

USA TAEKWONDO POOMSAE ATHLETES' REFERENCE GUIDE



2014 US World Championship Poomsae Team

by

Barbara Brand

US National Poomsae Coach

bbrandstc@gmail.com

Revised December 11, 2014

USA Taekwondo

One Olympic Plaza, Suite 104C

Colorado Springs, CO 80909

(719) 866-4632 phone

(719) 866-4642 fax

www.usa-taekwondo.us

Contents

Introduction	1
Section 1: Recognized Poomsae Divisions and Compulsory Poomsae	1
Section 2: Freestyle Poomsae Divisions	2
Section 3: Competition Format	2
Preliminary Round	2
Semi-Final Round	2
Final Rounds	2
Competition Ring Area	3
Uniform Requirements	3
Section 4: Event Procedure	4
Section 5: Recognized Poomsae Scoring Criteria	4
Accuracy	4
Accuracy Deductions	4
Presentation	5
Presentation Infractions	5
Section 6: Freestyle Poomsae Requirements	5
Section 7: Freestyle Poomsae Scoring Criteria	6
Technical Score	6
Presentation Score	6
Freestyle Deductions	6
Section 8: General Technical Guidelines	7
Section 9: Detailed Technical Guidelines	8
Stances	8
Hand Techniques	9
Kicking Techniques	10
Kihaps and Stomps	11
Slow Movements	11
References	12

Introduction

The USA Taekwondo Poomsae Athletes' Reference Guide provides support for USA Taekwondo poomsae athletes who are in development for national and international competition. The guide is comprised of the significant aspects of the most current information sources available. It includes the following sections: Recognized Poomsae Divisions and Compulsory Poomsae, Freestyle Poomsae Divisions, Competition Format, Event Procedure, Recognized Poomsae Scoring Criteria, Freestyle Poomsae Requirements, Freestyle Poomsae Scoring Criteria, General Technical Guidelines, and Detailed Technical Guidelines.

Section 1: Recognized Poomsae Divisions and Compulsory Poomsae

Age divisions are based on the year, rather than the date, of the event. For example, a competitor who has her 18th birthday on December 2, 2015, will compete in the 1st Senior Division at all events held between January 1 and December 31, 2015.

DIVISIONS (FOR BOTH GENDERS)	COMPULSORY POOMSAE
Cadet (12-14)	Taegeuk 4 5 6 7 8 Koryo, Keumgang
Junior (15-17)	Taegeuk 4 5 6 7 8 Koryo Keumgang Taebaek
1 st Senior (18-30)	Taegeuk 6 7 8 Koryo Keumgang Taebaek Pyongwon Shipjin
2 nd Senior (31-40)	
1 st Master (41-50)	Taegeuk 8 Koryo Keumgang Taebaek Pyongwon Shipjin Jitae Chonkwon
2 nd Master (51-60)	Koryo Keumgang Taebaek Pyongwon Shipjin Jitae Chonkwon Hansu
3 rd Master (61-65)	Koryo Keumgang Taebaek Pyongwon Shipjin Jitae Chonkwon Hansu
4 th Master (66+)	Koryo Keumgang Taebaek Pyongwon Shipjin Jitae Chonkwon Hansu
Cadet Pair (12-14)	Taegeuk 4 5 6 7 8 Koryo Keumgang
Junior Pair (15-17)	Taegeuk 4 5 6 7 8 Koryo Keumgang Taebaek
1 st Pair (18-30)	Taegeuk 6 7 8 Koryo, Keumgang Taebaek Pyongwon Shipjin
2 nd Pair (31+)	Taegeuk 8 Koryo, Keumgang Taebaek Pyongwon Shipjin Jitae Chonkwon
Cadet Team (12-14)	Taegeuk 4 5 6 7 8 Koryo Keumgang
Junior Team (15-17)	Taegeuk 4 5 6 7 8 Koryo Keumgang Taebaek
1 st Team (18-30)	Taegeuk 6 7 8 Koryo Keumgang Taebaek Pyongwon Shipjin
2 nd Team (31+)	Taegeuk 8 Koryo Keumgang Taebaek Pyongwon Shipjin Jitae Chonkwon

