

# World Taekwondo Hanmadang Contest/Competition Regulations & Rules

(Amended : April 8th, 2016)



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# World Taekwondo Hanmadang Contest/Competition Regulations & Rules

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## I. General Provisions

### Article 1. Purpose

The purpose of the Contest/Competition Rules is to provide standardized rules in order to ensure impartial and smooth operation of Hanmadang Taekwondo contests/competitions in accordance with Article 4 of Articles of the Kukkiwon.

### Article 2. Scope of Application

These Contest/Competition Regulations and Rules shall apply to all the contests and competitions of the World Taekwondo Hanmadang. Any country or organization wishing to modify these Rules must gain prior approval from the Kukkiwon.

## II . Contest/Competition Regulations

### Chapter 1. Contest/Competition Area

#### Article 3. Competition Area Size

- ① The Competition Area shall be a flat surface with an area of 12 m × 12 m without any obstructing projections and be covered with an elastic mat considering contestants' safety. The Contest Area may also be installed on a platform 0.6-1.0 m high from the base, if necessary. The outer part of the Boundary Line shall be inclined at a gradient of less than 45 degrees, for the safety of the contestants.
- ② The Boundary Line of the Competition Area shall be marked as a 5 cm-wide white line.
- ③ The area size of the Record Contest may be changed depending on the situation of the Competition Area.
- ④ The competition area for Kyorugi shall be a square-shaped area. The competition area shall be 8m × 8m. Surrounding the competition area, approximately equidistant by 1 meter from all sides, shall be the safety area, which shall be marked in a color different from the competition area. If both areas have the same color, they shall be distinguished by a 5cm-wide colored line.

#### Article 4. Competition Executive Positions

- ① The position of the Hanmadang Operation Headquarters shall be 2m backward from the refereeing officials' desk.
- ② The position of the refereeing officials shall be at the center of the competition area, 4m away from the center of the front boundary line, to enable them to look at the contestants face to face. The referee shall be positioned at the first spot farthest to the right when facing the contestants. Refereeing officials shall keep their distance by 1m.
- ③ In principle, the competition staff shall be positioned at the front left corner of the competition area. However, the position may be modified depending on the competition conditions.
- ④ Positions of Kyorugi referee and judges
  1. The referee shall be positioned 1.5m backward from the center of the front side of the competition area.
  2. The judges shall be positioned 1m away from the boundary line, which is considered proper to mark the competition.

## **Article 5. Equipment Locations**

- ① The desk shall be located at a point 1m to the left from the center of the refereeing officials' desk.
- ② The inspection desk shall be installed at the entrance of the competition area depending on the equipment of the contest(competition) area in order to inspect contestants' gears or goods.
- ③ The scoreboard shall be installed at a spot on the left 3m away from the center of the front boundary line of the contest(competition) area.

## **Article 6. Contestant Position**

- ① The position of the contestants shall be at the center of the contest Area. However, it may be modified depending on the contest(competition) events.
- ② In principle, the contestants' waiting position shall be on the right side 1.5m away from the back boundary line. However, it may be modified depending on the conditions of the contest (competition) area.

## **Article 7. Team Executive(Representative) Positions**

- ① The contestant team director shall be positioned 1m away from the right or left corner of the boundary line of the contest area.
- ② The Kyorugi director or coach shall be positioned 1m behind the left or right boundary line of the competition area. However, it may be modified depending on the conditions of the competition area.

## **Article 8. Medical Desk Location**

The medical desk shall be installed at a point 1 m to the right from the Hanmadang Operation Headquarters desk, and it may be changed as needed.

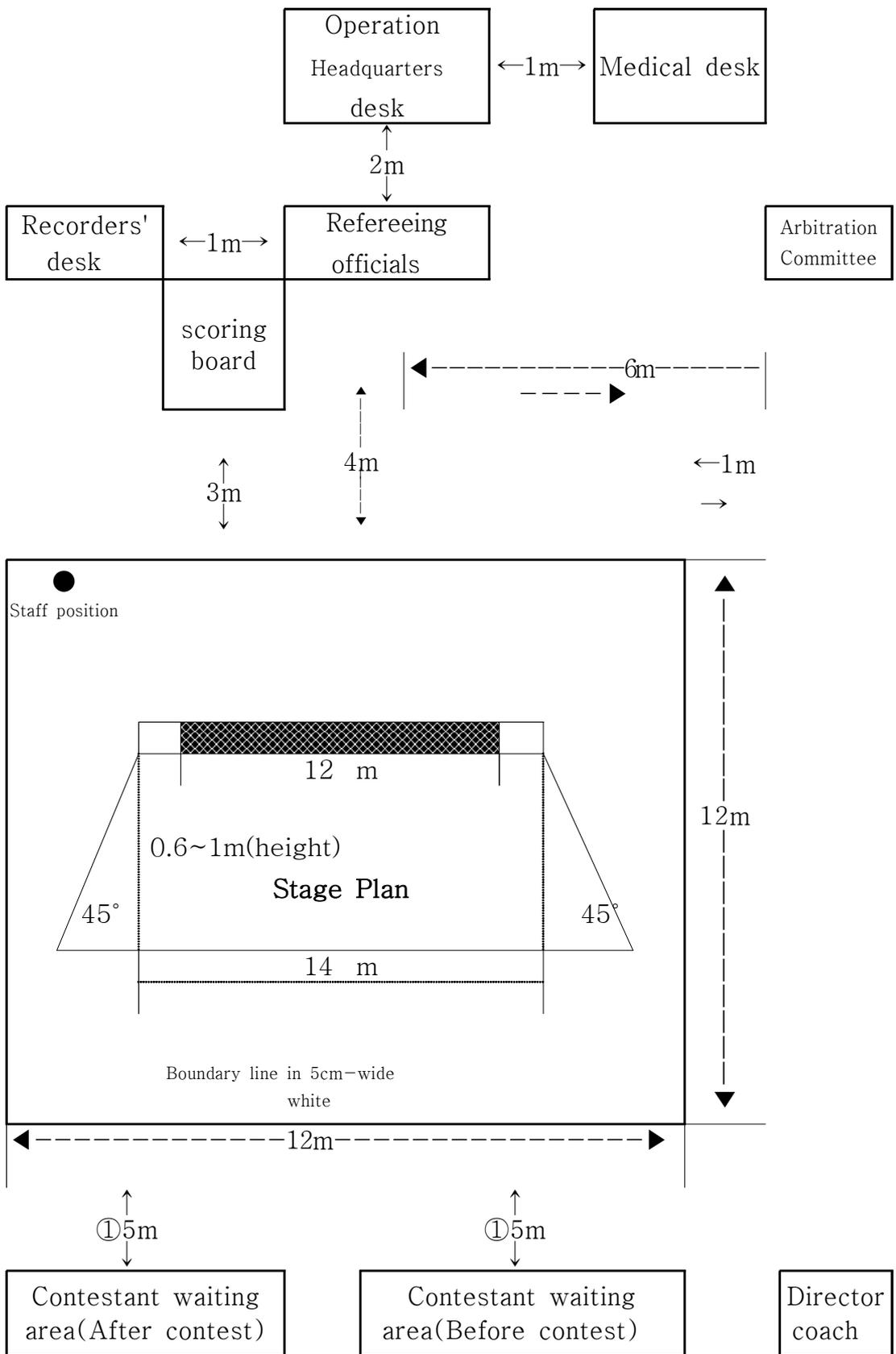
## **Article 9. Arbitration Committee Position**

The Board of Arbitration shall be positioned 6 m away from the right of the center of the referee desk, and the position may be changed depending on conditions of the contest(competition) area.

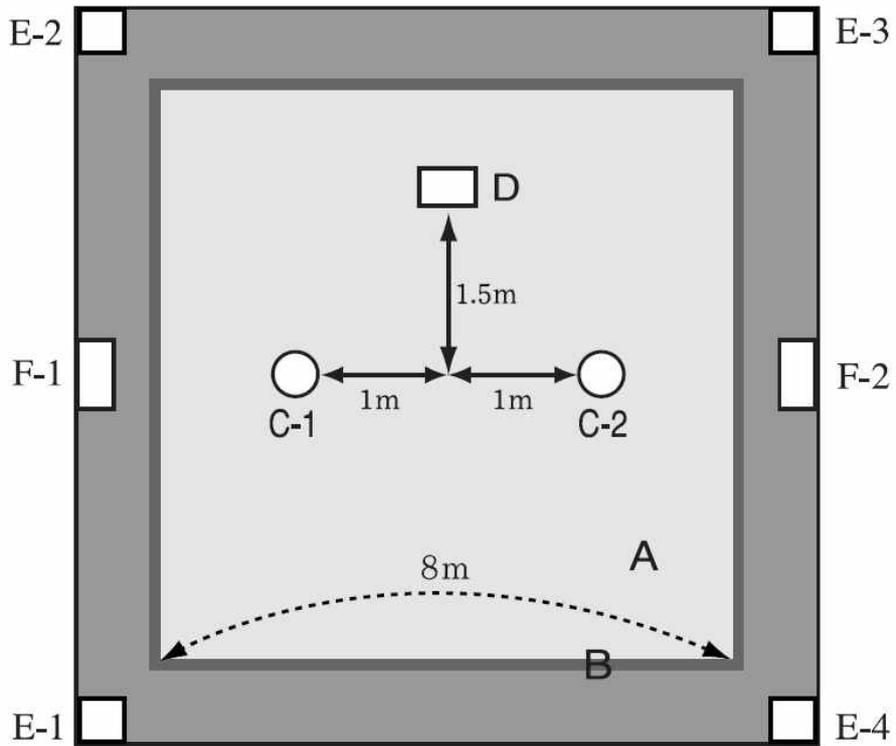
## **Article 10. Other Equipment Locations**

Other equipment locations may be adjusted depending on the situation of the contest/competition area.

# Competition Area



## Kyorugi Square-shaped Competition Area



A: Competition Area

E-1: 1st Judge

B: Boundary Line

E-2: 2nd Judge

C-1: Contestant(Blue)

E-3: 3rd Judge

C-2: Contestant(Red)

E-4: 4th Judge

D: Referee

F-1: Blue Contestant Coach

F-2: Red Contestant Coach

## Chapter 2. Contestants and Executives(Directors, Coaches)

### Article 11. Contestants

#### ① Qualifications

1. Nationality or holding a permanent resident of the participating nation
2. Kukkiwon Poom/Dan holder
3. Eligible participants' age is as follows.(age is counted by birth year).
  - A. Under 9(Up to 9 years old)
  - B. Under 12(10-12 years old)
  - C. Under 15(13-15 years old)
  - D. Under 18(16-18 years old)
  - E. Under 29(19-29 years old)
  - F. Under 39(30-39 years old)
  - G. Under 49(40-49 years old)
  - H. Under 59(50-59 years old)
  - I. Over 60(over 60 years old)

\* Foreign contestants shall use their passports to prove their age and nationality.

\* Qualifications regarding the age division can be combined depending on the characteristics of the Hanmadang event of the corresponding year.

4. Those who have completed their registration for the contest(competition) and paid the participation fee before registering on-site
5. The Korean nationals residing overseas who wish to participate in the event in the international division may do so depending on the permanent residency of the residing country, visa, and whether they applied for the Dan promotion test overseas.

#### ② Uniform

Contestants must wear uniforms designated by the Organization Committee.

#### ③ Compulsory rules

1. Any administration and use of drugs or substances restricted by the International Olympic Committee are prohibited.
2. The Organization Committee may carry out any doping tests deemed necessary to ascertain if a contestant has committed a breach of this rule, and any winner who refuses to undergo this testing or who proves to have committed such a breach shall be brought to a disciplinary committee, and removed from the final standings. The record shall be transferred to the contestant next in line in the competition standings.

## Article 12. Executives(Representatives)

① Holder of a Kukkiwon Dan Certificate or an Instructor' s Certificate issued by the Kukkiwon, and registered in the World Taekwondo Hanmadang as an executive(representative) for the corresponding year.

② Uniform

In principle, they must wear the designated uniforms or be neatly dressed.

## Chapter 3. Contest/Competition Classification and Procedure Method

### Article 13. Events

Events may be added or deleted depending on the situation of the event.

- ① Poomsae
  1. Authorized Poomsae
  2. Creative Poomsae
- ② Team Kyorugi
- ③ Breaking
  1. Power breaking
    - A. Fist breaking
    - B. Knife hand breaking
    - C. Side kick / Back kick breaking
    - D. Back whip kick breaking
  2. All-round breaking
- ④ Self-Defense technique
- ⑤ Taekwondo aerobics
- ⑥ Record Contests
  1. Speed breaking
  2. Consecutive Tornado kick breaking
  3. Consecutive back whip kick breaking
  4. High jump Kick breaking
  5. Long hump Kick breaking
- ⑦ Team Competition
  1. Creative Poomsae
  2. Power breaking
  3. Single jump breaking
  4. Various target breaking
  5. Spinning breaking(horizontal/vertical turn breaking)
  6. Creative breaking
  7. Self-Defense technique

### Article 14. Contest/Competition Classification

The Contest/Competition will be classified into domestic/international and individual/group divisions, which may be changed depending on the situation of the event. Any change shall be specified in the Hanmadang competition outline.

- ① The domestic division refers to domestic contestants and team competitions.
- ② The international division refers to international contestants and team competitions.
- ③ The united competition refers to contests(competitions) integrating domestic and international divisions.
- ④ Individual
  1. Authorized Poomsae(Individual)
  2. Power breaking(Individual)
    - A. Fist breaking
    - B. Knife hand breaking
    - C. Side kick / Back kick breaking
    - D. Back whip kick breaking
  3. All-round breaking(Individual)
  4. Record Contests
    - A. Speed breaking
    - B. Consecutive Tornado kick breaking
    - C. Consecutive back whip kick breaking
    - D. High jump kick breaking
    - E. Long jump kick breaking
- ⑤ Group
  1. Authorized Poomsae(Team)
  2. Authorized Poomsae(Pairs)
  3. Creative Poomsae(Team)
  4. Creative Poomsae(Pairs)
  5. Team Kyorugi Competition
  6. Self-Defense Technique
  7. Taekwondo Aerobics
  8. Team Competition

## **Article 15. Classification by Gender**

Standard requirements of gender distinction may be changed depending on the situation on the event.

- ① Events classified by gender
  1. Authorized Poomsae(Individual)
  2. Power breaking(Individual)
  3. All-round breaking(Individual)
  4. Record Contests

5. Team Kyorugi Competition
- ② Mixed-gender events
  1. Authorized Poomsae(Team)
  2. Authorized Poomsae(Pair)
  3. Creative Poomsae(Team)
  4. Creative Poomsae(Pair)
  5. Team Kyorugi Competition
  6. Self-Defense technique
  7. Taekwondo aerobics
  8. Team Competition

## **Article 16. Contest/Competition method**

- ① It will be recognized as the official record only if there are at least 4 participants or 4 groups(teams) in each category. However, the record will not be recognized as an official record in case there are less than 4 participants(groups) in each category, but the contest/competition will be conducted and awarded.
- ② The Competition methods are divided as follows.
  1. Cut-off
  2. Tournament
  3. Combination system: Cut-off + Tournament

## **Article 17. Contest(Competition) Procedures**

- ① Call for contestants

Each team and contestant should keep in mind that their order numbers and contest(competition) schedules. The names of the contestants' shall be announced three times every minute three minutes prior to the scheduled start of the contest. When a contestant' s name is announced, he/she should be ready in the contestants' waiting room. Any contestant who fails to appear in the contest(competition) area within one minute shall be regarded as having given up the competition.
- ② Inspection of body, uniform and apparatus

After being called, the contestants shall hold their ID cards and undergo inspection of body, uniform and apparatus at the designated inspection desk by an inspector designated by the Kukkiwon. The contestants shall not show any signs of aversion, and also shall not wear any materials which may cause harm to the other contestant or spectators.

③ Replacing players

In the case of the team competition or team Kyorugi competition, it is possible to replace with a registered substitute player under the regulation procedures.

④ Entering the contest/competition area

Following the inspection, the contestant shall enter the contestant's waiting area together with one representative

⑤ Contest/Competition procedures

1. The contestants shall begin with their performance or competitions after the declaration of "Chul-jeon(entry)," "Cha-ryeot(attention)," "Gyeong-nye (bow)," "Jun-bi(ready)," and "Si-jak(begin)" by the Staff or the referee.
2. After the end of each performance or competition, the contestants shall stand at their designated positions and make a standing bow at the staff's or the referee's commands of "Ba-ro(return)," "Geu-man(halt)," "Cha-ryeot(attention)," and "Gyeong-nye(bow)." Contestants shall wait until the judge displays or the judge declares the "Seung-pae"(winner).

⑥ Leaving the contest/competition area

After the performance or competition, the contestant shall leave the competition area upon the staff's or referee's command.

## Article 18. Breaking Targets

Approved breaking targets are shown as follows. However, types of breaking targets may be changed depending on the situation of the event. Any change shall be specified in the Hanmadang competition outline.

