

Poomsae and Demonstration Team Competition Rules



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Poomsae Competition Rules

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Article 1. Purpose

The purpose of the Poomsae Competition Rules is to smoothly and fairly manage all matters pertaining to Poomsae competitions promoted, organized or sanctioned by USA Taekwondo (USAT), and to ensure the standardization of Taekwondo Poomsae competition in the United States in accordance with the World Taekwondo Federation (WTF)—the international federation governing the sport of Taekwondo.

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

Article 2. Application

These competition rules shall apply to all Poomsae competitions to be promoted and/or organized or sanctioned by the USAT. If any USAT association or event promoter wishes to modify any part of the Competition Rules for a particular competition, they must first receive written approval from the USAT.

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

Changes such as increase or decrease in the number of USAT Poomsae Referees and Judges in each ring or their seating arrangement, the number of rounds, the number of Poomsae performed in each round, change in the size of the Competition Area, change in the waiting time between the 1st and 2nd Compulsory Poomsae, change in the position of the inspector, recorder and/or commission doctor, etc., may be made after first gaining the written approval of the USAT. 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 obstructing projections. Only USAT-approved mats shall be used at USAT-sanctioned Poomsae Championships, and must provide safe and secure footing for the competitors.

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.

Judging System Notes:

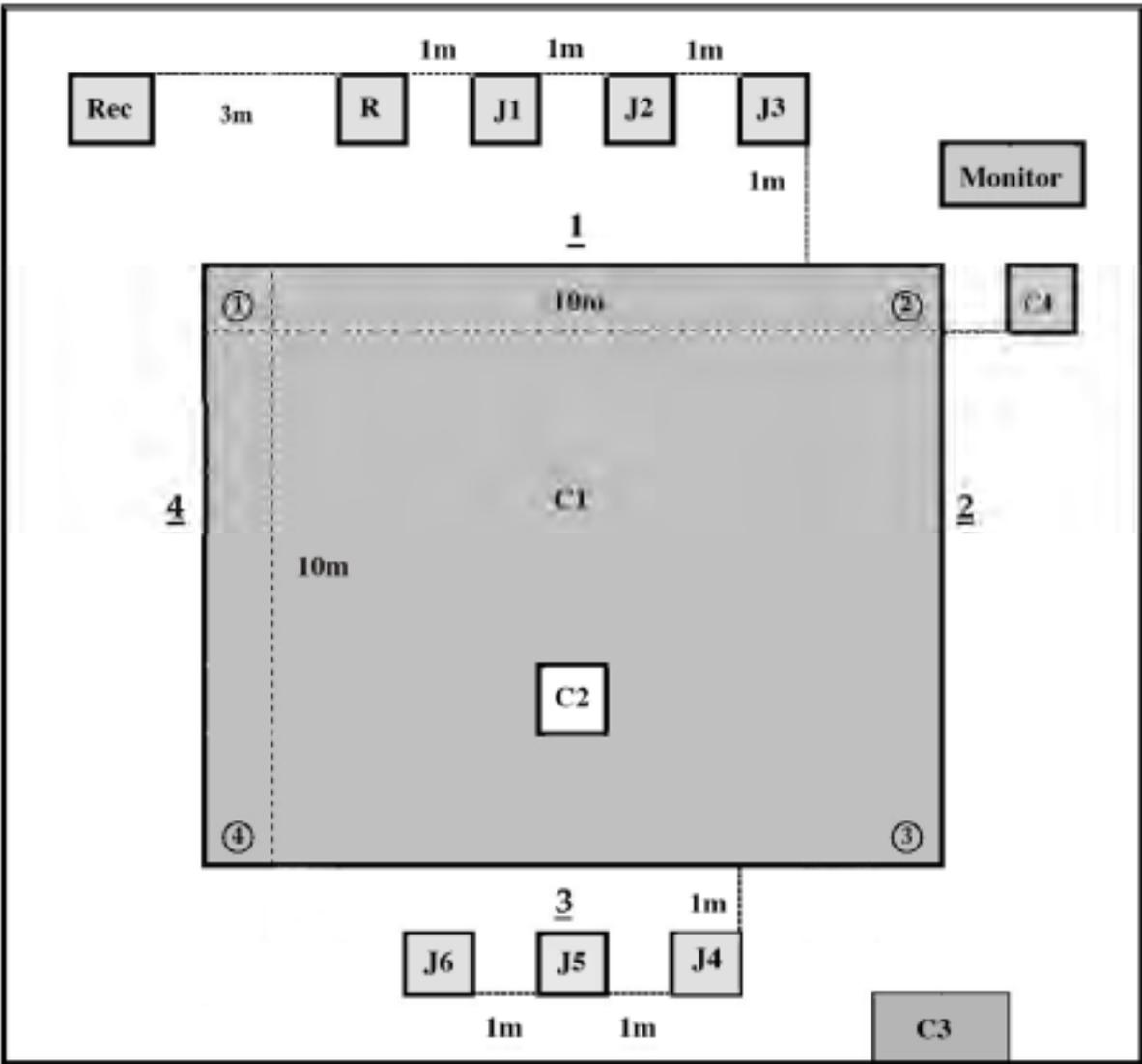
USAT Team Trials, National Championships (for WTF divisions) and qualifying tournaments should use the seven judge format.

At USAT qualifying tournaments and for non-WTF divisions (color belts and black belts under 12 years old) in other USAT sanctioned events, the five judge format may be used with the approval of USAT if the number of USAT Poomsae-qualified Referees is insufficient to implement the seven judge format.

At USAT sanctioned events that are not qualifying tournaments, the three judge format may be used for non-WTF divisions (color belts and black belts under 12 years old) with the approval of USAT, if the number of WTF International Poomsae Referees and USAT Poomsae-qualified Referees is insufficient.

— *NOTES* —

Figure 1. Field of Play



- Rec: Recorder
- R: Referee
- J1, 2, 3, 4, 5, 6: Judge
- C1: Competition Area
- C2: Contestants
- C3: Standby Area for Contestants and Coach
- C4: Competition Coordinator
- 1, 2, 3, 4: Boundary Lines

Article 4. Contestants

1. Qualifications of USAT Poomsae Contestants

- 1) Residency and citizenship: Residency and citizenship requirements vary among events. USAT national championships and team trials require contestants to be citizens of the United States.
- 2) Registered USAT athlete member
- 3) Black Belts: All black belt contestants must submit a copy of their Dan/Poom Certificate, current USAT identification card, and birth certificate at the time of registration with the Tournament Organizing Committee.
- 4) Color belts: Contestant must be a color belt, with a USAT recognized rank (1st & 2nd Geup Red Belt, 3rd & 4th Geup Blue Belt, 5th & 6th Geup Green Belts, 7th & 8th Geup Yellow Belts). Color belt contestants may only wear a yellow, green, blue or red belt, according to the contestant's Geup rank.
- 5) All contestants participating in a tournament are required to observe the USAT Code of Conduct and the rules of the tournament. Violators are subject to sanction by the USAT.

2. Uniform for Contestants

1) Official Uniform for Contestants

All contestants must wear a white Taekwondo V-neck USAT approved uniform (dobok) or WTF approved Poomsae competition uniform in good condition, and appropriate to the contestants' division. Black Belts must wear black-collared white uniforms or WTF approved Poomsae competition uniform. Color belts may not wear black-collared uniforms.

Patches, embroidery, logos, team names, country names, athlete names, and stripes are permitted on the uniform. Logos or names on the back of the uniform and patches on the chest area of the uniform are also allowed.

Shoes may not be worn. No jewelry or ornaments may be worn. No hats or items may be worn on the head except for religious coverings or soft ties to contain the hair.

NO TAPE WILL BE ALLOWED ON ANY PART OF THE UNIFORM.

3. Personal Hygiene

- 1) All competitors must maintain the highest standard of personal hygiene, keep their nails cut short, and groom their hair neatly.
- 2) Any violators of Section 1, 2, and 3 will be required to correct the violation within one minute, or shall be subject to disqualification.

4. Taping

There will be no ankle or wrist wrapping or bandage or any equivalent of protection on the hand and feet. Any taping for an injury requires medical approval.

5. Medical Control

- 1) At Taekwondo events promoted or sanctioned by the USAT, any use or administration of drugs or chemical substances described in the USOC anti-doping by-laws is prohibited.
- 2) The USAT 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.

The organizing committee shall be responsible for making arrangements to carry out medical testing.

Article 5. Classification of Competition

Contestants may compete in up to two competition divisions, unless they are limited by gender or age.

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. 2. 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 by Gender and Age

1. Recognized 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 | | 7 and Under | 9 and Under | 11 and Under | 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 | | 9 and Under | | 11 and Under | 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 | | |

Notes:

Shaded cells are official WTF divisions competed at USAT sanctioned events.

Unshaded cells are USAT divisions competed in USAT sanctioned events.

The age limit for each division is based on the year—not on the date—when the Championships are held. For example, in the Junior division, contestants shall be between 15 and 17 years old; therefore, if the Junior Poomsae Championships are held on 29 July, 2013, contestants born between 1 January 1996 and 31 December 1998 are eligible to participate.

2. Freestyle Poomsae Competition

1) Divisions of Freestyle Poomsae Competition shall be classified as follows:

| Division | | Under 17 | Over 17 |
|--------------|--------|--------------------------------|-----------------------|
| Age | | 12-17 years old | 18 years old and over |
| Individual | Male | 1 | 1 |
| | Female | 1 | 1 |
| Pair | | 2 | |
| Team (Mixed) | | 5 (plus 1 substitute, maximum) | |

3. Demonstration Competition

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

— *NOTES* —

Article 7. Methods of Competition

1. The methods of competition are:

1) Single elimination tournament format

In the single elimination tournament a competitor is eliminated from competition after one loss.

- 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 Referee Chair(s) or designee in a public meeting prior to the competition.

2) 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 public meeting prior to the competition.

3) 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 more than 20 contestants, the preliminary round may be divided into two flights competed on two different courts with different judges. When there are more than 40 contestants, the preliminary round may be divided into three flights competed on three different with different judges. When there are more than 60 contestants, 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 the 23 contestant 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.

Method of Competition Notes:

The number of Poomsae performed in the preliminary and semi-final rounds may be modified after first gaining the written approval of the USAT.

The WTF World Championships, USAT National Championships and USAT Poomsae Team Trials will use the Cut-Off tournament competition method. For other competitions, other methods of competition may be used.

Modified Single Elimination Format for Color Belt Divisions

For Grassroots and recreational divisions at USAT State Championships, Regional Qualifiers, Nationals and Junior Olympic Championships, cut-off format, modified cut-off format, a modified bracketed competition format (single or double elimination) or other format may be used, at the discretion of tournament organizers. (See below.)

Modified single elimination format (Grassroots and recreational divisions)

In the single elimination format a competitor is eliminated from competition after one loss.

- The competition, in principle, will be judged by one referee and four judges; if there are not enough referees, the contest can be conducted by one referee and two judges.
- Competitors are randomly matched with opponents.
- Each pair of competitors (Chung and Hong) enters the Competition Area together, and performs at the same time.
- WTF/USAT scoring criteria apply, but score sheets or electronic scoring may not be used.
- Judges declare the winner by extending the arm in the direction of Chung or Hong upon the Referee's command, "Pyo-chul" (score). When the winner is recorded, the referee has the players bow, and dismisses them.
- The competition is continued until first place, second place and third place winners are determined; note that in this format, there are two third place awards.

Modified double elimination format (Grassroots and recreational divisions)

In the double elimination format a competitor is eliminated from competition after two losses.

- The competition, in principle, will be judged by one referee and four judges; if there are not enough referees, the contest can be conducted by one referee and two judges.
- Competitors are randomly matched with opponents.
- Each pair of competitors (Chung and Hong) enters the Competition Area together, and performs at the same time.
- WTF/USAT scoring criteria apply, but score sheets or electronic scoring are not used.
- Judges declare the winner by extending the arm in the direction of Chung or Hong upon the Referee's command, "Pyo-chul" (score). When the winner is recorded, the referee has the players bow, and dismisses them.
- The competition is continued until first place, second place and third place winners are determined; note that in this format, there is only one third place award.

NOTE: See Appendix for sample brackets for the double elimination format.

Double elimination brackets for any number of competitors can be generated here:

<http://www.ton80.com/tools/brackets.html>

<http://www.bracketmaker.com/tlist.cfm?tid=215662>

<http://www.printyourbrackets.com/>

Note: Random sequences for any number of competitors, or random poomsae, can be generated here:

<http://www.random.org/>

Article 8. Recognized Poomsae

1. 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 | |
| | 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 |

Notes: Shaded cells are official WTF divisions competed at USAT sanctioned events. Unshaded cells are USAT divisions competed in USAT sanctioned events.

2. Color 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 | Taegeuk 3, 4, 5, 6 Jang |
| Red (1st & 2nd Geup) All ages | Taegeuk 4, 5, 6, 7, 8 Jang |

Article 9. Freestyle Poomsae

1. Freestyle performance is based on Taekwondo techniques, with the addition of music and choreography.
2. Composition of freestyle Poomsae:
 - 1) “Yeon-mu” line (i.e., 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 USAT Poomsae Referee Team will determine the validity of the performed Taekwondo techniques when the contestant submits a Freestyle 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, and no 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

Duration of Contest by Division

1. Recognized Poomsae: Individual, Pair and Team competitions from 30 to 90 seconds.
2. Freestyle Poomsae: Individual, Pair and Mixed Team competitions from 60 to 70 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 “Gam-jeom” (deduction of points by penalties).
3. “Gam-jeom” shall be declared on 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. "Gam-jeom," 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 USAT. The contestant shall not show any signs of aversion, and shall not bear any object that may cause harm to the other contestant.
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**,” “**Kyeong-rye**.” 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 board. The referee 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 referee shall declare the winner according to the results of the judges.

Article 15. Competition Coordinator

1. Qualifications
 - 1) The Referee Chair 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 USAT and WTF Competition Rules (see score sheets, Appendix III.)

1. Recognized Poomsae (10 Points)

- 1) Accuracy (4 points)
 - a. Accuracy of basic movements
 - b. Balance
 - c. Accuracy of details of each Poomsae
- 2) Presentation (6 points)
 - a. Speed and power.
 - b. Strength/speed/rhythm
 - c. Expression of energy
- 3) Allotted Scoring Chart for Recognized Poomsae

| Scoring Criteria | Details of Scoring Criteria | Points |
|---------------------------|---|--------|
| Accuracy (4.0) | Accuracy of details of each Poomsae | 4.0 |
| | Accuracy of basic movements and balance | |
| Presentation (6.0) | Speed and power | 2.0 |
| | Strength/speed/rhythm | 2.0 |
| | Expression of energy | 2.0 |

2. Freestyle 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

- 3) The USAT Poomsae Referee Team will establish the level of difficulty for kicking techniques each year.

Allotted Scoring Chart for Freestyle Poomsae

| Scoring Criteria | Details of Scoring Criteria | | Points |
|-------------------------------|--|--|-------------|
| Technical Skills (6.0) | Level of difficulty of foot techniques (5.0) | Height of jump | 5.0 |
| | | Number of kicks in a jump | |
| | | Gradient of spins in a spin kick | |
| | | Performance level of consecutive kicks | |
| | | Acrobatic actions | |
| | Basic Movements & Practicability | | 1.0 |
| Presentation (4.0) | Creativeness | | 4.0 |
| | Harmony | | |
| | Expression of energy | | |
| | Music and choreography | | |
| 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)
 - e. Creativity and complexity
 - f. Synchronization and harmony
 - g. Taekwondo spirit
 - h. Music and choreography

Article 17. Methods of Scoring

1. Recognized 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: Keumgang, Jitae)
- Jitzikgi (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 power, speed and rhythm
- 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. Control of Power, Speed and Rhythm (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). If 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 Poomsae

1) Technical Skill

- A. **Level of difficulty of foot techniques:** Points may be awarded from 0.0 up to 3.0 in total in five evaluation areas.
 - a. Height of jump: Points may be awarded based on the height of jump.
 - b. Number of kicks in a jump: Points shall be awarded based on the number of kicks in a jump.
 - c. Gradient of turn in spin kicks: Points may be awarded based on 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. Performance level of consecutive kicks: Points may be awarded based on the number of connected kicks; the number of consecutive kicks shall be limited to five.
 - e. Acrobatic actions: Points may be awarded based on the technical difficulty of all acrobatic actions 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 criteria for evaluating general performances of the free-style Poomsae.

