



BRITISH
TAEKWONDO

British Taekwondo Poomsae Competition Rules



Poomsae Competition Rules & Interpretation

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1. Purpose

The purpose of the Poomsae Competition Rules is to fairly and smoothly manage all matters pertaining to Poomsae competitions at all levels promoted and/or organized by the World Taekwondo Federation, and its Continental Unions and member National Associations, ensuring the application of standardized rules.

Interpretation

The objective of Article 1 is to ensure the standardization of all taekwondo poomsae competitions worldwide. Any competition not following the fundamental principles of these rules cannot be recognized as a taekwondo Poomsae competition

2. Application

The Competition Rules shall apply to all Poomsae competitions promoted and/or organized by the WTF, each Continental Union and each member National Association. However, any member National Association wishing to modify some part of the Competition Rules must first gain the approval of the WTF.

Explanation Amendment approval:

Any organization desiring to make a change in some portion of the existing rules must submit to the WTF the contents of the desired amendment along with the reasons for the desired change. Approval for any change in these rules must be received from WTF one month prior to the scheduled competition.

3. Competition Area

The Competition Area shall comprise of the Contest Area measuring 10m×10m (12m×12m for Freestyle Team Competitions) and have a flat surface without any obstructing projections. The Contest Area shall be covered with an elastic mat or wooden floor, and may be installed on a platform 0.5m-0.6m high from the base, if necessary. The outer part of the Boundary Line shall be inclined at a gradient of less than 30 degrees for the safety of the contestants.

Demarcation of the Contest Area

1. 10m×10m
The 10m×10m (12m×12m for Freestyle Team Competition) area shall be called the Contest Area.
2. The demarcation of the Contest Area shall be distinguished by a white line with 5cm wide in case of wooden competition area.

Indication of positions

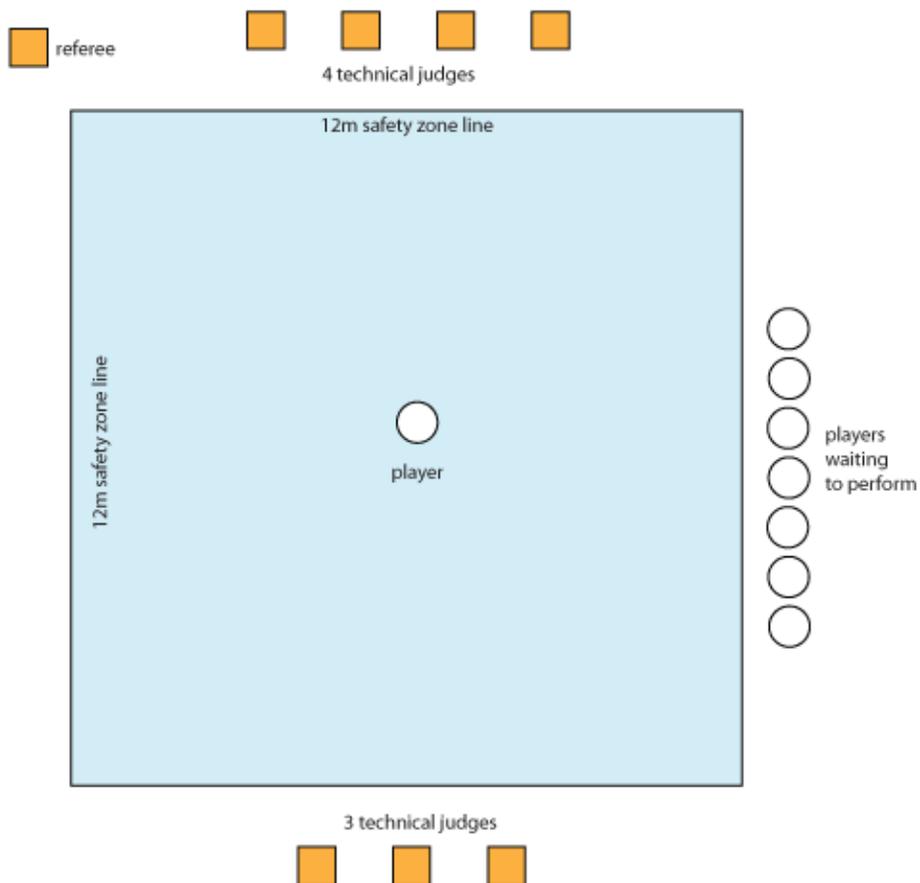
Position of the Judges: Seven judges shall sit 1m away from the Contest Area and 1m in between each other, with four judges facing the contestants and three facing the back of the contestants.

The boundary line adjacent to the four judges shall be deemed boundary line #1, followed by, clockwise, boundary lines #2, #3, and #4. Judges are positioned clockwise from the left of the boundary line #1.

In the case of a five-judge system three judges shall be positioned facing the contestants and the other two facing the back of the contestants or, five judges shall be positioned facing the contestants (Optional) ; in the same order of the seven judge system. The Technical delegate shall adjust position and number of judges depending on environment of competition area and condition of championships, and this shall be stated at outline of championships prior to championships.)

1. The position of the Referee: The Referee shall be positioned beside Judge No. 1.
2. The positions of the contestants: Contestants shall be positioned at 2m back from the centre of the Contest Area, toward boundary line #3.
3. The Position of the recorder's desk: It shall be positioned at 3m from the Referee on the right side.
4. The Position of the competition coordinators: Competition coordinators shall be positioned outside the Contest Area, 1m away from the #2 corner and boundary lines #2.
5. The Position of standby contestants and coaches: Standby contestants and coaches shall be positioned outside the Contest Area, 3m away from the corner between boundary lines #3 and #4.
6. The Position of inspection desk: Inspection desk shall be positioned at the entrance of Contest Area outside the corner of boundary lines #3 and #4, in consideration of the facilities of the field of play.

Field of Play



4. Contestant

1. Qualification of Contestant

1. Holder of the nationality of the participating team
2. One recommended by the WTF National Taekwondo Association
3. Holder of Taekwondo Dan certificate issued by the WTF or Kukkiwon
4. Holder of the WTF Global Athlete Licence (GAL)
5. Cadet Division (12-14 years old)
6. Junior Division (15-17 years old)
7. Under 30 Division (18-30 years old)
8. Under 40 Division (31-40 years old)
9. Under 50 Division (41-50 years old)
10. Under 60 Division (51-60 years old)
11. Under 65 Division (61-65 years old)
12. Over 65 Division (66 years old or higher)

Interpretation

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

2. Contestants' Uniforms

Contestants shall wear only WTF-approved Poomsae competition uniform at WTF-promoted Poomsae Championships.

Medical control

At taekwondo events promoted or sanctioned by the WTF, any use or administration of drugs or chemical substances described in the WTF Anti-Doping Rules is prohibited.

WTF may carry out all medical testing deemed necessary to ascertain if a contestant has committed a breach of the WTF Anti-Doping Rules, and any winner who refuses to undergo this testing or who proves to have committed such a breach shall be removed from the final standings. In this regard, the contestant next in line in the competition standings shall be declared the new winner.

The Organizing Committee shall be liable for arrangements to carry out medical testing.

All details regarding doping matters shall be handled according to the WTF Anti-Doping Rules.

5. Classifications of Competition

World & European Championships: Contestants may compete up to two categories of competition unless he or she is limited by gender or age.

National/ International Championships: Contestants may compete up to three categories of competition unless he or she is limited by gender or age.

1. Recognized Poomsae Competition

1. Men's Individual
2. Women's Individual
3. Men's Team
4. Women's Team
5. Pair

2. Free Style Poomsae Competition

1. Men's Individual
2. Women's Individual
3. Pair
4. Mixed Team (Composition of 5 members including more than 2 males and 2 females)

Explanation

One (1) substitute may be accompanied by Free Style Poomsae team.

6. Divisions by gender and age

1. Recognized Poomsae Competition
2. Men, women and mixed divisions shall be divided according to age.
3. Male and female & age divisions shall be classified as follows:

Division		Peewee	Cadet	Junior	Under 30	Under 40	Under 50	Under 60	Under 65	Over 65
Age		Under 11Years old	12-14 years old	15-17 years old	18-30 years old	31-40 years old	41-50 years old	51-60 years old	61-65 years old	66 years old and over
Individual	Male	1	1	1	1	1	1	1	1	1
	Female	1	1	1	1	1	1	1	1	1
Age		Under 11 years old	12-14 years old		15-17 years old		18-30 years old		31 years old and over	
Pair		2	2		2		2		2	
Team	Male	3	3		3		3		3	
	Female	3	3		3		3		3	

Free Style Poomsae Competition

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

Division		Under 17	Over 17
Age		12-17 years old	18 years old and over
Individual	Male	1	1
	Female	1	1
Pair		2	2
Team (mixed)		5 (+1 substitute max.)	