- ① Knife hand power breaking: Marble and breakable blocks(for knife hand) as breaking targets.
- ② Fist power breaking : Tile and assembly materials as breaking targets.
- ③ Foot power breaking : Pine boards and assembly materials as breaking targets.
- ④ Back whip kick breaking : Pine boards and assembly materials as breaking targets.
- ⑤ All-round breaking : Pine boards as breaking targets.
- ⑥ Record Contest : Pine boards or breakable blocks as breaking targets.
- ⑦ Team competition : Pine boards and other breaking targets(ball, apple, balloon, etc.) are allowed as breaking targets.

\* The Hanmadang Organization Committee will not supply any other targets other than those stated above. Contestants who wish to use extra breaking targets must have them approved by the Committee. Attributes of the targets, such as size, quality, strength, and more will be specified in accordance with the additional detailed operation rule of breaking targets.

## **Article 19. Breaking Board Holder**

Fist power breaking, knife hand power breaking, foot power breaking, back whip kick breaking, speed breaking, high jump breaking, and long jump breaking will be performed with breaking board holders manufactured in accordance with preset sizes and shapes. Details such as the size and shape shall be covered in additional detailed regulations on the breaking board holder.

## **Article 20. Representative Meeting**

- ① A meeting is held a day before the Hanmadang. It is compulsory for representatives of each team to attend this meeting. However, the meeting schedule may be changed depending on the situation of the event. Any change shall be specified in the Hanmadang competition outline.
- ② The order of the contest/competition along with the drawing of lots will be decided during the representative meeting.

## **Article 21. Awards**

Awards will be distributed based on the results of the contest/competition by event and division. However, types and details of awards may be changed depending on the situation of the event. Any change shall be specified in the Hanmadang competition outline.

### ① Award types

Each event has one first placer(one team), one second placer(one team), and two third placers(two teams).

### ② Award details

#### 1. Individual/Pairs

- A. First place(1 person): Certificate with a gold medal
- B. Second place(1 person): Certificate with a silver medal
- C. Third place(2 people): Certificate with a bronze medal

#### 2. Group

- A. First place(1 team): Certificate(team, individual) with a large trophy(team) and a gold medal(individual)
- B. Second place(1 team): Certificate(team, individual) with a medium trophy(team) and a silver medal(individual)
- C. Third place(2 teams): Certificate(team, individual) with a small trophy(team) and a bronze medal(individual)

## Chapter 4. Regulations on Refereeing Officials

### Article 22. Qualifications

The qualification of refereeing is restricted to a person who holds a referee certificate for the World Taekwondo Hanmadang issued by the Kukkiwon.

### Article 23. Duties

#### ① Referee

The 1st judge is appointed as the Referee among the assigned judges.

1. Evaluate and score the contest.
2. The referee of the sparring(Kyorugi) is qualified to have control over the competition but not to award points.
3. The referee of the sparring(Kyorugi) will arbitrarily execute the judgement authority in accordance with the competition regulations.
4. In the end of the extra round, the referee may make the decision of superiority.
5. The referee has control over the overall procedures of the contest(competition) and the right to execute disciplinary penalties(warning, deductions) to contestants who violate the rules of the competition.
6. If necessary, the referee may convene a meeting with the judges during the contest(competition).

#### ② Judges

1. Judges evaluate and score the contest or competition.
2. They must be fully aware of the Hanmadang rules and regulations by event.
3. The judges shall state their opinions forthrightly when requested to do so by the referee.
4. They must make clear statements in response to the arbitration procedure, if required.

### Article 24. Duties of Recorders

- ① The recorder shall measure the contest/competition time, and also shall calculated, record and publicize the awarded points.
- ② The recorder shall manage matters pertaining to recordings.

### Article 25. Composition and Assignment of Refereeing Officials

- ① Refereeing officials are appointed by the Kukkiwon president.
- ② The composition and the assignment of refereeing officials can be different

depending on the situation of each event.

1. Two-refereeing officials system: This refereeing system is designed for the Power Breaking(Individual) and the Record Contest, composed of one referee and one judge.
  2. Four-refereeing officials system: This refereeing systems is designed for the Team Kyorugi Competition, composed of one referee and three judges.
  3. Five-refereeing officials system: This refereeing systems is designed for the Poomsae, Team Kyorugi Competition, All-round breaking, Taekwondo aerobics, and self-defense, composed of one referee and four judges.
  4. Seven-refereeing officials system: This refereeing systems is designed for team competitions, composed of one referee and six judges.
- ③ Refereeing official assignment will be carried out after completing a list of competitions.
- ④ Refereeing officials belong to the same team as that of either contestant or team shall not be assigned to such a competition.

## **Article 26. Refereeing Official Uniform**

The refereeing officials must wear the designated uniform.

## Chapter 5. Miscellanies

### Article 27. Arbitration

- ① Registered team representatives can request arbitration.
- ② Individual contestants without a group can request arbitration individually. However, It may only be allowed when the individual participant is also enrolled as a representative.
- ③ Composition of the Arbitration Committee

The Arbitration Committee is comprised of the following.

1. One chairperson
2. Twelve or less members

- ④ Responsibility

The Arbitration Committee shall make corrections of misjudgments and make reports on those related to the misjudgments or illegal behavior in accordance with their decision regarding protests. The results of such enactment of disciplinary action and the reports shall be notified to the president of the Kukkiwon.

The committee shall submit the relevant personnel who committed the misjudgments or illegal behavior to the Reward and Punishment Committee.

- ⑤ Procedure of Arbitration

1. When objecting to a referee' s judgment, an official delegate of the team shall submit an arbitration form, along with the arbitration fee, to the Arbitration committee within 10 minutes after the contest/competition. Decision on the result may be announced after 30 minutes.
2. The arbitration fee is USD 100(100,000 KRW).
3. Decision will be made by a majority of the Arbitration Committee in attendance.
4. To ascertain the facts, the members of the Arbitration Committee may summon the refereeing officials to discuss the concerned contestant(s).
5. The resolution made by the Arbitration Committee is final, and no further means of appeal shall be applied.

### Article 28. Rewards and Punishments

Matters related to the World Taekwondo Hanmadang Competition Rewards and Punishments shall be based on the rules of the Kukkiwon Reward and Punishment Committee.

- ① Disciplinary Procedures

1. The president of the Kukkiwon or the chairperson of the Hanmadang Organization Committee may request the Reward and Punishment Committee

for a deliberation when any of the following behaviors are committed by an executive, a contestant, or a committee member. However, the director of the Hanmadang Operation Headquarters, in the case of the president's or the chairperson's absence, may act in their stead.

- A. Interfering with the contest/competition
  - B. Disturbing public order in the Hanmadang and event areas
  - C. Inciting the spectators or spreading false rumors
  - D. Those related to the misjudgment or illegal behavior who were brought to trial through the Arbitration Committee
2. If there is a justifiable reason to review a case, the Reward and Punishment committee shall deliberate the matter and immediately take disciplinary action. The result of the deliberation shall be announced to the public in the competition area. It shall be subsequently reported to the president of the Kukkiwon.
  3. In order to ascertain the facts, the Reward and Punishment Committee may summon the concerned and question them about the concerned matter.

## **Article 29. Matters not Specified in the Rules**

In case matters not specified in the Rules occur, they will be dealt with as follows.

- ① Matters related to the contest(competition) will be decided through a consensus by the director of the Hanmadang Operation Headquarters, and the chairperson of the Competition Committee and the Referee Committee.
- ② Matters not related to the contest(competition) will be dealt with through a consensus within the Hanmadang Organization Committee.

### III. Contest(Competition) Rules

#### Chapter 1. Rules by Event

##### Article 30. Authorized Poomsae

Authorized Poomsae refers to Poomsae formulated by the Kukkiwon.

- ① Competition method : Cut-off, tournament
- ② Competition time : More than 30 seconds and less than 90 seconds
- ③ Uniform : Approved Dobok(Taekwondo uniform)
- ④ Number of Contestants : Individual - one person, Pairs - two people  
Group - three to five people
  - 1. The number of contestants of the team competition and the method of contest may be varied depending on the situation of the event for the corresponding year. Any changes shall be posted in the Hanmadang competition outline.
  - 2. Pairs shall be composed of coed teams.
- ⑤ Events by age and gender
  - 1. A group competition consists of males, females, or mixed gender(males and females). The ratio of males to females is not specified.
  - 2. In case there is a shortage of members in the pairs or team competition among the international teams, younger contestants may apply for older divisions.
  - 3. The age and number of contestants may vary depending on the characteristics of the Hanmadang event of the corresponding year and is stated in the competition outline.

Division		< 9 years old	< 12 years old	< 15 years old	< 18 years old	< 29 years old	< 39 years old	< 49 years old	< 59 years old	+60 years old
Age(year)		up to 9	10-12	13-15	16-18	19-29	30-39	40-49	50-59	+60
Individual	Male	1 person	1 person	1 person	1 person	1 person	1 person	1 person	1 person	1 person
	Female	1 person	1 person	1 person	1 person	1 person	1 person	1 person	1 person	1 person
Division		< 9 years old	< 12 years old	< 15 years old	< 18 years old	< 29 years old	+30 years old			
Age(year)		up to 9	10-12	13-15	16-18	19-29	+30 years old			
Pair		2 people	2 people	2 people	2 people	2 people	2 people			
Group		3-5 people	3-5 people	3-5 people	3-5 people	3-5 people	3-5 people			

⑥ Designated Poomsae of each division

1. Contestants must demonstrate two Poomsaes.
2. Designated Poomsae draw methods by electronic draws 1 hour before the contest or during the representative meeting will be the designated Poomsae.

Contest	Age classification	Designated Poomsae
Individual	< 9 years old (Up to 9 years old)	Taegeuk 3, 4, 5, 6, 7, 8 Jang, Koryo
	< 12 years old (10-12 years old)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumkang
	< 15 years old (13-15 years old)	Taegeuk 5, 6, 7, 8 Jang, Koryo, Keumkang, Taebaek
	< 18 years old (16-18 years old)	Taegeuk 7, 8 Jang, Koryo, Keumkang, Taebaek, Pyongwon, Sipjin
	< 29 years old (19-29 years old)	Taegeuk 8 Jang, Koryo, Keumkang, Taebaek, Pyongwon, Sipjin, Jitae
	< 39 years old (30-39 years old)	Koryo, Keumkang, Taebaek, Pyongwon, Sipjin, Jitae, Cheonkwon
	< 49 years old (40-49 years old)	
	< 59 years old (50-59 years old)	Koryo, Keumkang, Taebaek, Pyongwon, Sipjin, Jitae, Cheonkwon, Hansoo
	+60 years old (+60 years old)	
Pair and Group	< 9 years old (Up to 9 years old)	Taegeuk 3, 4, 5, 6, 7, 8 Jang, Koryo
	< 12 years old (7-12 years old)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumkang
	< 15 years old (13-15 years old)	Taegeuk 5, 6, 7, 8 Jang, Koryo, Keumkang, Taebaek
	< 18 years old (16-18 years old)	Taegeuk 7, 8 Jang, Koryo, Keumkang, Taebaek, Pyongwon, Sipjin
	< 29 years old (19-29 years old)	Taegeuk 8 Jang, Koryo, Keumkang, Taebaek, Pyongwon, Sipjin, Jitae
	+30 years old	Koryo, Keumkang, Taebaek, Pyongwon, Sipjin, Jitae, Cheonkwon

⑦ Compulsory regulations

1. Poomsae techniques are based on the technical regulations enacted by the Kukkiwon.
2. Poomsae formation can be composed freely.

⑧ Marking criteria

Marking criteria are as follows.

1. Authorized Poomsae(10.0)

A. Accuracy(4.0) : Basic movements, detailed movements of each Poomsae, and balance

B. Expressivity(6.0) : Speed and power, and balance(sturdiness and gentleness, tempo, and rhythm) and expression of energy

\* Marking follows the detailed marking criteria.

C. Authorized Poomsae Score Chart

Scoring standards	Marking Criteria	Marking Criteria Details	Point
4.0	Accuracy	Basic movement, detailed movement of each Poomsae, balance	4.0
6.0	Expressivity	Speed and power	2.0
		Harmony (sturdiness and gentleness, tempo, and rhythm)	2.0
		Expression of energy	2.0

⑨ Marking methods

1. The total score is 10.0 points.

2. Accuracy

Scoring accuracy in the Poomsae competition is based on whether the contestants carry out each basic Poomsae movement in accordance with the criteria of Poomsae stipulated by the Kukkiwon.

A. It is evaluated whether the contestants carry out movements in accordance with the performance criteria of the basic Taekwondo and Poomsae movements each defined by the Kukkiwon.

B. Balance : In scoring Poomsae, the items of evaluation are the performance of each movement, the safety of a weight shift arising from connecting movements, and postural balance. Also, it is evaluated how the contestants perform the movements when putting their weight on without losing balance in the process of applying power to the target spot.

3. Expressivity

Scoring expressivity in the Poomsae is to evaluate the ability to express the original meaning of each Poomsae and the characteristics of techniques and connections between movements.

A. Speed and Power : The speed and power of Poomsae shall be expressed by resilient movements made by the strength of the lower body and the central axis. All movements should start smoothly and end strongly. Also, movements should be connected without any pause.

B. Harmony(sturdiness and gentleness, tempo, and rhythm): The balance of Poomsae means that characteristics of the technique is naturally expressed by means of controled sturdiness and gentleness, and rhythm.

- 1) Sturdiness and gentleness : Gentleness means that the body is being adapted by the body movement with the central axis in a preliminary motion so as to enhance power and energy. Sturdiness means that energy and vigor are released due to the convergence of strong movements, a breath, and a mind.
- 2) Controlling : Controlling is adjusting the entire flow of all Poomsaes and connections between each movement.
- 3) Rhythm : Rhythm refers to the flow of sturdiness and gentleness, and controlling. It also means that swift and slow movements are smoothly performed in line with features of each Poomsae.
- 4) Expression of energy: It represents the level of expression of movements with dignity and elegance. This is demonstrated through one' s proficiency including the amplitude of motions, concentration, spirits, discipline, and self-confidence. Evaluation items are eye contact, Yell( "Ki-hap" ), attitudes, the state of the uniform, and an imposing appearance shown throughout the Poomsae movements.

⑩ Marking methods by item

1. Accuracy

Point deductions shall be given each time a contestant fails to accurately perform detailed movements or loses balance while executing each Poomsae.

A. 0.1 point deduction

- 1) Wrong start or wrong movements
- 2) Redundant movements
  - a) The axis foot moves before the body' s center shifts.
  - b) The movements of the stance and the hand are not consistent.
- 3) Wrong presentation of body parts
  - a) A fist, knife hand, or wrist is bent or bent backward(extraordinary movements are exception).
  - b) Fingers are spread during movements that use the open hand.
  - c) The ball of the foot or foot blade is not fully shown during kicking.
- 4) Failing to hit the target spot
- 5) Failing to show the right stance
- 6) Excessive preliminary motions
- 7) Balance lost in the middle or after movements

## B. 0.3 point deduction

- 1) Performing movements not prescribed in the Poomsae regulations
- 2) Failing to perform Poomsae movements
- 3) Pausing for more than two seconds in the middle of the competition
- 4) Pausing and then resuming from the beginning(the number of redundant movements  $\times$  0.3-point deduction)
- 5) Both feet of a contestant cross the boundary line of the competition area.
- 6) Failing to make Kihap or carry it out with the other movements
- 7) Big mistakes are clearly recognized(both feet cross the Poomsae line)
- 8) Combined movements fail to satisfy the entire course(the number of missing movements  $\times$  0.3-point deduction)
- 9) Supporting foot moves twice during kicking

## 2. Expressivity

Full marks for expressivity are 6.0 points for 3 items.

- A. In an attack and defense that uses the arms, the elbow shall face down, shoulders shall not be raised, and the chest should be naturally spread.
- B. Speed shall be expressed through resilient motions that use the central axis.
- C. The attack and defense shall be acquired through the organized connection of the central axis, arms, and legs.
- D. Desirable expressivity shall be comprised of a spinning of the central axis and high flexibility.
- E. Stepping and turning shall be executed by naturally shifting weight to the central axis, using the waist, without putting a strain on the body.
- F. The connection between movements shall be made by controlling the sturdiness and gentleness in accordance with the characteristics of each Poomsae. Moreover, movements shall be connected without pauses.

## ⑪ Penalty[Disqualification(“Sil-gyouk“)]

1. Disqualification(“Sil-gyouk“) is given to the following acts
  - A. Entering the competition on behalf of other player
  - B. When the contestant fails to follow the regulations regarding Designated Poomsae, mixed gender, and the uniform prescribed by the Hanmadang competition outline.

## ⑫ Publication of scores

1. The final score shall be immediately announced after the judges' total scores are collated.
2. When electronic scoring instruments are used
  - A. The judges shall enter scores in the electronic device after completion of

the Poomsae performance. The collected score is automatically displayed on the scoreboard.

B. The final score(average points) and the individual scores shall be displayed on the scoreboard following the automatic deletion of the highest and lowest scores of individual judges.

3. Manual marking

A. Immediately after completion of the Poomsae performance, the staff shall collect and calculate judges' scoring sheets before conveying the results to the recorder.

B. The recorder shall report the finally calculated score to the referee, deleting the highest and lowest scores. The recorder will announce the final score or have the final score displayed.

