

# Sport Poomsae and Demo Team Competition Rules



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AAU Taekwondo



## Sport Poomsae and Demo Team Competition Rules

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## Article 1. Purpose

The purpose of the Sport Poomsae Competition Rules is to smoothly and fairly manage all matters pertaining to Sport Poomsae competitions promoted, organized or licensed by AAU Taekwondo (AAU), and to ensure the standardization of Taekwondo Sport Poomsae competition in the United States in accordance with the World Taekwondo (WT), the international organization governing the competitions of the sport of Taekwondo.

A competition that does not follow the fundamental principles of these rules cannot be recognized as an AAU Taekwondo Sport Poomsae competition.

## Article 2. Application

These competition rules shall apply to all Sport Poomsae competitions to be promoted and/or organized or licensed by AAU Taekwondo. If any AAU Taekwondo event promoter wishes to modify any part of the Competition Rules for an event, they must first receive written approval from AAU Taekwondo.

Any organization wanting to make a change to some portion of the existing rules must submit the proposed changes to AAU Taekwondo along with the reasons for the change in writing. Approval for any changes in these rules must be received from AAU Taekwondo one month prior to the scheduled competition.

Changes such as increase or decrease in the number of AAU Taekwondo Sport Poomsae Referees and Judges in each ring or their seating arrangement, the number of Poomsae performed in each round, change in the size of the Competition Area, may be made after first gaining the written approval of AAU Taekwondo. However, such essential matters as scoring must not be changed under any circumstances.

## Article 3. Competition Area

The Contest Area shall measure at least 10m x 10m (12m x 12m for Freestyle/Demo Team Competition) and have a flat surface without any obstructions. Only AAU Taekwondo Approved mats are allowed at AAU Taekwondo licensed Sport Poomsae events, and must provide a safe and secure footing for the competitors.

### 1. Demarcation of the Contest Area

1. The 10m x 10m (12m x 12m for Freestyle/Demo Team Competition) shall be called the Contest Area.

### 2. Indication of Positions (See Figure 1)

1. **Referee:** The Referee shall be positioned beside Judge No. 1.
2. **Judges:** The Judges are positioned along Boundary Lines 1 & 3. They are 1m from the boundary line with a 1m separation between adjacent judges.
3. **Contestants:** Contestants' starting position shall be 2m back from the center of the Contest Area, towards boundary line 3.
4. **Recorder's Desk:** It shall be positioned at 3m from the Referee on the right side.
5. **Competition coordinator:** Competition coordinator shall be positioned outside the Contest Area, 1m away from the corner between boundary lines 1 & 2.
6. **Standby contestants and coaches:** Standby contestants and coaches shall be positioned outside the Contest Area; 3m away from the corner between boundary lines 3 and 4.
7. **Inspection Desk:** An Inspection Desk shall be positioned at the entrance of the Contest Area outside the corner of boundary lines 3 & 4.

### 3. Judging Formats

1. **Seven-Judge Format:** The seven judges (including the Referee) shall sit 1meter away from the Competition Area with a 1meter separation between adjacent judges. Four Judges (including the Referee) shall face the front of the contestants and three shall face the back. The boundary line adjacent to the four judges shall be deemed boundary line 1, followed by clockwise, boundary lines 2, 3, & 4. Judges are positioned and numbered clockwise facing boundary line 1 starting with the Referee.
2. **Five-Judge Format:** The five judges (including the referee) shall face the front of the contestants and two shall face the back, in the same order as in the seven - judge format.
3. **Three-Judge Format:** The three judges (including the referee) shall face the front of the contestants in the same order as in the seven-judge format.

#### Judge Format Variations

The positions of the judges may be modified to Accommodate Seven, Five, and Three Judge scoring systems due to limitations in the venue, number of judges available, or the scoring system in use.

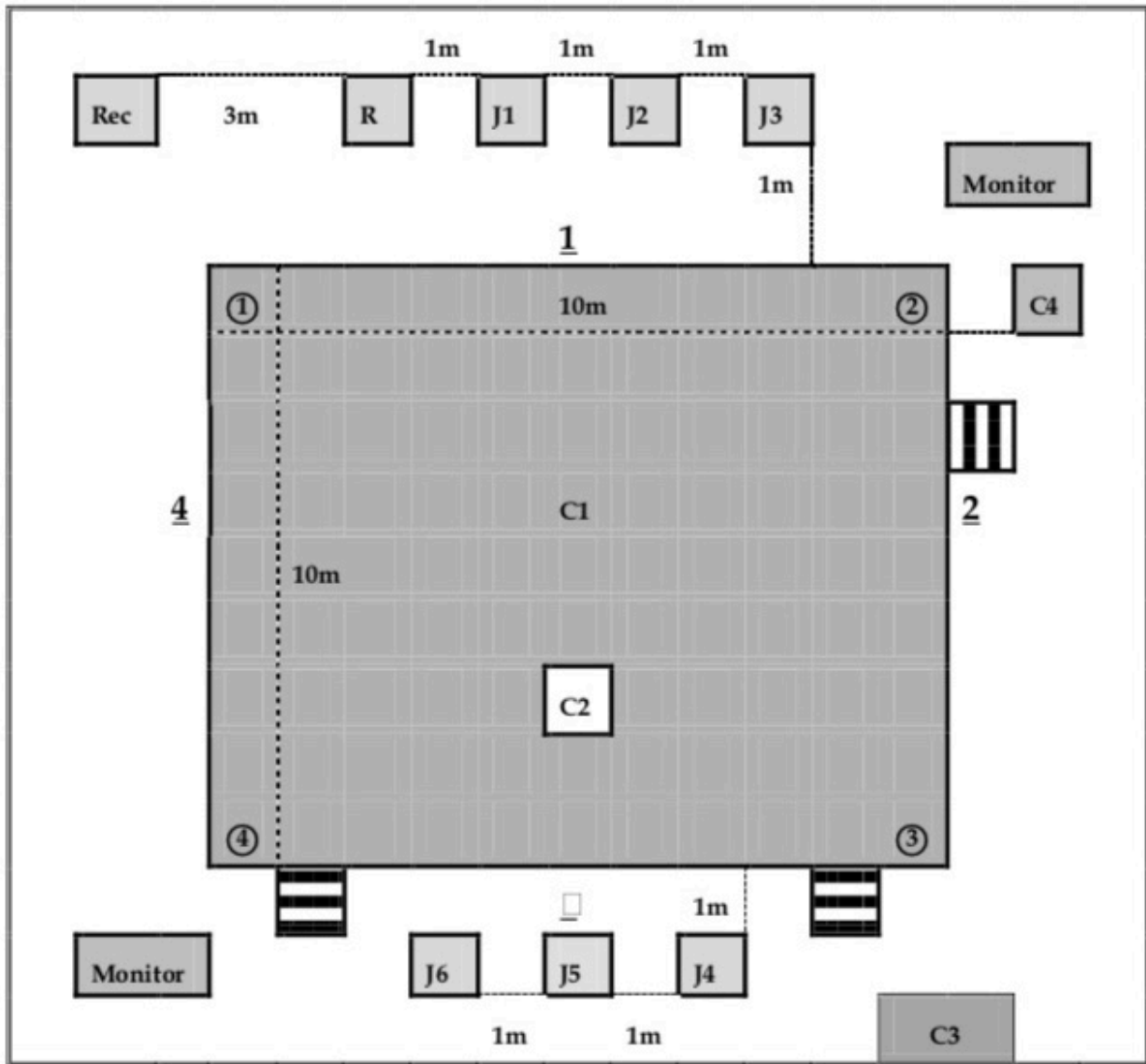
However, Team Trials and National Championships should use the seven-judge format for all WT divisions.

AAU qualifying events may use a five-judge system for all divisions if there is insufficient Sport Poomsae qualified judges for implementing the seven-judge system with AAU Taekwondo approval.

At AAU licensed events that are not qualifying events, a three-judge format may be used for non-WT divisions, (color belts and black belts under 12 years of age) with AAU Taekwondo approval.

NOTES:

Figure 1. Field of Play



- Rec: Recorder
- R: Referee
- J1, J2, J3, J4, J5, J6: Judges
- C1: Competition Area
- C2: Contestants
- C3: Standby Area for Contestants and Coaches
- C4: Competition Coordinator
- 1,2,3,4: Boundary Lines



## Article 4. Contestants

1. Qualifications of AAU Taekwondo Sport Poomsae Contestants
  1. All contestants must be currently registered AAU Members.
  2. All contestants participating in a tournament are required to observe AAU rules of conduct and the rules of the tournament. Violators are subject to sanction by the AAU.
  
2. Uniform for Contestants
  1. Official Uniform for Contestants
    1. **All** contestants must wear the appropriate AAU or WT approved Poomsae competition uniform in good condition and appropriate to the contestants' division. (NOTE: ALL black belts 14 and under may ONLY wear poom belts, ½ Black ad ½ Red with the black color on TOP. And ALL Black belts must wear solid black belts. **\*\*This INCLUDES 10-11 year division!**)
    2. No Jewelry can be worn. Inappropriate or unsafe uniforms will not be allowed. No rolled sleeves will be allowed and the cuff of the sleeve must be no higher than one half of the distance between wrist and elbow. The cuff of the pant may not be rolled and must be no higher than one-half the distance between the ankle and knee. Uniforms must be neatly hemmed at the cuff of the sleeve and the pant leg. Uniform top may not be tucked into the pants.
    3. No Tape will be allowed on any part of the uniform.
  2. Personal Hygiene
    1. All competitors must maintain highest standard of personal hygiene, keep their nails cut and short, and groom their hair neatly.
  3. Taping
    1. There will be no ankle or wrist wrapping or bandage or any equivalent or protection on the hand or feet.
    2. Any taping for injuries requires medical approval.
  4. Any violations of Article 4 Sections 1,2, or 3 will be required to be corrected within one minute, or be subject to disqualification.
  5. Medical Control
    1. At events promoted for licensed by AAU, any use or administration of drugs or chemical substances described in the USOC anti-doping by-laws is prohibited.
    2. The AAU may carry out any medical testing deemed necessary to ascertain if a contestant has committed a breach of this rule. Any winner who refuses to undergo this testing or who proves to have committed such a breach shall be removed from the final standings, and the record shall be transferred to the contestant next in line in the competition standings.
    3. The organizing committee shall be responsible for making arrangements to carry out medical testing.

## Article 5. Classification of Competition

1. Recognized Poomsae Competition
  1. Men's Individual
  2. Women's Individual
  3. Men's Team
  4. Women's Team
  5. Pair (one male & one female)
2. Freestyle Poomsae Competition
  1. Men's Individual
  2. Women's Individual
  3. Pair (one male & one female)
  4. Mixed Team (composed of 5 members including at least 2 males and 2 females). One substitute may accompany the freestyle poomsae team.
3. Mixed Poomsae Competition
  1. Men's Individual
  2. Women's Individual
  3. Men's Team
  4. Women's Team
  5. Pair (one male & one female)
  6. Mixed Team (composed of 5 members including at least 2 males and 2 females). One substitute may accompany the freestyle poomsae team.
4. Demonstration Competition
  1. There will be no limit on the number of Team members, but the team MUST comply with Contest Area. Teams are allowed 1 alternate team member to replace an injured athlete.

## Article 6. Divisions

### 1. Recognized Sport Poomsae Competition

1. Men, women and mixed divisions shall be divided according to age.
2. Male and Female divisions shall be classified as follows:

Division		Dragon	Ninja	Youth	Cadet	Junior	Under 30	Under 40	Under 50	Under 60	Under 65	Over 65
Age (Years)		6 – 7	8 – 9	10 – 11	12 – 14	15 – 17	18 – 30	31 – 40	41 – 50	51 – 60	61 – 65	66+
Individual	Male	1	1	1	1	1	1	1	1	1	1	1
	Female	1	1	1	1	1	1	1	1	1	1	1
Division		Dragon / Ninja		Youth	Cadet	Junior	Under 30		Over 30			
Age (Years)		6 – 9		10 – 11	12 – 14	15 – 17	18 – 30		31+			
Pair		2		2	2	2	2		2			
Team	Male	3		3	3	3	3		3			
	Female	3		3	3	3	3		3			

- Note that the shaded cells are the official World Taekwondo divisions and the unshaded cells are AAU divisions competed at AAU events.
- The age limits are based on the year, not the date, when the Championships are held.

### 2. Freestyle Sport Poomsae Competition

#### 1. Divisions of Freestyle Sport Poomsae Competition shall be as follows:

Divisions of Free Style Poomsae Competition shall be classified as follows.

구분 Division		17세 이하 Under 17	17세 초과 Over 17
나이 Age		12-17세 12-17 years old	18세를 포함하여 그 이상의 나이 18 years old and over
개인 Individual	남자 Male	1	1
	여자 Female	1	1
복식 Pair		2	2
단체(혼성) Team (mixed)		5명 + 최대 1명의 후보 5 (+1 substitute max.)	

### 3. Mixed Poomsae Competition

#### 1. Divisions of Mixed Poomsae Competition shall be as follows:

Divisions of Mixed Poomsae Competition shall be classified as follows.

구분 Division		18세 이상 18 & Over
나이 Age		18세를 포함하여 그 이상의 나이 18 years old and higher
개인 Individual	남자 Male	1
	여자 Female	1
복식 Pair		2
단체 Team	남자 Male	3
	여자 Female	3
단체(혼성) Team (mixed)		5명 + 최대 1명의 후보 5 (+1 substitute max.)

### 4. Demonstration Competition

#### 1. There will be no limit to age of the Team members.

## Article 7. Methods of Competition

### 1. The methods of competition are:

1. **Elimination Style:** Single elimination/Modified Single elimination/Modified Double elimination tournament format in which a competitor is eliminated from competition after one or two losses.

- Competitors are matched with opponents randomly or by seeding.
- The order of competition is randomly assigned.
- Each pair of competitors (Chung and Hong) enters the Competition Area together, but perform individually, with Chung (blue) performing first, followed by Hong (red), each competitor standing on their assigned positions when not performing.
- The Referee declares the winner based on the score and both competitors leave the Competition Area together.
- Competitors perform one or two forms in each round randomly\* selected from the Compulsory Poomsae by the Tournament Committee, and observed by the Chief Referee or designee in a meeting prior to the competition.

Note: This can be done either by electronic scoring, (first chung, blue performs and is scored and then hong, red is scored), or in cases of colored belt divisions, may be done by a show of hands with two competitors going simultaneously with WT scoring criteria still being applied.

2. **Cut-off tournament format:** The cut-off tournament is a competition format that has a maximum of three rounds, a preliminary, semi-final and final round. If the division has 20 or more competitors the competition shall start from the preliminary round.

- The division may be split into groups, with each group judged by different judges in the preliminary round.
- The order of the competitors in the preliminary round and semi-final round is randomly determined. The order of competition in the final round will be based on the score in the semi-final round, with the contestant with the lowest score first and the contestant with the highest score performing last.
- In the preliminary round, each contestant performs one or two assigned forms randomly selected from the Compulsory Poomsae by the Tournament Committee and observed by the Referee Chair(s) or designee in a public meeting prior to the competition. All competitors perform the same form(s). Scores are totaled for each contestant. Those with scores in the top 50% advance to the semi-final round.
- When there are 20 or more competitors, the preliminary round may be divided into two flights competed on two different courts with different judges. When there are 40

or more competitors, the preliminary round may be divided into three flights competed on three different with different judges. When there are 60 or more competitors, the preliminary round may be divided into four flights competed on four different courts with different judges. 50% of the contestants from each flight shall advance to the semi-final round.