Section 2: Freestyle Poomsae Divisions

DIVISION	GENDER
12-17 Individual	Female Male
18+ Individual	Female Male
Pair 12-17	Female/Male
18+ Pair	
12-17 Mixed Freestyle Team	5 person: 3 female + 2 male + 1 substitute or 3 male + 2 female + 1 substitute
18+ Mixed Freestyle Team	5 person: 3 female + 2 male + 1 substitute or 3 male + 2 female + 1 substitute

Section 3: Competition Format

USA Taekwondo may use a modified version of the WTF competition format and/or various formats to select the US National Taekwondo Poomsae Team. The 2014 World Taekwondo Poomsae Championships utilized the following cut-off system:

Preliminary Round

If the number of competitors is 20 or more, competition begins in the preliminary round. Competitors perform two of the Compulsory Poomsae. The competitors with scores in the top half of the group proceed to the semi-final round. If the number of competitors in the group is odd, the highest scoring competitor in the bottom half of the group proceeds to the semi-final round.

Semi-Final Round

If the number of competitors is 9-19, competition begins in the semi-final round. Competitors perform two of the Compulsory Poomsae. The competitors with scores in the top eight of the group proceed to the final round.

Final Rounds

If the number of competitors is 8 or less, competition begins in the final round. Competitors perform two of the Compulsory Poomsae.

8 athletes are randomly drawn and placed on a bracket sheet to compete against each other in Final 1.

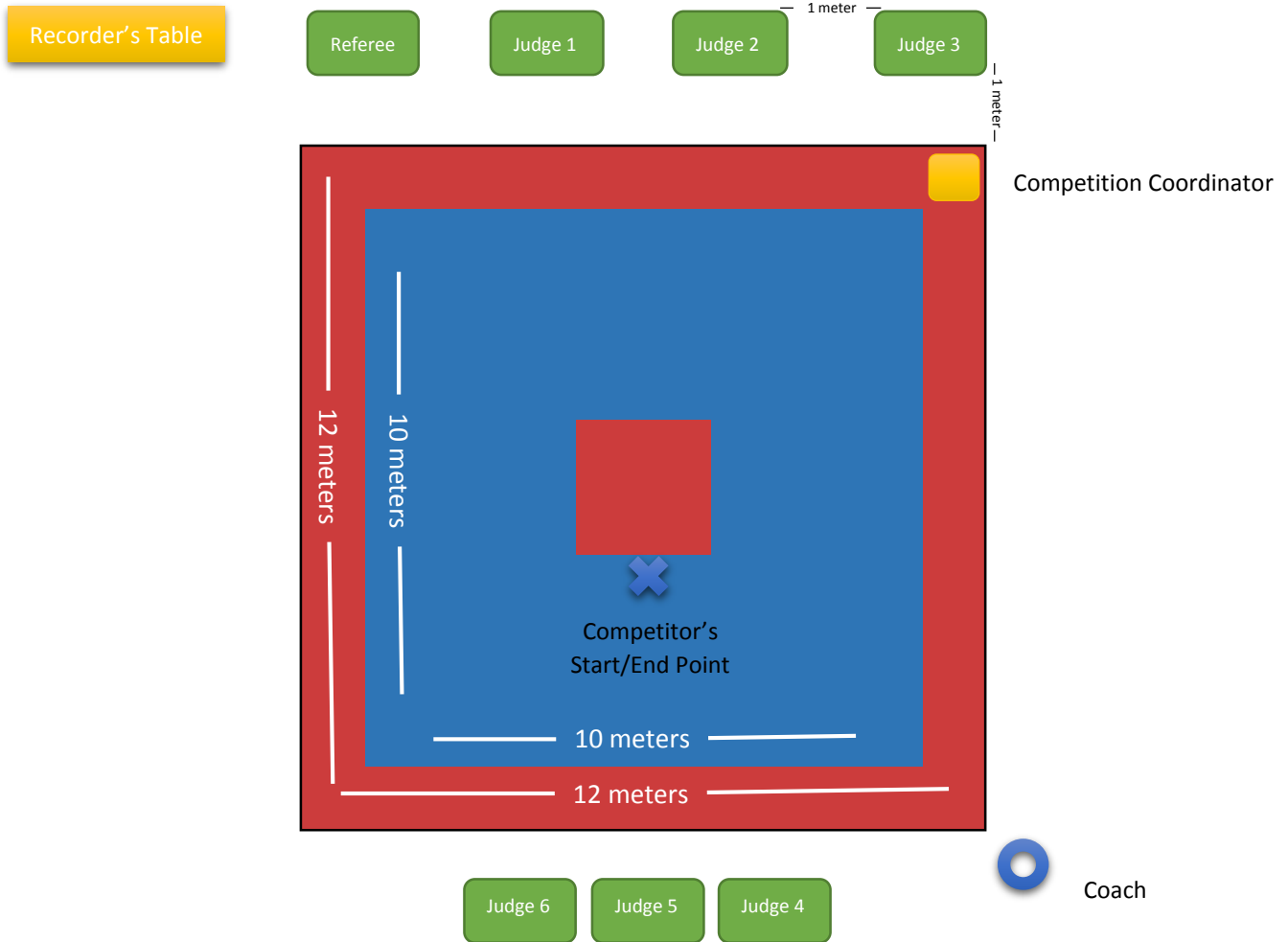
The four winners move forward in the bracket to compete in Final 2.