⑬ Decision and declaration of winner

1. The winner shall be the contestant who is awarded with the highest final points.

2. In case of a tie, the contestant(team) with the higher expressivity score may be selected as a winner. In case of a tie again, the highest and lowest points(which were excluded) will be added to the total score to determine the winner.

3. If the abovementioned provision fails to decide a winner, the tied contestants shall compete with each other once more.

4. If tied again after the re-competition, the contestants should perform Poomsae randomly chosen by the computer program.

5. If tied again after the re-competition, abovementioned Provision 2 shall be applied. If the abovementioned provision fails to decide a winner, the tied contestants shall become co-winners.

## Article 31. Creative Poomsae

Creative Poomsae is newly created by applying various techniques, based on the Taekwondo textbook published by the Kukkiwon.

① Competition method : Cut-off

② Competition time : More than 60 seconds and less than 70 seconds

③ Uniform : Approved Dobok(Taekwondo uniform)

④ Number of contestants : Group contest - three to five people

(It may be varied depending on the situation of the event. Any changes shall be posted in the Hanmadang competition outline.)

⑤ Classification by age and gender

A group contest consists of males, females, and mixed gender(males and

females). The ratio of males to females is not specified.

\* In case there is a shortage of members among the international teams, if they have less members in the pairs or team competitions, younger contestants may apply for older divisions.

#### ⑥ Compulsory regulations

1. Yeon Mu line(Poomsae lines) : To be composed freely by contestants
2. Number of Poom : 20–24 poom(One poom consists of five movements)
3. Technical regulation : Block and attack techniques can be used freely in the composition.

A. Designated technique movements: All contestants should include designated technical movements in their Poomsaes. However, they may be varied depending on the situation of the event. Any change shall be specified in the Hanmadang competition outline.

- 1) Repeating side kick : 2 times
- 2) Jumping side kick : 2 times
- 3) Back kick : 2 times
- 4) Back whip kick : 2 times
- 5) Tornado kick : 2 times
- 6) 540° horizontal turning kick : 2 times

B. Only original Taekwondo movements or practical applications are accepted.

C. Only original kicking movements or application movements can be composed for kicking movements.

D. Poomsae hand techniques shall be applied for composing hand techniques.

\* Taekwondo techniques shall be approved by the Organization Committee when the contestant submit the Creative Poomsae plan Therefore, when the contestant uses techniques that are not described in the Taekwondo textbook, he/she will be given deduction.

4. Music : Composed freely by contestants
5. For each creative Poomsae, the director or coach must include the name and purpose of Creative Poomsae, philosophy, each movement names, the number of movements, and Yeon Mu line. It shall then be filled in the Creative Poomsae Plan and submitted on the registration of application.
6. If more than two teams are participating from one group(association), the creative Poomsae routines shall be different from each other.

#### ⑦ Marking Criteria

Unrecorded scores will be calculated as basic points.

1. Accuracy(4.0) : Basic movements, detailed Poomsae movements of each Poomsae, and designated technical movements
  - A. Accuracy of the movement(2.0) : Accuracy of Taekwondo movements (basic position and basic movements)
  - B. Designated technical movements(2.0) : Techniques designated by the Hanmadang regulations
2. Program arrangement(6.0) : Expressivity, speed and power, rhythm, and creativeness
  - A. Skill(2.0) : Control the speed, sturdiness and gentleness of power, balance, and rhythm
  - B. Unity(2.0) : Unity of team performance movements
  - C. Creativeness(2.0) : Composition, pattern, and value of Poomsae
3. Creative Poomsae Score Chart

Marking Criteria	Marking Criteria Details	Point
Accuracy(4.0)	Accuracy of detailed Poomsae movements of each Poomsae	2.0
	Designated technical movements	2.0
Program arrangement(6.0)	Skill	2.0
	Unity	2.0
	Creativeness	2.0

⑧ Marking methods

1. Accuracy
  - A. Accuracy of the movement: One mistake in technical movements(detailed movements of each Poomsae) will earn the deduction(“Gam-jeom“) of 0.1 point.
  - B. A 0.3-point deduction will be given in case of pausing for more than two seconds in the middle of the competition
  - C. Pausing and then resuming from the beginning(the number of redundant movements × 0.3-point deduction)
  - D. A 0.3-point deduction when both feet cross the boundary line of the competition area
  - E. Designated technical movement: a 0.3-point deduction in case of a failure of making movements designated in the Hanmadang Regulations and Rules.

2. Program arrangement

- A. Skill : Control the speed, sturdiness and gentleness of power, balance, and rhythm
- B. Unity : Unity of team Poomsae movements
- C. Creativeness : After the competition is over, all aspects such as the composition, pattern, and value of Poomsae will be evaluated and scored.

3. Deduction

- A. If a contestant lacks or exceeds the time, 0.3 points will be deducted for every 10 seconds.
- B. If the number of contestants does not meet the required limit, 3 points will be deducted per person.

⑨ Penalty[Disqualification(“Sil-gyouk“)]

1. Disqualification(“Sil-gyouk“) is given to the following acts

- A. Entering the competition on behalf of other players
- B. When any team copies another team’s Creative Poomsae or wears incorrect uniform

⑩ Publication of scores

1. The final score shall be immediately announced after the judges’ total scores are collated.

2. When electronic scoring instruments are used

- A. The judges shall enter points in the electronic devices immediately after completion of the Poomsae performance, and the collected points are automatically displayed on the scoreboard.
- B. The final score(average points) and the individual scores shall be displayed on the scoreboard following the automatic deletion of the highest and lowest scores of individual judges.

3. When manual scoring is used

- A. Immediately after completion of the Poomsae performance, the staff shall collect and calculate judges’ scoring sheets before conveying the results to the recorder.
- B. The recorder shall report the finally calculated score to the referee, deleting the highest and lowest scores. The recorder will announce the final score or have the final score displayed.

⑪ Decision and declaration of winner

- 1. The winner has the highest total score.

2. In case of a tie, the contestant(team) with the higher program arrangement score shall be selected as a winner. In case of a tie again, the highest and lowest points(which were excluded) will be added to the total score to determine a winner.
3. If abovementioned Provision 2 fails to decide a winner, the tied contestants shall compete with each other once more.
4. If tied again after the re-competition, abovementioned Provision 2 shall be applied. If the abovementioned provision fails to decide a winner, the tied contestants shall become co-winners.

## **Article 32. Team Kyorugi Competition**

Team Kyorugi Competition refers to the event where three to five participants with equal weight division or from an integrated weight division compete with each other.

- ① Competition method : Tournament
- ② Competition time : 2 minutes, 3-5 rounds(1 group, 1 round)
- ③ Protective gears : Protective gears must be those approved by the Kukkiwon (electronic protectors are not allowed).
  1. All participants are advised to use personal protective gears, such as the protective cup, chest protection(F), head protection, arms and legs protection, hands and feet protection, and mouth pieces(except chest protection), as required.
  2. Participants are to use tools that are fully registered and authorized by the Kukkiwon.
- ④ Number of contestants : Three to five people
  1. It may be varied depending on the situation of the event. Any changes shall be posted in the Hanmadang competition outline.
  2. Group competitions may be conducted in gender-divided teams or coed teams. The relevant code shall be specified in the Hanmadang competition outline.
  3. It is allowed to have one substitute player per weight division.
- ⑤ Classifications by age and weight
  1. Age groups are classified into groups under or of 12, 18, and of or above 19 of each gender.
  2. See below for the weight details

## A. Weight Division

Male			Female		
Under or of age 12	13-18	Of or above 19	Under or of age 12	13-18	Of or above 19
-37kg	-51kg	-54kg	-33kg	-44kg	-47kg
-45kg	-59kg	-63kg	-41kg	-49kg	-54kg
-53kg	-68kg	-72kg	-47kg	-55kg	-61kg
-61kg	-78kg	-82kg	-55kg	-63kg	-68kg
+61kg	+78kg	+82kg	+55kg	+63kg	+68kg

※ It is calculated based on kilogram, including two decimal places. For example, -38kg refers to weight up to 38.00kg, including 38.009kg. Weight of or above 38.01kg is considered as excess and shall be disqualified. Similarly, the +56kg refers to the contestant who weighs 56.01kg or more, but not for those who weigh 56.00kg.

## B. Integrated Weight Division

Male			Female		
Under or of age 12	13-18	Of or above 19	Under or of age 12	13-18	Of or above 19
-45kg to -61kg	-59kg to -78kg	-63kg to -82kg	-41kg to -55kg	-49kg to -63kg	-54kg to -68kg

### ⑥ Match drawing

A match draw shall be conducted during the representative meeting through a computer program.

### ⑦ Weigh-in

1. Weigh-in is conducted a day before the event.
2. Males should wear underpants, and females should wear a T-shirt and Dobok pants and then weigh in. A total of 400 g(cloth weight) may be deducted from the total weight. It is possible to weigh in without clothing, depending on the contestant's choice.
3. Weigh-in is done only once. However, if the contestant fails to achieve the target weight, he/she may weigh in again for one time while the weigh-in is ongoing.

4. Contestants must bring their Dan certificate to confirm their registration. If not possible, they are required to present an ID(student card, ID card, driver' s license, or passport). The contestant may be disqualified if he/she fails to do so.

⑧ Competition procedure

1. The referee commands contestants from both teams to position themselves at the center of the Contest Area and remind them of the precautions regarding the competition. Contestants bow to each other before the first begins his/her presentation.
2. The competition begins with the calls of “Jun-bi(ready),” and “Si-jak(begin)” of the referee. In case the Competition time is not being checked because of a mechanical malfunction or for any other reason, all records with regard to the contest, including scores and declaration of prohibited act, declaration are regarded as invalid, even after the referee calls “Si-jak(begin).” However, in case the failure of the time check failure is attributed to the recorder' s mishandling of the device, the score or declaration of prohibited acts during the unchecked time may be corrected through the confirmation of the judge(s).
3. Each round is over when the referee calls “Geu-man(halt).” Even though the referee fails to call “Geu-man(halt),” the round ends when the allotted time is over.
4. Each round shall come to a stop when the referee calls “Gal-yeo(break).” It shall only resume upon the call of “Gye-sok(continue).” The recorder shall stop checking the time upon the call of “Break(Gal-yeo)” and shall only resume upon the call of “Gye-sok(continue).”
5. When the round of the last contestant is over, the referee shall command them to position themselves at the center of the Contest Area and declare the winner based on the referee' decision.
6. Contestants who are not currently attending the round shall wait at a designated place outside of the competition area.

⑨ Permitted techniques and areas

1. Permitted techniques
  - A. Fist technique : Making an attack using the front side of a clenched fist
  - B. Foot technique : Making an attack using the part below the ankle bone
2. Permitted areas
  - A. Trunk : Attacks using the fist and foot technique are allowed on the part protected by a chest protector, excluding the spine

B. Head: Attacks on the entire head wherein only foot techniques are permitted

⑩ Valid points

1. Legal scoring area

A. Trunk : The blue or red colored area on the chest protector(except the back)

B. Head : Same with the permitted area

⑪ Points

1. Accuracy points

A. Trunk : Points for accurate attack on a legal scoring area with permitted technique in a certain intensity

B. Head : Points for accurate attack on a legal scoring area with permitted technique

⑫ Scoring Criteria

1. Trunk : 1.0 to 3.0 points

A. 1.0 point : Fist attack or linear attack by kick

B. 3.0 points: Spinning kick

2. Head: 3.0 to 5.0 points

A. 3.0 points : linear attack by kick

B. 5.0 points : Spinning kick

C. All points earned in the five rounds are added up.

D. Invalid Scores : The referee shall declare the penalty with invalidation of point(s) if the contestant earned point(s) by foul or in an unfair manner.

If the attacker had a foul attack without scoring, the referee may declare it as foul, but it does not affect scoring.

E. Scoring agreements and correction : When objection arises, the referee may stop the competition by commanding “Time” The referee will ask for opinions from the judges and may make changes to the scoring. If the judge is not in agreement with the referee’ s knockdown judgment, he or she may object before the referee counts to 4(Net).

⑬ Scoring and publication

1. Valid points shall be immediately recorded and publicized.

2. Valid points shall be recorded by judge(s) by using an electronic scoring instrument or a scoring sheet. Points approved by three judges or more in the five-refereeing officials system and two judges or more in four-refereeing officials system shall be regarded valid.

⑭ Prohibited acts and penalties

Prohibited acts and penalties consist of warning( “Gyong-go”) and deduction( “Gam-jeom”) .

1. Penalties for prohibited acts are given by the referee.

2. Two warning shall be counted as one deduction meaning an additional of one

additional point for the opponent. One warning not appropriated does not have any influence on officials' decisions.

### 3. Prohibited acts

A. The following acts shall be classified as prohibited acts, and warning( "Gyong-go") shall be declared when any prohibited acts are conducted.

- 1) Stepping out of the boundary line
- 2) Falling action
- 3) Avoiding or delaying the competition
- 4) Grabbing, holding or pushing the opponent
- 5) Lifting the knees in order to block valid attacks or hinder the opponent' s attacks, or lifting a leg intended to interfere the opponent's attack without any attacking movement.
- 6) Attacking the opponent below the waist
- 7) Continuing attack even after the referee has commanded "Galyeo"
- 8) Attacking opponents with the knee or forehead
- 9) Attacking the opponent' s head with hands
- 10) Attacking an opponent who fell on the ground
- 11) Displaying undesirable behavior to the coaches or other players
- 12) When the player asks the referee to stop the competition in order to adjust protective gears

B. Referees can give deduction when the warned acts are conducted deliberately and clearly or when the same acts are repeated after warning( "Gyong-go") .

C. The referee shall declare "Gam-jeom" (deduction) when the player or coach commits a prohibited acts seriously.

D. The referee can give a yellow card to request disciplinary action when a player or coach commits excessive prohibited acts and does not follow the instruction of the referee. In this case, the Competition Supervisory Committee shall investigate the player or coach' s prohibited behavior and decide whether a disciplinary action is appropriate.

E. If the player repeatedly and intentionally breaks the rules or fails to follow the instructions of the referee, the referee can stop the match and declare losing by foul.

F. Deduction : Penalty acts by player or coaches

- 1) Failing to follow the instructions of the referee or competition rules
- 2) Protest or criticize the decision of the referee in an improper way
- 3) Inappropriate attempts to disturb or affect the outcome of the match
- 4) Avoiding the normal technical exchanges and, running away, or repeatedly

stepping out of the boundary line or falling down to avoid effective attacks.

- 5) Deliberately attacking the opponent's face
- 6) Deliberately attacking the opponent even after the referee has commanded "Galyeo"
- 7) Deliberately attacking an opponent who fell on the ground
- 8) Deliberately attacking the opponent below the waist
- 9) Insulting the opponent or his/her coach
- 10) Other undesirable behavior in the martial art spirit

G. When the opponent is injured by a deduction foul and unable to continue the competition, the attacker shall be given 3-5 points deduction(3 points in case of three people, 5 points in case of five people).

H. Warning and deduction shall be added up for the three to five rounds(three rounds in case of three people, five rounds in case of five people).

#### ⑮ Replacing Players

1. It is possible to replace players when a player is unable to continue the competition by injury or other reason. The replaced player shall be in the same weight division with the injured one. For the integrated weight division, it is possible to replace with a substitute player.
2. It is not possible to replace a player during the competition.
3. When a player needs to be replaced, the contestant shall submit a statement for replacement to the Competition Committee.
4. If a participant cannot participate because a team is not able to replace a player for failing to register a substitute player or for other reasons, thus, resulting in not being able to continue the competition, the referee shall renounce the competition and give a score of 10-15 points to the opposing team(10 points in case of three people, 15 points in case of five people).

#### ⑯ Decision

1. The team who has earned the highest points from the first to fifth rounds is declared as the winner.
2. If there is a tie, the two teams may select one player each for re-competition. Whoever scores 3 points sooner wins the match.
3. If the final score is tied, each team selects a player for the overtime competition and the winner will be the team who scored three points ahead.
4. When both players fail to obtain 3 points within the given time, the team that obtain more points shall be declared as the winner.
5. A decision is made based on the superiority record of judges and the referee declare the winner.

6. The referee shall decide the winner if the superiority decision is tied among judges.
7. Even during the competition, whoever scores 30–50 points first wins the competition(30 points in case of three people, 50 points in case of five people).
8. When a contestant is defeated by the referee’s decision (KO or injury), the referee shall give 10–15 points to the opponent team(10 points in case of three people, 15 points in case of five people).
9. Immediate Closing Criteria(in case of KO or injury)
  - A. If a player has been down by the scoring technique and unable to resume the competition after the referee counts to “Yeodeol” , or when the referee decided that the player is unable to continue the match regardless of counting.
  - B. When a player can not resume the competition after a 1 minute medical break
  - C. When a player fails to follow the three-time “Il-eo-seo(stand-up)” command of referee to continue the competition
  - D. When a referee decides to stop the competition for the player’s safety
  - E. When there is a medical advice from the commission doctor or medical staff to stop the competition due to a player’ s injury
10. For a player who has been disqualified at the official weigh-in or for other reasons arise to miss the match, the referee can give 15 points to the opposing team.
11. A team with 7–10 accumulated deduction points shall lose by penalties(7 points in case of three people, 10 points in case of five people).

