AAU Taekwondo Poomsae
General Competition
Rules & Regulations Abridgement

Updated April 11, 2021

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AAU Taekwondo Poomsae Director
World Taekwondo International Poomsae Referee
AAU Taekwondo Poomsae Rules and Regulations are identical to USA Taekwondo Poomsae Rules and Regulations except where the changes are stipulated here. USA Taekwondo is the national governing body for Taekwondo in US, AAU Taekwondo would like to stay current with their rules and regulations. Any rules and regulations that were not covered in this supplement, please refer to USA Taekwondo Poomsae Rules & Regulations.

**Referees & Judges**

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 obstructing projections.

1. **Demarcation of the Contest Area**
   1. The 10m x 10m area (12m x 12m for Freestyle and 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 and 3. They are 1m from the boundary line with 1m separation between adjacent judges.
   3. Contestants: Contestants’ starting position shall be 2m back from the center of the Contest Area, toward boundary line #3.
   4. Recorder’s desk: It shall be positioned at 3m from the Referee on the right side.
   5. Competition coordinator(s): Competition coordinator(s) shall be positioned outside the Contest Area, 1m away from the corner between boundary lines #1 and #2.
   6. Standby contestants and coaches: Standby contestants and coaches shall be positioned outside the Contest Area; if possible, 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 and #4.

3. **Judging Formats**

   1. **Seven Judge Format:**
      The seven judges (including the Referee) shall sit 1m away from the Competition Area with 1m 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 front judges shall be deemed boundary line #1, followed by, clockwise, boundary lines #2, #3, and #4. Judges are positioned and numbered clockwise from the left facing boundary line #1.

   2. **Five Judge Format:**
      In the case of a five judge format, three judges (including the Referee) shall be positioned facing the contestants and the two judges facing the back of the contestants, in the same order as the seven judge format.

   3. **Three Judge Format:**
      In the case of a three-judge format, two judges (including the Referee) shall be positioned facing the contestants and one judge facing the back of the contestants, in the same order as the seven judge format. Judge Format Notes: The position of the Referee and Judges in the Seven, Five and Three Judge systems may be modified to all judges facing the contestants or other appropriate arrangement to accommodate scoring systems, venue or other limitations and constraints that may impact the competition.
Figure 1. Field of Play

Rec: Recorder
R: Referee
J1, 2, 3, 4, 5, 6 Judge (1m apart from each judge & 1m apart from the Competition Area C1)
C1: Competition Area
C2: Contestants
C3: Standby Area for Contestants and Coach
C4: Competition Coordinator
1, 2, 3, 4 Boundary Lines
Classification

1) Classification of Competition
2) Divisions by Gender and Age
   Contestants may compete in up to two competition divisions, unless they are limited by gender or age.
   I) 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)
   II) 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) Recognized Poomsae Competition
      Men, women, and mixed divisions shall be divided according to age.
      Male and female divisions shall be classified as follows:

<table>
<thead>
<tr>
<th>Division</th>
<th>*Youth I</th>
<th>*Youth II</th>
<th>Cadet</th>
<th>Junior</th>
<th>Under 30</th>
<th>Under 40</th>
<th>Under 50</th>
<th>Under 60</th>
<th>Under 65</th>
<th>Over 65</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age (Years)</td>
<td>8-9</td>
<td>10-11</td>
<td>12-14</td>
<td>15-17</td>
<td>18-30</td>
<td>31-40</td>
<td>41-50</td>
<td>51-60</td>
<td>61-65</td>
<td>66 &amp; up</td>
</tr>
<tr>
<td>Individual Male</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Individual Female</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>

*The organizing committee may combine some of the divisions above.*

<table>
<thead>
<tr>
<th>Division</th>
<th>*Youth</th>
<th>Cadet</th>
<th>Junior</th>
<th>Under 30</th>
<th>Over 30</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age (Years)</td>
<td>8-11</td>
<td>12-14</td>
<td>15-17</td>
<td>18-30</td>
<td>31 +</td>
</tr>
<tr>
<td>Pair</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Team Male</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>Team Female</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
</tbody>
</table>