The two winners move forward in the bracket to compete in Final 3.

The top four competitors are awarded medals.

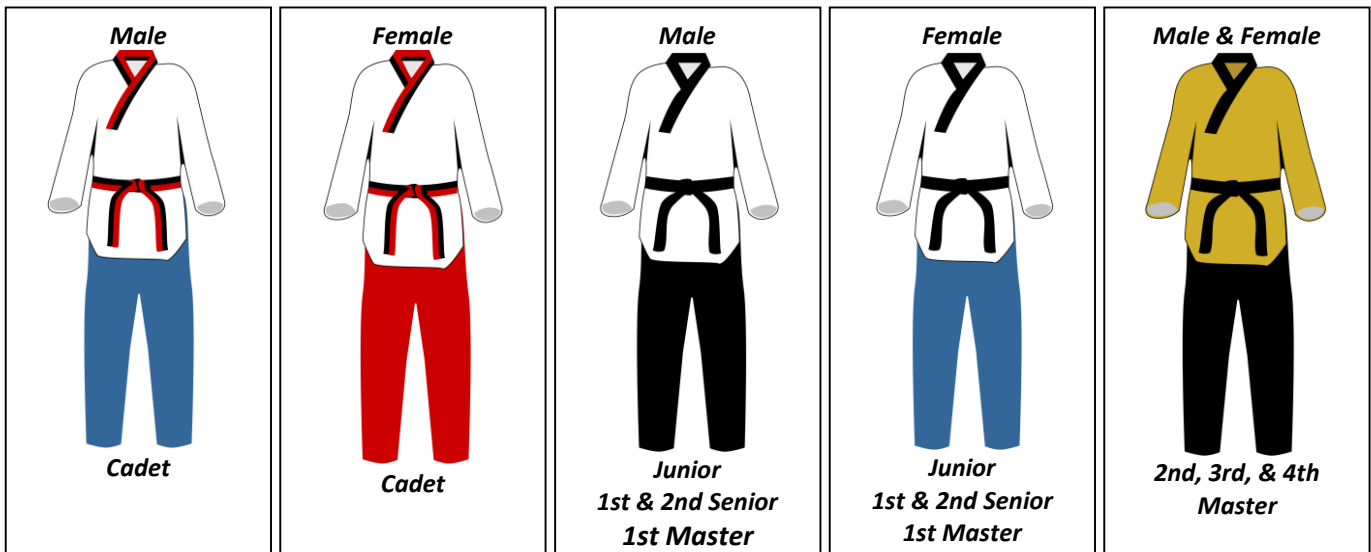
In the case of a tie, the winner is the competitor with the highest presentation score. If the competitors are still tied, all scores received during the competition are compared.