2) Presentation

Points may be awarded from 0 up to 4.0 based on the general performance of the free-style 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 Poomsae, as described in Recognized Poomsae, above.
- D. **Music and choreography:** Points may be awarded based on how the music and the choreography contribute to the performance of the 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. 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 throwing 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
 - 1) 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.
 - 2) 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
 - 1) The coordinator shall collect each scoring sheet and convey the results to the recorder immediately after completion of the Poomsae.
 - 2) 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 displayed. In the case of the three judge format the highest and lowest score will not be dropped.

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 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.

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 a minute 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 b. 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 "Gam-jeom" (deduction of points by penalties), as prescribed in Article 12.3, 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:
2. 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.
3. 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 for Recognized Poomsae or 70 seconds for Freestyle Poomsae, 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.
4. All the other problems that may arise shall be resolved through the meeting of the judges of the pertinent competition, Poomsae Committee Chairperson, and the Competition Supervisory Board members.

Article 21. Refereeing Officials

1. Qualifications
 - 1) Judges: Shall be Poomsae-qualified USAT Referees
 - 2) Referee: Shall be Poomsae-qualified USAT referees
2. Duties
 - 1) Referee
 - A. The Referee shall document all valid points.
 - B. The referee shall declare the winner and issue “Gam-jeom” (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

Refereeing officials shall be Poomsae-qualified USAT Referees.

- 4) Uniform of the refereeing officials
 - A. Refereeing officials shall wear uniforms designated by the USAT.
 - B. Refereeing officials shall not carry or take any materials to the arena that might interfere with the contest.
 - C. The Chairman of the Competition Supervisory Board may request the Chair of the refereeing officials that a refereeing official be reassigned in the event that refereeing officials have been improperly assigned, or when it is judged by the Competition Supervisory Board that any of the assigned refereeing officials have unfairly conducted the contest or made unreasonable mistakes.

Article 22. Recorder

The recorder shall time the contest, including suspended time during the contest. The recorder shall also calculate, record and announce or display the total score.

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 Referee Chairperson.

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; if the situation cannot be resolved, then a formal protest may be filed.

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.

1. Composition of the Competition Supervisory Board

1) Qualifications of the members:

Qualified Competition Supervisory Board members shall be persons with sufficient Taekwondo experience recommended by the USAT Chief Executive Officer or his/her designee.

2) Composition:

One Chairman and no more than six members.

If there are officials from the same state or the same training affiliation, as either contestant involved on the Competition Supervisory Board, those members must be excluded from the Board. In all cases, the number of Board members must be an odd number. If the Chair is one who is ineligible, a temporary chair must be elected by the remaining members.

3) The chair and members of the Competition Supervisory Board will be appointed by the USAT Chief Executive Officer or his/her designee.

2. Responsibility

1) The Competition Supervisory Board shall adjudicate protests and correct misjudgments if necessary. In their concurrent capacity as the Sanction Committee, the Competition Supervisory Board may also take disciplinary action against the officials committing the infraction. Documented records and results shall be sent to the USAT Chief Executive Officer.

The Chair of the Competition Supervisory Board may recommend that the USAT Referee Chairman for that event or USAT designee replace referees or judges.

3. Protest Procedure After the Match

1) 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 (protest application) together with the prescribed, non-refundable fee of one hundred dollars (\$100.00) to the Event Director. (See Appendix VI, page 43.)

- 2) Deliberation of re-evaluation shall be carried out excluding those members of the same state or training affiliation as that of either contestant concerned, and resolution shall be made by majority vote.
- 3) The members of the Board of Arbitration (Competition Supervisory Board) may summon the refereeing officials for confirmation of events.
- 4) The resolution made by the Competition Supervisory Board will be final and no further means of appeal will be applied.
- 5) Deliberation procedures are as follows:
 - a. A coach or head of team representing the protesting player is permitted to make a brief verbal presentation to the Board of Arbitration in support of their position.
 - b. After reviewing the protest application, the content of the protest must be arranged according to the criterion of “Acceptable” or “Unacceptable.”
 - c. If necessary, the Board can hear opinions from the referee or judges.
 - d. If necessary, the Board can review the material evidence of the decision, such as the written records (brackets, competitors lists, score sheets, tally sheets), or electronic records of the match. No videotapes can be used.
 - e. After deliberation, the Board holds a secret ballot to determine a majority decision.
 - f. The Chair will make a report documenting the outcome of the deliberation and shall make this outcome publicly known.
 - g. Subsequent process following the decision:
 - 1) Errors in determining the match results, mistakes in calculating the match score or misidentifying a contestant shall be corrected.
 - 2) Errors in application of the rules:
When it is determined by the Board that the officiating team made a clear error in applying the Competition Rules (for example, advancing the wrong number of players) the outcome of the error shall be corrected.

The Chair of the Competition Supervisory Board may recommend that the USAT Referee Chairman for that event or USAT designee replace referees or judges in the event that refereeing officials have been wrongly assigned, or when it is judged that any of the assigned refereeing officials have unfairly conducted the contest or made unjustifiable mistakes.

4. Procedure of Sanction

- 1) The deliberation procedure of Sanction shall correspond to that of Competition Supervisory Board, and the details of sanction will comply with the Regulations on Sanctions.

The USAT Chief Executive Officer (or in case of his/her absence, the USAT Referee Chairman for that event or USAT designee) may request that the Sanction Committee meet to deliberate when any of the following behaviors are committed by a coach, contestant, or official:

- a) Interfering with the management of a contest
 - b) Stirring up spectators or spreading false rumor
 - c) Aggressive or inappropriate behavior toward any technical officials
 - d) Not leaving the contest area after the contest
 - e) Throwing any materials and/or equipment
- 2) When judged reasonable, the Sanction Committee shall deliberate and take disciplinary action immediately. The result shall be announced, and reported to the USAT Chief Executive Officer.
 - 3) The Sanction Committee may summon involved persons for confirmation of events.

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 USAT Poomsae Referee Team or its proxy shall decide matters not related to the competition.

— *NOTES* —

— *NOTES* —

Appendix I

Competition Coordinator's Commands

Competition Coordinator Commands (Two Poomsae)

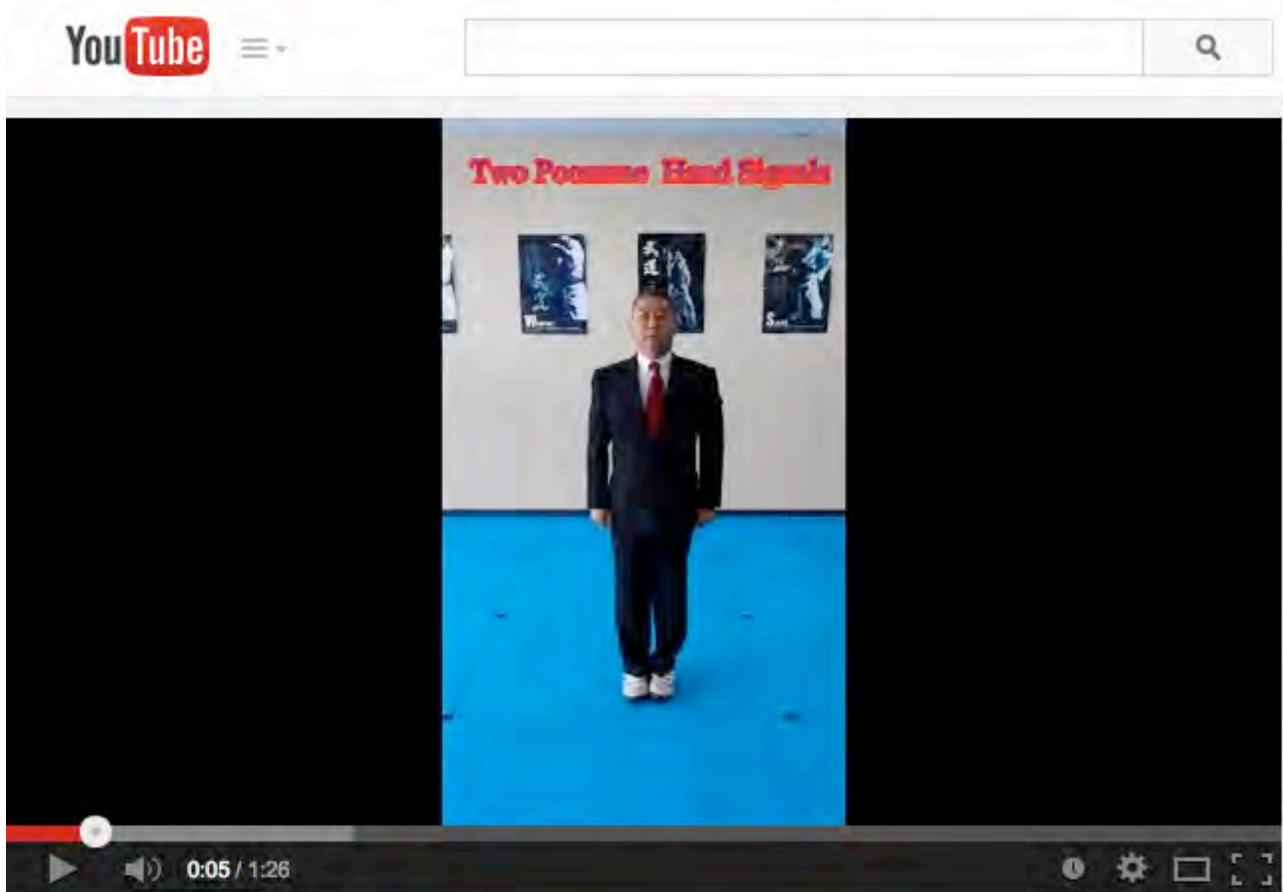
| Korean | English | Coordinator / Competitor Action |
|---------------------|--------------------------|---|
| “Chool jeon” | Enter | Coordinator motions with extended left arm for the competitor enter the competition area. Competitor enters. |
| “Cha-ryeot” | Attention | Coordinator’s left arm bent 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. |

Competition Coordinator Commands (One Poomsae)

| Korean | English | Coordinator/Competitor Action |
|---------------------|--------------------------------|---|
| “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. |

Appendix II

**Competition Coordinator's and Referee's
Hand Signals**



Link: <https://www.youtube.com/watch?v=j0N92EKIsSk&feature=youtu.be>

— *NOTES* —

Appendix III
Score Sheets



Recognized Poomsae Score Sheet

| | | | | | | | | | | | | | | | | | | |
|--|---|--|-----|--------------|-----|-----|-----|---|-----|-----|-----|-----|-----|-----|-----|--------------|-----|--------------|
| Competitor: | | | | Ring Number: | | | | Round: Preliminary Semi-final Final | | | | | | | | | | |
| Division: | | | | | | | | | | | | | | | | | | |
| Judge's Name: | | | | Signature: | | | | Judge # | | | | | | | | | | |
| Poomsae #1: | | | | | | | | | | | | | | | | | | |
| Accuracy (4.0) | Accuracy in basic movements | Add deductions, subtract from 4.0. Record Accuracy score in Score box (Use / for 0.1 and ○ for 0.3). | | | | | | | | | | | | | | Score | | |
| | Accuracy in Individual Movements of Poomsae | | | | | | | | | | | | | | | | | |
| | Balance | | | | | | | | | | | | | | | | | |
| Presentation (6.0) | 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 | Score |
| | 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 | |
| | Total Presentation | | | | | | | | | | | | | | | | | |
| Total Accuracy + Presentation (10.0) | | | | | | | | | | | | | | | | | | |
| Poomsae #2: | | | | | | | | | | | | | | | | | | |
| Accuracy (4.0) | Accuracy in basic movements | Add deductions, subtract from 4.0. Record Accuracy score in Score box (Use / for 0.1 and ○ for 0.3). | | | | | | | | | | | | | | Score | | |
| | Accuracy in Individual Movements of Poomsae | | | | | | | | | | | | | | | | | |
| | Balance | | | | | | | | | | | | | | | | | |
| Presentation (6.0) | 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 | Score |
| | 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 | |
| | Total Presentation | | | | | | | | | | | | | | | | | |
| Total Accuracy + Presentation (10.0) | | | | | | | | | | | | | | | | | | |
| Total Score Poomsae #1 _____ + Poomsae #2 _____ = _____ | | | | | | | | | | | | | | | | | | |



USAT Recognized Poomsae Score Sheet

| | | | | | | | | | | | | | | | | | | |
|---|---|--|-----|---|-----|---------------|-----|-----|-----|-----|-----|------------|-----|-----|-----|-----|--------------|--------------|
| Competitor: | | Ring Number: | | Round: Preliminary Semi-final Final | | | | | | | | | | | | | | |
| Division: | | | | | | | | | | | | | | | | | | |
| Judges Name: | | | | | | Judge Number: | | | | | | Signature: | | | | | | |
| Poomsae : | | | | | | | | | | | | | | | | | | |
| Accuracy (4.0) | Accuracy in basic movements | Add deductions, subtract from 4.0. Record Accuracy score in Score box (Use / for 0.1 and ○ for 0.3). | | | | | | | | | | | | | | | Score | |
| | Accuracy in Individual Movements of Poomsae | | | | | | | | | | | | | | | | | |
| | Balance | | | | | | | | | | | | | | | | | |
| Presentation (6.0) | 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 | Score |
| | 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 | |
| | Total Presentation | | | | | | | | | | | | | | | | | |
| Total Accuracy + Presentation (10.0) | | | | | | | | | | | | | | | | | | |



USAT Recognized Poomsae Score Sheet

| | | | | | | | | | | | | | | | | | | |
|---|---|--|-----|---|-----|---------------|-----|-----|-----|-----|-----|------------|-----|-----|-----|-----|--------------|--------------|
| Competitor: | | Ring Number: | | Round: Preliminary Semi-final Final | | | | | | | | | | | | | | |
| Division: | | | | | | | | | | | | | | | | | | |
| Judges Name: | | | | | | Judge Number: | | | | | | Signature: | | | | | | |
| Poomsae : | | | | | | | | | | | | | | | | | | |
| Accuracy (4.0) | Accuracy in basic movements | Add deductions, subtract from 4.0. Record Accuracy score in Score box (Use / for 0.1 and ○ for 0.3). | | | | | | | | | | | | | | | Score | |
| | Accuracy in Individual Movements of Poomsae | | | | | | | | | | | | | | | | | |
| | Balance | | | | | | | | | | | | | | | | | |
| Presentation (6.0) | 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 | Score |
| | 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 | |
| | Total Presentation | | | | | | | | | | | | | | | | | |
| Total Accuracy + Presentation (10.0) | | | | | | | | | | | | | | | | | | |



USAT Freestyle Poomsae Score Sheet

| | | | | | | | | | | | | | | |
|-----------------------------------|---|--|------------------|-----|------------------------|-----|-----|------------|-----|-----|-------|----------|-----|-------|
| Competitor Name: | | | Ring#: | | Round: <i>(circle)</i> | | | | | | | | | |
| | | | | | Preliminary | | | Semi-Final | | | Final | | | |
| Division: | | | | | | | | | | | | | | |
| Judge's Name: | | | | | Signature: | | | | | | | Judge #: | | |
| Category | Sub-Category | | Score Allocation | | | | | | | | | | | Score |
| 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 Kicks | 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 | |
| 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 and Choreography | | 0.0 | 0.1 | 0.2 | 0.3 | 0.4 | 0.5 | 0.6 | 0.7 | 0.8 | 0.9 | 1.0 | |
| Sub-Total Score (10.0) | | | | | | | | | | | | | | |
| Deductions and Penalties | | | | | | | | | | | | | | |
| Total Score | | | | | | | | | | | | | | |



USAT Demonstration Team Recorder's Worksheet

| Team Name: | Ring#: | Date: |
|------------------------------------|------------------|-------|
| Division: | | |
| Recorder Name: | Signature: | |
| Category | Score Allocation | Score |
| Boards Missed | | |
| Deduction for Boards Missed | | |
| Out of Bounds | | |
| Deduction for Out of Bounds | | |
| TOTAL DEDUCTIONS | | |



USAT Demonstration Team Score Sheet

| Team Name: | | | | Ring#: | | | | Date: | | | | | |
|---------------------------------------|--|----------------------|-----|--------|-----|------------|-----|-------|-----|-----|-----|----------|-------|
| Division: | | | | | | | | | | | | | |
| Judge's Name: | | | | | | Signature: | | | | | | Judge #: | |
| Category | Sub-Category | Score Allocation | | | | | | | | | | | Score |
| Technical Accuracy (6.0) | Technical Elements | Team Form | 0.0 | 0.1 | 0.2 | 0.3 | 0.4 | 0.5 | 0.6 | 0.7 | 0.8 | 0.9 | 1.0 |
| | | Acrobatic Breaking | 0.0 | 0.1 | 0.2 | 0.3 | 0.4 | 0.5 | 0.6 | 0.7 | 0.8 | 0.9 | 1.0 |
| | | Single Jump Breaking | 0.0 | 0.1 | 0.2 | 0.3 | 0.4 | 0.5 | 0.6 | 0.7 | 0.8 | 0.9 | 1.0 |
| | | Power Breaking | 0.0 | 0.1 | 0.2 | 0.3 | 0.4 | 0.5 | 0.6 | 0.7 | 0.8 | 0.9 | 1.0 |
| | | Self-Defense | 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 |
| TOTAL TECHNICAL SCORE | | | | | | | | | | | | | |
| Presentation (4.0) | Complexity and Creativeness | | 0.0 | 0.1 | 0.2 | 0.3 | 0.4 | 0.5 | 0.6 | 0.7 | 0.8 | 0.9 | 1.0 |
| | Synchronization and Harmony | | 0.0 | 0.1 | 0.2 | 0.3 | 0.4 | 0.5 | 0.6 | 0.7 | 0.8 | 0.9 | 1.0 |
| | Taekwondo Spirit | | 0.0 | 0.1 | 0.2 | 0.3 | 0.4 | 0.5 | 0.6 | 0.7 | 0.8 | 0.9 | 1.0 |
| | Music and Choreography | | 0.0 | 0.1 | 0.2 | 0.3 | 0.4 | 0.5 | 0.6 | 0.7 | 0.8 | 0.9 | 1.0 |
| TOTAL PRESENTATION SCORE | | | | | | | | | | | | | |
| Sub-Total Score (10.0 Maximum) | | | | | | | | | | | | | |
| (Deductions and Penalties) | | | | | | | | | | | | | |
| Total Score | | | | | | | | | | | | | |

Appendix IV
Poomsae Resources

Poomsae Resources

The primary reference for WTF Poomsae is the *Kokkinos Textbook* (see below) which is cited in the WTF rules as the standard. The Kukkiwon Textbook describes the standards for the stances, techniques and movements for the recognized poomsae. Two additional books, *The Textbook of Taekwondo Poomsae* and *The Explanation of Official Taekwondo Poomsae*, provide supplementary information, descriptions and sequential photos for each poomsae. Together these books form an essential component for a referee's poomsae library and are the minimum resources required by all referees.