4) Freestyle Poomsae Competition
# Black Belt Division

## Compulsory Poomsaes

<table>
<thead>
<tr>
<th>Division</th>
<th>Compulsory Poomsae</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Individual</strong></td>
<td></td>
</tr>
<tr>
<td>(8-9) Youth I*</td>
<td>Taegeuk 3,4,5,6,7,8, Koryo</td>
</tr>
<tr>
<td>(10-11) Youth II*</td>
<td>Taegeuk 4,5,6,7,8, Koryo, Keumgang</td>
</tr>
<tr>
<td>Cadet (12-14)</td>
<td>Taegeuk 4,5,6,7,8 Koryo, Keumgang</td>
</tr>
<tr>
<td>Junior (15-17)</td>
<td>Taegeuk 4,5,6,7,8, Koryo, Keumgang, Taebaek</td>
</tr>
<tr>
<td>Under 30</td>
<td></td>
</tr>
<tr>
<td>Under 40</td>
<td>Taegeuk 6,7,8, Koryo, Keumgang, Taebaek, Pyeong-Won, Shipjin</td>
</tr>
<tr>
<td>Under 50</td>
<td>Taegeuk 8, Koryo, Keumgang, Taebaek, Pyeong-Won, Shipjin, Jitae, Cheonkwon</td>
</tr>
<tr>
<td>Under 60</td>
<td></td>
</tr>
<tr>
<td>Under 65</td>
<td>Koryo, Keumgang, Taebaek, Pyeong-Won, Shipjin, Jitae, Cheonkwon</td>
</tr>
<tr>
<td>Over 65</td>
<td></td>
</tr>
<tr>
<td><strong>Pairs</strong></td>
<td></td>
</tr>
<tr>
<td>Cadet (12-14)</td>
<td>Taegeuk 4,5,6,7,8 Koryo, Keumgang</td>
</tr>
<tr>
<td>Junior (15-17)</td>
<td>Taegeuk 4,5,6,7,8, Koryo, Keumgang, Taebaek</td>
</tr>
<tr>
<td>Under 30</td>
<td>Taegeuk 6,7,8, Koryo, Keumgang, Taebaek, Pyeong-Won, Shipjin</td>
</tr>
<tr>
<td>Over 30</td>
<td>Taegeuk 6,7,8, Koryo, Keumgang, Taebaek, Pyeong-Won, Shipjin, Jitae, Cheonkwon</td>
</tr>
<tr>
<td><strong>Team</strong></td>
<td></td>
</tr>
<tr>
<td>Cadet (21-14)</td>
<td>Taegeuk 4,5,6,7,8 Koryo, KeumGang</td>
</tr>
<tr>
<td>Junior (15-17)</td>
<td>Taegeuk 4,5,6,7,8, Koryo, KeumGang, Taebaek</td>
</tr>
<tr>
<td>Under 30</td>
<td>Taegeuk 6,7,8, Koryo, KeumGang, Taebaek, Pyeong-Won, Shipjin</td>
</tr>
<tr>
<td>Over 30</td>
<td>Taegeuk 6,7,8, Koryo, KeumGang, Taebaek, Pyeong-Won, Shipjin, Jitae, Cheonkwon</td>
</tr>
</tbody>
</table>

*The Organizing Committee of the tournament may include the 8 to 11 year old division athletes in their event. The divisions may be combined.*
World Taekwondo Kukkiwon Poomsae

**Poomsae (Forms) Requirement**
Black Belts: Koryo – Hansu

**Good Understanding**
Black Belts: Koryo – Jitae

**Reference and Review**
Kukkiwon Taekwondo Videos

**Color Belts**
- Taeguk 4: [20] TAEGEUK 4JANG - YouTube
- Taeguk 5: [20] TAEGEUK 5JANG - YouTube
- Taeguk 6: [20] TAEGEUK 6JANG - YouTube
- Taeguk 7: [20] TAEGEUK 7JANG - YouTube
- Taeguk 8: [20] TAEGEUK 8JANG - YouTube

**Black Belts**
- Koryo: [20] KORYO - YouTube
- Keumgang: [20] KEUMGANG - YouTube
- Taebaek: [20] TAEBAEK - YouTube
- Pyeongwon: [20] PYEONGWON - YouTube
- Sipjin: [20] SIPJIN - YouTube
- Jitae: [20] JITAE - YouTube
- Chonkwon: [20] CHONKWON - YouTube
- Hansu: [20] HANSU - YouTube
Principles of Sport Poomsae
A. Low ("arae") is below the waist
   - Blocks and strikes this area should start from above the shoulder.
B. Middle ("momtong") is between the waist and the top of the shoulders
   - Blocks and strikes to this area should start from between the eyes and waist.
C. High ("olgul") is above the shoulders to the top of the head
   - Blocks and strikes to this area should start at or below the waist.
D. Outside to inside techniques end at the centerline of the body
   - Middle block (inside block)
   - Reverse knife hand strike
E. Inside to outside techniques end at the outer edge of the body
   - Side blocks (outside block)
   - Knife hand guarding block (single or double)
F. Blocks are performed with the blocking hand on the outside.
G. Strikes are performed with the striking hand on the inside.
H. Outside to inside techniques end at the centerline of the body
   - Middle block (inside block)
   - Reverse knife hand strike
I. In stances, the knee is bent to just cover the tip of the toes (from the competitor’s perspective)
J. Kicking is always to a realistic target
   - First choice is to the head — area between the nose and mouth
   - Second choice is to the body — the solar plexus
K. In some Poomsae, a specific other target is defined; for example:
   - Low side kick in Koryo, or double front kicks in Taegeuk
L. Fists should remain closed (or open) during the entire movement.
M. The fist and wrist should be straight — not bent up or down
N. Hands and feet should complete their movements at the same time.
O. Transitions between movements should be on the balls of the feet