- If the number of contestants in the division or groups is odd, then the number of contestants advancing to the next round will be rounded up. For example: if there are 23 contestants in the group, then with 23 contestants, number is rounded up to 24, and the 12 contestants with the highest scores shall advance to semi-final round. If there are 9 to 19 contestants, the competition shall start from the semi-final round.

- In the semi-final round, each contestant will perform two forms (one form may be performed) randomly selected from the Compulsory Poomsae (with the form(s) from the preliminary round excluded), and the 8 contestants with the highest scores advance to the final round.

- When 8 or fewer contestants are participating, the competition shall start from the final round.

- In the final round the contestants perform the two randomly selected forms from the Compulsory Poomsae that were not performed in the previous round. In the case where there are 8 or fewer contestants the final round is also the first round, and two Compulsory Poomsae randomly selected forms shall be performed.

- The top four contestants / pairs / teams shall be awarded prizes based on their points.  
- 3rd and 4th places are awarded bronze medals.

3. **Round robin tournament format:** In the round robin tournament each competitor competes with every other competitor.

- Competitors are matched with opponents randomly; the order of competition is randomly assigned.

- Each pair of competitors (Chung and Hong) enters the Competition Area together but perform individually, with Chung performing first, followed by Hong.

- The Referee declares the winner based on the score and both competitors leave the Competition Area together.

- Competitors perform one or two forms in each round randomly selected from the Compulsory Poomsae by the Tournament Committee, and observed by the Referee Chair(s) or designee in a meeting prior to the competition.

4. **Combination format:** In this format the cutoff format is used in the preliminary rounds and the final round of 8 uses the elimination format. This follows the same guidelines for each part as explained above.

Article 8. Recognized Sport Poomsae

Black Belts

Division		Compulsory Poomsae
6 – 7		Taegeuk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo
8 – 9		
10 – 11		
Cadet (12 – 14)		Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
Junior (15 – 17)		Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
Under 30		Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
Under 40		
Under 50		Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
Under 60		Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
Under 65		
Over 65		
Pair	9 and Under	Taegeuk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo
	10 – 11	
	Cadet (12 – 14)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Junior (15 – 17)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
	Under 30	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Teaback, Pyongwon, Shipjin
	Over 30	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
Team	9 and Under	Taegeuk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo
	10 – 11	Taegeuk 3, 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Cadet (12 – 14)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Junior (15 – 17)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
	Under 30	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
	Over 30	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon

Shaded cells are official World Taekwondo divisions while the unshaded cells are additional divisions used AAU Events.

## Colored Belts

Division	Compulsory Poomsae
Yellow (7th & 8th Geup) All ages	Taegeuk 1, 2 Jang
Green (5th & 6th Geup) All ages	Taegeuk 1, 2, 3, 4 Jang
Blue (3rd & 4th Geup) All ages	<u>Taegeuk</u> 3, 4, 5, 6 Jang
Red (1st & 2nd Geup) All ages	<u>Taegeuk</u> 4, 5, 6, 7, 8 Jang

Note: Poom Belts (Half Red/Half Black) are **NOT** Red belts and should **NOT** be allowed in the red belt division. Stripes are allowed.

## Article 9. Freestyle Sport Poomsae

1. Freestyle performance is based on Taekwondo techniques, with the addition of music and choreography.
2. Composition of freestyle sport poomsae:
  1. The progress line of the Poomsae shall be the choice of the contestant.
  2. Music and choreography shall be the choice of the contestant.
  3. The performed techniques must be within the boundaries of Taekwondo. The AAU Referee Team will determine the validity of the performed techniques when the contestant submits a Freestyle Sport Poomsae Performance Plan.



## Article 10. Demonstration Team Competition

1. Demonstration Competition is a performance highlighting the many aspects of the Taekwondo art, with the addition of music and choreography.
2. The maximum set-up time is 1 minute.
3. The maximum time to complete the performance is 10 minutes.
4. Music and the machine to play the music MUST be provided by the demonstration team.
5. There will be NO standing on chairs or tables, or use of tumbling boards or any similar devices.
6. Use of poles and similar devices to hold boards for high jumping breaks is permitted; these must be approved in advance.
7. Absolutely NO pyrotechnics, fireworks or flame breaks.
8. Weapons, boards and any props used in the demo will be provided by the Demonstration Team.

## Article 11. Duration of Contest by Division

1. Recognized Sport Poomsae: Individual, Pair and Team competitions up to 90 seconds.
2. Freestyle Sport Poomsae: Individual, Pair and Mixed Team competitions from 90 to 100 seconds.
3. The waiting time between 1st and 2nd Poomsae is 30 to 60 seconds.

## Article 12. Order of Competition

The order of competition shall be random in the preliminary and semi-final rounds and will be accomplished by drawing of lots or by other random process; some electronic scoring systems can randomly order the competitors in the ring. The order of competition in the final round will be based on the score in the semi-final round, with the contestant with the lowest score first and the contestant with the highest score performing last.

## Article 13. Prohibited Acts/Penalties

1. The Referee shall declare penalties for any prohibited acts.
2. Penalties are defined as “Kyeong-go” (deduction of points by penalties).
3. “Kyeong-go” shall be declared for the following prohibited acts
  1. Uttering undesirable remarks or any misconduct on the part of a contestant or a coach. This includes any act that intentionally interferes with another competitor, coach or official.
  2. According to judgment of the referee, a coach, an amateur contestant or Taekwondo practitioner should behave with proper manner and respect the code of conduct.
  3. Athletes or coaches should not interrupt or stand in the way of the competition coordinators while they are conducting the competition.

4. Should a contestant be assessed two (2) deductions, the referee shall declare the contestant a loser on penalties. "Kyeong-go," as defined in this Article, refers to deduction of points due to behavior that disrespects the spirit of sport, rather than due to judges' scoring in terms of accuracy and presentation.
5. When a coach or contestant commits excessive misconduct and does not follow the referee's command, the referee may declare a sanction request by raising a yellow card. In this case the Competition Supervisory Board shall investigate the coach's behavior and determine whether a sanction is appropriate.

## Article 14. Procedures of the Contest

1. **Call for contestants.** Thirty minutes prior to the scheduled start of the contest, the names of the contestants shall be announced three times in the contestants' training area. Any contestant who fails to appear in the Competition Area after the "Chool-jeon" command of the competition coordinator shall be regarded as having withdrawn from and forfeited the match.
2. **Standby.** Each contestant, accompanied by only one coach, shall wait at the contestants' waiting area for the physical and uniform inspection.
3. **Physical inspection and uniform inspection.** After being called, the contestants shall undergo a physical inspection and a uniform inspection at the specified inspection desk by an inspector designated by the Head Referee. The contestant shall not show any signs of aversion, and shall not bear any object that may cause harm to the other contestant. \*Note-performance is not stopped for things like large hair bows, wedding rings, or glasses, **if safe**. If item is **unsafe** it must **not** be allowed.
4. **Entering the Competition Area.** Following the inspection, the contestant(s) shall enter the contestant standby waiting area with one coach. Upon the Competition Coordinator's command (see Appendix I) of "Chool-jeon" (enter) the contestant(s) shall enter the Contest Area. When issuing the command "Chool-jeon" the Competition Coordinator motions with his/her right hand directing the contestant(s) into the Contest Area to the contestant's designated spot (see Appendix II). The coach remains in the designated contestant standby area.

### 1) Elimination and Round Robin Tournaments

- In individual competitions, the competitors, designated as Chung and Hong enter together.
- Contestants shall face each other and make a standing bow at the competition coordinator's command of "Cha-ryeot" (attention) and "Kyeong-rye" (bow).
- After "Kyeong-rye," Chung performs first and then Hong. In pair and team competitions the Chung team/pair and the Hong team/pair enter together. After

“Kyeong-rye,” the Hong team/pair exits and the Chung team/pair performs first, then Hong team (pair) performs.

- When issuing the command “Kyeong-rye” the Coordinator motions with his/her hands directing the contestant(s) bow to each other or to bow to the judges along Boundary Line #1.

### **2) Cut-off Tournament**

- Individual, pair and team competitors enter the Competition Area alone.

### **3) Demonstration Team Competition**

- Upon entering the Contest Area the one minute set-up time will begin. When the Team is ready to begin the coach will notify the Competition Coordinator that the set-up is completed.

**5. Beginning of the Performance.** The performance begins when the Competition Coordinator announces “Cha-ryeot,” “Kyeong-rye,” “Joon-bi” and “Shi-jak” (start).

**6. When two Poomsae are performed.** At the end of the first Poomsae the competition coordinator announces “Bah-roh” then “Shi-ah” then “Tuae-jahng,” at which point the contestant may return to the contestant waiting area to consult with the coach during the waiting time between the 1st and 2nd Poomsae. At the end of the waiting time the contestant returns to the designated spot in the Competition Area or the Competition Coordinator will command “Chool jeon” and motion with his/her hand directing the contestant(s) into the Competition Area to the designated spot.

**7. Beginning of the performance of the 2nd Poomsae.** The performance begins when the Competition Coordinator announces “Cha-ryeot,” “Joon-bi” and “Shi-jak” (start). There is no bow before the 2nd Poomsae.

**8. Completion of performance.** The performance ends with the Competition Coordinator commanding “Bah-roh” (back to ready), “Shi-ah”, contestant(s) shall stand in their respective positions wait until the coordinator’s declaration of “Pyo-chul”. Then “Cha-ryeot,” “Kyeongrye.” When issuing the command “Kyeong-rye” the Competition Coordinator motions with his/her hands directing the contestant(s) bow to each other or to bow to the judges along Boundary Line #1.

**9. Retirement of the contestants.** After the standing salute the contestant exits on the Competition Coordinator's command “Tuae-jahng” (exit). When issuing the command “Tuae-jahng” the Coordinator motions with his/her hand directing the contestant(s) from the designated spot out of the Competition Area. The hand motion shall be respectful, performed with formality, not in a dismissive fashion.

**10. When using an electronic scoring device.** The judges enter the score into the electronic scoring device after confirming the total score. The total score entered by the judges appear on the public display screen. The competition coordinator shall declare the winner according to the results of the judges.

**11. When using the scoring ballot.** The judges score accuracy in real time, and complete the scoring ballot after confirming the total score. After the judges' ballots are recorded, the recorder announces the final result. The competition coordinator shall declare the winner according to the results.

## Article 15. Competition Coordinator

1. Qualifications
  - 1) The Head Referee shall assign the Competition Coordinators.
2. Duties
  - 1) One or two Competition Coordinators shall be assigned.
  - 2) The Competition Coordinator(s) shall verify the contestants' identities and direct contestants in and out of the venue, and shall assist the refereeing officials to ensure the unimpeded progress of the competition and declare the winners/medalists.

## Article 16. Scoring Criteria

Scoring shall be made in accordance with the AAU and World Taekwondo Competition Rules

### 1. Recognized Sport Poomsae (10 Points)

1. Accuracy (4.0 points)
  - a. Accuracy of basic movements
  - b. Accuracy of individual movement of the Poomsae
  - c. Balance
2. Presentation (6.0 points)
  - a. Speed and power.
  - b. Rhythm and Tempo
  - c. Expression of energy

### Allotted Scoring Chart for Recognized Poomsae

채점항목 Scoring Criteria	세부 기준 항목 Details of Scoring Criteria	점수 Point
정확성 (4.0) Accuracy (4.0)	기본동작 정확성 Accuracy in basic movement	4.0
	폼새 별 동작의 정확성 Accuracy in individual movement of the Poomsae	
	균형 Balance	
연출성 (6.0) Presentation (6.0)	속도와 힘 Speed and power	2.0
	강유-완급-리듬 Rhythm & tempo	2.0
	기의 표현 Expression of energy	2.0

## 2. Freestyle Sport Poomsae (10 Points)

1. Technical skills (6 points)
  - a. Level of difficulty of foot techniques
  - b. Accuracy of movements
  - c. Degree of completion of Poomsae
2. Presentation (4 points)
  - a. Creativity
  - b. Harmony
  - c. Expression of energy
  - d. Music and choreography

The AAU Sport Poomsae Referee Team will establish the level of difficulty for kicking techniques each year.

### Allotted Scoring Chart for Freestyle Sport Poomsae

채점항목 Scoring Criteria	세부 기준 항목 Details of Scoring Criteria		점수 Point
기술력 (6.0) Technical Skills (6.0)	발차기 난이도 (5.0) Level of difficulty of foot techniques (5.0)	뛰어 옆차기 Jumping side Kick	5.0
		뛰어 찬 발차기 수 Multiple kicks in a jump	
		회전 수 Gradient of spins in a spin kick	
		겨루기방식 연속 발차기 Kyorugi style consecutive kicks	
		아크로바틱 발차기 기술 Acrobatic kicking technique	
	기본 동작 및 실용성 Basic movements & Practicability	1.0	
연출성 (4.0) Presentation (4.0)	창의성 Creativeness	4.0	
	조화 Harmony		
	기의 표현 Expression of energy		
	음악 및 안무 Music & choreography		
최대 점수 Maximum Points			10.0

### 3. Demonstration Team (10 Points)

1. Technical skills (6 points)
  - a. Team form
  - b. Acrobatic breaking
  - c. Single jump breaking
  - d. Power breaking
  - e. Self-defense
  - f. Accuracy of movements
2. Presentation (4 points)
  - a. Creativity and complexity
  - b. Synchronization and harmony
  - c. Taekwondo spirit
  - d. Music and choreography

## Article 17. Methods of Scoring

### 1. Recognized Sport Poomsae

#### 1. Total score is 10 points

#### 2. Accuracy

- A. Basic score is 4.0
- B. 0.1 point shall be deducted each time a contestant makes small errors; does not perform the basic movements accurately.
  - Deduction of 0.1 point per small mistake in accurate performance
  - 0.1 point shall be deducted each time a stance (Apgubi, Dwitgubi, Beomseogi and all the other standing movements and positions), hand or foot technique (Makki, Jireugi, Chigi and all the other hand and foot movements) is not performed as explained in the in the attached Poomsae Competition Guidelines.
- C. 0.3 point will be deducted each time a contestant makes a serious mistake.
  - Serious mistake in accuracy
  - 0.3 points shall be deducted when incorrect actions or techniques are performed or correct techniques or actions are omitted; i.e., serious deviations from the Poomsae as described in the *Taekwondo Textbook*.

#### Examples:

- Eolgul Makki is performed instead of Arae Makki
- Dwitgubi is performed instead of Juchum Seogi
- Kihap (yell) or stomp is not made or made in the wrong place
- Brief stops during movements (forgetting the next movement for three seconds or longer)

- Looking in the wrong direction (eyes should be focused in the direction of movement but should not anticipate the next direction of movement)
- When the raised foot touches the ground when performing Hakdari-Soegi
- Starting and ending position varies by more than one foot allowance (Exceptions: Taeguk 1, Keumgang, Jitae)
- Jittzikgi (stomping) movement without enough power and sound
- When the contestant makes loud breathing (e.g., hissing) noises
- When the contestant restarts his or her performance

### 3. Presentation

#### A. Basic total score (6.0 points)

Deduction of points in presentation shall be made for the overall performance of the Poomsae, not for every small or serious mistake during the performance:

- 2.0 points for speed and power
- 2.0 points for control of rhythm and tempo
- 2.0 points for expression of energy

#### a. Speed and Power (2.0 points)

-Ability to perform Poomsae shall be evaluated on whether the movements are performed in accordance with the characteristics of the pertinent movement; for example, attacking techniques such as Jireugi or Chagi, are best performed with a soft start, accelerating with a balance between speed and power, using the body weight to achieve a maximum effect; or, special movements are performed slowly, and intentionally, with power and balance.

