



**2023 Seongnam
World Taekwondo Hanmadang
Contest Outline**



I . Overview

1. Title : 2023 Seongnam World Taekwondo Hanmadang

2. Period : July. 21st(Fri) – 24th(Mon), 2023 / 4 Days

3. Location : Seongnam Indoor Gymnasium

(20 Dunchon-daero 183beon-gil, Jungwon-gu, Seongnam-si, Gyeonggi-do)

4. Promoter : Kukkiwon, Seongnam City

5. Organizer : 2023 Seongnam World Taekwondo Hanmadang Organizing Committee

6. Main Events

| Date | Event | Location and Note |
|-------------------------------|--|---------------------------|
| May 22(Mon) – June 16(Fri). | <ul style="list-style-type: none"> Registration | Online Application |
| June 19(Mon) – June 23(Fri). | <ul style="list-style-type: none"> Make payments for the participation | Card Payment |
| June | <ul style="list-style-type: none"> Draw for the contest | |
| July 19 (Wed) – July 21(Fri). | <ul style="list-style-type: none"> Registration On-site accreditation | Seongnam Indoor Gymnasium |
| July 19 (Wed) – July 20(Thu). | <ul style="list-style-type: none"> Referee refresher course | Seongnam Indoor Gymnasium |
| July 20(Thu). | <ul style="list-style-type: none"> Representative meeting Foreign team entry and registration | Will be informed later |
| July 21(Fri). | <ul style="list-style-type: none"> Contest(individual, group preliminary round) | Seongnam Indoor Gymnasium |
| July 22(Sat). | <ul style="list-style-type: none"> Opening ceremony / performance / Welcome banquet Contest(individual, group preliminary round) | |
| July 23(Sun). | <ul style="list-style-type: none"> Contest(individual, group preliminary round and individual, group final round) | |
| July 24(Mon). | <ul style="list-style-type: none"> Contest(individual, group final round) Awarding ceremony / Closing ceremony | |

※ The above schedule may be changed depending on on-site situations.

II. Outline

1. Events

○ Total of 71 entries in 13 events

1. Individual : 44 entries in 8 events

| Events \ Parts | | | Junior I | Junior II | Junior III | Senior I | Senior II | Senior III | Master |
|--------------------|-------------------------|---|-------------------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|-------------------------------------|
| | | | under 12 years (Born after 2011) | 13-15 years (2008-2010) | 16-18 years (2005-2007) | 19-29 years (1994-2004) | 30-39 years (1984-1993) | 40-59 years (1964-1983) | over 60 years (Born before 1963) |
| Poomsae | Fist Breaking | M | | | | ● | | ● | ● |
| | | F | | | | ● | | ● | |
| | Knife Hand Breaking | M | | | | ● | | ● | ● |
| | | F | | | | ● | | ● | |
| | Side/Back Kick Breaking | M | | | | ● | | ● | ● |
| | | F | | | | ● | | ● | |
| Record Contest | High Jump Kick Breaking | M | ● | ● | ● | ● over 19 years | | | |
| | | F | ● | ● | ● | ● over 19 years | | | |
| | Long Jump Kick Breaking | M | ● | ● | ● | ● over 19 years | | | |
| | | F | ● | ● | ● | ● over 19 years | | | |
| | Speed Breaking | M | | | | ● over 19 years | | | |
| | | F | | | | ● over 19 years | | | |
| All-round Breaking | M | | | ● | ● | ● over 30 years | | | |
| | F | | | ● | ● over 19 years | | | | |
| Authorized Poomsae | M | | | | | ● | ● | ● | |
| | F | | | | | ● | ● | ● | |

2. Group : 13 entries(Domestic), 8 entries(Overseas) in 4 events

| Events \ Parts | | | Jun I | Jun III | Sen I | Sen III |
|------------------|----------|---|-------------------------------------|----------------------------|----------------------------|----------------------------|
| | | | under 12 years (Born after 2011) | 13-18 years (2005-2010) | 19-29 years (1994-2004) | 30-59 years (1964-1993) |
| Allround Poomsae | Domestic | ● | ● | ● | ● over 30 years | |
| | Overseas | ● | ● | ● over 19 years | | |
| Creative Poomsae | Domestic | ● | ● | ● | ● over 30 years | |
| | Overseas | ● | | | ● over 19 years | |
| Taekwondo | Domestic | ● | ● | ● over 19 years | | |

| | | | |
|-------------------------|-----------------|---|-----------------|
| Aerobics | Overseas | ● | ● over 19 years |
| Team competition | Domestic | ● | ● over 19 years |
| | Overseas | ● | |

3. Demonstration event : 3 entries(Domestic), 3 entries(Overseas) in 1 event

※ The age division of demonstration events is applied differently from the age division of Hanmadang events.

| Parts Events | | Str I | Str II | Str III |
|-------------------------|-----------------|----------------------------|----------------------------|----------------------------|
| | | 30-34 years (1989-1993) | 35-39 years (1984-1988) | 40-44 years (1979-1983) |
| Gyeonggi (Group) | Domestic | ● | ● | ● |
| | Overseas | ● | ● | ● |

2. Qualifications and Age Classifications

○ Eligible Participants

1. Nationality or holding a permanent resident of the participating nation
2. Kukkiwon Poom / Dan holder

○ Executive Qualifications

Kukkiwon Dan holder who has registered as the representative of 2023 Seongnam World Taekwondo Hanmadang.

