



I INTERNATIONAL OPEN OF SPAIN ON-LINE KYORUGI SKILLS FROM 14 TO 30 SEPTEMBER 4YRS OLD TO SENIOR

1. ORGANIZER: ROYAL SPANISH TAEKWONDO FEDERATION

ADDRESS: C/ Alvarado 16, bajo. Alicante 03009 (España)
TELEPHONE: +34 965370063
E-MAIL: secretaria@fetaekwondo.net

2. ORGANIZING COMMITTEE: (President: Jesús Castellanos Pueblas)

ADDRESS: Real Federación Española de Taekwondo
C/ Alvarado 16, bajo. Alicante 03009 (España)
TELEPHONE: +34 965370063
E-MAIL: presidente@fetaekwondo.net

DATES: From September 14th to 30th, 2020

PLACE: ON-LINE

What is the Kyorugi Skills Open about?

The event, which will include from 4 years old to Senior category, will consist on the recording by the participants of several videos with kyorugi techniques skill tests to be determined for each age and weight category, there is a video tutorial that will describe each test

REGISTRATION AND DELIVERY OF VIDEOS:

Registration is in: <https://panel.taekwondogalego.es/> following the steps shown in the manual provided in the link below.

(see registration manual in the following link:

https://www.dropbox.com/s/54dvjy6v4uu7e3e/2020_FGT_MANUAL%20INSCRIPCION%20WEB.pdf?dl=0)

Registration will be open on September 1st and will be closed at 13:00h on September 13th, 2020.

Any questions about the registration can contact directly to marta@taekwondogalego.gal (please give a brief explanation of the question, club name and contact person as well as telephone number) or by phone at (+34) 620 550 611 (Marta) from 09:00 to 14:00 from Monday to Friday)





COMPETITION RULES:

Athletes must have the Federal License in Force.

COMPETITION METHOD:

The competition system will be by elimination rounds, with a first round and a final round and must do a total of 2 or 3 different exercises according to the category (record 3 videos), in order to reach the final and be the champion.

VIDEO TUTORIALS:

Link to tutorial: [https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2FRUVL7IELIjg & data = 02% 7C01% 7C% 7C83bb7dbc48784ae4640608d83068467d% 7C84df9e7fe9f640afb435aaaaaaaaaaaa% 7C1% 7C0% 7C637312571695661268 & sd= 15% 2BKKDRBasnoMYIDH1JOf9% 2Fn9oVPCyC5LdKa% 2Bd89OAs% 3D & reserved = 0](https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2FRUVL7IELIjg&data=02%7C01%7C%7C83bb7dbc48784ae4640608d83068467d%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637312571695661268&sd=15%2BKKDRBasnoMYIDH1JOf9%2Fn9oVPCyC5LdKa%2Bd89OAs%3D&reserved=0)

VERY IMPORTANT: THE VIDEOS SENDING WILL BE MADE IN THE SAME REGISTRATION AND WITHIN THE PERIOD ESTABLISHED. PLEASE SEE THE LAST PAGE OF THE MANUAL
https://www.dropbox.com/s/54dvjy6v4uu7e3e/2020_FGT_MANUAL%20INSCRIPCION%20WEB.pdf?dl=0

FORMAT TO ATTACH THE VIDEOS LINKS IN THE REGISTRATION FIELD "URL" - READ MANUAL CAREFULLY (MUST BE SEPARATED WITH A "COMMA" (,)):

URL_VIDEO_ELIMINATORIA_1, URL_VIDEO_ELIMINATORIA_2, URL_VIDEO_FINAL

* FROM 4 YRS OLD TO 6 YRS OLD // FROM 7YRS OLD TO 8 YRS OLD *

Preliminary: [https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2Fcc38KDX3LJ4 & data = 02% 7C01% 7C% 7C83bb7dbc48784ae4640608d83068467d% 7C84df9e7fe9f640afb435aaaaaaaaaaaa% 7C1% 7C0% 7C637312571695651273 & sd= 8mwQ% 2FsoyY% 2BRwxPD69AoahT% 2FBjfWkvJgOx% 2FjTcTAIHn8% 3D & reserved = 0](https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2Fcc38KDX3LJ4&data=02%7C01%7C%7C83bb7dbc48784ae4640608d83068467d%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637312571695651273&sd=8mwQ%2FsoyY%2BRwxPD69AoahT%2FBjfWkvJgOx%2FjTcTAIHn8%3D&reserved=0)

Final: [https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2Fdw6wmZfF428 & data = 02% 7C01% 7C% 7C83bb7dbc48784ae4640608d83068467d% 7C84df9e7fe9f640afb435aaaaaaaaaaaa% 7C1% 7C0% 7C637312571695651273 & sd= NFvL6IG6eZIW7mlbIRi1vVRUNp% 2BIRVqdRdGIR8Sk4VI% 3D & reserved = 0](https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2Fdw6wmZfF428&data=02%7C01%7C%7C83bb7dbc48784ae4640608d83068467d%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637312571695651273&sd=NFvL6IG6eZIW7mlbIRi1vVRUNp%2BIRVqdRdGIR8Sk4VI%3D&reserved=0)