7. Methods of Competition

All international-level competitions recognized by the WTF shall be formed with the participation of at least four (4) countries with no fewer than four (4) contestants or four (4) teams in each division.

The systems of competition are divided as follows. Methods of competition shall be decided by Technical Delegate and shall be stated at outline of championships prior to championships.

1. Single elimination tournament system
2. Round robin system
3. Cut off System
4. Combination System: Cut off system + Elimination tournaments system

Two Poomsae from the designated Compulsory Poomsae decided by Technical Delegate for each division must be performed for all the preliminary, semi-final and final rounds for all competitions.

Explanation

The cut-off system shall comprise the preliminary, semi-final and final rounds.

Explanation

Cut off system preliminary: When the number of contestants reaches 20-39; competition shall start from preliminary round with two groups competed in two courts.

When 40 or more contestants are participating; competition shall start from preliminary round divided into three groups competed in three different courts. If three courts installation is not available, contestants shall be divided into two groups competed in two different courts. Contestants shall perform the two designated Compulsory Poomsae. Top 50% contestants from each group shall advance to semi-final. In the event that the number of the competing athletes in each group is odd, the next highest contestant right below top 50% shall also advance to semi-final. In preliminary round, each group might be judged by different group of judges.

Explanation

Cut off system semi-final: When 9 to 19 contestants are participating; competition shall start from semi-final round, Contestants shall perform the two assigned compulsory Poomsae, and, 8 of them shall be advanced to final based on their points.

Explanation

Cut off system final: When 8 or fewer contestants are participating; competition shall start from final round.

Contestants shall perform the two assigned compulsory Poomsae, and, the top four contestants / pair/ team shall be awarded prizes based on their points. 3rd and 4th places are awarded with bronze medals.

Explanation

In elimination tournament system, the opponent shall be decided at drawing of lot

8. Designated Compulsory Poomsae by division

Competition	Division	Compulsory Poomsae
Individual	Peewee Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Cadet Division	
	Junior Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taeback
	Under 30	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
	Under 40	
	Under 50	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
Under 60	Koryo, Keumgang, Taeback Pyongwon, Shipjin, Jitae, Chonkwon, Hansu	

Competition	Division	Compulsory Poomsae
Pair	Peewee Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Cadet Division	
	Junior Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taeback
	Under 30	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
	Over 30	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon

Competition	Division	Compulsory Poomsae
Team	Peewee Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Cadet Division	
	Junior Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taeback
	Under 30	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
	Over 30	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon

9. Free Style Poomsae

1. Free Style Poomsae is the performance based on taekwondo techniques with composition of music and choreography.
2. Composition of Free Style Poomsae
3. Yeon-mu line shall choice of contestant
4. Music & choreography shall be choice of contestant.
5. Performed techniques must be within boundary of taekwondo. The definition of taekwondo techniques shall be determined by WTF Poomsae Committee, when contestant submits performance plan of free style Poomsae.

10. Duration of Contest

1. Duration of Contest by Division
2. Recognized Poomsae: Individual, Pair, and Team competitions from 30 seconds to 90 seconds
3. Free Style Poomsae: Individual, Pair, and Mixed Team competitions from 60 seconds to 70 seconds.
4. The waiting period between 1st poomsae and 2nd poomsae is 30 to 60 seconds.

Interpretation

The starting of waiting period between 1st poomsae and 2nd poomsae shall be activated after the competition coordinator has declared a decision.

11. Drawing of Lots

1. The drawing of lots shall be conducted at the Head of Team meeting one day or 2 days prior to the first competition day in the presence of WTF officials, including the WTF Technical Delegate, and representatives of the participating nations.
2. Technical delegate shall draw lots on behalf of the officials of participating nations not present at the Head of Team Meeting. Participating nations not present in the Head of Team Meeting shall follow the decisions made at the meeting.
3. The matters at the Head of Team Meeting and draw shall be decided by Technical Delegate in consultation with the WTF officials.
4. The drawing of lots for elimination tournament in combination system shall be conducted after completion of cut off competition stage in the presence of WTF officials including the WTF technical delegate and representatives of the pertinent participating nations at the competition venue.
5. The method of drawing shall be decided by technical delegate.
6. The Compulsory Poomsae to be assigned for each division shall be decided at the time of drawing of lots by Technical Delegate in consultation with the WTF officials.
7. The drawing number of each contestant assigned at the drawing of lots session represents the order of contest for preliminary round and semi-final. Contest shall be held in the order from lower number to higher number at the preliminary round and semi-final. The order of contest at the final shall be decided by the scores from the semi-final in the order from lower scores to higher scores

12. Prohibited Acts/Penalties

1. Penalties for any prohibited act shall be declared by the Referee.
2. Penalties are defined as "Gam-jeom" (deduction of points by penalties).
3. "Gam-jeom" shall be declared on the following prohibited acts:
4. Uttering undesirable remarks or any misconduct on the part of a contestant or a coach
5. According to judgment of the referee, a coach an amateur contestant or taekwondo practitioners should have the manner and respect the code of conduct.
6. Athletes or coach should not interrupt or stand in the way of the competition coordinators in the midst of the coordination activity during the competitions.
7. Should a contestant be assessed two deductions, the referee shall declare the contestant a loser on penalties.

Interpretation

Should a contestant accumulate two "Gam-jeom" (deductions of points by penalties), the Referee shall declare that the contestant lost on penalties. "Gam-jeom," as defined in this Article, refers to deduction of points due to behaviours that disrespect the spirit of sport, rather than due to judges' scoring in terms of accuracy and presentation.

13. Procedures of contest

1. Call for contestants: Thirty minutes prior to the scheduled start of the contest, the names of the contestants shall be announced three times to contestants' training area. Any contestant who fails to appear in the competition area after "Chool-jeon" command of the competition coordinator shall be regarded as having withdrawn from and forfeited the match.
2. Physical inspection and uniform inspection: After being called, the contestants shall undergo a physical inspection and a uniform inspection at the specified inspection desk by an inspector designated by the WTF. The contestant shall not show any signs of aversion, and shall not bear any object which may cause harm to the other contestant.
3. Entering the Contest Area: Following the inspection, the contestant shall enter the contestant waiting area with one coach accompanied
4. Pre-contest and post-contest procedures
 1. The contest shall begin after the declaration of "Chool-jeon", "Cha ryeot", "Kyeong rye Joon-bi" and "Shi-jak" by the competition coordinator.
 2. After the end of the each Poomsae, the contestants shall stand in their respective positions and make a standing bow at the coordinator's command of "Ba-ro, Cha-ryeot, Kyeong-rye." Contestants shall wait until the coordinator's declaration of "Pyo-chul"
 3. The referee shall declare the winner according to the results of the judges.
 4. Contestant's exit

Interpretation

Method of competition procedure:

1. Explanation #1
Standby: Contestants are to wait at the contestants' waiting area for their physical and uniform inspections.
2. Explanation #2
Call: Contestants are to wait at the contestants' waiting area for the competition coordinator's call
3. Explanation #3
Enter: Contestants shall enter upon the competition coordinator's command of "Chool jeon"
4. Explanation #4
Cut-off system: Contestants shall face each other and make a standing bow at the competition coordinator's command of "Cha Rueot" and "Kyeong rye."

Elimination Tournament: In individual competition, the Chung and Hong enter together. After "Kyeong-rye", both Chung and Hong perform poomsae at the same time.
In pair and team competitions, the Chung team (pair) and the Hong team (pair) enter together. After "Kyeong-rye", the Hong team (pair) exits and the Chung team (pair) performs first.

5. Explanation #5

Beginning of the Demonstration: The demonstration begins when the competition coordinator announces "ready (joon-bee)" and "go (shijak)."

6. Explanation #6

Completion of demonstration:

Cut-off process: Contestants shall be in a stand-by position when the demonstration ends with the competition coordinator commanding "Back to ready (bah-roh)."

