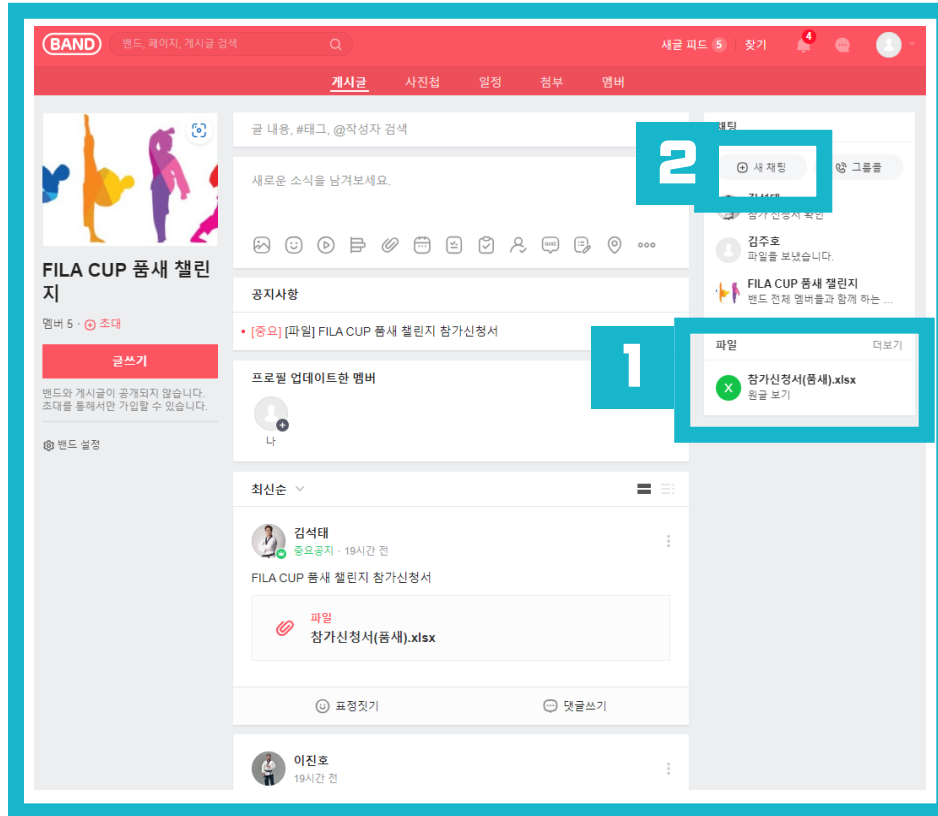


2024 FILA OPEN Band QR

2024 FILA OPEN Poomsae Championships URL
<https://band.us/n/a1a50aadWc91z>



07 Participation Registration



1 Get the participation application form as attachment

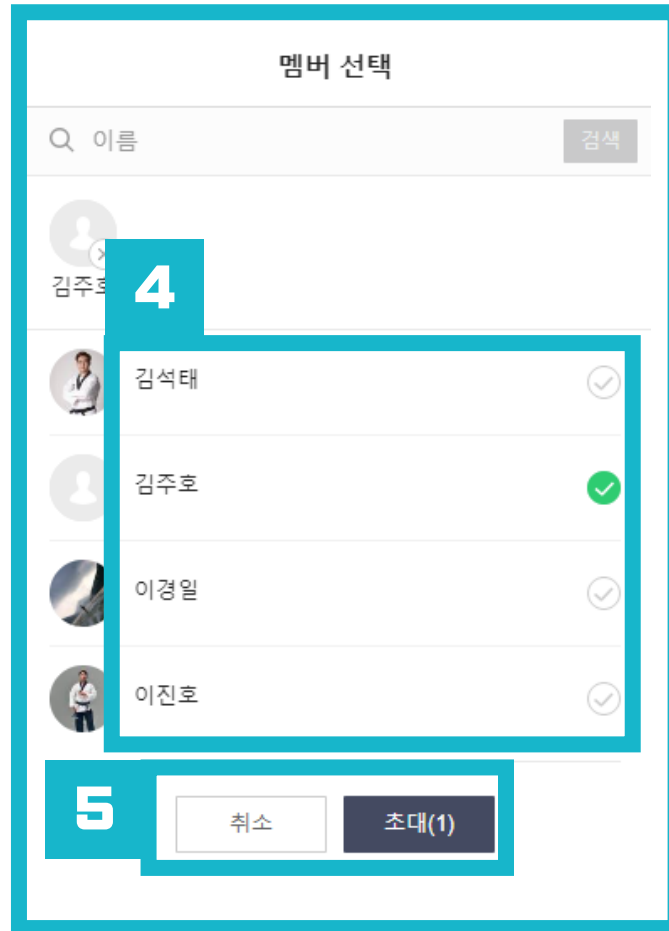
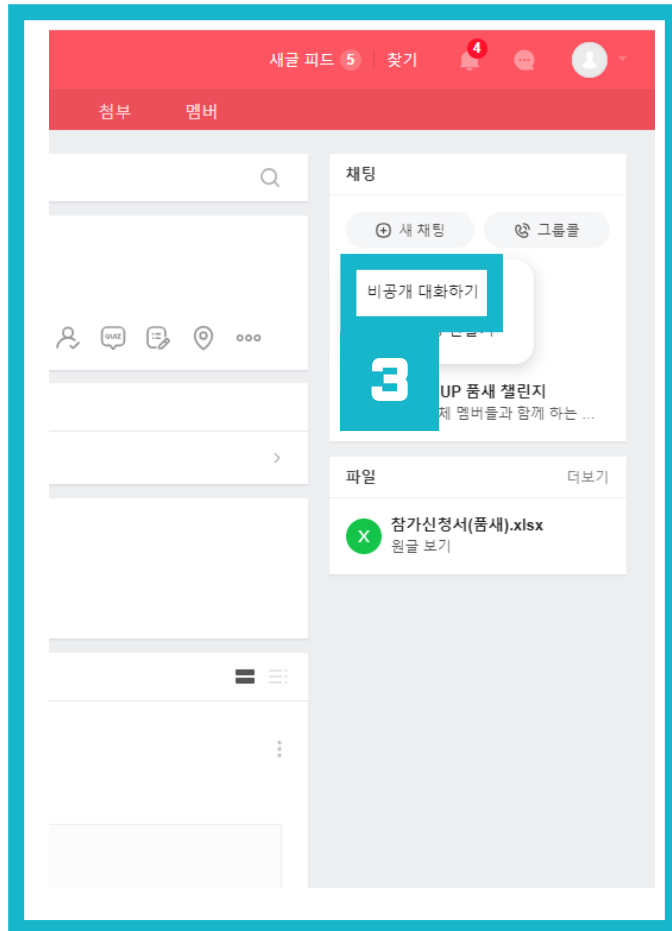
Click on 2024 FILA ONLINE Poomsae Application form to download the file