Two video sets of poomsae are available for home study. The Kukkiwon video, *Taekwondo (new Kukkiwon Poomsae)*, is the most recent, but *WTF Standard Taekwondo Poomsae*, while somewhat dated is still a valuable resource. Together these two sets are essential for any referee's library.

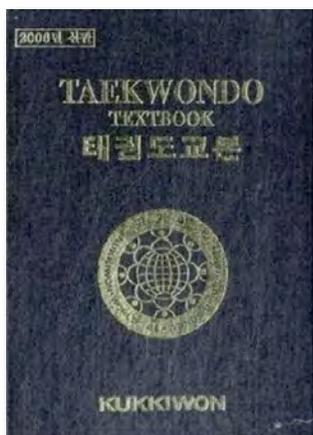
There are thousands of video performances on the internet on individual website and on YouTube. The World Taekwondo Federation, Kukkiwon and USAT (see below) websites have reference poomsae videos posted and text reference materials. Dartfish, a software company, has established a collection of sport channels for the WTF, the various continental Taekwondo unions and many national Taekwondo organizations on which sparring and poomsae competitions are posted (see below).

Finally, the World Taekwondo Federation, the Pan American Taekwondo Union and the USAT offer poomsae referee seminars that range from several hours to 5 days. The Kukkiwon offers poomsae seminars ranging from several hours to several days. Many competent poomsae practitioners, coaches, competitors and referees offer private poomsae seminars. All may be useful in learning poomsae; however, only the WTF and USAT poomsae referee seminars are directed toward referee certification for USAT referees.

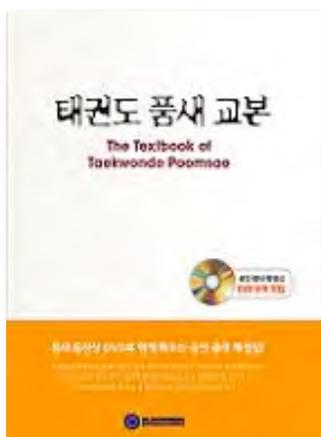
The best training for poomsae referees is “on the job” —judging local, regional and national competitions under the direction of an experienced and critical poomsae referee supervisor.

Cited Resources

Books



Kukkiwon. (2006) *Taekwondo Textbook* (2nd ed.). Seoul, Korea, O-Sung Publishing (ISBN: 978-89-7336-750-1).



Kukkiwon. (2009) *The Textbook of Taekwondo Poomsae*. Seoul, Korea, O-Sung Publishing



Ikpil, Kang and Namjung, Sung. (2008). *The Explanation of Official Taekwondo Poomsae* (2nd ed.). Seoul, Korea. Sang-a Publishing Co. (ISBN: 978-89-91237-24-7).

Videos



Lee Kyu-Hyung, Hwang In-Sik, Kang Ik-Pil, Lee Chong-Kwon, Lee Choon, Woo & Park Jeong-Beom (2007). *Taekwondo (new Kukkiwon Poomsae)* (video). (6 Disc). Korea.



Lee Kyu Hyun & Jung Kook Hyun (2003) *WTF Standard Taekwondo Poomsae* (video). (5 Discs). Korea.

Internet

Dartfish TV: <http://www.dartfish.tv/Home.aspx>

World Taekwondo TV: <http://www.dartfish.tv/ChannelHome.aspx?CR=p1>

USAT Taekwondo TV: <http://dartfish.tv/usat>

European Taekwondo Union TV: <http://www.dartfish.tv/ChannelHome.aspx?CR=p100695>

— *NOTES* —

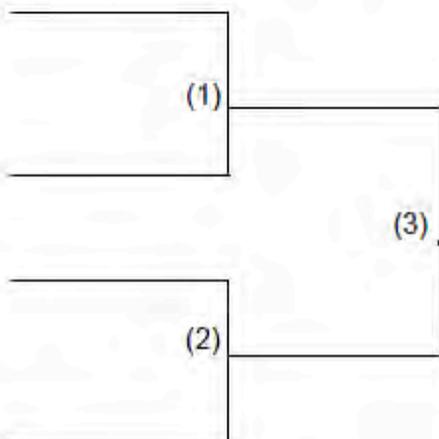
Appendix V

Sample Double Elimination Brackets

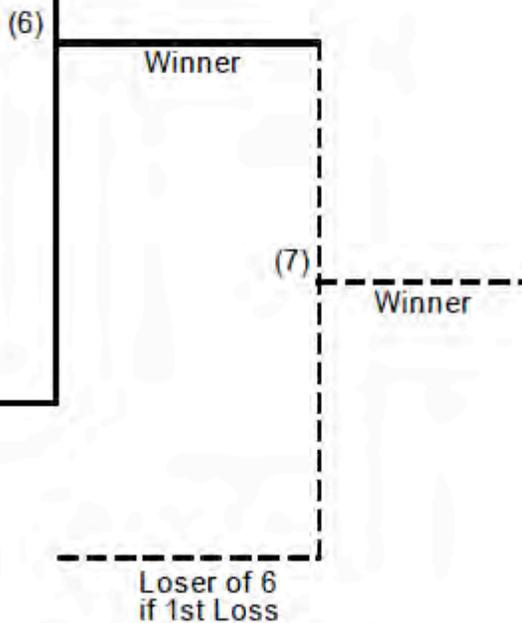
Appendix V: Sample Brackets for Double Elimination Format (4 competitors)

4

Winner's Bracket



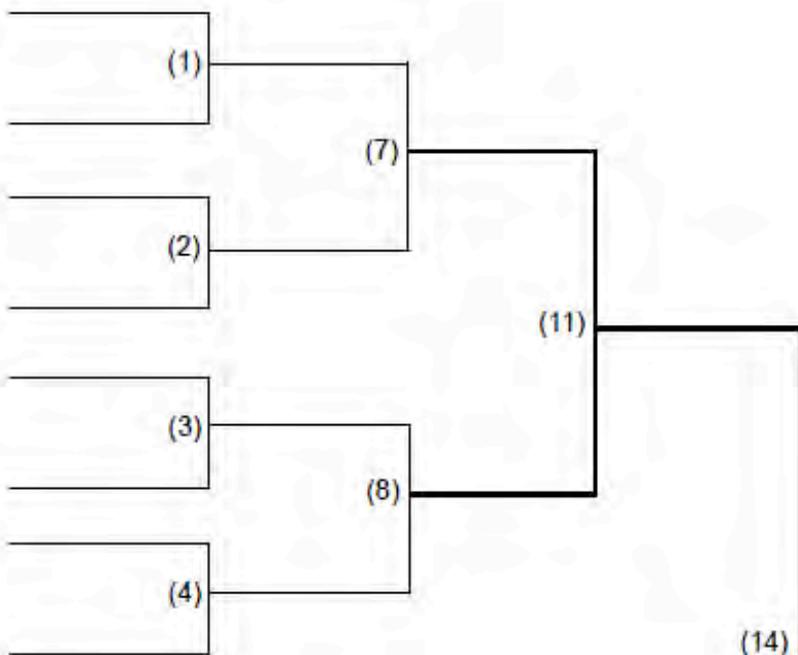
Loser's Bracket



Appendix V: Sample Brackets for Double Elimination Format (8 competitors)

8

Winner's Bracket



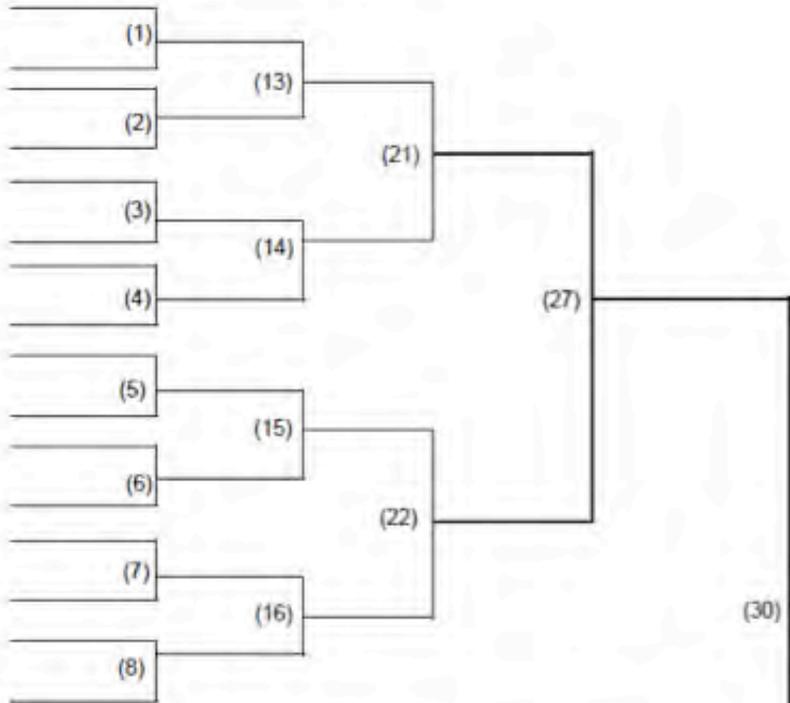
Loser's Bracket



Appendix V: Sample Brackets for Double Elimination Format (16 competitors)

16

Winner's Bracket



Loser's Bracket



— *NOTES* —

**Appendix VI
Official Letter of Protest**

Event Name: _____ Date: _____

Division: _____ Gender: _____ Ring #: _____

Competitor Name: _____

I, _____, do hereby officially submit this protest in accordance with the Code of Operations of the _____ (event name) and Article XXX of the Poomsae Competition Rules of USA Taekwondo.

Details of Protest:

Decision Delivered by the Competition Supervisory Board:

Name:

Signature:

Title:

| | | |
|-------|-------|-------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |

NOTE: Protest must be done within ten minutes after the match is complete. A non-refundable \$100 protest-filing fee, in cash, must be submitted along with this protest form. The decision of the Competition Supervisory Board is final, and there is no further recourse. You must sign this form with this understanding.

Coach Name (Print): _____

Coach Signature: _____

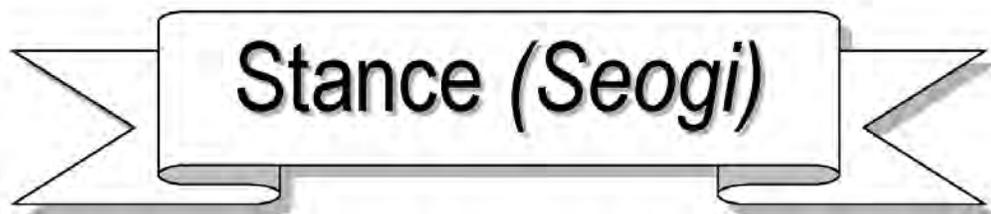
— *NOTES* —

WORLD TAEKWONDO FEDERATION

POOMSAE SCORING GUIDELINES
FOR INTERNATIONAL REFEREES



WORLD TAEKWONDO FEDERATION

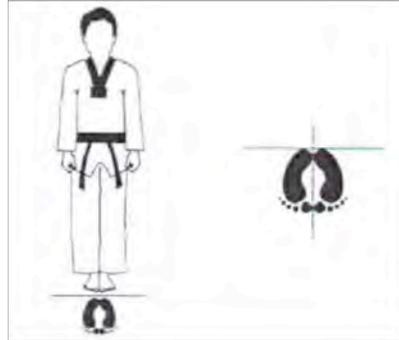


Stance (*Seogi*)

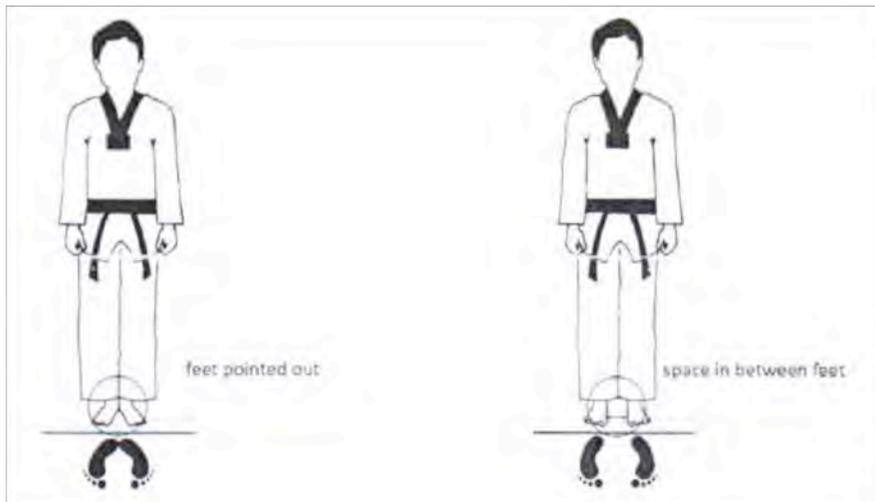
Closed stance (*Moa seogi*)

- Feet together
- Toes Facing straight forward
- Stand upright
- Legs straight

Correct
Movement



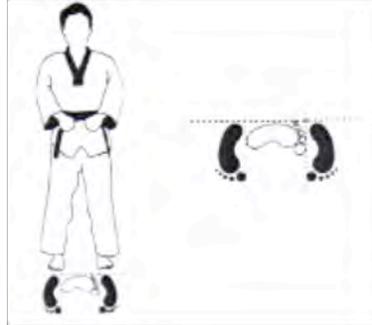
Deduction Factors (-0.1)



