



U.S. OPEN TAEKWONDO HANMADANG RULES

Updated 12/28/2022

Frequently Asked Questions and Information

1. What guidelines will be used for judging?

All judging will follow Kukkiwon guidelines.

2. What is the required uniform to participate?

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

3. Can participants wear shoes?

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.

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

Age should be determined as of Thursday, July 27, 2023. The age divisions are listed below.

Age	Division Name
3-5 years old	Tigers
6-7 years old	Pee Wee
8-9 years old	Child
10-11 years old	Youth
12-14 years old	Cadet
15-17 years old	Junior
18-30 years old	Adult
31-40 years old	Senior
41-50 years old	Executive
51-60 years old	Premier
61-70 years old	Platinum
Over 70	Ultra

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

1. Pairs Traditional Forms (PTF)
2. Team Traditional Forms (TTF)
3. Team Creative Forms WITH Weapons (TCFWW)
4. Team Creative Forms WITHOUT Weapons (TCFWO)
5. Team Demonstration Championship (TDC)
6. Team Demonstration Recreational (TDR)

There is **NO Guarantee** that every division can be broken up under the above guidelines as the divisions are dictated by the number of athletes in each category. The Organizing Committee will separate each category by age, weight, and ability at the discretion of the Organizing Committee for the safety of each participant.

5. How many participants will be in each division?

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 1st, 2nd, and 3rd 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, 6-7 years old, 1st Geup, 1st place)



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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) 1st 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?

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 Traditional 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. What happens if I do not show up to the Holding area when I am called to compete?

Participants are required to go to the Holding Area when his or her division is close to being called to the competition floor to compete. The participant will be called a maximum of three (3) times to appear in the Holding Area. If a participant does not appear in the Holding Area after the maximum of three (3) times to appear, the participant will be disqualified from the competition with no refund. The only exception to this is if the participant is already on the competition floor competing in a different division.

8. What does the term "Geup" mean and what is my "Geup"?

Geup is a Taekwondo term used for belt ranks. Rather than say "Yellow Belt", a person would say "9th Geup". Typically, the lower the Geup, the closer the person is to 1st-Degree Black Belt. (For example, a 1st Geup is the level before 1st-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.

	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.



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

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

	CODE	TAEKWONDO EVENTS
1	IS	Individual Sparring
2	ICB	Individual Creative Breaking
3	ICBC	Individual Creative Breaking Championship
4	ICBP	Individual Creative Breaking Para
5	IJH	Individual Jumping High Kick
6	IPKH	Individual Power Knife Hand
7	IPSSK	Individual Power Skipping Side Kick
8	IPBK	Individual Power Back Kick
9	ISHK	Individual Spin Hook Kick
10	ITF	Individual Traditional Forms
11	ITFP	Individual Traditional Forms Para
12	PTF	Pairs Traditional Forms
13	TTF	Team Traditional Forms
14	ICFWO	Individual Creative Forms without Weapons
15	ICFWW	Individual Creative Forms with Weapons
16	TCFWO	Team Creative Forms without Weapons
17	TCFWW	Team Creative Forms with Weapons
18	TDC	Team Demonstration Championship
19	TDR	Team Demonstration Recreational

10. Will there be pairs and family forms events?

There is Pairs Traditional Forms (PTF). Pairs can be made up of the same gender or mixed gender. There must be exactly two (2) people registered to make up a Pairs Traditional Forms Group.

There is Team Traditional Form (TTF), Team Creative Forms with Weapons (TCFWW), and Team Creative Forms without Weapons (TCFWO). Any of these team events can have between two (2) and ten (10) participants of the same or mixed gender to make up the team.

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.

Age	Belt Ranks
All 17 and Under	All Color Belts
All 17 and Under	All Black Belts
All 17 and Under	Mixed ranks (color and black belts)
All 18-40	All Color Belts
All 18-40	All Black Belts
All 18-40	Mixed ranks (color and black belts)

Age	Belt Ranks
All 41 and over	All Color Belts
All 41 and over	All Black Belts
All 41 and over	Mixed ranks (color and black belts)
All mixed ages	All Color Belts
All mixed ages	All Black Belts
All mixed ages	Mixed ranks (color and black belts)



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11. 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 Taeguk Pal Jang (8), NOT Koryo.

12. Is there a prize for Championship Team Demo?

Yes! There will be some prize money that will be awarded. The amounts will be announced soon. Please check the website www.usopentkd.com for updates. In addition, the winning team for Championship Team Demo Division Only will perform during the Opening Ceremonies on Friday, July 28, 2023 from 6:00 - 7:30 PM.

