



# U.S. OPEN TAEKWONDO HANMADANG RULES Updated 7/14/2018

## Frequently Asked Questions and Information

### 1. What guidelines will be used for judging?

TAEKWONDO – All judging will follow Kukkiwon guidelines.

ARCHERY & KNIFE THROWING – All judging is outlined in the rules for each event below.

### 2. What is the required uniform to participate?

TAEKWONDO - Any Martial Art Uniform in any color is acceptable. Belt representing rank is required and should be tied neatly and evenly.

ARCHERY & KNIFE THROWING – There is no martial art uniform required to participate. All clothing must be appropriate for a family environment.

### 3. Can participants wear shoes?

TAEKWONDO - Shoes are **NOT** allowed for any events. However, if shoes are medically required, please bring a written doctor's note that states shoes are required for participation. This note will need to be submitted to the Holding Area Manager prior to your event.

ARCHERY & KNIFE THROWING – Yes

### 4. What are the age divisions and participant gender specifications?

TAEKWONDO and ARCHERY & KNIFE THROWING - Age should be determined as of Thursday, July 26, 2018. The age divisions are listed below.

#### TAEKWONDO DIVISIONS

Age	Division Name
3-7 years old	Pee Wee
8-9 years old	Child
10-12 years old	Pre-Teen
13-17 years old	Teen
18-30 years old	Adult
31-45 years old	Senior
46-54 years old	Executive
55+ years old	Platinum

All Taekwondo events will be separated into **MALE** and **FEMALE** with the exception of the following:

- Taekwondo - Team Traditional Forms
- Taekwondo - Team Creative Forms WITH Weapons
- Taekwondo - Team Creative Forms WITHOUT Weapons
- Taekwondo - Team Demonstration



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### 5. How many participants will be in each division?

TAEKWONDO and ARCHERY & KNIFE THROWING - The Organizing Committee will divide divisions to be as fair as possible for all participants with the discretion to create divisions outside these guidelines, if necessary. Each division will have a maximum of 8 participants. Gold, Silver and Bronze medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place. The remaining participants in the divisions will receive a "Best Spirit" medal. In addition to a medal, each participant will receive an AWARD CERTIFICATE that will display the event name and place. (TAEKWONDO example: John Smith, Individual Traditional Forms, 7 and under, 1<sup>st</sup> Geup, 1<sup>st</sup> place)

TAEKWONDO ONLY - All RECORD KEEPING events (listed below) will **NOT** have a maximum of 8 per division. Each division will be broken down by age and belt level and MAY have more than 8 per division. For example, the Child's division (age 8-9) 1<sup>st</sup> Poom has 16 participants registered. It will ONLY be one division of 16 participants. First, second and third place medals will be awarded. The remaining 13 participants will receive "Best Spirit" award medals.

1. Individual Jumping High Kick
2. Individual Power Breaking Knife Hand (Downward)
3. Individual Power Breaking Skipping Side Kick
4. Individual Power Breaking Turning Back Kick
5. Individual Spinning Hook Kick
6. Championship Team Demonstration
7. Recreational Team Demonstration

### 6. Is there a maximum number of events for each participant?

TAEKWONDO and ARCHERY & KNIFE THROWING - There is NOT a maximum number of events a person can participate in. However, a person cannot register for the same event more than once. (For example, a participant CANNOT be on 2 Team Creative Forms teams.) The more events a person participates in, the more likely the chance of scheduling conflicts. The Organizing Committee will work hard to ensure participants will not be scheduled to perform in 2 separate events at the same time.

### 7. TAEKWONDO - What does the term "Geup" mean and what is my "Geup"?

TAEKWONDO ONLY - Geup is a taekwondo term used for belt ranks. Rather than say "Yellow Belt", a person would say "9<sup>th</sup> Geup". Typically, the lower the Geup, the closer the person is to 1<sup>st</sup>-Degree Black Belt. (For example, a 1<sup>st</sup> Geup is the level before 1<sup>st</sup>-Degree Black Belt.) ***Each participant should speak with his or her Master Instructor to determine their Geup level.*** Each taekwondo school has a unique belt ranking system.

A **SAMPLE** Geup conversion chart is listed below. However, this chart is NOT intended to serve as a universal chart. **Each participant should speak with his or her Master Instructor.**



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	Belt Color	Geup
1	Black Belt Eligible	1st
2	Bo Dan 2	1st
3	Bo Dan 1	1st
4	Red Senior 2	2nd
5	Red Senior 1	2nd
6	Red	3rd
7	Brown Senior	3rd
8	Brown	4th
9	Blue	5th
10	Purple	6th
11	Green	7th
12	Orange	8th
13	Yellow	8th
14	White	9th

If you are participating in individual traditional forms, please check the event rule page to confirm which Kukkiwon form you will be performing.

### 8. ARCHERY & KNIFE THROWING – What does “Beginner – 12 months and under,” etc. mean?

ARCHERY & KNIFE THROWING ONLY – Archery and Knife Throwing do not have a traditional ranking system like Martial arts. The level of the archer or thrower is determined by the number of months the archer or thrower has been training/practicing archery.

For example, a “Beginner – 12 months and under,” is a participant who has trained in archery for 12 months or under.

### 9. TAEKWONDO ONLY - My Team Traditional Forms team has participants with different ranks. What Form do we need to perform?

Your team should perform the form for the LOWEST belt rank. For example, the team has 3 members: two are 1st Dan Black Belts, and the third member is a 1st Geup. The entire team should perform Taegeuk Pal Jang (8), NOT Koryo.

### 10. TAEKWONDO ONLY - Is there a prize for Championship Team Demo?

Yes! For Championship Team Demo, 1st place will earn \$1,000, 2nd place \$750, and 3rd place \$500.

For Recreational Team Demo, 1st place will earn \$350, 2nd place \$250, and 3rd place \$150.

In addition, the winning team for Championship Team Demo Division Only will perform during the Opening Ceremonies on Friday, July 27, 2018 from 6:00 - 7:30 PM.



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### 11. TAEKWONDO ONLY– What is the difference between “Championship Team Demonstration” and “Recreational Team Demonstration”?

The rules and guidelines for competition for both events (please see official rules for complete background) are the same. There are only 2 differences.

1. The 1<sup>st</sup> place team in the Championship Team Demonstration division is the ONLY winning team that will perform during the Opening Ceremonies on Friday, July 27, 2018. The 1<sup>st</sup> place team from Recreational Team Demonstration will NOT perform at the Opening Ceremonies.
2. For Recreational Team Demonstration, a minimum of five (5) team members MUST be age 12 or under. In Championship Team Demonstration, there are NO age requirements.

### 12. TAEKWONDO ONLY – Can I compete in both “Championship Team Demonstration” and “Recreational Team Demonstration”?

Yes, these are different events and are held on separate days. Championship Team Demonstration will be held on Friday, July 27, 2018 and Recreational Team Demonstration will be held on Saturday, June 28, 2018.

### 13. TAEKWONDO ONLY - Will there be pairs and family forms events?

All pairs (2 team members) and family forms teams will need to register under “Team Traditional Forms”. The Organizing Committee will create divisions accordingly. (For example, pairs will be participating with pairs, and families will be participating with families.) The Organizing Committee will divide divisions to be as fair as possible for all participants with the discretion to create divisions outside of these guidelines. If your team is a family, we encourage you to indicate that in your “team name”. (For example, Smith Family Tigers)

A participant can only participate in 1 (one) Team Traditional Forms Event. For example, a participant cannot be in a Team Traditional Forms Team as a “Pair” and a Team Traditional Forms Team as a “Family”. The participant can only register one time in the Team Traditional Forms Category.

This same rule applies for Team Creative Forms. This distinction is made to ensure a smooth flow with the schedule of events. In previous years, a participant was expected to be in 2 rings at the same time (participating in Pairs Forms and Family Forms). To prevent this situation, each participant can ONLY participate in 1 team event at a time.

### 14. What is the Headquarters Hotel?

The DoubleTree by Hilton is the Headquarters Hotel, which is located at 1775 E Cheyenne Mountain Blvd in Colorado Springs. Taekwondo participant badge pick-up and special seminars will take place at the Headquarters Hotel. For reservations, please go to [www.usopentkd.com](http://www.usopentkd.com).

### 15. Where will the ARCHERY & KNIFE THROWING Events take place?

The Cheyenne Mountain State Park Archery Range (Just west off of CO -115 across from the Fort Carson Entrance). 410 JL Ranch Heights Road. Colorado Springs, CO 80926. Tel: 719-576-2016

This range is NOT on the military base. Therefore, you will NOT need security clearance to enter the range.

### 16. Can I participate in ARCHERY & KNIFE THROWING if I do NOT train in Martial Arts?

Yes



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### 17. Where can I obtain spectator tickets?

TAEKWONDO AND ARCHERY & KNIFE THROWING -- Participants do NOT have to pay spectator fees at either the Broadmoor World Arena (All Taekwondo Events and Opening Ceremonies) or the Archery Range.

However, all NON-participants MUST purchase a ticket for admission to the Broadmoor World Arena (Taekwondo Events and Opening Ceremonies). There are NO spectator fees for the *ARCHERY RANGE ONLY*.

#### Ticket Prices

Children 3 and under are FREE only if they will be sitting on someone's lap. If they require a seat, you will need to pay for an additional ticket. Unfortunately, there is NO price difference for Adult and Child tickets.

Ages 4 and above:

**Friday, July 27, 2018:** \$27  
(Opening Ceremonies)

**Saturday, July 28, 2018:** \$17

Tickets can be purchased online at [www.usopentkd.com](http://www.usopentkd.com).

You can also purchase tickets at the Box Office or select Colorado Dojangs.

### 18. Is there a fee to park at the Broadmoor World Arena (Taekwondo Events and Opening Ceremonies)?

There is a fee of \$10 per day per vehicle to park at the Broadmoor World Arena. There is a fee of \$7 per day per vehicle to park at the Archery Range. The Organizing Committee does NOT receive any revenue from parking fees. The respective facilities retain all parking fees.

### 19. What do I need to bring to Participant Check-In?

Upon completion of your online registration, you will receive an email confirmation with all your events. You MUST bring the email and identification with you to pick up your participant badge.

If you are participating in Archery and/or Knife throwing, your participant badge will be at the Cheyenne Mountain State Park Archery Range. This INCLUDES if you are also participating in a Taekwondo Event. If there is an issue with your badge or events for Taekwondo, trouble-shooting must be done at the Double Tree Hotel. There will be NO Taekwondo event support at the Cheyenne Mountain State Park Archery Range.

If a participant is participating in both an ARCHERY & KNIFE THROWING event AND a Taekwondo event, the participant will receive 1 badge. The badge, participant bag, and any other pre-order items will be at the ARCHERY RANGE ONLY.

If a participant is participating in TAEKWONDO EVENTS ONLY, the badge, participant bag and any pre-order items will be at the Double Tree Hotel.

#### ARCHERY & KNIFE THROWING

Participant Check-In will take place on Thursday, July 26 from 11:00 AM to 12:00 PM.

All ARCHERY & KNIFE THROWING competitions will take place from 12:00 PM – 5:00 PM.



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### 20. ARCHERY & KNIFE THROWING – Can I wear a protective glove during competition?

Yes

### 21. Can someone else pick up my Participant badge?

It is highly DISCOURAGED to have someone pick up your badge. Upon pick up, you will be requested to sign a document verifying all events are correct and CANNOT be changed. (Changes will ONLY be made if there was an error by the Organizing Committee. Changes will NOT be made if a participant simply changes their mind on event(s) to participate in). Anyone who signs on your behalf will be acknowledging all event registrations are correct and CANNOT be changed. If a Master Instructor or School Owner picks up badges for participants, the Master Instructor or School Owner MUST bring the email confirmation page and sign the document that all event registrations are correct.

### 22. What are the different codes and what do they mean?

Each event is abbreviated with a different code. The codes are below.

<u>CODE</u>	<u>EVENT</u>
ICB	Individual Creative Breaking
ICBP	Individual Creative Breaking Para
IJH	Individual Jumping High Kick
IPKH	Individual Power Knife Hand
IPSSK	Individual Power Skipping Side Kick
IPBK	Individual Power Back Kick
ISHK	Individual Spin Hook Kick

<u>CODE</u>	<u>EVENT</u>
IAST	Individual Archery – Stationary Target
IADST	Individual Archery – Distance Stationary Target
IADS	Individual Archery – Dynamic Shooting

<u>CODE</u>	<u>EVENT</u>
ITF	Individual Traditional Forms
ITFP	Individual Traditional Forms Para
TTF	Team Traditional Forms
ICFWO	Individual Creative Forms without Weapons
ICFWW	Individual Creative Forms with Weapons
TCFWO	Team Creative Forms without Weapons
TCFWW	Team Creative Forms with Weapons

<u>CODE</u>	<u>EVENT</u>
IKTHT	Individual Knife Throwing – Half Turn
IKTFT	Individual Knife Throwing – Full Turn



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### 23. What are the Para-Taekwondo Events?

There will only be two para-taekwondo events: Individual Creative Board Breaking (ICBP) and Individual Traditional Forms (ITFP). There will be many sub-divisions within our para-taekwondo events.

### 24. May Para-Taekwondo participants utilize an aide?

Para-taekwondo participants will be allowed to have an aide, whether it be a parent, support worker or instructor. All aides MUST register online like any participant to sign a waiver and acquire a badge. Aides will NOT have to pay to serve in this role. Aides will need to fill out everything the same as a participant would (belt rank doesn't matter unless they are also competing themselves), and then choose the "Para-Taekwondo Aide" event as one of their choices. During checkout, please enter the code "**PARAAIDE**" which will zero out the invoice. If the Aide is also competing, the Aide will have to pay for those events.

### 25. What do the different division numbers mean?

The first number of the division indicates the ring that the participant will be competing in. For example, Division 104 will be held in Ring 1.

### 26. What happens if I lose my participant badge?

Badges can be re-printed at the Participant Check-In area for a \$5 re-print fee.

### 27. Can I take pictures during the competition and at the award podium?

Cell phones, cameras and camcorders are STRICTLY PROHIBITED from the award area. All cell phones, cameras, or camcorders in this area are subject to confiscation. Pictures CAN be taken from any spectator area. Pictures on the award podium are being officially recorded and taken by the event photographer. NO additional photographers can take pictures of participants while on the award podium. Any flash photography will interfere with the official event photographer, disturb the official records and slow down the process.

### 28. Are food and drinks allowed?

NO food or drink is allowed in the Broadmoor World Arena.

### 29. What is the schedule?

A schedule is available to view online at [www.usopentkd.com](http://www.usopentkd.com) under the "About" main menu and "Schedule of Events" submenu. The final schedule will be released after the registration deadline of Monday, July 23, 2018. A final bracket and division list will be available to view online on Wednesday, July 25, 2018.

### 30. What is there to do in Colorado Springs?

Colorado Springs is a very tourist friendly destination. The Air Force Academy, Pikes Peak, and the U.S. Olympic Training Center are just some of the great attractions the city has to offer. For more information, please visit [www.visitcos.com](http://www.visitcos.com). The Organizing Committee is currently negotiating discounted pricing on tourist attractions. For updates, please visit [www.usopentkd.com](http://www.usopentkd.com).

### 31. Is there a Press Pass?

There are NO press passes available. Only Participants, Referees, Organizing Committee Members, and working volunteers will have access to the competition floor.



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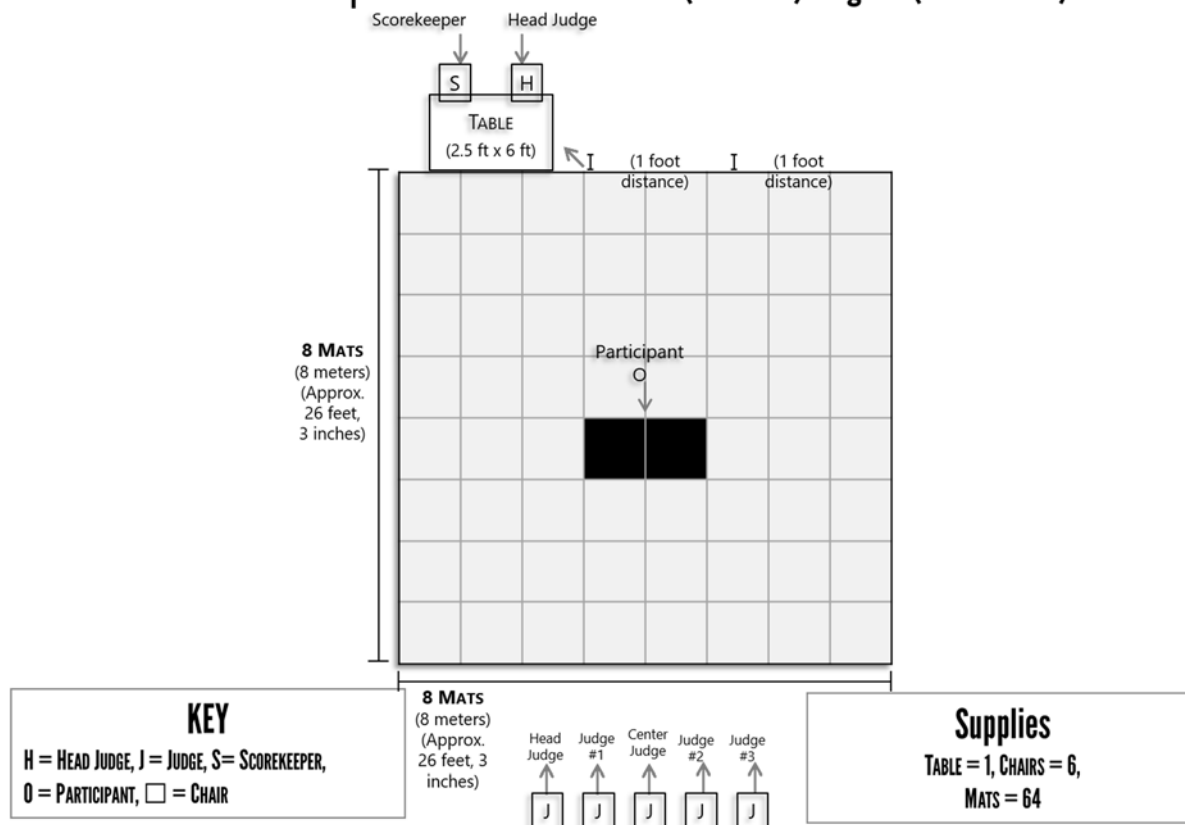
## ITFP - INDIVIDUAL TRADITIONAL FORMS (POOMSAE) PARA-TAEKWONDO

(1 PARTICIPANT ONLY. NO AGE REQUIREMENT. ALL BELTS.)