Examples:

-Deduction shall be made if too much strength is revealed in the beginning of the movements, as this slows down the movement and reduces the power and effectiveness of the movement.

-Deduction shall be made if the contestant exaggerates a movement beyond the culmination of that movement to show power in the next movement, or exaggerates the reaction of the body to express power.

#### b. Rhythm and Tempo (2.0 points)

-Control of power means the greatest power is shown at the most critical moment of the movement, usually the culmination, through speed and softness.

-Control of speed means an appropriate connection between actions and changes in speed, such that powerful moves accelerate.

-Rhythm means repeated actions are performed with timing that results in the technique being most effective to accomplish the intended result, and flow of power with the greatest expression of power occurring at the instant of the strike, block or kick.

Examples:

-Too much power makes the movement look stiff and robotic from the start; deductions shall be made if the speed, power and rhythm are presented with no changes from the start to the end of the lines of movements.

-Deductions shall be made in case of stiff or limp actions coming from a stiff body or a too soft presentation without expression of power. A strong start makes it difficult to accelerate, and slows down the action at the critical point of the movements.

c. Expression of Energy (2.0 points)

-This category addresses the presentation of confidence and power that come from mastering the expression of energy. The range of movement of techniques, concentration, courage, sharpness, confidence, and posture effect how energy is expressed according to the characteristic actions of the Poomsae. Such characteristics as the direction of sight and focus of the eyes, strength of the kihap (yelling), attitude and uniform all contribute to the overall expression of energy.

Example:

-Deductions shall be made if actions are not crisp and powerful, or connecting actions are not big enough for the performer's physique, or the performance is made in the same rhythm throughout without slowing and accelerating to emphasize techniques.

**4. Deduction of points**

- A. 0.3 points shall be deducted from the final score in case the performance is finished earlier or later than the set contest time.
- B. 0.3 points shall be deducted from the final score if the contestant crosses the boundary line during performance.

**5. Score calculation**

- A. Accuracy shall be scored separately from presentation.
- B. Final score shall be the average of the judge's scores for accuracy (the highest and lowest judge scores dropped before calculating the average) and the average of the judge's scores for presentation (the highest and lowest judge scores dropped before calculating the average). When using the three-judge format, the highest and lowest score will **not** be dropped.
  - The publication of the score shall show the score for Accuracy, the score for Presentation and the Total Score.
  - All penalties accumulated during the competition shall be deducted from the final score.



## 2. Freestyle Sport Poomsae

### 1. **Technical Skill**

A. **Level of difficulty of foot techniques:** Points may be awarded from 0.0 up to 5.0 in total in five evaluation areas.

- a. Jumping Side Kick: Points may be awarded based on the performance level and the height of the jump.
- b. Multiple kicks in a jump: Points shall be awarded based on the performance level and the number of kicks in a jump.
- c. Gradient of turn in spin kicks: Points may be awarded based on the performance level and the number or degrees of turn (i.e., more than 180 degrees, more than 360 degrees, more than 540 degrees and more than 720 degrees) in spin kicks.
- d. Consecutive kicks: Points shall be awarded based on the mastery and the performance level of number of connected **sparring style kicks**; the number of consecutive kicks shall be between 3 to 5.
- e. Acrobatic kicking technique: Points may be awarded based on the mastery and performance level of acrobatic **kicking** technique performed.

B. **Basic movements & practicability of movements:** Points may be added from 0 up to 1.0 for accuracy in basic movements of Taekwondo and designated technical movements of Taekwondo. Whether the movements appear to be practicable, whether there is an appropriate connection between attacks and defenses, and whether the movements are in perfect harmony shall be criteria for evaluating general performances of a Free-style Sport Poomsae.

2. **Presentation:** Points may be awarded from 0 up to 4.0 based on the general performance of the Free-style Sport Poomsae.

A. **Creativity:** Points may be awarded based on the creativity of the actions and components of the Poomsae.

B. **Harmony:** Points may be awarded based on the harmony and balance between different components of the Poomsae (music, choreography, and attire for example). Harmony, balance, or synchronicity between or among the performers (unity, for example) shall be also evaluated in the case of team and pairs contests.

C. **Expression of energy:** Points may be awarded for accurate expression of energy in the Sport Poomsae, as described in Recognized Sport Poomsae, above.

D. **Music and choreography:** Points may be awarded based on how the music and the choreography contribute to the performance of the Sport Poomsae.

3. Deduction of points

A. 0.3 points shall be deducted from the final score in case the performance is finished earlier or later than the set contest time.

B. 0.3 points shall be deducted from the final score if the contestant crosses the boundary line during performance.

#### 4. Score calculation

- A. Technical skills shall be scored separately from presentation.
- B. Final score shall be the average of the judges' scores for technical skills (the highest and lowest judge scores dropped before calculating the average) and the average of the judges' scores for presentation (the highest and lowest judge scores dropped before calculating the average). The publication of the score shall show the score for Technical Skills, the score for Presentation and the Total Score. In the case of the Three-Judge Format the highest and lowest score will not be dropped.
- C. All penalties accumulated during the competition shall be deducted from the final score.

### 3. Sport Demonstration Competition

#### 1. Technical Skill

##### A. **Points may be awarded from 0.0 up to 5.0 in total in five evaluation areas:**

- a. Team Form: A newly created Poomsae incorporating various hand and foot techniques. (ALL Team)
- b. Acrobatic Breaking: A breaking technique executed by jumping into the air with the rotating axis to strike the target with a foot. This technique can be attempted with eyes covered or running forward.
- c. Single Jump Break: Breaking 3 or more fixed targets with one or more various techniques using the hands and feet through a single jump.
- d. Power Breaking: 2 to 4 contestants break targets set on the breaking board holders with various hand techniques.
- e. Self-Defense: Simulated fighting of 2 or more attackers with bare hand and foot. (Example: Striking, kicking, punching, thrusting, locking, grabbing, and throw downs are examples of defensive techniques that can be used to dominate an opponent.)

**B. Basic movements & practicability of movements:** Points may be added from 0 up to 1.0 for accuracy in basic movements of Taekwondo and designated technical movements of Taekwondo. Whether the movements appear to be practicable in the Team Form, whether there is practicality in the attacks and defenses during Self-Defense, and whether the movements are in harmony during the demonstration.

#### 2. Presentation

- A. Points may be awarded from 0 up to 4.0 based on the general performance of the demonstration.
  - a. **Creativity and Complexity:** Points may be awarded based on the creativity and complexity of the actions and components of the demonstration.
  - b. **Synchronization and Harmony:** Points may be awarded based on the harmony and balance between different components of the demonstration (music, choreography, and attire for example). Harmony, balance, or

synchronicity between or among the performers (unity, for example) shall be also evaluated.

- c. **Taekwondo Spirit:** Points may be awarded for accurate expression of energy in the demonstration, as described in Recognized Poomsae, above. Also, the audience's involvement and fun generated from the team will be awarded in this category.
- d. **Music and Choreography:** Points may be awarded based on how the music and the choreography contribute to the performance of the demonstration.

### 3. Deduction of points

- A. 0.3 points shall be deducted from the final score if the performance is finished later than the set contest time.
- B. 0.1 points per board missed shall be deducted from the final score. **ONLY ONE ATTEMPT PER BOARD WILL BE ALLOWED.**
  - a. The Competition Coordinator will record the number of boards missed, and inform the recorder at the end of the demonstration.
  - b. A missed board shall be defined as:
    - Unbroken after the attempt
    - Broken before the attempt
    - Broken with assistance from the holder; example: bending the board or pushing in to assist with the break
- C. 0.1 points shall be deducted from the final score each time a contestant crosses the boundary line during performance.

### 4. Score calculation

- A. Technical skills shall be scored separately from presentation.
- B. The final score shall be the average of the judges' scores for technical skills (the highest and lowest judge scores dropped before calculating the average) and the average of the judges' scores for presentation (the highest and lowest judge scores dropped before calculating the average).
  - a. The publication of the score shall show the score for Technical Skills, the score for Presentation and the Total Score.
  - b. When using the Three Judge Format, the highest and lowest score will not be dropped.
  - c. All penalties accumulated during the competition shall be deducted from the final score.

## Article 18. Publication of Scoring

1. The final score shall be announced immediately after collating the judges' total scores.
2. In case of using electronic scoring instruments

- A. Judges shall input points in the electronic scoring instruments (Accuracy in real time during the performance and Presentation after the performance of the Poomsae), and total points shall be automatically displayed on the monitors.
  - B. The final score and the individual judges' scores shall be displayed on the monitor following the automatic deletion of the highest and lowest scores among the judges.
3. In case of manual (paper score sheet) scoring
- A. The coordinator shall collect each scoring sheet and convey the results to the recorder immediately after completion of the Poomsae.
  - B. The recorder shall report the final score to the Referee, following the deletion of the highest and lowest scores, and announce the final score or have the final score

## Article 19. Decision and Declaration of Winner

1. The winner shall be the contestant who is awarded the highest total points.
2. In case of a tied score, the winner shall be the contestant with the highest presentation score in Recognized Sport Poomsae; and the highest technical score in Freestyle; and for Mixed Poomsae it is the higher Freestyle Score. (In case the scores are still tied, then the contestant with the higher total points (including all judge's scores, the highest and lowest not dropped) shall be the winner. In case the scores are still tied after the highest and lowest scores are added back, a rematch shall be conducted to determine the winner. The Referee will designate the Poomsae to be performed as chosen by the organizing committee.
3. The rematch will consist of performing one compulsory Poomsae designated by the Referee. The previous scores will not affect the scores of the rematch.
4. In case of a tied score after the rematch, the winner shall be the contestant who is awarded more points in total, including the highest and lowest scores that were dropped. In case of a tie, the rematch will be repeated until there is a winner.
5. Decisions
  - 1) Win by score. The winner is the contestant with the highest total points.
  - 2) Win by Referee Stop the Contest (RSC). In the event that the referee or commission doctor determines that a contestant is unable to continue, even after 90 seconds of recovery period, or if a contestant disregards the referee's command to continue, the referee shall declare the contest stopped and the opposing contestant shall be declared the winner.
  - 3) Win by withdrawal of opponent. The winner is determined by the withdrawal of the opponent: a. When a contestant withdraws from the match due to injury or other reasons, or When a coach throws a towel into the court to signify forfeiture of the match.

- 4) Win by disqualification. Should a contestant lose his or her contestant status before the competition begins, the opposing contestant shall be declared the winner.
- 5) Win by opponent's penalties. In the event that a contestant accumulates two "Kyeong-gos" (deduction of points by penalties), as prescribed in Article 13.3, the opponent shall be declared the winner.

## Article 20. Procedures for Suspending the Contest

1. When a contest is to be stopped during the competition, the referee shall:
  1. At the time of suspending the match, the referee shall order the recorders to suspend timekeeping. At this time, the Competition Coordinator is to determine the reason(s) for the stoppage of the competition.
  2. In the case in which a contest is stopped due to problems related to a contestant, and should a contestant not demonstrate the will to continue the contest within 90 seconds, the referee shall declare the opposing contestant as the winner. In the case where the stoppage of a contest is not related to the contestants, the problem shall be resolved quickly and another chance to perform shall be given to pertinent contestants.
  3. All the other problems that may arise shall be resolved through the meeting of the judges of the pertinent competition, Competition Head Referee and Tournament Director, and the Chief Sport Poomsae Referee.

## Article 21. Refereeing Officials

1. Qualifications
  1. Judges: Shall be Sport Poomsae-qualified AAU Referees or WT International Referees
  2. Referee: Shall be Sport Poomsae-qualified AAU Referees or WT International Referees
2. Duties
  1. Referee
    - A. The Referee shall document all valid points.
    - B. The referee shall declare the winner and issue "Kyunggo" (deduction of points by penalties). The referee shall declare only after the judges' decision has been confirmed.
    - C. The referee is permitted to summon the judges during the competition, if the need arises.
  2. Judges
    - A. The judges shall document all valid points.
    - B. The judges shall state their opinions forthrightly when requested to do so by the referee.

3. Classification of refereeing officials
  - A. Shall be Sport Poomsae-qualified AAU Referees or WT International Referees.
    1. AAU Sport Poomsae-qualified Referees will be determined by the **“AAU Regulations on the Administration of Sport Poomsae Referees”**
4. Uniform of the refereeing officials
  1. Refereeing officials shall wear uniforms designated by AAU Taekwondo.
  2. Refereeing officials shall not carry or take any materials to the arena that might interfere with the contest.

## Article 22. Recorder

1. The recorder shall time the contest, including suspending time during the contest. The recorder shall also calculate, record and announce or display the total scores.

## Article 23. Formation and Assignment of Refereeing Officials

1. Composition of refereeing officials
  1. Seven-Judge Format: 1 Referee, 6 Judges
  2. Five-Judge Format: 1 Referee, 4 Judges
  3. Three-Judge Format: 1 Referee, 2 Judges
2. Assignment of Refereeing officials
  1. The assignment of the referees and judges shall be made after the contest schedule is set.
  2. Referees and judges with the same state or club as that of either contestant or with a conflict of interest shall not be assigned to such a contest. However, an exception shall be made for the judges when the number of refereeing officials is insufficient, as the case may be. Prior to the beginning of the pertinent contest, Referees and Judges must disclose any conflict of interest to the Head Referee.

## Article 24. Protest and Arbitration

A procedure for protest is provided in case there is a clear erroneous decision from the refereeing officials in identification of the winning contestants, errors in the scoring system, or other administrative errors resulting in the wrong players being named as winners. However, as a first recourse, the coach/team captain should respectfully bring the matter to the attention of the officiating team; then to the Head Referee: if the situation cannot be resolved, then a formal protest may be filed to the Event Director.

\*Note that only procedural and administrative errors are subject to protest (including errors in

addition or calculation of winners when an electronic system is not in use). Disagreements about scoring are not protestable. In case there is an objection that cannot be resolved with the officiating team, within 10 minutes after the pertinent contest, the certified coach representing the athlete may submit an application for re-evaluation of decision to the Event Director.

## Article 25. Other Matters Not Specified in the Rules

Matters not specified in the Rules shall be dealt with as follows:

1. Matters related to the competition shall be decided through a consensus of the refereeing officials of the pertinent contest.
2. The AAU Sport Poomsae Chief Referee or their proxy shall decide matters not related to the competition.