2 Chat with the administrator

Send the application form to the administrator via chat



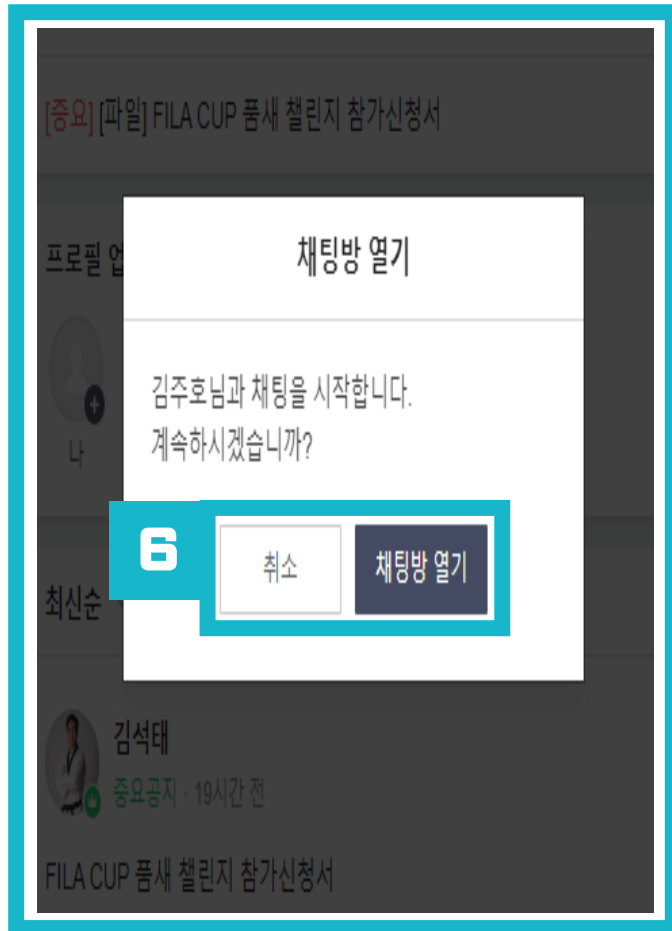
07 Participation Registration



- 3 Start a private conversation**
New chat > check private conversation
- 4 Select 2024 FILA ONLINE Organizing Committee (Administrator)**
Select an administrator who has (administrator) next to their name, such as Seunghwan Lee, Juho Kim, Jinho Lee, Seoktae Kim
- 5 Invite the administrator into the chat**
After selecting the administrator, invite them to the chat



07 Participation Registration



- 6 Open the chat room**
After inviting the administrator, open the chat room
- 7 Attach the application form**
Attach the completed participation application form (poomsae)
- 8 Attach the competition video**
Attach the filmed (and saved) competition video
- 9 Check the competition video and application form**
Check that the competition video and application form are properly attached