13. What is the difference between “Championship Team Demonstration” and “Recreational Team Demonstration”?

The rules and guidelines for competition for both events **are different**. Please see official rules for complete details. Some of the major differences are:

1. The 1st place team in the Championship Team Demonstration division is the ONLY winning team that will perform during the Opening Ceremonies on Friday, July 28, 2023. The 1st place team from Recreational Team Demonstration will NOT perform at the Opening Ceremonies.
2. For Recreational Team Demonstration, a minimum of four (4) team members MUST be age 12 or under. In Championship Team Demonstration, there are NO age requirements.

14. Can I compete in both “Team Demonstration Championship” and “Team Demonstration Recreational”?

Yes, these are different events and are held on separate days. Championship Team Demonstration will be held on Friday, July 28, 2023 and Recreational Team Demonstration will be held on Saturday, July 29, 2023.

15. What do I need to bring to Participant Badge Pickup?

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.

The badge, participant bag and any pre-order items will take place on Thursday July 27, 2023 at the Hilton Garden Inn. Participant badge pickup will take place Friday July 28th and Saturday July 29th, 2023 at Ed Robson Arena.

16. 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.

17. What happens if I lose my participant badge?

Badges can be re-printed at the Participant Check-In area for a \$10 re-print fee.

18. What is the Headquarters Hotel?

The Hilton Garden Inn is the Headquarters Hotel, which is located at 125 N. Cascade in Colorado Springs. The Hilton Garden Inn is a 3 star hotel and has a negotiated discounted group rate of \$229/night which includes a daily hot breakfast. Participant badge pick-up, special Taekwondo seminars, and practice space will take place at the Headquarters Hotel. For reservations, please go to www.usopentkd.com.



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19. Where can I obtain spectator tickets?

Participants do NOT have to pay spectator fees at either the Ed Robson Arena (All competition and Opening Ceremonies)

However, all NON-participants **MUST** purchase a ticket for admission to the Ed Robson Arena (All competition and Opening Ceremonies)

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 28, 2023 (Opening Ceremonies and demonstrations):

\$29 General Admission (advance price online only)

\$34 General Admission (at the door)

\$39 VIP/Club level (advance price online only). Only 150 total available.

\$45 VIP/Club level (at the door)

Saturday, July 29, 2023:

\$19 General Admission (advance price online only)

\$29 General Admission (at the door)

\$29 VIP/Club level (advance price online only). Only 150 total available.

\$35 VIP/Club level (at the door)

Tickets can be purchased online at www.usopentkd.com. You can also purchase tickets at Ed Robson Arena.

The VIP/Club level seating is premium seating (padded), access to premium concessions (for purchase), separate restrooms, and elevated seating. Sections 205, 206, and 207.

20. What is the U.S. Olympic & Paralympic Museum?

Colorado Springs, CO is Olympic City USA: home of the U.S. Olympic Paralympic & Paralympic Committee (USOPC) and 25 National Governing Bodies of Sport. In 2020 the nation's only U.S. Olympic & Paralympic Museum opened to the public. The museum tells the stories of Team USA through one-of-a-kind artifacts, interactive media and technology, and art. It is the physical home of the U.S. Olympic & Paralympic Hall of Fame.

Through cooperation with the U.S. Olympic & Paralympic Museum, all participants in the U.S. Open Taekwondo Hanmadang 2023 will receive a general admission ticket to the U.S. Olympic & Paralympic Museum **included** in their participant registration fee. General admission tickets in the summer months are normally \$24.95/adult and \$15.95/child.

All family members and friends of U.S. Open Taekwondo Hanmadang will have access to discounted general admission tickets of \$17.95/adult and \$15.95/child.

21. Is there a fee to park at the Ed Robson Arena

There is limited parking available in the parking garage. More details will be announced soon. There are also nearby parking lots and street parking. The Hilton Garden Inn Headquarters hotel is within walking distance of Ed Robson Arena. Participants are encouraged to stay and park at the headquarters hotel and walk to the venue.

22. What are the Para-Taekwondo Events?

There will only be two (2) para-taekwondo events: Individual Creative Board Breaking (ICBP) and Individual Traditional Forms (ITFP). There will be many sub-divisions within our para-taekwondo events.



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23. 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 registered 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.