○ Classifications

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

| Division | Category | | Age Limit (Birth Year) | Note |
|-------------------|-----------------|----------------|---------------------------------|--|
| Individual | Junior I | under 12 years | under 12 years(Born after 2011) | ※ Events are divided by domestic and overseas players. ※ Part of events will be combined. |
| | Junior II | under 15 years | 13-15 years(2008-2010) | |
| | Junior III | under 18 years | 16-18 years(2005-2007) | |
| | Senior I | under 29 years | 19-29 years(1994-2004) | |
| | Senior II | under 39 years | 30-39 years(1984-1993) | |
| | Senior III | under 59 years | 40-59 years(1964-1983) | |
| | Master | over 60 years | over 60 years(Born before 1963) | |

| | | | | |
|--------------|------------|----------------|----------------------------------|--|
| Group | Junior I | under 12 years | under 12 years(Born after 2011) | ※ Events are divided by domestic and overseas players. ※ Part of events will be combined. |
| | Junior II | under 15 years | 13–15 years(2008–2010) | |
| | Junior III | under 18 years | 16–18 years(2005–2007) | |
| | Senior I | under 29 years | 19–29 years(1994–2004) | |
| | Senior II | over 30 years | over 30 years (Born before 1993) | |

* The participant's age is counted by year (2023) not by month. For instance, individual Junior II(–15 years) refers to contestants whose ages are between 13 and 15 years. If the contest is held in the middle of July 2023, contestants who were born between January 1, 2008, and December 31, 2010, are qualified to participate in this division.

* Foreign contestants shall use their passports to prove their age.

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

| Division | Category | | Age Limit (Birth Year) | Note |
|--------------|------------|----------------|------------------------|--|
| Group | Senior I | under 34 years | 30–34 years(1989–1993) | ※ Events are divided by domestic and overseas players. |
| | Senior II | under 39 years | 35–39 years(1984–1988) | |
| | Senior III | under 44 years | 40–44 years(1979-1983) | |

3. Participating Method

- **Domestic** : One may participate in one event either as an individual or a group.
- **International** : One can participate in two events as an individual and one event as a group.
- ※ It is allowed to participate in multiple events for the team competition.

4. Contest Method

- **Cut-off**

* It will be a cut-off method with preliminary round and final round. Depending on the results of the preliminary round, 10 participants(teams) or less who made it through the preliminaries may proceed to the finals.(There is no preliminary round and just one final round for

High Jump Kick Breaking, Long Jump Kick Breaking.)

- * Tied contestants(teams) are decided according to the results of the preliminaries and are to proceed to the finals.
- * The Organizing Committee will adjust and notify the number of finalists(final teams) during the events depending on the number of participants and the contest conditions.

○ Tournaments

- * The electronic draw method is used to decide the matches, and the contest will be held according to the Tournament Match Table.
- * Every round, the loser will be eliminated and the winners take on each other until the final winner is decided.
- **It will be recognized as the official record if there are 4 participants(groups) or more 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 will be conducted and awarded.**
- **Events may be combined with higher and lower divisions when there are less than four participants for individual Poomsae.**
- **All contests are conducted and awarded according to domestic and overseas divisions.**
 - * The domestic division refers to teams that consist of native Korean contestants. The overseas division consists of foreign contestants and teams.

5. Uniform

- **Uniform is restricted to the official white Dobok(both top and bottom) approved by the Kukkiwon.**

* In the case of Taekwondo Aerobics, contestants may choose different tops, though they must still wear the Dobok pants and belt. In the case of Team Competition, in order to preserve the characteristics of the contest format, contestants may wear a top of their choice after first putting on the top and bottom Dobok.

6. Breaking Targets and Breaking board holder

- **Approved breaking targets are as follows**

| Categories | Breaking Targets | Size (Width × Length × Thickness) |
|---------------------------------------|--------------------------------------|---|
| Knife Hand Breaking Speed Breaking | Breakable block (knife hand only) | 40.5cm × 14cm × 1.6cm |

| | | |
|--|---|--|
| Fist Breaking | Tile | 22.5cm × 27cm × 1.6cm |
| Side/Back kick Breaking | Pine board | 30cm × 22cm × 1.8cm |
| All-round Breaking | Pine board | 30cm × 22cm × 0.9cm |
| High Jump kick Breaking Long Jump Kick Breaking | Pine board | 30cm × 22cm × 0.9cm |
| Team competition | Pine board Pine boards(power breaking only) | 30cm × 22cm × 0.9cm 30cm × 22cm × 1.8cm |
| | Other kinds of targets (ball, apple, balloon etc.) | |

* All breaking targets will be provided by the Organizing Committee. The same targets are used in both the preliminary and final rounds. The Committee will not supply any other targets other than those stated above. Contestants who wish to use extra breaking targets must prepare them in advance and have them approved by the Organizing Committee.

○ **Breaking board holder that satisfy the given standards shall be used for Fist breaking, Knife hand breaking, Speed Breaking, Side/Back kick breaking, High/Long jump Kick breaking, and Speed breaking.**

7. Decision of contest

1. The winner is the contestant(team) with the highest total score.
2. 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.
3. If above mentioned Provision 2 fails to decide a winner, the tied contestants shall compete with each other once more.
4. 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.

8. Awards

○ **Each event has one first placer or team, one second placer or team, and two third placers or teams.**

* Domestic and overseas divisions are awarded separately.

○ Award details

1. Individual

- First Place(1 person) : Certificate, gold medal
- Second Place(1 person) : Certificate, silver medal
- Third Place(2 people) : Certificate, bronze medal

2. Team

- First Place(1 team)
 - Certificate(team, individual), large trophy(team), gold medal(individual)
- Second Place(1 team)
 - Certificate(team, individual), medium trophy(team), silver medal(individual)
- Third Place(2 teams)
 - Certificate(team, individual), small trophy(team), bronze medal(individual)
- Consolation Prize(1 team)
 - Certificate(team, individual), small trophy(team), bronze medal(individual)

*** Consolation prize is awarded for team competition.**

9. Representative Meeting

○ **The representative meeting is held a day before the contest. It is compulsory for representatives of each team to attend this meeting.**

○ Domestic Representative Meeting

- Date : July. 20.(Thu), 2023, 4:00 p.m.
- Location : Seongnam Indoor Gymnasium(*can be changed)
 - Subject : Domestic team representatives

○ Overseas Representative Meeting

- Date : July. 20.(Thu), 2023, 6:00 p.m.
- Location : Seongnam Indoor Gymnasium(*can be changed)
 - Subject : Overseas team representatives

10. Arbitration

○ **Registered team representatives can request arbitration.**

* Individual contestants who do not belong to a team can request arbitration only when registered as a

representative also.