Competition Ring Area



Uniform Requirements

All competitors are required to wear WTF approved uniforms. The uniform colors are determined by the athlete division.



Section 4: Event Procedure

Competitors report to the holding area in accordance with the event schedule. In the holding area, competitors are free to warm-up and practice before their divisions are assembled and escorted to their assigned rings. When called by name, each competitor, pair, or team, in turn, responds to the following competition coordinator commands:

POOMSAE 1		Break time between poomsae 30-60 seconds	POOMSAE 2	
COMMAND (KOREAN)	TRANSLATION		COMMAND (KOREAN)	TRANSLATION
Chool Jeon	Enter the ring		Chool Jeon	Enter the ring
Charyeot	Stand at attention		Charyeot	Stand at attention
Kyeong-rye	Bow		Joonbi	Stand in ready position
Joonbi	Stand in ready position		Shijak	Begin performing poomsae
Shijak	Begin performing poomsae		Baro	Return to ready position
Baro	Return to ready position		Pyo-chul	Wait while score is declared
Tuae-jahng	Exit the ring		Charyeot	Stand at attention
		Kyeong-rye	Bow	
		Tuae-jahng	Exit the ring	

Recognized Poomsae contest duration is 30-90 seconds, and Freestyle Poomsae contest duration is 60-70 seconds.

Section 5: Recognized Poomsae Scoring Criteria

Competitors receive two scores, one for accuracy and one for presentation. The lowest and highest from each of the two sets of judges' scores are discarded. The remaining scores in each category are averaged to create separate accuracy and presentation scores. The two scores are added together to find the overall total. When using two poomsae in a round, the two poomsae totals are averaged together for the final score.

Accuracy

The accuracy score is 40% of the total score. The score is given based on the competitor's ability to perform the accuracy of the basic movements' start/end point, path of motion, hand/fist rotation, and the balance associated with each poom combination.

Accuracy Deductions

0.1 MINOR DEDUCTIONS	0.3 MAJOR DEDUCTIONS
Stance-Incorrect measurement/weight distribution	Incorrect or omitted movement
Block-incorrect preparatory/final position	Missed kihap or kihap at incorrect moment
Punch-incorrect preparatory/final position	Restart poomsae from beginning
Strike (elbow, back fist)- incorrect preparatory/final position	Eyes are off target.
Front Kick - improper pivot of support foot Knee of kicking leg is bent when it should be extended. Support leg is bent.	Pause between movements of more than three seconds
Round kick - improper pivot of support foot Target is off center. Knee of kicking leg is bent when it should be extended. Support leg is bent.	End position more than one foot length from start position (exceptions: Keumgang, Jitae)
Side Kick - Improper pivot of support foot Kick strikes with sole of foot. Kicking leg is not aligned to hip and shoulder. Knee of kicking leg is bent when it should be extended. Support leg is bent.	Stomp without power and sound
	Crane Stance-raised foot touches the ground
	Loud breathing noises

Presentation

The presentation score is 60% of the total score and is entered after the completion of the poomsae. Up to 2.0 points is awarded in each of these three categories:

- Speed and Power- Movements are performed with a soft start and powerful finish. Movements demonstrate perfect balance between speed and power. 5 and 8 second movements are performed slowly and intentionally.
- Strength/Speed/Rhythm- Power is demonstrated at the most critical moment of the movement. Speed is controlled between and during movement. Aesthetically pleasing rhythm and timing, contrast between relaxed muscle pre-set movements and powerful extended techniques creates flow.
- Expression of Energy-Mastery of energy is demonstrated via concentration, confidence, volume of movement, sharpness, eye position, kihap, attitude, uniform, etc.

Presentation Infractions

SPEED AND POWER	Too much strength in the beginning of the movement slows down the movement at its most important point. Exaggerated movement is used to propel the next movement. Reaction of the body is used to express power.
POWER, SPEED, RHYTHM	Too much power makes movement stiff from the start and slows action at critical point of movement No speed, power and rhythm changes in line of movement.
EXPRESSION OF ENERGY	Movements are not vivid. Transitions are not big enough for competitor's physique. Same rhythm is used throughout poomsae. Incorrect eye position, kihap, lack of confidence

Section 6: Freestyle Poomsae Requirements

- Individual/pair division contest area: 10m x 10m
- Mixed team division contest area: 12m x 12m
- Competitors select the begin/end point, music and choreography. Performance must include music.
- The music begins with the joonbi command, and time begins/ends when the music begins/ends.
- Techniques must be within the boundary of Taekwondo as determined by WTF Poomsae Committee.
- Poomsae duration requirement is 60-70 seconds.

