

# The Ambassador Cup World Taekwondo Final Video Recording Guide

## Poomsae

- (1) The poomsae demonstration must be filmed indoors (stadium, taekwondo arena).
- (2) When shooting video, it must be taken in compliance with the quarantine guidelines of the health authorities.
  - During the Poomsae demonstration, participants take off their masks and take a video.
- (3) Athletes must always expose 100% of their whole body in the recorded video.
- (4) Video equipment (mobile phone, DSLR, camcorder) must be filmed in a fixed state.
- (5) Submission of video used in other competitions or edited video will result in disqualification.
- (6) Video shooting must be conducted with the athlete facing the camera.
- (7) When shooting, it must be taken only in a 1:1 ratio without the zoom effect in front of the participant.
- (8) The video equipment is installed at a height of 115~120cm from the ground and then filmed.

(9) Shoot so as not to deviate from an angle of 45 degrees left or right around the camera.

(10) The shooting sequence is as follows. (Shooting command and sequence)

① Attention ② Prepare for Poomsae ③ Start ④ Immediately ⑤ Prepare for Poomsae ⑥ Start ⑦ Immediately

(11) The following criteria must be met for the captured image.

《Recommended video quality resolution for mobile phone: 1280 X 720 or 1920 X 10080》

① Shooting in Full HD ② Shooting horizontally ③ Maintaining a shooting distance of 6M

④ Two consecutive shooting of designated poomsae (video must be continuous without interruption)

Kyeorugi (Continuous Kick)

(1) The shot must be taken from the front, and the duration of the continuous kick is 30 seconds.

- When taking a video, the screen of the mobile phone that counts 30 seconds must be exposed.

(2) The height of the kick target is based on the height of the performer's belt.