○ Procedure of Arbitration

1. When objecting to a referee's judgment, an official delegate of the team shall submit a protest sheet, along with the arbitration fee, to the Arbitration committee within 10 minutes after the contest. Decision on the result may be announced after 30 minutes.
2. The arbitration fee is US\$100(KRW \100,000).
3. Decision will be made by the majority of the Arbitration Committee. When it's a tie, the committee chairperson may make the decision.
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.

11. Registration

○ Application Dates and Methods

1. Registration Period : May. 22.(Mon) – June. 16.(Fri),
 2. Entry Fee Payment Period : June. 19.(Mon) – June. 23.(Fri)
- * If the participation fee is not paid, your application may be canceled.
3. Submission documents(※ Can not be changed after submission)

- Creative Poomsae and Team Competition Plan Sheet(submit on the day of the contest)

○ Registration Methods

- Online registration

Visit Hanmadang homepage(<https://hanmadang.kukkiwon.or.kr>), and click the "Registration" button to register as instructed in the guide.

○ Entry Fee

1. Entry Fee

| Individual | | | |
|---|----------|----------------------------------|----------|
| Record Contest, Authorized Poomsae | | PowerBreaking All-round Breaking | |
| Domestic | Overseas | Domestic | Overseas |

| KRW 50,000/each | | US 50\$/each | | KRW 70,000 /each | | US 50\$/each | |
|-----------------------------|----------|------------------|----------|--------------------|----------|------------------|----------|
| Group | | | | | | | |
| African Poomsae Gyeonggi | | Creative Poomsae | | Taekwondo Aerobics | | Team competition | |
| Domestic | Overseas | Domestic | Overseas | Domestic | Overseas | Domestic | Overseas |
| KRW | US | KRW | US | KRW | US | KRW | US |
| 100,000 | 150\$ | 100,000 | 250\$ | 150,000 | 300\$ | 200,000 | 400\$ |
| /team | /team | /team | /team | /team | /team | /team | /team |

* Entry fee covers souvenirs and accident insurance.

2. All the participants must pay their fee with card payment during the payment period.

* After the participation fee has been paid, a refund is not possible.

* For overseas participants, if it is impossible to make the card payment, contact us in advance.

3. Registration and Application on-site is absolutely not allowed.

12. On-site accreditation

○ **Period** : July. 19.(wed) – July. 21.(Fri)

* After the application for registration time is over, application for the registration is absolutely not allowed

○ **Location** : Seongnam Indoor Gymnasium

○ **On-site accreditation Process**

Presentation of receipt paper or ID(Poom/Dan certificate) → Registration center confirmation

→ Receipt of ID card, contest match, guide book, or souvenir → Confirmation signature

* Representatives must bring the application receipt or the ID card of each contestant along with Poom/Dan certificates.

* Foreign participants must bring their passports.

* We encourage domestic contestants to pre-register on July 19.(Wed). to avoid the crowds on July. 20.(Thu).

13. Provisions

○ **All participants** : Souvenir, Participation certificate, accident insurance

○ **Overseas participants** : Accommodations(4 nights) with breakfast(4 meals), shuttle bus

14. Immigration Information and Accommodation for Foreign Participants

○ Welcome reception desk

- Welcome reception desk for the 2023 Seongnam World Taekwondo Hanmadang inside the Incheon International Airport Terminal 1.

* In case that arrive at Terminal 2, please come to Terminal 1 by themselves and use shuttle bus.

○ Shuttle Bus

- Arrival : July. 20.(Thu, 1 day)

Incheon International Airport → Seongnam Indoor Gymnasium → Accommodation

- Departure : July. 24.(Mon, 1 day), Seongnam Indoor Gymnasium → Incheon International Airport

* All representatives and participants must inform their flight schedule(arrival and departure) to the Organizing Committee by June. 23.(Fri).

* Participants who have not informed the flight details may experience difficulties in using the shuttle bus.

○ Accommodation and meals

- Accommodation : July. 20.[Thu, Check-in(14:00)] – July. 24.[Mon, Check-out(11:00)/5 days and 4 nights]

- Meal : July. 21.(Fri) – July. 24.(Mon. / only breakfast will be served for 4 meals)

* Extra accommodations and meals will be paid individually except those provided by the Organizing Committee.

○ Companions of Overseas Participants

- The companions participating with the overseas participants are limited to 2 people per team, and the participating fee of **USD \$250 per person** must be paid to use accommodation, breakfast, and shuttle bus services.

- Accommodation and breakfast equivalent to that the participants will be provided

15. Further Information

○ Visit the Kukkiwon homepage(www.kukkiwon.or.kr) or Hanmadang homepage

(<https://hanmadang.kukkiwon.or.kr>) for details of the representative meeting, referee course, Draw for the contest, and other matters of the events.

○ Download the regulations and rules, and contest outline for "2023 Seongnam World Taekwondo Hanmadang" from the World Taekwondo Hanmadang homepage.

○ **Compensation**

1. The organizing committee provides the accident insurance for participants during the contest period.
2. Only injuries are covered by the insurance during the contest.
3. Injuries or wounds occurring at the lodging or during the practice after the contest time is over will be excluded from compensation.

○ **If you have accident or safety inquiry during the contest, please contact 2023 SeongnamWorld Taekwondo Hanmadang Organizing Committee.**

16. Contact

○ **2023 Seongnam World Taekwondo Hanmadang Organizing Committee**

1. Address : 60, Jeil-ro, Jungwon-gu, Seongnam-si, Gyeonggi-do, Republic of Korea
2. Contact : +82-31-750-1412, 1401
3. E-mail : tkdhanmadang@gmail.com

III. Contest Rules

① Fist Breaking

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

○ **contest Method** : Cut-off

○ **contest Time** : 20 seconds or less

○ **Compulsory Regulations**

1. Contestants must decide the number of breaking targets and request them while
1. waiting for an event.
2. The breaking targets must be authorized by the Organizing Committee.
3. Contestants may place the protective materials given by the contest headquarters 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 use 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.

○ **Breaking techniques**

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

○ **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 (20seconds), 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

○ **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.

② **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.

○ **contest Method** : Cut-off

○ **contest Time** : 20 seconds or less

○ **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 Organizing Committee.
3. The contestant can place the protective materials provided by the Organizing 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.