Freestyle requirements must be performed in this order:

1. Jump Side Kick
2. Multiple Kick (Competitors jump and kick multiple times before landing)
3. Jump Spin Kick (hook kick or round kick for example)
4. Sparring Kick Combination (3-5 bounces, up to 5 kicks)
5. Acrobatic Action (back flip or aerial for example, must include a kick)

Running up to 5 steps before jump side kick, multiple kick, jump spin kick, acrobatic action is allowed.

If a requirement is performed out of order, the contestant will be awarded zero points for it.

Section 7: Freestyle Poomsae Scoring Criteria

Freestyle Poomsae Competitors receive two scores, one for technical ability and one for presentation. The lowest and highest from each of the two sets of judges' scores are discarded. The remaining scores in each category are averaged to create separate technical and presentation scores. The two scores are added together to find the overall total. In the case of a tie, the competitor with the highest technical score is the winner. If the score is still tied, a rematch determines the winner.

Technical Score

The technical score is 60% of the total score. The technical scores are based on the kick height, level of difficulty, accuracy, and degree of completion.

Up to 1.0 point is awarded for the:

1. Height of jump side kick
2. Number of kicks in a jump multiple front kick
3. Gradient (360, 540, 720) of spins in a spin kick
4. Performance level of consecutive sparring motion kicks
5. Technical difficulty of acrobatic action
6. Basic movements: use of designated technical movements of Taekwondo and harmonic connection between attacks and defenses.

The height of the kicks impact the score:

- Kicks below waist level are not scored.
- Kicks to the body above the waist level may receive 0.0-0.3 point.
- Kicks to the head may receive 0.4-0.6 point.
- Kicks above the head may receive 0.7-1.0 point.

Presentation Score

The presentation score range is 40% of the total score. Up to 1.0 point is awarded in each of these four categories

- Creativity
- Harmony (e.g. between partners/teammates or between components: music, choreography, attire)
- Expression of energy (as detailed in Recognized Poomsae section above)
- Music/Choreography: the relationship between the music and the choreography

Freestyle Deductions

0.1 DEDUCTIONS	0.3 DEDUCTIONS
Running more than 5 steps before jumping kick (Every additional step is penalized).	Poomsae duration less than 60 or more than 70 seconds.
1-3 additional bounces before sparring combination	Mandatory stance not executed.
Competitor crosses the borderline during performance.	4 or more additional bounces before sparring combination
	Individual or pair competitor crosses the borderline with both feet.
	Pair/Team-confusion, pause, break of action

The lowest and highest from each of the two sets of judges' scores are discarded. Then, the two sets are added together to come up with averages for each competitor in the two categories, accuracy and presentation. These two scores are added together to find the overall total for each poomsae.

Section 8: General Technical Guidelines

All poomsae begin and end on the same spot except Keumgang, which may be one step (walking stance) directly forward of the begin point, and Jitae, which may be one step (walking stance) directly behind begin point. It is acceptable to finish within one foot length of begin point.

All blocks begin with the blocking arm on the outside of the other arm.

Outside to inside hand techniques (e.g., middle block, reverse knife hand strike) end at the centerline of the body.

Inside to outside hand techniques (e.g., outside block, single knife hand block) end at the outer edge of body.

Back fist strikes (forward back fist) begin with the striking hand on the inside of the other arm.


The competitor is free to choose the non-blocking/striking arm motion but is advised to maintain consistency. For example, a competitor who extends the left arm in the position of a straight punch to the centerline of the body just prior to executing a right middle block should make the same motion prior to every middle block.