24. Are there coaches allowed?

Coaches will be allowed on the competition floor. In order to receive a coaches pass there is a **fee of \$125/coach**. All coaches must complete an **abbreviated** online Safesport review that will provided by the U.S. Open Taekwondo Hanmadang as a part of the online registration system. The cost for this review is included in the \$125 coach's pass fee. There are no discounts for additional coaching passes. Coaches may only be on the competition floor when his or her athlete is on the competition floor to perform. All coaches must agree to a code of conduct. Failure to comply with the code of conduct will result in immediate revocation of the coaching pass with no refund. There are a maximum of five (5) coaching passes per Dojang. There is a tiered scale:

1. Between 1-25 athletes – maximum of 1 coach's pass
2. Between 26-50 athletes – maximum of 3 coach's passes
3. 51 and up – maximum of 5 coach's passes

Please note: During the competition for Individual Creative Board Breaking (ICB) athlete's are encouraged to provide their own holders. You do NOT need a coaching pass to be a holder. However, if you are only a holder – you CANNOT coach the student. If you intend to coach an athlete for Individual Creative Boarding Breaking you must register and purchase a coach's pass. If you are a Para Aide – you do NOT need to purchase a coach's pass.

For full details and to apply please visit www.usopentkd.com

25. Can I take pictures 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.

26. Is there a Press Pass?

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

27. Will there be video replay available to question scores?

All scores and results are final. Video replay to question scoring is not available at the U.S. Open Taekwondo Hanmadang. If you have a question about a score you may ask to speak with a member of the Organizing Committee so questions can be directed appropriately to the Referee Chairman.

28. What is the schedule?

A schedule is available to view online at www.usopentkd.com under the "About" main menu and "Schedule of Events" submenu. The final schedule will be released after the registration deadline of Sunday July 23, 2023. A final bracket and division list will be available to view online on Wednesday, July 26, 2023.

29. Are food and drinks allowed?

NO outside food or drink is allowed in the Ed Robson Arena. Food and drink can be purchased at the concession area in the Ed Robson Arena.

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. The Organizing Committee is currently negotiating discounted pricing on tourist attractions. For updates, please visit www.usopentkd.com.

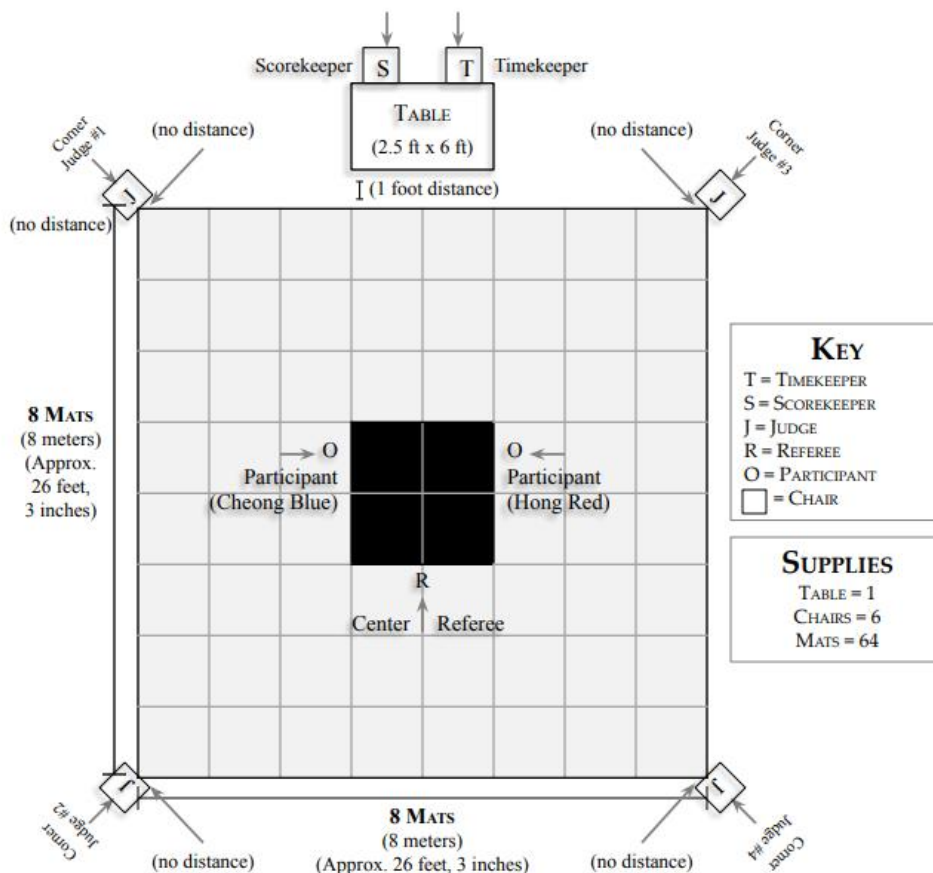


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IS -- INDIVIDUAL SPARRING
(1 Participant. No Age Requirements)
2020 Armor will be provided by the Organizing Committee