# Appendix



---NOTES---

## Ring Coordinator Commands

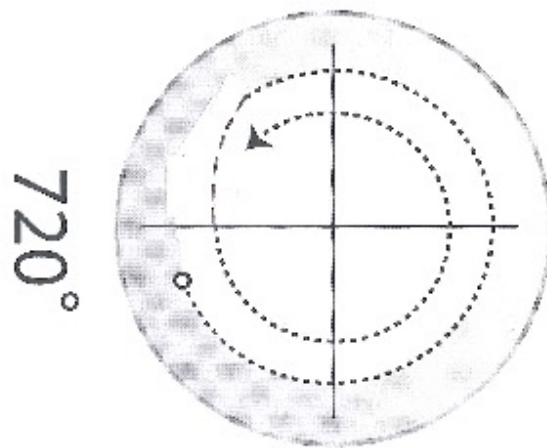
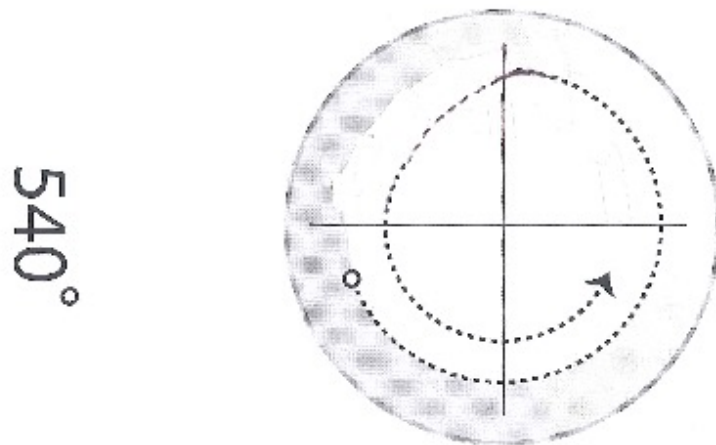
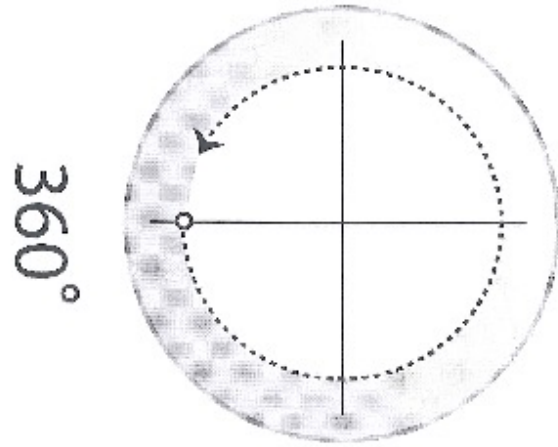
### Competition Coordinator Commands (One Poomsae)

<b>Korean</b>	<b>English</b>	<b>Coordinator/Competitor Action</b>
“Chool jeon”	Enter	Coordinator motions with extended left arm for the competitor enter the competition area. Competitor enters.
“Cha-ryeot”	Attention	Coordinator’s left arm bent 90° with palm to the left at face height. Competitor comes to attention.
“Kyeong-rye”	Bow	Coordinator’s left arm rotates 90° with palm facing down. Competitor bows.
“Joon-bi”	Ready	Coordinator’s right arm fully extended with palm facing left, shoulder high. Competitor moves to Joonbi soegi.
“Shi-jak”	Begin	Coordinator’s right arm fully extended straight up with palm facing left, close to ear. Competitor begins 1st Poomsae.
“Bah-roh”	Return (to Joonbi soegi)	No hand signal. Competitor returns to Joonbi soegi.
“Shi-ah”	Rest (at ease)	Competitor relaxes
“Pyo-chul”	(Judges) Score	Coordinator’s right arm fully extended straight up, palm out.
“Cha-ryeot”	Attention	Coordinator’s left arm bent 90° with palm to the left at face height. Competitor comes to attention.
“Kyeong-rye”	Bow	Coordinator’s left arm rotates 90° with palm facing down. Competitor bows.
“Tuae-jahng”	Exit	Coordinator motions with extended left arm for the competitor exit the competition area. Competitor leave the competition area.

### Competition Coordinator Commands (Two Poomsae)

<b>Korean</b>	<b>English</b>	<b>Coordinator / Competitor Action</b>
“Chool jeon”	Enter	Coordinator motions with extended left arm for the competitor enter the competition area. Competitor enters.
“Cha-ryeot”	Attention	Coordinator’s left arm bent 90° with palm to the left at face height. Competitor comes to attention.
“Kyeong-rye”	Bow	Coordinator’s left arm rotates 90° with palm facing down. Competitor bows.
“Joon-bi”	Ready	Coordinator’s right arm fully extended with palm facing left, shoulder high. Competitor moves to Joonbi soegi.
“Shi-jak”	Begin	Coordinator’s right arm fully extended straight up with palm facing left, close to ear. Competitor begins 1st Poomsae.
“Bah-roh”	Return (to Joonbi Soegi)	No hand signal. Competitor returns to Joonbi soegi.
“Shi-ah”	Rest (at ease)	Competitor relaxes.
Tuae-jahng”	Exit	Coordinator motions with extended left arm for the competitor exit the competition area. Competitor leave the competition area to speak to the coach.
“Pyo-chul”	(Judges) Score	Coordinator’s right arm fully extended straight up, palm out.
“Chool jeon”	Enter	Coordinator motions with extended left arm for the competitor enter the competition area. Competitor enters.
“Cha-ryeot”	Attention	Coordinator’s left arm bent 90° with palm to the left at face height. Competitor comes to attention.
“Joon-bi”	Ready	Coordinator’s right arm fully extended with palm facing left, shoulder high. Competitor moves to Joonbi soegi.
“Shi-jak”	Begin	Coordinator’s right arm fully extended straight up with palm facing left, close to ear. Competitor begins 2nd Poomsae.
“Bah-roh”	Return (to Joonbi soegi)	No hand signal. Competitor returns to Joonbi soegi.
“Shi-ah”	Rest (at ease)	Competitor relaxes.
“Pyo-chul”	(Judges) Score	Coordinator’s right arm fully extended straight up, palm out.
“Cha-ryeot”	Attention	When the final score is displayed the coordinator calls the competitor to attention. Coordinator’s left arm bent 90° with palm to the left at face height. Competitor comes to attention.
“Kyeong-rye”	Bow	Coordinator’s left arm rotates 90° with palm facing down. Competitor bows.
“Tuae-jahng”	Exit	Coordinator motions with extended left arm for the competitor exit the competition area. Competitor leave the competition area.


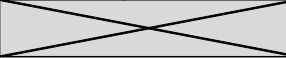
# Gradient of Turn




---Notes---

**Kihap & Stomp(s) Jit-chit-ki action (deduct in Ac: -0,3)**

Poomsae	Kihap	kihap poom + order	Stomp (s)	Stomp Poom	Poom	Dongjak	Duur (sec.)
Taegeuk Il jang (1)	<b>1</b>	last front punch (order 18)	0	0	18	20	17 - 21
Taegeuk I jang (2)	<b>1</b>	last front punch (order 18)	0	0	18	23	18 - 23
Taegeuk Sam jang (3)	<b>1</b>	last front punch (order 20)	0	0	20	34	20 - 25
Taegeuk Sa jang (4)	<b>1</b>	last front punch (order 20)	0	0	20	29	26 - 31
Taegeuk O jang (5)	<b>1</b>	last back fist ( order 20)	<b>1</b>	dwitkoa seogi	20	32	28 - 33
Taegeuk Yuk jang (6)	<b>1</b>	2nd round kick (order 12)	0	0	19	31	32 - 37
Taegeuk Chil jang (7)	<b>1</b>	last side punch ( order 25)	0	0	25	33	32 - 37
Taegeuk Pal jang (8)	<b>2</b>	1st kick / 2nd kick (order 3 & 19)	0	0	27	38	32 - 37
Koryo (9)	<b>2</b>	3rd khaljaebi / last khaljaebi (order 11 & 30)	0	0	30	48	43 - 48
Keumgang (10)	<b>2</b>	1st stomp / 3rd stomp (order 11 & 21)	<b>4</b>	juchum seogi	27	27	58 - 63
Taeback (11)	<b>2</b>	last front punch / back front punch (order 8 & 22)	0	0	26	38	32 - 37
Pyongwon (12)	<b>2</b>	1st back fist strike of each pair (order 9 & 17)	<b>2</b>	juchum seogi	21	25	28 - 33
Sipjin (13)	<b>3</b>	side punch (2 time) / back fist (order 5 & 10 & 23)	<b>1</b>	dwitkoa seogi	28	31	60 - 65
Jitae (14)	<b>2</b>	hammer punch into palm/ front punch (order 18 & 24)	0	0	28	37	47 - 52
Chonkwon (15)	<b>1</b>	side kick (order 8)	0	0	26	29	55 - 60
Hansu (16)	<b>2</b>	back fist (2 time) (order 16 & 25)	<b>2</b>	dwitkoa seogi	27	33	37 - 40
Ilyeo (17)	<b>2</b>	wen and oreun pyonsonkeut (order 6 & 13)	0	0	23	29	37 - 42
<b>bigak &amp; Hanryu developed by the Kukkiwon in 2007</b>							
new Peacock (bigak)	<b>4</b>	back fist (1 time)	<b>1</b>	dwitkoa seogi	x	x	x - x
new Hanryu	<b>2</b>	back fist (1 time)	<b>1</b>	dwitkoa seogi	x	x	x - x

<b>WT POOMSAE COMPETITION JUDGE'S SCORE SHEET</b>																			
	Number contestant:										Court nr:								
	Country contestant:																		
	Taegeuk / poomsae:			1st			2nd												
Remark Start (x) and End (o) position of the participants: deduct: -0,3																			
Category	Sub-Category	Score Allocation															Score		
<b>Accuracy (4.0)</b>	Accuracy in basic Movement	<b>4.0 - ( / + X ) = deduct -0,1 (/) or -0,3 (X)</b>																	
	Accuracy in individual Movement of the Pomsae																		
	<b>BALANCE</b>																		
		total picture: beginning to end															Score		
		6.0 Perfect	Excellent			Good			Average			Poor			Very Poor				
			5,7 - 5,1			4,8 - 4,2			3,9 - 3,3			3,0 - 2,4			2,1 - 1,5				
<b>Presentation (6.0)</b>	Power & Speed	2.0	1.9	1.8	1.7	1.6	1.5	1.4	1.3	1.2	1.1	1.0	0.9	0.8	0.7	0.6	0.5		
	Coordination of rhythm & Tempo and Softness & Power	2.0	1.9	1.8	1.7	1.6	1.5	1.4	1.3	1.2	1.1	1.0	0.9	0.8	0.7	0.6	0.5		
	Expression of Energy	2.0	1.9	1.8	1.7	1.6	1.5	1.4	1.3	1.2	1.1	1.0	0.9	0.8	0.7	0.6	0.5		
<b>Sub-total Score (10) of (Accuracy) + (Presentation) =</b>																			
<b>Deductions and penalty (Time + Cross) =</b>																			
<b>Total Score</b>																			
Judge's Name or Number: _____										1, 2, 3, 4 round									
Judge's Nation: _____										Signature: _____									

WT FREESTYLE POOMSAE COMPETITION														
Judge's Score Sheet														
	<b>Number:</b>													
	<b>Country:</b>													
	<b>Category:</b>		INDIV	PAIR	MIX									
	<b>Time limit:</b>		<b>Endtime:</b>			<b>Deduct:</b>								
	<b>Dwitkubi</b>		Yes / No											
	<b>BeomSeogi</b>		Yes / No											
<b>HakdariSeogi</b>		Yes / No												
		<b>Court nr:</b>												
Category	Sub-Category	Score Allocation												Score
		Very Poor	Poor			Average			Good			Perfect		
Technical Skills (6.0)	Level of Difficulty of Foot Techniques (5.0)	Height of Jump	0,0	0,1	0,2	0,3	0,4	0,5	0,6	0,7	0,8	0,9	1,0	
		Number of Jumping Kicks	0,0	0,1	0,2	0,3	0,4	0,5	0,6	0,7	0,8	0,9	1,0	
		Gradient of Turn	0,0	0,1	0,2	0,3	0,4	0,5	0,6	0,7	0,8	0,9	1,0	
		Performance level of consecutive kick	0,0	0,1	0,2	0,3	0,4	0,5	0,6	0,7	0,8	0,9	1,0	
		Acrobatic Actions	0,0	0,1	0,2	0,3	0,4	0,5	0,6	0,7	0,8	0,9	1,0	
	Basic Movements & Practicability (1.0)	0,0	0,1	0,2	0,3	0,4	0,5	0,6	0,7	0,8	0,9	1,0		
<b>Total score of Technical skills (6.0)</b>														
Presentation (4.0)	Creativeness		0,0	0,1	0,2	0,3	0,4	0,5	0,6	0,7	0,8	0,9	1,0	
	Harmony		0,0	0,1	0,2	0,3	0,4	0,5	0,6	0,7	0,8	0,9	1,0	
	Expression of Energy		0,0	0,1	0,2	0,3	0,4	0,5	0,6	0,7	0,8	0,9	1,0	
	Music & Chorography		0,0	0,1	0,2	0,3	0,4	0,5	0,6	0,7	0,8	0,9	1,0	
	<b>Total score of Presentation (4.0)</b>													
<b>Sub-total Score (10) of (Technical Skills) + (Presentation) =</b>														
<b>Deduction and Penalty (Sogi + Time + Cross Line + Mess) =</b>														
<b>Total Score</b>														
Judge's Name or Number: _____														
Judge's Nation: _____										Signature: _____				

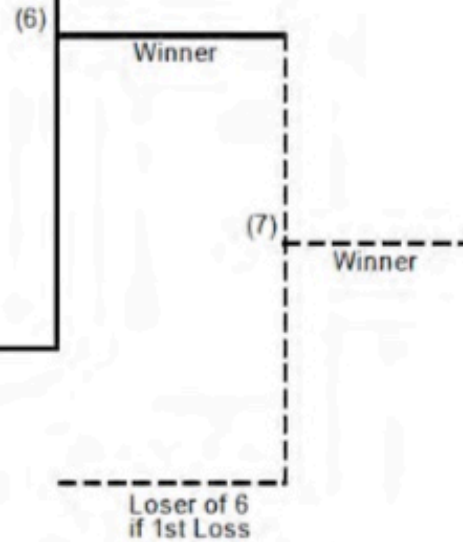
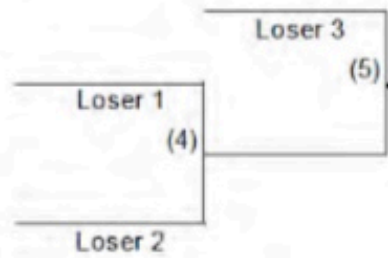


WTF POOMSAE NEW CATEGORISATION	OLD ✘ 2013	NEW ✔ 2014
	<p>Note** AAU 10-11 Years Division will follow Cadet Uniform guidelines.</p> <p>Poom Level ✘</p>	<p>Cadet Division 12 to 14 Years ✔</p>
 	<p>Dan Level Dan 1 to 6 ✘</p>	<p>Junior &amp; Senior Division 15 to 50 Years ✔</p>
 	<p>High Dan Level Dan 7 and above ✘</p>	<p>Master Division 51 Years and above ✔</p>