Poomsae Uniforms

Cadet Division (Ages 12-14): White top with red and black collar, plus blue pants for males; the same top, but with red pants, for females
Youth Division (Ages 8-11): Same as Cadet

Junior and Senior Division (Ages 15-50): White top with dark blue pants for males; white top with light blue pants for females

Master Division (Ages 51 and up): Yellow top and dark blue pants for both males and females
Notes
1. Currently, AAU Taekwondo Poomsae Competition is opened only to all qualified AAU Taekwondo Black Belt athletes.
2. Contestants may compete in up to two competition divisions unless they are limited by gender or age.
3. Recognized Poomsae Competition
   I) Men’s Individual
   II) Women’s Individual
   III) Men’s Team
   IV) Women’s Team
   V) Pairs (1 m & 1 f).
4. Duration of Contest:
   I. Recognized Poomsae - Up to 90 seconds for Individual, Pair and Team
   II. Free Style Poomsae - 90 – 100 seconds for Individual, Pair and Mixed Team
   III. Waiting time between Poomsae - Minimum of 30 seconds
5. Decision and Declaration of Winner
   I. Final score is the average of the scores for Accuracy plus the average of the scores for Presentation. The highest and lowest scores are dropped before calculating the average.
   II. If using the three judge format, the highest and lowest score will not be dropped.
   III. Scoreboard shows the score for Accuracy, Presentation and the Total Score.
   IV. Penalties, if any, are deducted from the final score.
6. Decision and Declaration of Winner
   I. In any round, the winner is the contestant with the highest total points
   II. In case of a tie, the winner is decided based on-
      a. Presentation in Recognized Poomsae
      b. Technical in Freestyle Poomsae
      c. Freestyle in Mixed Poomsae
   III. If still tied, the dropped high and low scores are added back in.
   IV. If still tied, a rematch is conducted. The rematch consists of one compulsory Poomsae designated by the Tournament Committee. In case of tie, the highest point total with high and low scores added in shall be the winner.
7. AAU Taekwondo Poomsae Rules and Regulations are identical to USA Taekwondo Poomsae Rules and Regulations except where the changes are stipulated here. USA Taekwondo is the national governing body for Taekwondo in US, AAU Taekwondo would like to stay current with their rules and regulations. Any rules and regulations that were not covered in this supplement, please refer to USA Taekwondo Poomsae Rules & Regulations.

Scoring Criteria - Recognized Poomsae Total 10 Points

Allocated Scoring Chart for Recognized Poomsae

<table>
<thead>
<tr>
<th>Scoring Criteria</th>
<th>Details of Scoring</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Accuracy</strong></td>
<td>Accuracy of details of each Poomsae</td>
<td>4.0</td>
</tr>
<tr>
<td><strong>(4.0)</strong></td>
<td>Accuracy of basic movements and balance</td>
<td></td>
</tr>
<tr>
<td><strong>Presentation</strong></td>
<td>Speed &amp; Power</td>
<td>2.0</td>
</tr>
<tr>
<td><strong>(6.0)</strong></td>
<td>Rhythm &amp; Tempo</td>
<td>2.0</td>
</tr>
<tr>
<td></td>
<td>Expression of Energy</td>
<td>2.0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td>10.0</td>
</tr>
</tbody>
</table>
Accuracy (Total 4.0)

Common Technical Deductions

Minor Deductions – 0.1 each mistake

Closed Stance (Moa Seogi)

Start – Choon-bi Parallel Stance (Naranhi Seogi) / End – Ba-ro Parallel Stance (Naranhi Seogi)

Front Stance (Ap Kubi) & Walking Stance (Ap Seogi)

Horse Stance (Juchum Seogi) Back Stance (Dwi Kubi) & Cat/Tiger Stance (Beom Seogi)