○ **Breaking techniques**

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

○ **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('Silgyok')

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

○ 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.

③ 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.

○ contest Method : Cut-off

○ contest Time : 20 seconds or less

○ 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 Organizing 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.

○ **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.

○ **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. 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-gyook")
 - 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.

○ **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.

④ All-round Breaking

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

○ **contest Method** : Cut-off

○ **contest Time** : 50 seconds or less

○ **Compulsory regulations**

1. The breaking targets shall be authorized by the Organizing Committee.
2. The breaking targets are restricted to 10 - 15 pine boards.
3. Assistants are limited to 15 members.

○ **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.

○ **Scoring 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 reliable technical expression while remaining in the air.
 - C. Creativeness : Balance of the set composition and creative techniques.

○ **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 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-gyouk")

A. Entering the contest in the name of others

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

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

○ Decision of contest

The decision of the contest shall be made in accordance with the Article 7 of Decision of contest in 2023 Seongnam World Taekwondo Hanmadang Outline.

⑤ Authorized Poomsae

Authorized Poomsae refers to Poomsae formulated by the Kukkiwon.

□ Individual

○ contest Method : Tournament

○ contest Time : More than 30 seconds and less than 90 seconds

○ Number of contestants : 1 person

○ Designated Poomsae of each entry

1. It is compulsory to perform two types of Poomsae in each entry.

2. Each Designated Poomsae shall be selected through random electronic draws before contest.

| Part | Age | Authorized Poomsae |
|------------|------------------------------------|--|
| Individual | Senior II Under 39(30–39 years) | Koryo, Keumkang, Taebaek, Pyongwon, Sipjin, Jitae |
| | Senior III | Keumkang, Taebaek, Pyongwon, Sipjin, Jitae, Cheonkwon |

| | | |
|--|------------------------------|--|
| | Under 59(40–59 years) | |
| | Master Over 60(60+ years) | Taebaek, Pyongwon, Sipjin, Jitae, Cheonkwon, Hansoo |

○ Compulsory regulations

Poomsae techniques are based on the technical regulations enacted by the Kukkiwon.

○ Scoring Criteria

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

○ Penalty{Disqualification("Sil-gyook")}

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

○ Decision of contest

The decision of the contest shall be made in accordance with the Article 7 of Decision of contest in 2023 Seongnam World Taekwondo Hanmadang Outline.

□ Group

○ contest Method : Tournament

○ contest Time : More than 30 seconds and less than 90 seconds

* Contest time of Poomsae for each round

○ Number of contestants : Group contest, domestic-5 people, overseas-3 people

○ Designated Poomsae of each entry

1. For the Designated Poomsae, one Poomsae will be performed for each round.
2. Each Designated Poomae shall be selected through random electronic draws before contest.

| Part | Age | Authorized Poomsae |
|-------|---|--|
| Group | Junior I Under 12(-12 years) | Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumkang |
| | Junior II, III Under 18(13-18 years) | Taegeuk 6, 7, 8 Jang, Koryo, Keumkang, Taebaek, Pyongwon |
| | Senior I Under 29(19-29 years) | Taegeuk 7, 8 Jang, Koryo, Keumkang, Taebaek, Pyongwon, Sipjin |
| | Senior II, III Over 30(+30 years) | Koryo, Keumkang, Taebaek, Pyongwon, Sipjin, Jitae, Cheonkwon |

○ Compulsory regulations

1. Poomsae techniques are based on the technical regulations enacted by the Kukkiwon.
2. The contest will be composed of Individual-1 person, Pair-2 people, Group 3~5people (Domestic-5 people, Overseas-3 people).
3. During the group contest, the formation can be composed freely.
4. The teams should be composed of men and women, and there are no restrictions in the ratio of men and women.

* Excluding overseas teams and domestic Senior II·III(over 30) teams

5. The pairs should be composed of a man and a woman.

* Excluding overseas teams and domestic Senior II·III(over 30) teams

6. Total of 3 rounds : 1 round for individual, 1 round for pair, and 1 round for group—shall be held.
7. For the individual and pair contests, the contestants will be decided using the random electronic draw before the contest.

○ Scoring Criteria

Marking criteria are the same as those of the Individual Contest.

○ Penalty(Disqualification)

1. Penalty criteria is the same as those of Individual Contest.
2. The group will be disqualified if the number of contestants in the group is not met.

○ Decision of contest

1. The team with the highest total score from round 1 to round 3 will be the winning team.
2. In case of a tie, the team that won 2 rounds out of 3 rounds will be the winning team.
3. If all the rounds were tied, one contestant appointed by the team representative will perform randomly drawn Poomsae for the re-contest of the individual contest.
4. If tied again after applying above mentioned Provision 3, the teams shall be deemed as co-winners.

⑥ Creative Poomsae

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

- **Contest Method** : Cut-off
- **Contest Time** : More than 70 seconds and less than 80 seconds
- **Number of contestant** : Group contest, 3–5 people
- **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 overseas teams, if they have less members in creative poomsae, younger contestants may apply for older divisions.

○ **Compulsory Regulations**

1. Yeon Mu line(Poomsae line) : To be composed freely by contestants
2. The number of Poom : one poom consists of five movements
3. Technical regulations : Block and attack techniques can be used freely in the composition.
 - A. Designated technical movements : all contestants shall include designated technical movements in their Poomsae. However, all contestants do not have to do the 540-degree Back Whip Kick.
 - 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-degree Back Whip kick : 2 times
 - B. Those under the age of 12 and over the age of 30 do not have to do the 540-degree Back Whip Kick.
 - C. Only basic technical movements of Taekwondo or practical applications are accepted.

D. Only original kicking techniques or application movements can be composed for kicking movements.

E. When the contestant uses techniques that are not described in the Taekwondo textbook, he/she will be given deduction.

4. Music : Composed freely by contestants.

5. For each creative Poomsae, the representative 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.

○ Scoring 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 outline

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, and pattern and value of Poomsae

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

1. Penalties are given by the chief referee.

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

3. Deduction("Gam-jeom")

A. Conducting undesirable acts

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

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

D. If a contestant lacks or exceeds the time, 0.3 points will be deducted for every 10 seconds.

4. Disqualification("Sil-gyook")

1. A. Entering the contest on behalf of other players

2. B. 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. C. In case wearing the incorrect Dobok

○ **Decision of contest**

The decision of the contest shall be made in accordance with the Article 7 of Decision of contest in 2023 Seongnam World Taekwondo Hanmadang Outline.