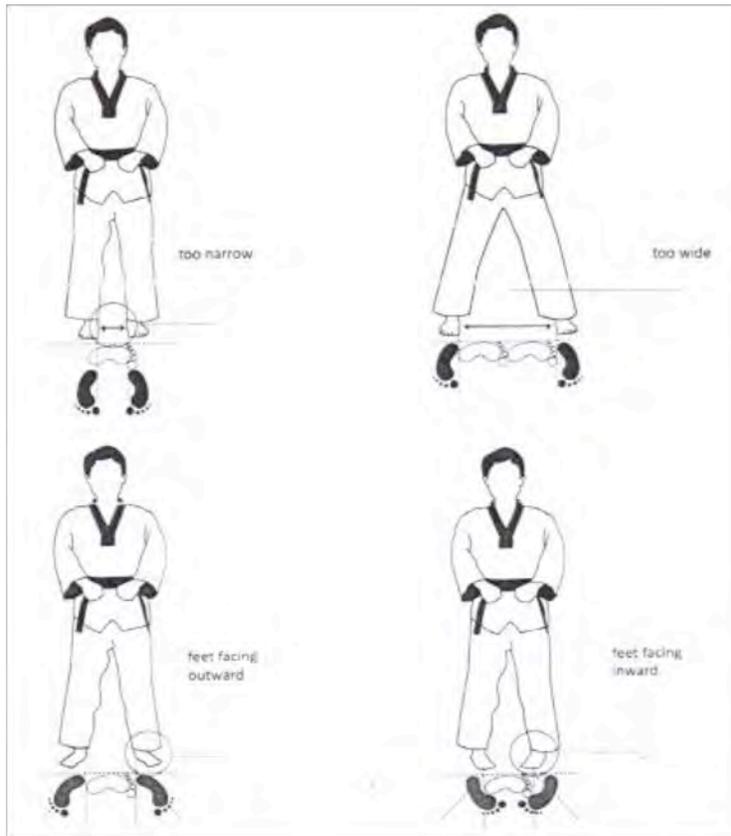
Parallel stance (*Naranhi seogi*)

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

Correct
Movement



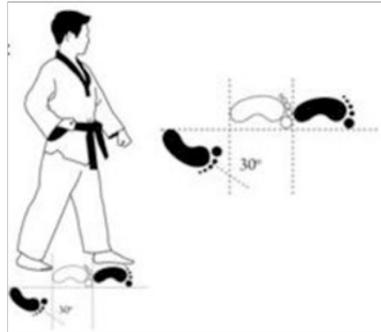
Deduction Factors (-0.1)



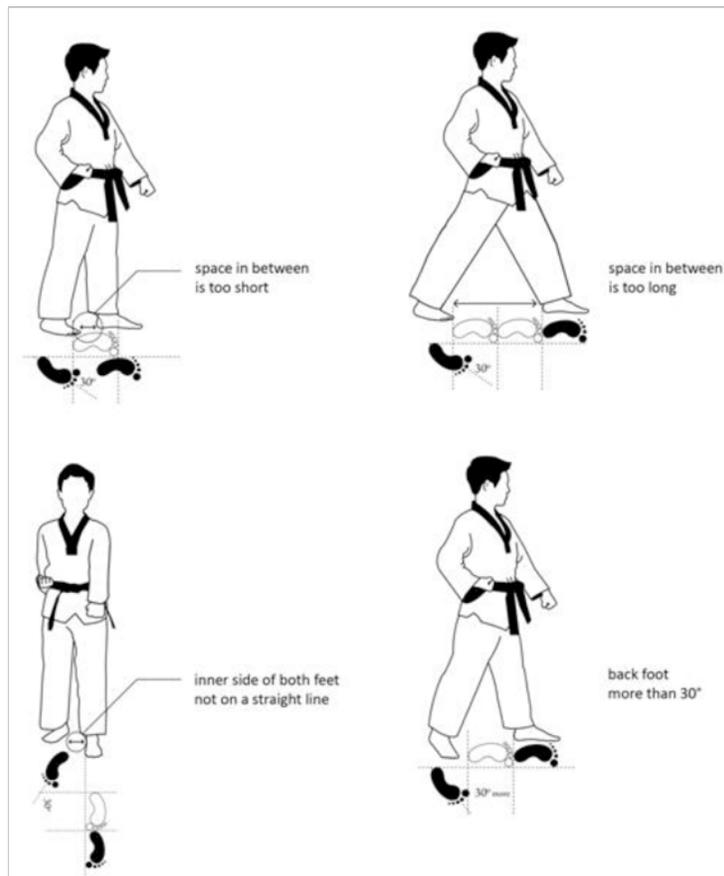
Walking Stance (*Ap seogi*)

- 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



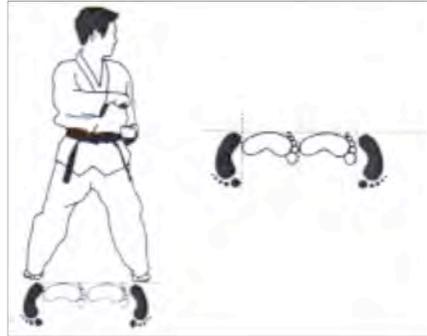
Deduction Factors (-0.1)



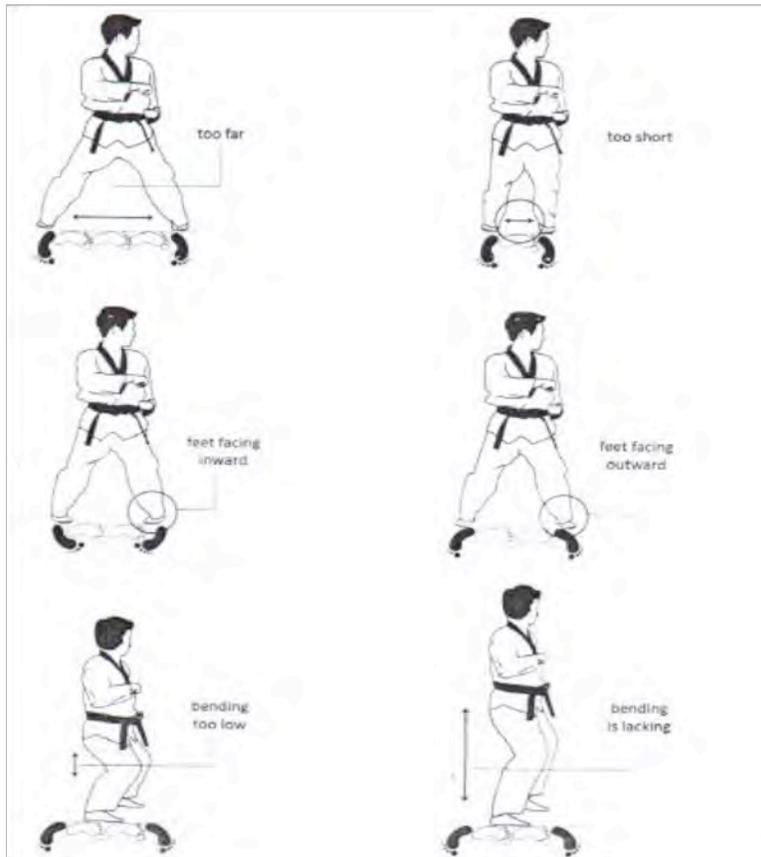
Riding stance (Juchum seogi)

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

Correct Movement

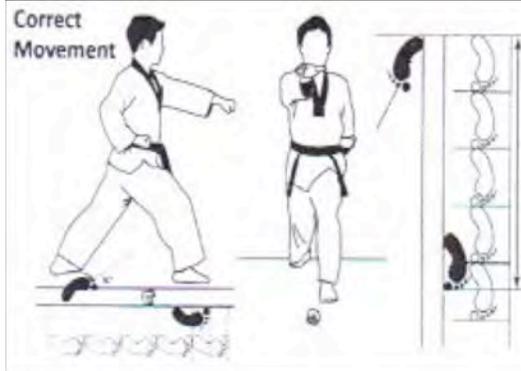


Deduction Factors (-0.1)

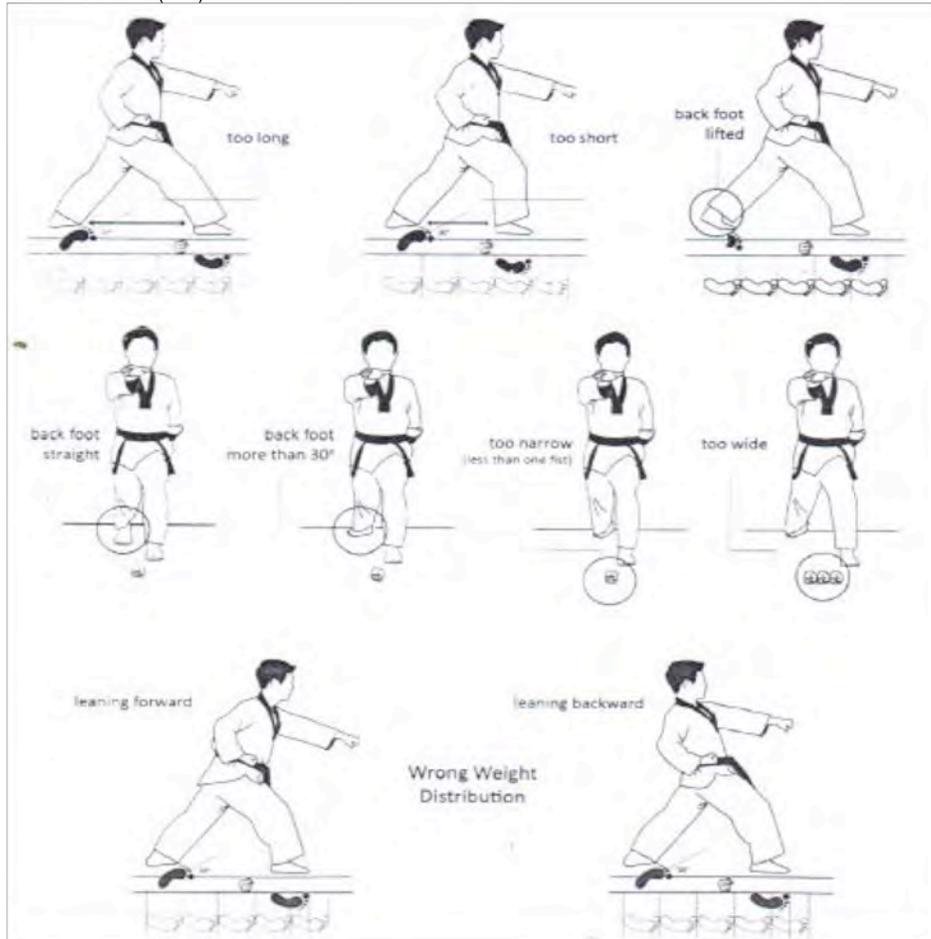


Forward stance (*Apkubi*)

- 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



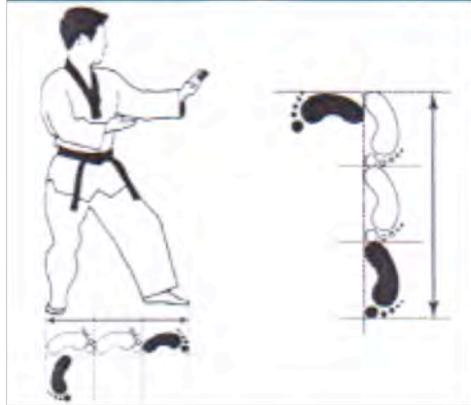
Deduction Factors (-0.1)



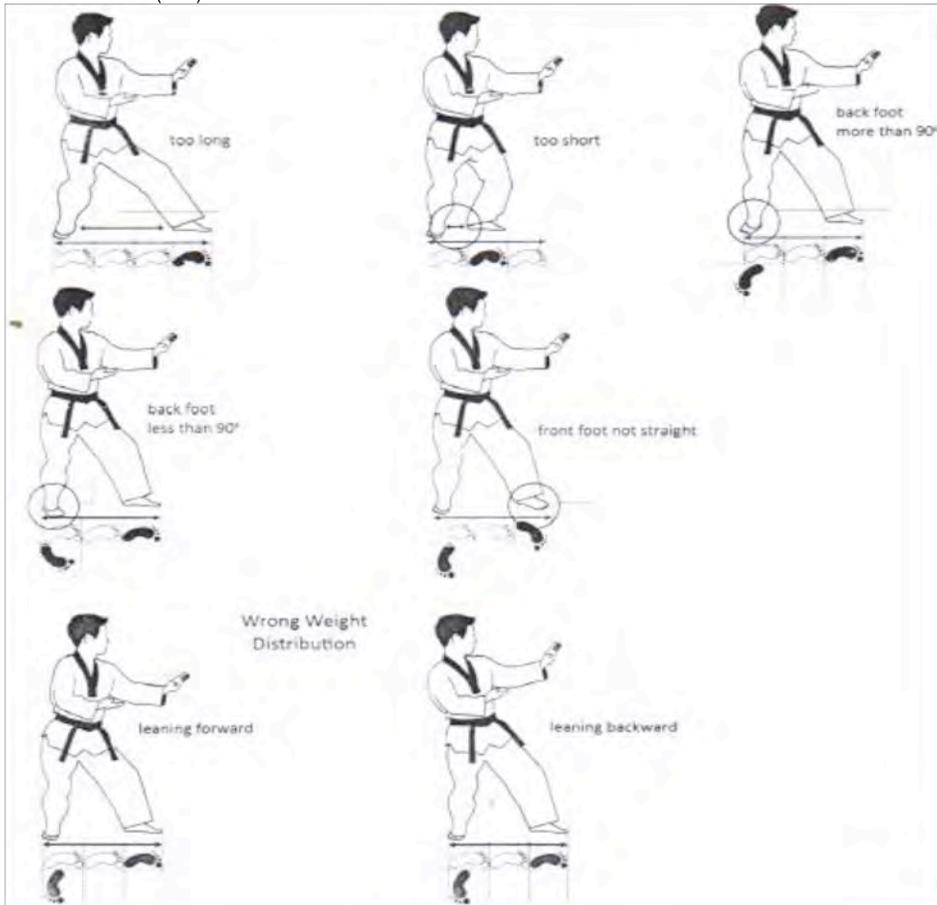
Back stance (Dwitkubi)

- 3 foot-length from origin
- Front foot facing straight forward
- Back foot at 90 degrees (letter L)
- Weight : 30% in front, 70% at the back
- Shoulder, hip, knee and ankle of back leg should be aligned

Correct Movement



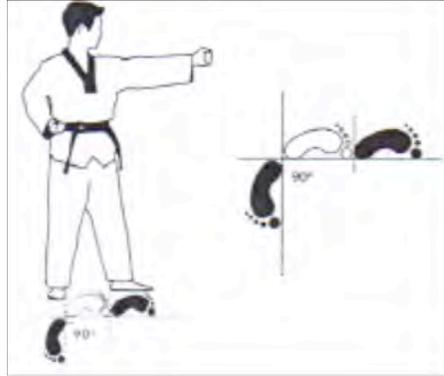
Deduction Factors (-0.1)



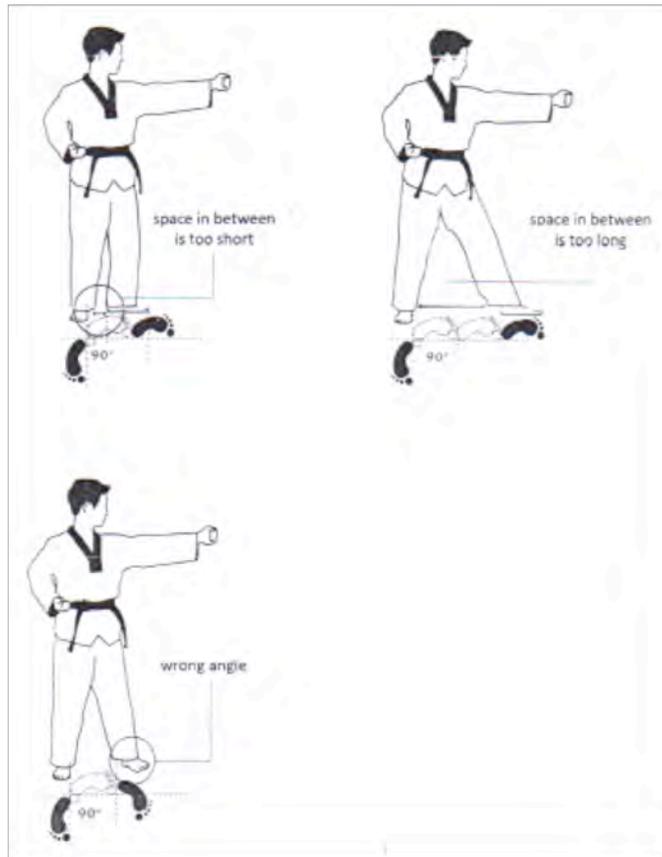
Left stance (Wen seogi)

- From parallel stance, pivot left heel to face left
- Right foot facing straight forward
- Left foot and right foot forming an angle of 90 degrees (letter L)

Correct Movement



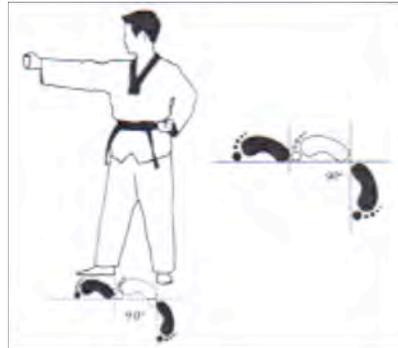
Deduction Factors (-0.1)



