

# World Taekwondo Hanmadang Contest/Competition Regulations & Rules

(Final amended : December 14th, 2018)



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# World Taekwondo Hanmadang

## Contest Regulations & Rules

Enacted on Jun. 01 1992  
Final Amended on Dec. 14 2018

### I. General Provisions

#### Article 1. Purpose

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

#### Article 2. Scope of Application

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

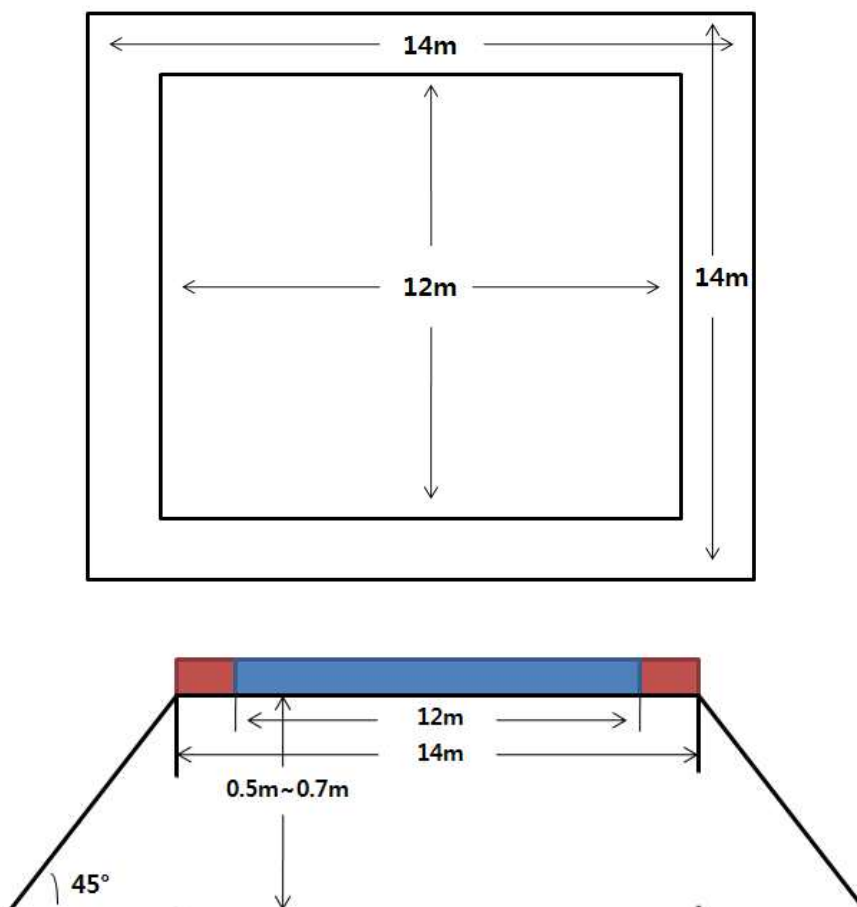
## II. Contest/Competition Regulations

### Chapter 1. Contest/Competition Area

#### Article 3. Contest/Competition Area Size

- ① The Contest Area shall be a flat surface with an area of  $12\text{m} \times 12\text{m}$  without any obstructing projections, and a Safety Area of 1m in each direction from the Boundary Line may be set considering the contestants' safety. The Contest Area and the Safety Area should have different colors, and the Contest Area should be covered with an elastic mat considering the contestants' safety. However, the height of the Contest Area may be raised if necessary. If so, the elevated height may be 0.5m – 0.7m above the floor, and the outer part should be inclined at a gradient of within 45 degrees.

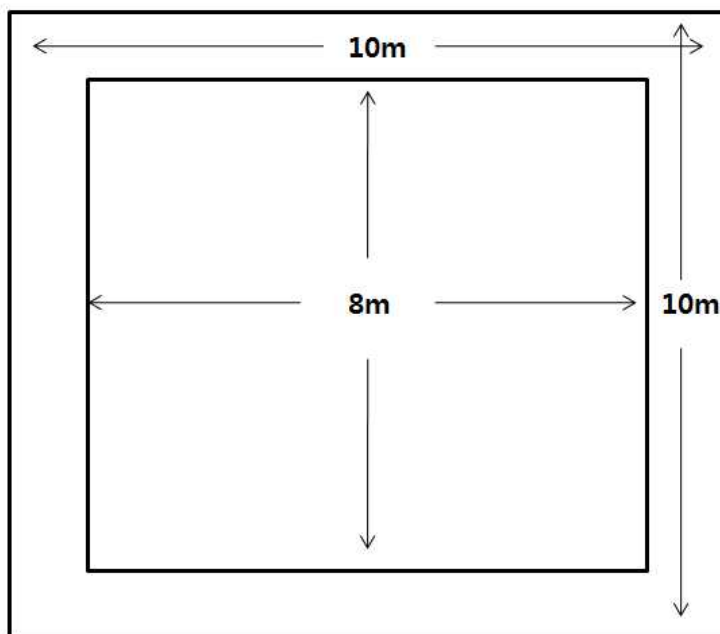
〈Contest Stage〉



- ② The record contest area size of the Record Contest may be changed depending on the situation of the Contest Area.

- ③ The competition area for Kyorugi shall be a square-shaped area. The competition area shall be  $8\text{m} \times 8\text{m}$ . Surrounding the competition area, approximately equidistant by 1 meter from all sides, shall be the safety area, which shall be marked in a color different from the competition area.

〈Team Kyorugi Stage〉



#### Article 4. Contest/Competition Executive Positions

- ① The position of the Hanmadang Operation Headquarters shall be 2m backward from the refereeing officials' desk.
- ② The position of the refereeing officials shall be at the center of the contest area, 3m away from the center of the front boundary line, to enable them to look at the contestants face to face. The chief referee shall be positioned at the first spot farthest to the right when facing the contestants. Refereeing officials shall keep their distance by 1m.
- ③ In principle, the contest staff shall be positioned at the front left corner of the contest area. However, the position may be modified depending on the contest area conditions.
- ④ Positions of Kyorugi referees
1. The chief referee shall be positioned 1.5m backward from the center of the front side of the competition area.
  2. The assistant referees shall be positioned 0.5m away from the boundary line, which is considered proper to mark the competition.

## **Article 5. Equipment Location**

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

## **Article 6. Contestant Position**

- ① The position of the contestants shall be at the center of the contest Area. However, it may be modified depending on the contest(competition) events and the situation of the Contest Area.
- ② In principle, the contestants' waiting position shall be on the right side 3m away from the back boundary line. However, it may be modified depending on the conditions of the contest(competition) area.

## **Article 7. Representative Position**

- ① The team representative shall be positioned 3m away from the right or left corner of the boundary line of the contest area.
- ② The Kyorugi team representative shall be positioned 1m behind the left or right boundary line of the contest area. However, it may be modified depending on the conditions of the contest area.

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

The medical desk shall be installed at a point 1m to the right from the Hanmadang Operation Headquarters desk, and it may be changed depending on the conditions of the contest area.

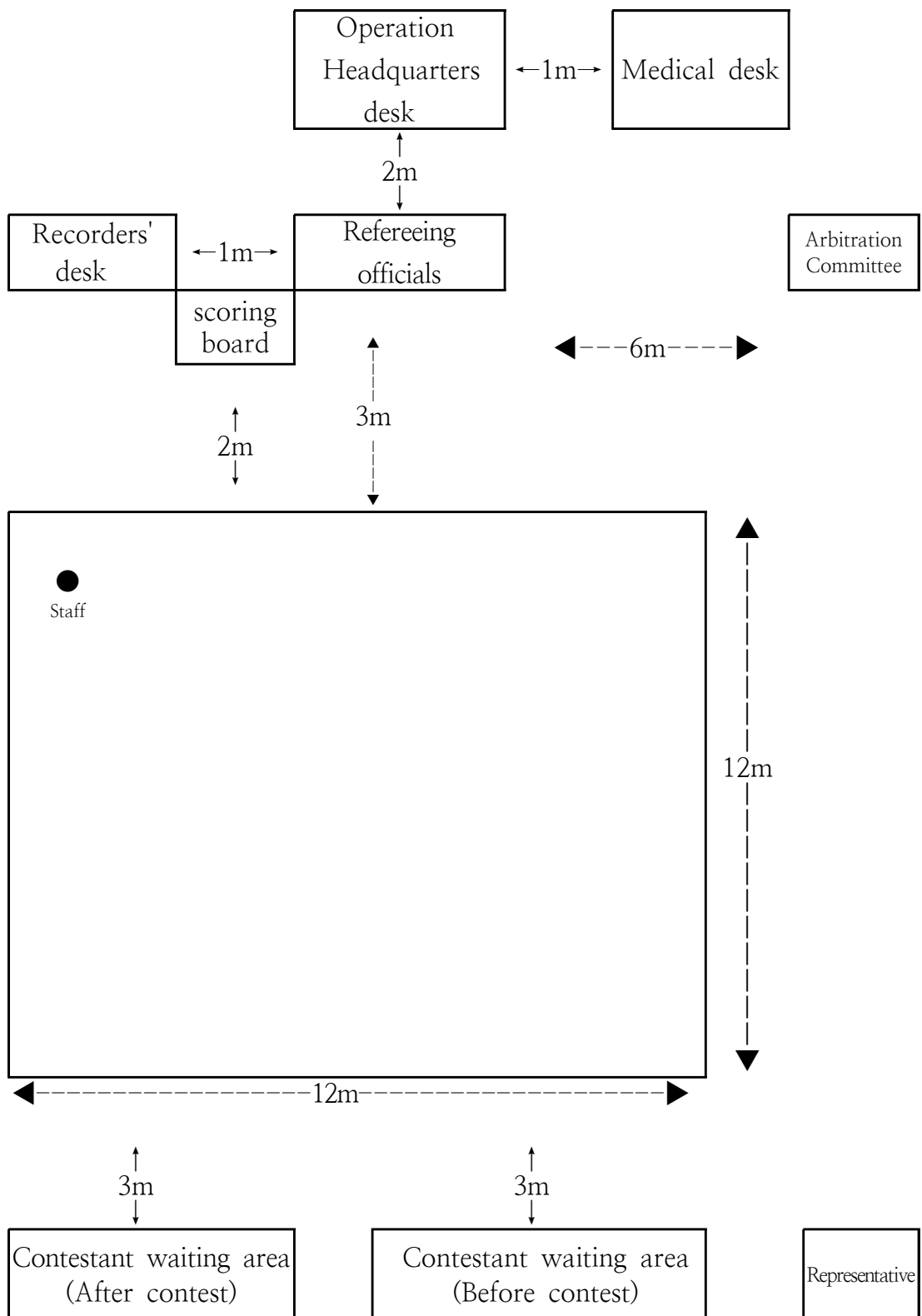
## **Article 9. Arbitration Committee Position**