Forward Cross Stance (Apkoa Seogi) & Back Cross Stance (Dwikoa Seogi)

Low Fist Block (Arae Makki) & High Fist Block (Ogul Makki)

Fist Middle Block (Momtong Makki) Outer Middle Block (Momtong Bakkat Makki)

Punch (Baro Jireugi) Backfist Front Strike (Deungjumoek Apchigi) Backfist Strike (Bakkat Chigi)

Knife Hand Middle Block (Hansonnal Makki) & Double Knife Hand Middle Block (Sonnal Makki)

Elbow Hook Strike (Palkup Dollyo Chagi) & Elbow Side Strike (Palkup Yop Chigi)

Front Kick (Ap Chagi), Round Kick (Dollyo Chagi) & Side Kick (Yop Chagi)
Major Deductions – 0.3 each mistake
0.3 point will be deducted each time a contestant makes a serious mistake

1. The performance is finished later than the set contest time. (Over time)
2. Incorrect action or techniques are performed.
3. Correct techniques or actions are omitted.
4. Extreme deviations from the standardized Poomsae.
5. While kicking both hands extended out from the chest.
6. Kihap or stomp is not made in appropriate technique or made in the wrong place.
7. Brief stops during performance (forgetting the next movement for 3 seconds or longer.)
8. Looking in the wrong direction (eyes should be focused in the direction of movement.)
9. Starting and ending position varies by more than one foot allowance (exceptions; Keumgang & Jitae)
10. When the raised foot touches the ground when performing Crane Stance. (Hakdari Seogi)
11. Jitchik-gi (stomping) movement without enough power and sound.
12. When the contestants make inappropriate sounds such as loud breathing (e.g. hissing) noise.
13. When the contestant restarts his or her performance.
14. Wrong movements or techniques such as 1) high block (Olgul Makki) instead of low block (Arae Makki) 2) Back Stance (Dwitkubi) is performed instead of Horse Stance (Juchum Seogi)
15. Adding movements or missing movements, such as add a Kihap, Jitchik-gi (Stomp), etc.
16. Referee’s Command for Deduction - 0.3 deduction from Final Score

Operate by computer operator under Referee’s Instruction
I. Over time II. Both feet out the boundary line

18. Major deduction will be deducted by all judges

<table>
<thead>
<tr>
<th>Major Deduction</th>
<th>-0.3</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wrong Move</td>
<td></td>
<td>o Ap Kubi – Ap Seogi o Area Makki – Momtong Makki</td>
</tr>
<tr>
<td>Looking the Wrong Direction</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Add A Move</td>
<td></td>
<td>o Add a Kihap o Add a Jittzitgi (stomp)</td>
</tr>
<tr>
<td>Wrong Technique</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Miss A Move</td>
<td></td>
<td>o Miss a Kihap o Miss a Jittzitgi</td>
</tr>
<tr>
<td>Stop For 3 seconds or more</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Restart the Poomsae (-0.3 x 2)</td>
<td>-0.6</td>
<td></td>
</tr>
<tr>
<td>Wrong Poomsae (-0.3 x 2)</td>
<td>-0.6</td>
<td></td>
</tr>
</tbody>
</table>
Presentation (6 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:

A) Power & Speed (2 Points)  
B) Coordination of Rhythm & Tempo, and Softness & Power (2 Points)  
C) Expression of Energy (2 Points)

1. **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 Strikes or Kicks 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.

2. **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.

3. **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.

**Major deductions for presentation (what to consider while formulating score)**

a. Eye focus or breathing not corresponding to the movement of motion.

b. Lack of fluency in movement.

c. Movements show lack of flexibility.

d. Lack of energy or force.

e. Instability, lack of balance.
## Presentation Score Guideline

<table>
<thead>
<tr>
<th></th>
<th>Perfect</th>
<th>Excellent</th>
<th>Very Good</th>
<th>Good</th>
<th>Fair</th>
<th>Very Poor</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Power &amp; Speed</strong></td>
<td>2.0</td>
<td>1.9</td>
<td>1.8</td>
<td>1.7</td>
<td>1.6</td>
<td>1.5</td>
</tr>
<tr>
<td><strong>Rhythm &amp; Tempo</strong></td>
<td>2.0</td>
<td>1.9</td>
<td>1.8</td>
<td>1.7</td>
<td>1.6</td>
<td>1.5</td>
</tr>
<tr>
<td><strong>Expression of Energy</strong></td>
<td>2.0</td>
<td>1.9</td>
<td>1.8</td>
<td>1.7</td>
<td>1.6</td>
<td>1.5</td>
</tr>
</tbody>
</table>

2.0 means perfect, since no one is perfect. Leave it alone.