Elimination tournament process: The blue team contestant demonstrates first. After the red team contestant completes his/her demonstration, both contestants be in a stand-by position together.

7. Explanation #7

When using the electronic scoring device: The judges enter the score into the electronic scoring device after confirming the total score.

When using the scoring ballot: The judges write the score after confirming the total score.

8. Explanation #8

When using the electronic scoring device: The total score entered by the judges appear on the public display board.

When using the ballot: After the judges' ballots are recorded, the score keeper announces the final result.

9. Explanation #9

Retirement of the contestants: After the standing salute following the competition coordinator's commands of "attention (cha-ryuh)" and "bow (kyung-rae)," the contestant exits on the "exit (tuae-jahng)" command.

14. Competition Coordinator

1. Qualifications

The Organizing Committee shall nominate WTF-approved competition coordinators who are WTF or Kukkiwon Dan holders and experts in taekwondo.

2. Duties and composition

Two coordinators can be nominated.

Two competition coordinators shall verify the contestants' identities and allow contestants in and out of the venue, and shall assist the refereeing officials to ensure the unimpeded progress of the competition.

Interpretation

The competition coordinator has to receive intensive preliminary training in relation to the tournament.

15. Scoring Criteria

Scoring shall be made in accordance with the rules of the WTF.

1. Recognized Poomsae (10.0)

1. Accuracy (4.0)

- 1.Accuracy of basic movements
- 2.Balance
- 3.Accuracy of details of each Poomsae

2. Presentation (6.0)

- 1.Speed and power
- 2.Strength/speed/rhythm
- 3.Expression of energy

Allotted Scoring Chart for Recognized Poomsae

Scoring Criteria	Details of Scoring Criteria	Point
Accuracy (4.0)	Accuracy of details of each Poomsae	4.0
	Other accuracy including basic movements & balance	
Presentation (6.0)	Speed and power	2.0
	Strength/speed/rhythm	2.0
	Expression of energy	2.0

1. Free Style Poomsae (10.0)

1. Technical Skills (6.0)
 1. Level of difficulty of foot techniques
 2. Accuracy of movements
 3. Degree of completion of Poomsae

2. Presentation (4.0)
 1. Creativity
 2. Harmony
 3. Expression of energy
 4. Music & Choreography

The types of kick in level of difficulty of foot techniques shall be designated by WTF Poomsae Committee every year.

Allotted Scoring Chart for Free Style Poomsae

Scoring Criteria	Details of Scoring Criteria		Point
Technical Skills (6.0)	Level of difficulty of foot techniques (5.0)	Height of jump	5.0
		Number of kicks in a jump	
		Gradient of spins in a spin kick	
		Performance level of consecutive kicks	
	Acrobatic actions		
	Basic movements & Practicability		1.0
Presentation (4.0)	Creativeness		4.0
	Harmony		
	Expression of energy		
	Music & choreography		
Maximum Points			10.0

16. Methods of scoring

1. Recognized Poomsae

Total score is 10.0.

Accuracy

Basic score 4.0

1. 0.1 point shall be deducted each time a contestant does not perform the basic movements or the pertinent Poomsae accurately.
2. Accuracy in basic actions and the pertinent Poomsae: 0.3 points shall be deducted each time a contestant makes a serious mistake.

Explanation #1

Deduction of 0.1 point per small mistake in accurate performance: 0.1 point shall be deducted whenever any of the foot postures (Apgubi, Dwit-gubi, Beom-seogi and all the other standing movements) or hand movements (Makki, Jireugi, Chigi and all the other hand movements) is not performed as explained in the attached Poomsae Competition Scoring Guidelines.

Explanation #2

Serious mistake in accuracy: 0.3 points shall be deducted when actions not performed in accordance with included in the attached Poomsae Competition Scoring Guidelines or a wrong action is performed.

(Example)

1. Eolgul Makki is performed instead of Arae Makki
2. Dwit-gubi is performed instead of Juchum-Seogi
3. Kihap (yelling) is not made or kihap at wrong moment.
4. Temporary stop during movements (forgetting the next movement for three seconds or longer)
5. Eyesight does not follow the side to which actions are made.
6. When the raised foot touches the ground in performing Hakdari-Seogi.
7. Starting and ending position varies by more than one foot allowance. (kumgang, jitae exception)
8. Jitzikgi movement without enough power and sound.
9. When the contestant makes loud breathing noises.
10. When the contestant restarts his or her performance.

Presentation

Basic score 6.0

Explanation #3 Presentation

Deduction of point in presentation shall not be made for every small or serious mistake during the performance.

Deduction of point in presentation shall be made for the overall performance of Poomsae

1. 2.0 Points for speed and power
2. 2.0 Points for control of power, speed and rhythm
3. 2.0 Points for expression of energy

Explanation #4

Speed and power (score 2.0):

Ability to perform Poomsae shall be evaluated on whether the movements are performed in accordance with the characteristics of the pertinent movement, for example, whether attacking techniques like Jireugi, Chagi, etc. are best performed, whether the movement is presented with a soft start and with a perfect balance between speed and power utilizing the body weight at the maximum, and whether a special movement is performed slowly intentionally, etc.

Example 1: Deduction of point shall be made if too much strength is revealed in the beginning of the movements as it slows down the movement's at the most important point of the movements.

Example 2: Deduction of point shall be made if one exaggerates a movement to propel the next movement or utilizes the reaction of the body to express power.

Explanation #5

Control of power, speed and rhythm (score 2.0)

Control of power means the strongest power shown at the most critical moment of the movement through speed and softness. - Control of speed means an appropriate connection between actions and changes of speed - Rhythm means repeated actions according to set rules and length of note, and flow of power.

Example #1: Too much power makes the movement look stiff from the start. Points shall be deducted if the speed, power and rhythm are presented with no changes from the start to the end of the lines of movements.

Example #2: Points shall be deducted in case of stiff actions coming from stiff body: A strong start makes it difficult to accelerate, thus slowing down the action at the critical point of movements

Explanation #6

Expression of energy (score 2.0)

Whether actions are presented with quality and dignity that come from mastering of the energy: size of body action, concentration, courage, sharpness, confidence, etc. according to the characteristics of actions of Poomsae

Eyesight, kihap (yelling), attitude, costume, confidence, etc. all through the actions of Poomsae based on the performer's physique and characteristics shall be evaluated.

Example #1: Points shall be deducted if actions are not vivid, connecting actions are not big enough for the performer's physique, performance is made in the same rhythm all the time without quality and dignity, and eyesight, kihap, confidence, etc. are not expressed perfectly.

3. Free-style Poomsae

1. Technical Skills

3. Level of difficulty of foot techniques: Points may be added from 0 up to 5.0 in total in five evaluation areas.
1. **Height of jump:** Points may be added based on the height of jump at the same position and assisted jump.
2. **Number of kicks in a jump:** Points shall be added based on the number of kicks in a jump.
3. Gradient of spins in a spin kick: Points may be added based on the no. of turn (more than 180 degrees, more than 360 degrees, more than 540 degrees and more than 720 degrees, for example)
4. **Performance level of consecutive kicks:** Points may be added based on the performance level of consecutive kicks. The number of consecutive kicks shall be limited to five (5).
5. **Acrobatic actions:** Points may be added based on the technical difficulty of all acrobatic actions performed in gymnastics, etc.
6. **Basic & Practicability movements:** points may be added from 0 up to 1.0 for accuracy in basic movements of taekwondo and designated technical movements of taekwondo. Whether practicability of Poomsae and connection between attacks and defenses (and/or VICE VERSA) are in perfect harmony shall be evaluated in general performances of the free-style Poomsae.

4. Presentation

Presentation Points may be added from 0 up to 4.0 based on the general performance of the free-style Poomsae.

1. **Creativeness:** Points may be added based on the creativeness of actions and components of Poomsae.

2. **Harmony:** Points may be added based on the harmony between different components in general Poomsae (music, choreography, and attire for example). Harmony between performers (unity, for example) shall be also evaluated in case of team and pair contest.
3. **Expression of energy:** Points may be added in accordance with the evaluation standard in expression of energy in recognized Poomsae.
4. **Music and choreography:** Points may be added on how the music and the choreography go well with each other in general performance of Poomsae.

5. Deduction of points

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

0.3 points shall be deducted from the final score in case the athlete crosses the border during performance.

6. Score calculation

Accuracy (for recognized Poomsae) or technical skills (for free-style Poomsae) shall be scored separately from presentation.