⑦ **Taekwondo Aerobics**

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

○ **contest Method** : Cut-off

○ **contest Duration** : more than 110 seconds less than 120 seconds

○ **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.

○ **Number of contestants** : Group contest, 7-9 people

○ **Compulsory Regulations**

1. Hand movements shall follow basic Taekwondo hand movements.
2. Kicks shall follow basic Taekwondo kicks.
3. The performance CD or USB containing music file shall be submitted at the place, date, and time designated by the Organizing Committee. Also, the music file should be checked its workability by the submitting person, not the sound man.
4. It is required to change formation during the performance more than three times.

○ **Designated technique movements**

All members need to perform designated techniques together. However, all contestants do not have to do the Acrobatic motion.

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

○ **Scoring Criteria**

1. Accuracy(4.0 points)

- A. Accuracy of movements : accuracy of Taekwondo movements
- B. Designated technique movements : Techniques designated by the Hanmadang outline
- 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

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

1. Penalties are given by the chief referee.
2. Penalty points shall be deducted from the participant's total score.
3. Deduction("Gam-jeom")
 - A. Conducting undesirable acts, 3points will be deducted.
 - B. Disturbing the referee or the staffs to proceed during the contest, 3points will be deducted.
 - 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, 3points will be deducted per person.
4. 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. In case wearing the incorrect Dobok

○ Decision of contest

The decision of the contest shall be made in accordance with the Article 7 of Decision of contest in World Taekwondo Hanmadang Outline.

③ Record Contest

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

□ 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.

○ Contest Method : Cut-Off

○ **Contest Time** : 20 seconds or less

○ **Compulsory regulations**

1. Contestants shall decide and register the target height before the contest.
2. 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)
3. After breaking the set target, the contestant may set a farther target. The contestant gets a total of three chances, including the initial round.
4. 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.
5. The breaking targets shall be authorized by the Organizing Committee.
6. The breaking shall be tried only once and be conducted within 20 seconds after the "Si-Jak" command.
7. The approach run should be shorter than 10m.
8. The finalist may try to make the best record, regardless of times.

○ **Breaking techniques**

1. Contestants must maintain Jumping Front Kick stance when performing breaks.
2. When the target has been completely broken, it is considered a successful break.
3. Breaking should take place in midair.
4. Completely breaking a target means making it break apart into two or more pieces after it has been struck by the contestant's foot.
5. If the target is not completely broken, it will count as a failure to break.

○ **Deduction("Gam-jeom")**

1. 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.
2. Deductions are only given at the round for which the contestant registered the target height.
3. Deduction points shall be deducted from the participant's total score.

○ **Disqualification("Sil-gyook")**

1. When he/she fails to break the target in applied height.
2. When any parts of the body above the knees touch the ground after breaking
3. When the breaking techniques and compulsory regulation were violated
4. Entering the contest in the name of others

○ **Decision of contest**

1. 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.
2. 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.
3. The contestant with the highest record is declared as the winner.
4. 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.

□ **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.

○ **Contest Method** : Cut-off

○ **Contest Time** : 20 seconds or less

○ **Compulsory Regulations**

1. The contestant shall request the desired target distance before the contest.
2. 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.)
3. After breaking the set target, the contestant may set a farther target. The contestant gets a total of three chances, including the initial round.
4. 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.
5. The breaking targets shall be authorized by the Organizing Committee.
6. The breaking shall be tried only once and be conducted within 20 seconds after the "Si-Jak" command.
7. The approach run should be shorter than 12m.
8. The finalist may try to make the best record, regardless of times.

○ **Breaking techniques**

1. Contestants must maintain Jumping Side Kick stance when performing breaks.
2. The target must completely broken after the contestant jumps over the obstacle.

3. When the target has been completely broken, it considered a successful break.
4. Breaking should take place in midair.
5. Completely breaking a target means making it break apart into two or more pieces after it has been struck by the contestant's foot.
6. If the target is not completely broken, it will count as a failure to break.
7. The obstacle and breaking target heights are as follows

| Long Jump Kick Obstacle and Breaking Target Height | | | |
|---|---------------------------------|----------------------------|-------------------------------|
| Category | Obstacle Starting Height | Obstacle End Height | Breaking Target Height |
| Junior I (M, F) | 40cm | 50cm | 120cm |
| Junior II(M) | 40cm | 50cm | 160cm |
| Junior II(F) | 40cm | 50cm | 150cm |
| Junior III(M) | 40cm | 50cm | 170cm |
| Junior III(F) | 40cm | 50cm | 150cm |
| Senior or above(M) | 40cm | 70cm | 170cm |
| Senior or above(F) | 40cm | 50cm | 160cm |

○ Deduction("Gam-jeom")

1. 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.
2. Penalties are only given at the round for which the contestant registered the target height.
3. Penalty points shall be deducted from the participant's total score.

○ Disqualification("Sil-gyouk")

1. When he/she fails to break the target in applied distance
2. When the body touch the obstacle
3. When any parts of the body above the knees touch the ground after breaking
4. When a Foot touches the ground before breaking
5. Entering the contest in the name of others

○ Decision of contest

1. 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.
2. 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.

3. The contestant with the longest record is declared as the winner.

4. 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.

Speed Breaking

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

○ **Contest Method** : Cut-off

○ **Contest Time** : 20 seconds

○ **Compulsory Regulations**

1. The breaking targets shall be authorized by the Organizing Committee.
2. The number of breaking targets shall be 3 pieces for female, 5 pieces for male.
3. The contestant cannot use any protective gear on the body.
4. The contestant shall place the protective pad provided by the Organizing Committee on the breaking targets to prevent injuries.