A) 1.9/1.8/1.7 means Excellent.
B) 1.6/1.5/1.4 means Very Good.
C) 1.3/1.2/1.1 means Good.
D) 1.0/0.9/0.8 means Fair.
E) 0.7/0.6/0.5 means Very Poor

### Kyong Go Penalties

1. The Referee declares any penalties for prohibited acts. Kyeong-go penalties include:
   A. Uttering undesirable remarks or any misconduct on the part of a contestant or a coach.
   B. Any act that intentionally interferes with another competitor, coach or official.
   C. If a competitor is assessed two Kyeong-go deductions, they are declared loser on penalties.

2. Yellow Card Procedure - Only the Center Referee may give a Yellow Card.
   A. Other referees may advise the Center Referee to give a Yellow Card.
   B. First, Kyeong-go for misconduct should always be given before the Yellow Card is shown.
   C. If the bad behavior continues, the referee gives a second Kyeong-go, and raises a Yellow Card.
   D. For extreme misconduct, referee may raise the Yellow Card after giving the first Kyeong-go.

3. Yellow Card Procedure – Post Match
   A. The Center Referee fills out the Yellow Card Report.
   B. Any other referee who advised on the Yellow Card must also contribute to the report.
   C. The Yellow Card Report is given to the Referee Chair for review.
   D. The Tournament Committee convenes an Extraordinary Sanctions Committee (ESC).
   E. 5 members: Referee, Coach, Athlete, Tournament Committee, Technical Delegate.
   F. The Referee and other involved parties are called by the ESC to give a report and answer questions.
   G. The ESC makes a recommendation on sanctions AAU Taekwondo makes a final decision on sanctions based on the ESC report.
### Poomsae Slow Control Breathing Movements

#### 5 Seconds

<table>
<thead>
<tr>
<th>Poomsae</th>
<th>Stance (Seogi)</th>
<th>Poom &amp; Action (Movement)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taegeuk 6</td>
<td>Naranhi Seogi</td>
<td>Area Hechomakki</td>
</tr>
<tr>
<td></td>
<td><em>Parallel (Choon-Bi) Stance</em></td>
<td><em>Cross Both Fists Clench Down</em></td>
</tr>
<tr>
<td>Taegeuk 7</td>
<td>Moa Seogi</td>
<td>Bojumeok</td>
</tr>
<tr>
<td></td>
<td><em>Attention Stance</em></td>
<td><em>Clench Fist Salute</em></td>
</tr>
<tr>
<td>Koryo</td>
<td>Naranhi Seogi</td>
<td>Tongmilki</td>
</tr>
<tr>
<td></td>
<td><em>Parallel (Choon-Bi) Stance</em></td>
<td><em>Raise Both Palms</em></td>
</tr>
<tr>
<td>Keumgang</td>
<td>Naranhi Seogi</td>
<td>Area Hechomaki</td>
</tr>
<tr>
<td></td>
<td><em>Parallel (Chun-Bi) Stance</em></td>
<td><em>Cross Both Fists Clench Down</em></td>
</tr>
<tr>
<td>Pyong Won</td>
<td>Naranhi Seogi</td>
<td>Sonnnal Area Hechomaki</td>
</tr>
<tr>
<td></td>
<td><em>Parallel (Chun-Bi) Stance</em></td>
<td><em>Cross Knife Hand Down</em></td>
</tr>
<tr>
<td>Shipjin</td>
<td>Dwikubi to Apkubi</td>
<td>Pyonsoonkkeut Opeot Jireugi</td>
</tr>
<tr>
<td></td>
<td><em>Back Stance (twist) to Front Stance</em></td>
<td><em>Open Fist Twisting Inward</em></td>
</tr>
<tr>
<td></td>
<td>Apkubi</td>
<td>Bawimilki</td>
</tr>
<tr>
<td></td>
<td><em>Front Stance</em></td>
<td><em>Push Knife Hand High Block &amp; Knife Hand Block</em></td>
</tr>
<tr>
<td></td>
<td>Juchum Seogi</td>
<td>Sonnnal Area Hechomaki</td>
</tr>
<tr>
<td></td>
<td><em>Horse Stance</em></td>
<td><em>Cross Knife Hand Down</em></td>
</tr>
<tr>
<td></td>
<td>Raise Juchum Seogi</td>
<td>Area Hechomakki</td>
</tr>
<tr>
<td></td>
<td><em>Raise Horse Stance</em></td>
<td><em>Cross Both Fists Clench Down</em></td>
</tr>
<tr>
<td>Cheonkwon</td>
<td>Moa Seogi</td>
<td>Nalgaepyogi</td>
</tr>
<tr>
<td></td>
<td><em>Attention Stance</em></td>
<td><em>Raise Both Hands to the Chest</em></td>
</tr>
<tr>
<td></td>
<td>Dwikubi</td>
<td>Sonnal Wesanteulmakki</td>
</tr>
<tr>
<td></td>
<td><em>Back Stance</em></td>
<td><em>Knife Hand Side Block, Knife Hand Low Block</em></td>
</tr>
<tr>
<td></td>
<td>Beom Seogi</td>
<td>Taesanmilki</td>
</tr>
<tr>
<td></td>
<td><em>Cat Stance</em></td>
<td><em>Both Palms Push Forward (One High, One Low)</em></td>
</tr>
</tbody>
</table>