* FROM 9 YRS OLD TO 10 YRS OLD / FROM 11 YRS OLD TO 12 YRS OLD *

Preliminary

1: [https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2Fq_ogMtlrIWY & data = 02% 7C01% 7C% 7C83bb7dbc48784ae4640608d83068467d% 7C84df9e7fe9f640afb435aaaaaaaaaaaa% 7C1% 7C0% 7C637312571695651273 & sd= iP1Z5KKGyAJAOAmEmlEF5Y5Wpd5dJCuo% 2B4ipJvVpB4% 3D & reserved = 0](https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2Fq_ogMtlrIWY&data=02%7C01%7C%7C83bb7dbc48784ae4640608d83068467d%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637312571695651273&sd=iP1Z5KKGyAJAOAmEmlEF5Y5Wpd5dJCuo%2B4ipJvVpB4%3D&reserved=0)





Preliminary

2: <https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2FxnM77PCPil&data=02%7C01%7C%7C83bb7dbc48784ae4640608d83068467d%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637312571695651273&sdata=Y3uEvySZQEKGiVa6SDVujKYj72F%2BYTOWAnayZGOuLxc%3D&reserved=0>

Final: <https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2F65OrDZh6Rk8&data=02%7C01%7C%7C83bb7dbc48784ae4640608d83068467d%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637312571695661268&sdata=zSPJgRcPO%2F%2F4MF9uE0oWl2YIt3IDh6tekMI40%2F6Cnl4%3D&reserved=0>

CADET, JUNIOR & SENIOR

Preliminary

1: <https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2FIPpWmyNU3IY&data=02%7C01%7C%7C83bb7dbc48784ae4640608d83068467d%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637312571695661268&sdata=a2meqiwf4N9FwOTL7etbdZCah8CtC4PpQ4PPz1aXAbc%3D&reserved=0>

Preliminary

2: <https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2FDZrf0Rvi0L4&data=02%7C01%7C%7C83bb7dbc48784ae4640608d83068467d%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637312571695661268&sdata=8lJr7b1PAFPLPmHkq7PENcG43l%2F2rgDwGQAs0Hot424%3D&reserved=0>

Final: <https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2F3B5WjoloQaw&data=02%7C01%7C%7C83bb7dbc48784ae4640608d83068467d%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637312571695661268&sdata=Th85qb0XM%2BpsKgX0ge%2FcTLMwhM%2B4x4nb3GT0bqv0TCY%3D&reserved=0>

CATEGORIES:

FROM 4 YRS OLD TO 6 YRS OLD – Born in 2014/2015/2016 (not separated by weight)

FROM 7 YRS OLD TO 8 YRS OLD - Born in 2012/2013 (not separated by weight)

FROM 9 YRS OLD TO 10 YRS OLD - Born in 2010/2011 (registration based on approximate weight)

FROM 11 YRS OLD TO 12 YRS OLD - Born in 2008/2009 (registration based on approximate weight)

CADET - Born in 2006/2007 (registration based on approximate weight)

JUNIOR - Born in 2003/2004/2005 (registration based on approximate weight)

SENIOR - Born in 2002 or before (registration based on approximate weight)



VERY IMPORTANT: from 4 yrs old to 8 yrs old there will be no separation by weight. In the categories from 9 yrs old and more the registration will be based on the approximate weight of the athlete.

Minimum grade:

For all categories, the minimum grade is **white**, both for male and female categories

WEIGHTS - please see this table to select the correct weight when registering:

FROM 4 TO 12 YRS OLD		CADET		JUNIOR		SENIOR	
Male and female		Male	Female	Male	Female	Male	Female
	-27 kgs	-33 kgs	-29 kgs	-45 kgs	-42 kgs	-54 kgs	-46 kgs
	-30 kgs	-37 kgs	-33 kgs	-48 kgs	-44 kgs	-58 kgs	-49 kgs
	-33 kgs	-41 kgs	-37 kgs	-51 kgs	-46 kgs	-63 kgs	-53 kgs
	-36 kgs	-45 kgs	-41 kgs	-55 kgs	-49 kgs	-68 kgs	-57 kgs
	-40 kgs	-49 kgs	-44 kgs	-59 kgs	-52 kgs	-74 kgs	-62 kgs
	-44 kgs	-53 kgs	-47 kgs	-63 kgs	-55 kgs	-80 kgs	-67 kgs
	-48 kgs	-57 kgs	-51 kgs	-68 kgs	-59 kgs		
	-52 kgs	-61 kgs	-55 kgs	-73 kgs	-63 kgs	-87 kgs	-73 kgs
	-57 kgs	-65 kgs	-59 kgs	-78 kgs	-68 kgs		
	+57 kgs	+65 kgs	+59 kgs	+78 kgs	+68 kgs	+87 kgs	+73 kgs

Weighing:

It won't be done, they are approximate weights.