All kicks should be executed toward the head or higher unless another target is specifically defined (e.g., the low side kicks in Koryo, or the jump front kicks in Taegeuk 8). Kicks must include: a chamber, full extension, and retraction as well as proper rotation of the supporting foot, leg, and hips.


Stances fall into two height level categories, those with straight legs as in walking stance, and those with bent legs as in horse stance. Transitions between movements should be on the balls of the feet. Head should stay level during transitions between stances of the same category. Feet should glide, not drag, across the surface of the mat. Stance and hand technique execution should be complete at the same moment.

Section 9: Detailed Technical Guidelines

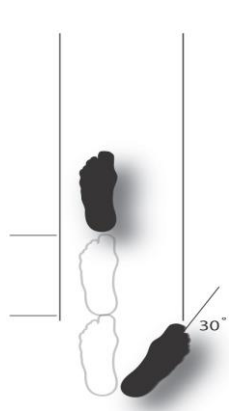
Stances



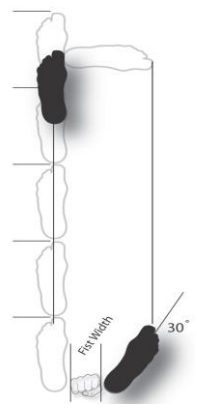
Moa Seogi
(Closed Stance)
Legs straight
Weight centered



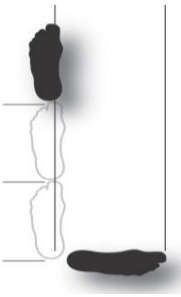
Naranhi Seogi
(Parallel Stance)
Legs straight
Weight centered



Ap Seogi
(Walking Stance)
Legs straight
Weight centered



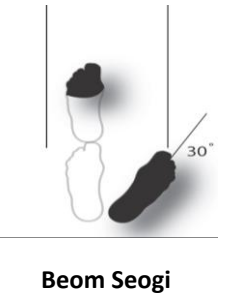
Ap Kubi
(Front Stance)
Front leg bent
Rear leg straight
Approx. 70% of weight on front foot




Dwit Kubi
(Back Stance)
Knees bent
Approx. 70% of weight on rear leg; rear shoulder, hip, knee on same vertical line




Joochoom Seogi
(Horse Stance)
Knees bent and in line with hips and feet.



Beom Seogi
(Tiger Stance)
Rear foot supports all weight. Knees close together, rear knee bent and in line with toes. Ball of front foot lightly touches floor.



Oreun Seogi
(Right Stance)
Legs straight
Weight evenly distributed




Wen Seogi
(Left Stance)
Legs straight
Weight evenly distributed




Ap Koa Seogi
(Forward Cross Stance)
Front leg at 30-45°
Front leg bears 90% of weight.



Dwit Koa Seogi
(Backward Cross Stance)
Front leg at 30-45°
Front leg bears 90% of weight.



Hakdari Seogi
(Crane Stance)
Support knee bent as in horse stance. Inner arch of foot on inner crook of knee. Lifted knee and foot face forward.



Kyotdari Seogi
(Assisted Stance)
Height same as horse stance. Front foot bears 90% of weight. Ball of rear foot aligned with arch of front foot.