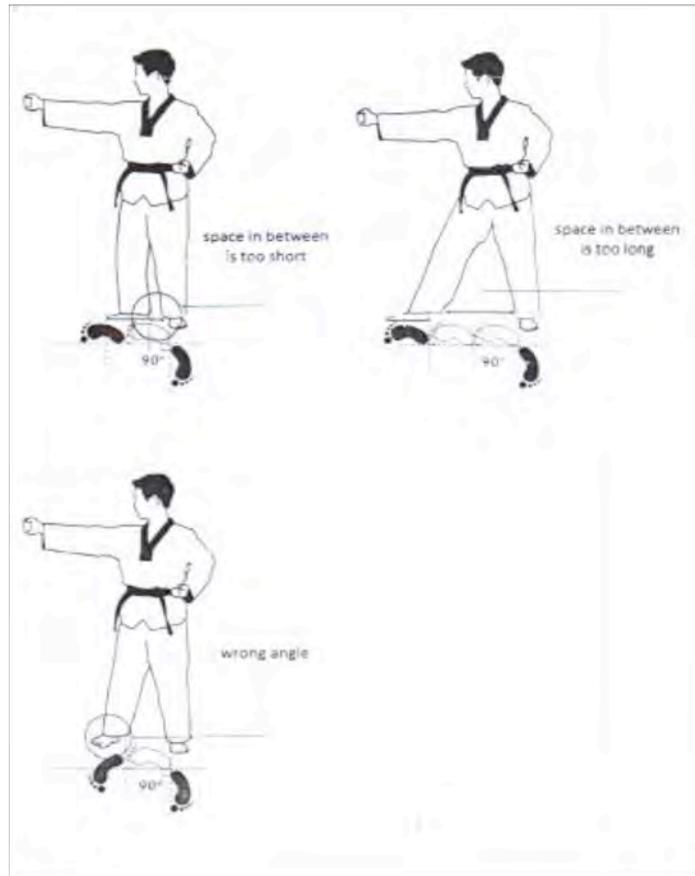
Right stance (Oreun seogi)

- From parallel stance, pivot left heel to face right
- Left foot facing straight forward
- Right foot and left foot forming an angle of 90 degrees (letter L)

Correct Movement



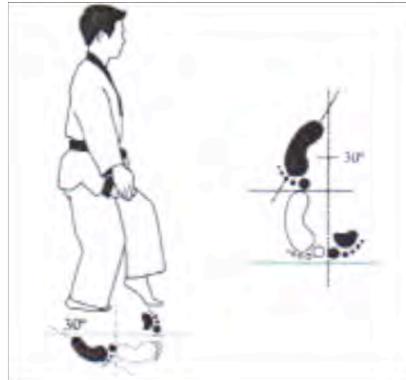
Deduction Factors (-0.1)



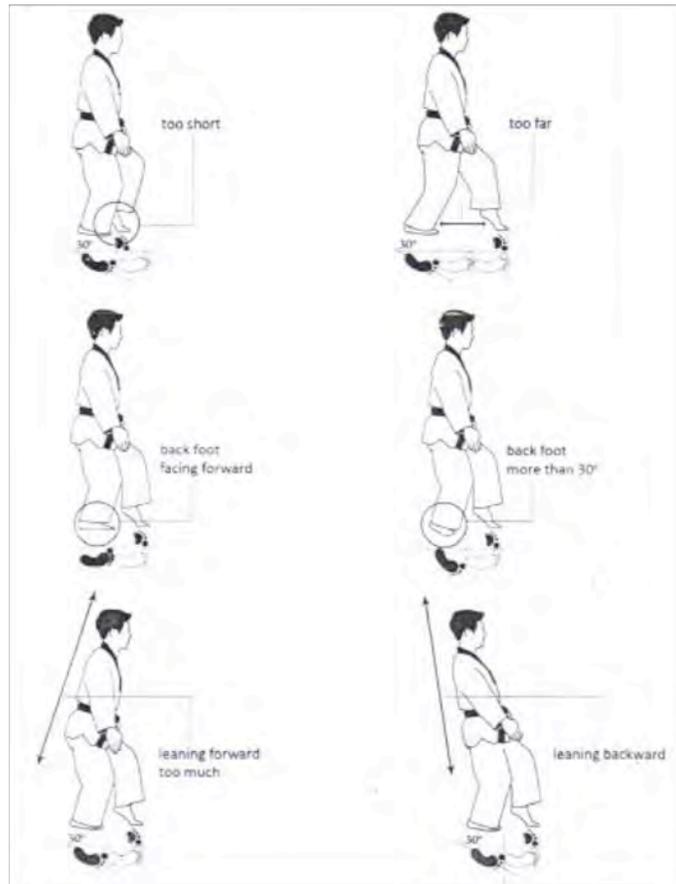
Tiger stance (*Beom seogi*)

- 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



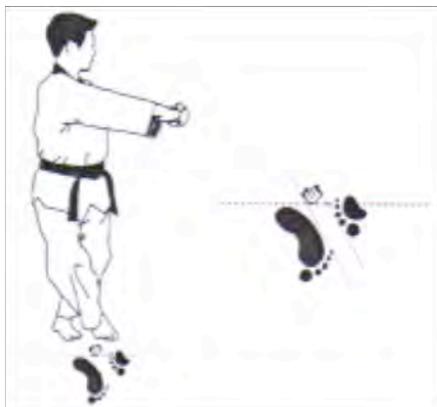
Deduction Factors (-0.1)



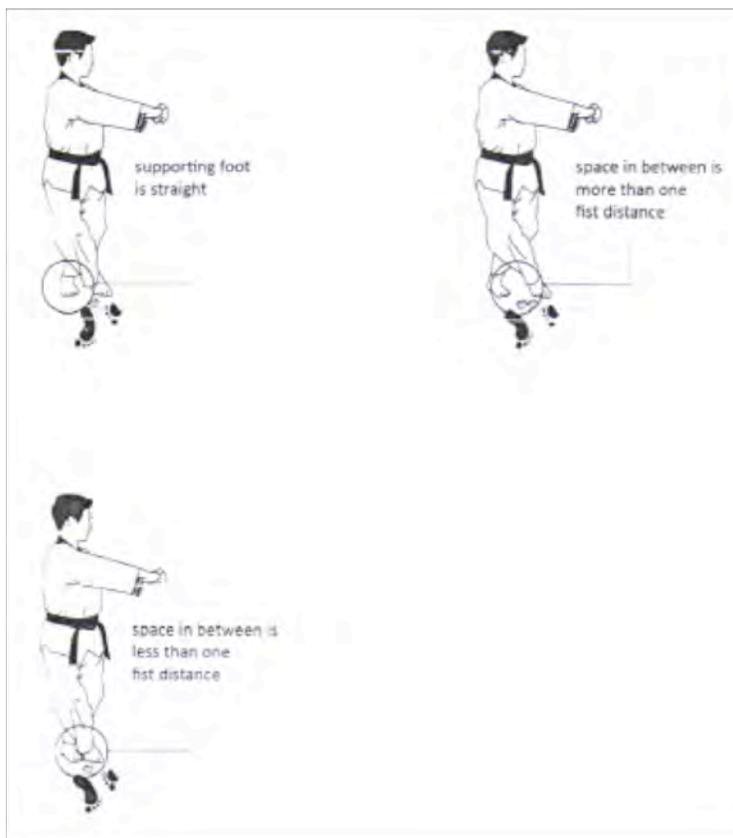
**Forward crossed stance
(Apkkoa seogi)**

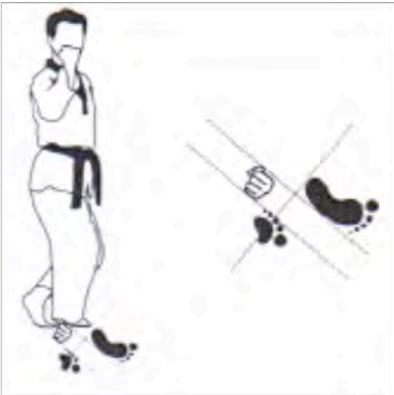
- Front leg supported by ball of foot
- Back foot around 30 degrees
- Shin of back leg touching calf of front leg
- Distance between feet is one(1) fist apart

Correct
Movement

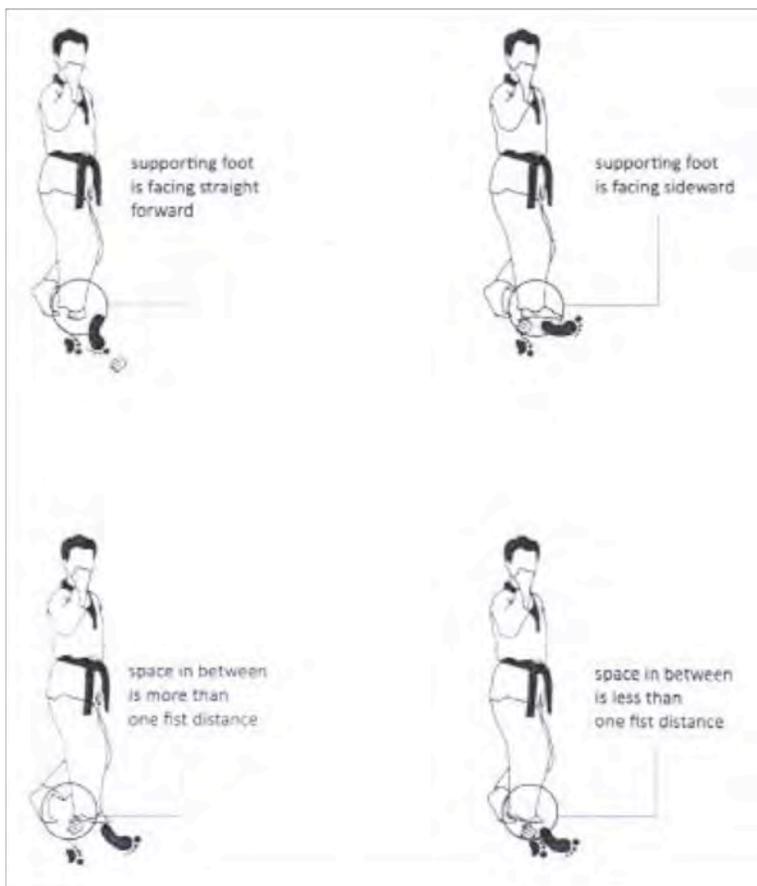


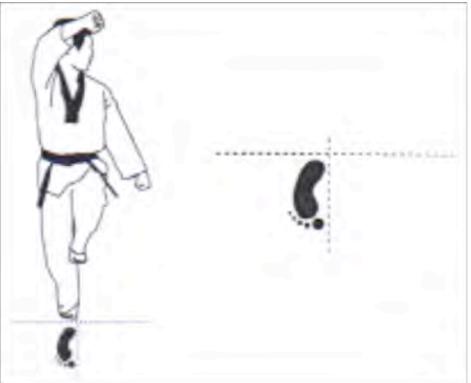
Deduction Factors (-0.1)



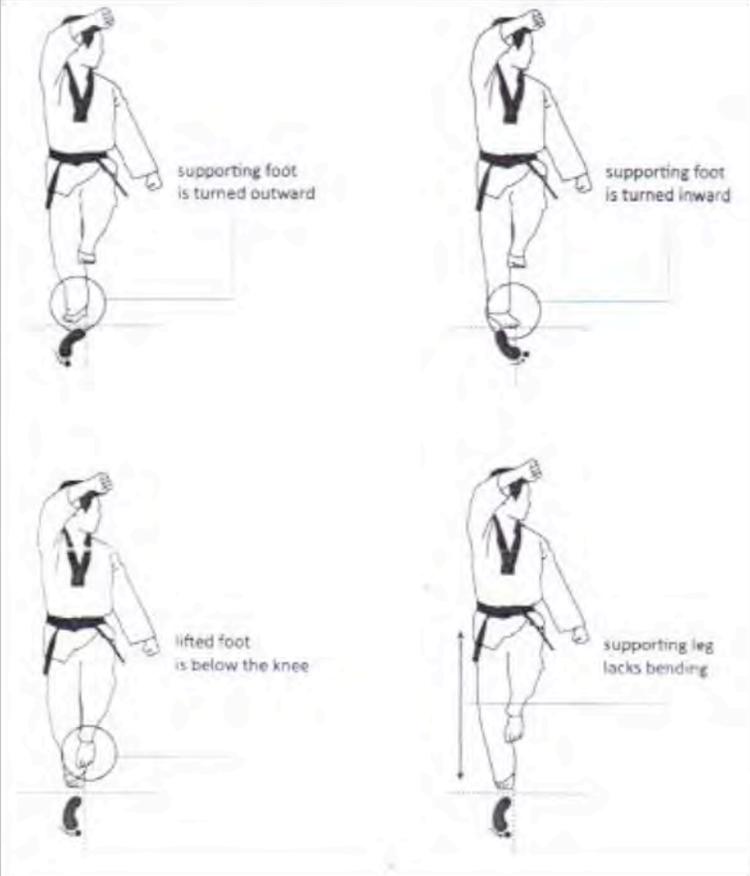
| Back crossed stance (Dwikkoa seogi) | Correct Movement |
|--|--|
| <ul style="list-style-type: none"> - Front foot 45 degrees - Back leg supported by ball of foot (like wearing high heels) - Shin of back leg touching calf of front leg - Distance between feet is one(1) fist apart |  |

Deduction Factors (-0.1)



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

Deduction Factors (-0.1)





Block (*Makki*)

Low block (*Arae makki*)

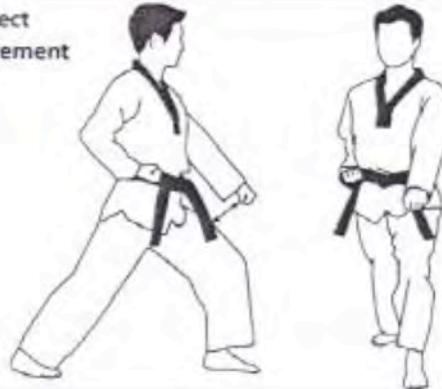
Preparatory position

- Blocking hand starts from opposite shoulder (Hammer fist touching the shoulder)
- Pulling arm across the abdomen over the belt with fist facing downward

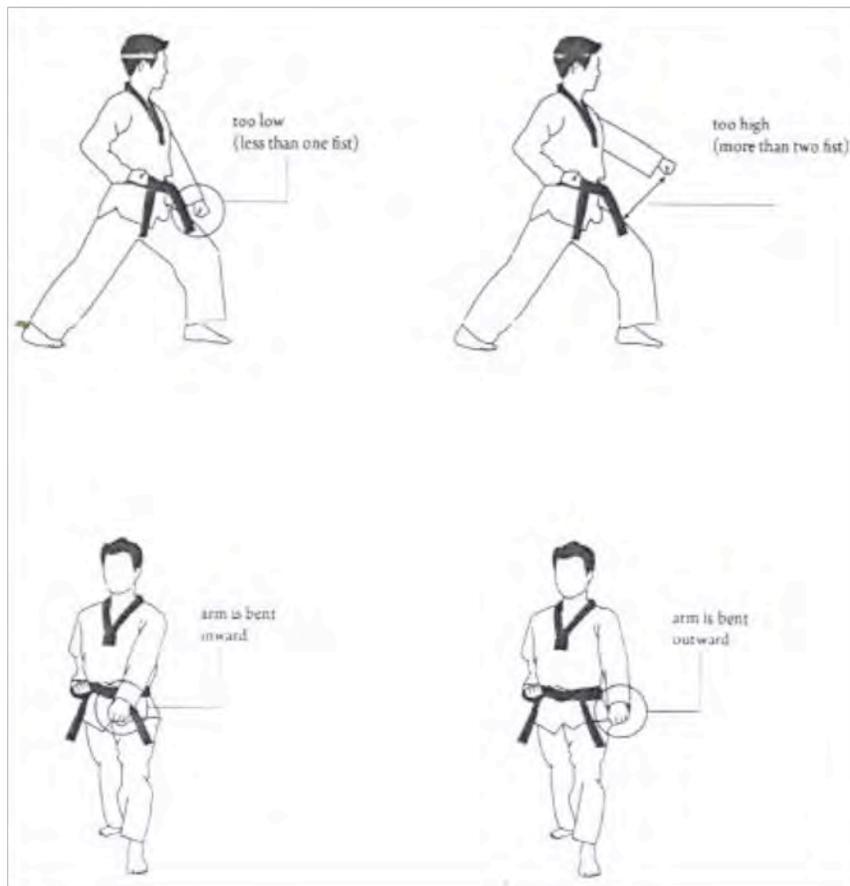
Final position

- Blocking hand should be two(2) fists away from the leg(thigh)
- Arm should be straight(elbow not bent)
- Arm should be aligned to the side of the leg
- Pulling arm placed on side of waist