Final score shall be the average point of the total points summed up except the highest and lowest points in respective points for accuracy (for recognized Poomsae) or technical skills (for free-style Poomsae) and presentation.

All penalties accumulated during the competition shall be taken into account and deducted from the final score.

17. Publication of scoring

The final score shall be announced immediately after collating the judges' total scores.

1. In case of using electronic scoring instruments

Judges shall input points in the electronic scoring instruments after the performance of Poomsae, and total points shall be automatically displayed on the monitors.

The final score (average point) and the individual scores shall be displayed on the monitor following the automatic deletion of the highest and lowest scores among the judges

2. In case of manual scoring

The coordinator shall collect each scoring sheet and convey the results to the recorder immediately after completion of the Poomsae.

The recorder shall report the final score to the Referee, following the deletion of the highest and lowest scores, and announce the final score or have the final score displayed.

18. Decision and Declaration of Winner

1. The winner shall be the contestant who is awarded more points in total.
2. In case of a tied score, the winner shall be the contestant who has more points in presentation (for Recognized Poomsae) or in technical skills (for Free Style Poomsae). In case the score are still tied, then the one who has higher total points (total points of all judges, including highest and lowest points) is the winner. If it's still tied then a rematch shall be conducted to determine the winner. The referee will decide on the Poomsae to be assessed.
3. The rematch will feature one compulsory Poomsae. The previous score will not affect the score from the rematch.
4. In case of a tied score after the rematch, the winner shall be the contestant who is awarded more points in total, including the highest and lowest scores that were not included in collection of scores.

5. Decisions

Win by score

Win by Referee Stop the Contest (RSC)

Win by withdrawal of opponent

Win by disqualification of opponent

Win by opponent's penalties

Explanation #1: **Win by score:**

The winner is determined by having the higher total points.

Explanation #2: **Referee's stopping of the Contest:**

In the event that the referee or commission doctor determines that a contestant is unable to continue, even after (1) a minute of recovery period, (2) or a contestant disregards the referee's command to continue, the referee shall declare the contest stopped and the opposing contestant shall be declared the winner.

Explanation #3: **Win by withdrawal of opponent:**

The winner is determined by the withdrawal of the opponent

1. When a contestant withdraws from the match due to injury or other reasons
2. When a coach throws a towel into the court to signify forfeiture of the match

Explanation #4: **Win by disqualification of opponent:**

Should a contestant lose his or her contestant status before the competition begins, the opposing contestant shall be declared the winner.

Explanation #5: **Win by opponent's penalties:**

In the event that a contestant accumulates two "Gam-jeom" (deduction of points by penalties), as prescribed in Article 12.3, the opponent shall be declared the winner.

19. Procedures of suspending the contest

When a contest is to be stopped during the competition, the referee shall take the measures prescribed in this Article.

1. At the time of suspending the match, the referee shall order the recorders to suspend timekeeping. At this time, the competition coordinator is to examine the reason(s) for the stoppage of the competition.
2. In the case whereby a contest is stopped due to problems related to a contestant, and should a contestant not demonstrate the will to continue the contest within 90 seconds, the referee shall declare the opposing contestant as the winner. In the case whereby the stoppage of a contest is not related to the contestants, the problem shall be resolved quickly and another chance of performance shall be given to pertinent contestants.
3. All the other problems that may arise shall be resolved through the meeting of the judges of the pertinent competition, Poomsae Committee chairperson, and the Competition Supervisory Board members.

20. Refereeing Officials

1. Qualifications

Judges: Holder of an International Poomsae Referee Certificate registered by the WTF.

Referee: Holder of 1st class International Poomsae Referee Certificate registered by the WTF

2. Duties

1. Referee

1. The Referee shall document all valid points.
2. The referee shall declare the winner and issue “Gam-jeom” (deduction of points by penalties).
The referee shall declare only after the judges’ decision has been confirmed.
3. The referee is permitted to summon the judges during the competition, if the need arises.

2. Judges

1. The judges shall document all valid points.
2. The judges shall state their opinions forthrightly when requested to do so by the referee.

3. Classification of refereeing officials

Based on promotion article of the regulations on the administration of the international poomsae referees and Dan grade of World Taekwondo Federation or Kukkiwon, refereeing officials shall be classified into the following categories.

Class 1: (1) Holder of 9th or 8th Dan issued by either the WTF or Kukkiwon or (2) holder of the Class 2 more than 5 years with at least 8 times refereeing experiences in WTF-recognized international championships

Class 2: (1) Holder of 7th or 6th Dan issued by either the WTF or Kukkiwon or (2) holder of the Class 3 more than 3 years with at least 5 times refereeing experiences in the WTF-recognized international championships

Class 3: (1) Holder of 5th or 4th Dan issued by either the WTF or Kukkiwon and (2) the one who successfully passed the WTF Poomsae Referee Seminar
Uniform of the refereeing officials

4. Refereeing officials shall wear uniforms designated by the WTF.

Refereeing officials shall not carry or take any materials to the arena that might interfere with the contest.

Interpretation

The Chairman of the Competition Supervisory Board may request that the Technical Delegate replace refereeing officials in the event that refereeing officials have been improperly assigned, or when it is judged by the Competition Supervisory Board that any of the assigned refereeing officials have unfairly conducted the contest or made unreasonable mistakes.

21. Recorder

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

22. Formation and assignment of refereeing officials

1. Composition of refereeing officials shall be as follows.
2. Seven -judge system: 1 Referee, 6 Judges
3. Five -judge system: 1 Referee, 4 Judges

1. Assignment of refereeing officials

1. The assignment of the referees and judges shall be made after the contest schedule is fixed.
2. Referees and judges with the same nationality as that of either contestant shall not be assigned to such a contest. However, an exception shall be made for the judges when the number of refereeing officials is insufficient, as the case may be

23. Para-Taekwondo Poomsae

This article outlines the modifications to the WTF Poomsae Competition Rules used for Para-Taekwondo Poomsae. For matters not covered by Article 23 the WTF Poomsae Competition Rules shall apply.

1. Qualification of contestant

1. Holder of Taekwondo 3-1 Gup recognized by WTF MNA or Dan/Poom recognized by WTF or Kukkiwon
2. Contestants at the age of at least 16 years old in the year of the pertinent tournament is held
3. Contestant must have gone through classification as outlined in the WTF Para-Taekwondo Classification Rules and Regulations and have been assigned Sport Class and Sport Class Status

2. Classes: The following classes can compete in Para-Taekwondo Poomsae;

1. Visually Impaired (P11, P12, P13)
2. Intellectually Disabled (P20)
3. Physical Impairments (P31, P32, P33, P34)
4. W/C Classes (P50-)
5. Short Stature (P71, P72M)

3. Divisions

Recognized Poomsae competitions in Para-Taekwondo will be available in the following age divisions for each class:

<u>Class</u>	<u>Male</u>		<u>Female</u>	
<u>P11</u>	<u>Under 30</u>	<u>Over 30</u>	<u>Under 30</u>	<u>Over 30</u>
<u>P12</u>	<u>Under 30</u>	<u>Over 30</u>	<u>Under 30</u>	<u>Over 30</u>
<u>P13</u>	<u>Under 30</u>	<u>Over 30</u>	<u>Under 30</u>	<u>Over 30</u>
<u>P20</u>	<u>Under 30</u>	<u>Over 30</u>	<u>Under 30</u>	<u>Over 30</u>
<u>P31</u>	<u>Under 30</u>	<u>Over 30</u>	<u>Under 30</u>	<u>Over 30</u>
<u>P32</u>	<u>Under 30</u>	<u>Over 30</u>	<u>Under 30</u>	<u>Over 30</u>
<u>P33</u>	<u>Under 30</u>	<u>Over 30</u>	<u>Under 30</u>	<u>Over 30</u>
<u>P34</u>	<u>Under 30</u>	<u>Over 30</u>	<u>Under 30</u>	<u>Over 30</u>
<u>P50-</u>	<u>Under 30</u>	<u>Over 30</u>	<u>Under 30</u>	<u>Over 30</u>
<u>P71</u>	<u>Under 30</u>	<u>Over 30</u>	<u>Under 30</u>	<u>Over 30</u>
<u>P72</u>	<u>Under 30</u>	<u>Over 30</u>	<u>Under 30</u>	<u>Over 30</u>

*Age divisions may be combined if the division has fewer than 4 competitors.