Maximum Points = 90 points

Age	Division Name	7th/8th Geup Taeguk 1 or 2	6th/5th Geup Taeguk 3 or 4	3rd/4th Geup Taeguk 5 or 6	1st/2nd Geup Taeguk 7 or 8	1st Poom/Dan Koryo	2nd Poom/Dan Keumgang	3rd Poom/Dan Taebek	4th Poom/Dan Pyongwon	5th Dan Sipjin	6th Dan Jitae	7th Dan Chongkwon	8th Dan Hansoo	9th Dan Ilyo
7 and under	Pee Wee	✓	✓	✓	✓	✓								
8-9 years old	Child	✓	✓	✓	✓	✓	✓	✓						
10-12 years old	Pre-Teen	✓	✓	✓	✓	✓	✓	✓						
13-17 years old	Teen	✓	✓	✓	✓	✓	✓	✓	✓					
18-30 years old	Adult	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
31-45 years old	Senior	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
46-54 years old	Executive	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
55+ years old	Platinum	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

## PARA TAEKWONDO | Individual Traditional Forms (Poomsae) Diagram (Not to Scale)







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1. Base Points - Each participant always begins with 50 points.
2. The following will complete each participant's score:
  - a. Correct Execution of Each Technique (10 points)
    - i. Posture - correct stances  
(For example, is it a correct forward stance - is it too long or too narrow?)
    - ii. Accuracy of Each Hand Technique – In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place
    - iii. Accuracy of Each Kicking Technique - correct form, height, and power of kick
    - iv. Speed and Power of Each Individual Technique
  - b. Taekwondo Spirit (10 points)
    - i. Kihap – confidence
    - ii. Attitude and Etiquette – proper respect as soon as the Participant's name is officially called to perform
  - c. Accurate Sequence of Movements (10 points)
    - i. Correct poomsae based on Participant's registered rank. If participant performs the wrong poomsae according to the registered rank (EXAMPLE: 1<sup>st</sup> Guep performs 1<sup>st</sup> Dan Poomsae Koryo), participant will automatically receive a score of 5 for Accurate Sequence of Movements but will NOT be disqualified.
    - ii. Correct order of techniques for each poomsae including correct stances, blocks and strikes (For example, NOT scoring only if the forward stance was correct, but determining if it was a forward stance when it was supposed to be a back stance.)
  - d. Presentation (10 points)
    - i. Speed/Tempo/Flow
    - ii. Eye Control - correct direction to "look", correct eye position as well as where eyes are focused
3. Deductions
  - i. Participant crosses outside of the 8 meter x 8 meter ring (1 point deduction for each occurrence)
  - ii. Participant exceeds the 120-second time limit (1 point deduction for every 10 seconds over time limit)
  - iii. Unsportsmanlike conduct (1 point deduction)
4. Tiebreaker
  - a. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – participants will perform poomsae one additional time. Judges will rescore. If there is still a tie, there will be two 1st places awarded.



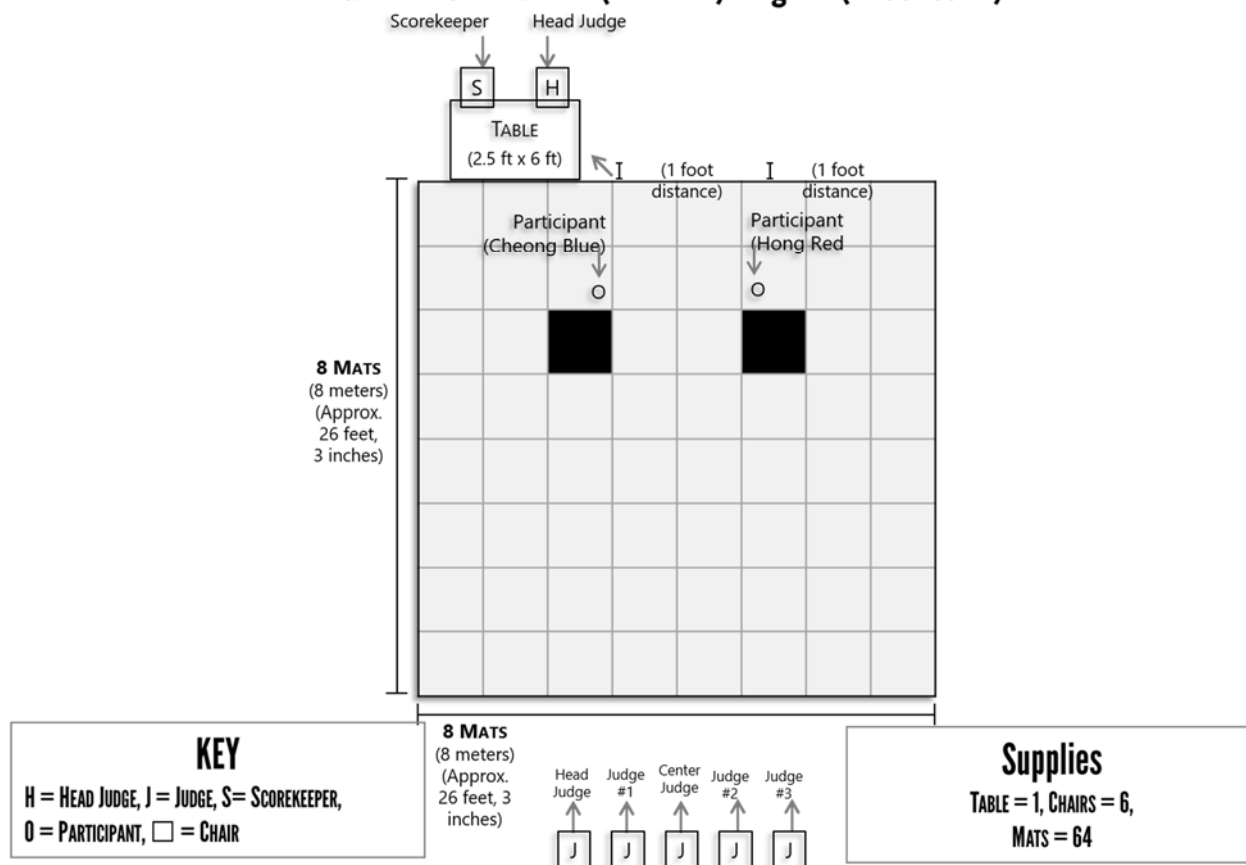
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**ITF - INDIVIDUAL TRADITIONAL FORMS (POOMSAE)**  
**(1 PARTICIPANT ONLY. NO AGE REQUIREMENT. ALL BELTS.)**  
**Maximum Points = 90 points**

Age	Division Name	/8th Geup Taeguk 1 or 2	/5th Geup Taeguk 3 or 4	3rd/4th Geup Taeguk 5 or 6	1st/2nd Geup Taeguk 7 or 8	Poom/Dan Koryo	2nd Poom/Dan Keumgang	3rd Poom/Dan Taebek	Poom/Dan Pyongwon	an Sipjin	an Jitae	an Chongkwon	an Hansoo	an
7 and under	Pee Wee	✓	✓	✓	✓	✓								
8-9 years old	Child	✓	✓	✓	✓	✓	✓	✓						
10-12 years old	Pre-Teen	✓	✓	✓	✓	✓	✓	✓						
13-17 years old	Teen	✓	✓	✓	✓	✓	✓	✓	✓					
18-30 years old	Adult	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
31-45 years old	Senior	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
46-54 years old	Executive	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
55+ years old	Platinum	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

## Individual Traditional Forms (Poomsae) Diagram (Not to Scale)





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1. Base Points - Each participant always begins with 50 points.
2. The following will complete each participant's score:
  - a. Correct Execution of Each Technique (10 points)
    - i. Posture - correct stances  
(For example, is it a correct forward stance - is it too long or too narrow?)
    - ii. Accuracy of Each Hand Technique – In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place
    - iii. Accuracy of Each Kicking Technique - correct form, height, and power of kick
    - iv. Speed and Power of Each Individual Technique
  - b. Taekwondo Spirit (10 points)
    - i. Kihap – confidence
    - ii. Attitude and Etiquette – proper respect as soon as the Participant's name is officially called to perform
  - c. Accurate Sequence of Movements (10 points)
    - i. Correct poomsae based on Participant's registered rank. If participant performs the wrong poomsae according to the registered rank (EXAMPLE: 1<sup>st</sup> Guep performs 1<sup>st</sup> Dan Poomsae Koryo), participant will automatically receive a score of 5 for Accurate Sequence of Movements but will NOT be disqualified.
    - ii. Correct order of techniques for each poomsae, including correct stances, blocks and strikes (For example, NOT scoring only if the forward stance was correct, but determining if it was a forward stance when it was supposed to be a back stance.)
  - d. Presentation (10 points)
    - i. Speed/Tempo/Flow
    - ii. Eye Control - correct direction to "look", correct eye position as well as where eyes are focused
3. Deductions
  - i. Participant crosses outside of the 8 meter x 8 meter ring (1 point deduction for each occurrence)
  - ii. Participant exceeds the 90-second time limit (1 point deduction for every 10 seconds over time limit)
  - iii. Unsportsmanlike conduct (1 point deduction)
4. Tiebreaker
  - a. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – participants will perform poomsae one additional time. Judges will rescore. If there is still a tie, there will be two 1st places awarded.



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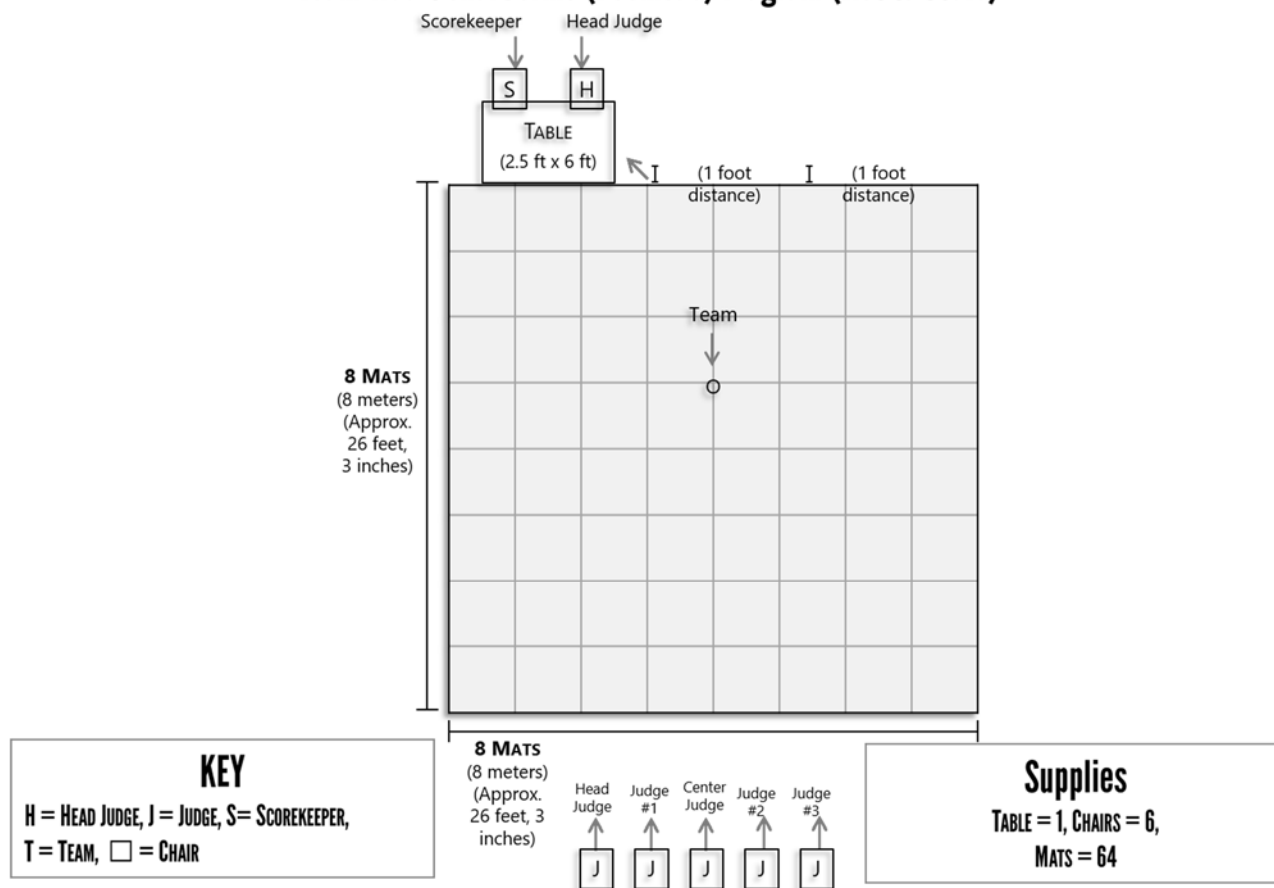
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## TTF - TEAM TRADITIONAL FORMS (POOMSAE)

(2-10 PARTICIPANTS. NO AGE REQUIREMENT. ALL BELTS.)

(Each team must select a team captain and team name.) Maximum Points = 100 Points

### Team Traditional Forms (Poomsae) Diagram (Not to Scale)



1. Base Points - Each team always begins with 50 points.
2. The following will complete each team's score:
  - a. Correct Execution of Each Technique (10 points)
    - i. Posture - correct stances  
(For example, is it a correct forward stance - is it too long or too narrow?)
    - ii. Accuracy of Each Hand Technique – In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place
    - iii. Accuracy of Each Kicking Technique - correct form, height and power of kick
    - iv. Speed and Power of Each Individual Technique



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- b. Taekwondo Spirit (10 points)
  - i. Kihap – confidence
  - ii. Attitude and Etiquette – proper respect as soon as the Team's name is officially called to perform
- c. Accurate Sequence of Movements (10 points)
  - i. Correct poomsae based on lowest team member's registered rank. If team performs the wrong poomsae according to the lowest team member's registered rank (EXAMPLE: 1 team member is an 8<sup>th</sup> Guep and team performs 1<sup>st</sup> Dan Poomsae Koryo), team will automatically receive a score of 5 for Accurate Sequence of Movements but will NOT be disqualified.
  - ii. Correct order of techniques for each poomsae, including correct stances, blocks and strikes (For example, NOT scoring only if the forward stance was correct, but determining if it was a forward stance when it was supposed to be a back stance.)
- d. Presentation (10 points)
  - i. Speed/Tempo/Flow
  - ii. Eye Control - correct direction to "look", correct eye position as well as where eyes are focused
- e. Unity of Team Performance (10 points)
  - i. Team Synchronization - Every movement must be executed by each team member at the same time. However, team members may be facing different directions. Movements out of synchronization with other team members (for example, an "echo" movement) will result in a lower score.
- 3. Deductions
  - i. Team member crosses outside of the 8 meter x 8 meter ring (1 point deduction for each occurrence)
  - ii. Team exceeds the 90-second time limit (1 point deduction for every 10 seconds over time limit)
  - iii. Too many or too few team members (1 point deduction)
  - iv. Unsportsmanlike conduct (1 point deduction)
- 4. Tiebreaker
  - a. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – teams will perform poomsae one additional time. Judges will rescore. If there is still a tie, there will be two 1st places awarded.



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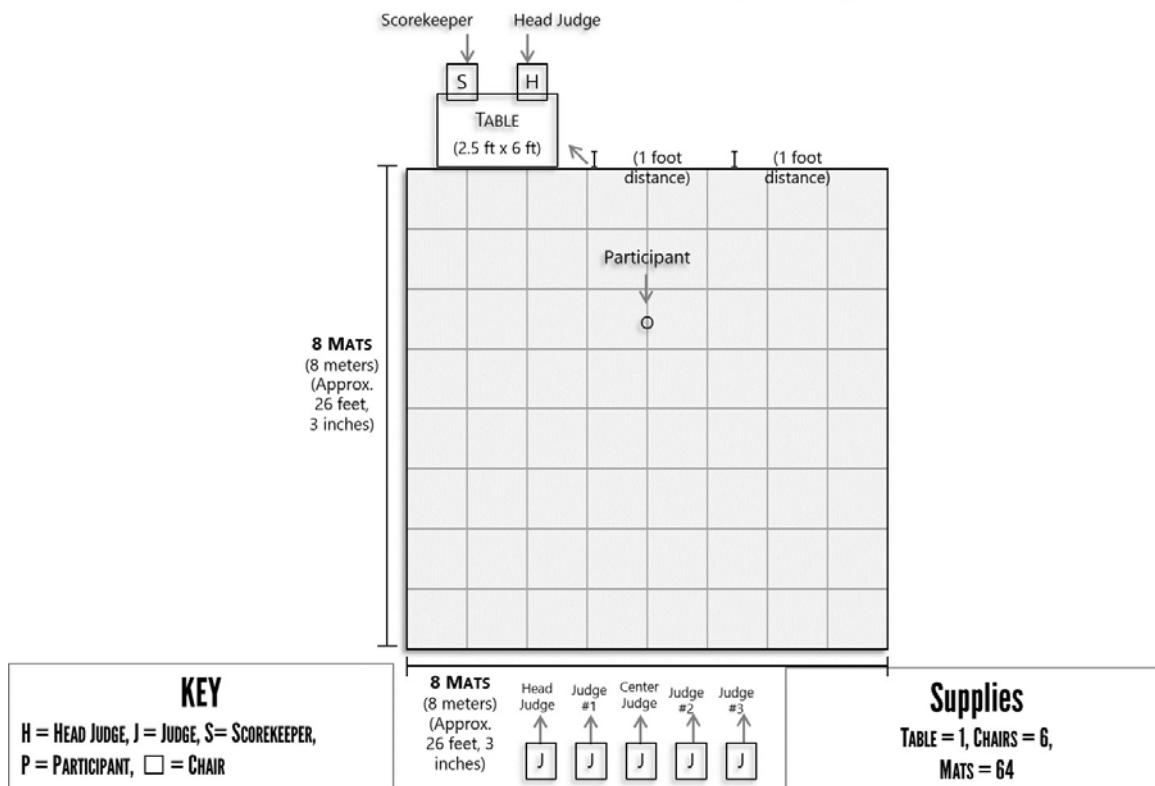
## ICFWO – INDIVIDUAL CREATIVE FORMS (POOMSAE) WITHOUT WEAPONS

(1 PARTICIPANT ONLY. NO AGE REQUIREMENT. ALL BELTS.)