#### 8 Seconds

<table>
<thead>
<tr>
<th>Poomsae</th>
<th>Stance (Seogi)</th>
<th>Poom &amp; Action (Movement)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taegeuk 8</td>
<td>Apkubi</td>
<td>Dangkyo Teokjireugi</td>
</tr>
<tr>
<td></td>
<td><em>Front Stance</em></td>
<td><em>Uppercut Over Support Hand</em></td>
</tr>
<tr>
<td>Koryo</td>
<td>Moa Seogi</td>
<td>Memjumeok Area Pyojeokchigi</td>
</tr>
<tr>
<td></td>
<td><em>Attention Stance</em></td>
<td><em>Both Hands Raise Above the Head and Left Clench, Right Open</em></td>
</tr>
<tr>
<td>Keumgang</td>
<td>Hakdari Seogi</td>
<td>Keumgang Makki</td>
</tr>
<tr>
<td></td>
<td><em>Crane Stance</em></td>
<td><em>High &amp; Low Block</em></td>
</tr>
<tr>
<td>Jitae</td>
<td>Apkubi</td>
<td>Olgilmakki to Momtong Baro Jireugi</td>
</tr>
<tr>
<td></td>
<td><em>Front Stance</em></td>
<td><em>High Block to Middle Punch</em></td>
</tr>
<tr>
<td></td>
<td>Dwikubi</td>
<td>Momtong Bakkatmakki</td>
</tr>
<tr>
<td></td>
<td><em>Back Stance</em></td>
<td><em>Out Middle Block</em></td>
</tr>
<tr>
<td></td>
<td>Apkubi</td>
<td>Olgulmakki</td>
</tr>
<tr>
<td></td>
<td><em>Front Stance</em></td>
<td><em>High Block</em></td>
</tr>
<tr>
<td>Cheonkwon</td>
<td>Apkubi</td>
<td>Twist to Baro Jireugi</td>
</tr>
<tr>
<td></td>
<td><em>Front Stance</em></td>
<td><em>As clenching fist, twisting the wrist, bring you back foot to step forward to make Apkubi and execute a middle punch</em></td>
</tr>
</tbody>
</table>
# Judge's Score Sheet

<table>
<thead>
<tr>
<th>Category</th>
<th>Sub-Category</th>
<th>Score Allocation</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accuracy</td>
<td>Accuracy in basic Movement</td>
<td>4.0 (deduct -0.1, -0.3)</td>
<td></td>
</tr>
<tr>
<td>Accuracy (4.0)</td>
<td>Accuracy in individual Movement of the Poomsae</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Balance</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Presentation</td>
<td>Power &amp; Speed</td>
<td>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</td>
<td></td>
</tr>
<tr>
<td>Presentation</td>
<td>Coordination of rhythm &amp; Tempo and Softness &amp; Power</td>
<td>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</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Expression of Energy</td>
<td>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</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Total Score (10.0)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Judge's Name: ____________________________

Judge's Nation: ____________________________  Signature: ____________________________
AAU Taekwondo Poomsae Competition Format

Methods of Competition

Objective

AAU Taekwondo Poomsae Competition format is unique to AAU Taekwondo, it is designed to manage the competition effectively and efficiently to ensure fair competition environment for athletes in pursuit of competitive excellence.

As a result, AAU Taekwondo Poomsae Competition format has 3 main purposes:
1. To create a format where Preliminaries, Semi-Finals and Finals rounds are equally competitive.
2. To ensure Contestants with the highest scores will be given seeding to best match other contestants.
3. To formulate an event where time management is a major consideration to best run and organize a Taekwondo Championships.