Correct Movement



Deduction Factors (-0.1)



High block (Olgul makki)

Preparatory position

- Blocking arm starts across the abdomen over the belt(fist facing upward)
- Hand of pulling arm placed across the chest at shoulder level with fist facing downward

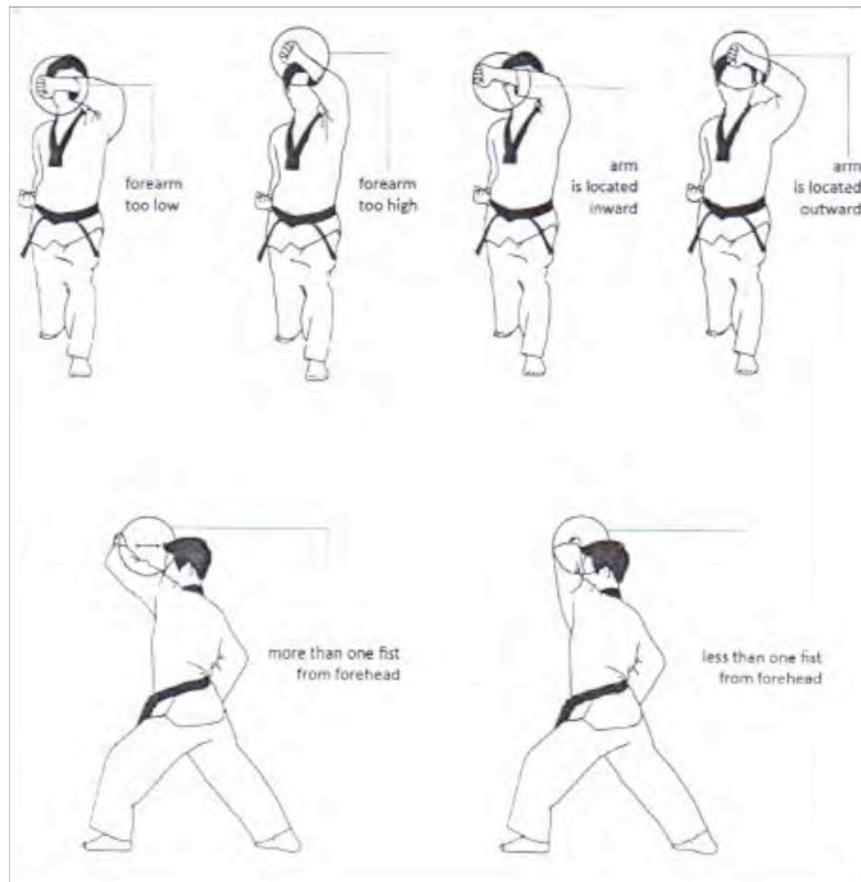
Final position

- Wrist of the blocking hand should be one(1) fist away from the center of the forehead(elbow facing up)
- Pulling arm's hand placed on side of waist

Correct Movement



Deduction Factors (-0.1)



Middle block (Momtong makki)

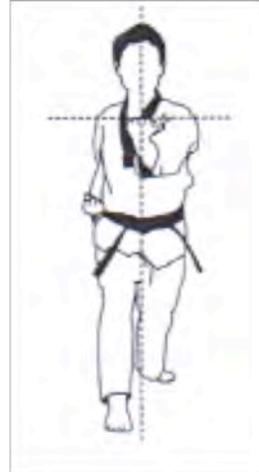
Preparatory position

- Fist of blocking arm lifted a little above shoulder height, arm around 90 degrees (elbow pointing down)
- Chest open
- Pulling arm positioned in front along center line of the body

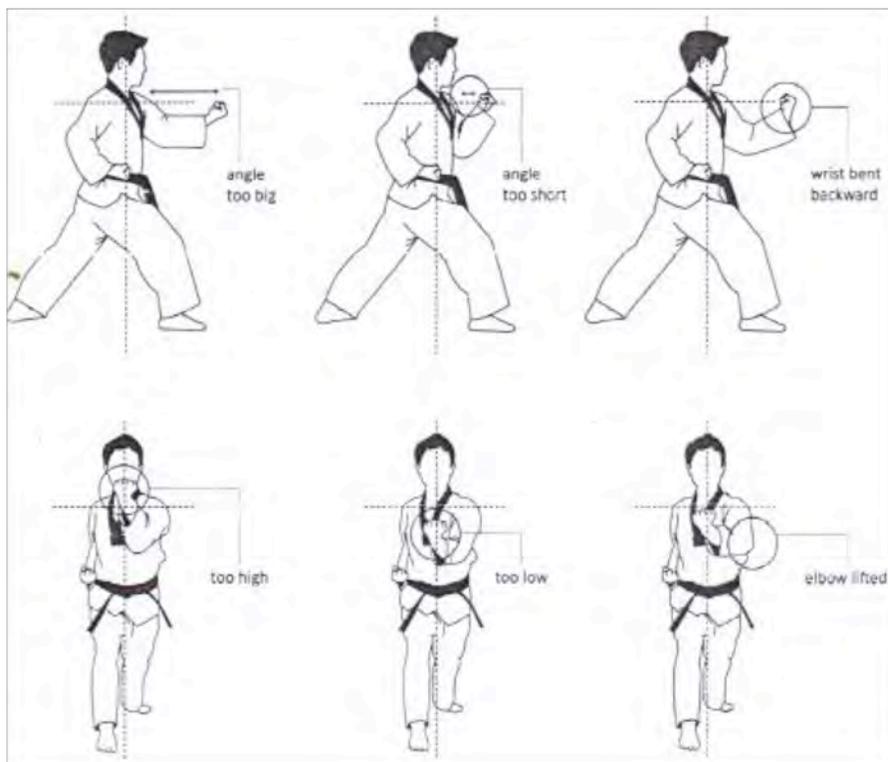
Final position

- Hand and wrist of blocking arm aligned to the center of the body(solar plexus) with the blade of the arm facing inward
- 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
- Elbow of blocking arm naturally pointing down
- Pulling arm's hand placed on side of waist

Correct Movement



Deduction Factors (-0.1)



**Outer middle block
(Momtong bakkat makki)**

Preparatory position

- Fist of blocking arm placed near the elbow of pulling arm with fist facing upward
- Pulling arm placed across the chest with fist at shoulder level with fist facing downward

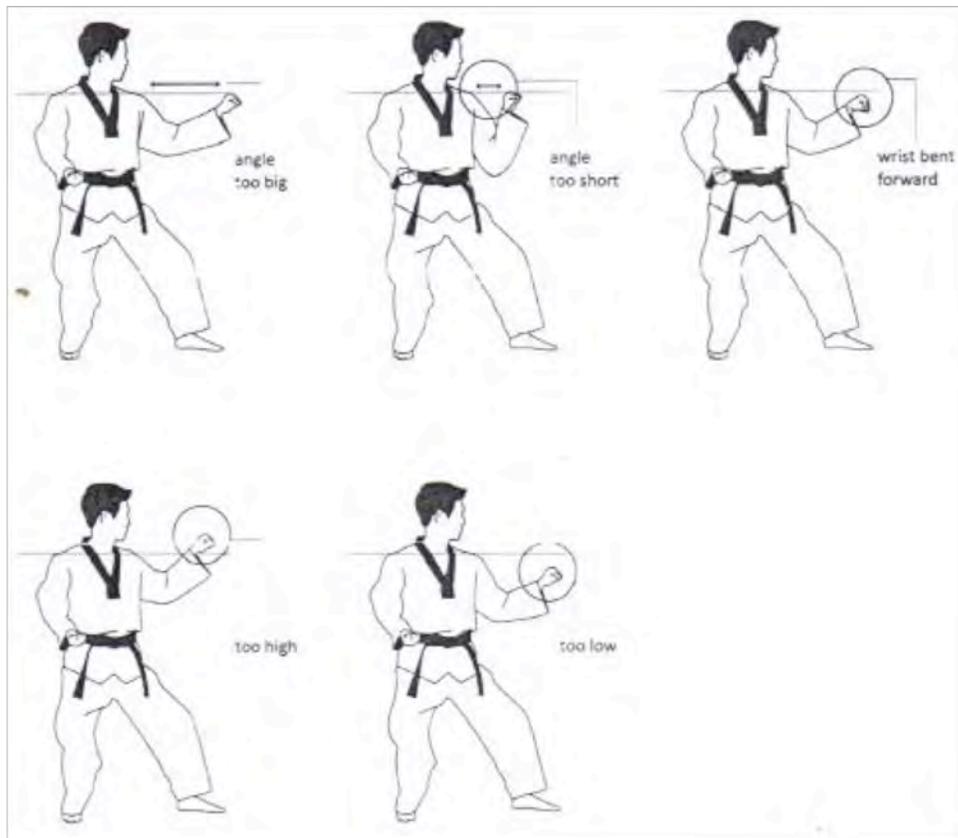
Final position

- The blocking fist 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
- Elbow of blocking arm naturally pointing down
- Pulling arm's hand placed on side of waist

Correct Movement



Deduction Factors (-0.1)



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

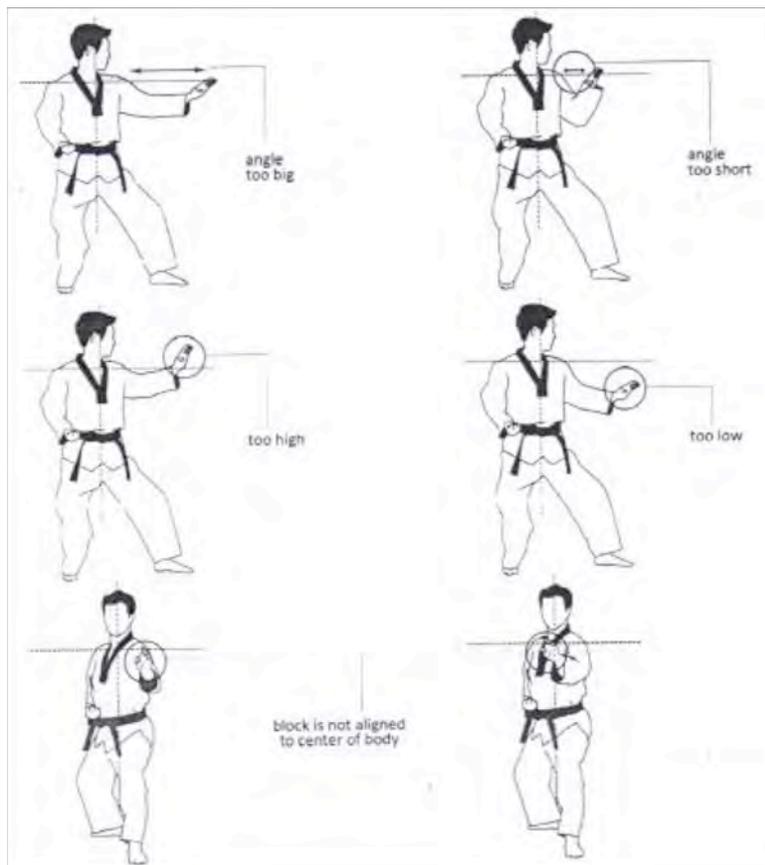
Final position

- 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*)

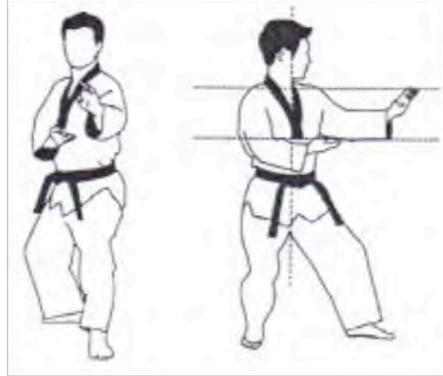
Preparatory position

- 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

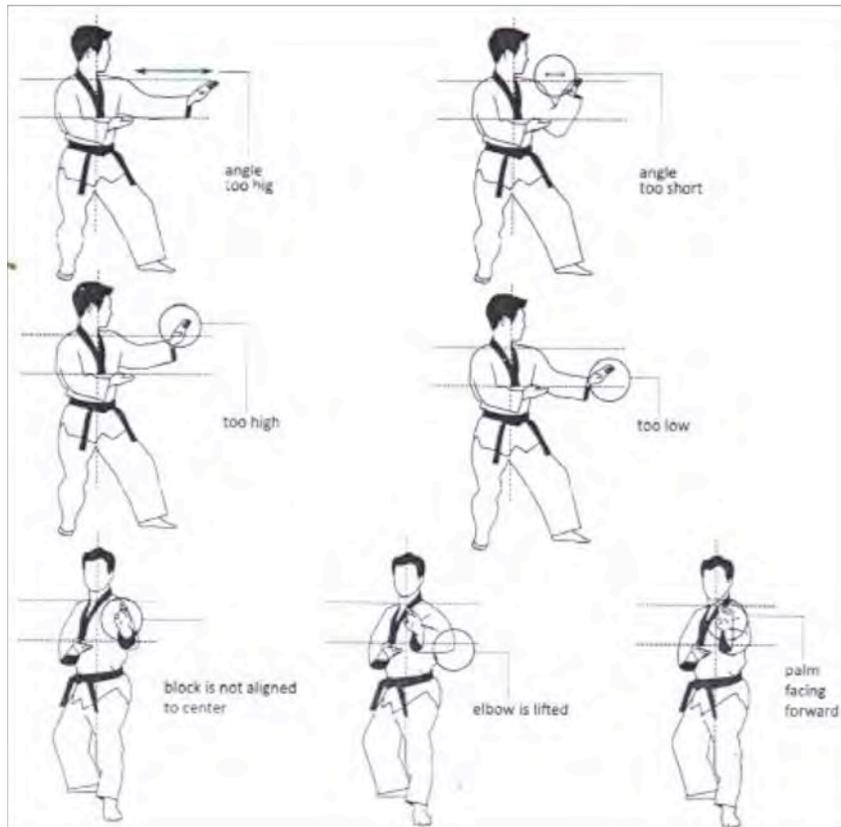
Final position

- 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*)

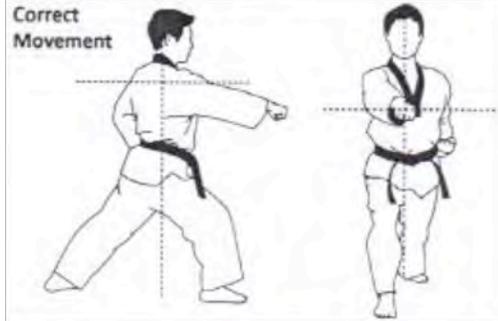
Punch (*Baro jireugi / Badae jireugi*)

Preparatory position

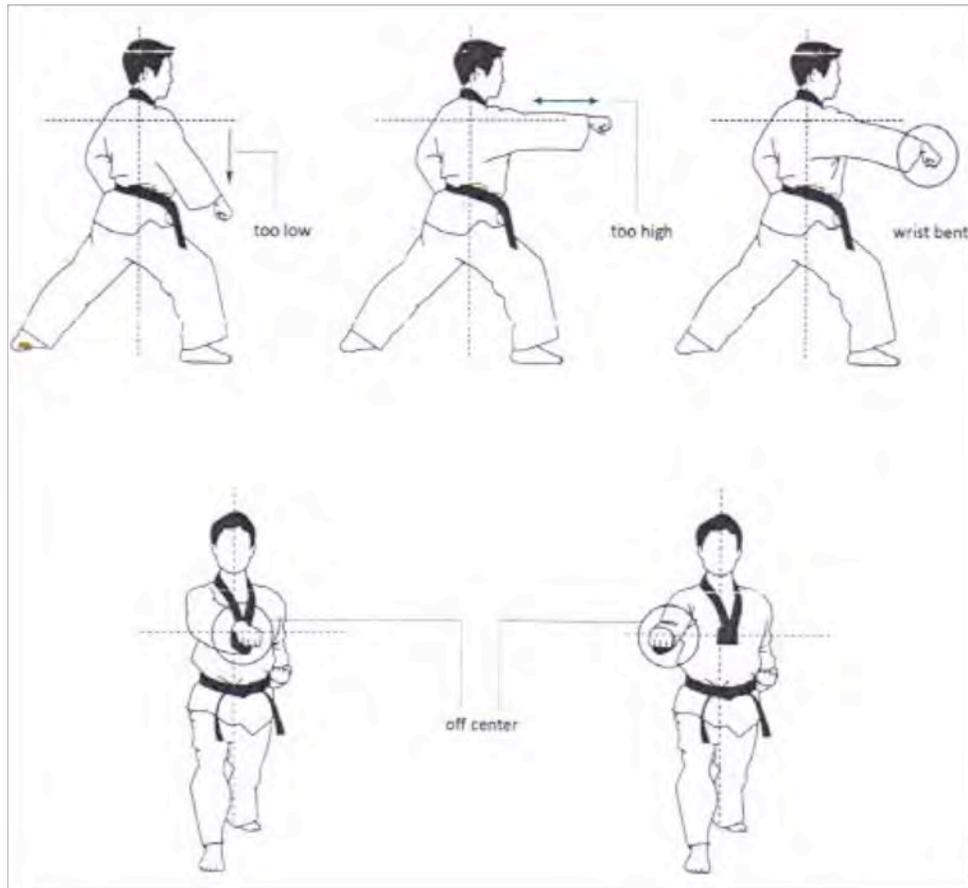
- Punching arm starts from the waist with fist facing upward
- Pulling arm is extended forward towards the solar plexus