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

## **Article 10. Other Equipment Location**

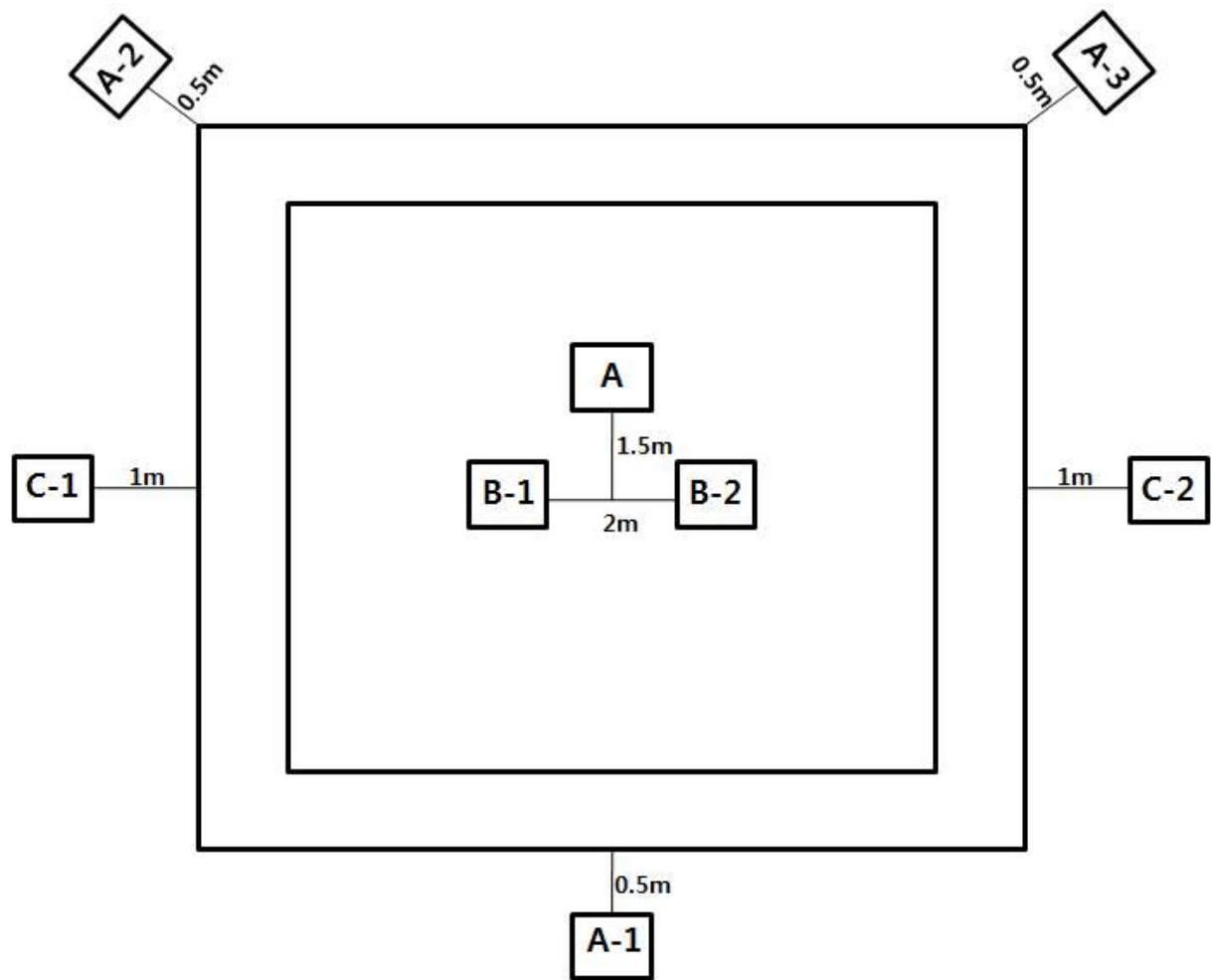
Other equipment locations may be adjusted depending on the situation of the contest/competition area.

## Contest Area





## Kyorugi Square-shaped Competition Area



A : Chief Referee

B-1 : Contestant(Blue)

A-1 : 1st Assistant Referee

B-2 : Contestant(Red)

A-2 : 2nd Assistant Referee

D-1 : Blue Contestant Coach

A-3 : 3rd Assistant Referee

D-2 : Red Contestant Coach

## Chapter 2. Contestant and Representative

### Article 11. Contestant

#### ① Qualifications

1. Nationality or holding a permanent resident of the participating nation
2. Kukkiwon Poom/Dan holder
3. Color Belt holder authorized by director who has an master Certificate issued by the Kukkiwon
4. Eligible participants' age is as follows(age is counted by birth year).
  - A. Under 9(Up to 9 years old)
  - B. Under 12(10 – 12 years old)
  - C. Under 15(13 – 15 years old)
  - D. Under 18(16 – 18 years old)
  - E. Under 29(19 – 29 years old)
  - F. Under 39(30 – 39 years old)
  - G. Under 49(40 – 49 years old)
  - H. Under 59(50 – 59 years old)
  - I. Over 60(over 60 years old)
  - \* Foreign contestants shall use their passports to prove their age and nationality.
  - \* Qualifications regarding the age division can be combined depending on the characteristics of the Hanmadang event of the corresponding year.
5. Those who have completed their registration for the contest(competition) and paid the participation fee before registering on-site
6. The Korean nationals residing overseas who wish to participate in the event in the international division may do so depending on the permanent residency of the residing country, visa, and whether they applied for the Dan promotion test overseas.

#### ② Uniform

Contestants must wear uniforms designated by the Organization Committee.

#### ③ Compulsory rules

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

3. The hosting and supervising organizations and opponent contestants(Kyorugi) may not be held liable for any injuries or deaths that occur during a contest(competition).

## Article 12. Representative

- ① It refers to a holder of a Kukkiwon Dan Certificate issued by the Kukkiwon who is registered in the World Taekwondo Hanmadang as a representative for the corresponding year.
- ② Uniform  
In principle, they must wear the designated uniforms or be neatly dressed.

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

## Article 13. Events

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

- ① Poomsae
  1. Authorized Poomsae
  2. Creative Poomsae
- ② Team Kyorugi
- ③ Breaking
  1. Power breaking
    - A. Fist breaking
    - B. Knife hand breaking
    - C. Side kick / Back kick breaking
    - D. Back whip kick breaking
  2. All-round breaking
- ④ Self-Defense
- ⑤ Taekwondo aerobics
- ⑥ Record Contest
  1. Speed breaking
  2. Consecutive Tornado kick breaking
  3. Consecutive back whip kick breaking
  4. High jump Kick breaking
  5. Long hump Kick breaking
- ⑦ Team Competition

## Article 14. Contest/Competition Classification

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

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

## Article 15. Classification by Gender

Standard requirements of gender distinction may be changed depending on the

situation on the event.

- ① Events classified by gender
  - 1. Authorized Poomsae(Individual)
  - 2. Power breaking(Individual)
  - 3. All-round breaking(Individual)
  - 4. Record Contest
  - 5. Team Kyorugi
- ② Mixed-gender events
  - 1. Authorized Poomsae(Group)
  - 2. Authorized Poomsae(Pair)
  - 3. Creative Poomsae(Group)
  - 4. Creative Poomsae(Pair)
  - 5. Team Kyorugi
  - 6. Self-Defense
  - 7. Taekwondo aerobics
  - 8. Team Competition

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

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

## **Article 17. Contest/Competition Procedures**

- ① Call for contestant

Each team and contestant should keep in mind that their order numbers and contest(competition) schedules. The names of the contestants shall be announced three times every minute three minutes prior to the scheduled start of the contest. When a contestant's name is announced, he/she should be ready in the contestants' waiting room.
- ② Giving up on the contest/competition

Any contestant who fails to appear in the contest(competition) area within one minute shall be regarded as having given up the contest(competition).

③ Inspection of body, uniform and apparatus

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

④ Replacing players

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

⑤ Entering the contest/competition area

Following the inspection, the contestant shall enter the contestant's waiting area.

⑥ Contest/Competition procedures

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

⑦ Leaving the contest/competition area

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

## Article 18. Breaking Targets

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

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

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

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

Fist power breaking, knife hand power breaking, foot power breaking, back whip kick breaking, speed breaking, high jump breaking, and long jump breaking will be performed with breaking board holders manufactured in accordance with preset sizes and shapes. Details such as the size and shape shall be prescribed by the Hanmadang outline.

## **Article 20. Representative Meeting and Weigh-in**

- ① A meeting is held a day before the Hanmadang. It is compulsory for representatives of each team to attend this meeting. However, the meeting schedule may be changed depending on the situation of the event. Any change shall be specified in the Hanmadang outline.
- ② The order of the contest/competition along with the drawing of lots will be decided during the representative meeting.
- ③ The weigh-in for the Kyorugi contestants is held 1 day before the beginning of the Hanmadang. However, the details of the weigh-in may change depending on the yearly situation, and in such a case the changes will be made clear in the Hanmadang outline.
- ④ Kyorugi contestants must bring their Poom or Dan certificate or a form of ID (passport) issued by their native country.

## **Article 21. Awards**

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

- ① Award types

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

## ② Award details

### 1. Individual/Pair

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

### 2. Group

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

\* Consolation Prizes may only be awarded in Team Competition.

\* If a contestant or team is stripped of their prize as a result of breaking the rules, the next contestant or team in line will succeed their rank.

## Chapter 4. Regulations on Refereeing Officials

### Article 22. Qualifications

Only those who hold a referee certificate for the World Taekwondo Hanmadang issued by the Kukkiwon may be appointed as a referee this year.

### Article 23. Composition and Assignment of Referees

- ① The referees are appointed by the Kukkiwon president.
- ② The referees are composed of Chief Referee and Assistant Referee.
- ③ The composition and the assignment of refereeing officials can be different depending on the situation of each event.
  - 1. Two-refereeing officials system : This refereeing system is designed for the Power Breaking(Individual) and the Record Contest, composed of one chief referee and one assistant referee.
  - 2. Three-refereeing officials system : This refereeing systems is designed for the Poomsae (Authorized Poomsae/Creative Poomsae), Team Kyorugi, All-round breaking, Taekwondo aerobics, and self-defense, etc. and composed of one chief referee and two assistant referees.
  - 3. Four-refereeing officials system : This refereeing systems is designed for the Team Kyorugi, composed of one chief referee and three assistant referees.



4. Five-refereeing officials system : This refereeing systems is designed for the Poomsae (Authorized Poomsae/Creative Poomsae), Team Kyorugi, All-round breaking, Taekwondo aerobics, self-defense, and team competitions, and composed of one chief referee and four assistant referees.
5. Seven-refereeing officials system: This refereeing systems is designed for team competitions, composed of one chief referee and six assistant referees.
- ④ Refereeing official assignment will be carried out after drawing a list of contests(competitions).
- ⑤ Refereeing officials belong to the same team as that of either contestant or team shall not be assigned to such a contest(competition).

## Article 24. Duties of Referees

### ① Chief Referee

The 1st referee is appointed as the chief referee among the assigned referees.

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

### ② Assistant Referee

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

## Article 25. Duties of Recorders

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

## Article 26. Refereeing Official Uniform

The refereeing officials must wear the designated uniform.

## Article 27. Referee Decision and Publication

- ① Referees grade contestants during contest(competition), and immediately display the results once the contest(competition) is over.
- ② If there are 5 to 7 referees for a contest, the highest and lowest scores should be excluded, and the average of the 3 to 5 remaining scores should be shown.
- ③ If there are 3 referees, then the average of the 3 scores should be shown without excluding the highest and lowest scores.
- ④ The winner is the contestant(team) with the highest total score.
- ⑤ In case of a tie, the contestant with the higher expressivity/program arrangement score shall be selected as a winner. In case of a tie again, the highest and lowest points(which were excluded) will be added to the total score to determine a winner.
- ⑥ If abovementioned Provision 2 fails to decide a winner, the tied contestants shall compete with each other once more.
- ⑦ If tied again after the re-contest, abovementioned Provision 2 shall be applied. If tied again after applying abovementioned Provision 2, the contestants shall be deemed as co-winners.

## Chapter 5. Miscellanies

### Article 28. Arbitration

- ① Registered team representatives can request arbitration.
- ② Individual contestants without a group can request arbitration individually.  
However, It may only be allowed when the individual participant is also registered as a representative.
- ③ Composition of the Arbitration Committee
  1. One chairperson
  2. Twelve or less members
- ④ Responsibility  
The Arbitration Committee shall make corrections of misjudgments and make reports on those related to the misjudgments or illegal behavior in accordance with their decision regarding protests. The results of such enactment of disciplinary action and the reports shall be notified to the president of the Kukkiwon.  
The committee shall submit the relevant personnel who committed the misjudgments or illegal behavior to the Reward and Punishment Committee.

#### ⑤ Procedure of Arbitration

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

### Article 29. Rewards and Punishments

- ① Matters related to rewards and punishments at the World Taekwondo Hanmadang will be decided by the Reward and Punishment Subcommittee of the Hanmadang Organization Committee based on the rules of the Kukkiwon Reward and Punishment Subcommittee.
- ② Composition of the Arbitration Committee
  1. One chairperson
  2. Six or less members
- ③ Disciplinary Procedures
  1. The president of the Kukkiwon or the chairperson of the Hanmadang Organization Committee may request the Reward and Punishment Committee for a deliberation when any of the following behaviors are committed by an executive, a contestant, or a committee member. However, the secretary general of the Hanmadang Organization Committee, in the case of the president's or the chairperson's absence, may act in their stead.
    - A. Interfering with the contest/competition
    - B. Disturbing public order in the Hanmadang and event areas
    - C. Inciting the spectators or spreading false rumors
    - D. Those related to the misjudgment or illegal behavior who were brought to trial through the Arbitration Committee
    - E. Those who violated items specified in contest/competition regulations & rules and Hanmadang outline
  2. If there is a justifiable reason to review a case, the Reward and Punishment committee shall deliberate the matter and immediately take disciplinary action. The result of the deliberation shall be announced to the public in the contest area. It shall be subsequently reported to the president of the Kukkiwon.

3. In order to ascertain the facts, the Reward and Punishment Committee may summon the concerned and question them about the concerned matter.