4. Sport class changes after first appearance

1. Change to higher sport class

If an athlete's sports class changes to a higher sport class after the first appearance event, then it appears that the athlete's activity limitation was less severe than that of his/her competitors. This is an unfair advantage and the athlete's results in the initial sport class shall not be recognized. This includes change to sport class Not Eligible (NE)

2. Change to lower sport class

If an athlete's sport class change to a lower sport class after the first appearance event, then the athlete's activity limitation appears more severe than that of his/her competitors. In this situation the athlete's competitors had an advantage in the event. As the athlete has been disadvantaged results and medals earned will be still be recognized and awarded.

3. Classes and scoring

The following starting points shall apply for the different classes:

Class	Technical	Presentation	Total
P11			
P12			
P13			
P20	8.0	12.0	20.0
P31			
P32			
P33			
P34			
P50-			
P71			
P72			

5. Duration of Contest

Recognized Poomsae: Individual from 30 seconds to 120 seconds

6. The Compulsory Poomsae for each division will be drawn randomly from a list prepared by the T/D based on the advice of the Head of Classification.

24. Deaf-Taekwondo Poomsae

This article outlines the modifications to the WTF Poomsae Competition Rules used for Deaf-Taekwondo Poomsae. For matters not covered by Article 24 the WTF Poomsae Competition Rules shall apply.

1. Qualification of contestant

1. Contestants at the age of at least 16 years old in the year of the pertinent tournament is held
2. Contestant must have gone through classification as outlined in the WTF Deaf-Taekwondo Classification Rules and Regulations and have been assigned Sport Class and Sport Class Status.
3. Class
Deaf-Taekwondo athletes are classified as P60
4. Divisions
 1. Male Individual
 2. Female Individual
 3. Pair
 4. Male Team
 5. Female Team

25. Other matters not specified in the Rules

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

1. Matters related to the competition shall be decided through a consensus of the competition supervisory board members and technical delegate.
2. Matters not related to the competition shall be decided by the Poomsae committee.
3. The Organizing Committee shall prepare a video recorder at each court for recording and preservation of the competition.

26. Arbitration

1. Composition of the Competition Supervisory Board
 1. Member qualifications: Competition supervisors of the WTF or persons with sufficient taekwondo experience holding at least a 6th WTF or Kukkiwon Dan recommended by the WTF President, Secretary General. One Technical Delegate shall be the ex-officio member.
 2. Composition: One Chairman and no more than Seven members plus the Technical Delegate
 3. Procedure of Appointment: The Chairman and members of the Competition Supervisory Board shall be appointed by the WTF President on the recommendation of the WTF Secretary General
 2. Responsibility: The Competition Supervisory Board shall make corrections of misjudgements according to their decision regarding protests and take disciplinary action against the officials who committed the misjudgement or other illegal behaviour, the results of which shall be notified to the WTF Secretary General. The Competition Supervisory Board shall also be entitled the on-spot Sanction Committee concurrently at the competition for the matters in relation to competition management.

3. Procedure of Protest

1. In case there is an objection to a referee judgment, an official delegate of the team shall submit a WTF developed protest sheet, along with the protest fee of US\$200, to the Competition Supervisory Board within 10 minutes after the end of pertinent contest, so as to ensure that a decision on the result may be announced after 30 minutes.
2. Deliberation of a protest by the Competition Supervisory Board shall be carried out; excluding those members with the same nationalities as the contestants concerned. A majority is required for resolution of the deliberation.
3. In order to ascertain the facts, the members of the Competition Supervisory Board may summon the refereeing officials of the contest concerned and question them.
4. The resolution made by the Competition Supervisory Board shall be final and no further means of appeal is possible.

Interpretation

The Competition Supervisory Board shall be composed of at least five eligible members and the number of members must be an odd number if it exceeds five.

Explanation #1

Members with the same nationalities: Any member of the On-site Sanction Committee that has the same nationality as either the contestant or coach involved shall be excluded from the deliberation. In all cases, the number of committee members shall be an odd number. If the Chairman is the one who is ineligible, a temporary Chairman must be elected by the remaining members.

Explanation #2

Replacement of refereeing officials: The Chairman of the Competition Supervisory Board may recommend the Technical Delegate to replace refereeing officials. In this regard, the Technical Delegate may instruct the Referee Chairman to replace the refereeing officials concerned.

Explanation #3

Deliberation procedures: Procedures for deliberation to make a resolution are as follows:

1. After reviewing the reasons for a protest, the Competition Supervisory Board shall first decide whether the protest is "Acceptable" or "Unacceptable" for deliberation.
2. If necessary, the Board can hear opinions from the referee or judges; who to be summoned shall be decided by the Board.
3. The Board shall review the written records on decision of visual recorded data of the competition, etc., if deemed necessary.
4. After deliberation, the Board shall hold a secret ballot to determine a majority decision.
5. The Chairman of the Board shall make a report documenting the outcome of the deliberation and shall make this outcome publicly known.
6. Necessary actions shall be taken according to the decision by the Board.

1 Errors in determining the match results: mistakes in calculation of the match score or misidentifying a contestant shall result in the decision being reversed.

27. Sanctions and Appeal

1. The WTF President or Secretary General or the Technical Delegate may request that the on-spot Extraordinary Sanctions Committee should be convened for deliberation when any of the following behaviours is committed by a coach, a contestant, an official, and/or any member of the pertinent member national association.

1. Interfering with the competition management
2. Agitating the spectators or spreading false rumour

The Extraordinary Sanctions Committee may summon the person concerned for confirmation of events.

When judged reasonable, the Extraordinary Sanctions Committee shall deliberate the matter and take disciplinary action with immediate effect. The result of deliberation shall be announced to the public and reported in writing with relevant facts and rationale to the WTF President and/or Secretary General afterwards.

Decision on disciplinary actions may vary dependent upon the degree of the violation. The following penalties may be awarded to athletes, any of team officials, MNA officials and MNA

1. Warning
2. Disqualification from the tournament

Decision of disqualification from the tournament will automatically result in ineligibility for the next WTF promoted championships.

Extraordinary Sanctions Committee may recommend to the WTF additional disciplinary actions including monetary fine, long term suspension and suspension of the pertinent MNA.

Appeal to the disciplinary action taken by Extraordinary Sanctions Committee may be made in writing to President or Secretary General or Technical Delegate in writing within 24 hours after the announcement of sanction.

If an appeal is received, the President or Secretary General (in the absence of President) shall form a Review Panel to review the degree of sanction and respond to the appeal. The Review Panel shall respond to the appeal within 12 hours from the time of receipt of the appeal. The decision of Review Panel is final and no further appeal shall be accepted within the WTF.

Review Panel shall be appointed by the President or Secretary General (in the absence of President) among WTF Council members or President of WTF Member National Associations.

Interpretation

“Interfering with the competition management” refers to the behaviours including but not limited to aggressive or inappropriate behaviour toward any technical officials, not leaving the contest area after the contest, throwing any materials and/or equipment, etc.

Explanation#2

Extraordinary Sanctions Committee: Deliberation procedures of a sanction shall correspond to that of Arbitration, and the details of a sanction will comply with the Regulations on Sanctions.

28. Effectuation

Article 23.4 shall come into effect as of January 1, 2015

29. Basic Taekwondo Stances

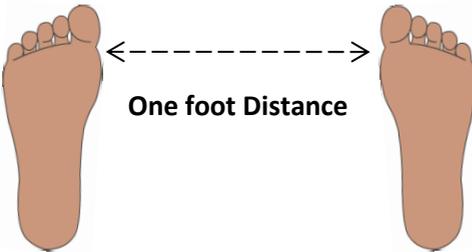
Charyot/ Moe Seogi



Attention Stance

Both feet touching, weight should spread equally between the feet.