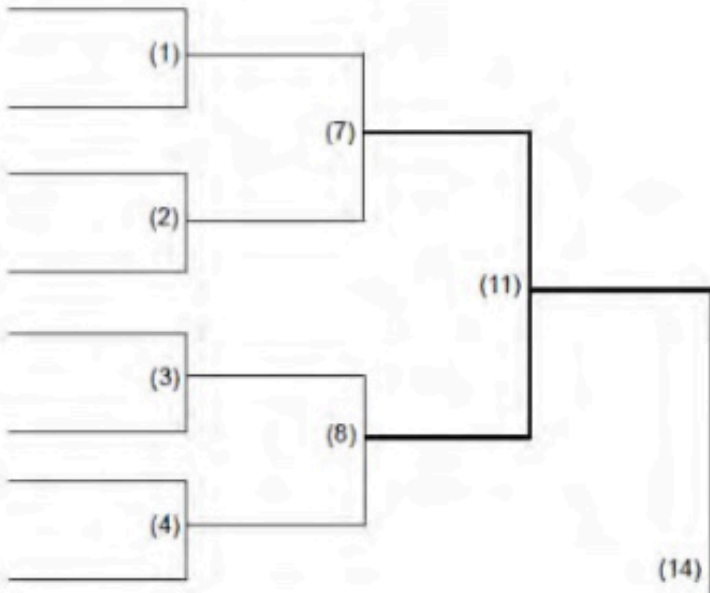
Winner's Bracket



Loser's Bracket



Winner's Bracket



Loser's Bracket



Winner's Bracket



Loser's Bracket



## AAU Regulations on the Administration of Sport Poomsae Referees

1. Article 1. Sport Poomsae Referee Certification Requirements
  - 1.1. AAU Sport Poomsae Referees will be divided into the five Classes; E, D, C, B, A, AA
  - 1.2. The Requirements for AAU Sport Poomsae Referee certification are as follows:
    - 1.2.1. Must be current AAU member.
    - 1.2.2. Must be at least 16 years of age.
    - 1.2.3. Must be able to perform all traditional poomsae through Taeguk 8.
    - 1.2.4. Must complete and pass AAU yearly background check.
    - 1.2.5. Must be a first Dan or higher.
    - 1.2.6. Must pass Sport Poomsae Seminar with 70% overall score.
      - 1.2.6.1. Distribution of class test scores.
      - 1.2.6.2. 50% Written Test
      - 1.2.6.3. 30% Scoring Test
      - 1.2.6.4. 20% Practical Test
    - 1.2.7. Non-Black belts over 16 years old may earn a mentee, "Class E" Poomsae Referee certification according to the "Class D" guidelines. "\*Note Class E (A Mentee Class) referees will be allowed to serve as ring coordinators, computer operators and judge color belts only.
  - 1.3. Requirements for Class E Sport Poomsae Certification.
    - 1.3.1. At least age 16.
    - 1.3.2. Attained the rank of Red Belt.
    - 1.3.3. Must be able to perform all traditional poomsae through Taeguk 8.
    - 1.3.4. Attended 1 official poomsae Seminar.
    - 1.3.5. Passed written test with 60% or better.
    - 1.3.6. Know all Sport Poomsae and Breaking Rules and know the judging criteria.
    - 1.3.7. Must be able to judge Taeguk 1-8 and Breaking.
    - 1.3.8. Must pass Sport Poomsae Seminar with 70% overall score.
  - 1.4. Requirements for Class D Sport Poomsae Certification.
    - 1.4.1. At least age 16.
    - 1.4.2. Attained the rank of 1<sup>st</sup> Dan.
    - 1.4.3. Must be able to perform all traditional poomsae through Keumgang.
    - 1.4.4. Attended 1 official poomsae Seminar.
    - 1.4.5. Passed written test with 65% or better.
    - 1.4.6. Know all Sport Poomsae and Breaking Rules and know the judging criteria.
    - 1.4.7. Must be able to judge Taeguk 1-8, Koryo, & Keumgang and Breaking.
    - 1.4.8. Must pass Sport Poomsae Seminar with 70% overall score.
  - 1.5. Requirements for Class C Sport Poomsae Certification.
    - 1.5.1. Minimum of 12 months at Class D.
    - 1.5.2. Must be able to perform all traditional poomsae through Sipjin.
    - 1.5.3. Attended 2 official poomsae Seminars since promotion to Class D.
    - 1.5.4. Passed written test with 70% or better.
    - 1.5.5. Know all Sport Poomsae and Breaking Rules and know the judging criteria.
    - 1.5.6. Must be able to judge Taeguk 1-8, and Kukkiwon Black Belt Poomsae through Shipjin, Demo Team, and Breaking.
    - 1.5.7. Must pass Sport Poomsae Seminar with 70% overall score.

- 1.5.8. Judged Sport Poomsae a minimum of 4 times at AAU licensed Events including 1 AAU district and 1 AAU National Championship.
- 1.5.9. Performance must be evaluated by AAU Sport Poomsae Chief Referee at district or National Championship.
- 1.6. Requirements for Class B Sport Poomsae Certification.
  - 1.6.1. Minimum of 18 months at Class C.
  - 1.6.2. Must be able to perform all traditional poomsae.
  - 1.6.3. Attended 3 official poomsae Seminars since promotion to Class C.
  - 1.6.4. Passed written test with 80% or better.
  - 1.6.5. Know all Sport Poomsae and Breaking Rules and know the judging criteria.
  - 1.6.6. Must be able to judge Taeguk 1-8, and ALL Kukkiwon Black Belt Poomsae, Demo Team, Freestyle, and Breaking.
  - 1.6.7. Must pass Sport Poomsae Seminar with 70% overall score.
  - 1.6.8. Judged Sport Poomsae a minimum of 6 times at AAU licensed Events including 1 AAU district and 1 AAU National Championship.
  - 1.6.9. Performance must be evaluated by AAU Sport Poomsae Chief Referee at district or National Championship
- 1.7. Requirements for Class A Sport Poomsae Certification.
  - 1.7.1. Minimum of 24 months at Class B.
  - 1.7.2. Must be able to perform all traditional poomsae.
  - 1.7.3. Attended 4 official poomsae Seminars since promotion to Class B.
  - 1.7.4. Passed written test with 85% or better.
  - 1.7.5. Know all Sport Poomsae and Breaking Rules and know the judging criteria.
  - 1.7.6. Must be able to judge Taeguk 1-8, and ALL Kukkiwon Black Belt Poomsae, Demo Team, Freestyle, and Breaking.
  - 1.7.7. Must pass Sport Poomsae Seminar with 70% overall score.
  - 1.7.8. Judged Sport Poomsae a minimum of 10 times at AAU licensed Events including 1 AAU district and 1 AAU National Championship.
  - 1.7.9. Must Judge at a District, National Championship or take an official seminar and past written test annually to maintain Class A. (If a Class A referee does not meet these criteria, they will become Class B until they retake seminar and past test with 85%.)
- 1.8. Requirements for Class AA Sport Poomsae Certification.
  - 1.8.1. Minimum of 36 months at Class A.
  - 1.8.2. Must be able to perform all traditional poomsae.
  - 1.8.3. Attended 4 official poomsae Seminars since promotion to Class A.
  - 1.8.4. Passed written test with 85% or better.
  - 1.8.5. Know all Sport Poomsae and Breaking Rules and know the judging criteria.
  - 1.8.6. Must be able to judge Taeguk 1-8, and ALL Kukkiwon Black Belt Poomsae, Demo Team, Freestyle, and Breaking.
  - 1.8.7. Must pass Sport Poomsae Seminar with 70% overall score.
  - 1.8.8. Judged Sport Poomsae a minimum of 10 times at AAU licensed Events including 2 AAU district and 2 AAU National Championships.
  - 1.8.9. Must Judge at a District, National Championship or take an official seminar and past written test annually to maintain Class AA. (If a Class AA referee does not meet these criteria, they will become Class A until they retake seminar and past test with 85%.)

# **World Taekwondo Poomsae Scoring Guidelines**

WORLD TAEKWONDO FEDERATION

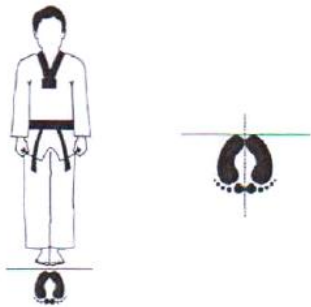
**POOMSAE SCORING GUIDELINES**  
FOR INTERNATIONAL REFEREES



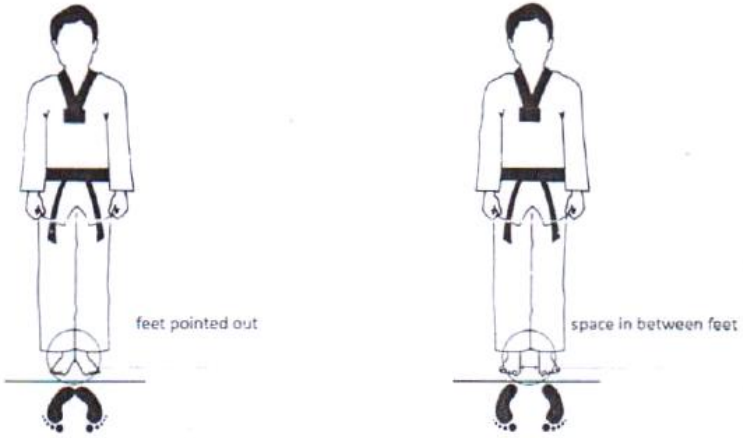
WORLD TAEKWONDO FEDERATION



# Stance (*Seogi*)

<p><b>Closed stance ( <i>Moa seogi</i> )</b></p> <ul style="list-style-type: none"> <li>- Feet together</li> <li>- Toes Facing straight forward</li> <li>- Stand upright</li> <li>- Legs straight</li> </ul>	<p>Correct Movement</p>  <p>The diagram shows a person in a Taekwondo uniform standing in a closed stance. The feet are together with toes pointing straight forward. Below the person is a top-down view of the feet, showing they are perfectly aligned with a vertical center line.</p>
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Deduction Factors (-0.1)



**Parallel stance (Naranhi seogi)**

- Inner edge of both feet should be 1 foot-length apart
- Toes facing straight forward
- Legs straight

Correct Movement



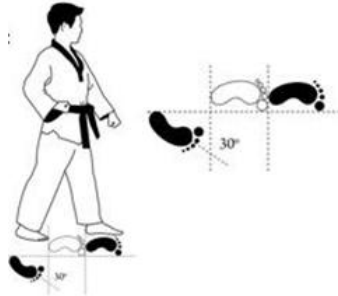
Deduction Factors (-0.1)



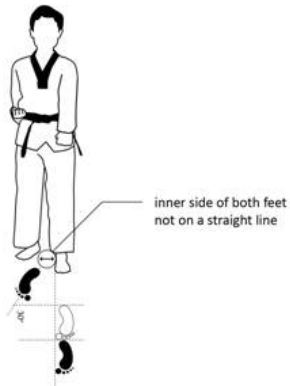
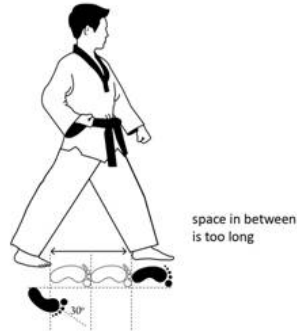
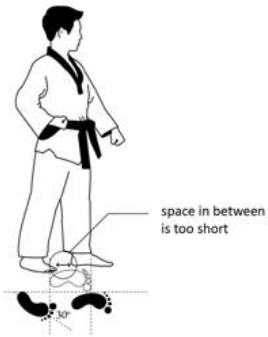
### Walking Stance (*Ap seogi*)

- 3 foot-length from origin
- Front foot facing straight forward
- Back foot 30 degrees
- Both legs straight
- Inner sides of both feet should be on a straight line
- Body turned 45 degrees (natural angle)
- Weight evenly distributed on both legs

Correct Movement



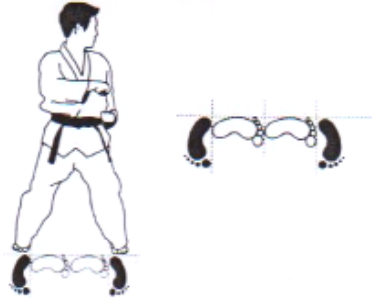
### Deduction Factors (-0.1)



**Riding stance ( Juchum seogi)**

- Distance between feet approximately (2) foot-length
- Toes facing straight forward
- Weight equally distributed on both legs but concentrated inwardly
- Knees bent

Correct Movement



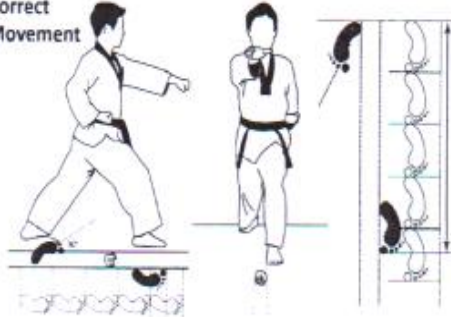
Deduction Factors (-0.1)



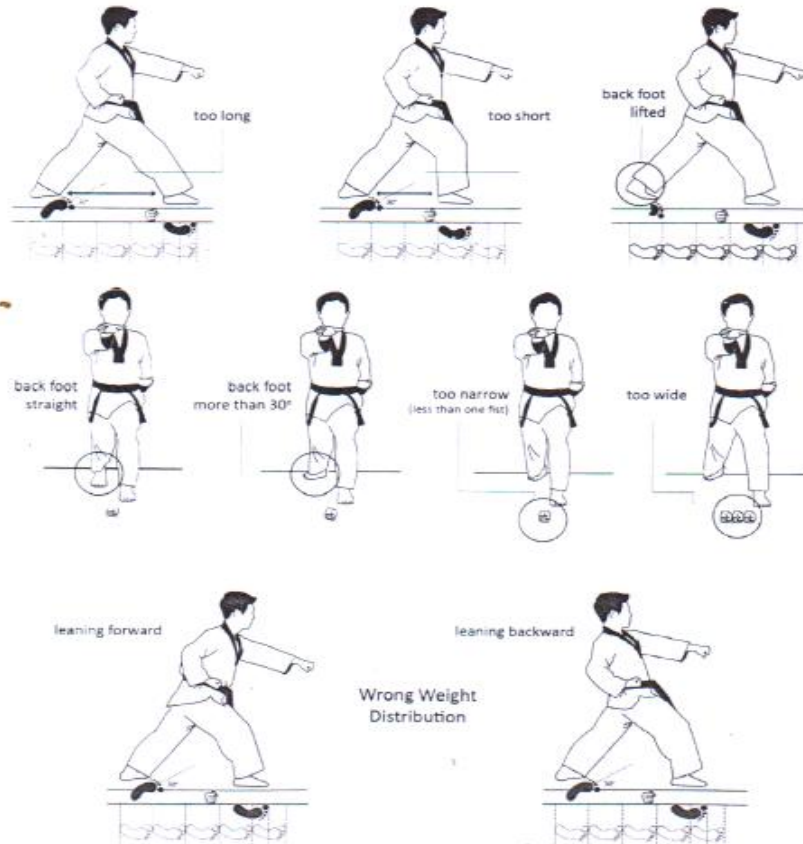
### Forward stance (*Apkubi*)

- 4-4½ foot-length from origin
- Front foot facing forward
- Back foot angled at 30 degrees
- Weight : 70% in front, 30% at the back
- When you look down towards the front foot, you should only see the tip of your toes
- Distance between the inside edges of both feet should be between one(1) to two(2) fists apart
- Standing upright, body is naturally angled at 30 degrees

#### Correct Movement



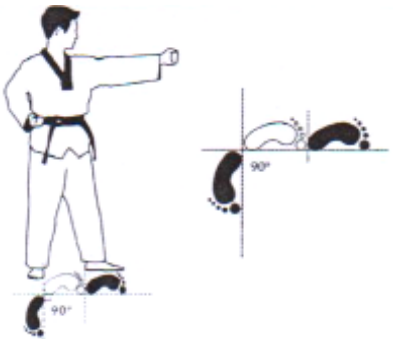
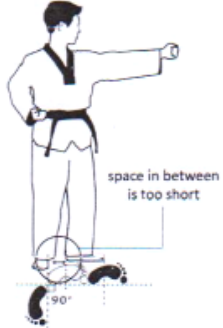