### **Article 30. Matters not Specified in the Rules**

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

- ① Matters related to the contest(competition) will be decided through a consensus by the related department director, officer of contest rules and regulations, and manager of the Contest Committee.
- ② Matters not related to the contest(competition) will be dealt with through a consensus within the Hanmadang Organization Committee.

### Ⅲ. Contest(Competition) Rules

#### Chapter 1. Rules by Event

##### Article 31. Authorized Poomsae

Authorized Poomsae refers to Poomsae formulated by the Kukkiwon.

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

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

⑥ Designated Poomsae of each division

1. Contestants must demonstrate two Poomsaes for the designated Poomsae of their division, and in accordance with this year's characteristics, the designated Poomsae shall be specified in Hanmadang outline.
2. Designated Poomsae draw methods by electronic draws before the contest or during the representative meeting will be the designated Poomsae.

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

⑦ Compulsory regulations

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

⑧ Marking criteria

1. Accuracy(4.0) : Basic techniques, detailed movements of each Poomsae, and balance
2. Expressivity(6.0) : Speed and power, balance(sturdiness and gentleness, tempo, and rhythm) and expression of energy

\* Marking follows the detailed marking criteria.

### 3. Authorized Poomsae Score Chart

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

#### ⑨ Marking methods

1. The total score is 10.0 points.

#### 2. Accuracy

The scoring for accuracy in the Poomsae contest is evaluated quantitatively based on whether the contestants match the basic technique guidelines and the scoring criteria for each Poomsae as stipulated by Kukkiwon.

A. It is evaluated whether the contestants carry out movements in accordance with the movements of the basic Taekwondo techniques defined by the Kukkiwon.

B. It is evaluated whether the contestants carry out movements according to the order of techniques for each Poomsae and the stipulated movements of the techniques.

#### C. Balance

- 1) Proper Lining of the Body (Head, Torso, Below Waist) : The lining of the central line of the body in the front and sides and the lining of the horizontal lines of the shoulders will be evaluated.
- 2) Left/Right (Hand Techniques) and Up/Down (Coordinated Techniques of the Upper and Lower Body) According to the Use of Arms and Legs : The balance between the strength and speed of the Chagi will be evaluated.
- 3) The balance of the body's will be evaluated.
- 4) The accuracy evaluation will be based on the point, line, and side.
  - a) The starting and ending location for the "Point" techniques
  - b) The progress from the starting location to the ending location for the "Line" techniques
  - c) The harmony of the body when the "Side" movements are completed

#### 3. Expressivity

Expressivity is scored by qualitatively evaluating high-level technical completion, the inherent meaning of each Poomsae, the techniques of each Poomsae, and whether the characteristics and connections between movements were expressed properly.

- A. Speed and Power : The speed and power of Poomsae shall be expressed by resilient movements made using the strength of the lower body and the central axis. The expression of sturdiness and gentleness, tempo, and rhythm should be connected without any pause in accordance with technical characteristic which is required for each movements of Poomsae.
- B. Harmony(sturdiness and gentleness, tempo, and rhythm) : The balance of Poomsae means that characteristics of the technique is naturally expressed by means of controled sturdiness and gentleness, and rhythm.
  - 1) Sturdiness and gentleness: Sturdiness means that the movements conclude with unity between movements, breathing, and mind, and means that energy and vigor are released. Gentleness means that the body is being adapted by the body movement with the central axis in a preliminary motion so as to enhance power and energy.
  - 2) Controlling : Controlling is adjusting the entire flow of all Poomsae and connections between each movement.
  - 3) Rhythm : Rhythm refers to the flow of sturdiness and gentleness, and controlling. It also means that sturdiness and gentleness, and controlling are smoothly expressed in line with features of connected movements of each Poomsae.
  - 4) Expression of energy : It represents the level of expression of internal and external movements with dignity and elegance. This is demonstrated through one's proficiency including the amplitude of motions, concentration, spirits, discipline, and self-confidence. Evaluation items are eye contact, Yell("Ki-hap"), attitudes, the state of the uniform, and an imposing appearance shown throughout the Poomsae movements.

⑩ Marking methods by item

1. Accuracy

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

A. 0.1 point deduction

- 1) In the case that the start, mid-process, and end of the movements are different from the basic techniques
- 2) In the case that the axis foot moves before the body's center shifts
- 3) In the case that the movements of the stance and the hand are not consistent



- 4) In the case that the used body parts are not expressed properly
  - a) In the case that the wrist is bent forward or bent backward when perform offensive and defensive hand techniques(extraordinary movements : Palm Heel).
  - b) In the case that the fingers are spread during movements that use the open hand.
  - c) In the case of the ball of the foot or foot blade is not fully shown during kicking.
- 5) When offensive and defensive technical movements of the hand techniques fail to hit the target
- 6) Failing to show the prescribed stance
- 7) Unnecessary preparation
- 8) Balance lost in the middle or after movements
- B. 0.3 point deduction
  - 1) Performing technical movements different from composition of Poomsae basic techniques
  - 2) Pausing for more than two seconds in the middle of the contest
  - 3) Pausing and then resuming from the beginning(the number of redundant movements × 0.3–point deduction)
  - 4) Both feet of a contestant cross the boundary line of the contest area in the middle of the contest
  - 5) Failing to make Kihap or carry it out with the other movements
  - 6) Big mistakes are clearly recognized(both feet cross the Poomsae line)
  - 7) In the case that the the contestant connects to the next movements after failing to completely express the technical movements between movements
  - 8) Supporting foot moves twice during kicking
  - 9) In the case that time is not met or exceeded
- C. 3.0point deduction : If the number of contestants does not meet the required limit, 3.0 points will be deducted per person.

## 2. Expressivity

Full marks for expressivity are 6.0 points for 3 items.

- A. In an attack and defense that uses the arms, the elbow shall face down, shoulders shall not be raised, and the chest should be naturally spread
- B. Speed shall be expressed through resilient motions that use the central axis while making the lower body sturdy through breathing
- C. The attack and defense shall be acquired through the organized connection of the central axis, arms, and legs

- D. Desirable expressivity shall be comprised of a spinning of the central axis and high flexibility
  - E. Stepping and turning shall be executed by naturally shifting weight to the central axis, using the waist, without putting a strain on the body
  - F. The connection between movements shall be made by controlling the sturdiness and gentleness in accordance with the characteristics of each Poomsae. Moreover, movements shall be connected without pauses
  - G. Skilled expression means the use of gentleness, central axis, segmentation, ground reaction force, etc.
- ⑪ Penalty{Disqualification("Sil-gyouk")}
- 1. Entering the contest on behalf of other contestant
  - 2. When the contestant fails to follow the regulations regarding Designated Poomsae, mixed gender, and the uniform prescribed by the Hanmadang outline
  - 3. When the contestant does not perform more than 4 movements in a row or performs the wrong movements
- ⑫ Decision of contest
- The decision of the contest shall be made in accordance with the Article 27 of Referee Decision and Publication.

## Article 32. Creative Poomsae

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

- ① Contest method : Cut-off
- ② Contest time : More than 70 seconds and less than 80 seconds
- ③ Uniform : Kukkiwon Approved Dobok
- ④ Number of contestants : Group contest – three to five people(It may be varied depending on the situation of the event. Any changes shall be posted in the Hanmadang outline)
- ⑤ Classification by age and gender
 

A group contest consists of males, females, and mixed gender(males and females). The ratio of males to females is not specified.

\* In case there is a shortage of members among the international teams, if they have less members in the pair or group contests, younger contestants may apply for older divisions.
- ⑥ Compulsory regulations
  - 1. Yeon Mu line(Poomsae line) : To be composed freely by contestants

2. Number of Poom : One poom consists of five movements
  3. Technical regulation : Block and attack techniques can be used freely in the composition.
    - A. Designated technique movements : All contestants should include designated technical movements in their Poomsaes. However, they may be varied depending on the situation of the event. Any change shall be specified in the Hanmadang outline.
      - 1) Repeating side kick : 2 times
      - 2) Jumping side kick : 2 times
      - 3) Back kick : 2 times
      - 4) Back whip kick : 2 times
      - 5) Tornado kick : 2 times
      - 6) 540° back whip kick
    - B. Only basic technical movements of Taekwondo or practical applications are accepted.
    - C. Only original kicking techniques or application movements can be composed for kicking movements.
    - D. Poomsae hand techniques shall be applied for composing hand techniques.
      - \* Taekwondo techniques shall be approved by the Organization Committee when the contestant submit the Creative Poomsae plan. Therefore, when the contestant uses techniques that are not described in the Taekwondo textbook, he/she will be given deduction.
  4. Music : Composed freely by contestants, but should be specified in the Hanmadang outline depending on year's characteristics.
  5. For each creative Poomsae, the director or coach must include the name and purpose of Creative Poomsae, philosophy, each movement names, the number of movements, and Yeon Mu line. It shall then be filled in the Creative Poomsae Plan and submitted on the registration of application.
  6. If more than two teams are participating from one group(association), the creative Poomsae routines shall be different from each other.
- ⑦ Marking Criteria
- Unrecorded scores will be calculated as basic points.
1. Accuracy(4.0) : Basic techniques, detailed Poomsae movements of each Poomsae, and designated technical movements
    - A. Accuracy of the movement : Accuracy of Taekwondo movements(basic position and basic techniques)
    - B. Designated technical movements : Techniques designated by the Hanmadang regulations

2. Program arrangement(6.0) : Expressivity, speed and power, rhythm, and creativeness
  - A. Skill(2.0) : Control the speed, sturdiness and gentleness of power, balance, and rhythm
  - B. Unity(2.0) : Unity of team performance movements
  - C. Creativeness(2.0) : Composition, pattern, and value of Poomsae
3. Creative Poomsae Score Chart

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

⑧ Marking methods

1. Accuracy
  - A. Accuracy of the movement : One mistake in technical movements(detailed movements of each Poomsae) will earn the deduction("Gam-jeom") of 0.1 point.
  - B. A 0.3-point deduction will be given in case of pausing for more than two seconds in the middle of the contest
  - C. Pausing and then resuming from the beginning(the number of redundant movements × 0.3-point deduction)
  - D. A 0.3-point deduction when both feet cross the boundary line of the contest area
  - E. Designated technical movement: A 0.3-point deduction in case of a failure of making movements designated in the compulsory regulations of the Creative Poomsae
2. Program arrangement
  - A. Skill : Control the speed, sturdiness and gentleness of power, balance, and rhythm
  - B. Unity : Unity of team Poomsae movements
  - C. Creativeness : After the contest is over, all aspects(suitability of the value of Poomsae, pattern, composition) will be evaluated and scored.

### 3. Deduction

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

#### ⑨ Penalty{Disqualification("Sil-gyook")}

- 1. Entering the contest on behalf of other contestants
- 2. When any team copies another team's Creative Poomsae or demonstrates a Creative Poomsae that has been awarded a prize in the World Taekwondo Hanmadang in the past 5 years
- 3. When wearing the incorrect uniform

#### ⑩ Decision of contest

The decision of the contest shall be made in accordance with the Article 27 of Referee Decision and Publication.

## Article 33. Team Kyorugi

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

#### ① Competition method : Tournament

#### ② Competition time : 2 minutes, 3-5 rounds(1 group, 1 round)

#### ③ Protective gears : Protective gears must be those approved by the Kukkiwon (electronic protectors are not allowed).

- 1. All participants are advised to use personal protective gears, such as the protective cup, chest protection(F), head protection, arms and legs protection, hands and feet protection, and mouth pieces(except chest protection), as required.
- 2. Participants are to use tools that are fully registered and authorized by the Kukkiwon.

#### ④ Number of players : Three to five people

- 1. It may be varied depending on the situation of the event. Any changes shall be posted in the Hanmadang outline.
- 2. Group competitions may be conducted in gender-divided teams or coed teams, and shall be specified in the Hanmadang outline.
- 3. It is allowed to have one substitute player per weight division.
- 4. It is allowed to have one substitute player per integrated weight division.

#### ⑤ Classifications by age and weight

- 1. Age groups are classified into groups under or of 12, 18, and of or above 19 of each gender.

## 2. See below for the weight details

### A. Weight Division

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

※ It is calculated based on kilogram, including two decimal places. For example, –38kg refers to weight up to 38.00kg, including 38.009kg. Weight of or above 38.01kg is considered as excess and shall be disqualified. Similarly, the +56kg refers to the contestant who weighs 56.01kg or more, but not for those who weigh 56.00kg. Additionally, the kg standards for the weight division of male and female players of each age range may differ depending on the characteristics of the Hanmadang event.

### B. Integrated Weight Division

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

#### ⑥ Match drawing

A match draw shall be conducted electronically and randomly through a computer program.