○ **Breaking techniques**

1. In knife hand strike breaking, a contestant shall break the target at high speed using a turned over knife hand or reversed knife hand.
2. In knife hand strike, there is no assigned position for stepping, but the sole of the foot should not be off the floor.
3. Breaking shall be conducted only once.

○ **Deduction("Gam-jeom")**

1. Exceeding the time to contest(20 seconds), 1.0 deduction shall be applied per 10 seconds.
2. 1.0 point deduction is equivalent to the break target being pushed away a distance of 10cm.

○ **Disqualification("Sil-gyouk")**

1. When any parts of the body above the knees touch the ground after breaking
2. When the contestant breaks the target with unapproved techniques other than compulsory regulations and breaking techniques
3. Entering the contest in the name of others
4. When the target is not completely broken

○ **Decision of contest**

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

⑨ **Team Competition**

Team competition refers to creatively composing and displaying the assigned Taekwondo movements.

○ **contest Method** : Cut-off

○ **contest Time** : 5 minutes 30 seconds or less

○ **Number of Contestants** : 9 to 13 people

○ **Categories**

1. Creative Poomsae
2. Self-Defense
3. Single jumping breaking
4. Various target breaking
5. Spinning breaking(horizontal/vertical turn break)
6. Freestyle Team Breaking
7. Power breaking

○ **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(Excluding overseas teams).

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 50cm.

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. In hand techniques breaking, contestants can use support for the breaking target and in foot techniques breaking, contestant must catch breaking target.

C. In foot techniques breaking, do not make a gap between breaking targets.

D. 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.

○ 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 Organizing 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(Excluding overseas team).

4. The performance music file must be submitted at the place and time designated by Organizing Committee. Also, the music file should be checked its workability by the submitting person.

5. All breaking targets shall be authorized by the Organizing 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(Excluding overseas team).

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.

○ **Marking Criteria**

- Team competition scoring chart

| Category | Classification | Score | Scoring Scale | | | | | | | | | |
|-------------------------|--------------------------|-------|--|---|------|---|---------|---|------|---|-----------|----|
| | | | 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 | 0.5 | 1 | 1.5 | 2 | 2.5 | 3 | 3.5 | 4 | 4.5 | 5 |
| | Program arrangement | 10 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Single Jumping Breaking | Accuracy | 5 | 0.5 | 1 | 1.5 | 2 | 2.5 | 3 | 3.5 | 4 | 4.5 | 5 |
| | Program arrangement | 5 | 0.5 | 1 | 1.5 | 2 | 2.5 | 3 | 3.5 | 4 | 4.5 | 5 |
| Various target Breaking | Accuracy | 5 | 0.5 | 1 | 1.5 | 2 | 2.5 | 3 | 3.5 | 4 | 4.5 | 5 |
| | Program arrangement | 5 | 0.5 | 1 | 1.5 | 2 | 2.5 | 3 | 3.5 | 4 | 4.5 | 5 |
| Spinning Breaking | Accuracy | 5 | 0.5 | 1 | 1.5 | 2 | 2.5 | 3 | 3.5 | 4 | 4.5 | 5 |
| | Program arrangement | 5 | 0.5 | 1 | 1.5 | 2 | 2.5 | 3 | 3.5 | 4 | 4.5 | 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 Quality | Quality | 5 | 0.5 | 1 | 1.5 | 2 | 2.5 | 3 | 3.5 | 4 | 4.5 | 5 |
| Power Breaking | Number of broken targets | 10 | 0.5 point is awarded for each broken target. | | | | | | | | | |

○ **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 Organizing Committee break easily.

○ 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 overseas teams, 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 Organizing Committee.

○ Decision of contest

The decision of the contest shall be made in accordance with the Article 7 of Decision of contest in 2023 Seongnam World Taekwondo Hanmadang Outline.

⑩ Team Gyeonggi

A group contest of gyeonggi is a contest between groups of three contestants of all weights.

- Contest Method: Tournaments
- Contest duration: Three rounds, 1 minute and 30 seconds each (One round per pair)
- Protective gears: The protective gears used shall be the standard protective gears (except for the electronic gears) designated by Kukkiwon.

1) All contestants participating in a contest shall bring their own personal protective gear other than the chest protector (groin protector, headgear, arm and leg protectors, hand and foot protectors, and mouthpieces).

2) All of such gear must be in conformity to the official standard of Kukkiwon and made by certified manufacturers.

○ Number of contestants: Three people (male)

1) The contest allows having one substitute contestant.

○ Contest Stage

1) A contest stage is composed of a contest zone and a safe zone.

2) The contest zone shall be an 8m x 8m square.

3) The entirety of the contest stage shall be larger than 10m x 10m but not more than 12m x 12m, including the safe zone.

4) The mats in the contest zone and the safe zone must have different colors.

○ Age and Weight Classification

1) Age classification

| Division | Category | | Birth Year | Note |
|--------------|------------|--------------------|------------|---|
| Group | Senior I | 30~34 years old | 1993-1989 | ※ Domestic/International Male Contests |
| | Senior II | 35~39 years old | 1988-1984 | |
| | Senior III | 40~44 years old | 1983-1979 | |

*The age of contestants shall be calculated based on the year when the Hanmadang event is held, not by the date of the event. For example, in the case of the Senior I division where the age limit is from 30 to 34, and if the event is held in July 2023, the eligible contestants shall be those who were born between January 1, 1989 and December 31, 1993, including said dates.

2) The all-weight contests in each age classification (domestic/international)

| Team Gyeonggi | Male | | |
|----------------------|--|---|--|
| | Senior I 30~34 years old (1993-1989) | Senior II 35~39 years old (1988-1984) | Senior III 40~44 years old (1983-1979) |
| Weights | The total weight of the three contestants shall be no more than 230kg . If there is a fourth contestant in the group (three contestants plus one substitute contestant), the total weight limit shall be up to 305kg. | | |

※ The meaning of “up to”: The kg bodyweight shall be counted up to the first decimal digit. For example, if the limit is 230kg, this will include 230.09kg. A weight of 230.1 kg or more will be considered overweight.