#### Deduction Factors (-0.1)



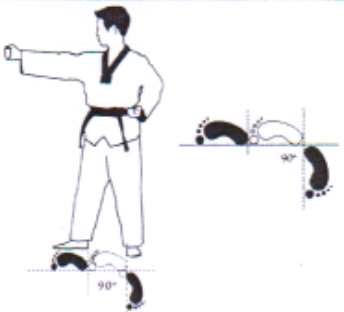
<p><b>Back stance (<i>Dwitkubi</i>)</b></p> <ul style="list-style-type: none"> <li>- 3 foot-length from origin</li> <li>- Front foot facing straight forward</li> <li>- Back foot at 90 degrees (letter L)</li> <li>- Weight : 30% in front, 70% at the back</li> <li>- Shoulder, hip, knee and ankle of back leg should be aligned</li> </ul>	<p>Correct Movement</p>
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Deduction Factors (-0.1)

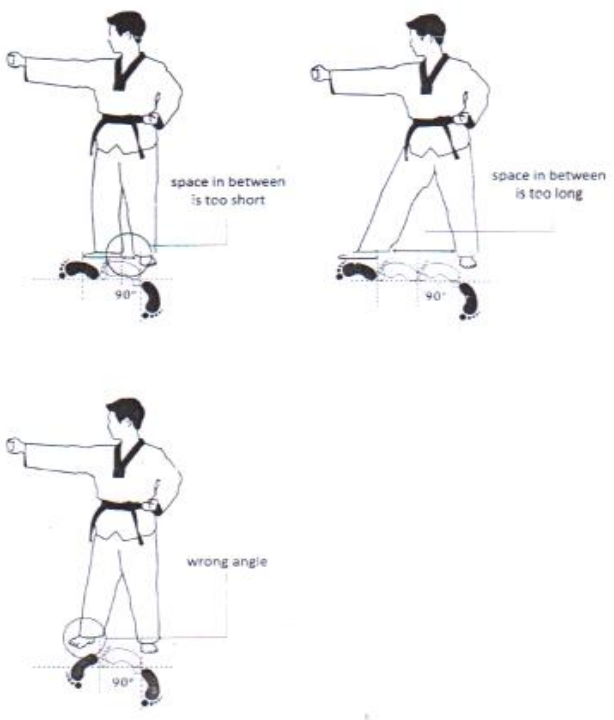
<p>too long</p>	<p>too short</p>	<p>back foot more than 90°</p>
<p>back foot less than 90°</p>	<p>front foot not straight</p>	
Wrong Weight Distribution		
<p>leaning forward</p>		<p>leaning backward</p>

<p><b>Left stance ( <i>Wen seogi</i> )</b></p> <ul style="list-style-type: none"> <li>- From parallel stance, pivot left heel to face left</li> <li>- Right foot facing straight forward</li> <li>- Left foot and right foot forming an angle of 90 degrees (letter L)</li> </ul>	<p>Correct Movement</p> 
<p>Deduction Factors (-0.1)</p> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  <p>space in between is too short</p> </div> <div style="text-align: center;">  <p>space in between is too long</p> </div> </div> <div style="text-align: center; margin-top: 20px;">  <p>wrong angle</p> </div>	



<p><b>Right stance ( Oreun seogi)</b></p> <ul style="list-style-type: none"> <li>- From parallel stance, pivot left heel to face right</li> <li>- Left foot facing straight forward</li> <li>- Right foot and left foot forming an angle of 90 degrees (letter L)</li> </ul>	<p>Correct Movement</p> 
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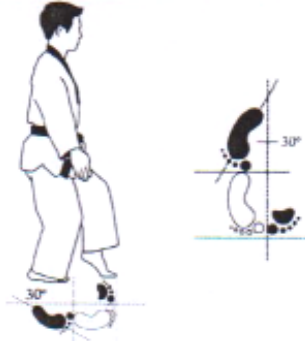
Deduction Factors (-0.1)



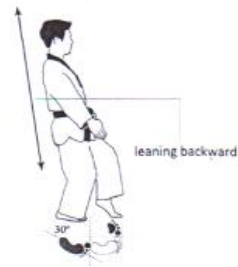
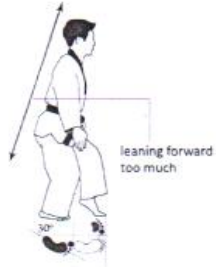
### Tiger stance (*Beom seogi*)

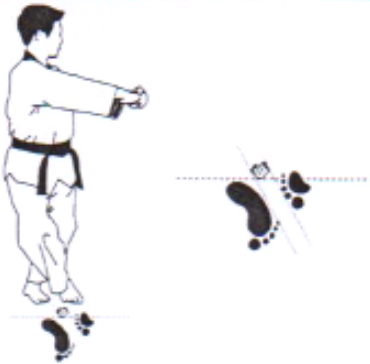
- Back foot angled at 30 degrees
- Weight: 90% at the back, 10% in front (Feels like 100% at the back)
- Front foot should be supported by ball of foot (like wearing high heels)
- Heel of front foot should be aligned at the tip of the back foot's toes
- Knees bent
- Butt out, body naturally upright

Correct Movement

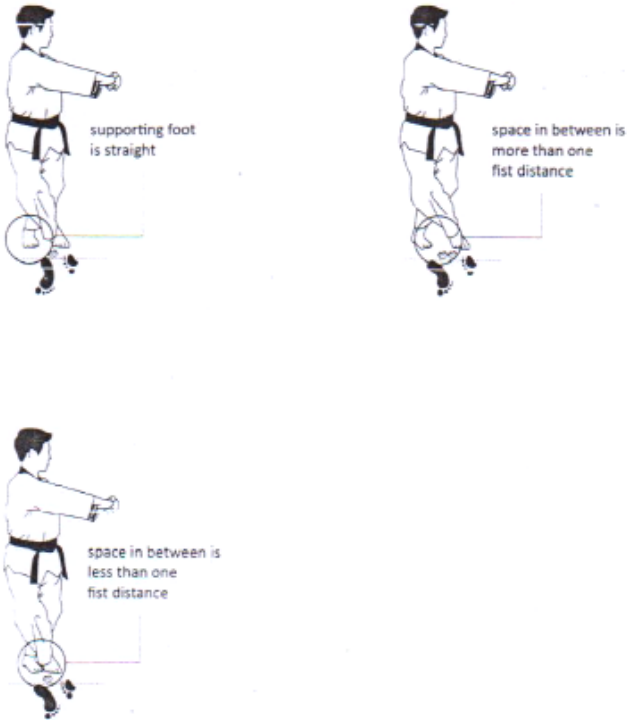


### Deduction Factors (-0.1)



<p><b>Forward crossed stance (Apkkoa seogi)</b></p> <ul style="list-style-type: none"> <li>- Front leg supported by ball of foot</li> <li>- Back foot around 30 degrees</li> <li>- Shin of back leg touching calf of front leg</li> <li>- Distance between feet is one(1) fist apart</li> </ul>	<p>Correct Movement</p> 
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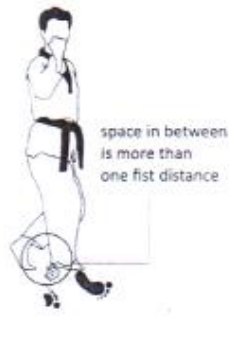
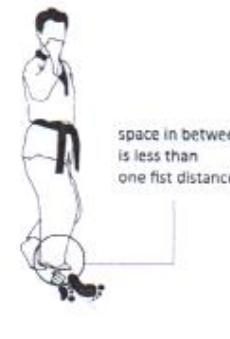
Deduction Factors (-0.1)

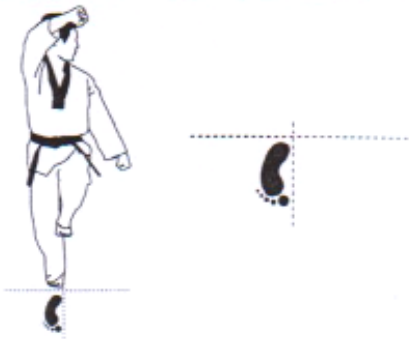


supporting foot is straight





space in between is more than one fist distance

space in between is less than one fist distance

<p><b>Back crossed stance (Dwikkoa seogj)</b></p> <ul style="list-style-type: none"> <li>- Front foot 45 degrees</li> <li>- Back leg supported by ball of foot (like wearing high heels)</li> <li>- Shin of back leg touching calf of front leg</li> <li>- Distance between feet is one(1) fist apart</li> </ul>	<p>Correct Movement</p> 
<p>Deduction Factors (-0.1)</p> <div style="display: flex; flex-wrap: wrap; justify-content: space-around;"> <div style="text-align: center; margin: 10px;">  <p>supporting foot is facing straight forward</p> </div> <div style="text-align: center; margin: 10px;">  <p>supporting foot is facing sideward</p> </div> <div style="text-align: center; margin: 10px;">  <p>space in between is more than one fist distance</p> </div> <div style="text-align: center; margin: 10px;">  <p>space in between is less than one fist distance</p> </div> </div>	



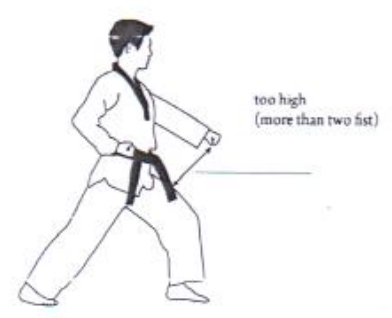


<p><b>Crane stance ( Hakdari seogi)</b></p> <ul style="list-style-type: none"> <li>- Standing on one leg with supporting foot facing straight forward</li> <li>- Knees of standing leg is bent</li> <li>- Other leg is bent and raised with arc of foot touching the side of the standing leg's knee</li> <li>- Raised foot should be facing forward</li> </ul>	<p>Correct Movement</p> 
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Deduction Factors (-0.1)

 <p>supporting foot is turned outward</p>	 <p>supporting foot is turned inward</p>
 <p>lifted foot is below the knee</p>	 <p>supporting leg lacks bending</p>

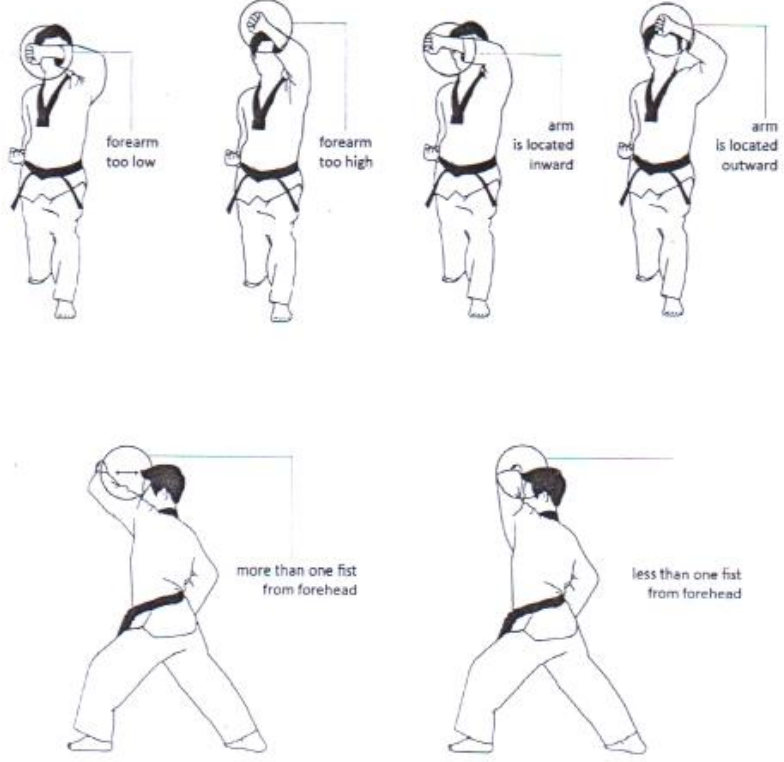


**Block (*Makki*)**

<p><b>Low block ( <i>Arae makki</i> )</b></p> <p><u>Preparatory position</u></p> <ul style="list-style-type: none"> <li>- Blocking hand starts from opposite shoulder (Hammer fist touching the shoulder)</li> <li>- Pulling arm across the abdomen over the belt with fist facing downward</li> </ul> <p><u>Final position</u></p> <ul style="list-style-type: none"> <li>- Blocking hand should be two(2) fists away from the leg(thigh)</li> <li>- Arm should be straight(elbow not bent)</li> <li>- Arm should be aligned to the side of the leg</li> <li>- Pulling arm placed on side of waist</li> </ul>	<p><b>Correct Movement</b></p> 
<p><b>Deduction Factors (-0.1)</b></p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="422 819 747 1134">  <p>too low (less than one fist)</p> </div> <div data-bbox="812 819 1201 1134">  <p>too high (more than two fist)</p> </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 20px;"> <div data-bbox="454 1281 682 1596">  <p>arm is bent inward</p> </div> <div data-bbox="876 1281 1104 1596">  <p>arm is bent outward</p> </div> </div>	

<p><b>High block ( <i>Olgul makki</i> )</b></p>	<p>Correct Movement</p>	
<p><u>Preparatory position</u></p> <ul style="list-style-type: none"> <li>- Blocking arm starts across the abdomen over the belt (fist facing upward)</li> <li>- Hand of pulling arm placed across the chest at shoulder level with fist facing downward</li> </ul>		
<p><u>Final position</u></p> <ul style="list-style-type: none"> <li>- Wrist of the blocking hand should be one(1) fist away from the center of the forehead (elbow facing up)</li> <li>- Pulling arm's hand placed on side of waist</li> </ul>		


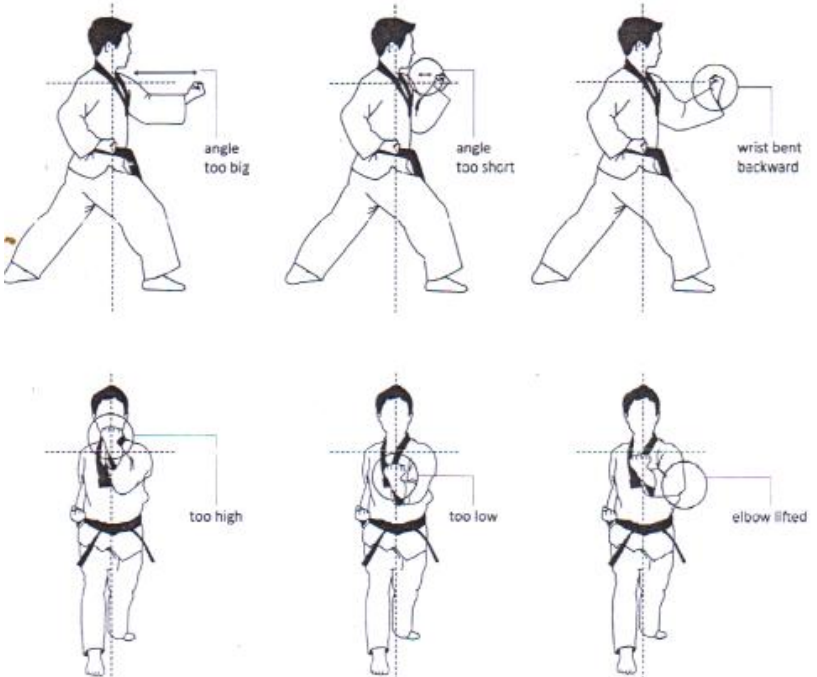
Deduction Factors (-0.1)









The diagrams illustrate various errors in the high block technique:

- forearm too low
- forearm too high
- arm is located inward
- arm is located outward
- more than one fist from forehead
- less than one fist from forehead



<p align="center"><b>Middle block ( Momtong makki)</b></p> <p><u>Preparatory position</u></p> <ul style="list-style-type: none"> <li>- Fist of blocking arm lifted a little above shoulder height, arm around 90 degrees (elbow pointing down)</li> <li>- Chest open</li> <li>- Pulling arm positioned in front along center line of the body</li> </ul> <p><u>Final position</u></p> <ul style="list-style-type: none"> <li>- Hand and wrist of blocking arm aligned to the center of the body(solar plexus) with the blade of the arm facing inward</li> <li>- Tip of the fist as high as the shoulder</li> <li>- Wrist of the blocking hand should not be bent</li> <li>- Blocking arm is angled at 90-120 degrees</li> <li>- Elbow of blocking arm naturally pointing down</li> <li>- Pulling arm's hand placed on side of waist</li> </ul>	<p>Correct Movement</p> 
<p>Deduction Factors (-0.1)</p> 	

<b>Outer middle block ( Momtong bakkat makki )</b>	
<p><u>Preparatory position</u></p> <ul style="list-style-type: none"> <li>- Fist of blocking arm placed near the elbow of pulling arm with fist facing upward</li> <li>- Pulling arm placed across the chest with fist at shoulder level with fist facing downward</li> </ul> <p><u>Final position</u></p> <ul style="list-style-type: none"> <li>- The blocking fist must be directed towards the body with the blade of the arm facing outward</li> <li>- Tip of the fist as high as the shoulder</li> <li>- Wrist of the blocking hand should not be bent</li> <li>- Blocking arm is angled at 90-120 degrees</li> <li>- Elbow of blocking arm naturally pointing down</li> <li>- Pulling arm's hand placed on side of waist</li> </ul>	<p>Correct Movement</p> 
<p>Deduction Factors (-0.1)</p> <div style="display: flex; flex-wrap: wrap; justify-content: space-around;"> <div style="text-align: center; margin: 10px;">  <p>angle too big</p> </div> <div style="text-align: center; margin: 10px;">  <p>angle too short</p> </div> <div style="text-align: center; margin: 10px;">  <p>wrist bent forward</p> </div> <div style="text-align: center; margin: 10px;">  <p>too high</p> </div> <div style="text-align: center; margin: 10px;">  <p>too low</p> </div> </div>	

### Single knifehand block ( *Hansonnal makki* )

#### Preparatory position

- Blocking hand placed ear the elbow of the pulling arm in knifehand form with palm facing upward
- Pulling arm placed across the chest with fist facing downward on shoulder area

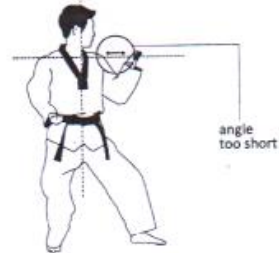
#### Final position

- The blocking hand-blade must be directed towards the body with the blade of the arm facing outward
- Tip of the fingers as high as the shoulder
- Wrist of the blocking hand should not be bent
- Blocking arm is angled at 90-120 degrees
- Pulling arm's hand placed on side of waist

#### Correct Movement



#### Deduction Factors (-0.1)



### Knifehand middle block ( *Sonnal makki* )

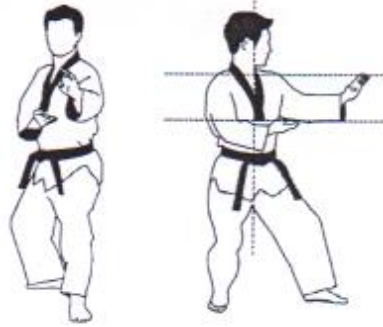
#### Preparatory position

- Blocking hand placed over the waist in knifehand form with palm facing upward
- Supporting hand positioned backward in knifehand form and aligned to shoulder height with arm naturally bent

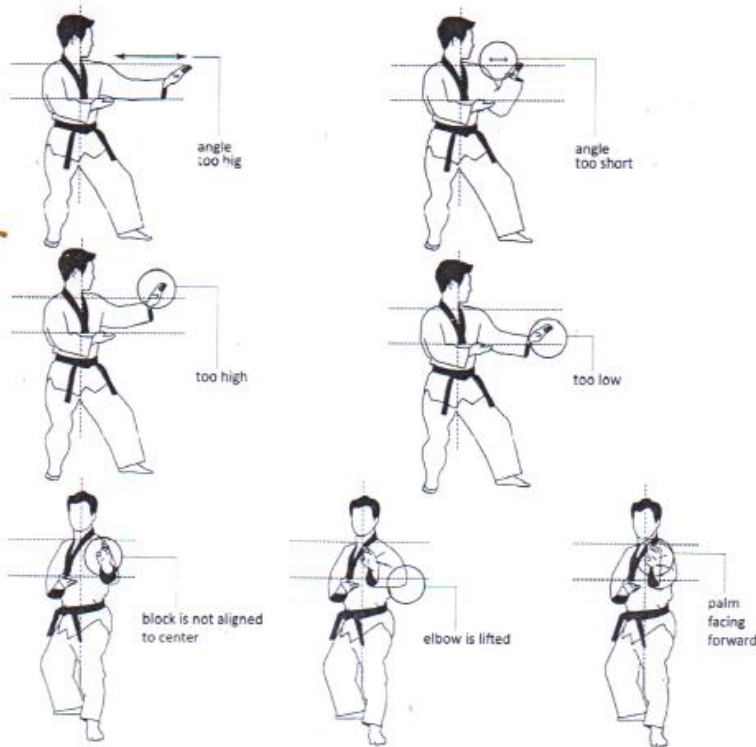
#### Final position

- The blocking hand-blade must be directed towards the body with the blade of the arm facing outward
- Tip of the fist as high as the shoulder
- Wrist of the blocking hand should not be bent
- Blocking arm is angled at 90-120 degrees
- Assisting arm's hand placed one fist below the solar plexus with wrist aligned to center of the body

#### Correct Movement



#### Deduction Factors (-0.1)



# Punching (*Jireugi*)

**Punch ( Baro jireugi / Bandoe jireugi )**

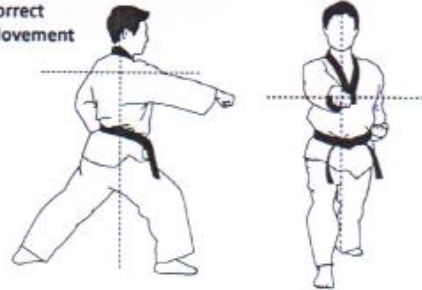
Preparatory position

- Punching arm starts from the waist with fist facing upward
- Pulling arm is extended forward towards the solar plexus

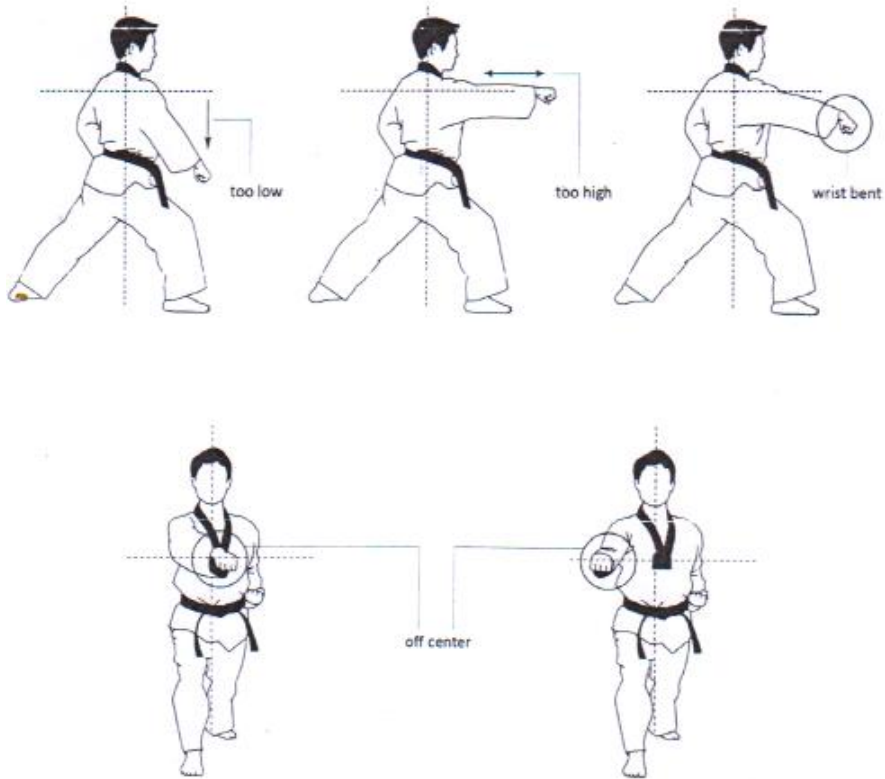
Final position

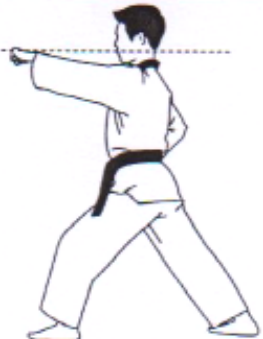
- Punching arm is extended forward. Turn the fist only at the last moment hitting solar plexus with the two big knuckles. Wrist should be straight and palm should be facing down
- Pulling arm placed on side of waist

**Correct Movement**

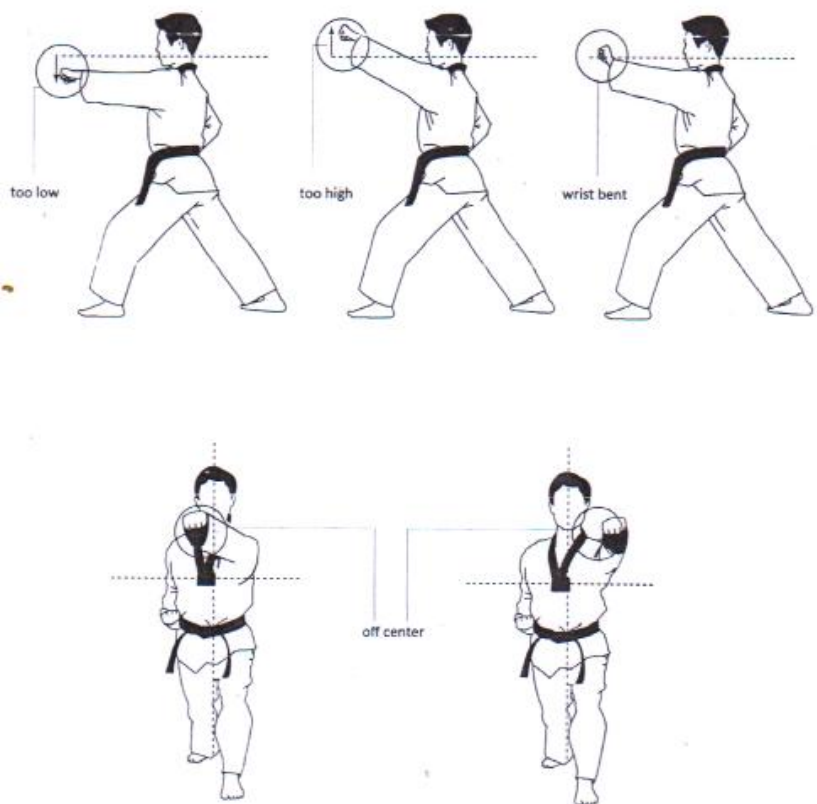


**Deduction Factors (-0.1)**



<b>High punch ( Olgul jireugi )</b>	
<p><u>Preparatory position</u></p> <ul style="list-style-type: none"> <li>- Punching arm starts from the waist with palm facing upward</li> <li>- Pulling arm is extended forward towards the philtrum (base of the nose)</li> </ul> <p><u>Final position</u></p> <ul style="list-style-type: none"> <li>- Punching arm is extended forward. Turn the fist only at the last moment hitting the face with the two big knuckles. Wrist should be straight and palm should be facing down</li> <li>- Pulling arm placed on side of waist</li> </ul>	<p>Correct Movement</p> 

Deduction Factors (-0.1)



### Side punch ( Yop jireugi )

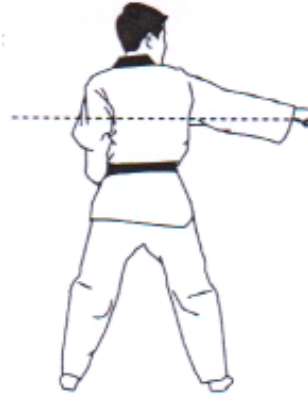
#### Preparatory position

- Punching arm starts from the waist with palm facing upward
- Pulling arm is extended forward towards the solar plexus

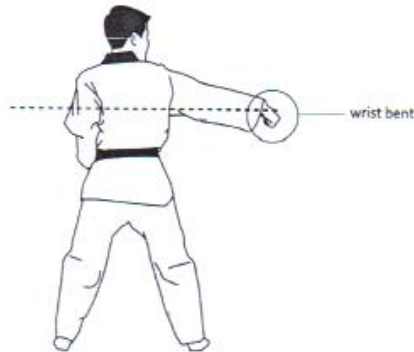
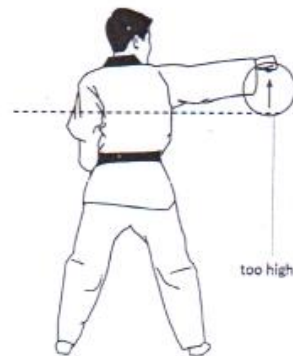
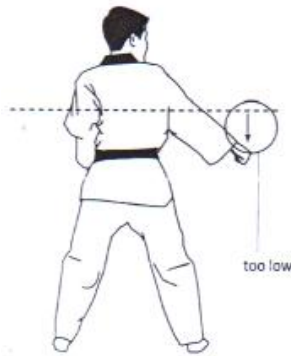
#### Final position

- Punching arm is extended forward. Turn the fist only at the last moment hitting solar plexus with the two big knuckles. Wrist should be straight and palm should be facing down
- Pulling arm placed on side of waist
- Side punch is usually executed together with riding stance
- Face should be in the direction of the punch

Correct Movement :



#### Deduction Factors (-0.1)





**Double middle uppercut  
( Dujumeok jecho jireugi )**

Preparatory position

- Punching arm starts from the waist with fist facing upward

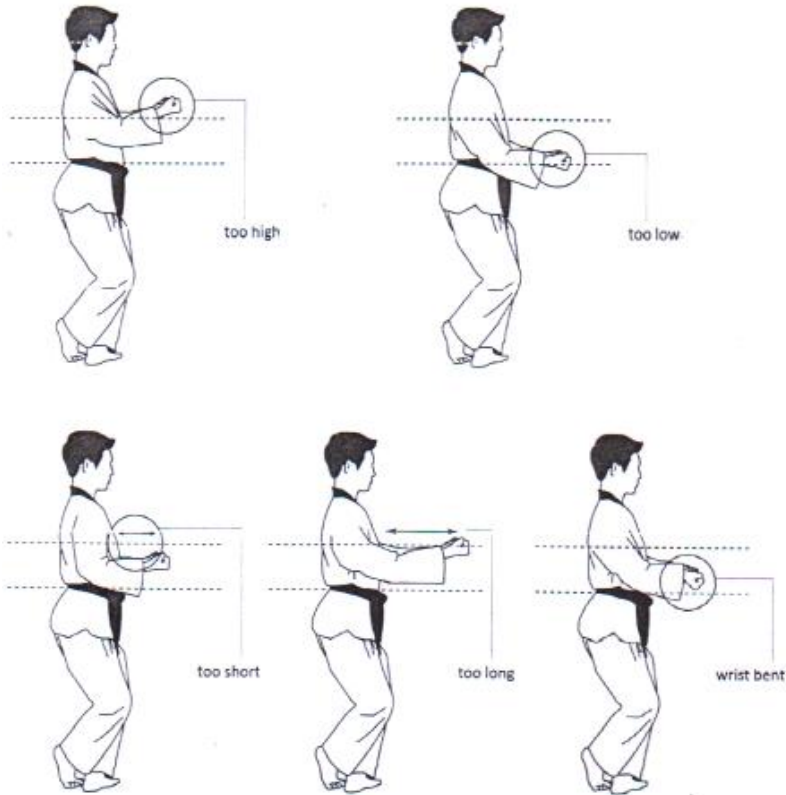
Final position

- Punching arms move forward turning the fist only at the last moment hitting the floating ribs with the two big knuckles.
- Final angel of arms should be around 120 degrees.
- Wrist should be straight and fist should be facing upward.