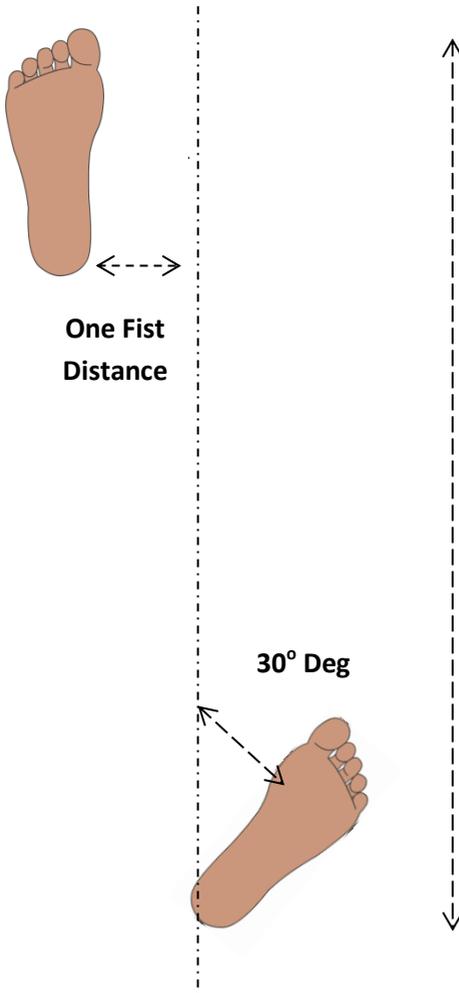
Narani Seogi



Parallel Stance

Feet should be parallel, One foot Distance between the feet. Weight spread equally

Ap Koobi Seogi



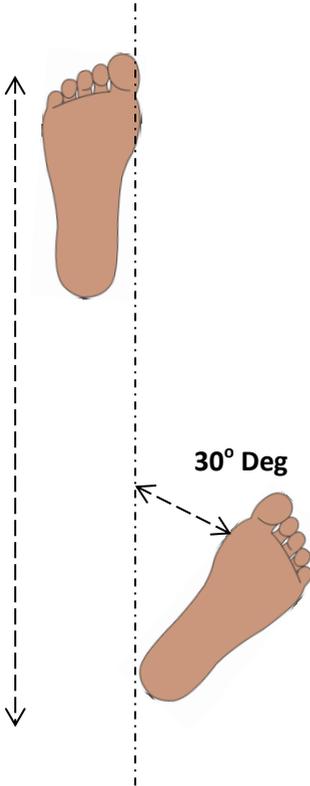
Long Stance

One foot distance between the feet, front foot steps forward four and half feet, front Knee is bent until you can just see the toes and the shin runs vertical between the angel and knee. Rear foot turns out at a 30° degree angle, rear leg should be straight. Balance should be divided equally between feet, weight should be forward by 70%
During a blocking technique the angle of the body should be at 30°degrees.

Four and half Feet length distance

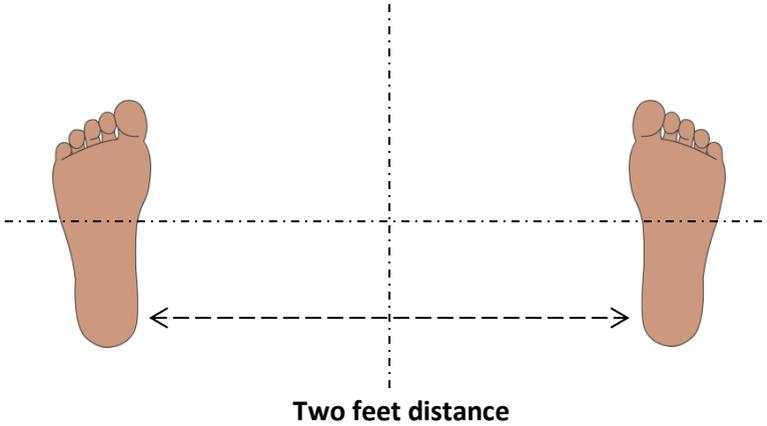
Ap Seogi

Three feet distance



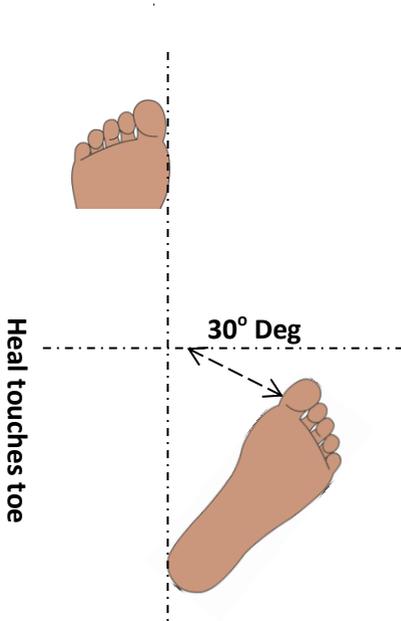
Walking Stance

Front foot steps forward three feet length, Rear foot turns out at a 30° degree angle, and both legs should be straight. Balance and weight should be divided equally between the feet. During a blocking technique the angle of the body should be at 30°degrees



Step out the left leg by two feet distance, keep the feet parallel and bend the legs to 120° degrees. The weight and balance should be spread equally.

Beom Seogi



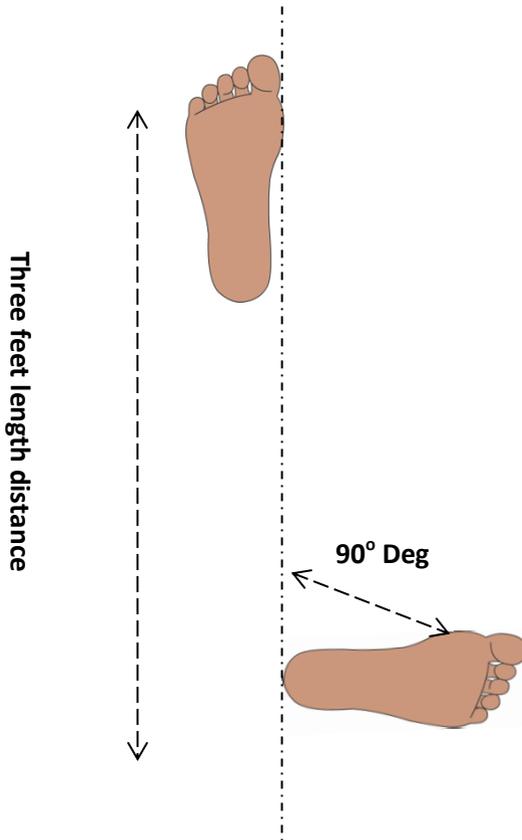
Tiger Stance

Front foot steps forward, heel to toe. Rise onto the ball of the forward foot, the rear foot turns out at a 30° degree angle Both legs should bend and the balance and weight should be at 90% on the rear leg and 10% on the forward leg.

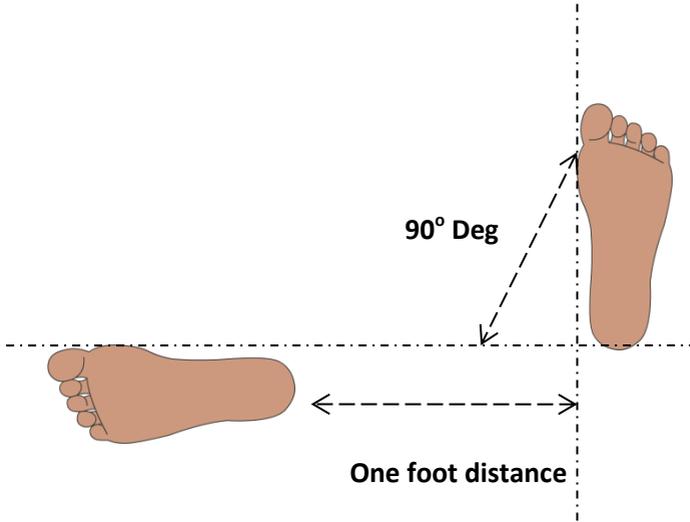
During a blocking technique the angle of the body should be at 30°degrees

Dwi Koobi Seogi

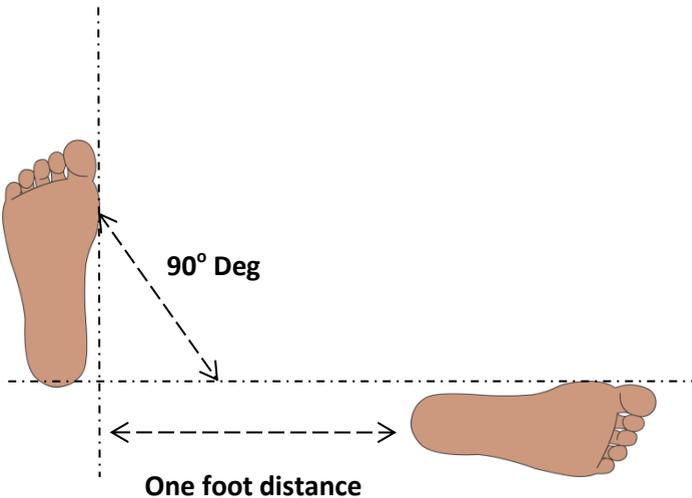
Back Stance



Front foot steps forward one three feet, Rear foot turns out at a 90° degree angle, and both legs should be at 120° degrees. Balance and weight should be 70% on the rear leg and 30% on the forward leg. During a blocking technique the angle of the body should be at 30° degrees