Hand Techniques

TECHNIQUE	START POINT	END POINT	OPPOSITE ARM MOTION
Arae Makki (Low Block)	palm towards face and at shoulder level	two fist widths from quadriceps	starts partially to fully extended in front of target and counteracts block
Momtong Makki (Middle Block)	shoulder high at 3:00 or 9:00, palm out, takes path from outside to inside	just below shoulder level at centerline of body, arm bent 90-120°	starts as partially to fully extended straight punch at centerline of body and counteracts block
Olgul Makki (High Block)	fist on opposite side of body, palm in, between rib and hip	wrist at centerline of face, one fist width from forehead at 45°	fist starts at shoulder of blocking arm, palm outward and counteracts block
Baro/ Bandoe Jireugi (Reverse/Regular Punch)	fist palm up, chambered between ribs and hip, in direct line with target	solar plexus arm/wrist/fist straight, elbow in line.	counteracts punch
Olgul Jireugi (Face Punch)	fist palm up, chambered between ribs and hip	philtrum arm/wrist/ fist straight, elbow in line	counteracts punch
Sonnal Momtong Makki (Double Knife Hand Block)	open hand on opposite side of body, chambered between rib and hip, fingers facing rear	outside edge of body fingertips of blocking hand just below shoulder level, arm bent 90-100°, wrist straight	starts extended at shoulder height, turns and moves forward with blocking arm, rests one hand thickness from solar plexus, palm up, elbow bent 90°
Pyonsonkkeut Sewo Tzireugi (Spear Hand Strike)	open hand, palm up, chambered between ribs and hip	solar plexus elbow rests on back of downward facing non-striking hand	counteracts strike, palm faces downward to allow striking elbow to rest on back of hand
Deungjemeok Olgul Ap Chigi (Forward Back Fist)	fist in armpit of non-striking arm, palm facing downward	philtrum arm bent 90-100°, wrist straight	fist starts at shoulder of striking arm and withdraws to counteract strike
Palkup Dollyo Chigi (Turning Elbow Strike)	fist chambered between ribs and hip	jaw palm down, upper body rotated into strike	palm meets fist of striking elbow, fingers upward in front of chest
Palkup Pyojeok Chigi (Elbow Target Strike)	fist chambered between ribs and hip meets other hand's open palm	solar plexus fist palm down in front of pectoral muscle	open palm meets striking elbow, fingers facing forward
Palmok Momtong Bakkat Makki (Outside Hammer Fist Block)	fist on opposite side of body, shoulder high, palm in, takes path from inside to outside	outside edge of body just below shoulder level, palm facing outward, arm bent 90-100°	fist starts at shoulder of blocking arm, palm toward face and counteracts block
Deungjemeok Olgul Bakkat Chigi (Side Back Fist)	fist in armpit of non-striking arm, palm facing downward	jaw arm slightly bent	fist starts at shoulder of striking arm and withdraws to counteract strike
Yop Jireugi (Side Punch)	fist palm up, chambered between ribs and hip	solar plexus arm/wrist/fist straight, elbow in line	counteracts punch
Jeochu Jireugi (Double Palm Up Punch)	fists palm down, chambered between ribs and hips	ribs elbow bent 90-120°, fists facing upward	not applicable

TECHNIQUE	START POINT	END POINT	OPPOSITE ARM MOTION
Khaljaebi (Arc Hand Strike)	fist palm up, chambered between ribs and hip	neck striking hand forms arc shape	counteracts strike
Pyonsonkkeut Arae Jecho Tzireugi (Upward Flat Spear Hand Thrust)	shoulder level, palm facing down	groin palm up	palm facing down, partially to fully extended, in front of target and counteracts strike
Palkup Yop Chigi (Side Elbow Strike)	fist on opposite side of body, palm down, center of forearm in front of solar plexus	solar plexus	open palm supports striking elbow, fingers facing upward
Pyonsonkkeut Opeo Tzireugi (Flat Spear Hand Thrust)	opposite side wrist, palm down	solar plexus	counteracts strike

Kicking Techniques

General Rules:

- The kicking leg is straight at extension.
- The support leg is straight during chamber, extension, and retraction.

TECHNIQUE	KICKING SURFACE	SUPPORT FOOT POSITION	TARGET
Ap Chagi (Front Kick)	ball	may pivot up to 45°, heel flat on the floor	head
Dubal Dangsung Chagi (Jump Double Front Kick)	ball	may pivot up to 45° during first kick	chest/head head/head
Yop Chagi (Side Kick)	heel	pivots on ball of foot until heel is in line with target	head
Kodeup Yop Chagi (Double Side Kick)	heel	pivots on ball of foot until heel is in line with target	knee/head
Dollyo Chagi (Roundhouse Kick)	ball or instep	pivots on ball of foot until toes face 3:00-6:00	head
Pyojeok Chagi (Crescent Kick)	arch	pivots on ball of foot until toes face target	head
Tweo Pyojeokchagi (Jump Spin Crescent Kick)	arch	preferably, both feet are in air while striking target	head