Correct Movement



Deduction Factors (-0.1)





**Strike (*Chigi*)**

**Backfist front strike  
( Deungjumeok ap chigi )**

Preparatory position

- Striking fist starts under the armpit of the pulling arm
- Pulling arm is naturally folded with palm facing downward

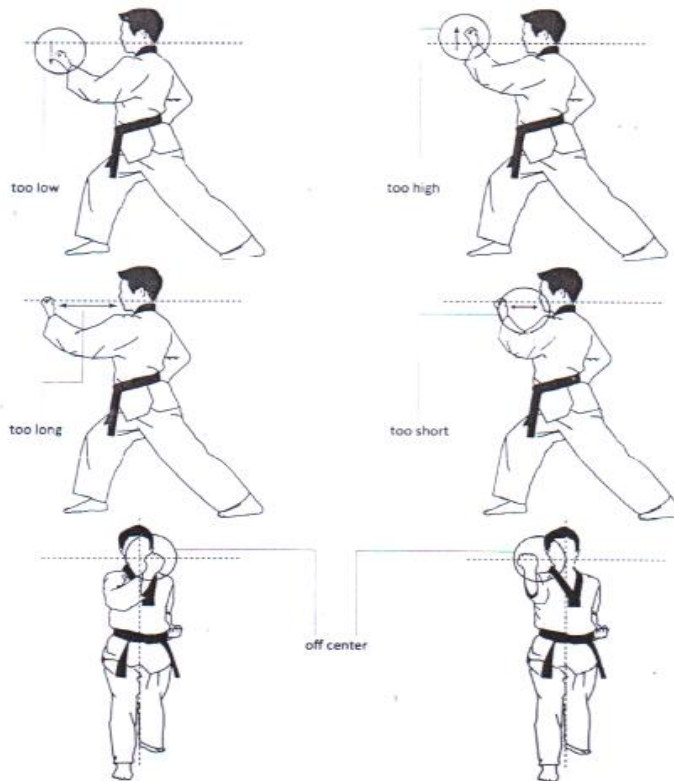
Final position


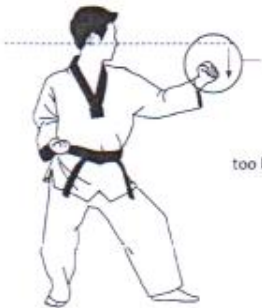



- Hit the target by using the back of the fist at the area of the index and middle finger. Target area is the philtrum (base of the nose)
- Pulling arm is pulled back to the waist with palm facing upward
- Angle of hitting arm should be approximately 100 degrees

**Correct Movement**



**Deduction Factors (-0.1)**



<p style="text-align: center;"><b>High outer strike ( Olgul bakkat chigi )</b></p> <p><u>Preparatory position</u></p> <ul style="list-style-type: none"> <li>- Striking fist starts at shoulder area fist facing downward</li> <li>- Pulling arm starts under the striking arm, naturally folded with fist facing downward</li> </ul> <p><u>Final position</u></p> <ul style="list-style-type: none"> <li>- Hit the target sideways by using the back of the fist at the area of the index and middle finger. Target area is the temple.</li> <li>- Pulling arm is pulled back to the waist with palm facing upward</li> <li>- This strike is usually done with backward stance</li> </ul>	<p>Correct Movement</p> 
<p>Deduction Factors (-0.1)</p> <div style="display: flex; flex-wrap: wrap; justify-content: space-around;"> <div style="text-align: center; margin: 10px;">  <p>too low</p> </div> <div style="text-align: center; margin: 10px;">  <p>too high</p> </div> <div style="text-align: center; margin: 10px;">  <p>too short</p> </div> <div style="text-align: center; margin: 10px;">  <p>too long</p> </div> </div>	

### Elbow hook ( *Palkup dollyo chigi* )

#### Preparatory position

- Striking arm starts from the waist
- Pulling arm is naturally bent and positioned in front of the chest

#### Final position

- Strike the target(jaw) by twisting the waist while throwing the elbow forward. Bring the palm towards the chest, fist facing downward.
- Pulling arm is pulled back to the waist with fist facing upward
- This strike is usually done with forward stance

Correct  
Movement



Deduction Factors (-0.1)



### Elbow strike ( *Palkup yop chigi* )

#### Preparatory position

- Striking arm is positioned across the waist (fist facing the body) and the knuckles of the fist rested on the palm of the supporting hand

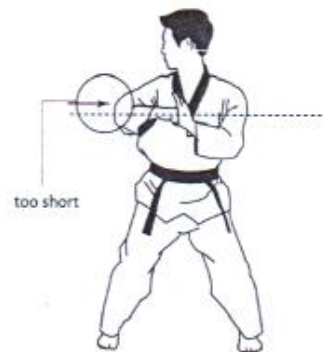
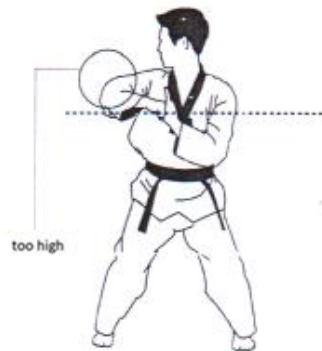
#### Final position

- Attack sideways by twisting the striking arm together with the supporting hand towards the target. Fist of striking arm facing downward and fingers of supporting hand naturally angled upward.(fingers together)
- Is usually done with riding stance

Correct  
Movement



Deduction Factors (-0.1)



# Kicking (*Chagi*)

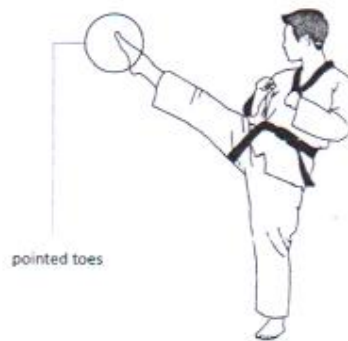
### Front kick (Ap chagi)

- Raise the kicking leg up, folding the knee up to chest height and quickly push the foot forward, fully stretching the leg.
- The path of the kicking leg should be on a straight line towards the target
- The target must be hit by the ball of the foot, instep straight with the toes pulled backward
- The supporting foot must naturally pivot using the ball of the foot during the kick
- To recover, the kicking foot is pulled back to the folded knee position with the knee still at chest level then smoothly bring the foot down with balance



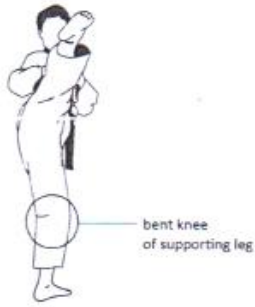


Correct Movement



Deduction Factors (-0.1)





<p><b>Roundhouse kick ( Dollyo chagi )</b></p> <ul style="list-style-type: none"> <li>- Putting the weight on the pivoting foot, raise the kicking leg by folding the knee and immediately turning the body and lifting the hip upward at an angle towards the face target. As the knee stretches, make the kicking foot circle horizontally towards the face target hitting with the instep or ball of the foot</li> <li>- The supporting leg must be kept straight with the supporting foot pivoting properly during the kick. The toes of the supporting foot faces backward at the final extension of the kicking leg</li> <li>- To recover, the kicking foot is pulled back to the folded knee position with the knee still at chest level then smoothly bring the foot down with balance</li> </ul>	<p>Correct Movement</p> 
<p>Deduction Factors (-0.1)</p> <div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;">  <p>bent knee of kicking leg</p> </div> <div style="width: 50%;">  <p>bent knee of supporting leg</p> </div> <div style="width: 50%;">  <p>improper pivoting of supporting foot</p> </div> <div style="width: 50%;">  <p>target is off center</p> </div> </div>	

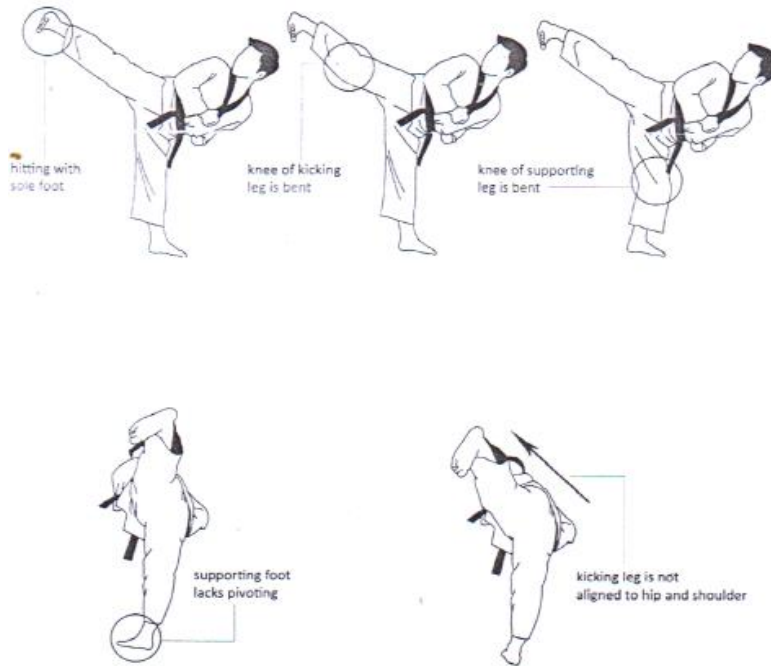
### Side kick ( Yop chagi )

- Raise the kicking leg up, folding the knee, kick forward by stretching the leg and simultaneously turning the hip forward
- Turn the body in the opposite direction of the target and hit the target using the blade or knife foot
- The supporting leg must be kept straight with the supporting foot pivoting properly during the kick. The toes of the supporting foot faces backward at the final extension of the kicking leg
- To recover, the kicking leg is drawn back to its original folded position and brought down smoothly
- During the kick, the upper body should be kept as high as possible ideally forming the letter "Y" shape

Correct Movement



Deduction Factors (-0.1)



## Korean Translation of Basic Movements

### **SEOGI (Stance)**

1. Naranhi seogi – parallel stance
2. Ap seogi – walking stance
3. Ap kubi – forward stance
4. Dwitkubi – back stance
5. Oreun / Wen seogi – right / left stance
6. Kkoa seogi – crossed stance
  - a. Dwikkoa seogi – back crossed stance
  - b. Apkkoa seogi – forward crossed stance
7. Beom seogi – tiger stance
8. Moa seogi – closed stance
9. Juchum seogi – riding stance
10. Hakdari seogi – crane stance
11. Kyotdari seogi – assisting stance
12. Ogeum seogi – crossed crane stance

### **MAKKI (BLOCK)**

1. Arae makki – Low block
2. Momtong makki – Middle block
3. Momtong anmakki – Middle block
4. Olgul makki – High block
5. Momtong bakkat makki – outer middle block
6. Sonnal makki – knifehand middle block
7. Sonnal arae makki – knifehand low block
8. Hansonnal makki – single knifehand block
9. Hannsonal olgul bitureo makki – single knifehand high twist block
10. Hannsonal arae makki – single knifehand low block
11. Olgul bakkatmakki – high outer block
12. Batangson momtong makki – palm hand middle block

13. Batangson momtong an makki – palm hand middle block
14. Batangson momtong keodureo an makki  
– supported palm hand middle block
15. Kawi makki – Scissors block
16. Momtong hecho makki – double outer middle block
17. Anpalmok momtong hecho makki – double inside forearm middle block
18. Otkoreo arae makki – X low block
19. Kodureo bakkat makki – Supported outer middle block
20. Wesanteul makki – Single mountain block
21. Kodureo arae makki – Supported low block
22. Batangson nullo makki – palm pressing block
23. Keumgang momtong makki – Diamond middle block

#### **JIREUGI (PUNCHING)**

1. Baro jireugi / Badae Jireugi – Punch
2. Jecho jireugi – Uppercut
3. Dujumeok jecho jireugi – Double middle uppercut
4. Dankyo teok jireugi – pulling uppercut
5. Olgul jireugi – high punch
6. Yop jireugi – Side punch
7. Momtong dubeon jireugi – Double middle punch

#### **CHAGI (KICKING)**

1. Ap chagi – Front kick
2. Dollyo chagi – Roundhouse kick
3. Yop chagi – Side Kick
4. Yopchago palkup pyojeokchigi – Side kick and elbow target strike
5. Pyojeok chagi – Target kick
6. Dubal dangsang ap chagi – Double front kick
7. Momdollyo yop chagi – Turning side kick

**CHIGI (STRIKE)**

1. Ap chigi – Front strike
2. Olgul bakkat chigi – High outer strike
3. Deungjumeok bakkat chigi – Backfist outer strike
4. Deungjumeok ap chigi – backfist front strike
5. Deungjumeok olgul ap chigi – High backfist front strike
6. Palkup dollyo chigi – Elbow hook
7. Palkup yop chigi – Elbow strike (Koryo)
8. Hansonnal mok chigi – Knifehand neck strike
9. Sonnal Bakkat chigi – Knifehand outer neck strike
10. Jebipoom mok chigi – Swallow neck strike
11. Mejumeok naeryo chigi – Hammer strike
12. Mureup chigi – Knee strike
13. Palkup pyojeok chigi – Target elbow strike

**TZIREUGI (THRUSTING)**

1. Pyonsonkeut sewo tzireugi – Erected spearhand
2. Pyonsonkeut upeo tzireugi – Spearhand
3. Pyonsonkkeut jeochon tzireugi – Turned over spearhand

## **BASIC MOVEMENT (14 kinds)**

1. Joon bi - Ready stance
2. Juchum seogi momtong jireugi – Riding stance with middle punch
3. Ap kubi arae makki – Forward stance with low block
4. Ap kubi momtong bandae jireugi – Forward stance with punch
5. Ap kubi ap chagi – Forward stance and front kick
6. Dwitkubi momtong bakkat makki – Back stance with outer middle block
7. Ap kubi deungjumeok ap chigi – Forward stance with backfist front strike
8. Ap kubi yop chagi – Forward stance and side kick
9. Dwitkubi momtong makki – Back stance with middle block
10. Dwitkubi sonnal makki – Back stance with knifehand middle block
11. Ap kubi dollyo chagi – Forward stance and roundhouse kick
12. Ap kubi olgul makki – Forward stance with high block
13. Ap kubi hansonnal mok chigi – Forward stance with knifehand neck strike
14. Dwitkubi momtong baro jireugi – Back stance with punch

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