#### ⑦ Weigh-in

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

4. Contestants must bring their Dan certificate to confirm their registration. If not possible, they are required to present an ID(student card, ID card, driver's license, or passport). The contestant may be disqualified if he/she fails to do so.
- ⑧ Competition procedure
1. The chief referee commands players from both teams to position themselves at the center of the Contest Area and remind them of the precautions regarding the competition. players bow to each other before the first begins his/her presentation.
  2. In the case of matches for each weight division, matches will be held starting with lightweight and move up to heavyweight.
  3. In combined weight matches, matches will be held according to the list of participating players submitted by coaches and directors.
  4. The competition begins with the calls of "Jun-bi(ready)," and "Si-jak(begin)" of the chief referee. In case the Competition time is not being checked because of a mechanical malfunction or for any other reason, all records with regard to the contest, including scores and declaration of prohibited act, declaration are regarded as invalid, even after the chief referee calls "Si-jak(begin)." However, in case the failure of the time check failure is attributed to the recorder's mishandling of the device, the score or declaration of prohibited acts during the unchecked time may be corrected through the confirmation of the assistant referee(s).
  5. Each round is over when the chief referee calls "Geu-man(halt)." Even though the referee fails to call "Geu-man(halt)," the round ends when the allotted time is over.
  6. Each round shall come to a stop when the chief referee calls "Gal-yeo(break)." It shall only resume upon the call of "Gye-sok(continue)." The recorder shall stop checking the time upon the call of "Break(Gal-yeo)" and shall only resume upon the call of "Gye-sok(continue)."
  7. When the round of the last contestant is over, the chief referee shall command them to position themselves at the center of the Contest Area and declare the winner based on the referee' decision.
  8. Players who are not currently attending the round shall wait at a designated place outside of the competition area.

⑨ Permitted techniques and areas

1. Permitted techniques
  - A. Fist technique : Making an attack using the front side of a clenched fist
  - B. Foot technique : Making an attack using the part below the ankle bone

## 2. Permitted areas

A. Trunk : Attacks using the fist and foot technique are allowed on the part protected by a chest protector, excluding the spine

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

### ⑩ Valid points

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

2. Head : From the lower end line of the head protector to the entire head

### ⑪ Points

#### 1. Accuracy points

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

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

2. The area from the lower end line of the head protector to the part of the neck above the collarbone is not worth points, but if a contestant becomes unable to continue the match (to a count of 10 by the chief referee) due to a blow from the opponent, the chief referee shall declare a Referee Stopped Contest(RSC).

### ⑫ Scoring Criteria

1. The scores are categorized as follows.

A. 1.0 point : Linear fist attack to the trunk

B. 2.0 point : Kick to the trunk

C. 3.0 point : Spinning kick to the trunk

D. 4.0 point : Kick to the head

E. 5.0 point : Spinning kick to the head

F. Additional Points : 1 point earned from 1 instance of deduction from the opponent

2. All points in from the first round to the third – fifth round will be added up.

3. Even if the assistant referees do not do not publish the score for a proper attack made using fists or feet, if a contestant falls into a dangerous state and the chief referee starts the countdown, the assistant referees must publish the score while the chief referee counts to 3.

4. Invalid Scores : The chief referee shall declare the penalty with invalidation of point(s) if the contestant earned point(s) by foul or in an unfair manner. If the attacker had a foul attack without scoring, the referee may declare it as foul, but it does not affect scoring.

5. Agreements and Correction of Scoring and Penalty: When objection arises to scoring and penalties, the chief referee may stop the competition by commanding “Time”. The chief referee will ask for opinions from the assistant referee and



may make changes to the scoring and penalty. If the assistant referee is not in agreement with the chief referee's knockdown judgment, assistant referee may object before the chief referee counts to four(Net).

⑬ Scoring and publication

1. Valid points shall be immediately recorded and publicized.
2. Valid points shall be recorded by assistant referee(s) by using an electronic scoring instrument or a scoring sheet. Points approved by three referees or more in the five-refereeing officials system, two referees or more in four-refereeing officials system, and two referees or more in three-refereeing officials system shall be regarded valid.

⑭ Prohibited acts and penalties

1. Penalties for prohibited acts are given by the chief referee.
2. One deduction means one additional point for the opponent.
3. Prohibited acts
  - A. The following acts shall be classified as prohibited acts, and warning("Gyong-go") shall be declared when any prohibited acts are conducted.
    - 1) Stepping out of the boundary line
    - 2) Falling action
    - 3) Avoiding or delaying the competition
    - 4) Grabbing, holding or pushing the opponent
    - 5) Lifting the knees in order to block valid attacks or hinder the opponent's attacks, or lifting a leg intended to interfere the opponent's attack without any attacking movement.
    - 6) Attacking the opponent below the waist
    - 7) Continuing attack even after the chief referee has commanded "Galyeo"
    - 8) Attacking opponents with the knee or forehead
    - 9) Attacking the opponent's head with hands
    - 10) Attacking an opponent who fell on the ground
    - 11) Displaying undesirable behavior to the coaches or other players
  - B. The referee can give a yellow card to request disciplinary action and declare losing by foul when a player or coach commits excessive prohibited acts and does not follow the instruction of the referee. In this case, the Organization Committee shall investigate the player or coach's prohibited behavior and decide whether a disciplinary action is appropriate.
  - C. If the player intentionally and repeatedly breaks the rules or fails to follow the instructions of the referee, the chief referee can stop the match and declare losing by foul.

D. When the opponent is injured by prohibited acts and unable to continue the competition, the attacker shall be given 10–15 points deduction(10 points in case of three people, 15 points in case of five people).

E. Deduction by prohibited acts shall be added up for the three to five rounds(three rounds in case of three people, five rounds in case of five people).

⑮ Replacing Players

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

⑯ Decision

1. The team who has earned the highest points from the first to third~fifth rounds is declared as the winner.
2. Even during the competition, whoever scores 30–50 points first wins the competition(30 points in case of three people, 50 points in case of five people).
3. If the final score is tied, each team selects a player for the overtime competition and the winner will be the team who scored three points ahead.
4. When both players fail to obtain 3 points within the given time, the team that obtain more points shall be declared as the winner.
5. If there is a tie after overtime competition, referee shall decide decision win.
6. A decision is made based on the superiority record of assistant referees and the chief referee declare the winner.
7. The chief referee shall decide the winner if the superiority decision is tied among assistant referees.
8. When a contestant is defeated by the chief referee's decision(KO, RSC), the referee shall give 10–15 points to the opponent team(10 points in case of three people, 15 points in case of five people).

9. Immediate Closing Criteria(in case of KO, RSC)

- A. If a player has been down by the scoring technique and unable to resume the competition after the referee counts to “Yeodeol”, or when the chief referee decided that the player is unable to continue the match regardless of counting.
  - B. When a player can not resume the competition after a 1 minute medical break
  - C. When a player fails to follow the three-time “Il-eo-seo(stand-up)” command of chief referee to continue the competition
  - D. When chief referee decides to stop the competition for the player's safety
  - E. When there is a medical advice from the commission doctor or medical staff to stop the competition due to a player's injury
10. For a player who has been disqualified at the official weigh-in or for other reasons arise to miss the match, the referee can give 10~15 points to the opposing team(10 points in case of three people, 15 points in case of five people).
11. A team with 15–20 accumulated deduction points by prohibited acts shall lose by penalties(15 points in case of three people, 20 points in case of five people).

⑰ Decision-Win Criteria

If there is a tie after overtime competition, the chief referee shall declare the winner based on superiority decision of assistant referees.

- 1. Control of the game
- 2. Number of performed techniques
- 3. Sport manner

⑱ Results and Decision Types

- 1. Win by final score : The team who earned the highest score combined from round 1 to the final round will win
- 2. Win by withdrawal : It is a winning by the opposing player who gives up the competition, and the result is declared in the following cases
  - A. When a contestant does not resume the competition after the rest period or fails to respond to the call to begin the competition
  - B. When the coach determines that there is no need to proceed the match due to the player's inferiority, and throws a towel into the court to signify forfeiture of the competition
- 3. When two among three players in the weight division, or three among five players in the weight division missed the competition.
- 4. Win by superiority decision: If no one score any points in the extra round, the superiority decision shall be made based on the decision criteria.
- 5. Win by penalty : It is given by the referees as following acts

- A. When the opposing accumulated 15–20 penalty points by deduction(“Gam-jeom”) (15 points in case of three people, 20 points in case of five people).
- B. When the opposing accumulated 3 penalty points by deduction(“Gam-jeom”) result from prohibited acts during the re-competition
- C. When the opposing player or coach do not follow the competition rules or the chief referee’s commands, or commits prohibited acts including improper protest
- D. Win by penalty is the final decision and the competition shall end regardless of the remaining rounds.

⑲ Overtime

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

⑳ Critical situation

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

㉑ Procedure in the event of a critical situation

When a contestant is in critical situation as a result of the opponent’s legitimate attack, the chief referee shall take the following measures.

- 1. The referee shall keep the attacker away from a fallen contestant by the declaration of “Galyeo(break).”
- 2. The chief referee shall count aloud from “Hana(one)” to “Yeol(ten)” at one-second intervals toward the fallen contestant, making hand signals indicating the passage of time.
- 3. In case the fallen contestant stands up during the chief referee’s count and desires to continue the fight, the referee shall continue the count up to “Yeodeol(eight)” for the recovery of the contestant to recover. The referee

shall then determine if the contestant has recovered and, if so, continue the competition by declaring “Gye-sok(Continue).”

4. When a contestant who has been knocked down cannot demonstrate the intention to resume the competition until the count of “Yeodeol(eight)” the chief referee shall announce the other contestant as a winner.
5. The count shall be continued even after the end of the round or the expiration of the Competition time.
6. In case both contestants are knocked down, the referee shall continue counting as long as one of the contestants has been in a critical situation.
7. In case both contestants are knocked down and both contestants fail to recover by the count of “Yeol(ten),” the referee shall end the round and continue the next round. The winner shall be decided by the competition score before the occurrence of the knock down if the contestant is the final round player.
8. When it is judged by the chief referee that a contestant is unable to continue, the referee may decide on the winner either without counting or during the counting.

#### ㉔ Procedure of Suspending the Competition

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

1. The referee can command “Gyeshi(suspend)” and command to give medical treatment to the player.
2. The medical break can last for 1 minute.
3. When the player is not back in the competition after the given time above, the referee shall take the following measures
  - A. The referee shall declare 10–15 point deduction to the opposing player if the player injured by a penalty act(10 points in case of three people, 15 points in case of five people).
  - B. Give 10–15 points to the opposing team when the injury was caused by an effective attack(10 points in case of three people, 15 points in case of five people).

#### ㉕ Arbitration

1. For objecting to a referee’s judgment, a director or coach can claim an arbitration to the Arbitration Committee within 10 minutes after the contest/competition. The procedure shall be progressed pursuant to Article 27 of the Hanmadang Contest/Competition Rules.
2. A video analysis can be provided depending on the situation on the event day and specified in the Hanmadang outline.

※ Matters not described in this Regulations are dealt with by the agreement of the referees or the decision of the Organizing Committee.

## Article 34. Fist Breaking

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

① Contest method : Cut-off

② Contest time : 20 seconds or less

③ Compulsory regulations

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

④ Breaking techniques

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

⑤ Marking methods

1. Marking is based on the number of broken targets
2. A square-figured target: The broken target means that at least one edge of the four sides is totally broken. Otherwise, it would be declared as a failure.
3. Separate standards are applied to other breaking targets.

⑥ Penalty{warning("Gyong-go"), deduction("Gam-jeom"), and disqualification("Sil-gyouk")}

1. Penalties are given by the chief referee.
2. The penalties are warning("Gyong-go"), deduction("Gam-jeom"), and disqualification("Sil-gyouk").
  - A. One warning penalty is equal to a 0.5 point deduction.
  - B. Two warning penalties are equal to one deduction.