⑰ Decision-Win Criteria

If there is a tie after overtime, the referee shall declare the winner based on superiority decision of judges.

1. Superiority decision criteria
  - A. Control of the game
  - B. Number of performed techniques
  - C. Sport manner

⑱ Results and Decision Types

1. Win by final score : The team who earned the highest score combined from round 1 to the final round will win
2. Win by withdrawal : It is a winning by the opposing player who gives up the competition, and the result is declared in the following cases
  - A. When a contestant does not resume the competition after the rest period

or fails to respond to the call to begin the competition

- B. When the coach determines that there is no need to proceed the match due to the player' s inferiority, and throws a towel into the court to signify forfeiture of the competition
- 3. When two among three players in the weight division, or three among five players in the weight division missed the competition.
- 4. Win by superiority decision: If no one score any points in the extra round, the superiority decision shall be made based on the decision criteria.
- 5. Win by penalty : It is given by the referees as following acts
  - A. When the opposing accumulated 10 penalty points by warning( “Gyong-go” ) and deduction( “Gam-jeom” )
  - B. When the opposing player or coach do not follow the competition rules or the referee' s commands, or commits prohibited acts including improper protest
  - C. Win by penalty is the final decision and the competition shall end regardless of the remaining rounds.

⑱ Overtime

- 1. Overtime shall be given if the 5<sup>th</sup> round ends with a tie. The team shall play one extra round for 2 minutes.
- 2. The overtime round does not count previous scores or penalties.
- 3. In the weight division competition, the team can select one player from the 3 weight divisions, excluding the lightest and heaviest weight divisions, for the overtime competition.
- 4. For the integrated weight division competition, the director or coach selects one participant.
- 5. The coach shall submit the name of the player to the referee.
- 6. The substitute player cannot play the overtime competition.

⑳ Critical situation

- 1. When any part of the body other than the sole of the foot touches the floor due to the force of the opponent' s scoring technique
- 2. When a contestant staggers and shows no intention or ability to continue as a result of the opponent' s scoring technique
- 3. When the referee decides that the competition cannot continue as a result of being struck by a legitimate scoring technique

㉑ Procedure in the event of a critical situation

- 1. When a contestant is in critical situation as a result of the opponent' s legitimate attack, the referee shall take the following measures.
  - A. The referee shall keep the attacker away from a fallen contestant by

the declaration of “Galyeo(break).”

- B. The referee shall count aloud from “Hana(one)” to “Yeol(ten)” at one-second intervals toward the fallen contestant, making hand signals indicating the passage of time.
- C. In case the fallen contestant stands up during the referee’s count and desires to continue the fight, the referee shall continue the count up to “Yeodeol(eight)” for the recovery of the contestant to recover. The referee shall then determine if the contestant has recovered and, if so, continue the competition by declaring “Gye-sok(Continue).”
- D. When a contestant who has been knocked down cannot demonstrate the intention to resume the competition until the count of “Yeodeol(eight)” the referee shall announce the other contestant as a winner.
- E. The count shall be continued even after the end of the round or the expiration of the Competition time.
- F. In case both contestants are knocked down, the referee shall continue counting as long as one of the contestants has been in a critical situation.
- G. In case both contestants are knocked down and both contestants fail to recover by the count of “Yeol(ten),” the referee shall end the round and continue the next round. The winner shall be decided by the competition score before the occurrence of the knock down if the contestant is the final round player.
- H. When it is judged by the referee that a contestant is unable to continue, the referee may decide on the winner either without counting or during the counting.

## ② Procedure of Suspending the Competition

When the match is discontinued because a player has been injured, the following acts shall be carried out by the referee.

- 1. The referee can command “Gyeshi(suspend)” and command to give medical treatment to the player.
- 2. The medical break can last for 1 minute.
- 3. When the player is not back in the competition after the given time above, the referee shall take the following measures
  - A. The referee shall declare 5 point deduction to the opposing player if the player injured by a penalty act.
  - B. Give 15 points to the opposing team when the injury was caused by an effective attack.

### ③ Arbitration and Video Analysis

1. For objecting to a referee's judgment, a director or coach can claim an arbitration to the Arbitration Committee within 10 minutes after the contest/competition. The procedure shall be progressed pursuant to Article 27 of the Hanmadang Contest/Competition Rules.
2. A video analysis can be provided depending on the situation on the event day and specified in the Hanmadang competition outline.
  - ※ Matters not described in this Regulations are dealt with by the agreement of the judges or the decision of the Technical Advisory Committee.

### Article 33. Fist Breaking

The fist breaking technique should follow the description in the Kukkiwon textbook. It is a straight down punch technique to breaking targets, which are set on breaking holders at a certain height.

#### ① Competition method : Cut-off

#### ② Competition time : 20 seconds or less

#### ③ Compulsory regulations

1. Contestants must decide the number of breaking targets and request them while waiting for an event.
2. The breaking targets shall be authorized by the Organization Committee.
3. Contestant may place the protective materials given by the Organization Committee on the breaking targets to protect themselves from fist injuries, but they should never put any material directly around their fists.
4. The fist breaking uses the front part of the forefinger and the middle finger.
5. Breaking is conducted only once and must be done within 20 seconds after the "Si-Jak " command.
6. The time to stack breaking targets may not exceed 1 minute, and the width of the support for the breaking target may not be adjusted randomly.

#### ④ Technical regulations

1. Contestants may use the application technique, which is to lift the stepping foot off the ground.
2. Contestants must use their fist or vertical fist to break the target.
3. Contestants can decide the breaking direction.

#### ⑤ Marking methods

1. Marking is based on the number of broken targets
2. A square-figured target: The broken target means that at least one edge of

the four sides is totally broken. Otherwise, it would be declared as a failure.

3. Separate standards are applied to other breaking targets.

⑥ Penalty [warning (“Gyong-go”), deduction (“Gam-jeom”), and disqualification (“Sil-gyouk”)]

1. Penalties are given by the referee.

2. The penalties are warning (“Gyong-go”), deduction (“Gam-jeom”), and disqualification (“Sil-gyouk”).

A. One warning penalty is equal to a 0.5 point deduction.

B. Two warning penalties are equal to one deduction.

C. One deduction penalty is equal to 1.0 point deduction, and it is equal to one breaking target.

3. Warning or deduction is given to the following acts

A. Giving deliberate verbal attacks or movements for disturbing other contestants’ breaking

B. Disturbing the referee or the staffs to proceed during the competition

C. Damaging the breaking target by fists during preparation for breaking

D. Exceeding the time (1.0 point deduction shall be applied per 10 seconds, and a 1.0 point deduction is equal to one breaking target)

E. When the abovementioned acts in the items A, B, and C are repeated slightly after the warning or when the abovementioned acts are repeated deliberately and clearly.

F. When the compulsory regulation was violated

4. Penalty points shall be deducted from the participant’s total score.

5. Disqualification is given to the following acts

A. When any parts of the body above the knees touch the ground after breaking (knees on the ground are accepted)

B. When the breaking trial is conducted once more

C. When the contestant conducts breaking in an unfair manner

⑦ Publication of scores

1. The final score shall be immediately announced after the total of the judges’ scores are collated.

2. When electronic scoring instruments are used

A. The judges shall enter scores in the electronic device immediately after completion of the breaking, and the collected score is automatically displayed on the scoreboard.

3. When manual scoring is used

A. Immediately after completion of the breaking, the staff shall collect and calculate judges’ scoring sheets before conveying the results to the

recorder.

B. The recorder shall report the score to the referee and have the final score displayed.

⑧ Decision and declaration of winner

1. The winner has the highest number of breaking targets.
2. In case of a tie, the winner is the one who has previously requested for more breaking targets.
3. If the abovementioned provision fails to decide a winner, the winner shall be the one who weighs less.

### **Article 34. Knife Hand Breaking**

The knife hand breaking means the technique that breaks the targets set on breaking board holders at a certain height with the knife hand standing vertically pursuant to the description in the Kukkiwon textbook.

① Competition method : Cut-off

② Competition time : 20 seconds or less

③ Compulsory regulations

1. The contestant shall decide the number of breaking targets and apply for it prior to the competition.
2. The breaking targets shall be authorized by the Organization Committee.
3. The contestant can place the protective materials provided by the Organization Committee on the breaking targets to protect own hands. However, any protective materials shall not be attached on the contestant's knife hands or wrists.
4. For the knife hand breaking, contestants shall use the part between the side of the first finger joint of the little finger and side of the wrist.
5. The breaking shall be tried only once and be conducted within 20 seconds after the "Si-Jak " command.
6. The time to stack breaking targets may not exceed 1 minute, and the width of the support for the breaking target may not be adjusted randomly.

④ Technical regulations

When the contestant's stepping foot leaves from the ground, it may be deemed as an application technique.

⑤ Marking methods

1. Number of broken targets
2. In case of a square-figured target, it is supposed to be broken with at least one edge of the four sides. Otherwise, it would be declared as a

failure if some of the side edges are remained.

3. Any other breaking targets will be decided with additional standards.

⑥ Penalty[warning(“Gyong-go”), deduction(“Gam-jeom”), and disqualification(“Sil-gyouk”)]

1. Penalties are given by the referee.

2. The penalties are warning(“Gyong-go”), deduction(“Gam-jeom”), and disqualification(“Sil-gyouk”).

A. One warning penalty is equal to a 0.5-point deduction.

B. Two warning penalties are equal to one deduction.

C. One deduction penalty is equal to 1.0 point deduction, and it is equal to one breaking target.

3. Warning or deduction is given to the following acts

A. Giving deliberate verbal attacks or movements for disturbing other contestants' breaking

B. Disturbing the referee or the staffs to proceed during the competition

C. Damaging the breaking target by knife hand during preparation for breaking

D. Exceeding the time(1.0 point deduction shall be applied per 10 seconds, and a 1.0 point deduction is equal to one breaking target)

E. When the abovementioned acts in the items A, B, and C are repeated slightly after the warning or when the abovementioned acts are repeated deliberately and clearly.

F. When the compulsory regulation was violated

4. Penalty points shall be deducted from the participant's total score.

5. Disqualification is given to the following acts

A. When any parts of the body above the knees touches the ground after breaking(knees on the ground are accepted)

B. When the contestant breaks the target by using only the wrist

C. When the contestant breaks the target with vertical flat fist or hammer fist

D. When the contestant conducts breaking in an unfair manner

⑦ Publication of scores

1. The final score shall be immediately announced after the total of the judges' scores are collated.

2. When electronic scoring instruments are used

A. The judges shall enter scores in the electronic device immediately after completion of the breaking, and the collected score is automatically displayed on the scoreboard.

3. When manual scoring is used

A. Immediately after completion of the breaking, the staff shall collect and

calculate judges' scoring sheets before conveying the results to the recorder.

B. The recorder shall report the score to the referee and have the final score displayed.

⑧ Decision and declaration of a winner

1. The winner has the highest number of breaking targets.
2. In case of a tie, the winner is the one who has previously requested for more breaking targets.
3. If the abovementioned provision fails to decide a winner, the winner shall be the one who weighs less.

### **Article 35. Side Kick / Back Kick Breaking**

The kick breaking(side kick / back kick breaking) means the techniques that break the targets set on breaking board holders at a certain height with a foot blade or heel of a foot pursuant to the description in the Kukkiwon textbook. The height of the breaking holder may be adjusted within the appointed standard.

① Competition method : Cut-off

② Competition time : 20 seconds or less

③ Compulsory regulations

1. The contestant shall decide the number of breaking targets and apply for it prior to the competition.
2. The breaking targets shall be authorized by the Organization Committee.
3. The breaking shall be tried only once and be conducted within 20 seconds after the "Si-Jak " command.
4. The contestant can not attach any bandages or other materials on their feet.
5. For the kick breaking, the contestant shall use the front or side of the sole, or heel.
6. The height of the breaking targets shall be higher than the contestant's waist.

④ Technical regulations

1. When the contestant's stepping foot leaves from the ground, it may be deemed as an application technique.
2. Before performing kicks, the contestant can use a shuffle step or less than two steps.

⑤ Marking method

1. Number of broken targets.
2. In case of a square-figured target, it is supposed to be broken with at least

one edge of the four sides. Otherwise, it would be declared as a failure if some of the side edges are remained.

⑥ Penalty [warning (“Gyong-go”), deduction (“Gam-jeom”), and disqualification (“Sil-gyook”)]

1. Penalties are given by the referee.
2. The penalties are warning (“Gyong-go”), deduction (“Gam-jeom”), and disqualification (“Sil-gyook”).
  - A. One warning penalty is equal to a 0.5-point deduction.
  - B. Two warning penalties are equal to one deduction.
  - C. One deduction penalty is equal to 1.0 point deduction, and it is equal to one breaking target.
3. Warning or deduction is given to the following acts
  - A. Giving deliberate verbal attacks or movements for disturbing other contestants’ breaking
  - B. Disturbing the referee or the staffs to proceed during the competition
  - C. Damaging the breaking target by foot during preparation for breaking
  - D. Exceeding the time (1.0 point deduction shall be applied per 10 seconds, and a 1.0 point deduction is equal to one breaking target)
  - E. When the abovementioned acts in the items A, B, and C are repeated slightly after the warning or when the abovementioned acts are repeated deliberately and clearly.
  - F. When the compulsory regulation was violated
4. Penalty points shall be deducted from the participant’s total score.
5. Disqualification is given to the following acts
  - A. When any parts of the body above the knees touches the ground after breaking
  - B. When the contestant conducts breaking in an unfair manner

⑦ Publication of scores

1. The final score shall be immediately announced after the total of the judges’ scores are collated.
2. When electronic scoring instruments are used
  - A. The judges shall enter scores in the electronic device immediately after completion of the breaking, and the collected score is automatically displayed on the scoreboard.
3. When manual scoring is used
  - A. Immediately after completion of the breaking, the staff shall collect and calculate judges’ scoring sheets before conveying the results to the recorder.
  - B. The recorder shall report the score to the referee and have the final score

displayed.

⑧ Decision and declaration of a winner

1. The winner has the highest number of breaking targets.
2. In case of a tie, the winner is the one who has previously requested for more breaking targets.
3. If the abovementioned provision fails to decide a winner, the winner shall be the one who weighs less.
4. When the contestant fails to break any breaking target, he/she is disqualified for the final round, and he/she shall be excluded from the rank if it is the final round.

### **Article 36. Back Whip Kick Breaking(Spinning Hook kick)**

Back whip kick breaking is a technique that breaks the targets set by breaking board holders at a certain height with the heel of a foot by turing the body pursuant to the description in the Kukkiwon textbook.

① Competition method : Cut-off

② Competition time : 20 seconds or less

③ Compulsory regulations

1. The contestant shall decide the number of breaking targets and apply for it prior to the competition.
2. The breaking targets shall be authorized by the Organization Committee.
3. The breaking shall be tried only once and be conducted within 20 seconds after the “Si-Jak “ command.
4. The contestant can not attach any bandages or other materials on their feet.
5. For the kick breaking, the contestant shall use the front of the sole, or heel.
6. The height of the breaking targets shall be higher than the contestant’s shoulder.

④ Technical regulations

1. When the contestant’ s stepping foot leaves from the ground, it may be deemed as an application technique.
2. Before performing kicks, the contestant can use a shuffle step or less than two steps.

⑤ Marking method

1. Number of broken targets
2. In case of a square-figured target, it is supposed to be broken with at least one edge of the four sides. Otherwise, it would be declared as a failure if some of the side edges are remained.

⑥ Penalty[warning(“Gyong-go”), deduction(“Gam-jeom”), and disqualification(“Sil-gyouk”)]

1. Penalties are given by the referee.
  2. The penalties are warning("Gyong-go"), deduction("Gam-jeom"), and disqualification("Sil-gyouk").
    - A. One warning penalty is equal to a 0.5 point deduction.
    - B. Two warning penalties are equal to one deduction.
    - C. One deduction penalty is equal to 1.0 point deduction, and it is equal to one breaking target.
  3. Warning or deduction is given to the following acts
    - A. Giving deliberate verbal attacks or movements for disturbing other contestants' breaking
    - B. Disturbing the referee or the staffs to proceed during the competition
    - C. Damaging the breaking target by foot during preparation for breaking
    - D. Exceeding the time(1.0 point deduction shall be applied per 10 seconds, and a 1.0 point deduction is equal to one breaking target)
    - E. When the abovementioned acts in the items A, B, and C are repeated slightly after the warning or when the abovementioned acts are repeated deliberately and clearly.
    - F. When the compulsory regulation was violated
  4. Penalty points shall be deducted from the participant's total score.
  5. Disqualification is given to the following acts
    - A. When any parts of the body above the knees touch the ground after breaking
    - B. When the contestant conducts breaking in an unfair manner
- ⑦ Publication of scores
1. The final score shall be immediately announced after the total of the judges' scores are collated.
  2. When electronic scoring instruments are used
    - A. The judges shall enter scores in the electronic device immediately after completion of the breaking, and the collected score is automatically displayed on the scoreboard.
  3. When manual scoring is used
    - A. Immediately after completion of the breaking, the staff shall collect and calculate judges' scoring sheets before conveying the results to the recorder.
    - B. The recorder shall report the score to the referee and have the final score displayed.
- ⑧ Decision and declaration of winner
1. The winner has the highest number of breaking targets.