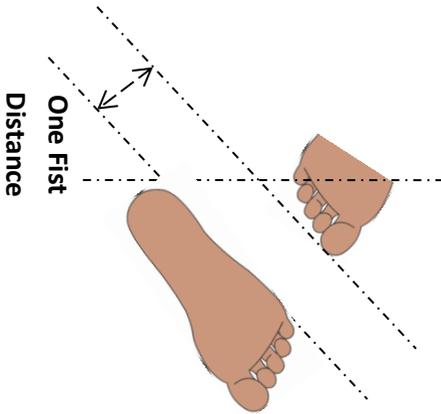


Left foot steps out two feet distance, out at a 90 degree angle, and both legs should be straight. Balance and weight should be divided equally between feet. During a blocking technique the angle of the body should be at 30 degrees.

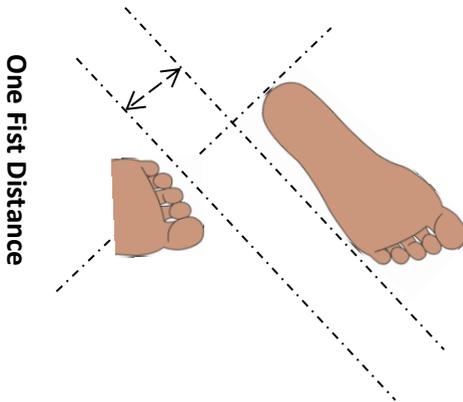


Right foot steps out two feet distance, to the right 90 degree angle, and both legs should be straight. Balance and weight should be divided equally between feet. During a blocking technique the angle of the body should be at 30 degrees.

Ap Koa Seogi



Dwi Koa Seogi



Forward X Stance

Front foot supported on the ball of the foot.

Back leg around 30 deg.

Shin of back leg touching the calf of the front leg.

Distance between feet is one fist distance

Tiger Stance

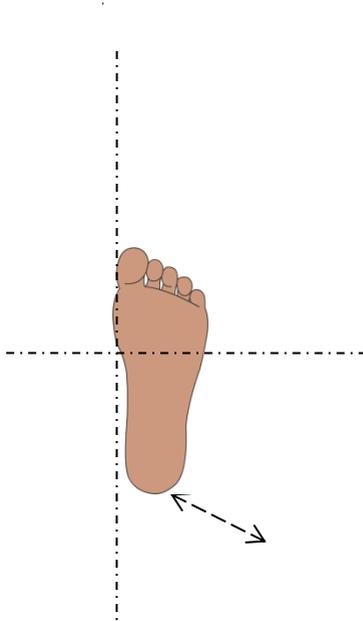
Front foot 45 deg.

Back leg supported by the of the foot.

Shin of back leg touching calf of the front leg.

Distance between feet is one fist apart.

Hakdari Seogi



Crane Stance

Standing on one leg with supported foot facing straight forward.

Knee of standing leg is bent.

Other leg is bent and raised with arc of the foot touching the side of the standing knee.

Raised foot should be facing forward.

30. Poomsae Knowledge

What is poomsae?

Poomsae is the Korean equivalent of Kata in Japanese karate.

Poomsae (pattern) is a series of fundamental movements, mainly defence and attack, set in a logical sequence to deal with one or more imaginary opponents. Patterns are an indication of a student's progress. A barometer in evaluating an individual's technique

Why do we perform Poomsae?

Poomsae are practised to improve Taekwondo techniques. When practising students develop flexibility of movement, mater body shifting, improves sparring techniques, balance and breathe control. Poomsae enable students to acquire techniques, which can not be obtained from other forms of training.

Within the Taekwondo Training syllabus there are basic, Taeguk and Dan Grade Poomsae. Each Grade has a new one to learn, practice and master before moving to the next level.

When Performing Poomsae the following points should be considered during its Presentation Skill

Accuracy of range/ volume of movements

Balance

Speed and power

Expression

Strength/speed/rhythm

Expression of energy, KI

A completion of Poomsae can be achieved through hard training following the 5 steps:

Pattern

The first step of training Poomsae is to learn the pattern. Concentration of spirit, eyes, and angles of movements must be emphasized in addition to the accuracy of actions.

Significance

In the next step, the emphasis must be laid on the balance, strength and weakness, low or high speed, respiration and Poomsae line. The significance of movements, connection of Poomsae and the complete Poomsae must be learned correctly.

Practical Use

One must adapt what he has learned to his practical use, finding out the practicability.

TaeGuk Poomsae

Meaning of Taeguk

Taeguk is the origin of all things in the universe.

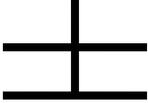
Tae - means Enormity or Vastness

Guk - means Eternity

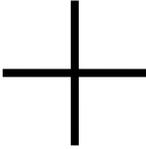
"Taeguk represents the most profound oriental philosophy from which oriental philosophical views on the world, cosmos and life are derived. Taeguk has no form, no beginning, and no ending yet everything comes from Taeguk. Taeguk is something that contains the essence of everything."

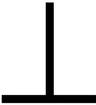


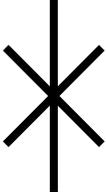
No.	Name	No. of Movements	Pattern Represents	Korean Symbol	Poomsae Line
1	TaeGuk II Jang	18	Heaven & Light	Keon	
2	TaeGuk Ee Jang	18	Joyfulness	Tae	
3	TaeGuk Sam Jang	20	Fire & Sun	Ri	
4	TaeGuk Sah Jang	20	Thunder	Jin	
5	TaeGuk Oh Jang	20	Wind	Seon	
6	TaeGuk Yuk Jang	19	Water	Gam	
7	TaeGuk Chil Jang	25	Mountain	Gan	
8	TaeGuk Pal Jang	27	Earth	Gon	

Poomsae	Symbol / Chinese characters	Poomsae Line
<p>Koryo (30 movements)</p> <p>Koryo poomsae symbolises "<i>Seonbae</i>" which means "<i>Learned man</i>" characterised by a strong martial sprit. Koryo is the name of an ancient Korean Dynasty (AD 918to 1392). The English word Korea is derived from Koryo. Koryos legacy to the Korean people is very significant as they successfully defeated and thus defended Korea against the attacking aggression of the Mongolian Empire, who was sweeping the known world at the time. Consequently every movement of the pattern should demonstrate the conviction shown by the Korea people in their struggle with the Mongolians</p>	<p>Learned man.</p>	
<p>Keumgang (27 movements <i>Diamond</i>)</p> <p>The word Keumgang means that which is too strong to be broken. The pattern is named after nature's strongest substance, diamond. Korea's most beautiful mountain is also called Keumgang and it is regarded as the centre of national sprit. The sprit of the mightiest warrior "<i>Keumgang Yoksa</i>", named by Buddha, should be shown when performing Poomsae Keumgang.</p>	<p>Mountain (Mt. Diamond)</p>	
<p>Taebeak (26 movements <i>Mountain</i>)</p> <p>The mythological story about the founding of Korea says that about 4,300 years ago the legendary Tangun founded the nation in Taebeak. Teabeak means "<i>Bright Mountain</i>". The line of the Poomsae is a Chinese character symbolising the bridge between Heaven and Earth, a nation founded by the order of heaven</p>	<p>Meaning Artisan. symbolising the bridge between Heaven and Earth, a nation founded by the order of heaven</p>	