Individual Sparring (Not to Scale)



The U.S. Open Taekwondo Hanmadang will follow World Taekwondo (WT) Olympic Weight divisions. All brackets can be adjusted or modified at the discretion of the Organizing Committee to ensure the safety of all athletes. If there is no like athlete in a safe weight category you will be in a division of one (1) person and be awarded a gold medal. You will have the option to fight an exhibition match which must be agreed to by both athletes.

Adults (age 18 and up)				Youth (age 17 and bellow)			
Men's Divisions		Women's Divisions		Men's Divisions		Women's Divisions	
Under 58kg	Not Exceeding 58kg	Under 49kg	Not Exceeding 49kg	Under 48kg	Not Exceeding 48kg	Under 44kg	Not Exceeding 44kg
Under 68kg	Over 58kg and not exceeding 68kg	Under 57kg	Over 49kg and not exceeding 57kg	Under 55kg	Over 48kg and not exceeding 55kg	Under 49kg	Over 44kg and not exceeding 49kg
Under 80kg	Over 68kg and not exceeding 80kg	Under 67kg	Over 57kg and not exceeding 67kg	Under 63kg	Over 55kg and not exceeding 63kg	Under 55kg	Over 49kg and not exceeding 55kg
Over 80kg	Over 80kg	Over 67kg	Over 67kg	Under 73kg	Over 63kg not exceeding 73kg	Over 63kg	Over 63kg and not exceeding 63kg
				Over 73kg	Over 73kg	Over 63kg	Over 63kg



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1. Competitors will use 2020 Armor which will be provided by the Organizing Committee
2. The match will consist of 3 rounds. Each round will last 60 seconds.
3. You win a match by winning 2 out of 3 rounds. You win a round by having more health on your "health bar" than your opponent's at the end of a timed round. If you deplete your opponent's health bar before the round time is done, you win the round. Each round starts with 100% health. This is similar to how scoring is done in popular video games such as Street Fighter™
4. For any single attack to the body, the impact energy will be removed from the opponent's health bar
5. Kicks to the head score for double the impact.
6. Penalties will be given by the referee. A penalty will add health to the athlete who the infraction was committed against. A minor infraction adds 10% health and a major infraction 20%.
 - a. Minor Infractions
 - i. Delay of Game
 1. Crossing the Boundary Line
 2. Avoiding or fleeing the contest
 - ii. Improper Attack
 1. Attacking the Spine
 2. Attacking below the belt
 3. Attacking with the hand above the collar bone
 4. Attacking with the knee, elbow, or head
 5. Grappling
 6. Lifting the knee to avoid a valid attack or impede the progress of an attack
 7. Attacking while grabbing
 8. Animal kicks (kicks with the bottom of the foot while in a clinch)
 - b. Major Infractions
 - i. Unsportsmanlike Conduct
 1. Committing undesirable remarks or gestures or display violent behavior by the contestant or coach
 2. Attacking from a fallen position
 3. Feigning Injury
 4. Disregarding the commands of the referee
 5. Throwing the opponent by grabbing or hooking the attacking foot in the air or by pushing the opponent with the hand
 6. A coach or a contestant interrupting the progress of the match
 7. Any "minor" worthy action committed with malice or intent
7. The detailed set of rules can be found at [United Battle League Sparring Rules](#)