2. In case of a tie, the winner is the one who has previously requested for more breaking targets.
3. If the abovementioned provision fails to decide a winner, the winner shall be the one who weighs less.
4. When the contestant fails to break any breaking target, he/she is disqualified for the final round and he/she shall be excluded from the rank if it is the final round.

## Article 37. All-Round Breaking

All-round breaking can be freely composed by contestants using breaking techniques.

- ① Competition method : Cut-off
- ② Competition time : 50 seconds or less
- ③ Compulsory regulations
  1. The breaking targets shall be authorized by the Organization Committee.
  2. The breaking targets are restricted to pine boards(7-10 boards).
  3. Assistants are limited to 15 members.
- ④ Technical regulations
  1. The contestant can select breaking techniques freely.
  2. The setting for breaking can be prepared freely, however, the contestant can not retry when failing to stay in the air for the breaking technique.
  3. When the breaking target is damaged or broken without any impact generated while the contestant spins(horizontal turn, vertical turn, or twist turn) or jumps for breaking, the breaking shall not be accepted as a success.
- ⑤ Marking Criteria
  1. Accuracy
    - A. Number of broken targets : The number of targets broken by breaking techniques
    - B. Landing : Well-balanced landing after performing the breaking techniques
  2. Program arrangement
    - A. Skill : Level of difficulty when performing(height and turning angle)
    - B. Expressivity : accurate and stable technical expression while remaining in the air
    - C. Creativeness : Balance of the set composition and creative techniques
  3. All-Round Breaking Score Chart

Marking Criteria	Marking Criteria Details	Point
Accuracy(4.0)	Number of broken targets	2.0

	Landing	2.0
Program arrangement(6.0)	Skill	2.0
	Expressivity	2.0
	Creativeness	2.0

⑥ Marking methods

1. Accuracy

- A. Number of broken targets : 0.1 point deduction per unbroken target
- B. Landing : Unbalanced landing after a technical Skill presentation will incur a 0.1-point deduction.

2. Program arrangement

- A. Skill : Level of difficulty while performing techniques.(The higher and the greater number of rotations gets the higher point.
- B. Expressivity : Evaluate and grade the level of accurate and stable technical expression while remaining in the air
- C. Creativeness : Scoring is done in accordance with the degree of the performing diverse set composition and new techniques for breaking.
- D. Program arrangement points will not be deducted for every mistake. Instead, points will be deducted after watching the overall All-round Breaking program.

⑦ Penalty[deduction(“Gam-jeom“), and disqualification(“Sil-gyook“)]

1. Penalties are given by the referee.

- 2. The penalties are deduction(“Gam-jeom“), and disqualification(“Sil-gyook“) then One deduction is equal to a 0.1 point deduction.

3. Deduction is given to the following acts

- A. Disturbing the referee or the staffs to proceed during the competition
- B. Exceeding the time(0.3 point deduction shall be applied per 10 seconds.)
- C. If the contestant falls down when executing the landing position, 0.3 will be deducted for each fall.
- D. If the assistant for breaking helps to break the breaking target, 0.3 points will be deducted.
- E. If the number of assistants is more than permitted, 1 point will be deducted for each extra assistant.

4. Disqualification is given to the following acts

- A. Entering the contest in the name of others
- B. Using breaking targets other than the ones provided by the Organization

Committee was used, or cheating so that the breaking targets break easily

5. Penalty points shall be deducted from the participant's total score.

⑧ Publication of scores

1. The final score shall be immediately announced after the judges' total scores are collated.
2. When electronic scoring instruments are used, the judges shall enter the scores in the electronic device immediately after completion of the breaking, and the collected score is automatically displayed on the scoreboard.
3. When manual scoring is used
  - A. Immediately after completion of the breaking, the staff shall collect and calculate judges' scoring sheets before conveying the results to the recorder.
  - B. The recorder shall report the score to the referee and have the final score displayed.

⑨ Decision and declaration of a winner

1. The winner has the highest total score.
2. In case of a tie, the contestant with the higher program arrangement score shall be selected as a winner. In case of a tie again, the highest and lowest points(which were excluded) will be added to the total score to determine a winner.
3. If abovementioned Provision 2 fails to decide a winner, the tied contestants shall compete with each other once more.
4. If tied again after the re-competition, abovementioned Provision 2 shall be applied. If tied again after applying abovementioned Provision 2, the contestants shall be deemed as co-winners.

## **Article 38. Self-Defense Technique**

Self-Defense Techniques refer to the martial arts that fights the attacker with bare hand and foot of striking, kicking, punching, thrusting, locking, grabbing, and throwing down. These are defensive techniques that can be used to dominate an opponent and consider his/her life.

① Competition method : Cut-off

② Competition time : 60 seconds or less

③ Uniform : Approved Dobok

④ Number of contestants : 5 to 7 members

⑤ Compulsory regulations

1. Attacker's weapons must be imitations in order to avoid any possible injury
2. The theme of self-defense can be chosen freely.

3. Use of sound effects is not allowed.
4. Expressing the divided movements are not allowed.
5. Performing contestants must not carry weapons.
6. The self-defense routine should not be comical.
7. Exaggerated actions and overuse of violence are not allowed.
8. Music is allowed.
9. The items used in the presentation do not effect the scoring.

⑥ Technical regulations

1. Contestants shall attack and defend by using hands and feet to strike, kick, punch, thrust, twist, lock, and throw opponents.
2. Contestants are to constantly attack and block in multiple directions.

⑦ Marking Criteria

1. Accuracy(4.0 points)

- A. Accuracy of the movements(2.0) : Accuracy of Taekwondo movement
- B. Accuracy of the technical movements(2.0) : Accuracy of the Taekwondo technical movement

2. Program arrangement(6.0 points)

- A. Practicality(2.0) : Practicality of movements and technique combination
- B. Skill(2.0) : Degree of skillfulness of practical technique
- C. Creativeness(2.0) : Unique creativity

3. Self-Defense Technique Score Chart

Marking Criteria	Marking Criteria Details	Point
Accuracy(4.0)	Accuracy of movements	2.0
	Accuracy of techniques	2.0
Program arrangement(6.0)	Practicality	2.0
	Skill	2.0
	Creativeness	2.0

⑧ Marking methods

1. Accuracy

- A. Accuracy of movements : 0.1 point is deducted for each inaccurate movement.
- B. Accuracy of technique : 0.1 point is deducted for each inaccurate technique.

2. Program arrangement

- A. Practicality : Practical movements, including technique combination and

application, will be evaluated and marked.

B. Skill : Skillfulness of practical technique is to be evaluated and marked.

C. Creativeness : Creative theme is to be evaluated and scored after the scenario.

3. As for the evaluation of program arrangement, points will not be deducted in every mistake. Points will be deducted after watching the entire program.

⑨ Penalty [deduction(“Gam-jeom“), and disqualification(“Sil-gyouk“)]

1. Penalties are given by the referee.

2. The penalties are deduction(“Gam-jeom“), and disqualification(“Sil-gyouk“).

A. One deduction penalty is equal to 0.1 point deduction.

3. Disqualification is given to the following acts

A. Conducting undesirable acts

B. Disturbing the referee or the staffs to proceed during the competition

C. Using unapproved weapons

D. When contestants injure themselves

E. Exceeding the time(0.3 point deduction shall be applied per 10 seconds.)

F. If the number of contestants does not meet the required limit, 3 points will be deducted per person.

G. Stepping over the boundary line of the competition area results to a 0.3 point deduction.

H. Creating a comedic performance.

4. Penalty points shall be deducted from the participant's total score.

5. Disqualification is given to the following acts

A. Entering the contest in the name of others

B. The use of real weapons instead of fake weapons

⑩ Publication of scores

1. The final score shall be immediately announced after the judges' total scores are collated.

2. When electronic scoring instruments are used

A. The judges shall enter scores in the electronic device immediately after completion of the self-defence technique, and the collected score is automatically displayed on the scoreboard.

B. The final score(average points) shall be displayed on the scoreboard following the automatic deletion of the highest and lowest scores of individual judges.

3. When manual scoring is used

A. Immediately after completion of the self-defence technique, the staff shall collect and calculate judges' scoring sheets before conveying the results to

the recorder.

B. The recorder shall report the finally calculated score to the referee, deleting the highest and lowest scores. The recorder will announce the final score or have the final score displayed.

⑪ Decision and declaration of a winner

1. The winner shall be the contestant(team) who is awarded more points in total.
2. In case of a tie, the contestant(team) with the higher program arrangement score shall be selected as a winner. In case of a tie again, the highest and lowest points(which were excluded) will be added to the total score to determine a winner.
3. If abovementioned Provision 2 fails to decide a winner, the tied contestants shall compete with each other once more.
4. In case the scores of the tiebreaker are still tied, the calculation method in Provision 2 shall be applied. If tied again after applying abovementioned Provision 2, the contestants shall be deemed as co-winner.

## Article 39. Taekwondo Aerobics

Taekwondo aerobics refers to the Taekwondo movements composed with music and musical instruments to perform gymnastic-type movements.

① Competition method : Cut-off

② Competition time : More than 1 minute and 50 seconds and less than 2 minutes

③ Uniform : Choice of top, Dobok pants, and belt

④ Number of contestants : 7 to 9 members

⑤ Compulsory regulations

1. Hand movements shall follow basic Taekwondo movements.
2. Kicks shall follow basic Taekwondo kicks.
3. Submit your music CD(or tape) during the representative meeting or before the contest.
4. It is required to change formation during the performance more than three times.

⑥ Designated technique movements

It is possible to change the contest specifications of compulsory techniques depending on the situation of the event. However, all members need to perform compulsory techniques together.

1. Repeating side kick : 2 times
2. Head-high roundhouse kick : 2 times
3. Back kick : 2 times
4. Back whip kick : 2 times
5. Tornado kick : 2 times

6. Acrobatic motion : 2 times

⑦ Technical regulations

1. Make-up is allowed.
2. Any items can be used in the presentation, which will not effect the scoring.

⑧ Marking Criteria

1. Accuracy(4.0 points)
  - A. Accuracy of movements(2.0) : accuracy of Taekwondo movements
  - B. Designated technique movements(2.0) : Designated technique movements which are specified in the Hanmadang regulations
2. Program arrangement(6.0 points)
  - A. Skill(2.0 points) : Balance between rhythm and the movements
  - B. Expressivity(2.0 points) : Balance between the dynamic expressions and music
  - C. Creativeness(2.0 points) : Creative presentation and artistic values
3. Taekwondo Aerobics Score Chart

Marking Criteria	Marking Criteria Details	Point
Accuracy(4.0)	Accuracy of movements	2.0
	Designated technique movements	2.0
Program arrangement(6.0)	Skill	2.0
	Expressivity	2.0
	Creativeness	2.0

⑨ Scoring method

1. Accuracy
  - A. Accuracy of movements : 0.1-point deduction per inaccurate movement
  - B. Designated technique movements : 0.3-point deduction per failure to perform designated technique movements which are specified in the Hanmadang Regulations.
2. Program arrangement
  - A. Skill : Balance between rhythm and the movements
  - B. Expressivity : Balance between the dynamic expressions and music
  - C. Creativeness : Creative presentation and artistic values
3. Points will not be deducted for every mistake. Points will be deducted after watching the entire program arrangement.

⑩ Penalty(deduction( “Gam-jeom“) and disqualification(“Sil-gyouk“))

1. Penalties are given by the referee.

2. The penalties are warning(“Gyong-go”), deduction(“Gam-jeom”), and disqualification(“Sil-gyook”).
    - A. One deduction penalty is equal to a 0.1-point deduction.
  3. Warning or deduction is given to the following acts
    - A. Conducting undesirable acts
    - B. Disturbing the referee or the staffs to proceed during the competition
    - C. If a contestant lacks or exceeds the time, 0.3 points will be deducted for every 10 seconds.
    - D. If the number of contestants does not meet the required limit, 3 points will be deducted per person.
    - E. Stepping over the boundary line of the competition area results to a 0.3 point deduction.
    - F. Not performing the compulsory technical movements will deduct 0.3 points per movement.
  4. Penalty points shall be deducted from the participant’s total score.
  5. Disqualification is given to Entering the contest in the name of others
- ⑪ Publication of scores
1. The final score shall be immediately announced after the judges’ total scores are collated.
  2. When electronic scoring instruments are used
    - A. The judges shall enter scores in the electronic device immediately after completion of the Taekwondo, and the collected score is automatically displayed on the scoreboard.
    - B. The final score(average points) shall be displayed on the scoreboard following the automatic deletion of the highest and lowest scores of individual judges.
  3. When manual scoring is used
    - A. Immediately after completion of the Taekwondo aerobics, the staff shall collect and calculate judges’ scoring sheets before conveying the results to the recorder.
    - B. The recorder shall report the finally calculated score to the referee, deleting the highest and lowest scores. The recorder will announce the final score or have the final score displayed.
- ⑫ Decision and declaration of a winner
1. The winner shall be the contestant(team) who is awarded more points in total.
  2. In case of a tie, the contestant(team) with the higher program arrangement score shall be selected as a winner. In case of a tie again, the highest and

lowest points(which were excluded) will be added to the total score to determine a winner.

3. If the abovementioned provision fails to decide a winner, the tied contestants shall compete with each other once more.
4. In case the scores of the tiebreaker are still tied, the calculation method in provision 2 shall be applied. If tied again after applying the abovementioned provision 2, the contestants shall be deemed as co-winners.

## **Article 40. Record Contest**

Record Contest refers to a competition in which an individual competes with various measures(numbers, speed, height, distance) in the given time and space under the same conditions. The contest measures can be varied depending on the situation of the event and specified in the Hanmadang competition outline.

### **① Speed Breaking**

Speed breaking refers to a contest in which contestants compete over how they completely break the target at high speed using techniques—such as fist punch, knife hand strike, or kick—while the distance that the target is pushed away when it is hit is measured for scoring.

1. Competition method : Cut-off
2. Competition time : 20 seconds
3. Compulsory regulations
  - A. The breaking targets shall be authorized by the Organization Committee.
  - B. The number of breaking targets shall be 2 to 5 pieces. The number of targets shall be based per gender or age, which shall be specified in the Hanmadang competition outline.
  - C. The contestant cannot use any protective gear on the body.
  - D. The contestant shall place the protective pad provided by the Organization Committee on the breaking targets to prevent injuries.
4. Technical regulations
  - A. In fist punch breaking, a contestant shall break the target at high speed using the knuckle part of a tightly clenched fist
  - B. In knife hand strike breaking, a contestant shall break the target at high speed using a turned over knife hand or reversed knife hand.
  - C. In fist punch or knife hand strike, there is no assigned position for stepping, but the sole of the foot should not be off the floor.
  - D. In kick breaking, contestant shall break the target at high speed using the front kick with ball of the foot, the ball or instep of the foot in a

roundhouse kick, the foot blade in a side kick, or the foot blade or heel in a back kick.

E. There are no assigned positions for kicks and stepping. Only taking one step is allowed.

F. Breaking shall be conducted only once.

#### 5. Marking method

A. The distance in which the target is pushed away upon striking is measured for scoring.

B. If the target is not completely broken, it is subject to disqualification.

#### 6. Penalty(warning(“Gyong-go”), deduction(“Gam-jeom”), and disqualification(“Sil-gyook”))

A. Penalties are given by the referee.

B. The penalties are warning(“Gyong-go”), deduction(“Gam-jeom”), and disqualification(“Sil-gyook”).

1) One warning is not effective.

2) Two warning penalties are equal to a 1.0 point deduction.

3) 1.0 point deduction is equivalent to a distance of 10 cm in which the target is pushed away.

C. Warning or deduction is given to the following acts

1) Giving deliberate verbal attacks or movements for disturbing other contestants' breaking

2) Disturbing the referee or the staffs to proceed during the competition

3) Exceeding the time(1.0 deduction per 10 seconds, and a one point deduction is equal to deducting 10 cm from the recorded distance.)

4) Referees can give deduction penalties when the abovementioned acts are repeated slightly after warning; or when the abovementioned acts are conducted deliberately and clearly after warning.

D. Penalty points shall be deducted from the participant's total score.

E. Disqualification regulations

1) When any parts of the body above the knees touch the ground after breaking

2) If the contestant breaks the target with unapproved techniques.

3) Entering the contest in the name of others

4) If the target is not completely broken, it is subject to disqualification.

#### 7. Decision and declaration of winner

A. The contestant who manages to break the target with the least distance is declared as the winner.

B. In case of a tie, the contestants shall compete with each other once more.

C. In case of a tie again, the two contestants may be announced as co-winners.

② Consecutive Tornado kick Breaking

Consecutive Tornado kick refers to consecutively breaking targets by kicking it while jumping and spinning the body by more than a full round (360 degrees) while putting the axis on the front foot.