○ Weigh-in

- 1) Contestants shall attend their weigh-in on the date and time designated by the Organizing Committee.
- 2) While measuring the body weight, contestants are to wear a T-shirt and Dobok pants. 400g shall be deducted from the weight to consider the weight of these uniforms. It is possible to weigh in without clothing if the contestant wishes.
- 3) The weigh-in shall be taken only once. In case of being overweight, one more measurement can be done during the measurement time.
- 4) Contestants who attend the weigh-in shall carry their passport or their Dan certificates for their identification. If it is not possible to bring the Dan certificate for some reason, the contestant must bring another ID that could be used for authentication.
- 5) Weigh-in shall be taken by teams.

○ Regulations of Contests

1) Contest Procedures

- A. The order of contestants to fight shall be in accordance with the list of contestants submitted by the manager or the coach before the contest. Matches will be held according to the list of contestants submitted by head coach or coach before the match.
- B. The contestants from the contending teams shall stand in the blue and red zone, in the order in which their names appear in the list of contestants.
- C. The contest shall begin with the chief referee calling “Joon-bi” (Ready) and “Shijak” (Begin).
- D. Each round shall end with the chief referee calling “Geu-man” (Stop).
- E. A round is stopped with the chief referee calling “Gal-ryeo” (Break). A call of “Gye-sok” (Resume) will resume the round. At this time, the record keeper shall stop the clock of the round upon the call of “Gal-ryeo” (Break) and resume the clock at “Gye-sok” (Resume).
- F. At the end of the last round, the chief referee shall summon the contestants of the two contending groups to the center of the Contest Stage and declare the winner.
- G. Contestants who are not playing during the match shall wait at the designated area outside of the Contest Stage.

- H. Objections shall not be raised during a contest for the declaration of Deukjeom (Score), Gamjeom (Deduction), and Gyeong-go (Warning).
- I. If a substitute contestant of an awarded team is to be recognized with the rank qualification, the member must have participated in the contest at least once.
- 2) Permitted techniques and target areas
 - A. Permitted techniques
 - a) Hand techniques: Attack moves utilizing the front side of a fist.
 - b) Foot techniques: Attack moves utilizing a foot, below the angle bone.
 - 2. B. Permitted target areas
 - a) Trunk : The part of the body that is protected by a chest protector. Both hand and foot techniques are permitted. However, no attack is allowed on the spine.
 - b) Head: The entirety of the head is applicable. Only foot techniques are permitted.
- 3) Valid points
 - 3. A. Trunk : The areas colored in red or blue on a chest protector (not in the backside)
 - 4. B. Head : The entire head from the bottom end line of a headgear
- 4) Points
 - 5. A. Accuracy points
 - a) Trunk : For the body, an accurate hit of a certain force or higher on areas designated for scoring points shall be considered a valid hit.
 - b) Head: For the head part, an accurate hit on the designated target areas with points using permitted techniques shall be considered a valid hit.
 - 6. B. From the bottom end line of the headgear to the top of the collar bone and the neck are not target areas with points. However, an RSC will be declared if a hit in this area renders the contestant incapable of continuing the contest (that is, the expiry of the count to ten by the chief referee).
- 5) Classification of points
 - 7. A. Points are classified as follows:
 - a) 1 point: A straight fist or a foot attack on the body part.
 - b) 2 points: A spin foot attack on the body.
 - c) 3 points: A foot attack on the head.
 - d) 4 points: A spin foot attack on the head part.
 - e) Bonus point: One point that is earned by one deduction (Gamjeom) declared on the opposing contestant.
- 6) Prohibited actions and penalties

8. A. The penalties for prohibited actions are declared by the chief referee.
9. B. A penalty is either Gyeonggo (Warning) or Gamjeom (Deduction).
10. C. The first warning will not count, and one point will be deducted upon the second Gyeonggo (Warning).

D. If a point is deducted, the deducted point will be given to the opposing contestant.

11. E. Prohibited actions (Gyeonggo and Gamjeom)

a) Gyeonggo (Warning) will be declared for any of the following;

- a. Leaving the Contest Zone.
- b. Falling.
- c. A contestant delaying or dragging the match.
- d. Holding, pushing, or clutching the opponent
- e. Hitting the opponent under the waist
- f. Hitting the opponent with a knee or head-butting the opponent
- g. Hitting the face of the opponent with a hand
- h. Feigning pain

I. Undesirable actions against a contestant or the coach

b) Gamjeom (Deduction) will be declared in case of any of the following actions;

- a. Attacking the opponent who fell
 - b. Attacking the opponent after the chief referee called “Gal-ryeo” (Break)
 - c. Hitting the face with a hand or a fist hard and deliberately
 - d. Pulling and throwing the opponent
 - e. Going out of the border of the safe zone
 - f. Excessively undesirable actions by a contestant or a coach
- c) If a contest or a coach who engaged in an excessively undesirable act refuses to comply with the order by a referee, the referee may give a yellow card and declare the defeat of the violating team due to violation.

7) Announcement of scores

12. A. Points must be counted immediately, and the counted points will be announced without delay.

13. B. Points will be counted using a scoring machine or a scoring table by a referee. The points recognized by three or more assistant referees for a contest with five referees, by two or more assistant referees in the case of four referees, or two or all referees in the case of three referees shall be recognized as valid points.

C. If a winner is announced directly by the chief referee (a KO or an RSC), the winning

contestant shall be given ten points.

8) Replacing Contestants

14. A. If a contestant is no longer capable of continuing the contest due to injury or other reasons (absence or disqualification), such contestant can be replaced by the substitute contestant.

15. B. Contestants cannot be switched while a match is still in progress.

16. C. To change the order of contestants, an adjusted list of contestants must be submitted to the chief referee again.

17. D. The adjustment of order of the contestants must be made before the commencement of a contest.

9) Decision

18. A. The team with a higher score by summing up all the points earned in all three rounds shall be the winning team.

19. B. If the sums of the scores up to the third round are equal, one representative contestant shall be named from each team for an extended round. The team that earns two points first shall be declared the winner, and the contest shall end.

20. C. If the scores in the extended round fail to reach two points and the contest ends, the team with the higher score shall be declared the winning team.

21. D. If the teams are still tied, the team with higher dominance during the contest shall be declared the winner.

22. E. The determination of dominance during the contest shall be made based on the record of dominance decided by the assistant referee and announced by the chief referee.