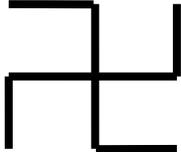
<p>Pyongwon (21 movements Plain)</p> <p>The word Pyongwon means plain. A plain is the source of life for all creatures. The Poomsae Pyongwon is based on the idea of peace and struggle resulting from the principles of origin and use. The line of the pattern represents the origin and transformation of the plain.</p>	<p>Meaning One.</p>	
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<p>Sipjin (28 movements Decimal)</p> <p>The name Sipjin is derived from the number ten and longevity. It advocates there are 10 creatures of long life, namely, sun, moon, mountain, water, stone, pine tree, herb of eternal youth, tortoise, deer and crane. The line of the poomsae is the Chinese symbol meaning 10, signifying the infinite numbering of the decimal system and ceaseless development. Stability is sought in every movement of this poomsae.</p>	<p>Meaning Ten.</p>	
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<p>Jitae (28 movements)</p> <p>The word "Jitae" means a man standing on the ground with two feet, looking over the sky. A man on the earth represents the way of struggling for human life, such as kicking, trading and jumping on the ground. Therefore, the poomsae symbolizes various aspects occurring in the course of human being's struggle for existence. The new techniques introduced in this poomsae are han-son-nal-olgul-makki, keumkang-momtong-jireugi, and me-jumeok-yop-pyojeok-chigi only, and the poomsae line signified a man standing on earth to spring up toward the heaven.</p>	<p>Korean vowel, sounding "oh" poomsae line signified a man standing on earth to spring up toward the heaven.</p>	
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<p>Chonkwon (<i>26 movements the Heaven's Great Mighty</i>)</p> <p>The word "<i>Chonkwon</i>" means the Heaven's Great Mighty, which is the origin of all the creature and itself the cosmos. Its infinite competence signifies the creation, change and completion. Human beings have used the name of Heaven for all principal earthly shapes and meanings because they felt afraid of the Heaven's mighty. Over 4,000 years ago, the founder of the Korean people, "<i>Hwanin</i>" meant the heavenly King. He settled down in the "<i>heavenly</i>" town as the capital near the heavenly sea and heavenly mountain, where the Han people as the heavenly race gave birth to the proper through and action from which Taekwondo was originated. The poomsae Chonkwon is based on such sublime history and thoughts.</p> <p>The new techniques introduced in this poomsae are nalgae-pyogi (wing opening), bam-jumeok-sosum-chigi (knuckle protruding fist springing chigi), hwidullo-makki (swinging makki), hwidullo-jabidangki (swinging and drawing), keumgang-yop-jireugi, taesan-milgi, etc., and a crouched walking manner.</p> <p>The characteristics of movements are large actions and arm sections forming gentle curves, thus symbolizing the greatness of Chonkwon thought. The poomsae line "T" symbolizes a man coming down from the heaven, submitting to the will of Heaven, being endowed power by the Heaven and worshipping the Heaven, which means the oneness between the Heaven and a human being.</p>	<p>Korean vowel, sounding "wu"</p> <p>The oneness between the Heaven and a human being.</p>	
<p>Hansu (<i>27 movements Water</i>)</p> <p>The word "<i>Hansu</i>" means water is the source of substance preserving the life and growing all the creatures. Hansu symbolizes birth of a life and growth, strength & weakness, magnanimity & harmony, and adaptability. Especially, "<i>han</i>" has the various meanings, namely, the name of a country, numerousness, largeness, evenness, length and even the heaven and the root of evening, among</p>	<p>Meaning Water.</p>	

<p>others. Above all, the above significances, is the background of organizing this poomsae.</p> <p>The new techniques introduced in this poomsae are son-nal-deung-momtong-hecho-makki, me-jumeok-yang-yopkuri (both flanks)-chigi, kodureo-khaljaebi, an-palmok-arae-pyojeok-makki, son-nal-keumgang-makki, etc., and also modum-bal as a stance.</p> <p>Actions should be practiced softly like water but continuously like a drop of water gathering to make an ocean. The poomsae line symbolizes the Chinese letter that means water.</p>		
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<p>Meaning of Ilyeo (<i>23 movements Oneness</i>)</p> <p>Ilyeo means the thought of a great Buddhist priest of Silla Dynasty, Saint Wonhyo, which is characterized by the philosophy of oneness of mind [spirit] and body [material]. It teaches that a point, a line or a circle ends up all in one. Therefore, the poomsae Ilyeo represents the harmonization of spirit and body, which is the essence of martial art, after a long training of various types of techniques and spiritual cultivation for completion of Taekwondo practice.</p> <p>The new techniques introduced in this poomsae are son-nal-olgul-makki, wesanteul-yop-chagi, du-son-pyo (two opened hands)-bitureo-jabadangkigi (twisting and pulling), twio-yop-chagi and the first stance of ogeum (knee back)-hakdari-seogi. Jumbi-seogi is the bo-jumeok-moa-seogi (wrapped-up fist moa-seogi), in which, as the last step of poomsae training, two wrapped-up fists are placed in front of the chin, which has the significance of unification and moderation, so that the spiritual energy can flow freely into the body as well as the two hands. The line of poomsae symbolizes the Buddhist mark (swastika), in commemoration of saint Wonhyo, which means a state of perfect selflessness in Buddhism where origin, substance and service come into congruity.</p>	<p>Symbolizes the Buddhist mark Reversed Swastika sign, which means a state of perfect selflessness in Buddhism.</p>	
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31. Coordinators Terminology



Coordinators Terminology and Hand Signals



Verbal Commands		Hand Signals	Explanation
1	Chool-jeon	Left Hand	Call the contestant to enter the court
2	Cha-ryeot	Left Hand	Attention
3	Kyeong-rye	Left Hand	Bow
4	Joon-bi	Right hand	Ready
5	Shi-jak	Right hand	Start
	End of Poomsae 1		
6	Ba-ro	Right hand	Return to ready position
7	Shi yo.		Take a rest
8		Right hand	Declaration of Scores (Manal system only)
9	Chool-jeon	Left Hand	Call of contestant to enter the court
10	Cha-ryeot	Left Hand	Attention
11	Joon-bi	Right hand	Ready
12	Shi-jak	Right hand	Start
	End of Poomsae 2		
13	Ba-ro	Right hand	Return to ready position
14	Shi yo.		Take a rest
15		Right hand	Declaration of Scores (Manal system only)
16	Cha-ryeot	Left Hand	Attention
17	Kyeong-rye	Left Hand	Bow
18	Pyo-chul	Left Hand	Call the contestant to leave the court

32. Korean Terminology

SEOGI (Stance)

1. Naranhi seogi	Parallel stance
2. Ap seogi	Walking stance
3. Ap kubi	Forward stance
4. Dwitkubi	Back stance
5. Oreun / Wen seogi	Right / left stance
6. Kkoa seogi	Crossed stance
1. Dwikkoa seogi	Back crossed stance
2. Apkkoa seogi	Forward crossed stance
7. Beom seogi	Tger stance
8. Moa seogi	Closed stance
9. Juchum seogi	Riding stance
10. Hakdari seogi	Crane stance
11. Kyotdari seogi	Assisting stance
12. Ogeum seogi	Crossed crane stance

MAKKI (BLOCK)

1. Arae makki	Low block
2. Momtong makki	Middle block
3. Momtong anmakki	Middle block
4. Olgul makki	High block
5. Momtong bakkat makki	Outer middle block
6. Sonnal makki	Knife hand middle block
7. Sonnal arae makki	Knife hand low block
8. Hansonnal makki	Single knife hand block
9. Hannsonal olgul bitureo makki	Single knife hand high twist block
10. Hannsonal arae makki	Single knife hand low block
11. Olgul bakkatmakki	High outer block
12. Batangson momtong makki	Palm hand middle block
13. Batangson momtong an makki	Palm hand middle block
14. Batangson momtong keodureo an makki	Supported palm hand middle block
15. Kawi makki	Scissors block
16. Momtong hecho makki	Double outer middle block
17. Anpalmok momtong hecho makki	Double inside forearm middle block
18. Otkoreo arae makki	X low block
19. Kodureo bakkat makki	Supported outer middle block
20. Wesanteul makki	Single mountain block
21. Kodureo arae makki	Supported low block
22. Batangson nullo makki	Palm pressing block
23. Keumgang momtong makk	Diamond middle block

JIREUGI (PUNCHING)

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

CHAGI (KICKING)

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

CHIGI (STRIKE)

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

TZIREUGI (THRUSTING)

- | | |
|--------------------------------|------------------------|
| 1. Pyonsonkeut sewo tzireugi | Erected spear hand |
| 2. Pyonsonkeut upeo tzireug | Spear hand |
| 3. Pyonsonkkeut jecho tzireugi | Turned over spear hand |

33. BASIC MOVEMENT (14)

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