Maximum Points = 90 Points

Age	Division Name	8th-5th Geup	4th-1st Geup	1st Poom	2nd Poom/Dan	3rd Poom/Dan	4th Poom/Dan	5th Dan	6th Dan	7th Dan	8th Dan	9th Dan
7 and under	Pee Wee	✓										
8-9 years old	Child	✓	✓	✓	✓							
10-12 years old	Pre-Teen	✓	✓	✓	✓	✓						
13-17 years old	Teen	✓	✓	✓	✓	✓	✓					
18-30 years old	Adult	✓	✓	✓	✓	✓	✓	✓	✓			
31-45 years old	Senior	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
46-54 years old	Executive	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
55+ years old	Platinum	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

## Individual Creative Forms (Poomsae With or Without Weapons) Diagram (Not to Scale)





# U.S. OPEN TAEKWONDO HANMADANG RULES

## Updated 7/14/2018

1. Base Points - Each participant always begins with 50 points.
2. Music is HIGHLY ENCOURAGED and must be uploaded on the registration site. (Please bring a backup CD.) All music must be suitable for a family environment; no explicit lyrics.
3. Props are allowed and must be appropriate for a family environment. (For example, a hat is allowed. No weapons are allowed.) Breaking boards ARE considered a prop and are acceptable. Board fragments ARE allowed. ALL props must be provided by the participant.
4. The following will complete each participant's score:
  - a. Correct Execution of Each Technique (10 points)
    - i. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)
    - ii. Accuracy of Each Hand Technique – In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place
    - iii. Speed and Power of Each Hand Technique
  - b. Taekwondo Spirit (10 points)
    - i. Kihap – confidence
    - ii. Attitude and Etiquette – proper respect as soon as the Participant's name is officially called to perform
  - c. Execution of Compulsory Techniques (10 points)
    - i. Execution of the *minimum* number of kicks (additional types and number of kicks are allowed):
      1. 2 Front Snap Kicks (any variation of Front Snap Kicks, Ap Chagi)
      2. 2 Roundhouse Kicks (any variation of Roundhouse Kicks, Ap Dollyo Chagi)
      3. 2 Side Kicks (any variation of Side Kicks, Yeop Chagi)
    - ii. Execution of Each Kicking Technique
  - d. Creativity (10 points)
    - i. Composition of choreography
    - ii. Creativity of entire routine
    - iii. Degree of Difficulty
5. Deductions
  - a. Participant crosses outside of the 8 meter x 8 meter ring (1 point deduction for each occurrence)
  - b. Participant exceeds the 90 second time limit (1 point deduction for every 10 seconds over time limit)
  - c. Unsportsmanlike conduct (1 point deduction)
  - d. Participant fails to perform required techniques (1 point deduction for each kick omitted)
  - e. For example, 1 Front Snap Kick instead of 2 (1 point deduction) No Front Snap Kicks (2 point deduction)
6. Tiebreaker
  - a. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – participants will perform poomsae one additional time. Judges will rescore. If there is still a tie, there will be two 1st places awarded.



# U.S. OPEN TAEKWONDO HANMADANG RULES

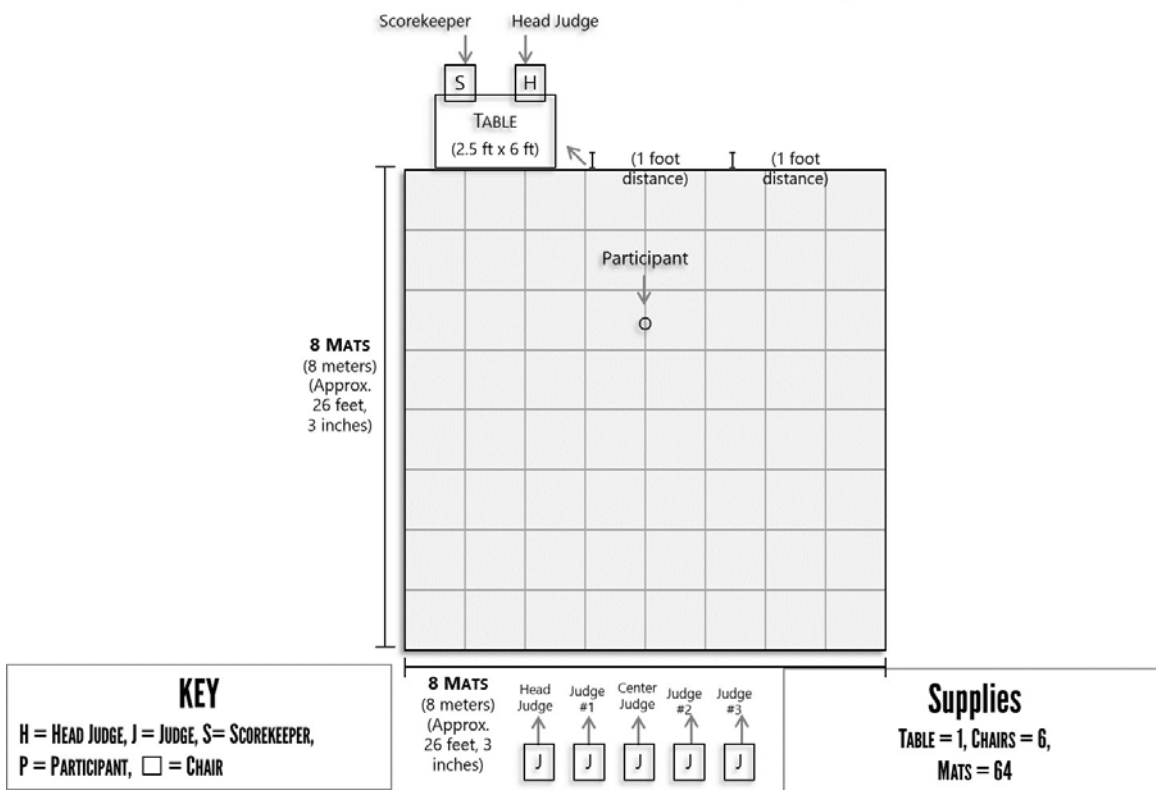
Updated 7/14/2018

## ICFWW - INDIVIDUAL CREATIVE FORMS (POOMSAE) WITH WEAPONS (1 PARTICIPANT ONLY. NO AGE REQUIREMENT. ALL BELTS.)

Maximum Points = 90 Points

Age	Division Name	8th-1st Geup	1st Poom	2nd Poom/Dan	3rd Poom/Dan	4th Poom/Dan	5th Dan	6th Dan	7th Dan	8th Dan	9th Dan
7 and under	Pee Wee	✓	✓								
8-9 years old	Child	✓	✓	✓	✓						
10-12 years old	Pre-Teen	✓	✓	✓	✓						
13-17 years old	Teen	✓	✓	✓	✓	✓					
18-30 years old	Adult	✓	✓	✓	✓	✓	✓	✓			
31-45 years old	Senior	✓	✓	✓	✓	✓	✓	✓	✓	✓	
46-54 years old	Executive	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
55+ years old	Platinum	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

## Individual Creative Forms (Poomsae With or Without Weapons) Diagram (Not to Scale)







## U.S. OPEN TAEKWONDO HANMADANG RULES

### Updated 4/26/2017

1. Base Points - Each participant always begins with 50 points.
2. Music is HIGHLY ENCOURAGED and must be uploaded on the registration site. (Please bring a backup CD.) All music must be suitable for a family environment; no explicit lyrics.
3. Props are allowed and must be appropriate for a family environment. (For example, a hat is allowed.) Breaking boards ARE considered a prop and are acceptable. Board fragments ARE allowed. ALL props must be provided by the participant.
4. Only martial arts weapons are allowed. Any weapon blade must be dull and approved by the Organizing Committee.
5. The following will complete each participant's score:
  - a. Correct Execution of Each Technique (10 points)
    - i. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)
    - ii. Accuracy of Each Hand Technique – In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place
    - iii. Speed and Power of Each Hand Technique
    - iv. Execution of use of Weapon(s)
  - b. Taekwondo Spirit (10 points)
    - i. Kihap – confidence
    - ii. Attitude and Etiquette – proper respect as soon as the Participant's name is officially called to perform
  - c. Execution of Compulsory Techniques (10 points)
    - i. Execution of the *minimum* number of kicks (additional types and number of kicks are allowed):
      1. 2 Front Snap Kicks (any variation of Front Snap Kicks, Ap Chagi)
      2. 2 Roundhouse Kicks (any variation of Roundhouse Kicks, Ap Dollyo Chagi)
      3. 2 Side Kicks (any variation of Side Kicks, Yeop Chagi)
    - ii. Execution of Each Kicking Technique
  - d. Creativity (10 points)
    - i. Composition of choreography
    - ii. Creativity of entire routine
6. Deductions
  - a. Participant crosses outside of the 8 meter x 8 meter ring (1 point deduction for each occurrence)
  - b. Participant exceeds the 90-second time limit (1 point deduction for every 10 seconds over time limit)
  - c. Unsportsmanlike conduct (1 point deduction)
  - d. Each time participant unintentionally drops weapon (1 point deduction for each occurrence)
  - e. Participant fails to perform required techniques (1 point deduction for each kick omitted)
  - f. For example, 1 Front Snap Kick instead of 2 (1 point deduction) No Front Snap Kicks (2 point deduction)
7. Tiebreaker
  - a. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – participants will perform poomsae one additional time. Judges will rescore. If there is still a tie, there will be two 1st places awarded.

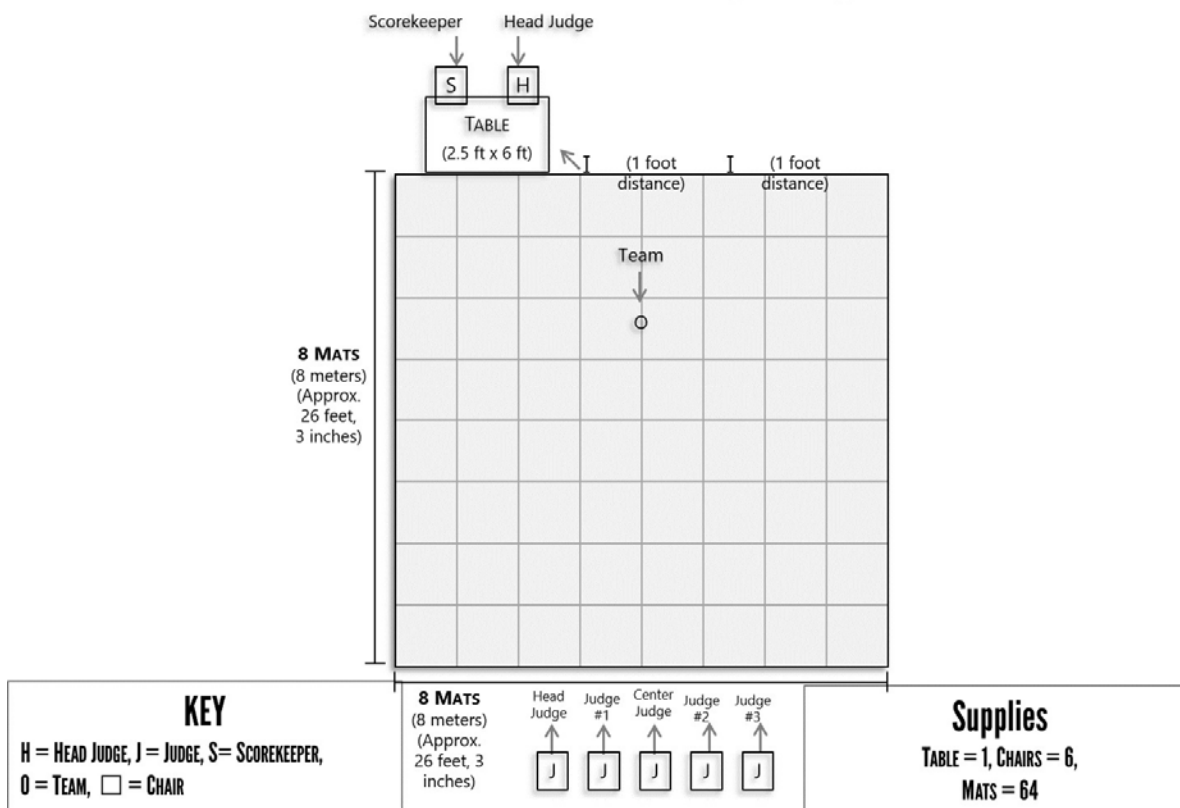


# U.S. OPEN TAEKWONDO HANMADANG RULES

## Updated 7/14/2018

**TCFWO - TEAM CREATIVE FORMS (POOMSAE) WITHOUT WEAPONS**  
**(2-10 PARTICIPANTS. NO AGE REQUIREMENT. ALL BELTS.)**  
**(Each team must select a team captain and team name.)**

### Team Creative Forms (Poomsae With or Without Weapons) Diagram (Not to Scale)



1. Base Points - Each team always begins with 50 points.
2. Music is HIGHLY ENCOURAGED and must be uploaded on the registration site. (Please bring a backup CD.) All music must be suitable for a family environment; no explicit lyrics.
3. Props are allowed and must be appropriate for a family environment. (For example, a hat is allowed. No weapons are allowed.) Breaking boards ARE considered a prop and are acceptable. Board fragments ARE allowed. ALL props must be provided by the participant.
4. The following will complete each team's score:
  - a. Correct Execution of Each Technique (10 points)
    - i. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)
    - ii. Accuracy of Each Hand Technique – In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place
    - iii. Speed and Power of Each Hand Technique



# U.S. OPEN TAEKWONDO HANMADANG RULES

## Updated 7/14/2018

- b. Taekwondo Spirit (10 points)
  - i. Kihap – confidence
  - ii. Attitude and Etiquette – proper respect as soon as the Team's name is officially called to perform
- c. Execution of Compulsory Techniques (10 points)
  - i. Execution of the *minimum* number of kicks (additional types and number of kicks are allowed):
    - 1. 2 Front Snap Kicks (any variation of Front Snap Kicks, Ap Chagi)
    - 2. 2 Roundhouse Kicks (any variation of Roundhouse Kicks, Ap Dollyo Chagi)
    - 3. 2 Side Kicks (any variation of Side Kicks, Yeop Chagi)
  - ii. Execution of Each Kicking Technique
- d. Creativity (10 points)
  - i. Composition of choreography
  - ii. Creativity of entire routine
  - iii. Degree of Difficulty
- e. Unity of Team Performance (10 points)
  - i. Team synchronization
  - ii. Movements should be executed by each team member at the same time. However, team members may be facing different directions. Unintentional movements out of synchronization with other team members will result in a lower score. Intentional movements out of synchronization (for example, an "echo" movement) will NOT result in a lower score.

### 5. Deductions

- a. Team member crosses outside of the 8 meter x 8 meter ring (1 point deduction for each occurrence)
- b. Team exceeds the 90-second time limit (1 point deduction for every 10 seconds over time limit)
- c. Too many or too few team members (1 point deduction)
- d. Unsportsmanlike conduct (1 point deduction)
- e. Team fails to perform required techniques (1 point deduction for each kick omitted)  
For example, 1 Front Snap Kick instead of 2 (1 point deduction) No Front Snap Kicks (2 point deduction)

### 6. Tiebreaker

- a. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – teams will perform poomsae one additional time. Judges will rescore. If there is still a tie, there will be two 1st places awarded.

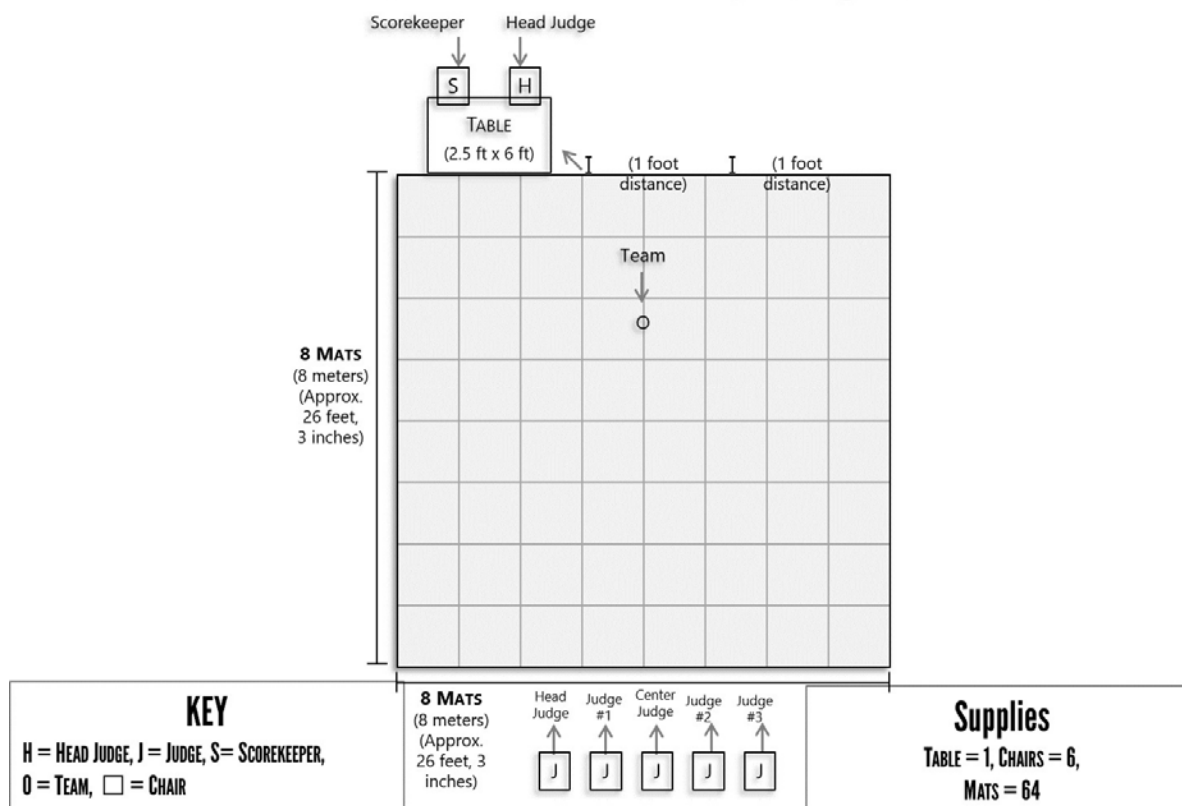


# U.S. OPEN TAEKWONDO HANMADANG RULES

Updated 7/14/2018

**TCFWW - TEAM CREATIVE FORMS (POOMSAE) WITH WEAPONS**  
**(2-10 PARTICIPANTS. NO AGE REQUIREMENT. ALL BELTS.)**  
**(Each team must select a team captain and team name.)**  
**Maximum Points = 100 Points**

## Team Creative Forms (Poomsae With or Without Weapons) Diagram (Not to Scale)



1. Base Points - Each team always begins with 50 points.
2. Music is **HIGHLY ENCOURAGED** and must be uploaded on the registration site. (Please bring a backup CD.)
3. Props are allowed and must be appropriate for a family environment. (For example, a hat is allowed.) Breaking boards **ARE** considered a prop and are acceptable. Board fragments **ARE** allowed. **ALL** props must be provided by the participant.
4. Only martial arts weapons are allowed. Any weapon blade must be dull and approved by the Organizing Committee.
5. The following will complete each team's score:
  - a. Correct Execution of Each Technique (10 points)
    - i. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)
    - ii. Accuracy of Each Hand Technique – In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place
    - iii. Accuracy of Each Kicking Technique - correct form, height and power of kick
    - iv. Speed and Power of Each Individual Technique
    - v. Use of Weapon(s)



# U.S. OPEN TAEKWONDO HANMADANG RULES

## Updated 7/14/2018

- b. Taekwondo Spirit (10 points)
  - i. Kihap – confidence
  - ii. Attitude and Etiquette – proper respect as soon as the Participant's name is officially called to perform
- c. Execution of Compulsory Techniques (10 points)
  - i. 2 Front Snap Kicks (any variation of Front Snap Kicks, Ap Chagi)
  - ii. 2 Roundhouse Kicks (any variation of Roundhouse Kicks, Ap Dollyo Chagi)
  - iii. 2 Side Kicks (any variation of Side Kicks, Yeop Chagi)

NOTE: These are the MINIMUM number/type of kicks in the Event. Other types and number of kicks are allowed.