1. Competition method : Cut-off
2. Competition time : 20 seconds
3. Technical regulations
  - A. More than one spin in the same place
  - B. Targets must be positioned at a height over the contestant' s waist.
  - C. Pine boards must be used for the targets.
  - D. Total number of assistants should be five or less.
  - E. Target-holding assistants should be two in the front.
  - F. Target-holding assistants are not to cross the stop line.
  - G. All assistants must remain in a 2 m<sup>2</sup> square area.
4. Deduction("Gam-jeom")
  - A. The target is lower than the contestant' s waist(1.0-point deduction).
  - B. The target-holding assistants act to help the contestant' s breaking(1.0-point deduction).
  - C. The target-holding assistants cross over the stop line(1.0-point deduction).
  - D. The contestant crosses over the stop line(1.0-point deduction).
  - E. A 1.0-point deduction is equal to one breaking target.
  - F. Penalty points shall be deducted from the participant's total score.
5. Disqualification("Sil-gyouk") regulation
  - A. The contestant touches the ground with his/her hand or falls over.
  - B. The assistants or contestants cross over the stop line more than three times.
  - C. Entering the contest in the name of others
6. Publication of scores
  - A. Judges will report the scoring result to the referee.
  - B. The referee check the scoring result and immediately announce.
7. Decision and declaration of winner
  - A. The contestant with the highest record is declared as the winner.
  - B. If the final scores are tied, one round of a tiebreaker will be commenced.  
If the scores are still tied after the tiebreaker, a younger contestant from the group under or of age 18, or older one from the group of or above 19 will be the winner.

### ③ Consecutive back whip kick breaking

Consecutive back whip kick refers to consecutively breaking targets in the same place with the sole or heel of foot, turning the foot backward in large movement.

1. Competition method : Cut-off

2. Competition time : 20 seconds

3. Technical regulations

A. Consecutive turning must be made in the same place.

B. Targets must be positioned at a height over the contestant's waist.

C. Pine boards must be used for the targets.

D. Total number of assistants should be five or less people.

E. Target-holding assistants should be two people in the front.

F. Target-holding assistants are not to cross the stop line.

G. All assistants must remain in a 2 m<sup>2</sup> area

4. Deduction("Gam-jeom")

A. The target is lower than the contestant's waist(1.0 point deduction).

B. The target-holding assistants act to help the contestant's breaking(1.0 point deduction).

C. The target-holding assistants cross over the stop line(1.0 point deduction).

D. The contestant crosses over the stop line(1.0 point deduction).

E. A 1.0-point deduction is equal to one breaking target.

F. Penalty points shall be deducted from the participant's total score.

5. Disqualification("Sil-gyouk") regulations

A. The contestant touches the ground with his/her hand or falls over

B. The assistants or contestants cross over the stop line more than three times.

C. Entering the contest in the name of others

6. Publication of scores

A. Judges will report the scoring result to the referee

B. The referee check the scoring result and immediately announce it.

7. Decision and declaration of winner

A. The contestant with the highest record is declared as the winner.

B. If the final scores are in tie, one round of tie-breaker will be commenced.

If the scores are still in tie after tie-breaker, younger contestant from the group under or of age 18, or older one from the group of or above 19 will be the winner.

### ④ High Jump Kick Breaking

After an approach run, jump high to break the target with foot.

1. Competition method : Cut-off

2. Competition time : 20 seconds or less
3. Compulsory regulations
  - A. Contestants shall decide and register the target height before the contest.
  - B. The contestant cannot apply for less than 5cm increment for his applying distance.(For instance, a contestant can not apply for 172cm or 174cm, but do for 180cm or 185cm. The gap unit shall be 5cm)
  - C. The breaking targets shall be authorized by the Organization Committee.
  - D. The breaking shall be tried only once and be conducted within 20 seconds after the “Si-Jak “ command.
  - E. The approach run should be shorter than 7m.
4. Technical regulations
  - A. After breaking the set target, the contestant may set a farther target. The contestant gets a total of three chances, including the initial round.
  - B. After succeeding in the initial breaking, the height of the second or third round may be set according to the participant’ s own judgment. However, the participant may not conduct the third round without conducting the second one.
  - C. The finalist may try to make the best record, regardless of times.
5. Penalty(warning(“Gyong-go“), deduction(“Gam-jeom“), and disqualification(“Sil-gyook“))
  - A. Penalties are given by the referee.
  - B. The penalties are warning(“Gyong-go“), deduction(“Gam-jeom“), and disqualification(“Sil-gyook“).
    - 1) One warning is not effective.
    - 2) Two warning penalties are equal to one deduction.
    - 3) At each deduction, 1.0 point is subtracted, which is equivalent to a 10 cm target height.
  - C. Warning or deduction is given to the following acts
    - 1) Giving deliberate verbal attacks or movements for disturbing other contestants’ breaking
    - 2) Disturbing the referee or the staffs to proceed during the competition
    - 3) Exceeding the time(one point deduction per 10 seconds, and a one point deduction is equal to the target height of 10 cm)
    - 4) Referees can give deduction penalties when the abovementioned acts are repeated slightly after warning; or when the abovementioned acts are conducted deliberately and clearly after warning.
  - D. Penalties are only given at the round for which the contestant registered the target height.

E. Penalty points shall be deducted from the participant's total score.

6. Disqualification("Sil-gyouk") regulations

A. When any parts of the body above the knees touch the ground after breaking(placing hands are allowed)

B. If the contestant breaks the target with an unapproved technique.

C. Entering the contest in the name of others

7. Publication of scores

A. Judges will report the scoring result to the referee.

B. The referee checks the scoring result and immediately announces it.

8. Decision and declaration of a winner

A. The contestant is disqualified if he/she failed to break the set target.

B. If a contestant fails in the second or third round, the height that he or she succeeds in the previous round will be marked as his or her highest record.

C. If the height is the same between the participant who had succeeded in the first round and failed in the second round, and the participant who had succeeded in the second round and failed in the third round, then one more opportunity for a round will be given to decide the winner.

D. The contestant with the highest record is declared as the winner.

E. In case of a tie, the contestants shall compete with each other once more. In case of a tie again, the contestant with shorter height is declared as the winner.

⑤ Long Jump Kick Breaking

It is to break the target beyond the obstacle from distance using jump side kick technique after an approach run. The result is recorded by the farthest distance.

1. Competition method : Cut-off

2. Competition time : 20 seconds or less

3. Compulsory regulations

A. The contestant shall request the desired target distance before the contest.

B. The distance is set by 10 cm.(For example, registering 275 cm or 278 cm is not allowed. Distance of minimum units of 10 cm, such as 280 cm or 290 cm, is the only allowed target distance.)

C. The breaking targets shall be authorized by the Organization Committee.

D. The breaking shall be tried only once and be conducted within 20 seconds after the "Si-Jak " command.

E. The approach run should be shorter than 12m.

4. Technical regulations

- A. After breaking the set target, the contestant may set a farther target. The contestant gets a total of three chances, including the initial round.
  - B. After succeeding in the first breaking, the distance of the second or third round may be set according to the participant's own judgment. However, the participant may not conduct third round without conducting the second one.
  - C. The height of the obstacle shall be specified in the Hanmadang competition outline.
  - D. The finalist may try to make the best record, regardless of times
5. Penalty(warning("Gyong-go"), deduction("Gam-jeom"), and disqualification("Sil-gyook"))
- A. Penalties are given by the referee.
  - B. The penalties are warning("Gyong-go"), deduction("Gam-jeom"), and disqualification("Sil-gyook").
    - 1) One warning is not effective.
    - 2) Two warning penalties are equal to one deduction.
    - 3) One deduction penalty is equal to 1.0 point deduction, and it is equal to the target distance of 10 cm.
  - C. Warning or deduction is given to the following acts
    - 1) Giving deliberate verbal attacks or movements for disturbing other contestants' breaking
    - 2) Disturbing the referee or the staffs to proceed during the competition
    - 3) Exceeding the time(1.0 point deduction per 10 seconds, and a 1.0 point deduction is equal to the target distance of 10 cm.)
    - 4) Referees can give deduction penalties when the abovementioned acts are repeated slightly after warning; or when the abovementioned acts are conducted deliberately and clearly after warning.
  - D. Penalty points shall be deducted from the participant's total score.
6. Disqualification("Sil-gyook") regulations
- A. When the obstacle or horizontal bar falls or drops down.
  - B. When any parts of the body above the knees touch the ground after breaking(placing hands are allowed)
  - C. When a Foot touches the ground before breaking
  - D. Entering the contest in the name of others
7. Publication of scores
- A. Judges will report the scoring result to the referee.
  - B. The referee checks the scoring result and immediately announces it.
8. Decision and declaration of a winner
- A. Contestants who fails to break at the registered target distance will be

disqualified.

- B. If a contestant fails in the second or third round, the distance that he or she succeeds in the previous round will be marked as his or her longest record.
- C. If the distance is the same between the participant who had succeeded in the first round and failed in the second round, and the participant who had succeeded in the second round and failed in the third round, then one more opportunity for a round will be given to decide the winner.
- D. The contestant with the longest record is declared as the winner.
- E. In case of a tie, the contestants shall compete with each other once more. In case of a tie again, the contestant with shorter height is declared as the winner.

## **Article 41. Team Competition**

Team Competition refers to creatively composing and displaying the designated Taekwondo movements.

- ① Competition method : Cut-off
- ② Competition time : 5 minutes 30 seconds or less
- ③ Uniform : Approved Dobok(Taekwondo uniform)
- ④ Number of contestants : 9 to 11 members
- ⑤ Categories
  - 1. Creative Poomsae
  - 2. Self-Defense technique
  - 3. Single jumping breaking
  - 4. Various target breaking
  - 5. Spinning breaking(horizontal/vertical turn back)
  - 6. Creative breaking
  - 7. Power breaking

### ⑥ Details of the event

#### 1. Creative Poomsae

Creative Poomsae is a newly created Poomsae incorporating various techniques, satisfying the Taekwondo requirements mentioned in the Kukkiwon textbook.

- A. The technical detail regulations about Creative Poomsae are in line with Article 31 Creative Poomsae of the Hanmadang Contest/Competition Rules

#### 2. Self-Defense technique

Self-defense techniques refers to martial art to fight the attacker with bare hand and foot of striking, kicking, punching, thrusting, locking, grabbing, and

throwing down. These are defensive technique that can be used to dominate an opponent and consider his/her life.

- A. All contestants must participate in the Self-defense technique
- B. The detailed Technical Regulations about the self-defence technique follow Article 38 Self-Defence Technique Regulations of the Hanmadang Contest/Competition Rules.
- C. Either a short or long stick can be chosen as a weapon.
- D. The team shall include at least one female contestant.

### 3. Single jumping breaking

Breaking many fixed targets with one or more various techniques using the hands and feet through a single jump.

Ex.) Scissors Kick - 3 to 5 times, Front Kick in three different levels of height by stepping over a person's back, Roundhouse Kick - 3 steps Jumping Front Kick in three different levels of height, Jumping Side Kick in three different levels of height

- A. The contestant can choose the direction and location to install breaking targets for each technique, but the targets must be placed within the boundary lines.
- B. The contestant can decide the height and distance to install breaking targets and will be scored based on his/her set targets.
- C. An approach run distance cannot exceed 12m.
- D. Hand technique for breaking can not exceed two time trial.
- E. The judge will score contestants based on the combination of the success and failure of breaking, installation of breaking sets, the accuracy of technique and program arrangement of technical movements.

### 4. Various target breaking

Various target breaking is breaking multiple moving or fixed targets in various directions or breaking them at once in a thick layer.

Examples : Multiple direction breaking, Single Line-up Break

- A. The contestant can choose the direction and location to install breaking targets for each technique, but the targets must be placed within the boundary lines.
- B. The contestant can decide to install breaking targets, such as height and distance, and will be scored based on his/her set targets.
- C. In case of multi-direction breaking, the contestant and his/her assistant shall move continuously to break the targets.
- D. The contestant shall break with a hand or a foot, but not with the forehead.

- E. The breaking targets must be less than 15 pieces, and the height must be higher than 1 m.
  - F. The judge will score contestants based on the combination of the success and failure of breaking, installation of breaking targets, accuracy of technique, and the program arrangement level.
5. Spinning Breaking(horizontal/vertical turn break)
- A. Vertical turn break
 

It is a breaking technique by springing into the air with the rotating axis being the waist of chest and turning the whole body vertically to strike the target with a foot. This is a breaking technique one can attempt with his/her eyes covered or dashing forward.

Examples : Jumping flip kick by stepping on a person' s chest, jumping flip drawing kick, jumping flip kick, jumping flip drawing kick blindfolded, jumping flip kick blindfolded, jumping flip kick with an object thrown into the air
  - B. Horizontal turn break
 

Horizontal turn break is breaking the targets by foot with the body spinning horizontally at least once while staying in the air. It can be attempted from a fixed stance without using any assistance or with the eyes covered.

Example : 540° (jumping) tornado kick blindfolded, 540° (jumping) back whip kick blindfolded, 540° -720° (jumping) tornado kick, 540° back(jumping) whip kick for one to three steps
  - C. The contestant can choose the direction and location to install of breaking targets for each technique, but the targets must be placed within the boundary lines.
  - D. In spinning break, the contestant is required to do each horizontal and vertical turn break.
  - E. The contestant can decide to install breaking targets, such as height and distance, and will be scored based on his/her set targets.
  - F. The judge will score contestants based on the combination of the success and failure of breaking, installation of breaking targets, the accuracy and program arrangement of technical movements.
6. Creative Breaking
- The contestant can break the targets with newly composed techniques that have not yet been attempted or high-level techniques based on Taekwondo techniques.

- A. The contestant can choose the direction and location of breaking targets, but the targets must be placed within the boundary lines.
- B. The breaking techniques can be chosen freely, but the difficulty and the originality of the technique and composition will affect the scoring.
- C. The judges will score contestants based on a combination of the success or failure of breaking, the difficulty and creativeness of technical composition, and degree of completion.

#### 7. Program arrangement

This refers to a storytelling performance after setting a theme.

#### 8. Power breaking

The four contestants break the targets set on the breaking board holders by using various hand techniques(fist, knife hand, back fist, reverse knife hand, hammer fist, etc.), downward punch, or downward strike.

- A. The number of provided breaking targets is 20. The four contestants break with different hand techniques.
- B. Each contestant can compose freely the number of targets and a breaking technique. It will be awarded with 0.5 point per one broken target.

#### ⑦ Common Compulsory regulations

1. The Technical Regulations on all the events of the team competition shall be based on Chapter III-1 of the Hanmadang Contest/Competition Rules.
2. Team leaders shall submit the Team Competition Plan Sheet(Appendix 2) with the Application Form. It can not be changed after submitting it.
3. The team shall include at least 1 or 2 females among the 9-11 contestants. However, the international division can be exceptional, which is specified in the Hanmadang competition outline.
4. The performance CD or USB containing music file shall be submitted on calling before the competition day or at the representative meeting.
5. The breaking targets shall be authorized by the Organization Committee.
6. Single jumping breaking, various target breaking, spinning, and creative breaking shall be conducted by each contestant. A female contestant shall conduct at least one of the abovementioned breaking techniques.
7. Horizontal and Vertical turn break shall be executed subsequently.
8. Breaking is conducted only once in all breaking events.
9. Firecrackers or real weapons shall not be used.

#### ⑧ Marking Criteria

1. The total points is 100 including the evaluated score in accordance with each event Marking Criteria.

- A. Creative Poomsae(20 points) : Accuracy(10 points), Program arrangement(10 points)
- B. Self-Defense technique(15 points) : Accuracy(5 points), Program arrangement(10 points)
- C. Single jumping breaking(10 points) : Accuracy(5 points), Program arrangement(5 points)
- D. Various target breaking(10 points) : Accuracy(5 points), Program arrangement(5 points)
- E. Spinning breaking(10 points) : Accuracy(5 points), Program arrangement(5 points)
- F. Creative breaking(20 points) : Accuracy(10 points), Program arrangement(10 points)
- G. Performance quality(5points) : Artistic value(story)
- H. Power breaking(10 points) : 0.5 point is awarded for each broken target.

## 2. Team Competition Score Chart

Category	Classification	Score	Scoring standards									
			Very poor		Poor		Average		Good		Very Good	
Creative Poomsae	Accuracy	10	1	2	3	4	5	6	7	8	9	10
	Program arrangement	10	1	2	3	4	5	6	7	8	9	10
Self-defense Techniques	Accuracy	5	1		2	2.5	3	3.5	4	4.5	5	
	Program arrangement	10	1	2	3	4	5	6	7	8	9	10
Single jumping breaking	Accuracy	5	1		2	2.5	3	3.5	4	4.5	5	
	Program arrangement	5	1		2	2.5	3	3.5	4	4.5	5	
Various target breaking	Accuracy	5	1		2	2.5	3	3.5	4	4.5	5	
	Program arrangement	5	1		2	2.5	3	3.5	4	4.5	5	
Spinning Breaking	Accuracy	5	1		2	2.5	3	3.5	4	4.5	5	
	Program arrangement	5	1		2	2.5	3	3.5	4	4.5	5	
Creative Breaking	Accuracy	10	1	2	3	4	5	6	7	8	9	10
	Program arrangement	10	1	2	3	4	5	6	7	8	9	10
Performance quality	Artistic value	5	1		2	2.5	3	3.5	4	4.5	5	
Power Breaking	The number of targets	10	0.5 point is awarded for each broken target.									

### ⑨ Scoring method

1. Creative Poomsae(20 points)

A. Accuracy(10 points)

It is awarded with 1 to 10 points through the judgement of a mistake's extent in the items required for accuracy in basic movements and Poomsae.