23. F. If the dominance record decided by the assistant referee is also tied, the chief referee shall announce the team with higher dominance.

G. The team with accumulated deduction of 7 points or more due to violations shall be declared defeated by deduction.

10) Criteria for determination of win by higher dominance

24. A. Dominance in a contest

25. B. Number of moves made

26. C. Manner during the match

11) Types of conclusions made for the result of a contest

27. A. Win by the final score A win based on the sum of scores from Round 1 to the final round.

28. B. Win by surrender A winner is announced due to the surrender of the opponent if;

a. After a break time between rounds, the contestant refuses to resume the contest.

b. A coach throws the towel into the stage after concluding that his/her contestant is not

likely to win and there is no need to continue the contest.

29. C. Win by Shilgyeok (Disqualification) A team failed to present three contestants due to the absence of contestants

30. D. Win by Dominance A winner is declared based on the determination of dominance if no team succeeds in earning enough score to win during an extended round.

31. E. Win by Violations The chief referee shall declare a win by violations if;

- a. The total of deductions given to the opposing contestant reaches seven;
- b. The sum of deductions given during an extended round due to violations reaches two;
- c. The opposing contestant or coach fails to comply with the orders issued by the chief referee; violates the rule of the contest; or commits a serious violation including an inappropriate appeal, etc.;
- e. A win by violations is the final determination of the result of the match, and the contest shall end regardless of the remaining rounds.

12) Extended rounds

32. A. An extended round shall be held when the scores of the two teams are tied after the end of the third round.

33. B. The winner of the extended round shall be declared based on the score of the extended round alone, regardless of the deductions and scores during the previous rounds.

C. The contestants who will fight in the extended round shall be chosen by the manager or coach of the team between the three contestants.

34. D. The list of contestants to fight in the extended round shall be submitted to the chief referee by the coach of each team.

13) Appeal

35. 1. No appeals shall be accepted during a friendship match.

36.

※ Matters other than those covered in these Contest Rules shall be governed by the decisions made by the Organizing Committee or an agreement reached by the referees.

Creative Poomsae Plan Sheet

■ Information of Team

| | | | |
|-------------------------------|--|-------------------|--|
| Team | | Division | |
| Name of Representative | | Mobile No. | |

■ **List of Contestants**

| No. | Name | Date of Birth | Dan/Poom |
|-----|------|---------------|----------|
| 1 | | | |
| 2 | | | |
| 3 | | | |

■ **Explanation of Creative Poomsae**

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

■ **Duration: Minutes Seconds**

■ **Poomsae Pattern(Yeon Mu line):**

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

■ **Explanation of the Movements**

* Refer to the Kukkiwon Taekwondo textbook to fill in the blanks below. Add more pages if necessary.

| Order | Name of the Movement | Explanation |
|-------|--|---|
| 1 | * e.g., Basic posture | Parallel stance, slowly moving the fists toward below waist |
| 2 | * e.g., Downward block with forward stance | Left forward stance with downward block |
| 3 | * e.g., Outward block | Right front kick and right back stance with outward block |
| 4 | | |
| 5 | | |
| — | | |

**I hereby submit the Creative Poomsae Plan Sheet to attend
2023 Seongnam World Taekwondo Hanmadang.**

2023. . .

Name of representative: (Signature)

Team Competition Plan Sheet

■ Information of Team

| | | | |
|------------------------|--|------------|--|
| Team | | Division | |
| Name of Representative | | Mobile No. | |

■ List of Contestants

| No. | Name | Gender | ID No. | Day/Poom | Day/Poom No. | Note (School Information - Students Only) |
|-----|------|--------|--------|----------|--------------|--|
| 1 | | | | | | |
| 2 | | | | | | |
| 3 | | | | | | |
| 4 | | | | | | |
| 5 | | | | | | |
| 6 | | | | | | |
| 7 | | | | | | |
| 8 | | | | | | |
| 9 | | | | | | |
| 10 | | | | | | |
| 11 | | | | | | |
| 12 | | | | | | |
| 13 | | | | | | |

* Among 9–13 contestants, 1 or 2 females must be included (Excluding Overseas Team).

■ List of substitute contestants

| No. | Name | Gender | ID No. | Day/Poom | Day/Poom No. | Note (School Information - Students Only) |
|-----|------|--------|--------|----------|--------------|--|
| 1 | | | | | | |
| 2 | | | | | | |

* Substitute contestants are limited to two people (One male, one female, Excluding Overseas Team).

■ Team Competition Program Composition

| Categories | Order | Duration (Minutes/Seconds) | Content | List of Contestants |
|------------|-------|-------------------------------|---------|---------------------|
| | | | | |

| | | | | | |
|--|-----|--|-------------------------------------|-----------------|--|
| Creative Poomsae | | | No. of movements | No. | ALL |
| Self-defense technique | | | No. of contestants | No. | ALL |
| Single jumping breaking | | | No. of broken targets | Pieces | |
| Various target breaking | | | No. of targets | Pieces | |
| Spinning Breaking | | | Horizontal turn break targets | Pieces | |
| | | | Vertical turn break targets | Pieces | |
| Freestyle Team Breaking | | | No. of targets | Pieces | |
| Power Breaking 1. (<u>hand techniques 3 times</u> 2. <u>foot techniques 1 time</u>) | | | Break 1 | * e.g., Fist | Pieces |
| | | | Break 2 | | Pieces |
| | | | Break 3 | | Pieces |
| | | | Break 4 | | Pieces |
| Overall Time | M S | | Total Breaking Target Amount | | Power Breaking Targets:20 Pieces All round Breaking Targets:40 Pieces |

■ Usage of Other Kinds of Breaking Targets(Ball, Balloon, Apple, etc.)

| | | | |
|--------------|---|---------------|--|
| Usage | <input type="checkbox"/> Yes / <input type="checkbox"/> No * Please tick where appropriate. | | |
| Type | | Amount | |

I hereby submit the Team Competition Plan Sheet to attend

2023 Seongnam World Taekwondo Hanmadang.

2023. . .

Name of representative: (Signature)