- d. Creativity (10 points)
  - i. Originality of Composition
  - ii. Degree of Difficulty
- e. Unity of Team Performance (10 points)
  - i. Team Synchronization
  - ii. Movements should be executed by each team member at the same time. However, team members may be facing different directions. Unintentional movements out of synchronization with other team members will result in a lower score. Intentional movements out of synchronization (for example, an "echo" movement) will NOT result in a lower score.

### 6. Deductions

- a. Team member crosses outside of the 8 meter x 8 meter ring (1 point deduction for each occurrence)
- b. Team exceeds the 90-second time limit (1 point deduction for every 10 seconds over time limit)
- c. Too many or too few team members (1 point deduction)
- d. Unsportsmanlike conduct (1 point deduction)
- e. Each time participant unintentionally drops weapon (1 point deduction for each occurrence)
- f. Team fails to perform required techniques (1 point deduction for each kick omitted)  
For example, 1 Front Snap Kick instead of 2 (1 point deduction) No Front Snap Kicks (2 point deduction)

### 7. Tiebreaker

- a. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – teams will perform poomsae one additional time. Judges will rescore. If there is still a tie, there will be two 1st places awarded.



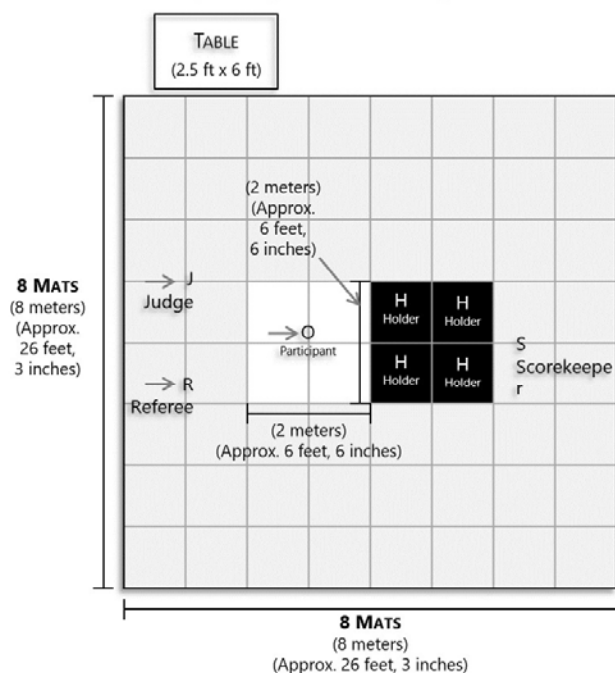
# U.S. OPEN TAEKWONDO HANMADANG RULES

Updated 7/14/2018

## ISHK – INDIVIDUAL SPINNING HOOK KICK (1 PARTICIPANT ONLY, MINIMUM AGE REQUIREMENT OF 8. ALL BELTS.)

Age	Division Name	8th-5th Geup	4th-1st Geup	1st Poom/Dan	2nd Poom/Dan	3rd Poom/Dan	4th Poom/Dan	5th Dan	6th Dan	7th Dan	8th Dan	9th Dan
7 and under	Pee Wee											
8-9 years old	Child	✓	✓	✓	✓	✓						
10-12 years old	Pre-Teen	✓	✓	✓	✓	✓						
13-17 years old	Teen	✓	✓	✓	✓	✓						
18-30 years old	Adult	✓	✓	✓	✓	✓	✓	✓	✓			
31-45 years old	Senior	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
46-54 years old	Executive	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
55+ years old	Platinum	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

### Individual Spinning Hook Kick Diagram (Not to Scale)



#### KEY

J = JUDGE, R = REFEREE, S = SCOREKEEPER/TIMEKEEPER,  
H = HOLDERS, O = PARTICIPANT, □ = CHAIR

#### Supplies

TABLE = 0, CHAIRS = 0,  
MATS = 64



## U.S. OPEN TAEKWONDO HANMADANG RULES

### Updated 7/14/2018

1. Participant will attempt to break as many 1/4-inch pine boards as possible with a continuous Spinning Hook Kick.
2. The participant who breaks the most boards will be declared the winner.
3. During the 30-second attempt, if the participant touches the board with their foot but the board does NOT break, the holder CANNOT reuse that board for the next attempt. The holder must reload a NEW board. If the participant does NOT touch the board, then the holder can reuse that board for the next attempt.
4. The maximum number of holders is four with two holders in front. Holders will be provided by the Organizing Committee.

If a participant would prefer to provide his or her own holders, that is acceptable. Holders will ONLY be allowed on the competition floor during the participant's event. There are no uniform requirements for board holders. (However, a taekwondo uniform is HIGHLY encouraged. If board holders are NOT in a taekwondo uniform, clothing must be suitable for a family environment.) ONLY martial arts shoes are allowed on the mats.

5. The front two holders must wear chest protectors and headgear.
6. Holders must remain in a 2 meter x 2 meter square. Participant must remain in a separate 2 meter x 2 meter square (SEE DIAGRAM)
7. Holders can only use one hand to hold the board the participant is attempting to break.
8. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded), there will be 1 overtime round. If there is still a tie after the overtime round, both participants will be awarded 1st place.
9. Broken boards will not be included in the final total score for the following infractions:
  - a. The bottom of the board must be no lower than the participant's waist. If the board is held below the participant's waist, there will be NO BREAK awarded for EVERY infraction.
  - b. If the participant crosses into the square of the holders and steps outside of the square, there will be NO BREAK awarded for EVERY infraction.
  - c. The participant must break the board with the HEEL or the BOTTOM of the foot. If the participant breaks the board using the foot edge or instep, there will be NO BREAK awarded for EVERY infraction.
  - d. When a holder moves their wrist/hand to assist the breaking technique, there will be NO BREAK awarded for EVERY infraction.
10. No Break (Score of 0)
  - a. Participant touches the ground with any part of the body other than feet during the 30 second attempt
  - b. Participant falls down during the 30 second attempt
  - c. Participant or holder crosses over any boundary line more than 3 times
  - d. Participant breaks the target with the foot edge or instep more than 3 times





# U.S. OPEN TAEKWONDO HANMADANG RULES

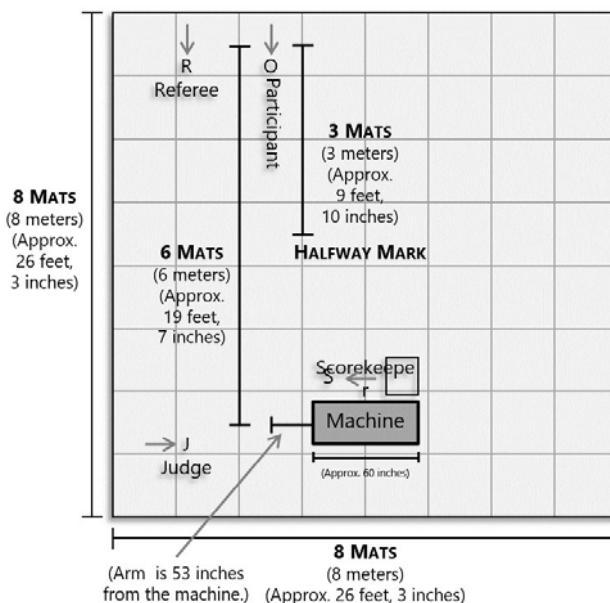
Updated 7/14/2018

## IJH - INDIVIDUAL JUMPING HIGH KICK

1 PARTICIPANT ONLY. MINIMUM AGE REQUIREMENT OF 8. ALL BELTS.)

Age	Division Name	8th-5th Geup	4th-1st Geup	1st Poom/Dan	2nd Poom/Dan	3rd Poom/Dan	4th Poom/Dan	5th Dan	6th Dan	7th Dan	8th Dan	9th Dan
7 and under	Pee Wee											
8-9 years old	Child	✓	✓	✓	✓	✓						
10-12 years old	Pre-Teen	✓	✓	✓	✓	✓						
13-17 years old	Teen	✓	✓	✓	✓	✓						
18-30 years old	Adult	✓	✓	✓	✓	✓	✓	✓	✓			
31-45 years old	Senior	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
46-54 years old	Executive	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
55+ years old	Platinum	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

## Individual Jumping High Kick Diagram (Not to Scale)



### KEY

J = JUDGE, R = REFEREE, S = SCOREKEEPER/TIMEKEEPER,,  
O = PARTICIPANT, □ = CHAIR

### Supplies

TABLE = 0, CHAIRS = 1,  
MATS = 64 & POWER BREAK MACHINE





## U.S. OPEN TAEKWONDO HANMADANG RULES

### Updated 7/14/2018

1. Each participant has a maximum of 30 seconds to attempt to break the board with Running Jumping Front Snap Kick.
2. Each participant has only one attempt to break the board for each round.
3. Participants may not cover the breaking foot with any bandages, tape or any other material. The referee must approve any injuries that may need to be covered.
4. The running distance is approximately 6 meters, and the starting board height will be determined by the referee.
5. The order of participants (who breaks first) will be determined by height. The shortest participant will attempt to break first.
6. Participants must break the board to advance to the next round. Board must be broken by an upward kicking technique to be considered a successful break.
7. Once the participant passes the designated halfway mark, an attempt is counted upon approach. (For example, once the participant crosses the designated halfway mark, they may not return to the starting position to attempt to break again.)
8. After each round, the board height will be raised incrementally at the referee's discretion.
9. The participant to break the highest board will be declared the winner.
10. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded), the height will be raised until a participant FAILS to break the board. (If all participants fail to break the board, then 1st place will be awarded to the SHORTEST participant.)
11. Once a participant is determined the 1<sup>st</sup> place winner the competition is over. The first place winner is NOT allowed to keep breaking until he or she fails. The ONLY exception is for the age division 18-30, both male and female, 1<sup>st</sup> dan and above. Only in these divisions, the 1<sup>st</sup> place winner will given the opportunity to attempt to set the World/U.S. Open Taekwondo Hanmadang Record. The participant will receive ONLY one (1) attempt to set the World/U.S. Open Taekwondo Hanmadang Record.
12. If any part of the body touches the floor besides the feet, it is considered NO BREAK



# U.S. OPEN TAEKWONDO HANMADANG RULES

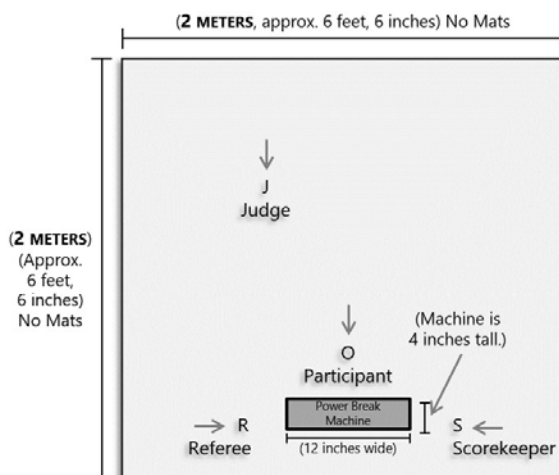
Updated 7/14/2018

## IPKH - INDIVIDUAL POWER BREAKING KNIFE HAND (DOWNWARD)

(1 PARTICIPANT ONLY. MINIMUM AGE REQUIREMENT OF 13. ALL BELTS.)

Age	Division Name	8th-5th Geup	4th-1st Geup	1st Poom/Dan	2nd Poom/Dan	3rd Poom/Dan	4th Poom/Dan	5th Dan	6th Dan	7th Dan	8th Dan	9th Dan
7 and under	Pee Wee											
8-9 years old	Child											
10-12 years old	Pre-Teen											
13-17 years old	Teen	✓	✓	✓	✓	✓						
18-30 years old	Adult	✓	✓	✓	✓	✓	✓	✓	✓			
31-45 years old	Senior	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
46-54 years old	Executive	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
55+ years old	Platinum	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

## Individual Power Breaking Knife Hand (Downward) (Not to Scale)



### KEY

J = JUDGE, R = REFEREE, S = SCOREKEEPER/TIMEKEEPER,,  
O = PARTICIPANT, □ = CHAIR

### Supplies

TABLE = 0, CHAIRS = 0,  
MATS = 2 & KNIFE HAND BREAKING MACHINE



## U.S. OPEN TAEKWONDO HANMADANG RULES

### Updated 7/14/2018

1. Each participant will have one attempt to break with a Knife Hand Strike in an area approximately 2 meters x 2 meters. The floor will NOT be matted.
2. The participant will attempt to break 3/4 -inch pine boards with no spacers. Boards may not be taped together.
3. All boards will be placed on a board holding stand, which is 4 inches tall from the floor. The board holding stand will be placed directly on the floor.
4. The participant is allowed 60 seconds to set up and place the board(s) on the holding stand.
5. The width of the board holding stand will be at the participant's discretion.
6. Once the referee declares "Si Jak (begin)", the participant's break must be done within 30 seconds
7. The participant must use the side of the palm (from the side of the first knuckle of the little finger to the front side of the wrist) for Knife Hand. Fingers can be bent; however, the hand cannot be closed in a fist position.
8. Participants may not cover the breaking hand with any bandages, tape or any other material. The referee must approve any injuries that may need to be covered.
9. Each participant must PRIVATELY complete a form that states the number of boards he or she will attempt to break prior to the start of the division.
10. The participant who breaks the most boards will be declared the winner.
11. If two or more participants break the same number of boards, the participant who attempted to break the greatest number of boards will receive a higher score. (For example, Participant #1 attempts to break 5 boards and only 4 boards break. Participant #2 attempts to break 4 boards and succeeds in breaking 4. Therefore, Participant #1 will receive the higher final position within the division, because they attempted to break more boards)
12. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded), there will be 1 overtime round. (Add 1 additional board)
13. If there is still a tie at the end of the overtime round, the winner will be declared by body weight. (The lightest person will be declared the winner.) A scale will be provided at the event.
14. Deductions
  - a. Participant crosses outside of the 2 meter x 2 meter ring (1 board deduction)
  - b. Participant disobeys the referee's instructions (1 board deduction)
  - c. Participant exceeds the 30-second time limit (1 board deduction)
  - d. Unsportsmanlike conduct (1 board deduction for each occurrence)  
(For example, trying to distract the other participants, not showing respect to others, etc.)



# U.S. OPEN TAEKWONDO HANMADANG RULES

## Updated 7/14/2018

### 15. No Break (Score of 0)

- a. Participant attempts to break the boards twice
- b. Participant uses any part of the body OTHER than the side of the palm (from the side of the first knuckle of the little finger to the front side of the wrist) for Knife Hand. (EXAMPLE: Participants breaks boards with the wrist)
- c. After attempting the break, participant falls down after breaking, touching the ground with any part of the body above the knees (The hand that broke the boards IS permitted to touch the ground after the break. In addition, a knee touching the ground is allowed.)
- d. Touching the boards after the referee declares "Si Jak (begin)" is considered your 1 and only attempt. Any other touching of the boards will result in disqualification.