- C. One deduction penalty is equal to 1.0 point deduction, and it is equal to one breaking target.
- 3. Warning("Gyong-go")
  - A. Giving deliberate verbal attacks or movements for disturbing other contestants' breaking
  - B. Disturbing the referee or the staffs to proceed during the contest
- 4. Deduction("Gam-jeom")
  - A. Damaging the breaking target by fists during preparation for breaking
  - B. When exceeding the time to install breaking targets(1 minute) or breaking (20 seconds), 1.0 deduction shall be applied per 10 seconds.
  - C. When the acts were repeated or conducted deliberately and clearly after a warning was given, no matter how minor the acts were.
  - D. When the compulsory regulations was violated
- 5. Penalty points shall be deducted from the participant's total score.
- 6. Disqualification("Sil-gyook")
  - A. When any parts of the body above the knees touch the ground after breaking(knees on the ground are accepted)
  - B. When the breaking trial is conducted once more
  - C. When the contestant conducts breaking in an unfair manner
- ⑦ Publication of scores
  - 1. Once the break is concluded, the staffs will aggregate the number of targets broken and inform the recorder.
  - 2. The recorder will report the results to the chief referee and publish the scores.
- ⑧ Decision of contest
  - 1. After the break has ended, if none of the referees raise an objection to the breaking process, the number of targets broken will be confirmed. However, if even one referee raises an objection, video analysis will be conducted.
  - 2. The winner has the highest number of breaking targets.
  - 3. In case of a tie, the winner is the one who has previously requested for more breaking targets.
  - 4. If the abovementioned provision fails to decide a winner, the winner shall be the one who weighs less.
  - 5. When the contestant fails to break any breaking target, he/she is disqualified for the final round, and he/she shall be excluded from the rank if it is the final round.

## Article 35. Knife Hand Breaking

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

① Contest method : Cut-off

② Contest time : 20 seconds or less

③ Compulsory regulations

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

④ Breaking techniques

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

⑤ Marking methods

1. Number of broken targets

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

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

⑥ Penalty{warning("Gyong-go"), deduction("Gam-jeom"), and disqualification("Sil-gyouk")}

1. Penalties are given by the chief referee.

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

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

B. Two warning penalties are equal to one deduction.



- C. One deduction penalty is equal to 1.0 point deduction, and it is equal to one breaking target.
- 3. Warning("Gyong-go")
  - A. Giving deliberate verbal attacks or movements for disturbing other contestants' breaking
  - B. Disturbing the referee or the staffs to proceed during the contest
- 4. Deduction ("Gam-jeom")
  - A. Damaging the breaking target by knife hand during preparation for breaking
  - B. When exceeding the time to install breaking targets (1 minute) or breaking (20 seconds), 1.0 deduction shall be applied per 10 seconds.
  - C. When the acts were repeated or conducted deliberately and clearly after a warning was given, no matter how minor the acts were.
  - D. When the compulsory regulation was violated
- 5. Penalty points shall be deducted from the participant's total score.
- 6. Disqualification("Sil-gyouk")
  - A. When any parts of the body above the knees touches the ground after breaking(knees on the ground are accepted)
  - B. When the contestant breaks the target by using only the wrist
  - C. When the contestant breaks the target with vertical flat fist or hammer fist
  - D. When the contestant conducts breaking in an unfair manner
- ⑦ Publication of scores
  - 1. Once the break is concluded, the staffs will aggregate the number of targets broken and inform the recorder.
  - 2. The recorder will report the results to the chief referee and publish the scores.
- ⑧ Decision of contest
  - 1. After the break has ended, if none of the referees raise an objection to the breaking process, the number of targets broken will be confirmed. However, if even one referee raises an objection, video analysis will be conducted.
  - 2. The winner has the highest number of breaking targets.
  - 3. In case of a tie, the winner is the one who has previously requested for more breaking targets.
  - 4. If the abovementioned provision fails to decide a winner, the winner shall be the one who weighs less.
  - 5. When the contestant fails to break any breaking target, he/she is disqualified for the final round, and he/she shall be excluded from the rank if it is the final round.

## Article 36. Side Kick / Back Kick Breaking

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

① Contest method : Cut-off

② Contest time : 20 seconds or less

③ Compulsory regulations

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

④ Breaking techniques

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

⑤ Marking method

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

⑥ Penalty{warning("Gyong-go"), deduction("Gam-jeom"), and disqualification("Sil-gyouk")}

1. Penalties are given by the chief referee.
2. The penalties are warning("Gyong-go"), deduction("Gam-jeom"), and disqualification("Sil-gyouk").
  - A. One warning penalty is equal to a 0.5-point deduction.
  - B. Two warning penalties are equal to one deduction.
  - C. One deduction penalty is equal to 1.0 point deduction , and it is equal to one breaking target.
3. Warning("Gyong-go")
  - A. Giving deliberate verbal attacks or movements for disturbing other contestants' breaking
  - B. Disturbing the referee or the staffs to proceed during the contest
4. Deduction ("Gam-jeom")
  - A. Damaging the breaking target by foot during preparation for breaking

- B. When exceeding the time to breaking(20 seconds), 1.0 deduction shall be applied per 10 seconds.
- C. When the acts were repeated or conducted deliberately and clearly after a warning was given, no matter how minor the acts were
- D. When the compulsory regulation was violated
- 5. Penalty points shall be deducted from the participant's total score.
- 6. Disqualification("Sil-gyouk")
  - A. When any parts of the body above the knees touches the ground after breaking
  - B. When the contestant conducts breaking in an unfair manner
- ⑦ Publication of scores
  - 1. Once the break is concluded, the staffs will aggregate the number of targets broken and inform the recorder.
  - 2. The recorder will report the results to the chief referee and publish the scores.
- ⑧ Decision of contest
  - 1. After the break has ended, if none of the referees raise an objection to the breaking process, the number of targets broken will be confirmed. However, if even one referee raises an objection, video analysis will be conducted.
  - 2. The winner has the highest number of breaking targets.
  - 3. In case of a tie, the winner is the one who has previously requested for more breaking targets.
  - 4. If the abovementioned provision fails to decide a winner, the winner shall be the one who weighs less.
  - 5. When the contestant fails to break any breaking target, he/she is disqualified for the final round, and he/she shall be excluded from the rank if it is the final round.

## Article 37. Back Whip Kick Breaking

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

- ① Contest method : Cut-off
- ② Contest time : 20 seconds or less
- ③ Compulsory regulations
  - 1. The contestant shall decide the number of breaking targets and apply for it prior to the contest.
  - 2. The breaking targets shall be authorized by the Organization Committee.
  - 3. The breaking shall be tried only once and be conducted within 20 seconds after the "Si-Jak" command.
  - 4. The contestant can not attach any bandages or other materials on their feet.
  - 5. For the kick breaking, the contestant shall use the front of the sole, or heel.

6. The height of the breaking targets shall be higher than the contestant's shoulder.
- ④ Breaking techniques
  1. When the contestant's stepping foot leaves from the ground, it may be deemed as an application technique.
  2. Before performing kicks, the contestant can use a shuffle step or less than two steps.
- ⑤ Marking method
  1. Number of broken targets
  2. In case of a square-figured target, it is supposed to be broken with at least one edge of the four sides. Otherwise, it would be declared as a failure if some of the side edges are remained.
- ⑥ Penalty{warning("Gyong-go"), deduction("Gam-jeom"), and disqualification("Sil-gyook")}
  1. Penalties are given by the chief referee.
  2. The penalties are warning("Gyong-go"), deduction("Gam-jeom"), and disqualification("Sil-gyook").
    - A. One warning penalty is equal to a 0.5 point deduction.
    - B. Two warning penalties are equal to one deduction.
    - C. One deduction penalty is equal to 1.0 point deduction, and it is equal to one breaking target.
  3. Warning("Gyong-go")
    - A. Giving deliberate verbal attacks or movements for disturbing other contestants' breaking
    - B. Disturbing the referee or the staffs to proceed during the contest
  4. Deduction ("Gam-jeom")
    - A. Damaging the breaking target by foot during preparation for breaking
    - B. Exceeding the time (20 seconds, 1.0 point deduction shall be applied per 10 seconds.)
    - C. When the acts were repeated or conducted deliberately and clearly after a warning was given, no matter how minor the acts were.
    - D. When the compulsory regulation was violated
  4. Penalty points shall be deducted from the participant's total score.
  5. Disqualification("Sil-gyook")
    - A. When any parts of the body above the knees touch the ground after breaking
    - B. When the contestant conducts breaking in an unfair manner
- ⑦ Publication of scores
  1. Once the break is concluded, the staffs will aggregate the number of targets broken and inform the recorder.
  2. The recorder will report the results to the chief referee and publish the scores.
- ⑧ Decision of contest
  1. After the break has ended, if none of the referees raise an objection to the

- breaking process, the number of targets broken will be confirmed. However, if even one referee raises an objection, video analysis will be conducted.
2. The winner has the highest number of breaking targets.
  3. In case of a tie, the winner is the one who has previously requested for more breaking targets.
  4. If the abovementioned provision fails to decide a winner, the winner shall be the one who weighs less.
  5. When the contestant fails to break any breaking target, he/she is disqualified for the final round and he/she shall be excluded from the rank if it is the final round.

### **Article 38. All-Round Breaking**

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

- ① Contest method : Cut-off
- ② Contest time : 50 seconds or less
- ③ Compulsory regulations
  1. The breaking targets shall be authorized by the Organization Committee.
  2. The breaking targets are restricted to 10 – 15 pine boards, and it should be specified in the Hanmadang outline depending on year's characteristics.
  3. Assistants are limited to 15 members.
- ④ Breaking techniques
  1. The contestant can select breaking techniques freely.
  2. The setting for breaking can be prepared freely, however, the contestant can not retry when failing to stay in the air for the breaking technique.
  3. When the breaking target is damaged or broken without any impact generated while the contestant spins(horizontal turn, vertical turn, or twist turn) or jumps for breaking, the breaking shall not be accepted as a success.
- ⑤ Marking Criteria
  1. Accuracy(4.0)
    - A. Number of broken targets : The number of targets broken by breaking techniques
    - B. Landing : Well-balanced landing after performing the breaking techniques
  2. Program arrangement(6.0)
    - A. Skill : Level of difficulty when performing(height and turning angle)
    - B. Expressivity : accurate and stable technical expression while remaining in the air
    - C. Creativeness : Balance of the set composition and creative techniques

### 3. All-Round Breaking Score Chart

Marking Criteria	Marking Criteria Details	Point
Accuracy(4.0)	Number of broken targets	4.0
	Landing	
Program arrangement(6.0)	Skill	2.0
	Expressivity	2.0
	Creativeness	2.0

#### ⑥ Marking methods

##### 1. Accuracy

- A. Number of broken targets : 0.2 point deduction per unbroken target
- B. Landing : Unbalanced landing after a break or technical skill presentation will incur a 0.1 point deduction. When a hand touches the ground during landing, it will incur a 0.3 point deduction(only one hand is allowed). When the contestant falls down or a body part above the knees touch the ground, it will incur a 0.5 point deduction.

##### 2. Program arrangement

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

#### ⑦ Penalty{deduction("Gam-jeom") and disqualification("Sil-gyook")}

- 1. Penalties are given by the chief referee.
- 2. The penalties are deduction("Gam-jeom"), and disqualification("Sil-gyook"), and one deduction is equal to a 0.1 point deduction.
- 3. Deduction ("Gam-jeom")
  - A. Disturbing the referee or the staffs to proceed during the contest
  - B. Exceeding the time(0.3 point deduction shall be applied per 10 seconds)
  - C. Unbalanced landing after a break or technical skill presentation will incur a 0.1 point deduction. When a hand touches the ground during landing, it will incur a 0.3 point deduction(only one hand is allowed). When the

contestant falls down or a body part above the knees touch the ground, it will incur a 0.5 point deduction.

D. If the assistant for breaking helps to break the breaking target, 0.3 points will be deducted.

E. If the number of assistants is more than permitted, 1 point will be deducted for each extra assistant.

4. Disqualification("Sil-gyook")

A. Entering the contest in the name of others

B. Using breaking targets other than the ones provided by the Organization Committee was used, or cheating so that the breaking targets break easily

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

⑧ Decision of contest

The decision of the contest shall be made in accordance with the Article 27 of Referee Decision and Publication.

## Article 39. Self-Defense

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

① Contest method : Cut-off

② Contest time : 60 seconds or less

③ Uniform : Kukkiwon Approved Dobok

④ Number of contestants : 5 to 7 members

⑤ Compulsory regulations

1. Attacker's weapons must be imitations in order to avoid any possible injury

2. Use of sound effects is not allowed.

3. Expressing the divided movements are not allowed.

4. Performing contestants must not carry weapons.

5. The self-defense routine should not be comical.

6. Exaggerated actions and overuse of violence are not allowed.

7. Music is allowed.

8. The items used in the presentation do not effect the scoring.

⑥ Self-Defense techniques

1. Contestants shall attack and defend by using hands and feet to strike, kick, punch, thrust, twist, lock, and throw opponents.