Kihaps and Stomps

POOMSAE	KIHAP(S)	KIHAP POOM	STOMP(S)	STOMP POOM
Taegeuk Sa Jung	1	final punch at 6:00	0	
Taegeuk O Jung	1	back fist at 6:00	1	back fist at 6:00
Taegeuk Yuk Jung	1	2 nd roundhouse kick at 12:00	0	
Taegeuk Chil Jung	1	punch at 6:00	0	
Taegeuk Pal Jung	2	jump double front kick at 12:00, 6:00	0	
Koryo	2	3 rd arc hand strike at 12:00, arc hand strike at 6:00	0	
Keumgang	2	first stomp on each side	4	each mountain block
Taebaek	2	final punch 12:00, punch 6:00	0	
Pyongwon	2	1 st back fist strike of each pair at 12:00	2	1 st back fist strike of each pair at 12:00
Shipjin	3	side punch at 9:00, 3:00, back fist at 12:00	1	back fist at 12:00
Jitae	2	hammer punch into palm at 12:00, punch at 6:00	0	
Chonkwon	1	side kick at 12:00	0	
Hansu	2	back fist at 4:30, 7:30	2	back fist at 4:30, 7:30

Slow Movements

5 SECOND SLOW MOVEMENTS			
POOMSAE	POOM #	STANCE	MOVEMENT
Taegeuk 1-8, Keumgang, Taebaek, Shipjin, Jitae	Joonbi/Baro	Naranhi Seogi (Parallel Stance)	Joonbi seogi
Taegeuk 6	10	Naranhi Seogi	Arae hechomakki (left hand outside)
Taegeuk 7	11	Moa Seogi (Closed stance)	Bojumeok (left hand holds right fist)
Koryo	Joonbi/Baro	Naranhi Seogi	Tongmilgi Joonbi Seogi
Keumgang	13/23	Naranhi Seogi	Arae hechomakki (left foot slightly pull in and left hand outside)
Pyongwon	Joonbi/Baro	Moa Seogi	Kyopson Joonbi Seogi
	1	Naranhi Seogi	Sonnal Arae Hechomakki
	2	Naranhi Seogi	Tongmilgi
Shipjin	2/3, 7/8	Dwit Kubi/Ap Kubi	Pyonsonkeut opeotzireugi (opening/turning fist)
	15/20/24	Ap Kubi	Bawimilgi
	17	Joochoom Seogi	Sonnal Arae Hechomakki (left hand outside)
Chonkwon	Joonbi/Baro	Moa Seogi	Kyopson Joonbi Seogi
	1	Moa Seogi	Nalgaepyogi
	23/24	Dwit Kubi	Sonnal Wesanteulmakki
	25/26	Beom Seogi	Taesanmilgi
Hansu	Joonbi/Baro	Moa Seogi	Kyopson Joonbi Seogi

8 SECOND SLOW MOVEMENTS			
POOMSAE	POOM #	STANCE	MOVEMENT
Taegeuk 8	6/8	Wen Ap Kubi	Dangkyo Teok Jireugi
Koryo	26	Moa Seogi	Wen Mejumeok Arae Pyojeokchigi
Keumgang	8/15/18/25	Hakdari Seogi	Keumgang Makki
Jitae	2/4	Oreun Ap Kubi	Olgul Makki/Momtong Baro Jireugi
	8	Wen Dwit Kubi	Momtong Bakkat Makki
	10	Wen Ap Kubi	Olgul Makki
Chonkwon	3-6	Ap Kubi	Fist closes, rear foot slides forward to ap kubi, execute momtong baro jireugi

References

Kang, I., & Song, N. (2007). *The Explanation of Official Taekwondo Poomsae*. Seoul, Korea: Sang-A Publishing Company.

Southwick, R. (2009). *Improving Poomsae Performance*.

World Taekwondo Federation. (2013). *Poomsae Competition Rules and Interpretation To be in Force as of January 1, 2014*.

Copyright © 2014, 2011, 2010 USAT, Barbara Brand, All Rights Reserved.

Modifying, distributing, reproducing, transmitting, publishing, editing, or creating derivative works from the copyrighted materials or content is prohibited.