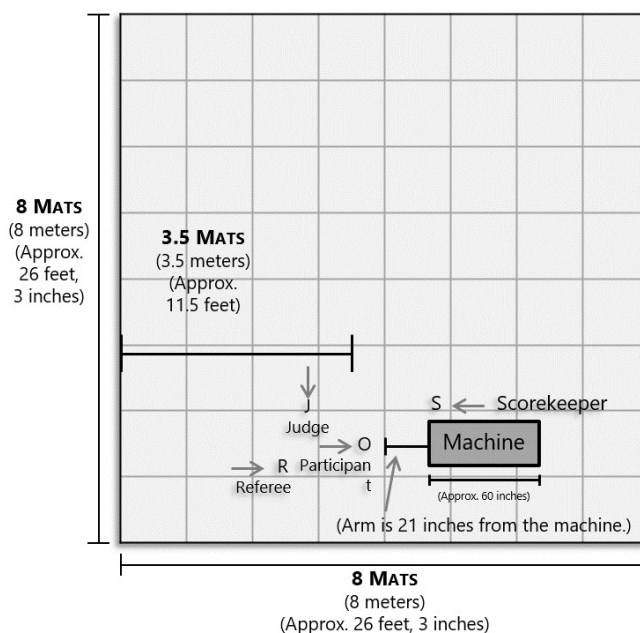
# U.S. OPEN TAEKWONDO HANMADANG RULES

Updated 7/14/2018

## IPSSK - INDIVIDUAL POWER BREAKING SKIPPING SIDE KICK (1 PARTICIPANT ONLY. MINIMUM AGE REQUIREMENT OF 8. ALL BELTS.)

Age	Division Name	8th-5th Geup	4th-1st Geup	1st Poom/Dan	2nd Poom/Dan	3rd Poom/Dan	4th Poom/Dan	5th Dan	6th Dan	7th Dan	8th Dan	9th Dan
7 and under	Pee Wee											
8-9 years old	Child	✓	✓	✓	✓	✓						
10-12 years old	Pre-Teen	✓	✓	✓	✓	✓						
13-17 years old	Teen	✓	✓	✓	✓	✓						
18-30 years old	Adult	✓	✓	✓	✓	✓	✓	✓	✓			
31-45 years old	Senior	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
46-54 years old	Executive	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
55+ years old	Platinum	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

## Individual Power Breaking Diagram Skipping Side Kick (Not to Scale)



### KEY

J = JUDGE, R = REFEREE, S = SCOREKEEPER/TIMEKEEPER,  
O = PARTICIPANT

### Supplies

TABLE = O, CHAIRS = O,  
MATS = 64 & POWER BREAK MACHINE



## U.S. OPEN TAEKWONDO HANMADANG RULES

### Updated 7/14/2018

1. Each participant will have one attempt to break with a Skipping Side Kick in an area approximately 1 meter x 3.5 meters. Both of the Participant's feet must remain in the area of 1 meter x 3.5 meters.
2. The participant will attempt to break 3/4 -inch pine boards with no spacers. Boards may not be taped together.
3. The participant's break must be done within 30 seconds. Once the referee declares "Si Jak (begin)", the participant may not touch the boards.
4. The participant must use the heel of the foot/foot blade. The middle of the boards must be at least as high as the participant's waist for Skipping Side Kick breaking.
5. Participants may not cover the breaking foot with any bandages, tape or any other material. The referee must approve any injuries that may need to be covered.
6. Each participant must PRIVATELY complete a form that states the number of boards he or she will attempt to break prior to the start of the division.
7. The participant who breaks the most boards will be declared the winner.
8. If two or more participants break the same number of boards, the participant who attempted to break the greatest number of boards will receive a higher score. (For example, Participant #1 attempts to break 5 boards and only 4 boards break. Participant #2 attempts to break 4 boards and succeeds in breaking 4. Therefore, Participant #1 will receive the higher final position within the division, because they attempted to break more boards.)
9. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded), there will be 1 overtime round. (Add 1 additional board)
10. If there is still a tie at the end of the overtime round, the winner will be declared by body weight. (The lightest person will be declared the winner.) A scale will be provided at the event.
11. Deductions
  - a. Participant exceeds the 30-second time limit (1 board deduction)
  - b. Participant disobeys the referee's instructions (1 board deduction)
  - c. Unsportsmanlike conduct (1 board deduction for each occurrence)  
(For example, trying to distract other participants, not showing respect to others, etc.)
12. No Break (Score of 0)
  - a. Participant attempts to break the boards twice
  - b. Participant uses any part of the body OTHER than the heel of the foot/foot blade. (EXAMPLE: Participants breaks boards with the instep)
  - c. Participant falls down during the 30-second attempt, touching the ground with any part of the body besides the feet
  - d. Touching the boards after the referee declares "Si Jak (begin)" is considered your 1 and only attempt. Any other touching of the boards will result in a score of 0 = No break.



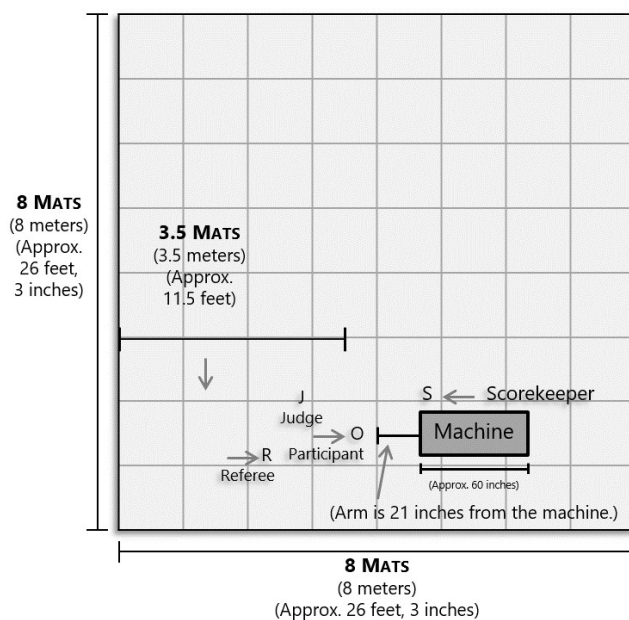
# U.S. OPEN TAEKWONDO HANMADANG RULES

Updated 7/14/2018

## IPBK - INDIVIDUAL POWER BREAKING TURNING BACK KICK (1 PARTICIPANT ONLY. MINIMUM AGE REQUIREMENT OF 8. ALL BELTS.)

Age	Division Name	8th-5th Geup	4th-1st Geup	1st Poom/Dan	2nd Poom/Dan	3rd Poom/Dan	4th Poom/Dan	5th Dan	6th Dan	7th Dan	8th Dan	9th Dan
7 and under	Pee Wee											
8-9 years old	Child	✓	✓	✓	✓	✓						
10-12 years old	Pre-Teen	✓	✓	✓	✓	✓						
13-17 years old	Teen	✓	✓	✓	✓	✓						
18-30 years old	Adult	✓	✓	✓	✓	✓	✓	✓	✓			
31-45 years old	Senior	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
46-54 years old	Executive	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
55+ years old	Platinum	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

## Individual Power Breaking Diagram Turning Back Kick (Not to Scale)



### KEY

J = JUDGE, R = REFEREE, S = SCOREKEEPER/TIMEKEEPER,  
O = PARTICIPANT

### Supplies

TABLE = 0, CHAIRS = 0,  
MATS = 64 & POWER BREAK MACHINE



## U.S. OPEN TAEKWONDO HANMADANG RULES

### Updated 7/14/2018

1. Each participant will have one attempt to break with a Turning Back Kick in an area approximately 1 meter x 3.5 meters. (Taking a step before turning is allowed.) Both of the Participant's feet must remain in the area of 1 meter x 3.5 meters.
2. Participants will attempt to break 3/4-inch pine boards with no spacers. Boards may not be taped together.
3. The participant's break must be done within 30 seconds. Once the referee declares "Si Jak (begin)", the participant may not touch the boards.
4. Participant must use the heel of the foot/foot blade. The middle of the boards must be at least as high as the participant's waist for Turning Back Kick breaking.
5. Participants may not cover the breaking foot with any bandages, tape or any other material. The referee must approve any injuries that may need to be covered.
6. Each participant must PRIVATELY complete a form that states the number of boards he or she will attempt to break prior to the start of the division.
7. The participant who breaks the most boards will be declared the winner.
8. If two or more participants break the same number of boards, the participant who attempted to break the greatest number of boards will receive a higher score. (For example, Participant #1 attempts to break 5 boards and only 4 boards break. Participant #2 attempts to break 4 boards and succeeds in breaking 4. Therefore, Participant #1 will receive the higher final position within the division, because they attempted to break more.)
9. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded), there will be 1 overtime round. (Add 1 additional board)
10. If there is still a tie at the end of the overtime round, the winner will be declared by body weight. (The lightest person will be declared the winner.) A scale will be provided at the event.
11. Deductions
  - a. Participant exceeds the 30-second time limit (1 board deduction)
  - b. Participant disobeys the referee's instructions (1 board deduction)
  - c. Unsportsmanlike conduct (1 board deduction for each occurrence)  
(For example, trying to distract other participants, not showing respect to others, etc.)
12. No Break (Score of 0)
  - a. Participant attempts to break the boards twice
  - b. Participant uses any part of the body OTHER than the heel of the foot/foot blade. (EXAMPLE: Participants breaks boards with the instep)
  - c. Participant falls down during the 30-second attempt, touching the ground with any part of the body besides the feet
  - d. Touching the boards after the referee declares "Si Jak (begin)" is considered your 1 and only attempt. Any other touching of the boards will result in disqualification.





# U.S. OPEN TAEKWONDO HANMADANG RULES

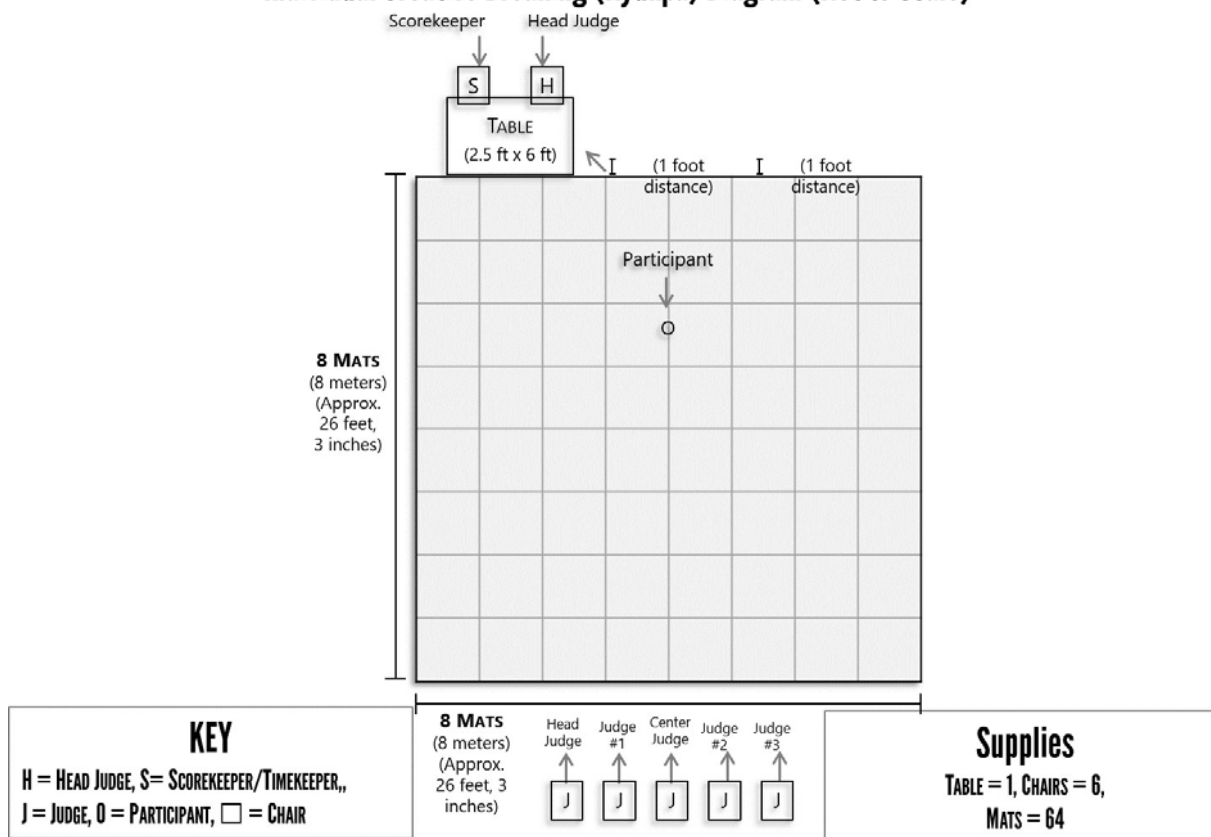
Updated 7/14/2018

## ICB - INDIVIDUAL CREATIVE BREAKING (KYUKPA)

(1 PARTICIPANT ONLY. NO AGE REQUIREMENT. ALL BELTS.) Maximum Points = 90 Points

Age	Division Name	8th-5th Geup	4th-1st Geup	1st Poom/Dan	2nd Poom/Dan	3rd Poom/Dan	4th Poom/Dan	5th Dan	6th Dan	7th Dan	8th Dan	9th Dan
7 and under	Pee Wee	✓	✓	✓	✓							
8-9 years old	Child	✓	✓	✓	✓	✓						
10-12 years old	Pre-Teen	✓	✓	✓	✓	✓						
13-17 years old	Teen	✓	✓	✓	✓	✓						
18-30 years old	Adult	✓	✓	✓	✓	✓	✓	✓	✓			
31-45 years old	Senior	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
46-54 years old	Executive	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
55+ years old	Platinum	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

## Individual Creative Breaking (Kyukpa) Diagram (Not to Scale)





# U.S. OPEN TAEKWONDO HANMADANG RULES

## Updated 7/14/2018

1. Base Points - Each participant always begins with 50 points.
2. Participants have 60 seconds to set up and 60 seconds to execute their breaks.
3. At the participant's discretion, he or she will attempt to break a minimum of 1 board and a maximum of 6 boards. (All boards are 1/4-inch pine boards.) Participant is allowed to do multiple boards at 1 station.
4. Participants may not cover any part of the body that will be used for breaking a board with any bandages, tape or any other material. The referee must approve any injuries that may need to be covered.
5. Props CAN be used but boards cannot be altered. (For example, board fragments, confetti, streamers, poppers, powder, etc. cannot be added to the boards) Board stands, blocks, board holding devices, chairs are considered props and CAN be used.
6. Participants must provide their own holders. Holders will ONLY be allowed on the competition floor during the participant's event. There are no uniform requirements for board holders. (However, a taekwondo uniform is HIGHLY encouraged. If board holders are NOT in a taekwondo uniform, clothing must be suitable for a family environment.) ONLY martial arts shoes are allowed on the mats.
7. The participant may attempt to break each technique a maximum of 3 times. Broken boards may not be replaced on the 2nd or 3rd attempt. (For example, if a participant does a split kick in the air and only one board breaks, the participant CANNOT replace broken board with a new board on the 2nd or 3rd attempt.)
8. The following will complete each participant's score:
  - a. Creativity (10 points)
    - i. Creativity of Performance
    - ii. Degree of Difficulty
  - b. Execution of Requirements (10 points)
    - i. Broke at least 1 board and not more than 6 boards
    - ii. Not exceeding the maximum number of attempts per break, maximum of 3 attempts
  - c. Presentation (10 points)
    - i. Speed/Tempo/Flow
  - d. Taekwondo Spirit (10 points)
    - i. Kihap – confidence
    - ii. Attitude and Etiquette – proper respect as soon as the Participant's name is officially called to perform
9. Deductions
  - a. Participant exceeds the 60-second time limit for setup (1 point deduction for every 10 seconds over time limit).
  - b. Participant exceeds the 60-second time limit (1 point deduction for every 10 seconds over time limit) 0.2 deduction for each unsuccessful attempt to break a board
  - c. Participant exceeds the maximum number of attempts allowed per break, maximum of 3 attempts (1 point deduction per infraction) EXAMPLE: Participant attempts to break 1 board 4 times = 1.6 point deduction (0.2 x 3 attempts = 0.6 plus additional 1 point deduction = 1.6 point deduction)
  - d. Altering the board in any way (summarized in rule #5) will result in a 1 point deduction for each occurrence.
  - e. Participant crosses outside of the 8 meter x 8 meter ring (1 point deduction for each occurrence). Participant will not receive a deduction if the holder crosses outside of the ring
  - f. Unsportsmanlike conduct (1 point deduction for each occurrence)
10. Tiebreaker
  - a. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – participants will perform breaking routine one additional time. Judges will rescore. If there is still a tie, there will be two 1st places awarded.



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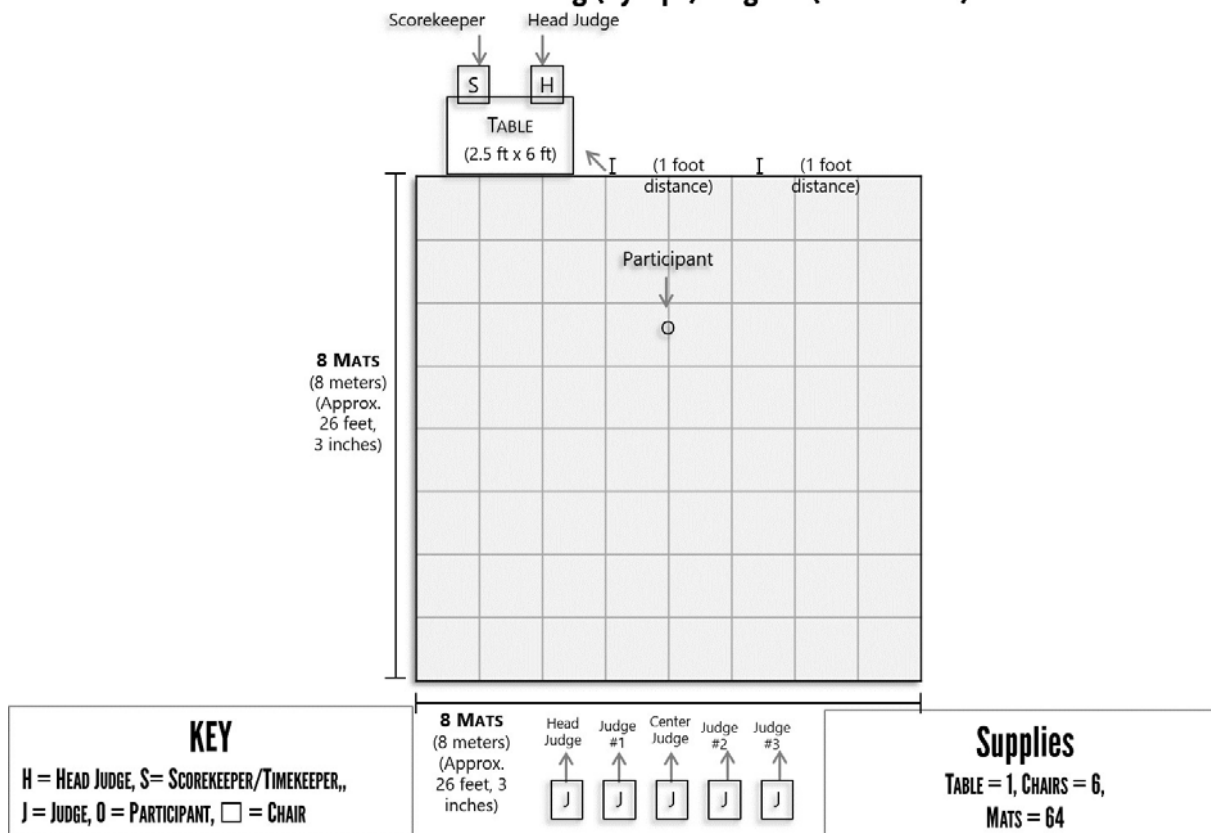
Updated 7/14/2018