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



Deduction Factors (-0.1)



High punch (*Olgul jireugi*)

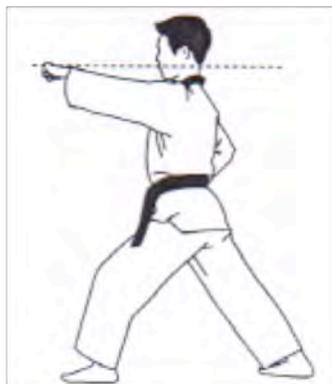
Preparatory position

- Punching arm starts from the waist with palm facing upward
- Pulling arm is extended forward towards the philtrum (base of the nose)

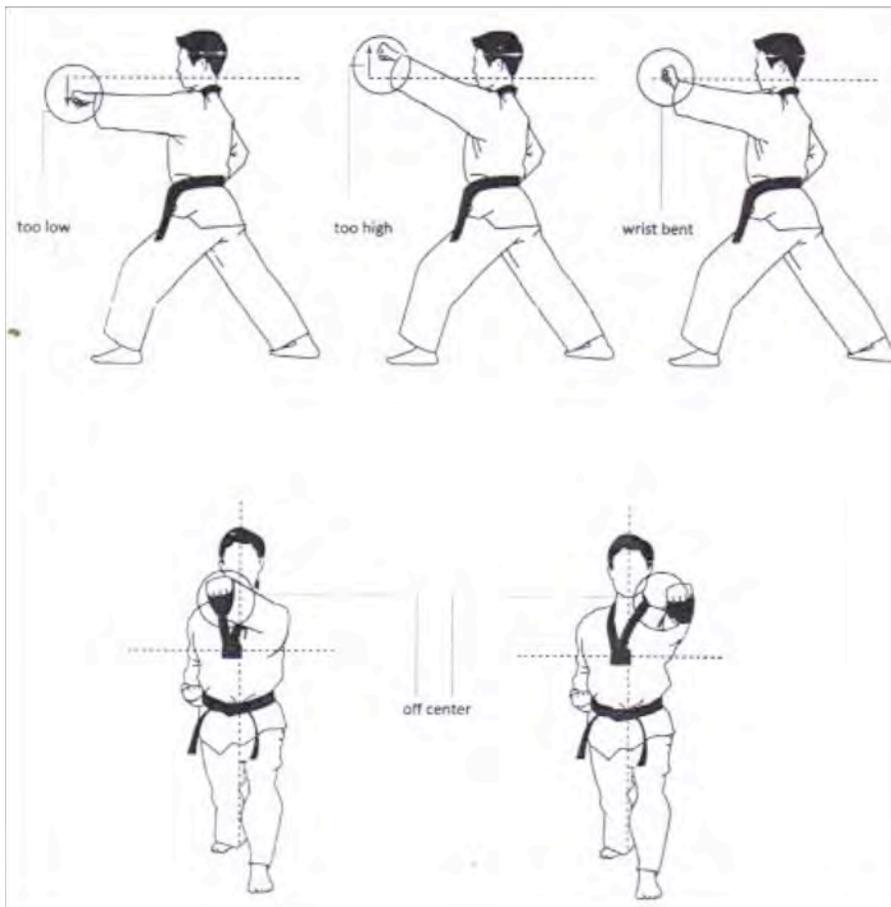
Final position

- 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
- Pulling arm placed on side of waist

Correct Movement



Deduction Factors (-0.1)



Side punch (Yop jireugi)

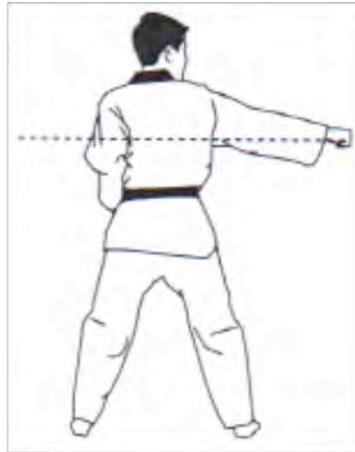
Preparatory position

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

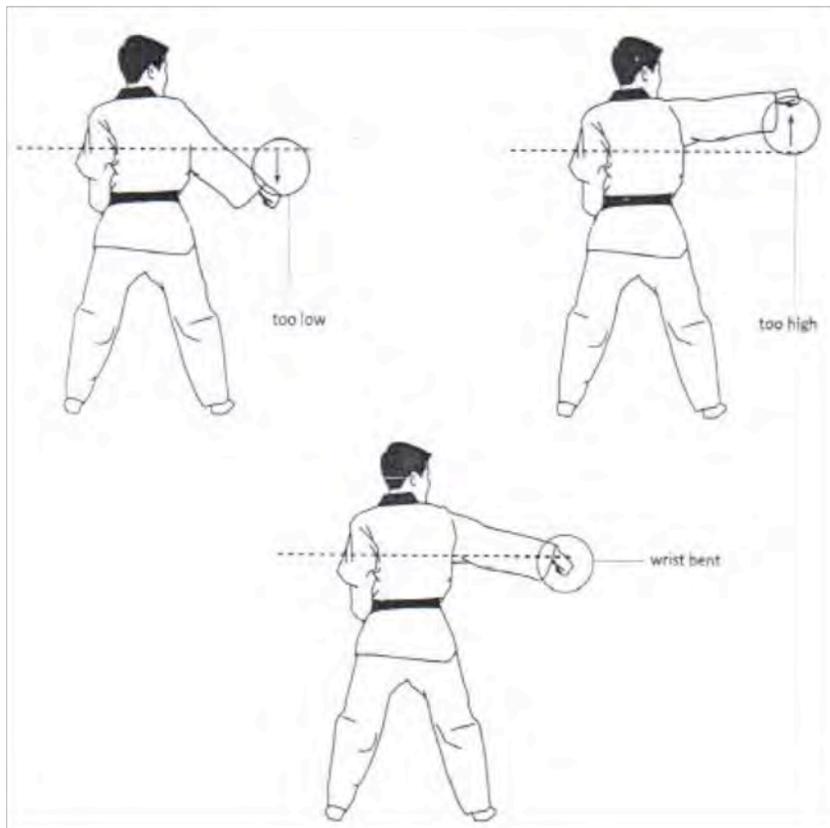
Final position

- 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

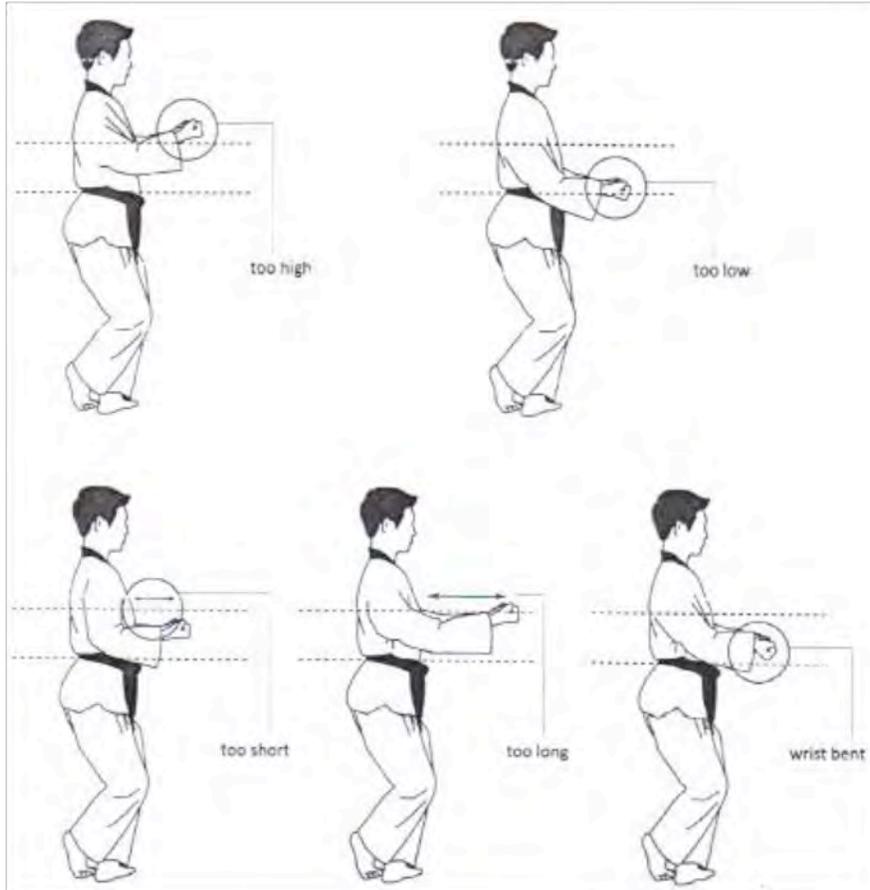
Final position

- 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

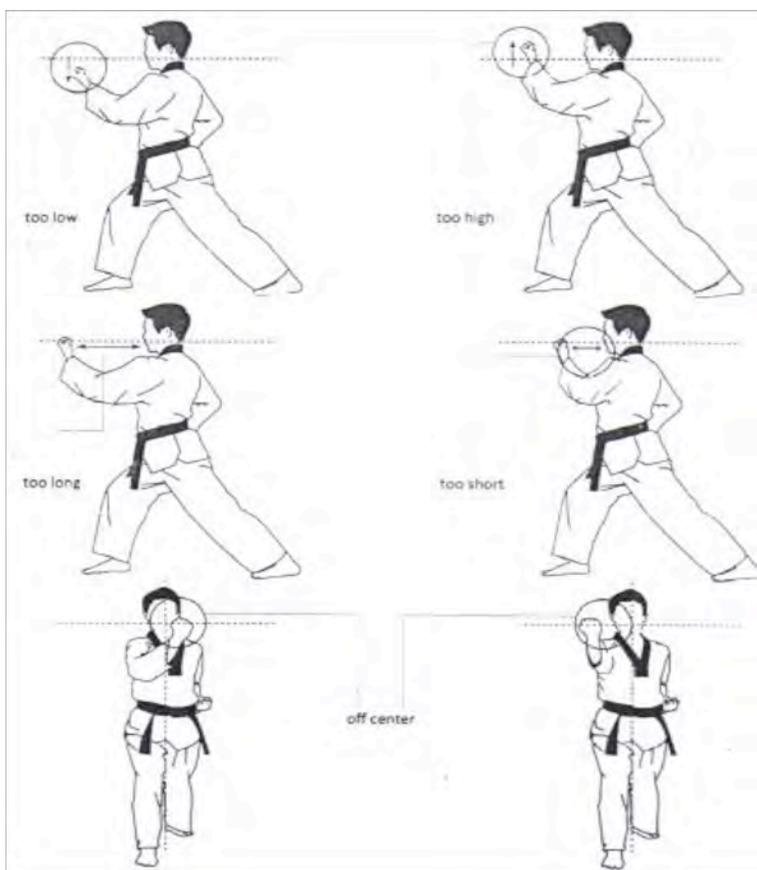
Final position

- 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)



**High outer strike
(Olgul bakkat chigi)**

Preparatory position

- Striking fist starts at shoulder area fist facing downward
- Pulling arm starts under the striking arm, naturally folded with fist facing downward

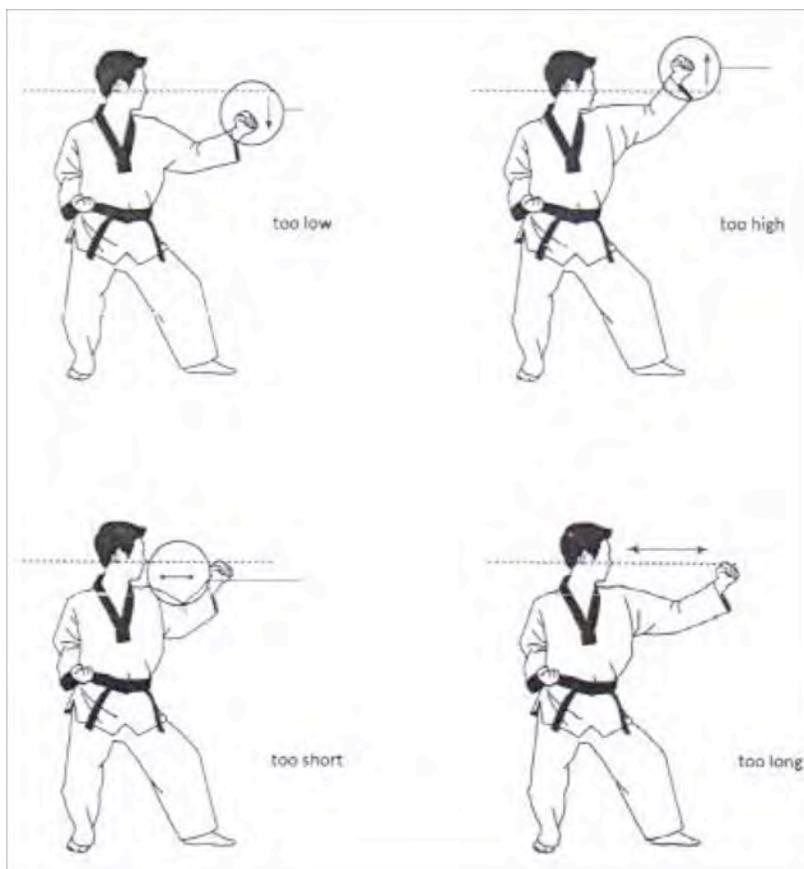
Final position

- 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.
- Pulling arm is pulled back to the waist with palm facing upward
- This strike is usually done with backward stance

Correct Movement



Deduction Factors (-0.1)