2. Contestants are to constantly attack and block in multiple directions.

⑦ Marking Criteria

1. Accuracy(4.0)

A. Accuracy of the movements : Accuracy of offense and defense

B. Accuracy of the technical movements : Accuracy of the Taekwondo technical movement

2. Program arrangement(6.0)

A. Practicality(2.0) : Practicality of movements and technique combination

B. Skill(2.0) : Degree of skillfulness of practical technique

C. Creativeness(2.0) : Unique creativity

3. Self-Defense Technique Score Chart

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

⑧ Marking methods

1. Accuracy

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

B. Accuracy of technique : 0.1 point is deducted for each inaccurate technique.

2. Program arrangement

A. Practicality : Practical movements, including technique combination and application, will be evaluated and marked.

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

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

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

⑨ Penalty{deduction("Gam-jeom") and disqualification("Sil-gyouk")}

1. Penalties are given by the chief referee.

2. The penalties are deduction("Gam-jeom"), and disqualification("Sil-gyouk") and One deduction penalty is equal to 0.1 point deduction.

3. Deduction

A. Conducting undesirable acts

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



- C. Using unapproved weapons
  - D. When contestants injure themselves
  - E. Exceeding the time(0.3 point deduction shall be applied per 10 seconds.)
  - F. If the number of contestants does not meet the required limit, 3 points will be deducted per person.
  - G. Stepping over the boundary line of the competition area results to a 0.3 point deduction.
  - H. Creating a comedic performance.
4. Penalty points shall be deducted from the participant's total score.
5. Disqualification("Sil-gyouk")
- A. Entering the contest in the name of others
  - B. The use of real weapons instead of fake weapons
- ⑩ Decision of contest
- The decision of the contest shall be made in accordance with the Article 27 of Referee Decision and Publication.

## Article 40. Taekwondo Aerobics

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

- ① Contest method : Cut-off
- ② Contest time : More than 1 minute and 50 seconds and less than 2 minutes
- ③ Uniform and Items
  - 1. Top may be chosen, but Dobok pants and belt should be worn.
  - 2. Any necessary items and make-up can be used in the program arrangement of Taekwondo Aerobics, but they will not effect the scoring.
- ④ Number of contestants : 7 to 9 people
- ⑤ Compulsory regulations
  - 1. Hand movements shall follow basic Taekwondo movements.
  - 2. Kicks shall follow basic Taekwondo kicks.
  - 3. Music CD or usb must be submitted at the place, date, and time designated by the Organization Committee.
  - 4. It is required to change formation during the performance more than three times.
- ⑥ Designated technique movements
 

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

  - 1. Repeating side kick : 2 times

2. Head-high roundhouse kick : 2 times
3. Back kick : 2 times
4. Jumping side kick : 2 times
5. Back whip kick : 2 times
6. Tornado kick : 2 times
7. Acrobatic motion : 2 times
8. Taekwondo hand movements : more than 10 times

⑦ Marking Criteria

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

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

⑧ Scoring method

1. Accuracy
  - A. Accuracy of movements : 0.1-point deduction per inaccurate movement
  - B. Designated technique movements : 0.3-point deduction per failure to perform designated technique movements which are specified in the Hanmadang Regulations.
2. Program arrangement
  - A. Skill : Balance between rhythm and the movements
  - B. Expressivity : Balance between the dynamic expressions and music
  - C. Creativeness : Creative presentation and artistic values

3. Points will not be deducted for every mistake. Points will be deducted after watching the entire program arrangement.
- ⑨ Penalty{deduction("Gam-jeom") and disqualification("Sil-gyook")}
  1. Penalties are given by the chief referee.
  2. The penalties are warning("Gyong-go"), deduction("Gam-jeom"), and disqualification("Sil-gyook"). One deduction penalty is equal to a 0.1 point deduction.
  3. Deduction("Gam-jeom")
    - A. Conducting undesirable acts
    - B. Disturbing the referee or the staffs to proceed during the contest
    - C. If a contestant lacks or exceeds the time, 0.3 points will be deducted for every 10 seconds.
    - D. If the number of contestants does not meet the required limit, 3 points will be deducted per person.
    - E. Stepping over the boundary line of the contest area results to a 0.3 point deduction.
    - F. Not performing the compulsory technical movements will deduct 0.3 points per movement.
  4. Penalty points shall be deducted from the participant's total score.
  5. Disqualification("Sil-gyook")
    - A. Entering the contest on behalf of other players
    - B. When any team copies another team's Taekwondo Aerobics or demonstrates a Taekwondo Aerobics that has been awarded a prize in World Taekwondo Hanmadang in the past 5 years
    - C. When wearing the incorrect uniform

⑩ Decision of contest

The decision of the contest shall be made in accordance with the Article 27 of Referee Decision and Publication.

## Article 41. Record Contest

Record Contest refers to a competition in which an individual competes with various measures(numbers, speed, height, distance) in the given time and space under the same conditions.

① Speed Breaking

Speed breaking refers to a contest in which contestants compete over how they completely break the target at high speed using techniques such as fist punch, knife hand strike, or kick while ranking contestants based on how far the targets are pushed back.

1. Contest method : Cut-off
2. Contest time : 20 seconds
3. Compulsory regulations
  - A. The breaking targets shall be authorized by the Organization Committee.
  - B. The number of breaking targets shall be 2 to 5 pieces. The number of targets shall be based per gender or age, which shall be specified in the Hanmadang outline.
  - C. The contestant cannot use any protective gear on the body.
  - D. The contestant shall place the protective pad provided by the Organization Committee on the breaking targets to prevent injuries.
4. Breaking techniques
  - A. In fist punch breaking, a contestant shall break the target at high speed using the knuckle part of a tightly clenched fist
  - B. In knife hand strike breaking, a contestant shall break the target at high speed using a turned over knife hand or reversed knife hand.
  - C. In fist punch or knife hand strike, there is no assigned position for stepping, but the sole of the foot should not be off the floor.
  - D. In kick breaking, contestant shall break the target at high speed using the front kick with ball of the foot, the ball or instep of the foot in a roundhouse kick, the foot blade in a side kick, or the foot blade or heel in a back kick.
  - E. There are no assigned positions for kicks and stepping. Only taking one step is allowed.
  - F. Breaking shall be conducted only once.
5. Deduction("Gam-jeom")
  - A. Exceeding the time to contest(20 seconds), 1.0 deduction shall be applied per 10 seconds.
  - B. A 1.0 point deduction is equivalent to the break target being pushed away a distance of 10cm.
6. Disqualification("Sil-gyouk")
  - A. When any parts of the body above the knees touch the ground after breaking
  - B. When the contestant breaks the target with unapproved techniques other than compulsory regulations and breaking techniques
  - C. Entering the contest in the name of others
  - D. When the target is not completely broken
7. Marking method
  - A. The distance in which the target is pushed away is measured for scoring.
  - B. Whether the target is completely broken or not is measured for scoring.

8. Decision of contest

- A. The contestant who manages to break the target with the least distance is declared as the winner.
- B. In case of a tie, the contestants shall compete with each other once more.
- C. In case of a tie again, the two contestants may be announced as co-winners.

② Consecutive Tornado kick Breaking

Consecutive Tornado Kick Breaking refers to a contest in which contestants break targets by consecutively kicking targets while jumping and spinning the body in place by at least a full circle(360 degrees) while putting the axis on the front foot, and rankings are determined by how fast the contestants completely break the targets.

1. Contest method : Cut-off

2. Contest time : 20 seconds

3. Breaking techniques

- A. Pine boards must be used for the targets.
- B. Total number of assistants should be twelve or less.
- C. The last breaking target must be broken with 540° back whip kick breaking.

4. Deduction("Gam-jeom")

- A. The target-holding assistants help the action of breaking(1.0-point deduction).
- B. 1.0 point deduction per one unbroken target.
- C. 1.0 point deduction is equal to 1 second.
- D. Penalty points shall be deducted from the participant's total score.

5. Disqualification("Sil-gyook")

- A. The contestant touches the ground with his/her hand or falls over.
- B. When the assistant helped the action of breaking for 3 or more times
- C. Entering the contest in the name of others

6. Scoring Method

- A. Whether the target is completely broken or not is measured for scoring.
- B. The time of the breaking speed is measured for scoring.
- C. One breaking target is equal to 1 second when measuring for scoring.

7. Decision of contest

- A. The contestant who breaks more pine boards more quickly shall be selected as a winner.
- B. If the final scores are tied, one round of a tiebreaker will be commenced. If the scores are still tied after the tiebreaker, a younger contestant from the group under or of age 18, or older one from the group of or above 19 will be the winner.

### ③ Consecutive back whip kick breaking

Consecutive back whip kick refers to a contest in which contestants consecutively breaking targets in the same place with the sole or heel of foot, turning the foot backward in large movement, and rankings are determined by whoever manages to break more targets within a set time.

1. Contest method : Cut-off

2. Contest time : 20 seconds

3. Breaking techniques

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

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

C. Pine boards must be used for the targets.

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

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

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

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

4. Deduction("Gam-jeom")

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

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

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

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

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

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

5. Disqualification("Sil-gyook")

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

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

C. Entering the contest in the name of others

6. Scoring Method

Whether the target is completely broken or not is measured for scoring.

7. Decision of contest

A. When breaking 1 pine board it will be 1 point, and the contestant with higher final breaking record will be the winner.

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

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

### ④ High Jump Kick Breaking

It refers to a contest in which contestants perform an assisted run from a set distance and jump to break the targets, and rankings are decided by whoever completely breaks the highest target.

1. Contest method : Cut-off
2. Contest time : 20 seconds or less
3. Compulsory regulations
  - A. Contestants shall decide and register the target height before the contest.
  - B. The contestant cannot apply for less than 5cm increment for his applying distance.(For instance, a contestant can not apply for 172cm or 174cm, but do for 180cm or 185cm. The gap unit shall be 5cm)
  - C. After breaking the set target, the contestant may set a farther target. The contestant gets a total of three chances, including the initial round.
  - D. After succeeding in the initial breaking, the height of the second or third round may be set according to the participant's own judgment. However, the participant may not conduct the third round without conducting the second one.
  - E. The breaking targets shall be authorized by the Organization Committee.
  - F. The breaking shall be tried only once and be conducted within 20 seconds after the "Si-Jak" command.
  - G. The approach run should be shorter than 10m.
  - H. The finalist may try to make the best record, regardless of times.
4. Breaking techniques
  - A. Contestants must maintain Jumping Front Kick stance when performing breaks.
  - B. When the target has been completely broken, it considered a successful break.
  - C. Breaking should take place in midair.
  - D. Completely breaking a target means making it break apart into two or more pieces after it has been struck by the contestant's foot.
  - E. If the target is not completely broken, it will count as a failure to break.
5. Deduction("Gam-jeom")
  - A. If the breaking time(20 seconds) is exceeded, a 1.0 point deduction shall be applied for each 10 seconds, and a 1.0 point deduction is equivalent to a 10cm target height.
  - B. Deductions are only given at the round for which the contestant registered the target height.
  - C. Deduction points shall be deducted from the participant's total score.
6. Disqualification("Sil-gyook")
  - A. When he/she fails to break the target in applied height.
  - B. When any parts of the body above the knees touch the ground after breaking
  - C. When the breaking techniques and compulsory regulation were violated
  - D. Entering the contest in the name of others

## 7. Scoring Method

- A. Whether the target is completely broken or not is measured for scoring.
- B. The height of the breaking target is measured for scoring.

## 8. Decision of contest

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

## ⑤ Long Jump Kick Breaking

It refers to a contest in which contestants perform an assisted run from a set distance and jump above the obstacle to break the target using the jump side kick technique, and rankings are decided by whoever breaks the target that is farthest away.

### 1. Contest method : Cut-off

### 2. Contest time : 20 seconds or less

### 3. Compulsory regulations

- A. The contestant shall request the desired target distance before the contest.
- B. The distance is set by 10 cm.(For example, registering 275 cm or 278 cm is not allowed. Distance of minimum units of 10 cm, such as 280 cm or 290 cm, is the only allowed target distance.)
- C. After breaking the set target, the contestant may set a farther target. The contestant gets a total of three chances, including the initial round.
- D. After succeeding in the first breaking, the distance of the second or third round may be set according to the participant's own judgment. However, the participant may not conduct third round without conducting the second one.
- E. The height of the obstacle shall be specified in the Hanmadang outline.
- F. The breaking targets shall be authorized by the Organization Committee.
- G. The breaking shall be tried only once and be conducted within 20 seconds after the "Si-Jak" command.
- H. The approach run should be shorter than 12m.