The methods of competition are:

A) Single Elimination Tournament Format
1. In the single elimination tournament, a competitor is eliminated from competition after one loss.
2. Competitors are matched with opponents randomly or by seeding.
3. The order of competition is randomly assigned.
4. Each pair of competitors (Chung and Hong) enters the Competition Area together, but performs individually, with Chung (blue) performing first, followed by Hong (red), each competitor standing on their assigned positions when not performing.
5. The Referee declares the winner based on the score and both competitors leave the Competition Area together.
6. 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 public meeting prior to the competition.

B) Straight Cut-off Tournament Format
I) Cut-off Semi Final
1. The single cut-off will have a division with a maximum of 29 contestants.
2. Six contestants with the highest scores advance to the final round.
3. Competitors perform one Poomsae in each round 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.
4. Cut-off system semi-final: When 9 to 29 contestants are participating; competition shall start from semi-final round, Contestants shall perform the one assigned compulsory Poomsae, and 6 of them shall be advanced to final based on their points.
5. Six contestants will be in the final round; each contestant shall perform two Poomsae.
6. When there are 8 or fewer contestants, they will all automatically advance to the final round.
7. Competitors are matched with opponents randomly or by seeding.
8. Top four contestants shall be awarded prizes based on their points. 1st place is awarded with gold medal, 2nd place is awarded with silver medal, 3rd and 4th places are awarded with bronze medals.
9. The Referee declares the winner based on the scores
II) Cut Off Preliminaries (Group Cut-off)

1. The cut-off tournament is a competition format that has a maximum of three rounds, a preliminary, semi-final and final round.
2. When there are 30 or more contestants, the preliminary round may be divided into two groups competing on two different courts with different judges. Six contestants with the highest score from each group shall advance to the semi-final round. Thus, there will be twelve contestants in the semi-final round.
3. 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.
4. In the preliminary round, each contestant performs one assigned Poomsae 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.
5. In the semi-final round, each contestant will perform one assigned Poomsae randomly selected from the Compulsory Poomsae (with the form(s) from the preliminary round excluded), and the six contestants with the highest scores advance to the final round.
6. Six contestants will be in the final round; each contestant shall perform two Poomsaes.
7. Competitors are matched with opponents randomly or by seeding.
8. Top four contestants shall be awarded prizes based on their points. 1st place is awarded with gold medal, 2nd place is awarded with silver medal, 3rd and 4th places are awarded with bronze medals.
9. The Referee declares the winner based on the scores.

C) Combination – Cut Off & Single Elimination

I. Combination - Cut Off & Single Elimination Final Round

1. The single cut-off will have a division with a maximum of 29 contestants.
2. Six contestants with the highest scores advance to the final round.
3. Competitors perform one Poomsae in each round 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.
4. Cut-off system semi-final: When 7 to 29 contestants are participating; competition shall start from semi-final round, Contestants shall perform the one assigned compulsory Poomsae, and 6 of them shall be advanced to final based on their points.
5. When four contestants are participating, the competition shall start from the final round.
6. When there are 3, 5 or 6 contestants will compete in a “Seeding” round. The contestant(s) with the highest score(s) will get the “bye.” If there are 6 contestants, 1st & 2nd places will get the “bye.”
7. The final round shall be conducted as a single elimination tournament; a competitor is eliminated from competition after one loss.
8. Competitors are matched with opponents randomly or by seeding.
9. Each pair of competitors (Chung and Hong) enters the Competition Area together, but performs individually, with Chung (blue) performing first, followed by Hong (red), each competitor standing on their assigned positions when not performing.
10. The Referee declares the winner based on the score and both competitors leave the Competition Area together.
II. Combination - Group Cut-off & Single Elimination Final Round

1. The cut-off tournament is a competition format that has a maximum of three rounds, a preliminary, semi-final and final round.

2. When there are 30 or more contestants, the preliminary round may be divided into two groups competing on two different courts with different judges. Six contestants with the highest score from each group shall advance to the semi-final round. Thus, there will be twelve contestants in the semi-final round.

3. 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.

4. In the preliminary round, each contestant performs one assigned Poomsae 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.

5. In the semi-final round, each contestant will perform one assigned Poomsae randomly selected from the Compulsory Poomsae (with the form(s) from the preliminary round excluded), and the six contestants with the highest scores advance to the final round.

6. The final round shall be conducted as a single elimination tournament; a competitor is eliminated from competition after one loss.