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

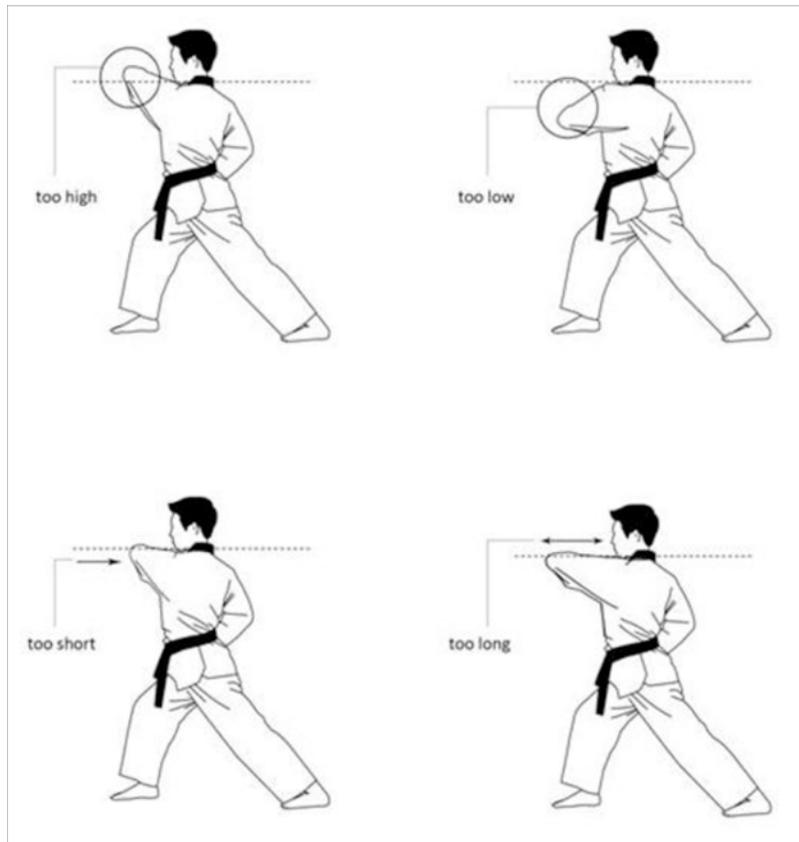
Final position

- 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

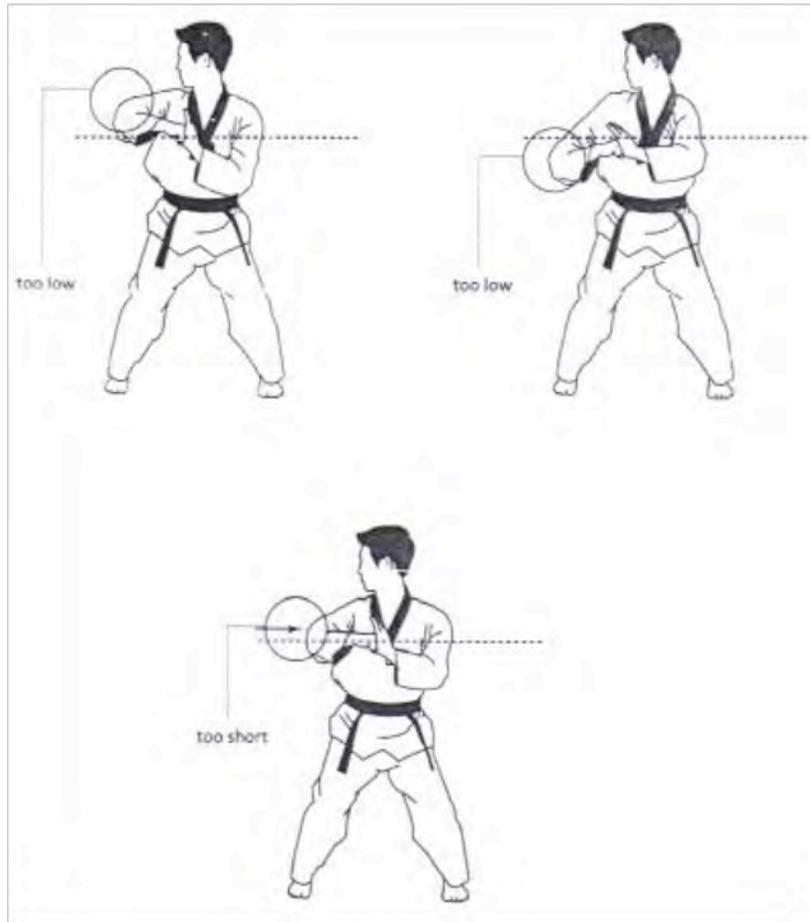
Final position

- 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*)

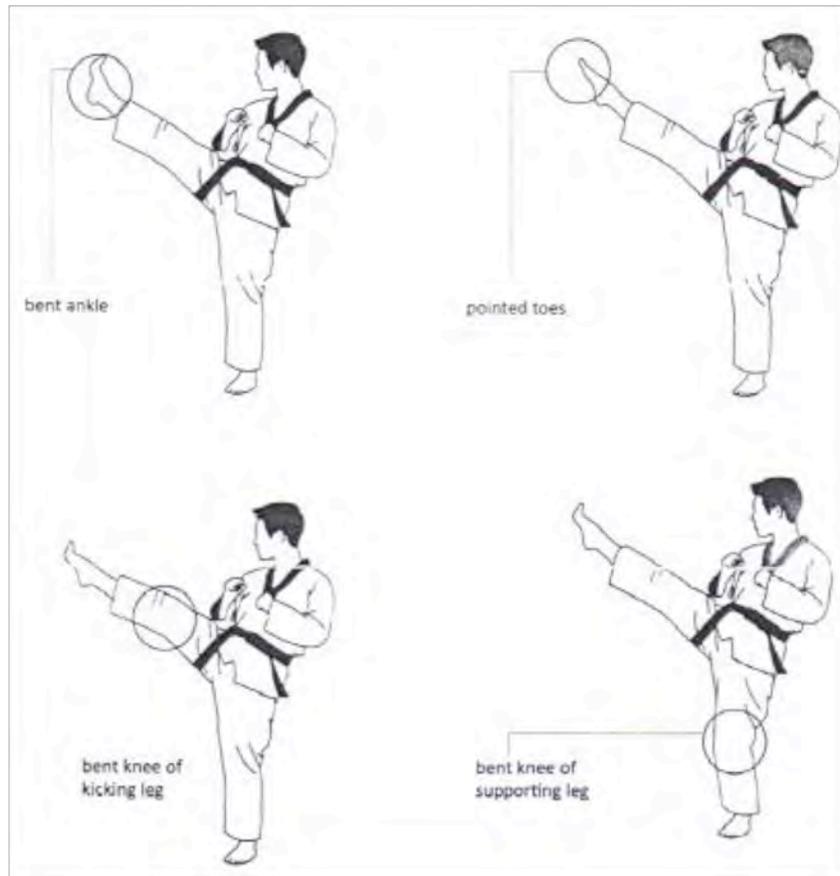
Front kick (*Ap chagi*)

- 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)



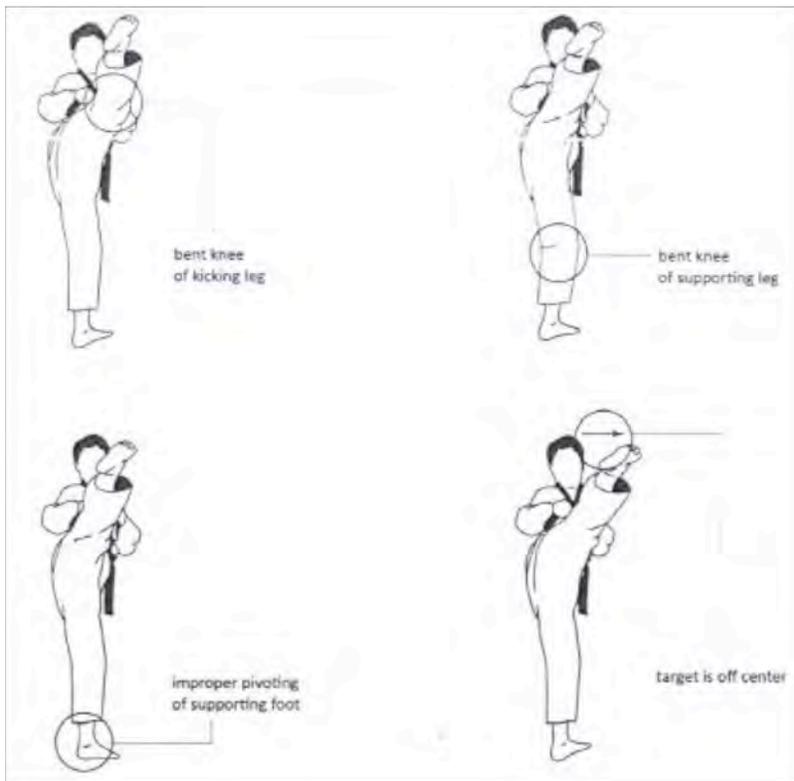
Roundhouse kick (*Dollyo chagi*)

- 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
- 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 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



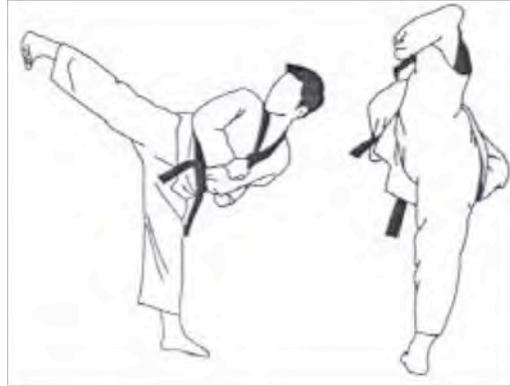
Deduction Factors (-0.1)



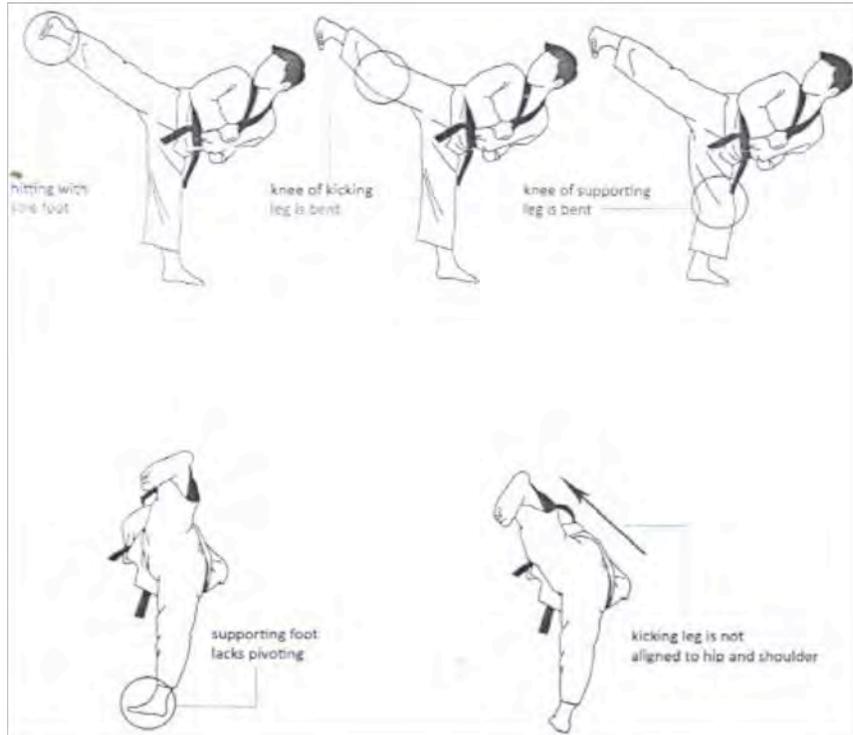
Side kick (*Yop chagi*)

- 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)

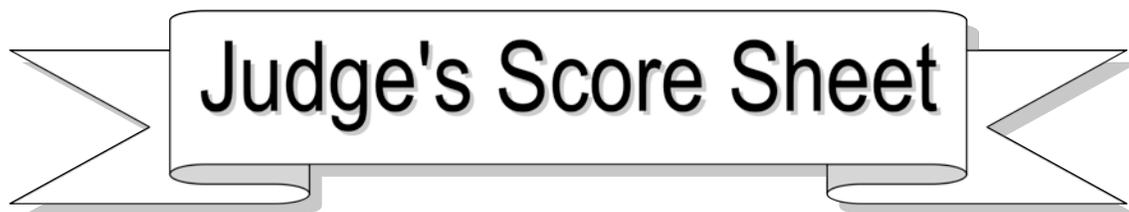
1. Ap chigi – Front strike
2. Olgul bakkat chigi – High outer strike
3. Deungjumeok bakkat chigi – Backfist outer strike
4. Deungjumeok ap chigi – backfist front strike
5. Deungjumeok olgul ap chigi – High backfist front strike
6. Palkup dollyo chigi – Elbow hook
7. Palkup yop chigi – Elbow strike (Koryo)
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 jeochu 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



Judge's Score Sheet

1. Recognized Poomsae

2. Free Style Poomsae

A. Previous version, in use until Dec. 31, 2013

B. New version, to be used from 2014



Judge's Score Sheet

| |
|-------|
| Court |
| |

| Category | Sub-Category | Score Allocation | | | | | | | | | | | | | | | | Score |
|----------------------------------|---|----------------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-------|
| Accuracy (4.0) | Accuracy in basic Movement | 4.0 (deduct -0.1, -0.3) | | | | | | | | | | | | | | | | |
| | Accuracy in individual Movement of the Poomsae | | | | | | | | | | | | | | | | | |
| | Balance | | | | | | | | | | | | | | | | | |
| Presentation (6.0) | 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 | |
| | | Total Score (10.0) | | | | | | | | | | | | | | | | |

Judge's Name : _____

Judge's Nation : _____ Signature : _____



World Taekwondo Federation

Judge's Score Sheet (A)

(WTF Free Style Poomsae)
(Previous version, in use until Dec.31, 2013)

| |
|-------|
| Court |
| |

| Category | Sub-Category | Score Allocation | Score |
|--|---|---|-------------|
| Technical Skills (6.0) | Level of Difficulty of Foot Techniques (3.0) | - Height of Jumping kick | 0.1 0.2 0.3 |
| | | - Number of Kicks in a Jump | 0.1 0.2 0.3 |
| | | - Number of Rotations | 0.1 0.2 0.3 |
| | | - Level of Consecutive Kicks | 0.1 0.2 0.3 |
| | | - Acrobatic Actions | 0.1 0.2 0.3 |
| | Degree of Completion of Foot Techniques | 0.5 0.6 0.7 0.8 0.9 1.0 1.1 1.2 1.3 1.4 1.5 | |
| Accuracy of Movements (1.5) | Basic Movements / Technical Movements | 0.5 0.6 0.7 0.8 0.9 1.0 1.1 1.2 1.3 1.4 1.5 | |
| Degree of Completion of Poomsae (1.5) | Practicability / Connectivity between Offensive and defensive Movements | 0.5 0.6 0.7 0.8 0.9 1.0 1.1 1.2 1.3 1.4 1.5 | |
| Presentation (4.0) | Creativeness / Harmony | 1.0 1.1 1.2 1.3 1.4 1.5 1.6 1.7 1.8 1.9 2.0 | |
| | Music & Chorography / Expression of Energy | 1.0 1.1 1.2 1.3 1.4 1.5 1.6 1.7 1.8 1.9 2.0 | |
| Total Score (10.0) | | | |

▪ Judge's Name : _____

▪ Judge's Nation : _____ ▪ Signature : _____

Judge's Score Sheet

(WTF Free Style Poomsae)
(New version, to be used from 2014)

| |
|-------|
| Court |
| |

| Category | Sub-Category | Score Allocation | | | | | | | | | | | | Score |
|---------------------------------|---|--|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-------|
| 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 kicks | 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 | | |
| 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 & Choreography | 0.0 | 0.1 | 0.2 | 0.3 | 0.4 | 0.5 | 0.6 | 0.7 | 0.8 | 0.9 | 1.0 | | |
| Sub-total Score (10.0) | | | | | | | | | | | | | | |
| Deductions and penalties | | | | | | | | | | | | | | |
| Total Score | | | | | | | | | | | | | | |

▪ Judge's Name : _____

▪ Judge's Nation : _____ ▪ Signature : _____

WTF Guidelines for 5-Second and 8-Second Movements

Certain special movements in some Poomsae are to be performed slowly, with strong intention and good concentration. The duration of these movements is specified as either 5 seconds or 8 seconds.

5-Second Motions

| | Poomsae | Stance (Seogi) | Action |
|---|----------------|---|--|
| 1 | Taegeuk 6 Jang | Naranhi seogi | Arae hecho makki |
| 2 | Taeguk 7 Jang | Moa seogi | Bojumeok |
| 3 | Koryo | Naranhi seogi | Tongmilgi |
| 4 | Keumgang | Naranhi seogi | Arae hecho makki |
| 5 | Pyongwon | Naranhi seogi | Sonnal arae hecho makki |
| 6 | Shipjin | Dwitkubi-Ap kubi Ap kubi Juchum seogi Juchum seogi | Fist opened twisting inward, pyonsonkkeut opeo tzireugi Bawimilgi Sonnal arae hecho makki Arae hecho makki (straightening) |
| 7 | Chonkwon | Moa seogi Dwitkubi Beom seogi | Nalgae pyogi Sonnal wesantul makki Taesanmilgi |

8-Second Motions

| | Poomsae | Stance (Seogi) | Action |
|---|----------------|--------------------------------|---|
| 1 | Taegeuk 8 Jang | Ap kubi | Dangkyo teok jireugi |
| 2 | Koryo | Moa seogi | Mejumeok arae pyojeok chigi |
| 3 | Keumgang | Hakdari seogi | Keumgang makki |
| 4 | Jitae | Ap kubi Dwitkubi Ap kubi | Olgul makki followed by momtong baro jireugi Momtong bakkat makki Olgulmakki |
| 5 | Chonkwon | Ap kubi | As clenching fist, twisting the wrist and stepping forward into ap kubi with momtong baro jireugi |