## ICBP - INDIVIDUAL CREATIVE BREAKING (KYUKPA) PARA-TAEKWONDO

(1 PARTICIPANT ONLY. NO AGE REQUIREMENT. ALL BELTS.) Maximum Points = 90 Points

Age	Division Name	8th-5th Geup	4th-1st Geup	1st Poom/Dan	2nd Poom/Dan	3rd Poom/Dan	4th Poom/Dan	5th Dan	6th Dan	7th Dan	8th Dan	9th Dan
7 and under	Pee Wee	✓	✓	✓	✓							
8-9 years old	Child	✓	✓	✓	✓	✓						
10-12 years old	Pre-Teen	✓	✓	✓	✓	✓						
13-17 years old	Teen	✓	✓	✓	✓	✓						
18-30 years old	Adult	✓	✓	✓	✓	✓	✓	✓	✓			
31-45 years old	Senior	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
46-54 years old	Executive	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
55+ years old	Platinum	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

### Individual Creative Breaking (Kyukpa) Diagram (Not to Scale)





# U.S. OPEN TAEKWONDO HANMADANG RULES

## Updated 7/14/2018

1. Base Points - Each participant always begins with 50 points.
2. Participants have 90 seconds to set up and 90 seconds to execute their breaks.
3. At the participant's discretion, he or she will attempt to break a minimum of 1 board and a maximum of 4 boards. (All boards are 1/4-inch pine boards.) Participant is allowed to do multiple boards at 1 station.
4. Participants may not cover any part of the body that will be used for breaking a board with any bandages, tape or any other material. The referee must approve any injuries that may need to be covered.
5. Props CAN be used but boards cannot be altered. (For example, board fragments, confetti, streamers, poppers, powder, etc. cannot be added to the boards) Board stands, blocks, board holding devices, chairs are considered props and CAN be used.
6. Participants must provide their own holders. Holders will ONLY be allowed on the competition floor during the participant's event. There are no uniform requirements for board holders. (However, a taekwondo uniform is HIGHLY encouraged. If board holders are NOT in a taekwondo uniform, clothing must be suitable for a family environment.) ONLY martial arts shoes are allowed on the mats.
7. The participant may attempt to break each technique a maximum of 3 times. Broken boards may not be replaced on the 2nd or 3rd attempt. (For example, if a participant does a split kick in the air and only one board breaks, the participant CANNOT replace broken board with a new board on the 2nd or 3rd attempt.)
8. The following will complete each participant's score:
  - a. Creativity (10 points)
    - i. Creativity of Performance
    - ii. Degree of Difficulty
  - b. Execution of Requirements (10 points)
    - i. Broke at least 1 board and not more than 4 boards
    - ii. Not exceeding the maximum number of attempts per break, maximum of 3 attempts
  - c. Presentation (10 points)
    - i. Speed/Tempo/Flow
  - d. Taekwondo Spirit (10 points)
    - i. Kihap – confidence
    - ii. Attitude and Etiquette – proper respect as soon as the Participant's name is officially called to perform
9. Deductions
  - a. Participant exceeds the 60-second time limit for setup (1 point deduction for every 10 seconds over time limit).
  - b. Participant exceeds the 60-second time limit (1 point deduction for every 10 seconds over time limit) 0.2 deduction for each unsuccessful attempt to break a board
  - c. Participant exceeds the maximum number of attempts allowed per break, maximum of 3 attempts (1 point deduction per infraction) EXAMPLE: Participant attempts to break 1 board 4 times = 1.6 point deduction (0.2 x 3 attempts = 0.6 plus additional 1 point deduction = 1.6 point deduction)
  - d. Altering the board in any way (summarized in rule #5) will result in a 1 point deduction for each occurrence.
  - e. Participant crosses outside of the 8 meter x 8 meter ring (1 point deduction for each occurrence). Participant will not receive a deduction if the holder crosses outside of the ring)
  - f. Unsportsmanlike conduct (1 point deduction for each occurrence)
10. Tiebreaker
  - a. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – participants will perform breaking routine one additional time. Judges will rescore. If there is still a tie, there will be two 1st places awarded.

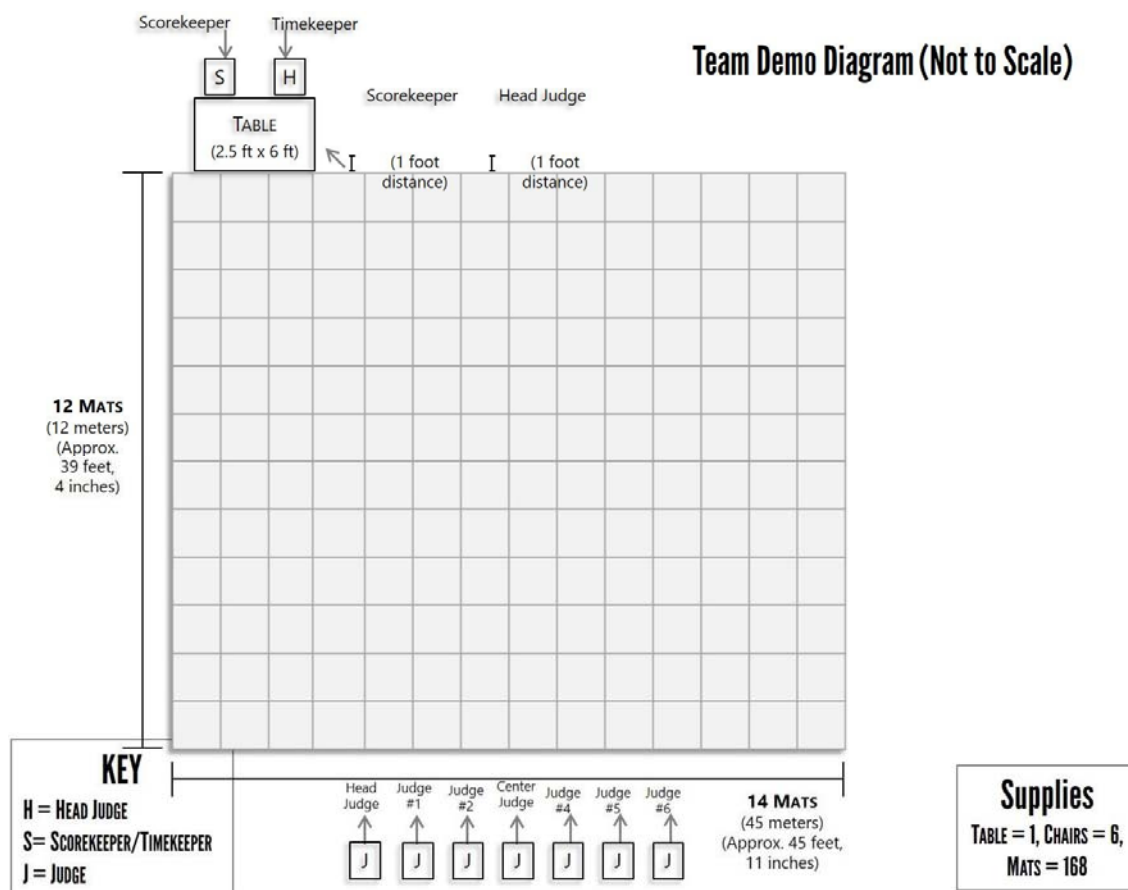


# U.S. OPEN TAEKWONDO HANMADANG RULES

Updated 7/14/2018

**Championship Team Demonstration**  
**(5-40 Team Members, No Age Requirement, All Ages)**  
**(Each team must select a team captain and team name.)**

**THE WINNING TEAM WILL PERFORM DURING THE OPENING CEREMONIES! Please be prepared to perform your demo twice.**  
**All Belts, All Ages, Maximum Points = 120 points**



1. Team Demonstration is a fusion of proper Taekwondo techniques in combination with a number of creative elements which can include Music, Choreography, and Storytelling.
  - a. The following components are REQUIRED for each team.
    - i. Poomsae (Traditional and/or creative)
    - ii. Weapons
    - iii. Board Breaking
      - Each team must attempt to break exactly 40  $\frac{1}{4}$ -inch boards – no fewer or more than 40  $\frac{1}{4}$ -inch boards can be used. Each team may determine how to break the 40  $\frac{1}{4}$ -inch boards (can use spacers, holding devices, etc.)
      - Each team must attempt to break exactly 10  $\frac{3}{4}$ -inch boards – no fewer or more than 10  $\frac{3}{4}$ -inch boards can be used. Each team may determine how to break the 10  $\frac{3}{4}$ -inch boards (can use spacers, holding devices, etc.)



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- In addition to the above required boards, team can break brick or other items in accordance to the clause 7 below regarding props. These optional breaks/techniques may be included in addition to the above required number of boards.
- iv. Self Defense (can include weapons) – simulated fighting with 1 or more participants attacking 1 or more participants defending
- 2. Base Points - Each team always begins with 50 points.
- 3. Teams have a 2-minute setup time limit prior to their performance.
- 4. Teams have a 7-minute performance time limit, NOT including time for set-up.
- 5. Ring dimensions are 12 meters x 14 meters.
- 6. Music is HIGHLY ENCOURAGED, must be appropriate for a family environment, and must be uploaded on the registration site. (Please bring a backup on USB thumb drive.)
- 7. Props are allowed and must be appropriate for a family environment. (For example, a hat is allowed.) Breaking boards ARE considered a prop and are acceptable. Board fragments ARE allowed. ALL props must be provided by the team. Absolutely NO Pryotechnics, fireworks (including poppers), or flame breaks. Confetti or similar product is prohibited. Flowers and fruit are acceptable.
- 8. Only martial arts weapons are allowed. Any weapon blade must be dull and approved by the Organizing Committee.
- 9. The following categories of performance will be judged independently and will collectively comprise each team's score:
  - a. Unity of Team Performance (10 points)
    - i. Degree of difficulty of synchronized parts of performance
    - ii. Team Synchronization – Movements should generally be executed by each performing team member at the same time during Team forms portion of performance. However, team members may be facing different directions. Groups of team members may perform distinct actions, but unity within their group should be maintained, transitions should be smooth, over all movements among the groups should be harmonious. Unintentional movements out of synchronization with other team members will result in a lower score. Intentional movements out of synchronization done for creative effect (For example, an "echo" movement) will NOT result in a lower score.
    - iii. Minor Deductions (0.10 of point each occurrence) – One team member made a small, but noticeable, out-of-sync movement that, at the judge's discretion, had a detrimental impact on team unity.
    - iv. Major Deductions (0.30 of point each occurrence) – One team member made a major, jarring out-of-sync movement, or multiple team members had synchronization issues performing the same movement or short- sequence of movements. EXAMPLE: Turning the wrong way or performing an obviously incorrect technique compared to the rest of the team.
  - b. Accuracy and Execution of Techniques – Taekwondo Techniques - (10Points)
    - i. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)
    - ii. Accuracy of Each Taekwondo Hand Technique (In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place.)





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- iii. Accuracy of Each Taekwondo Kicking Technique – Correct form, height and power of kick.
- iv. Minor Deductions (0.10 of point each occurrence) – One or more team member(s) made a small, but noticeable, incorrect Taekwondo technique
- v. Major Deductions (0.30 of point each occurrence) – grossly incorrect or poor Taekwondo technique (stance, block, kick, etc.) or other major errors such as a total loss of balance resulting in a fall or significant stumble during any Taekwondo or non-Taekwondo action.
- c. Accuracy and Execution of Techniques – Weapons - (10Points)
  - i. Execution of use of weapon(s)
  - ii. Creativity of use of weapon(s)
  - iii. Consider applicability of actions with the weapon's intended use and look for miscues such as unintentionally fumbling or dropping the weapon. However, obvious disarms, such as during a self- defense routine, will not be penalized.
  - iv. Minor Deductions (0.10 of point each occurrence) – incorrect or poor technique while using weapon(s), or other minor errors such as fumbling (but not dropping) a weapon, or slight loss of balance NOT resulting in a fall or significant stumble.
  - v. Major Deductions (0.30 of point each occurrence) – grossly incorrect or poor technique while using weapon(s) an unintentionally dropped weapon, or other major errors such as a total loss of balance resulting in a fall or significant stumble during any Taekwondo or non-Taekwondo action.
- d. Accuracy and Execution of Techniques – Board Breaking and Other Breaking - (10 Points)
  - i. Each team must attempt to break exactly 40 ¼-inch boards – no fewer or more than 40 ¼-inch boards can be used. Each team may determine how to break the 40 ¼-inch boards (can use spacers, holding devices, etc.)
  - ii. Each team must attempt to break exactly 10 1-inch boards – no fewer or more than 10 1-inch boards can be used. Each team may determine how to break the 10 1-inch boards (can use spacers, holding devices, etc.)
  - iii. In addition to the above required boards, teams can break brick or other items in accordance to clause 7 above regarding props. These optional breaks may be included in addition to the above required number of boards.
  - iv. Degree of Difficulty
  - v. Creativity of Breaking performance
  - vi. Minor Deductions (0.10 of point each occurrence) – missed break. The minor deduction applies to missed boards or props.
  - vii. Major Deductions (0.30 of point each occurrence) – major errors such as a total loss of balance resulting in a fall or significant stumble during any taekwondo or non-taekwondo action during breaking. The major deduction applies to missed boards or props.
- e. Presentation (10 points)
  - i. Etiquette – proper respect in response to judges commands
  - ii. Attitude – kihap, confidence, assertiveness, body language
  - iii. Tempo/Flow of the performance – Consider the transitions between segments of the performance and whether they flow smoothly, have a good rhythm, and harmony that contributes to the overall performance.
  - iv. Speed and Power of Taekwondo Techniques
  - v. Eye Control - correct direction to “look”, correct eye position as well as where eyes are focused



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- f. Creativity (10 points)
    - i. Degree of Difficulty of Choreography – consider difficulty of Taekwondo sequences in conjunction with the level of sophistication in musical timing and other thematic elements as well as the degree of team member participation in any given action.
    - ii. Degree of Difficulty of breaks, kicks, and tricks – consider height of jumps, number of kicks in a jump, gradient of spins in a spin kick, consecutive kicks, and acrobatics performed in combination with a Taekwondo action such as a break.
    - iii. Originality of Composition – consider the creativity of the actions, components, attire, and thematic elements and how they contribute to the overall performance.
  - g. Taekwondo Spirit (10 points)
    - i. Kihap – confidence
    - ii. Attitude and Etiquette – proper respect as soon as the Team is officially called to perform
10. Procedural Deductions – To be deducted from final score, for procedural or other infractions not specifically covered by judging criteria.
- a. Team exceeds the 120-second time (2 minutes) limit for setup (1 point deduction for every 10 seconds over time limit)
  - b. Team exceeds the 7-minute time limit (1 point deduction for every 10 seconds over time limit)
  - c. Unsportsmanlike conduct (1 point deduction )
    - i. Including but not limited to making undesirable remarks or any misconduct on the part of a participant or coach or interfering with another participant, coach, or official.
  - d. Team crosses outside of the 12 meter x 14 meter ring (1 point deduction for each occurrence)
    - i. Unintentional landing outside of the ring will be considered a deduction (Example: a participant performs a flying side kick, does not control landing and steps outside of the ring)
    - ii. All techniques, movements, breaking techniques (including weapons, props, boards, holders, and holding devices) must remain inside of the ring during the demonstration.
    - iii. All team members must remain on the mat at all times. Stepping off of the mat will result in a 1 point deduction for each occurrence.
  - e. Too many or too few team members (1 point deduction)
11. Tiebreaker
- a. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – team will perform routine one additional time. Judges will rescore. If there is still a tie, the winner will be determined by the following:
    - i. Add the score of ONLY “Unity of Team Performance” and “Creativity” (Maximum of 20 points) – The highest score will be declared the winner.
    - ii. If there is still a tie after above scenario “i.” then the 6 judges will raise their hand to identify the judge’s opinion on which team had the best overall performance.