#### 4. Breaking techniques

- A. Contestants must maintain Jumping Side Kick stance when performing breaks.
- B. The target must completely broken after the contestant jumps over the obstacle.
- C. When the target has been completely broken, it considered a successful break.
- D. Breaking should take place in midair.
- E. Completely breaking a target means making it break apart into two or more pieces after it has been struck by the contestant's foot.
- F. If the target is not completely broken, it will count as a failure to break.
- G. The finalist may try to make the best record, regardless of times.

#### 5. Deduction("Gam-jeom")

- A. If the breaking time (20 seconds) is exceeded, a 1.0 point deduction shall be applied for each 10 seconds, and a 1.0 point deduction is equivalent to a 10 cm target distance.
- B. Penalties are only given at the round for which the contestant registered the target height.
- C. Penalty points shall be deducted from the participant's total score.

#### 6. Disqualification("Sil-gyout")

- A. When he/she fails to break the target in applied distance.
- B. When the body touch the obstacle
- C. When any parts of the body above the knees touch the ground after breaking
- D. When a Foot touches the ground before breaking
- E. Entering the contest in the name of others

#### 7. Scoring Method

- A. Whether the target is completely broken or not is measured for scoring.
- B. The distance of breaking target is measured for scoring.

#### 8. Decision of contest

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

## Article 42. Team Competition

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

- ① Competition method : Cut-off
- ② Competition time : 5 minutes 30 seconds or less
- ③ Uniform : Kukkiwon Approved Dobok
- ④ Number of contestants : 9 to 13 people
- ⑤ Categories
  - 1. Creative Poomsae
  - 2. Self-Defense
  - 3. Single jumping breaking
  - 4. Various target breaking
  - 5. Spinning breaking(horizontal/vertical turn back)
  - 6. Freestyle Team Breaking
  - 7. Power breaking

### ⑥ Details of the event

#### 1. Creative Poomsae

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

The technical detail regulations about Creative Poomsae are in line with Article 32 Creative Poomsae of the Hanmadang Contest/Competition Rules

#### 2. Self-Defense

Self-defense refers to martial art to fight the attacker with bare hand and foot of striking, kicking, punching, thrusting, locking, grabbing, and throwing down. These are defensive technique that can be used to dominate an opponent and consider his/her life.

A. The members for Self-Defense technique can be composed freely.

B. The detailed Technical Regulations about the self-defence technique follow Article 39 Self-Defence Technique Regulations of the Hanmadang Contest/Competition Rules.

C. The contestants can prepare weapons freely, but the weapons must be imitations.

D. The team shall include at least one female contestant.

#### 3. Single jumping breaking

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

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

Jumping Front Kick in three different levels of height, Jumping Side Kick in three different levels of height

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

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

Ex.) Multiple direction breaking, Single Line-up Break

- A. The contestant can choose the direction and location to install breaking targets for each technique, but the targets must be placed within the boundary lines.
  - B. The contestant can decide to install breaking targets, such as height and distance, and will be scored based on his/her set targets.
  - C. In case of multi-direction breaking, the contestant and his/her assistant shall move continuously to break the targets.
  - D. The contestant shall break with a hand or a foot, but not with the forehead.
  - E. The height of the breaking targets must be at least 1 m.
  - F. The referee will score contestants based on the combination of the success and failure of breaking, installation of breaking targets, accuracy of technique, and the program arrangement level.
5. Spinning Breaking(vertical/horizontal turn break)

A. Vertical turn break

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

Ex.) Jumping flip kick by stepping on a person's chest, jumping flip drawing kick, jumping flip kick, jumping flip drawing kick blindfolded, jumping flip kick blindfolded, jumping flip kick with an object thrown into the air

## B. Horizontal turn break

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

Ex.) 540° (jumping) tornado kick blindfolded, 540° (jumping) back whip kick blindfolded, 540° – 720° (jumping) tornado kick, 540° back(jumping) whip kick for one to three steps

C. The contestant can choose the direction and location to install of breaking targets for each technique, but the targets must be placed within the boundary lines.

D. In spinning break, the contestant is required to do each vertical and horizontal turn break.

E. The contestant can decide to install breaking targets, such as height and distance, and will be scored based on his/her set targets.

F. The referee will score contestants based on the combination of the success and failure of breaking, installation of breaking targets, the accuracy and program arrangement of technical movements.

## 6. Freestyle Team Breaking

It is a newly reformed breaking technique in which groups use Taekwondo techniques, and refers to the technique in which targets are broken through high-level technical movements using various types of assisted break and freestyle break.

A. The team can choose the direction and location to install breaking targets, but the targets must be placed within the boundary lines.

B. Groups must demonstrate break on up to a total of 10 targets through a free member formation.

C. The breaking techniques can be chosen freely, but the difficulty and the originality of the technique and composition will affect the scoring.

D. The referee will score contestants based on a combination of the success or failure of breaking, the difficulty and creativeness of technical composition, and degree of completion.

E. The last break of the freestyle break must be a break using new techniques, and if the new technique break is impossible, contestants must demonstrate the highest level break they can.

## 7. Program arrangement

This refers to a storytelling performance after setting a theme.

## 8. Power breaking

It refers to a technique in which four contestants each use different hand techniques(fist, knife hand, back fist, reverse knife hand, hammer fist) and foot techniques(back kick, back whip kick) to break the set targets with downward punch or kick.

- A. The number of provided breaking targets is 20. The four contestants break with different hand techniques (3 times) and foot techniques (1 time).
- B. Each contestant can compose freely the number of targets and a breaking technique. It will be awarded with 0.5 point per one broken target.

### ⑦ Common Compulsory regulations

1. The Technical Regulations on all the events of the team competition shall be based on Chapter III-1 of the Hanmadang Contest/Competition Rules.
2. The representative of the entering team shall fill out and submit the Team Competition Plan Sheet, in which the presented events are freely organized, at the time designated by the Organization Committee. The final version cannot be changed after it has been submitted.
3. The team shall include at least 1 or 2 females among the 9-13 contestants. However, the international division can be exceptional, which is specified in the Hanmadang outline.
4. The performance music file must be submitted at the place and time designated by Organization Committee.
5. All breaking targets shall be authorized by the Organization Committee, and power breaking targets shall be limited to 20, and all-round breaking targets shall be limited to 40.
6. Single jumping breaking, various target breaking, spinning, and creative breaking shall be conducted by each contestant. A female contestant shall conduct at least one of the abovementioned breaking techniques.
7. Horizontal and Vertical turn break shall be executed subsequently.
8. Breaking is conducted only once in all breaking events.
9. Firecrackers or real weapons shall not be used.
10. The contestant can perform assisted breaking for the program arrangement (story). However, there are no technical points awarded for this, and points are deducted upon failure to break.

### ⑧ Marking Criteria

1. The total points is 100 including the evaluated score in accordance with each event Marking Criteria.
  - A. Creative Poomsae(20 points) : Accuracy(10 points),  
Program arrangement(10 points)

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

## 2. Team Competition Score Chart

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

⑨ Scoring method

1. Creative Poomsae(20 points)

A. Accuracy(10 points)

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

1) Mistakes in the accuracy required entry

Stance position : Apgubi(Forward stance), Dwitgubi(Back stance),

Beom-seogi(Tiger stance) etc. all kinds of stance

Hand technique :(Block, Punch, Striking, etc. all kinds of hand techniques.)

Failure to abide by the basic movement regulations in the Kukkiwon textbook and eyes not heading for the processing direction.

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

B. Program arrangement(10 points)

It is awarded with 1.0 to 10 points through the judgement of Program arrangement and creativeness in the entire Creative Poomsae. Speed and power, sturdiness and gentleness, tempo, rhythm, balance, and expressivity of energy are the same as the presentation (expressivity) of items in the Authorized Poomsae.

2. Self-Defense(15 points)

A. Accuracy(5 points)

It is awarded with 1 to 5 points through the judgement of accuracy and practicality of techniques in technical movements.

B. Program arrangement(10 points)

It is awarded with 1 to 10 points through the program arrangement in the entire self-defense technique event. Speed and power, sturdiness and gentleness, tempo, rhythm, balance, and expressivity of energy. It is awarded through an actual execution of the speed, power, sturdiness and gentleness, tempo, rhythm, balance, and expressivity of energy.

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

3. All-round breaking(30 points)

All-round breaking{Single jumping breaking(10 points), various target breaking(10 points), and spinning breaking(10 points)} will be judged in accordance with "Article 38 All-Round Breaking."

A. Accuracy(5 points)

- 1) Number of broken targets : 2.0 points deduction per unbroken target
- 2) Landing : Unbalanced landing after a break or technical skill presentation will incur a 1.0 point deduction. When a hand touches the ground during landing, it will incur a 3.0 point deduction(only one hand is allowed). When the contestant falls down or a body part above the knees touch the ground, it will incur a 5.0 point deduction.

B. Program arrangement(5 points)

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

4. Freestyle Team Breaking(20 points)

A. Accuracy(10 points)

- 1) Number of broken targets: 2.0 point deduction per unbroken target
- 2) Landing : Unbalanced landing after a break or technical skill presentation will incur a 1.0 point deduction. When a hand touches the ground during landing, it will incur a 3.0 point deduction(only one hand is allowed). When the contestant falls down or a body part above the knees touch the ground, it will incur a 5.0 point deduction.

B. Program arrangement(10 points)

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

5. Performance quality(5 points)

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

6. Power Breaking(10 points)

0.5 point is awarded for each broken target.



⑩ Penalty{deduction("Gam-jeom"), and disqualification("Sil-gyouk")}

1. Penalties are given by the chief referee.
2. The penalties are deduction("Gam-jeom"), and disqualification("Sil-gyouk") and One deduction is equal to a 1.0 point deduction.
3. Deduction
  - A. Conducting undesirable acts
  - B. Disturbing the referee or the staffs to proceed during the competition
  - C. If the contestant exceed the competition time, 3.0 points shall be deducted per 10 seconds from the final score.
  - D. If the number of contestants does not meet the required limit, 10 points will be deducted per person.
  - E. If fireworks or actual weapons are used, 3.0 points will be deducted.
  - F. If the performance theme offends any government or religion, 10 points will be deducted.
  - G. The penalty regulations is applied to all events.
4. Penalty points shall be deducted from the participant's total score.
5. Disqualification
  - A. Entering the contest in the name of others
  - B. Cheating so that the breaking targets provided by the Organization Committee break easily영

⑪ Replacing Contestants

1. In the team competition, it is possible to replace one registered substitute.
2. Substitutes are limited to two people (one male and one female) other than 9-13 registered contestants. Substitutes must register themselves as Substitutes in their application forms. However, in the international division, there is no gender restriction for the Substitutes.
3. The substitute may be used as following reasons. However, the substitute contestant must be of the same gender as the one he/she is replacing.
  - A. If the contestant is injured during the event.
  - B. When the participant is injured after submitting the Application Form, he/she shall submit the doctor's note to the Organization Committee.

⑫ Decision of contest

The decision of the contest shall be made in accordance with the Article 27 of Referee Decision and Publication.

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

### Chapter 1. General Provisions

#### Article 43. Purpose

The Grand Prix World Taekwondo Hanmadang Contest (hereinafter the Grand Prix Hanmadang) is intended to select the winner with the highest skills among winners in the World Taekwondo Hanmadang and the Hanmadangs of each continent, as well as to develop Taekwondo techniques and raise Taekwondo's status.

#### Article 44. Scope of Application

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

### Chapter 2. Contest/Competition Regulations

#### Article 45. Contest/Competition Area

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

#### Article 46. Contestants and Executives

##### ① Contestants

##### 1. Qualifications

- A. Holder of the nationality or permanent residency of the participating country
- B. Holder of a Taekwondo Dan or Poom certificate issued by the Kukkiwon
- C. Contestants or teams who have been ranked above third place in each continent's Taekwondo Hanmadang or World Taekwondo Hanmadang within three years from the year when the Grand Prix Hanmadang is held.
- D. If a team who has won in each continent's Taekwondo Hanmadang or World Taekwondo Hanmadang intends to attend Grand Prix Hanmadang, the Substitute Players entry is possible only under the same team name.

E. Eligible participants' age is as follows(age is counted by birth year).

- 1) Under 18 Division(9–18 years old)
- 2) Under 60 Division(19–60 years old)
- 3) Above 60 Division

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

## 2. Uniform

Contestants must wear uniforms designated by the Organization Committee.

## 3. Medical control

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

## ② Executives

### 1. Qualifications

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

### 2. Uniform

They must wear the designated uniforms or be neatly dressed.