7. Competitors are matched with opponents randomly or by seeding. The order of competition is randomly assigned.

8. Each pair of competitors (Chung and Hong) enters the Competition Area together, but performs individually, with Chung (blue) performing first, followed by Hong (red), each competitor standing on their assigned positions when not performing.

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

10. In the case where there are four contestants the final round is also the first round, and two Compulsory Poomsae randomly selected forms shall be performed. They will also be randomly matched.

11. When there are 3, 5 or 6 contestants will compete in a “Seeding” round. The contestant(s) with the highest score(s) will get the “bye.” If there are 6 contestants, 1st & 2nd places will get the “bye.”

12. The top four contestants shall be awarded prizes based on their points. 1st place is awarded with gold medal, 2nd place is awarded with silver medal, 3rd and 4th places are awarded bronze medals.

D) AAU Taekwondo Option - 3 Group Cut-off

1. When there are more than 90 contestants, the preliminary round may be divided into three groups competing on three different courts with different judges.

2. If there are three groups, six contestants with the highest score from each group shall advance to the semi-final round. Thus, there will be eighteen contestants in the semi-final round.

E) Single Elimination & Cut Off Finals

1. Contestants shall perform the two assigned compulsory Poomsae, and the top four contestants / pair/ team shall be awarded prizes based on their points. 1st place is awarded with gold medal, 2nd place is awarded with silver medals, 3rd and 4th places are awarded with bronze medals.

2. When 2 or 4 contestants are participating; competition shall start from final round.

Pair & Team Competition

1. The Pair & Team competition shall be carried out the same manner as the above rules and regulations.
## Competition Format
### (Synopsis)

### Straight Cut-off

<table>
<thead>
<tr>
<th>Preliminary 1 Poomsae</th>
<th>30 or More Contestants</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Group 1</td>
</tr>
<tr>
<td>Semi – Final 1 Poomsae</td>
<td>9-29</td>
</tr>
<tr>
<td>Final 2 Poomsaes</td>
<td>8 or fewer</td>
</tr>
</tbody>
</table>

**Final Round**

Top four contestants shall be awarded prizes based on their points. 1st place is awarded with gold medal, 2nd place is awarded with silver medal, 3rd and 4th places are awarded with bronze medals.

### Combination

**Cut-off & Single Elimination Final Round**

<table>
<thead>
<tr>
<th>Single Cut-off &amp; Seedings</th>
<th>2 Group Cut-off &amp; Seedings</th>
<th>3,5 &amp; 6 Contestants Seeding Round</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 to 29 athletes (1 Poomsae)</td>
<td>30 athletes or more (1 Poomsae)</td>
<td>Go into the seeding round to determined which contestants get a “bye”</td>
</tr>
<tr>
<td>6 Contestants in Final Single Elimination 2 Poomsaes</td>
<td>Preliminary 2 Groups Group 1 6 Contestants to Semi Final Group 2 6 Contestants to Semi Final</td>
<td>1 Poomsae will be selected.</td>
</tr>
<tr>
<td></td>
<td>Semi Final 12 Contestants (1Poomsae)</td>
<td>Note: If there are 4 Contestants in a division, all 4 will be in the final round and will be randomly placed.</td>
</tr>
<tr>
<td></td>
<td>6 Contestants in Final Single Elimination 2 Poomsaes</td>
<td></td>
</tr>
</tbody>
</table>


6 Contestants in the Final Round

1st Contestant with highest score

6th Contestant with highest score

3rd Contestant with highest score

4th Contestant with highest score

5th Contestant with highest score

2nd Contestant with highest score

Winner

3 Contestants in the Final Round

1st Contestant with highest score

2nd Contestant with highest score

3rd Contestant with highest score

Winner
5 Contestants in the Final Round

Synopsis Note:

1. **Cut-off system** semi-final: When 9 to 29 contestants are participating; competition shall start from semi-final round, Contestants shall perform the one assigned compulsory Poomsae, and 6 of them shall be advanced to final based on their points.

2. **Cut-off System.** When there are 8 or fewer contestants, they will all automatically advance to the final round.

3. **Combination** (Cut-off & Single Elimination). When 2 or 4 contestants are participating; competition shall start from final round.

4. **Combination** (Cut-off & Single Elimination). Seeding Round. When there are 3, 5 or 6 contestants in one division, all will perform one assigned Poomsae, the contestants with the highest score will be seeded in the bracket (will get a “bye”) in the final round. Please look at the chart above for proper seeding.

5. Please note upon appropriate justification, the Poomsae Referee Director shall have the right to combine or further divide the groups above to ensure the efficiency and effectiveness of the competition.