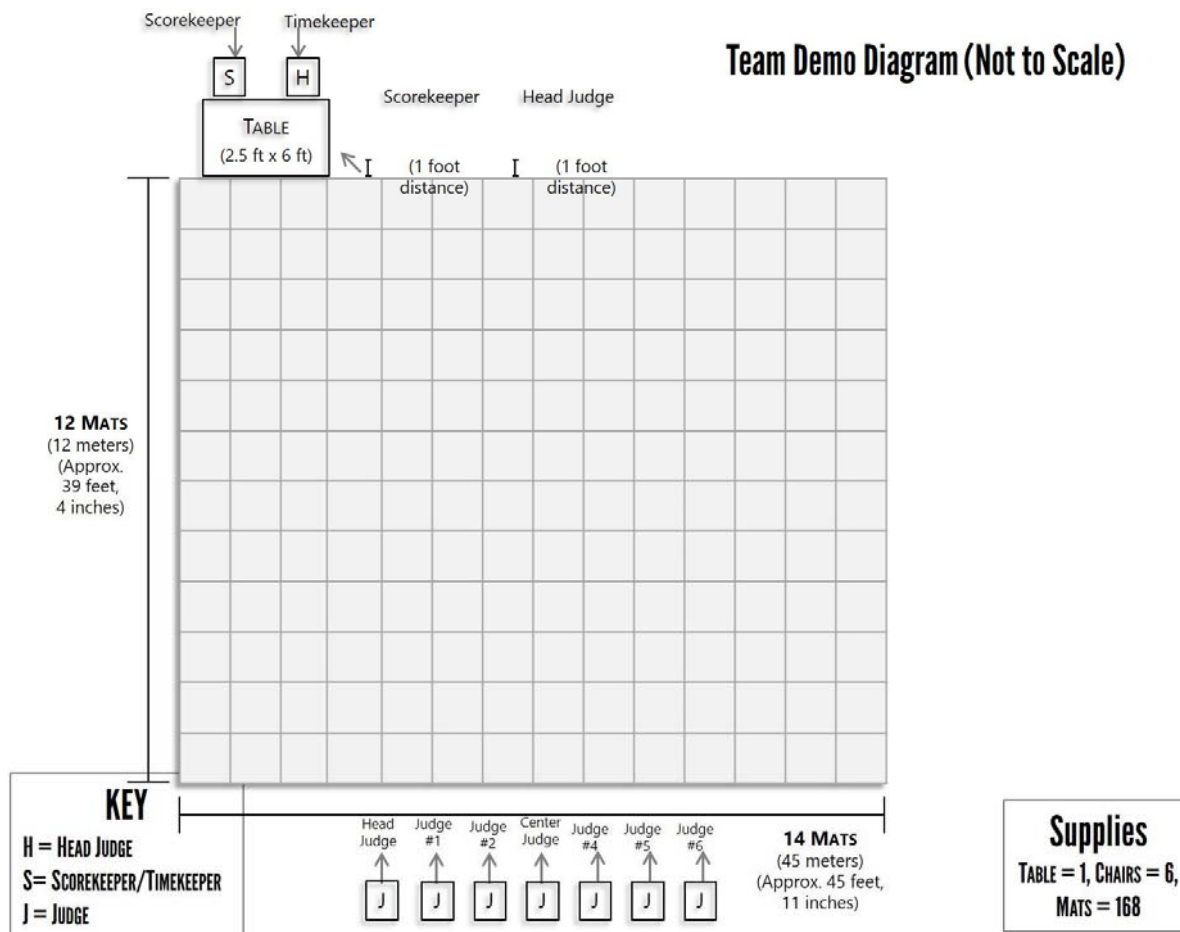
# U.S. OPEN TAEKWONDO HANMADANG RULES

## Updated 7/14/2018

**RECREATIONAL TEAM DEMONSTRATION (5-40 TEAM MEMBERS. AGE REQUIREMENT – a minimum of Five (5) Team members MUST be age 12 or under.)**

**(Each team must select a team captain and team name.) THE WINNING TEAM DOES NOT PERFORM AT THE OPENING CEREMONIES**

**All Belts, All Ages, Maximum Points = 120 Points**



1. Team Demonstration is a fusion of proper Taekwondo techniques in combination with a number of creative elements which can include Music, Choreography, and Storytelling.
  - a. The following components are REQUIRED for each time:
    - i. Poomsae (Traditional and/or creative)
    - ii. Weapons
    - iii. Board Breaking
      1. ONLY the Championship Demonstration Team Division has a specific requirement of boards that need to be broken. Recreational Demonstration Team board breaking can be done at the Team's discretion.
      2. Team can break brick or other items in accordance to clause 7 below regarding props.
    - ii. Self Defense (can include weapons) – simulated fighting with 1 or more participants attacking 1 or more participants defending.
2. Base Points - Each team always begins with 50 points.
3. Teams have a 2-minute setup time limit prior to their performance.
4. Teams have a 7-minute performance time limit, NOT including time for set-up.



## U.S. OPEN TAEKWONDO HANMADANG RULES

### Updated 7/14/2018

5. Ring dimensions are 12 meters x 14 meters.
6. Music is HIGHLY ENCOURAGED, must be appropriate for a family environment, and must be uploaded on the registration site. (Please bring a backup on USB thumb drive.)
7. Props are allowed and must be appropriate for a family environment. (For example, a hat is allowed.) Breaking boards ARE considered a prop and are acceptable. Board fragments ARE allowed. ALL props must be provided by the team. Absolutely NO pyrotechnics, fireworks (including poppers), or flame breaks. Confetti or similar product is prohibited. Flowers and fruit are acceptable.
8. Only martial arts weapons are allowed. Any weapon blade must be dull and approved by the Organizing Committee.
9. The following categories of performance will be judged independently and will collectively comprise each team's score:
  - a. Unity of Team Performance (10 points)
    - i. Degree of difficulty of synchronized parts of performance.
    - ii. Team Synchronization– Movements should generally be executed by each performing team member at the same time during Team forms portion of performance. However, team members may be facing different directions. Groups of team members may perform distinct actions, but unity within their group should be maintained, transitions should be smooth, and over-all movement among the groups should be harmonious. Unintentional movements out of synchronization with other team members will result in a lower score. Intentional movements out of synchronization done for creative effect (for example, an "echo" movement) will NOT result in a lower score.
    - iii. Minor Deductions (0.10 of point each occurrence) – One team member made a small, but noticeable out-of-sync movement that, at the judge's discretion, had a detrimental impact on team unity.
    - iv. Major Deductions (0.30 of point each occurrence) – One team member made a major, jarring out-of-sync movement, or multiple team members had synchronization issues performing the same movement or short- sequence of movements. EXAMPLE: Turning the wrong way or performing an obviously incorrect technique compared to the rest of the team.
  - b. Accuracy and Execution of Techniques – Taekwondo Techniques – (10Points)
    - i. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)
    - ii. Accuracy of Each Taekwondo Hand Technique (In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place.)
    - iii. Accuracy of Each Taekwondo Kicking Technique – Correct form, height and power of kick.
    - iv. Minor Deductions (0.10 of point each occurrence) – One or more team member(s) made a small, but noticeable, incorrect Taekwondo technique
    - v. Major Deductions (0.30 of point each occurrence) – grossly incorrect or poor Taekwondo technique (stance, block, kick, etc.) or other major errors such as a total loss of balance resulting in a fall or significant stumble during any Taekwondo or non-Taekwondo action.
  - c. Accuracy and Execution of Techniques – Weapons– (10Points)
    - i. Execution of use of weapon(s)
    - ii. Creativity of use of weapon(s)
    - iii. Consider applicability of actions with the weapon's intended use and look for miscues such as unintentionally fumbling or dropping the weapon. However, obvious disarms, such as during a self- defense routine, will not be penalized.



# U.S. OPEN TAEKWONDO HANMADANG RULES

## Updated 7/14/2018

- iv. Minor Deductions (0.10 of point each occurrence) – incorrect or poor technique while using weapon(s), or other minor errors such as fumbling (but not dropping) a weapon, or slight loss of balance NOT resulting in a fall or significant stumble.
- v. Major Deductions (0.30 of point each occurrence) – grossly incorrect or poor technique while using weapon(s) an unintentionally dropped weapon, or other major errors such as a total loss of balance resulting in a fall or significant stumble during any Taekwondo or non-Taekwondo action.
- d. Accuracy and Execution of Techniques – Board Breaking and Other Breaking– (10 Points)
  - i. Degree of Difficulty
  - ii. Creativity of Breaking performance
  - iii. Minor Deductions (0.10 of point each occurrence) – missed break
  - iv. Major Deductions (0.30 of point each occurrence) –major errors such as a total loss of balance resulting in a fall or significant stumble during any taekwondo or non-taekwondo action during breaking.
- e. Presentation (10 points)
  - i. Etiquette – proper respect in response to judges commands
  - ii. Attitude – kihap, confidence, assertiveness, body language
  - iii. Tempo/Flow of the performance – Consider the transitions between segments of the performance and whether they flow smoothly, have a good rhythm, and harmony that contributes to the overall performance.
  - iv. Speed and Power of Taekwondo Techniques
  - v. Eye Control - correct direction to “look”, correct eye position as well as where eyes are focused
- f. Creativity (10 points)
  - i. Degree of Difficulty of Choreography – consider difficulty of Taekwondo sequences in conjunction with the level of sophistication in musical timing and other thematic elements as well as the degree of team member participation in any given action.
  - ii. Degree of Difficulty of breaks, kicks, and tricks – consider height of jumps, number of kicks in a jump, gradient of spins in a spin kick, consecutive kicks, and acrobatics performed in combination with a Taekwondo action such as a break.
  - iii. Originality of Composition – consider the creativity of the actions, components, attire, and thematic elements and how they contribute to the overall performance.
- g. Taekwondo Spirit (10 points)
  - iv. i. Kihap – confidence
  - v. ii. Attitude and Etiquette – proper respect as soon as the Team is officially called to perform
- h. Procedural Deductions – To be deducted from final score, for procedural or other infractions not specifically covered by judging criteria.
  - i. Team exceeds the 120-second time (2 minutes) limit for setup (1 point deduction for every 10 seconds over time limit)
  - ii. Team exceeds the 7-minute time limit (1 point deduction for every 10 seconds over time limit)
  - iii. Unsportsmanlike conduct (1 point deduction )
  - iv. Including but not limited to making undesirable remarks or any misconduct on the part of a participant or coach or interfering with another participant, coach, or official.
  - v. Team crosses outside of the 12 meter x 14 meter ring (1 point deduction for each occurrence)
  - vi. Unintentional landing outside of the ring will be considered a deduction (Example: a participant performs a flying side kick, does not control landing and steps outside of the ring)



## U.S. OPEN TAEKWONDO HANMADANG RULES

### Updated 7/14/2018

- vii. All techniques, movements, breaking techniques (including weapons, props, boards, holders, and holding devices) must remain inside of the ring during the demonstration.
- viii. All team members must remain on the mat at all times. Stepping off of the mat will result in a 1 point deduction for each occurrence.
- ix. Too many or too few team members (1 point deduction)
- x. If a team does NOT have five (5) participants age 12 or under the Recreational Demo Team will receive a five (5) point deduction for each shortage. The shortage of team members age 12 or under will NOT result in disqualification. The Recreational Demo Team will only receive the automatic deductions.

EXAMPLE: a Recreational Demo Team has only three (3) participants age 12 or under. The Recreational Demo Team will receive an automatic ten (10) point deduction.

#### 10. Tiebreaker

- a. In the event of a tie for 1<sup>st</sup> place only (If there is a tie for 2<sup>nd</sup> or 3<sup>rd</sup> place there will be multiple 2<sup>nd</sup> and 3<sup>rd</sup> places awarded) – team will perform routine one additional time. Judges will rescore. If there is still a tie, the winner will be determined by the following:
  - i. Add the score of ONLY "Unity of Team Performance" and "Creativity" (Maximum of 20 points) – The highest score will be declared the winner.
  - ii. If there is still a tie after above scenario "i." then the 6 judges will raise their hand to identify the judge's opinion on which team had the best *overall* performance.



# U.S. OPEN TAEKWONDO HANMADANG RULES

Updated 7/14/2018

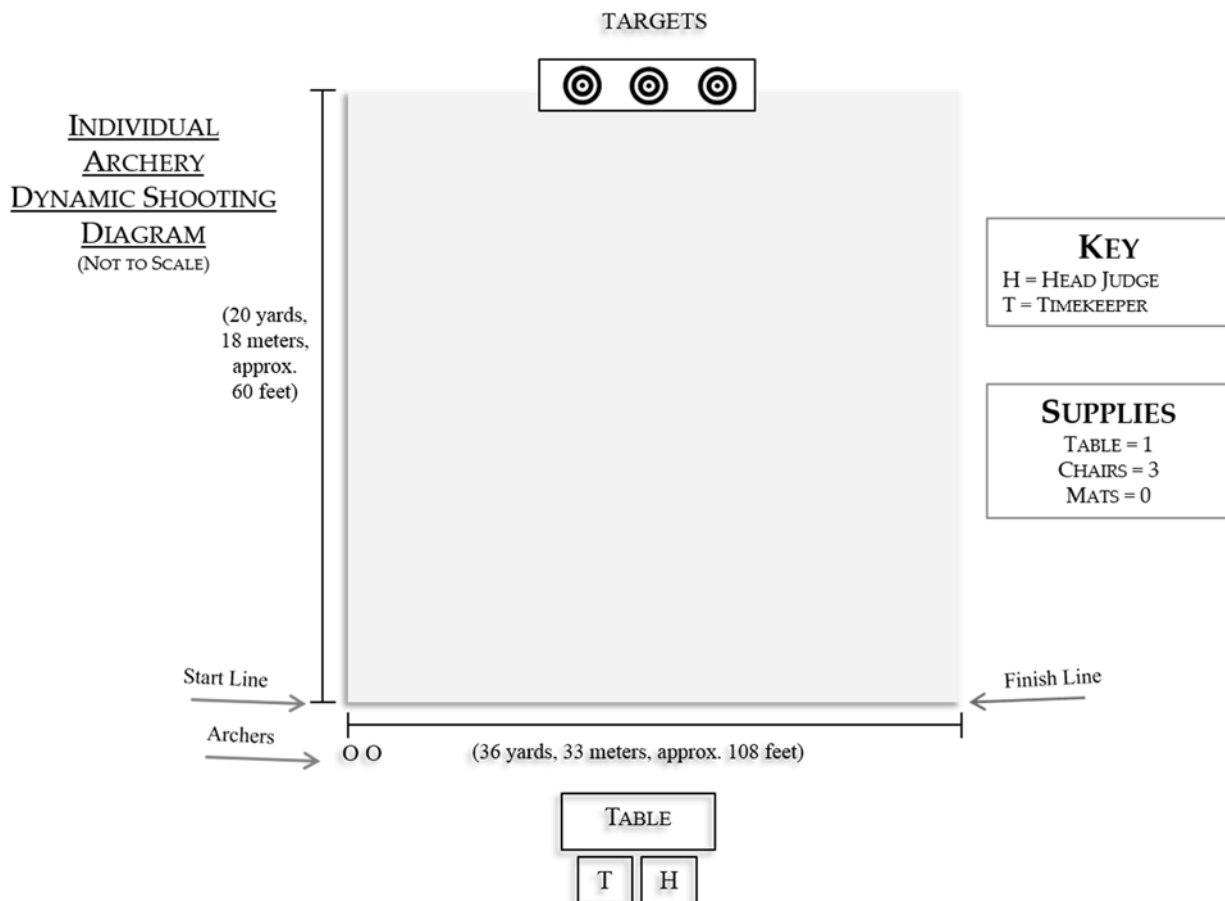
## IADS - INDIVIDUAL ARCHERY – DYNAMIC SHOOTING

(1 PARTICIPANT ONLY. AGE 9 AND ABOVE.

ANY ARCHERY EXPERIENCE LEVEL ONLY. NO TAEKWONDO RANK REQUIRED.)

Maximum Points = 30 Points (Time score Maximum =10 points, Accuracy Score = 20 points)

Age	Division Name	Beginner (12 months and under)	Intermediate (13-35 months)	Expert (36+ Months)
6-8 years old	Pee Wee			
9-12 years old	Child	✓	✓	✓
13-17 years old	Teen	✓	✓	✓
18-30 years old	Adult	✓	✓	✓
31-45 years old	Senior	✓	✓	✓
46-54 years old	Executive	✓	✓	✓
55+ years old	Platinum	✓	✓	✓





## U.S. OPEN TAEKWONDO HANMADANG RULES

### Updated 7/14/2018

1. There are no Base points for archery
2. Each participant will shoot a total of three (3) arrows
  - a. Participant will start competition at starting line with an arrow notched. A second and third arrow may be carried however the archer chooses
  - b. When Official gives command to begin, the archer will begin running. While in motion, the archer will shoot their first arrow at the designated target.
  - c. Archer will continue to run towards second target (approximately 36 yards, 108 feet or 33 meters) and while in motion, shoot their second arrow at the designated target.
  - d. The final target will be shot from a kneeling stance.
  - e. When the arrow is released on the third target, the time will stop.
  - f. Archer will then run to the finish line.
3. Participants have a maximum of 60 seconds to shoot their three (3) arrows. Score will be based on total number of arrows shot in the 60 second time period. There are no deductions or disqualifications if the participant is unable to shoot all arrows in the 60 second time period.
4. Each Participant is responsible for providing his or her own arrows. Arrows can be any length. Tip must be field tip only. Field tip can be any weight.
5. Each participant will provide his or her own bow and quiver. Bows must be either a traditional long bow or a recurve bow. NO compound bows will be allowed.
6. The targets will be the standard 24 inch by 24 inch target with 10, 9 and 8 point scoring areas, and will be a distance of 20 yards away (60 feet, approximately 18 meters). A corkboard backstop of either 8 feet x 3 feet (2.4 meters x 1 meter) or 4 feet x 3 feet (1.2 meters x 1 meter) will be used.
7. Points will be earned in 2 categories: Time and accuracy. The following will complete each participant's score:
  - a. Time – Maximum of 10 points
    - Under 14 seconds = 10 points
    - 15 – 17 seconds = 9 points
    - 18 – 20 seconds = 8 points
    - 21 – 60 seconds = 0 points
  - b. Accuracy – Maximum of 20 points
    - Yellow = 10 points
    - Red = 9 points
    - Blue = 8 points
    - Missed Target but hits corkboard = 7 points
    - Misses Target and corkboard = 0 points
8. Deductions
  - a. If participant stops running to shooting either arrow, the points earned for that arrow will NOT be counted toward the total score.
  - b. If participant shoots any arrow after the 60 second time limit, the points earned for that arrow will NOT be counted toward the total score.
  - c. Unsportsmanlike conduct (10 point deduction per occurrence).



# U.S. OPEN TAEKWONDO HANMADANG RULES

Updated 7/14/2018

## IADST - INDIVIDUAL ARCHERY – DISTANCE STATIONARY TARGET

(1 PARTICIPANT ONLY. AGE 13 AND ABOVE.

ALL ARCHERY EXPERIENCE LEVELS. NO TAEKWONDO RANK REQUIRED.)

Maximum Points = 40 Points (Time score Maximum =10 points, Accuracy Score = 30 points)

Age	Division Name	Beginner (12 months and under)	Intermediate (13-35 months)	Expert (36+ Months)
6-8 years old	Pee Wee			
9-12 years old	Child	✓	✓	✓
13-17 years old	Teen	✓	✓	✓
18-30 years old	Adult	✓	✓	✓
31-45 years old	Senior	✓	✓	✓
46-54 years old	Executive	✓	✓	✓
55+ years old	Platinum	✓	✓	✓

### TARGETS

### INDIVIDUAL ARCHERY DISTANCE STATIONARY TARGET DIAGRAM (NOT TO SCALE)

(40 yards,  
36.58  
meters,  
approx.  
120 feet)

Shooter's Line



### KEY

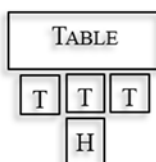
H = HEAD JUDGE  
T = TIMEKEEPER  
O = PARTICIPANT

### SUPPLIES

TABLE = 1  
CHAIRS = 3  
MATS = 0



Archers





## U.S. OPEN TAEKWONDO HANMADANG RULES

### Updated 7/14/2018

1. There are no Base points for archery
2. Each participant will shoot a total of three (3) arrows
3. Participants have a maximum of 90 seconds to shoot all three (3) arrows. Score will be based on total number of arrows shot in the 90 second time period. There are no deductions or disqualifications if the participant is unable to shoot all three (3) arrows in the 90 second time period.
  - a. Participant will begin with the bow and arm at their side
  - b. Referee will signal "Start," the clock will start, and the Participant will begin by drawing the arrow from the quiver, knock, shoot and repeat.
  - c. Referee will stop the clock when the last arrow has been fired and the Participant lowers their bow.
4. Each Participant is responsible for providing his or her own arrows. Arrows can be any length. Tip must be field tip only. Field tip can be any weight.
5. Each participant will provide his or her own bow and quiver. Bows must be either a traditional long bow or a recurve bow. NO compound bows will be allowed.
6. The targets will be the standard 24 inch by 24 inch target with 10, 9 and 8 point scoring areas, and will be a distance of 40 yards away (120 feet, approximately 36.5 meters). Ages 6-8 ONLY will be from a distance of 20 yards away. A corkboard backstop of either 8 feet x 3 feet (2.4 meters x 1 meter) or 4 feet x 3 feet (1.2 meters x 1 meter) will be used.
7. Points will be earned in 2 categories: Time and accuracy. The following will complete each participant's score:
  - a. Time – Maximum of 10 points
    - Under 20 seconds = 10 points
    - 21 – 24 seconds = 9 points
    - 25 – 28 seconds = 8 points
    - 29 – 90 seconds = 0 points
  - b. Accuracy – Maximum of 30 points
    - Yellow = 10 points
    - Red = 9 points
    - Blue = 8 points
    - Missed Target but hits corkboard = 5 points
    - Misses Target and corkboard = 0 points
8. Deductions
  - a. If participant crosses the shooting line while shooting any arrow, the points earned for that arrow will NOT be counted toward the total score.
  - b. If participant shoots any arrow after the 90 second time limit, the points earned for that arrow will NOT be counted toward the total score.
  - c. Unsportsmanlike conduct (10-point deduction per occurrence).