## Article 47. Contest/Competition Rules

### ① Contest/Competition event

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

1. Poomsae(Authorized/Creative)
2. Power Breaking(fist breaking/knife hand breaking, side kick / back kick breaking, back whip kick breaking)
3. All-round breaking
4. Record Contest(speed breaking, high jump kick breaking, long jump kick breaking)
5. Team Kyorugi

## 6. Team Competition

- A. Creative Poomsae
- B. Power breaking
- C. Single jumping breaking
- D. Various target breaking
- E. Spinning breaking(horizontal/vertical turn break)
- F. Freestyle Team Breaking
- G. Self-defense

### ② Contest/Competition classification

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

#### 1. Individual

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

- A. Poomsae(Authorized/Creative)
- B. Power breaking(fist breaking/knife hand breaking, side kick / back kick breaking, back whip kick breaking)
- C. All-round breaking
- D. Record Contest(speed breaking, high jump kick breaking, long jump kick breaking)

#### 2. Group

- A. Team Competition
- B. Team Kyorugi Competition

### ③ Events classified by gender

- 1. Individual contest
- 2. Team Kyorugi Competition

### ④ Contest/Competition method

- 1. All Hanmadang competitions shall only be recognized by the Kukkiwon when at least four groups or teams comprised of four people each attend. Otherwise, individuals may still participate and receive awards, but their records are not recognized as official records.
- 2. The methods of the contest/competition are divided as follows.
  - A. Cut-off
  - B. Tournament
  - C. Combination system : Cut-off + Tournament

### ⑤ Contest procedures

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

⑥ Breaking targets

Breaking targets are in line with Article 18 of the World Taekwondo Hanmadang Contest/Competition Regulations & Rules.

⑦ Representative meeting

1. The representative meeting will be held one day before the beginning of the Hanmadang. It shall be made in the presence of the leaders(directors or coaches) of each team, but the meeting schedule may be changed depending on the situation of the event. Changes shall be posted in the Hanmadang outline.
2. The order and drawing of the competition will be decided during the representative meeting.

⑧ Weigh-in

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

⑨ Awards

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

## Chapter 3. Contest/Competition Rules

### Article 48. Rules by Event

① Poomsae(Authorized/Creative)

Poomsae refers to the explanations of Articles 31 and 32 of the World Taekwondo Hanmadang Contest/Competition Rules. Both Authorized and Creative Poomsaes shall be performed together.

1. Contest time
  - A. Authorized Poomsae : More than 30 seconds and less than 90 seconds
  - B. Creative Poomsae : More than 70 seconds and less than 80 seconds
2. Uniform : Approved Dobok designated by the kukkiwon
3. Number of contestants : Individual(one person)
4. Designated Poomsae of each entry

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

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

B. Designated Poomsae draw methods

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

5. Compulsory regulations

The Compulsory regulations for Authorized and Creative Poomsae are in line with Articles 31 and 32 of the World Taekwondo Hanmadang Contest/Competition Regulations & Rules.

6. Marking criteria and methods

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

7. Decision and declaration of Winner

Provisions regarding the decision and declaration of winner are in line with Articles 31 and 32 of the World Taekwondo Hanmadang Contest/Competition Regulations & Rules. The average sum of the two events is the final score.

② Power breaking

Power breaking refers to the explanations of Articles 34, 35, 36, 37 of the World Taekwondo Hanmadang Contest/Competition Regulations & Rules. Four events shall be performed together.

1. Competition time : 60 seconds

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

2. The compulsory provisions, technical regulations, marking methods, and penalties of each event are in line with Articles 34, 35, 36, 37 of the World Taekwondo Hanmadang Contest/Competition Regulations & Rules.

3. Decision of contest

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

③ All-round breaking

Provisions regarding All-round breaking are in line with Article 38 of the World Taekwondo Hanmadang Contest/Competition Regulations & Rules.

#### ④ Record Contest

Provisions regarding speed breaking, high jump breaking, long jump breaking are in line with Article 41 of the World Taekwondo Hanmadang Contest/Competition Regulations & Rules. All three events shall be performed together.

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

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

##### 2. Compulsory provisions, technical regulations, marking methods, and penalties of each event are in line with Article 41 of the World Taekwondo Hanmadang Contest/Competition Regulations & Rules.

##### 3. Decision of contest

- A. The total combination of scores from speed breaking, high jump kick breaking, long jump kick breaking is the final score.
- B. Full marks for speed breaking are 10 points, and the farther the broken target is pushed back, the lower point is scored.
- C. Full marks for high jump breaking are 100 points, and the higher the target is, the higher point is scored.
- D. Full marks for long jump breaking are 100 points, and the farther the breaking target is, the higher pointed is scored.

#### ⑤ Team Kyorugi

Provisions regarding Team Kyorugi Competition are in line with Article 33 of Contest(Competition) Rules & Rules of World Taekwondo Hanmadang.

#### ⑥ Team Competition

Provisions regarding the team competition are in line with Article 42 of the World Taekwondo Hanmadang Contest/Competition Regulations & Rules.

## V. Referee and Operator hand signals

### ① Hand Signals

#### 1. Calling the Contestants

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



#### 2. “Cha-ryeot,” “Kyung-rye”

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



〈Cha-ryeot〉



〈Kyung-rye〉



3. “Joon-bi”/“Shi-jak”

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



〈Joon-bi〉



〈Shi-jak〉

4. Indication of the number of broken targets

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



5. “Ba-ro”

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



## VII. Score chart and other forms

### ① Authorized Poomsae Score Chart

Court

■ Contest No :

Item	Detailed Criteria	Point	Scoring Standards										Score
Accuracy (4.0)	Accuracy of each Poomsae	4.0	3.1	3.2	3.3	3.4	3.5	3.6	3.7	3.8	3.9	4.0	
			2.1	2.2	2.3	2.4	2.5	2.6	2.7	2.8	2.9	3.0	
			1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
			0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	
Expressivity (6.0)	Harmony (sturdiness and gentleness, tempo, and rhythm)	2.0	Very poor		Poor		Average		Good		Very Good		
			1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0
	Speed and power	2.0	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0
	Expression of energy	2.0	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0
	Total												

Referee's Name : \_\_\_\_\_

Referee's Nation : \_\_\_\_\_

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

② Creative Poomsae Score Chart

Creative Poomsae Score Chart

Court

■ Contest No :

Item	Detailed Criteria	Point	Scoring Standards											Score
Accuracy (4.0)	Accuracy of movements	4.0	3.1	3.2	3.3	3.4	3.5	3.6	3.7	3.8	3.9	4.0		
			2.1	2.2	2.3	2.4	2.5	2.6	2.7	2.8	2.9	3.0		
	Designated technique movement		1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0		
			0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0		
Expressivity (6.0)	Skill (Control the speed, sturdiness and gentleness of power, balance, and rhythm)	2.0	Very poor		Poor		Average			Good		Very Good		
	1.0		1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0		
	Expressivity (Unity of team movements)	2.0	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
	Creativeness (Composition, pattern, and value of Poomsae)	2.0	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
	Total													

Referee's Name : \_\_\_\_\_

Referee's Nation : \_\_\_\_\_

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

### ③ Power Breaking Score Chart

#### Fist/Knife Hand Breaking Score Chart

■ Contest No :

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

Referee's Name : \_\_\_\_\_

Referee's Nation : \_\_\_\_\_ Signature : \_\_\_\_\_

④ Foot Breaking Score Chart

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

■ Contest No :

Court

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

Referee's Name : \_\_\_\_\_

Referee's Nation : \_\_\_\_\_ Signature : \_\_\_\_\_

⑤ All-Round Breaking Score Chart

All-Round Breaking Score Chart

■ Contest No :

Item	Detailed Criteria	Point	Scoring Standards										Score	
Accuracy (4.0)	Number of broken targets	4.0	3.1	3.2	3.3	3.4	3.5	3.6	3.7	3.8	3.9	4.0		
			2.1	2.2	2.3	2.4	2.5	2.6	2.7	2.8	2.9	3.0		
	Landing		1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0		
			0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0		
Program arrangement (6.0)	Skill (Difficulty, height, turning angle)	2.0	Very poor		Poor		Average			Good		Very Good		
			1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
	Expressivity (Technique performed while staying in the air)	2.0	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
	Creativeness (Balance of set composition and creative techniques)	2.0	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
Total														

Referee's Name : \_\_\_\_\_

Referee's Nation : \_\_\_\_\_

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

⑥ Self-Defense Score Chart

Court

Self-Defense Score Chart

■ Contest No :

Item	Detailed Criteria	Point	Scoring Standards										Score		
Accuracy (4.0)	Accuracy of the movement	4.0	3.1	3.2	3.3	3.4	3.5	3.6	3.7	3.8	3.9	4.0			
			2.1	2.2	2.3	2.4	2.5	2.6	2.7	2.8	2.9	3.0			
	Accuracy of techniques		1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0			
			0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0			
Program arrangement (6.0)	Skill (Diversity of movements and technical application composition)	2.0	Very Poor		Poor		Average			Good		Very Good			
			1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0		
	Practicality (Practical movements)		2.0	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
	Creativeness (Original theme and scenario)		2.0	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
Total															

Referee's Name : \_\_\_\_\_

Referee's Nation : \_\_\_\_\_

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



⑦ Taekwondo Aerobics Score Chart

Court

Taekwondo Aerobics Score Chart

■ Contest No :

Item	Detailed Criteria	Point	Scoring Standards										Score		
Accuracy (4.0)	Accuracy of the movements	4.0	3.1	3.2	3.3	3.4	3.5	3.6	3.7	3.8	3.9	4.0			
			2.1	2.2	2.3	2.4	2.5	2.6	2.7	2.8	2.9	3.0			
	Designated technique movements		1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0			
			0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0			
Program arrangement (6.0)	Skill (Balance of rhythm and movements)	2.0	Very Poor		Poor		Average			Good		Very Good			
			1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0		
	Expressivity (Balance between the dynamic expressions and music)		2.0	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
	Creativeness (Original presentation and artistic value)		2.0	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
Total															

Referee's Name : \_\_\_\_\_

Referee's Nation : \_\_\_\_\_

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

⑧ Record Contest Score Chart

Court

Speed Breaking Score Chart

■ Contest No.:

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

Referee's Name : \_\_\_\_\_

Referees Nation : \_\_\_\_\_ Signature : \_\_\_\_\_

⑨ Record Contest Score Chart

Court

Consecutive Tornado Kick Breaking Score Chart

■ Contest No.:

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

Referee's Name : \_\_\_\_\_

Referee's Nation : \_\_\_\_\_ Signature : \_\_\_\_\_

⑩ Record Contest Score Chart

Court

Consecutive Back Whip Kick Breaking Score Chart

■ Contest No.:

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

Referee's Name : \_\_\_\_\_

Referee's Nation : \_\_\_\_\_ Signature : \_\_\_\_\_

# ⑪ Record Contest Score Chart

## High Jump Kick Breaking Score Chart

Court

■(        )round / Standard height :        m        cm

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

Referee's Name : \_\_\_\_\_

Referee's Nation : \_\_\_\_\_ Signature : \_\_\_\_\_

⑫ Record Contest Score Chart

Court

Long Jump Kick Breaking Score Chart

■(        )round / Standard Distance :        m        cm

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

Referee's Name : \_\_\_\_\_

Referee's Nation : \_\_\_\_\_ Signature : \_\_\_\_\_

⑬ Team Competition Score Chart

Court

Team Competition Score Chart

■ Competition No.:

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

Referee's Name : \_\_\_\_\_

Referee's Nation : \_\_\_\_\_ Signature : \_\_\_\_\_

## ⑭ Arbitration Application

### Arbitration Application

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

—

201 . . .

Arbitration committee Chairperson

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

---

■ The Result of Arbitration.

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



⑮ Creative Poomsae Plan Sheet

Creative Poomsae Plan Sheet

■ Information of Team

Team name				
Executives	Representative name		Mobile No.	

■ List of Contestants

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

■ Explanation of Creative Poomsae

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

■ Duration :        Min        Sec

■ Poomsae line(Yeon mu line)

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

■ Explanation of the movements

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

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

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

Date :        /        /

Name of Representative:        (Signature)

## ⑩ Team Kyorugi List

### Team Kyorugi List

#### ■ Information of Team

Team name				
Executives	Representative name		Mobile No.	

#### ■ List of Contestants

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

#### ■ List of Substitutes

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

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

Date :     /     /

Name of Representative:

(Signature)

## ⑰ Team Competition Plan Sheet form

### Team Competition Plan Sheet

#### ■ Information of Team

Team name				
Executives	Representative name		Mobile No.	

#### ■ List of contestants

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

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

#### ■ List of Substitutes

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

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

# ⑱ Team Competition Program Composition Form

## ■ Team Competition Program Composition

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

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

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

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

Date :     /     /

Name of Representative:

(Signature)