1) Mistakes in the accuracy required entry

Stance position : Apgubi(Forward stance), Dwitgubi(Back stance),  
Beom-seogi(Tiger stance) etc. all kinds of stance  
Hand technique :(Block, Punch, Striking, etc. all kinds of hand  
techniques.) Failure to abide by the basic movement  
regulations in the Kukkiwon textbook and eyes not  
heading for the processing direction.

2) Accuracy and the performing of designated technique movements are  
subject to evaluation.

B. Program arrangement(10 points)

It is awarded with 1.0 to 10 points through the judgement of Program  
arrangement and creativeness in the entire Creative Poomsae.

1) Program arrangement : Speed and power, sturdiness and gentleness,  
tempo, rhythm, balance, and expressivity of energy are the same as  
the presentation(expressivity) of items in the Authorized Poomsae.

2. Self-Defense technique(15 points)

A. Accuracy(5 points)

It is awarded with 1.0 to 10 points through the judgement of  
accuracy in technical movements.

\* Accuracy of attack, defended part, and target

It is awarded through the extent of the presentation by exactly attacking  
the target(vital points) using a right attack and the defense technique.

B. Program arrangement(10 points)

It is awarded with 1 to 10 points through the program arrangement in the  
entire self-defense technique event.

\* Program arrangement : Speed and power, sturdiness and gentleness,  
tempo, rhythm, balance, and expressivity of energy. It is awarded  
through an actual execution of the speed, power, sturdiness and  
gentleness, tempo, rhythm, balance, and expressivity of energy.

3. All-round breaking(30 points)

All-round breaking[Single jumping breaking(10 points), various target  
breaking(10 points), and spinning breaking(10 points)] will be judged in  
accordance with "Article 37 All-Round Breaking."

A. Accuracy(5 points)

- 1) Number of broken targets : 1.0 point deduction per unbroken target
- 2) Landing : Unbalanced landing after a technical skill presentation will incur a 1.0 point deduction.

B. Program arrangement(5 points)

- 1) Skill : Level of difficulty during presentation of skills(The higher and the wider the turning angle is, the higher point is awarded.)
- 2) Expressivity : Evaluate and grade the level of accurate and stable technical expression while remaining in the air
- 3) Creativeness : Scoring is done in accordance with the degree of the performing diverse set composition and new techniques for breaking.

4. Creative breaking(20 points)

A. Accuracy(10 points)

- 1) Number of broken targets: 1.0 point deduction per unbroken target
- 2) Landing : Unbalanced landing after a technical skill presentation will incur a 1.0 point deduction.

B. Program arrangement(10 points)

- 1) Skill : Level of difficulty while performing techniques(The higher and the wider the turning angle is, the higher point is awarded.)
- 2) Expressivity : Evaluate and grade the level of accurate and stable technical expression while remaining in the air
- 3) Creativeness : Scoring is done in accordance with the degree of the performing diverse set composition and new techniques for breaking.

5. Performance quality(5 points)

Evaluate the performance quality(story telling) to give a score.

6. Power Breaking(10 points)

0.5 point is awarded for each broken target.

⑩ Penalty [warning(“Gyong-go”), deduction(“Gam-jeom”), and disqualification(“Sil-gyouk”)]

1. Penalties are given by the referee.
2. The penalties are deduction(“Gam-jeom”), and disqualification(“Sil-gyouk”).
  - A. One deduction is equal to a 1.0 point deduction.
3. Warning or deduction is given to the following acts
  - A. Conducting undesirable acts
  - B. Disturbing the referee or the staffs to proceed during the competition
  - C. If the contestant exceed the competition time, 3.0 points shall be

deducted per 10 seconds from the final score.

D. If the number of contestants does not meet the required limit, 10 points will be deducted per person.

E. If the contestant falls down in a landing position, 3.0 points will be deducted.

F. If fireworks or actual weapons are used, 3.0 points will be deducted.

G. If the performance theme offends any government or religion, 10 points will be deducted.

H. The penalty regulations is applied to all events.

4. Penalty points shall be deducted from the participant's total score.

5. Disqualification is given to the following acts

A. Entering the contest in the name of others

B. Cheating so that the breaking targets provided by the Organization Committee break easily

#### ⑪ Replacing Players

1. In the team competition, it is possible to replace one registered substitute.

2. Substitutes are limited to two people(one male and one female) other than 9-11 registered contestants. Substitutes must register themselves as Substitutes in their application forms.

3. The substitute may be used as following reasons. However, the substitute player must be of the same gender as the one he/she is replacing.

A. If the contestant is injured during the event.

B. When the participant is injured after submitting the Application Form, he/she shall submit the doctor's note to the Organization Committee.

#### ⑫ Publication of scores

1. The final score shall be immediately announced after the judges' total scores are collated.

2. When electronic scoring instruments are used

A. The judges shall enter scores in the electronic device immediately after completion of the team competition, and the collected score is automatically displayed on the scoreboard.

B. The final score for each event will be automatically displayed on the scoreboard.

3. When manual scoring is used

A. Immediately after completion of the team competition, the staff shall collect and calculate judges' scoring sheets before conveying the results to the recorder.

B. The recorder shall report the final score to the referee and have the final score displayed.

⑬ Decision and declaration of a winner

1. The winner shall be the contestant(team) who is awarded with the highest total points.
2. In case of a tie, the team with the higher program arrangement score will be declared as the winner. In case of a tie again, the highest and lowest points(which were previously excluded) would be added to the total score to determine the winner.
3. If abovementioned Provision 2 fails to decide a winner, the tied contestants shall compete with each other once more.
4. In case a tie occurs again after the tie-breaker round, calculation method of Provision 2 will be applied. In case of another tie after applying the calculation method of, the contestants will be declared as co-winners.

## IV. Grand Prix World Taekwondo Hanmadang Contest/Competition Regulations and Rules

### Chapter 1. General Provisions

#### Article 42. Purpose

Grand Prix World Taekwondo Hanmadang Contest(hereinafter Grand Prix Hanmadang) is intended to select an integrated winner across the Poomsae, Kyorugi, and Breaking to enhance the dignity and the status of Taekwondo. It aims to make a contribution to the development of Taekwondo techniques through harnessing creativity and skills of leaders and practitioners from all over the world.

#### Article 43. Scope of Application

In principle, these Rules are applied to Grand Prix Hanmadang. When countries or organizations hold the Grand Prix Hanmadang based on the application of these Rules, they have to receive a prior approval from the Kukkiwon.

## Chapter 2. Contest(Competition) Rules

### Article 44. Contest(Competition) Area

All matters regarding contests or competitions including the sizes and equipment of the Contest/Competition Area shall be in line with Article 1 of the World Taekwondo Hanmadang Contest/Competition Regulations & Rules.

### Article 45. Contestants and Executives

#### ① Contestants

##### 1. Qualifications

- A. Holder of the nationality or permanent residency of the participating country
- B. Holder of a Taekwondo Dan or Poom certificate issued by the Kukkiwon
- C. Contestants or teams who have been ranked above third place in each country's or each continent's Taekwondo Hanmadang, or World Taekwondo Hanmadang within three years from the year when the Grand Prix Hanmadang is held.
- D. If a team who has won in each country's or each continent's Taekwondo Hanmadang, or World Taekwondo Hanmadang intends to attend Grand Prix Hanmadang, the Substitute Players entry is possible only under the same team name.
- E. Eligible participants' age is as follows(age is counted by birth year).
  - 1) Under 18 Division(9-18 years old)
  - 2) Under 60 Division(19-60 years old)
  - 3) Above 60 Division

\* The contestant's age is counted by year(2015) not by month. For instance, Junior III(-18 years) refers to contestants whose ages are between 9 and 18 years. If the competition is held in the middle of August this year, contestants who were born between January 1, 1997, and December 31, 2006, are qualified to participate in this division.

##### 2. Uniform

Contestants must wear uniforms designated by the Organization Committee.

##### 3. Medical control

- A. Any administration and use of drugs or substances restricted by the International Olympic Committee are prohibited.
- B. The Organization Committee may carry out any doping tests deemed necessary to ascertain if a contestant has committed a breach of this rule,

and any winner who refuses to undergo this testing or who proves to have committed such a breach shall be brought to a disciplinary committee, and removed from the final standings. The record shall be transferred to the contestant next in line in the competition standings.

② Executives

1. Qualifications

Holder of a Taekwondo Dan Certificate or an Instructor's Certificate issued by the Kukkiwon who is registered in the Grand Prix Hanmadang Competition as executives(director, coach) of the year.

2. Uniform

They must wear the designated uniforms or be neatly dressed.

## Article 46. Contest(Competition) Rules

① Contest/Competition event

Events may be added or deleted depending on the situation of the event.

1. Poomsae(Authorized/Creative)

2. Breaking

A. Power breaking(fist breaking/knife hand breaking, side kick / back kick breaking, back whip kick breaking) or All-round breaking

3. Record Contests(speed breaking, high jump kick breaking, long jump kick breaking)

4. Sparring[Kyorugi(Team Kyorugi Competition)]

5. Team Competition

A. Creative Poomsae

B. Power breaking

C. Single jumping breaking

D. Various target breaking

E. Spinning breaking(horizontal/vertical turn break)

F. Creative breaking

G. Self-defense technique

② Contest/Competition classification

Competition are divided into individual or team competitions, not by domestic or international division.

1. Individual

Individual contestants shall perform all of below events. Any change depending on the situation of the event shall be specified in the Hanmadang competition outline.

A. Poomsae(Authorized/Creative)

- B. Power breaking(fist breaking/knife hand breaking, side kick / back kick breaking, back whip kick breaking)
- C. All-round breaking
- D. Record Contests(speed breaking, high jump kick breaking, long jump kick breaking)
- 2. Group
  - A. Team Competition
  - B. Team Kyorugi Competition
- ③ Events classified by gender
  - 1. Individual contest
  - 2. Team Kyorugi Competition
- ④ Contest/Competition method
  - 1. All Hanmadang competitions shall only be recognized by the Kukkiwon when at least four groups or teams comprised of four people each attend. Otherwise, individuals may still participate and receive awards, but their records are not recognized as official records.
  - 2. The methods of the contest/competition are divided as follows.
    - A. Cut-off
    - B. Tournament
    - C. Combination system : Cut-off + Tournament
- ⑤ Contest procedures
 

The competition procedures are in line with Article 17 of the World Taekwondo Hanmadang Contest/Competition Regulations & Rules.
- ⑥ Breaking targets
 

Breaking targets are in line with Article 18 of the World Taekwondo Hanmadang Contest/Competition Regulations & Rules.
- ⑦ Representative meeting
  - 1. The representative meeting will be held one day before the beginning of the Hanmadang. It shall be made in the presence of the leaders(directors or coaches) of each team, but the meeting schedule may be changed depending on the situation of the event. Changes shall be posted in the Hanmadang competition outline.
  - 2. The order and drawing of the competition will be decided during the representative meeting.
- ⑧ Weigh-in
 

Contestants shall weigh in one day prior to the competition. The detailed timetable will be specified in the Hanmadang competition outline.
- ⑨ Awards

The provisions regarding awarding are in line with Article 21 of the World Taekwondo Hanmadang Contest/Competition Regulations & Rules.

### Chapter 3. Contest/Competition Rules

#### Article 47. Rules by Event

##### ① Poomsae(Authorized/Creative)

Poomsae refers to the explanations of Articles 30 and 31 of the World Taekwondo Hanmadang Contest/Competition Rules. Both Authorized and Creative Poomsaes shall be performed together.

##### 1. Competition time

- A. Authorized Poomsae : More than 30 seconds and less than 90 seconds
- B. Creative Poomsae : More than 60 seconds and less than 70 seconds

##### 2. Uniform : Approved Dobok designated by the Hanmadang

##### 3. Number of contestants : Individual(one person)

##### 4. Designated Poomsae of each entry

Division	Age	Designated Poomsae
Individual/ Group	Under 18(9-18)	Taegeuk 7 and 8 Jang, Koryo, Keumkang, Taebaek, Pyongwon, Sipjin
	Under 60(19-60)	Koryo, Keumkang, Taebaek, Pyongwon, Sipjin, Jitae, Cheonkwon,
	Over 60	Koryo, Keumkang, Taebaek, Pyongwon, Sipjin, Jitae Cheonkwon, Hanoo

A. It is compulsory to perform two types of Poomsae : Authorized and Creative Poomsaes.

##### B. Designated Poomsae draw methods

- 1) Poomsae drawn by the first contestant using electronic draws shall be the Designated Poomsae(Cut-off).
- 2) Each participating contestant or team may be given Poomsae through electronic draws(Tournament).

##### 5. Compulsory regulations

The Compulsory regulations for Authorized and Creative Poomsae are in line with Articles 30 and 31 of the World Taekwondo Hanmadang Contest/Competition Regulations & Rules.

##### 6. Marking criteria and methods

Marking criteria and methods are in line with Articles 30 and 31 of the World Taekwondo Hanmadang Contest/Competition Regulations & Rules.

## 7. Decision and declaration of Winner

A. Provisions regarding the decision and declaration of winner are in line with Articles 30 and 31 of the World Taekwondo Hanmadang Contest/Competition Regulations & Rules. The average sum of the two events is the final score.

### ② Power breaking

Power breaking refers to the explanations of Articles 33, 34, 35, 36 of the World Taekwondo Hanmadang Contest/Competition Regulations & Rules. Four events shall be performed together.

#### 1. Competition time : 60 seconds

- A. Fist breaking
- B. Knife hand breaking
- C. Side kick / Back kick breaking
- D. Back whip kick breaking

2. The compulsory provisions, technical regulations, marking methods, and penalties of each event are in line with Articles 33, 34, 35, 36 of the World Taekwondo Hanmadang Contest/Competition Regulations & Rules.

#### 3. Decision and declaration of a Winner

- A. The total number of broken targets from all four events are the final score.
- B. One broken target is equivalent to 1.0 point.

### ③ All-round breaking

Provisions regarding All-round breaking are in line with Article 37 of the World Taekwondo Hanmadang Contest/Competition Regulations & Rules.

### ④ Record Contest

Provisions regarding speed breaking, high jump breaking, long jump breaking are in line with Article 40 of the World Taekwondo Hanmadang Contest/Competition Regulations & Rules. All three events shall be performed together.

#### 1. Competition time : (less than 60 seconds)

- A. Speed breaking : less than 20 seconds
- B. High jump kick breaking : less than 20 seconds
- C. Long jump kick breaking : less than 20 seconds

2. Compulsory provisions, technical regulations, marking methods, and penalties of each event are in line with Article 40 of the World Taekwondo Hanmadang Contest/Competition Regulations & Rules.

#### 3. Decision and declaration of a Winner

- A. The total combination of scores from speed breaking, high jump kick breaking, long jump kick breaking is the final score.

- B. Full marks for speed breaking are 10 points, and the farther the broken target is pushed back, the lower point is scored.
- C. Full marks for high jump breaking are 100 points, and the higher the target is, the higher point is scored.
- D. Full marks for long jump breaking are 100 points, and the farther the breaking target is, the higher pointed is scored.

⑤ Team Kyorugi Competition

Provisions regarding Team Kyorugi Competition are in line with Article 32 of Contest(Competition) Rules & Rules of World Taekwondo Hanmadang.

⑥ Team Competition

Provisions regarding the team competition are in line with Article 41 of the World Taekwondo Hanmadang Contest/Competition Regulations & Rules.

1. Competition method : Cut-off
2. Competition time : 6 minutes or less
3. Uniform : Approved Dobok or colored Dobok(For performance quality, makeup and free tops are allowed. But Dobok trousers and belt are required.)
4. Number of Contestants : 9 to 11 members(Mandatorily including 1 to 2 females)
5. Event Category
  - A. Creative Poomsae
  - B. Self-Defense technique
  - C. Single jumping breaking
  - D. Various target breaking
  - E. Spinning breaking(Horizontal/Vertical)
  - F. Creative breaking
  - G. Power breaking
6. Detailed technical regulations, compulsory provisions, marking criteria, and penalties, replacing players, and the decision and declaration of winner of each event are in line with Article 41 of the World Taekwondo Hanmadang Contest/Competition Regulations & Rules.

## V. Appendix

### ① Terminology

1. Authorized Poomsae : This is a Poomsae enacted by the Kukkiwon and is in effect.
2. Creative Poomsae: This is a newly created Poomsae incorporating various techniques, satisfying the Taekwondo requirements mentioned in the Kukkiwon textbook.
3. Breaking(Gyeokpa) : Techniques of breaking hard objects with hands or feet. This is the process of demonstrating the power and skills one has developed through the study of Taekwondo by breaking objects.
4. Fist breaking : This is a technique that vertically breaks targets set in breaking board holders at a certain height pursuant to the description on fists in the Taekwondo textbook published by the Kukkiwon.
5. Knife hand breaking : This knife hand breaking is a straight down punch technique to break targets on breaking holders at a certain height, based on the description in the Taekwondo textbook published by the Kukkiwon.
6. Foot kick breaking(Side / back kick breaking) : The kick breaking(side / back kick breaking) is a technique to break the targets set on breaking board holders at a certain height with a foot blade or heel of a foot pursuant to the description in the Taekwondo textbook published by the Kukkiwon.
7. All-round breaking : This All-round breaking is a division where the contestant can select and organize breaking techniques freely.
8. Self-Defense techniques : Self-defense techniques refers to martial art to fight the attacker with bare hand and foot od striking, kicking, punching, thrusting, locking, grabbing, and throwing down. These are defensive techniques that can be used to dominate an opponent and consider his/her life.
9. Taekwondo aerobics : Taekwondo aerobics refers to the Taekwondo movements composed with music and musical instruments, to perform gymnastic-type movements.
10. Record Contest : This is a competition which evaluate who can perform better Taekwondo techniques in terms of quantity, speed, height, distance, and for a long time in the same conditions at an assigned area and time.
11. Speed breaking : This refers to a division where contestants break targets with their techniques: fist punch, knife hand strike, or kick.
12. Consecutive Tornado kick breaking : Consecutive Tornado kick refers to consecutively breaking targets by kicking it while jumping and spinning the body by more than a full round(360 degrees) in place while putting the axis on

the front foot.