# U.S. OPEN TAEKWONDO HANMADANG RULES

Updated 7/14/2018

## IAST - INDIVIDUAL ARCHERY – STATIONARY TARGET

(1 PARTICIPANT ONLY. AGE 6 AND ABOVE.

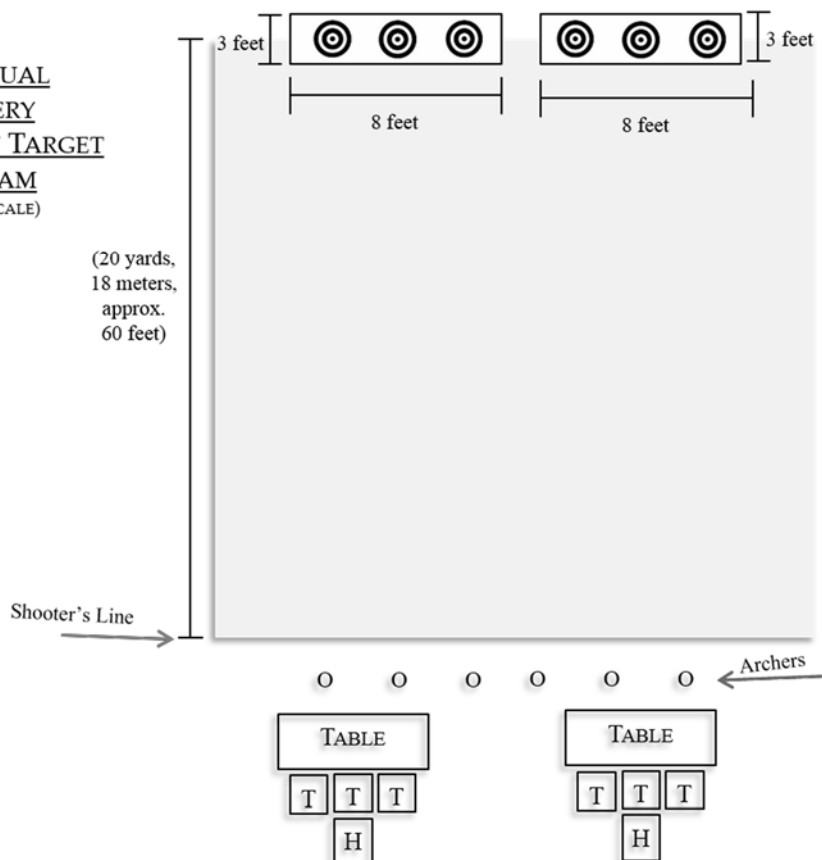
ALL ARCHERY EXPERIENCE LEVELS. NO TAEKWONDO RANK REQUIRED.)

Maximum Points = 70 Points (Time score Maximum =10 points, Accuracy Score = 60 points)

Age	Division Name	Beginner (12 months and under)	Intermediate (13-35 months)	Expert (36+ Months)
6-8 years old	Pee Wee			
9-12 years old	Child	✓	✓	✓
13-17 years old	Teen	✓	✓	✓
18-30 years old	Adult	✓	✓	✓
31-45 years old	Senior	✓	✓	✓
46-54 years old	Executive	✓	✓	✓
55+ years old	Platinum	✓	✓	✓

### TARGETS

### INDIVIDUAL ARCHERY STATIONARY TARGET DIAGRAM (NOT TO SCALE)



### KEY

H = HEAD JUDGE  
T = TIMEKEEPER  
O = PARTICIPANT

### SUPPLIES

TABLE = 1  
CHAIRS = 6  
MATS = 0



## U.S. OPEN TAEKWONDO HANMADANG RULES

### Updated 7/14/2018

1. There are no Base points for archery.
2. Each participant will shoot a total of six (6) arrows
3. Participants have a maximum of 90 seconds to shoot all six (6) arrows. Score will be based on total number of arrows shot in the 90 second time period. There are no deductions or disqualifications if the participant is unable to shoot all six (6) arrows in the 90 second time period.
  - a. Participant will begin with the bow and arm at their side
  - b. Referee will signal "Start," the clock will start and the Participant will begin by drawing the arrow from the quiver, knock, shoot and repeat.
  - c. Referee will stop the clock when the last arrow has been fired and the Participant lowers their bow.
4. Each participant will provide his or her own bow and quiver. Bows must be either a traditional long bow or a recurve bow. NO compound bows will be allowed.
5. Each participant is responsible for providing his or her own arrows. Arrows can be any length. Tip must be field tip only. Field tip can be any weight.
6. Under emergency circumstances, the Organizing Committee will have a set of bow and arrow for use.
7. The targets will be the standard 24 inch by 24 inch target with 10, 9 and 8 point scoring areas, and will be a distance of 20 yards away (60 feet, approximately 18 meters). Participants 6 to 8 years old ONLY will shoot from a distance of 10 yards away (30 feet, approximately 9 meters). A corkboard backstop of either 8 feet x 3 feet (2.4 meters x 1 meter) or 4 feet x 3 feet (1.2 meters x 1 meter) will be used.
8. Points will be earned in 2 categories: Time and accuracy. The following will complete each participant's score:
  - a. Time – Maximum of 10 points
    - Under 35 seconds = 10 points
    - 36 – 40 seconds = 9 points
    - 41 – 45 seconds = 8 points
    - 46 – 90 seconds = 0 points
  - b. Accuracy – Maximum of 60 points
    - Yellow = 10 points
    - Red = 9 points
    - Blue = 8 points
    - Outside of Blue = 0 points
9. Deductions
  - a. If participant crosses the shooting line while shooting any arrow, the points earned for that arrow will NOT be counted toward the total score.
  - b. Participant shoots any arrow after the 90 second time limit, the points earned for that arrow will NOT be counted toward the total score.
  - c. Unsportsmanlike conduct (10-point deduction per occurrence).



# U.S. OPEN TAEKWONDO HANMADANG RULES

## Updated 7/14/2018

IKTFT - INDIVIDUAL KNIFE THROWING – FULL TURN

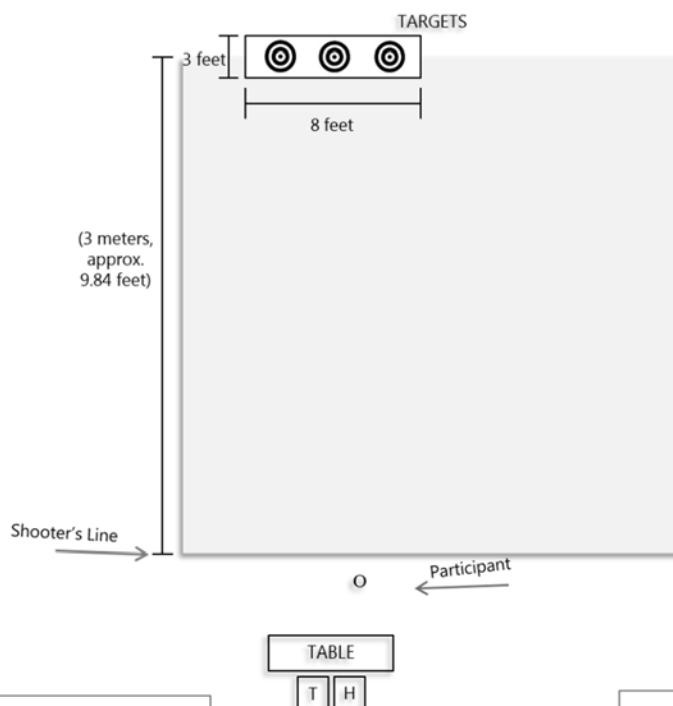
(1 PARTICIPANT ONLY. AGE 9 AND ABOVE.

ALL KNIFE THROWING EXPERIENCE LEVELS. NO TAEKWONDO RANK REQUIRED.)

Maximum Points = 15 Points

Age	Division Name	Beginner (23 months or less)	Expert (24+ Months)
6-8 years old	Pee Wee		
9-12 years old	Child	✓	✓
13-17 years old	Teen	✓	✓
18-30 years old	Adult	✓	✓
31-45 years old	Senior	✓	✓
46-54 years old	Executive	✓	✓
55+ years old	Platinum	✓	✓

### Individual Knife Throwing – Full Turn Diagram (Not to Scale)



#### KEY

H = HEAD JUDGE, T = TIMEKEEPER, O = PARTICIPANT

#### Supplies

TABLE = 1, CHAIRS = 2, MATS = 0



## U.S. OPEN TAEKWONDO HANMADANG RULES

### Updated 7/14/2018

1. There are no Base points for knife throwing.
2. Each participant will throw a total of three (3) knives.
3. The knives used for this competition must be the "Jack Dagger Throwing Knife" by Cold Steel.  
<http://www.coldsteel.com/jack-dagger-thrower.html>
  - a. The Organizing Committee will provide a set of three (3) knives for the competition.
  - b. A participant CAN use their own "Jack Dagger Throwing Knife" but the blade MUST be dull.
4. Each knife MUST be thrown by the handle of the knife. This is the definition of a "full-turn" throw.
5. Participants have a maximum of 90 seconds to throw all three (3) knives. Score will be based on total number of knives thrown in the 90-second time-period. There are no deductions or disqualifications if the participant is unable to throw all three (3) knives in the 90-second time-period.
  - a. Participant will start competition at starting line with a knife or knives in hand. A second and third knife may be carried, however, the thrower chooses.
  - b. Referee will signal "Start," the clock will start, and the Participant will begin throwing the knives.
  - c. Referee will stop the clock when the last knife has been thrown.
6. The targets will be the standard 19 inch by 19-inch wood target with 5, 4, 3, 2, 1-point scoring areas and will be a distance of 9.84 feet (3 meters) from the Participant.
7. Points will be scored by Accuracy of each knife thrown:
  - a. Accuracy – Maximum of 15 points
    - 1<sup>st</sup> Center Red Circle = 5 points
    - 1<sup>st</sup> Tan Circle = 4 points
    - 2<sup>nd</sup> Red circle = 3 points
    - 2<sup>nd</sup> Tan Circle = 2 points
    - 3<sup>rd</sup> Red Circle = 1 point
  - b. After the knife has been thrown, the knife must remain in the wooden target for any point to be counted. For example, if a knife is thrown and hits the 1<sup>st</sup> Center Red Circle but falls out, this results in 0 points for that knife.
  - c. After the knife has been thrown into the target, if any part of the blade is touching the next higher scoring circle, the point will be awarded for the higher circle. For example, if a knife is thrown into the target and is halfway in the 1<sup>st</sup> Center Red Circle and halfway in the 1<sup>st</sup> Tan Circle, this results in a score of 5 points for that knife.
  - d. The referee will make the final decision regarding all points.
8. Deductions
  - a. If the participant throws the knife from the handle, the points earned for that knife will NOT be counted toward the total score.
  - b. If the participant crosses the shooting line while throwing any knife, the points earned for that knife will NOT be counted toward the total score.
  - c. Participant throws any knife after the 90-second time limit, the points earned for that knife (knives) will NOT be counted toward the total score.
  - d. Unsportsmanlike conduct (10-point deduction per occurrence).



# U.S. OPEN TAEKWONDO HANMADANG RULES

## Updated 7/14/2018

IKTHT - INDIVIDUAL KNIFE THROWING – HALF TURN

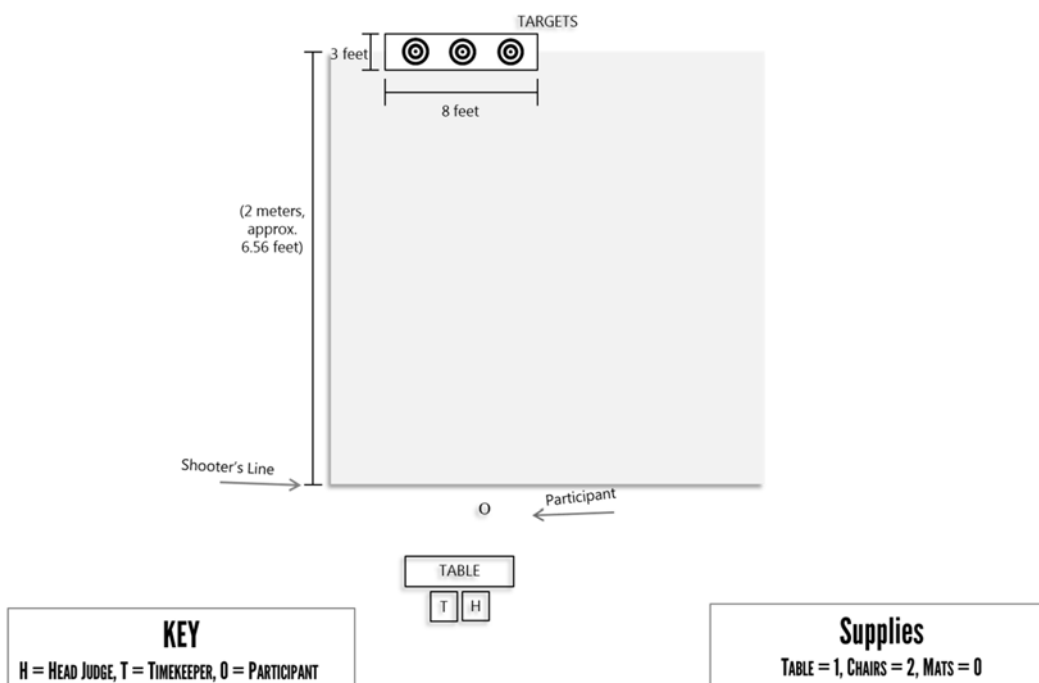
(1 PARTICIPANT ONLY. AGE 9 AND ABOVE.

ALL KNIFE THROWING EXPERIENCE LEVELS. NO TAEKWONDO RANK REQUIRED.)

Maximum Points = 15 Points

Age	Division Name	Beginner (23 months or less)	Expert (24+ Months)
6-8 years old	Pee Wee		
9-12 years old	Child	✓	✓
13-17 years old	Teen	✓	✓
18-30 years old	Adult	✓	✓
31-45 years old	Senior	✓	✓
46-54 years old	Executive	✓	✓
55+ years old	Platinum	✓	✓

### Individual Knife Throwing – Half Turn Diagram (Not to Scale)





## U.S. OPEN TAEKWONDO HANMADANG RULES

### Updated 7/14/2018

1. There are no Base points for knife throwing.
2. Each participant will throw a total of three (3) knives.
3. The knives used for this competition must be the "Jack Dagger Throwing Knife" by Cold Steel.  
<http://www.coldsteel.com/jack-dagger-thrower.html>
  - a. The Organizing Committee will provide a set of three (3) knives for the competition.
  - b. A participant CAN use their own "Jack Dagger Throwing Knife" but the blade MUST be dull.
4. Each knife MUST be thrown by the blade of the knife. This is the definition of a "half-turn" throw.
5. Participants have a maximum of 90 seconds to throw all three (3) knives. Score will be based on total number of knives thrown in the 90-second time-period. There are no deductions or disqualifications if the participant is unable to throw all three (3) knives in the 90-second time-period.
  - a. Participant will start competition at starting line with a knife or knives in hand. A second and third knife may be carried, however, the thrower chooses.
  - b. Referee will signal "Start," the clock will start, and the Participant will begin throwing the knives.
  - c. Referee will stop the clock when the last knife has been thrown.
6. The targets will be the standard 19 inch by 19-inch wood target with 5, 4, 3, 2, 1-point scoring areas and will be a distance of 6.56 feet (2 meters) from the Participant.
7. Points will be scored by Accuracy of each knife thrown:
  - a. Accuracy – Maximum of 15 points
    - 1<sup>st</sup> Center Red Circle = 5 points
    - 1<sup>st</sup> Tan Circle = 4 points
    - 2<sup>nd</sup> Red circle = 3 points
    - 2<sup>nd</sup> Tan Circle = 2 points
    - 3<sup>rd</sup> Red Circle = 1 point
  - b. After the knife has been thrown, the knife must remain in the wooden target for any point to be counted. For example, if a knife is thrown and hits the 1<sup>st</sup> Center Red Circle but falls out, this results in 0 points for that knife.
  - c. After the knife has been thrown into the target, if any part of the blade is touching the next higher scoring circle, the point will be awarded for the higher circle. For example, if a knife is thrown into the target and is halfway in the 1<sup>st</sup> Center Red Circle and halfway in the 1<sup>st</sup> Tan Circle, this results in a score of 5 points for that knife.
  - d. The referee will make the final decision regarding all points.
8. Deductions
  - a. If the participant throws the knife from the handle, the points earned for that knife will NOT be counted toward the total score.
  - b. If the participant crosses the shooting line while throwing any knife, the points earned for that knife will NOT be counted toward the total score.
  - c. Participant throws any knife after the 90-second time limit, the points earned for that knife (knives) will NOT be counted toward the total score.
  - d. Unsportsmanlike conduct (10-point deduction per occurrence).