The registration in this event implies parental consent for minors or your own for the use of the image of your children or yours for educational or dissemination of the activities of this Federation. These images will not be for commercial or exploitation use, nor a different use than already has been expressed.

CLASSIFICATION AND RESULTS:

- Individual: 1st, 2nd and two 3rd places (certificate)

RIGHTS OF PARTICIPATION - REGISTRATION:

The registration fee per athlete will be:

Athletes from other countries, 15 euros.

Sabadell

Account: ES60 0081 7314 46 0001472748

Holder: ROYAL SPANISH FEDERATION OF TAEKWONDO

Send a copy of the payment receipt by e-mail to secretaria@fetaekwondo.net showing the number of athletes, club and country.

REGULATION

-According to the special current situation, and as an online championship, the ages have been extended than usual, the minimum grade is eliminated and exercises are established according to the age and grade of the participants.



-It will be used Taekwondo material, but if this is not possible, you can use another type of materials as cushion, plastic bottles, ...

-Once the registration is closed, the weights will be unified by proximity according on the number of registrations and it will be published.

-Those first 8 classified in each category will access the final.

-The execution of the exercises with dobok and belt will be extra rewarded with one more point (1 Point) in each exercise of count or with minus three seconds (-3 sec), in the For Time exercises.

-From the RFET, we hope to encourages the massive participation of all athletes in this event and the aim is to have fun.

ALL ATHLETES WILL RECEIVE A DIPLOMA WITH THE CLASSIFICATION OR PARTICIPATION.

Registration manual in the following link:

https://www.dropbox.com/s/54dvjy6v4uu7e3e/2020_FGT_MANUAL%20INSCRIPCION%20WEB.pdf?dl=0

Administrative inquiries:

Any questions about the registration can contact directly to marta@taekwondogalego.gal (please give a brief explanation of the question, club name and contact person as well as telephone number) or by phone at (+34) 620 550 611 (Marta) from 09:00 to 14:00 from Monday to Friday)

**Sports inquiries: direcciondeportiva@taekwondogalego.gal
contact telephone number (+34) 655 86 85 57 (Tito)**

EXERCISES:

FROM 4 YRS OLD TO 8 YRS OLD CATEGORY

1. We place reference the height of the belt or abdomen.

For 20 seconds, ANDARI (AN FURIO CHAGUI) with both legs alternately, passing over the reference point. All actions that go over the established reference height with the straight leg or slightly bended will be valid.

FROM 7 YRS OLD TO 12 YRS OLD CATEGORY

1. We place a reference in the chest height.

For 30 seconds, ANDARI-BAKATARI (AN FURIO CHAGUI-BAKAT FURIO CHAGUI) supporting each action one side and the other with the two legs alternately, passing over the reference point.

All combinations that go over the established reference height with the leg straight or with a slight flexion and each action should touch the ground.

2. We will need a line on the ground and put something to hit.

For 30 seconds, positioned behind the line, we start with BANDAL CHAGUI with the back leg at the height of the waist and as we touch the ground a PUNCH to the chest height with the opposite arm. From that position will move back behind the line to continue with the opposite leg alternately.





All combinations will be valid starting with the back leg kicking with the instep, flexing the leg and at the reference height, and the punch straight and a degree of arm extension superior than 90 degrees.

CADET, JUNIOR AND SENIOR CATEGORY

1. We will need a line on the ground and something to hit.

For 30 seconds, positioned behind the line, we begin with double DOLYO CHAGUI with the back leg at shoulder height minimum and as we touch the ground a PUNCH at chest height with opposite arm. From that position the athlete will go back behind the line to continue with the opposite leg alternately.

All combinations will be valid starting with the back leg, kicking with the instep, bending the leg and at the reference height, and the punch should be straight and a degree of arm extension superior than 90 degrees.

2. We will need a line on the ground and something to hit.

For 30 seconds, positioned behind the line, we begin with YOP CHAGUI with the front leg at the height of the abdomen and once we kick, touching or without touching the ground, we turn to make MONDOLYO TUIT / YOP CHAGUI with the opposite leg, also at the height of the abdomen. From that position the athlete will go back the line and continue with the opposite leg alternately.

All combinations will be valid starting with the front leg, kicking in a lateral position with the sole of the foot, flexing the leg and at the established reference height, and the turning kick should also hit with the sole of the foot, but with the opposite leg, at the established reference height and with a superior extension than 90 degrees.

- The Royal Spanish Taekwondo Federation and the Organizing Committee will not assume responsibilities for claims or injuries.