13. Consecutive back whip kick breaking : It is a consecutive back whip kick technique that uses the sole or heel, which is carried out while a contestant stay on the spot.
14. High jump kick breaking : This is a technique of making a high-jump kick straight up to the target after an approach run.
15. Long jump kick breaking : After a running start, make a long-jump kick to break the target with the foot.
16. Team competition : The team competition is a kind of competition where the assigned Taekwondo movements are creatively composed and then performed.
17. Basic movements : Basic movements are freely composed by using basic movements specified in the Taekwondo textbook published by the Kukkiwon.
18. Single jumping breaking : This is a technique of breaking many targets fixed by one or more different techniques with the hands and feet at a single bound.
19. Various target breaking : Various target breaking is a technique of breaking multiple moving or fixed targets in various directions at once or in a consecutive way.
20. Vertical turn breaking : It is a breaking technique by springing into the air with the rotating axis being the waist of chest and turning the whole body vertically to strike the target with a foot. This is a breaking technique one can attempt with his/her eyes covered or dashing forward.
21. Horizontal turn breaking : A technique to spring into the air with the neck as an axis and where it makes one or more full turns horizontally to break a target with the feet. It is a breaking skill one can perform from a fixed stance, blind-folded or without using any approach run.
22. Creative breaking : Creative breaking: This is a newly recreated, high-level, Taekwondo-based breaking technique that has not been yet attempted or successfully carried out by other practitioners.
23. Back whip kick : This is a technique of breaking a target installed above a certain height with the foot heel, taking a 360° spinning.

② Score Chart

Authorized Poomsae Score Chart

Court

■ Competition No:

Item	Detailed Criteria	Scoring Standards											Score
Accuracy (4.0)	Accuracy of each Poomsae	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
	Accuracy of basic movements along with balance	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
Expressivity (6.0)	Speed and power (2.0)	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
	Sturdiness & gentleness /Tempo/Rhythm (2.0)	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
	Expressivity of energy (2.0)	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
Total													

Judge's Name : \_\_\_\_\_

Judge's Nation : \_\_\_\_\_

Signature : \_\_\_\_\_

③ Creative Poomsae Score Chart

Court

Creative Poomsae Score Chart

■ Competition No.:

Item	Detailed Criteria	Point	Scoring Standards										Score
			Very Poor		Poor		Average		Good		Very Good		
Accuracy (4.0)	Accuracy of movements	2.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
	Designated technique movement	2.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
Program arrangement (6.0)	Skill (Control the speed, sturdiness and gentleness of power, balance, and rhythm)	2.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
	Expressivity (Unity of team movements)	2.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
	Creativeness (Composition, pattern, and value of Poomsae)	2.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
Total													

Judge's Name : \_\_\_\_\_

Judge's Nation : \_\_\_\_\_

Signature : \_\_\_\_\_

④ Power Breaking Score Chart

Fist/Knife Hand Breaking Score Chart

Court

■ Competition No.:

No.	Name of team	Name of contestant	No. of Request	No. of Gam-jeom	No. of broken targets	Rank	Time	Decision	Note
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
14									
15									
16									
17									
18									
19									
20									
21									
22									
23									
24									
25									

Judge's Name : \_\_\_\_\_

Judge's Nation : \_\_\_\_\_ Signature : \_\_\_\_\_

⑤ Foot Breaking Score Chart

Foot Breaking(Side/back/back whip kick) Score Chart

Court

■ Competition No. :

No.	Name of team	Name of contestant	No. of Request	No. of Gam-jeom	No. of broken targets	Rank	Time	Decision	Note
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
14									
15									
16									
17									
18									
19									
20									
21									
22									
23									
24									
25									

Judge's Name : \_\_\_\_\_

Judge's Nation : \_\_\_\_\_ Signature : \_\_\_\_\_

⑥ All-Round Breaking Score Chart

Court

All-Round Breaking Score Chart

■ Competition No. :

Item	Detailed Criteria	Points	Scoring Standards										Score
			Very Poor		Poor		Average		Good		Very Good		
Accuracy (4.0)	Number of broken targets	2.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
	Landing	2.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
Program arrangement (6.0)	Skill (Difficulty, height, turning angle)	2.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
	Expressivity (Technique performed while staying in the air)	2.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
	Completeness (Balance of set composition and creative techniques)	2.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
Total													

Judge's Name : \_\_\_\_\_

Judge's Nation : \_\_\_\_\_

Signature : \_\_\_\_\_

⑦ Self-Defense Technique Score Chart

Court

Self-Defense Technique Score Chart

■ Competition No.:

Item	Detailed Criteria	Points	Scoring Standards										Score
			Very Poor		Poor		Average		Good		Very Good		
Accuracy (4.0)	Accuracy of the movement	2.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
	Accuracy of technique	2.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
Program arrangement (6.0)	Skill (Diversity of movements and technical application composition)	2.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
	Expressivity (Expression of practical value)	2.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
	Creativeness (Original theme and scenario)	2.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
Total													

Judge's Name : \_\_\_\_\_

Judge's Nation : \_\_\_\_\_

Signature : \_\_\_\_\_

⑧ Taekwondo Aerobics Score Chart

Court

Taekwondo Aerobics Score Chart

■ Competition No.:

Item	Detailed Criteria	Points	Scoring Standards										Score
			Very Poor		Poor		Average		Good		Very Good		
Accuracy (4.0)	Accuracy of the movements	2.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
	Designated technique movements	2.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
Program arrangement (6.0)	Skill (Balance of rhythm and movements)	2.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
	Expressivity (Balance between the dynamic expressions and music)	2.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
	Creativeness (Original presentation and artistic value)	2.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
Total													

Judge's Name : \_\_\_\_\_

Judge's Nation : \_\_\_\_\_

Signature : \_\_\_\_\_

⑨ Record Contest Score Chart

Court

Speed Breaking Score Chart

■ Contest No.:

No.	Name of team	Name of contestant	Target movement distance	Rank	Decision	Note
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						

Judge's Name : \_\_\_\_\_

Judge's Nation : \_\_\_\_\_ Signature : \_\_\_\_\_

⑩ Record Contest Score Chart

Court

Consecutive Tornado Kick Breaking Score Chart

■ Contest No.:

No.	Name of team	Name of contestant	No. of broken targets	No. of Gam-jeom	Rank	Decision	Note
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							
17							
18							
19							
20							

Judge's Name : \_\_\_\_\_

Judge's Nation : \_\_\_\_\_ Signature : \_\_\_\_\_

⑪ Record Contest Score Chart

Court

Consecutive Back Whip Kick Breaking Score Chart

■ Contest No.:

No.	Name of team	Name of contestant	No. of broken targets	No. of Gam-jeom	Rank	Decision	Note
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							
17							
18							
19							
20							

Judge's Name : \_\_\_\_\_

Judge's Nation : \_\_\_\_\_ Signature : \_\_\_\_\_

⑫ Record Contest Score Chart

Court

High Jump Kick Breaking Score Chart

■(            )round / Standard height :            m            cm

No.	Name of team	Name of contestant	Registered height round 1	Registered height round 2	Registered height round 3	Rank	Decision	Note
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								
15								
16								
17								
18								
19								
20								

Judge's Name : \_\_\_\_\_

Judge's Nation : \_\_\_\_\_ Signature : \_\_\_\_\_

⑬ Record Contest Score Chart

Court

Long Jump Kick Breaking Score Chart

■(            )round / Standard Distance :            m            cm

No.	Name of team	Name of contestant	Registered distance round 1	Registered distance round 2	Registered distance round 3	Rank	Decision	Note
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								
15								
16								
17								
18								
19								
20								

Judge's Name : \_\_\_\_\_

Judge's Nation : \_\_\_\_\_ Signature : \_\_\_\_\_

⑭ Team Competition Score Chart

Court

Team Competition Score Chart

■ Competition No.:

Category	Classification	Score	Scoring standards									
			Very poor		Poor		Average		Good		Very Good	
Creative Poomsae	Accuracy	10	1	2	3	4	5	6	7	8	9	10
	Program arrangement	10	1	2	3	4	5	6	7	8	9	10
Self-Defense Techniques	Accuracy	5	1		2	2.5	3	3.5	4	4.5	5	
	Program arrangement	10	1	2	3	4	5	6	7	8	9	10
Single Jumping Breaking	Accuracy	5	1		2	2.5	3	3.5	4	4.5	5	
	Program arrangement	5	1		2	2.5	3	3.5	4	4.5	5	
Various target Breaking	Accuracy	5	1		2	2.5	3	3.5	4	4.5	5	
	Program arrangement	5	1		2	2.5	3	3.5	4	4.5	5	
Spinning Breaking	Accuracy	5	1		2	2.5	3	3.5	4	4.5	5	
	Program arrangement	5	1		2	2.5	3	3.5	4	4.5	5	
Creative Breaking	Accuracy	10	1	2	3	4	5	6	7	8	9	10
	Program arrangement	10	1	2	3	4	5	6	7	8	9	10
Performance quality	Artistic value	5	1		2	2.5	3	3.5	4	4.5	5	
Power Breaking	The number of targets	10										

Judge's Name : \_\_\_\_\_

Judge's Nation : \_\_\_\_\_ Signature : \_\_\_\_\_

## ⑮ Arbitration Application

### Arbitration Application

- ◆ Nationality :
- ◆ Name of Team/Contestant :
- ◆ Event of Competition :
- ◆ Division of Competition :
- ◆ Division of Participation :
- ◆ Competition No. :
- ◆ Reason of Arbitration

201 . . .

Arbitration committee Chairperson

The name of Appellant: \_\_\_\_\_(Signature)

---

■ The Result of Arbitration.

Taekwondo Hanmadang 0000 Organization Committee, Arbitration Committee  
Chairperson : \_\_\_\_\_(Signature)

⑩ Creative Poomsae Plan Sheet

Creative Poomsae Plan Sheet

■ Information of Team

Team name				
Executives	Director name		Mobile No.	
	Coach name		Mobile No.	

■ List of Contestants

No	Name	Date of Birth	Current Dan/Poom
1			
2			
3			

■ Explanation of Creative Poomsae

\* Write the name, purposes, and other supporting explanations.

■ Duration:        Min        Sec

■ Poomsae line(Yeon mu line)

\* Ex.) Draw the pattern by using 一, 王, 工, 十, 一, 卍, etc.

■ Explanation of the movements

\* Please refer to the Kukkiwon Taekwondo textbook when filling up the space provided below. If you need more space, attach more pages.(Refer to the example below.)

Order	Name of Poom(Movement)	Explanation
1	*Ex.) Basic Posture	Parallel stance
2	*Ex.) Low block with forward stance	Right forward stance by left foot stepping back with low block
3	*Ex.) Trunk outer block	Right front kick, and right back stance with trunk outer block
4		
5		

I hereby submit the Creative Poomsae Plan Sheet to attend the 0000 World Taekwondo Hanmadang.

Date :        /        /

Name of Representative:        (Signature)

⑰ Team Kyorugi Competition List

Team Kyorugi Competition List

■ Information of Team

Name of team				
Executives	Director name		Mobile No.	
	Coach name		Mobile No.	

■ List of Contestants

List of Participants			List of substitutes		
No	Weight division	Name	No	Weight division	Name
1			1		
2			2		
3			3		
4			4		
5			5		

■ List of Substitutes

List of Participants			List of substitutes		
No	Weight division	Name	No	Weight division	Name
1			1		
2			2		
3			3		
4			4		
5			5		

I hereby submit the Team Kyorugi Competition list to attend the 0000 World Taekwondo Hanmadang.

Date :     /     /

Name of Representative:

(Signature)

⑱ Team Competition Plan Sheet form

Team Competition Plan Sheet

■ Information of Team

Name of team				
Executives	Director name		Mobile No.	
	Coach name		Mobile No.	

■ List of contestants

No	Name	Gender	Date of Birth	Current Dan/Poom
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				

\* Among 9 to 11 contestants, 1 females must be included (except for international divisions).

■ List of Substitutes

No	Name	Gender	Date of Birth	Current Dan/Poom
1		M		
2		F		

\* Substitutes are limited to two people(One male, one female).

⑱ Team Competition Program Composition Form

■ Team Competition Program Composition

Categories	Order	Competition time	Content		List of contestants
Creative Poomsae		min sec	No. of movements	No	All
Self-Defense technique		min sec	No. of contestants		All
Single Jumping Breaking		min sec	No. of broken targets	Pieces	
Various Target Breaking		min sec	No. of broken targets	Pieces	
Spinning Breaking		min sec	No. of broken targets by horizontal turn break	Pieces	
			No. of broken targets by vertical turn break	Pieces	
Creative Breaking		min sec	No. of broken targets	Pieces	
Power Breaking			Break 1 *Ex.) Fist	Pieces	
			Break 2	Pieces	
			Break 3	Pieces	
			Break 4	Pieces	
Overall time		min sec	Total Broken Targets		Power breaking: 20 Pcs Normal targets: Pcs

■ Usage of Other Kinds of Targets(balls, apples, balloons etc.)

Usage	<input type="checkbox"/> Yes / <input type="checkbox"/> No (* Please check where appropriate.)		
Type		Quantity	

I hereby submit the Team Competition Plan Sheet to attend the 0000 World Taekwondo Hanmadang.

Date :     /     /

Name of Representative:

(Signature)

## ⑳ Hand Signals

### 1. Calling the Contestants

- A. The staff stands facing the contestants and stretches his/her arm out in front of him/her with the palm inward to make the contestants(teams) position themselves at each competition position.
- B. Put the right arm alongside the sewing line on the trouser with the fist slightly clenched and the thumbnail facing the front.



### 2. “Cha-ryeot,” “Kyung-rye”

- A. Stand facing forward, and stretch the right arm out and bend the elbow to make an “L” shape with the open palm facing forward as shown in the picture below. Then, give the verbal command “Cha-ryeot.”
- B. Lower and Stretch the right arm out in front of him/her with the palm downward, giving the verbal command “Kyung-rye.”



<Cha-ryeot>



<Kyung-rye>

3. “Joon-bi” / “Shi-jak”

- A. Turn the body to the right at 90° to the contestant.
- B. Stretch the right arm out in front of him/her, with the palm facing inwards, and give the verbal command “Joon-bi.”
- C. In the “Joon-bi” position, raise the arm straight up to the ear and give the verbal command “Shi-jak.”



<Joon-bi>



<Shi-jak>

4. “Kye-shi”

Raise the right hand up to the height of the ear with fist keeping slightly clenched. Stretch the right arm again and point at the recorder’ s desk with the forefinger.



5. “Gyong-go”

The referee raises a yellow flag to show “Gyong-go(warning)”.

6. “Gam-jeom”

The referee raises a red flag to show “Gam-jeom(deduction)” .

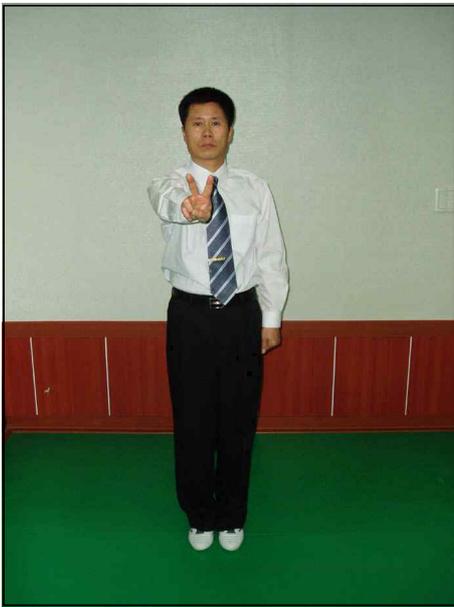
7. “Sil-gyouk”

The referee raises a black flag to show “Sil-gyouk(disqualification)”.

8. Indication of the number of broken targets

A. When the broken targets are five pieces or less, indicate the broken numbers with the right fingers while stretching out the right arm in front of him/her to notify the referee.

B. When the broken targets are more than five pieces, indicate the broken numbers with fingers of both hands open to refereeing officials while stretching both arms out in front of him/her.



9. “Ba-ro”

- A. Raise the right arm straight up with the arm slightly touching the right ear.
- B. While lowering and stretching out the right arm in front of him/her, give the verbal command “Ba-ro.”