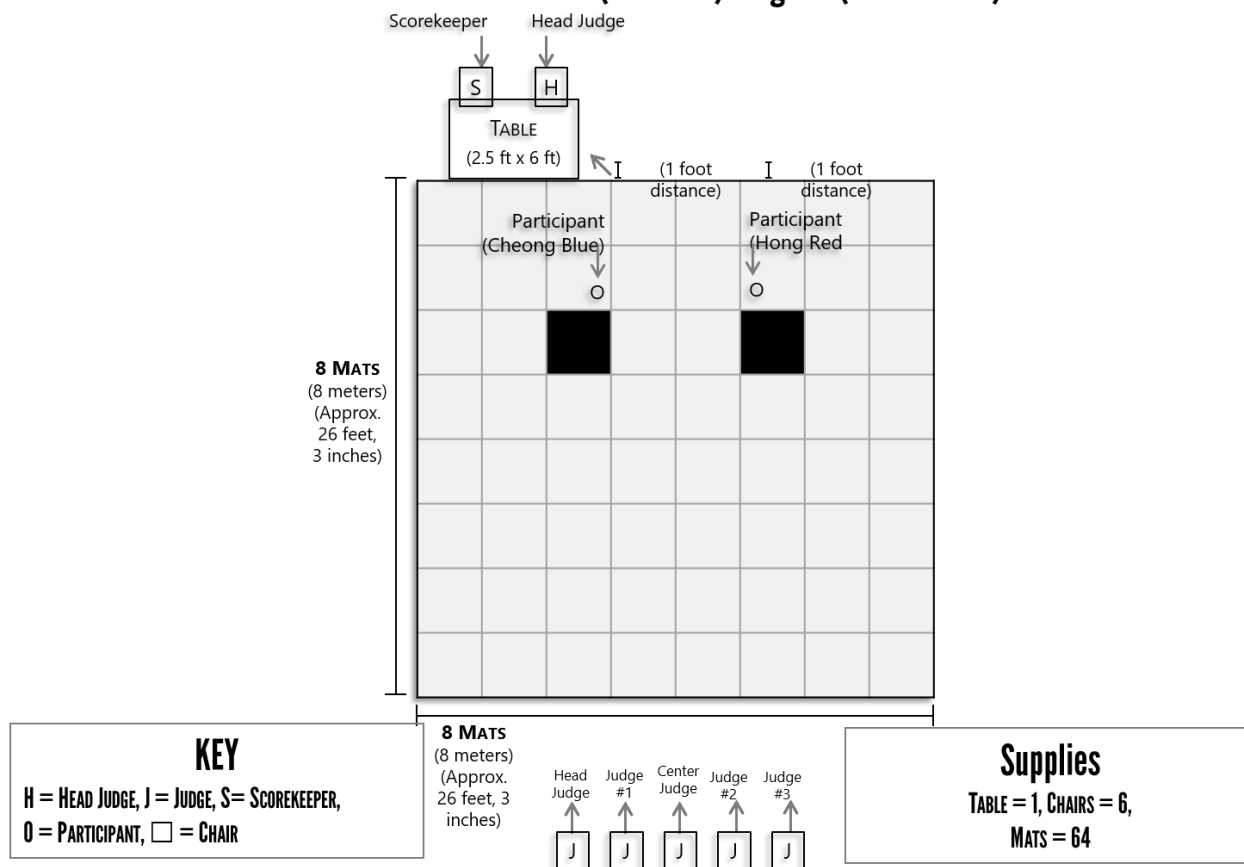
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ITF - INDIVIDUAL TRADITIONAL FORMS (POOMSAE)
(1 PARTICIPANT ONLY. NO AGE REQUIREMENT. ALL BELTS.)
Maximum Points = 90 points

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
3-5 years old	Tigers	✓	✓	✓	✓									
6-7 years old	Pee Wee	✓	✓	✓	✓	✓								
8-9 years old	Child	✓	✓	✓	✓	✓	✓	✓						
10-11 years old	Youth	✓	✓	✓	✓	✓	✓	✓						
12-14 years old	Cadet	✓	✓	✓	✓	✓	✓	✓						
15-17 years old	Junior	✓	✓	✓	✓	✓	✓	✓	✓					
18-30 years old	Adult	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
31-40 years old	Senior	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
41-50 years old	Executive	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
51-60 years old	Premier	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
61-70	Platinum	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Over 70	Ultra	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

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
 - b. Expression of Energy (Formerly Taekwondo Spirit) (10 points)
 - i. Kihap - confidence
 - ii. Attitude and Etiquette - as soon as the Participant's name is called to enter the ring for your competition.
 - iii. Volume of Movement - Height of kick(s) - generally higher is better although some forms specify the target height on some kicks (Example: Koryo specifies that the side kick should be knee height). Strength/power/presentation of blocks and strikes.
NOTE: In general, each participant's uniform should be clean and pressed, and the belt should be tied correctly. How the belt is tied, and the uniform will not be considered in any score.
 - 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: 1st Guep performs 1st 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
 - iii. Speed and Power of Each Individual Technique
 - iv. Overall timing and synchronization of hands/feet/kihap(s)
3. Deductions
 - i. Participant crosses outside of the 8-meter x 8-meter ring (.5 point deduction for each occurrence). Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the foot steps out of bounds it will be considered out of bounds and result in a deduction.
 - 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
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 the poomsae one (1) additional time. Judges will rescore. If there is still a tie, there will be two 1st places awarded.



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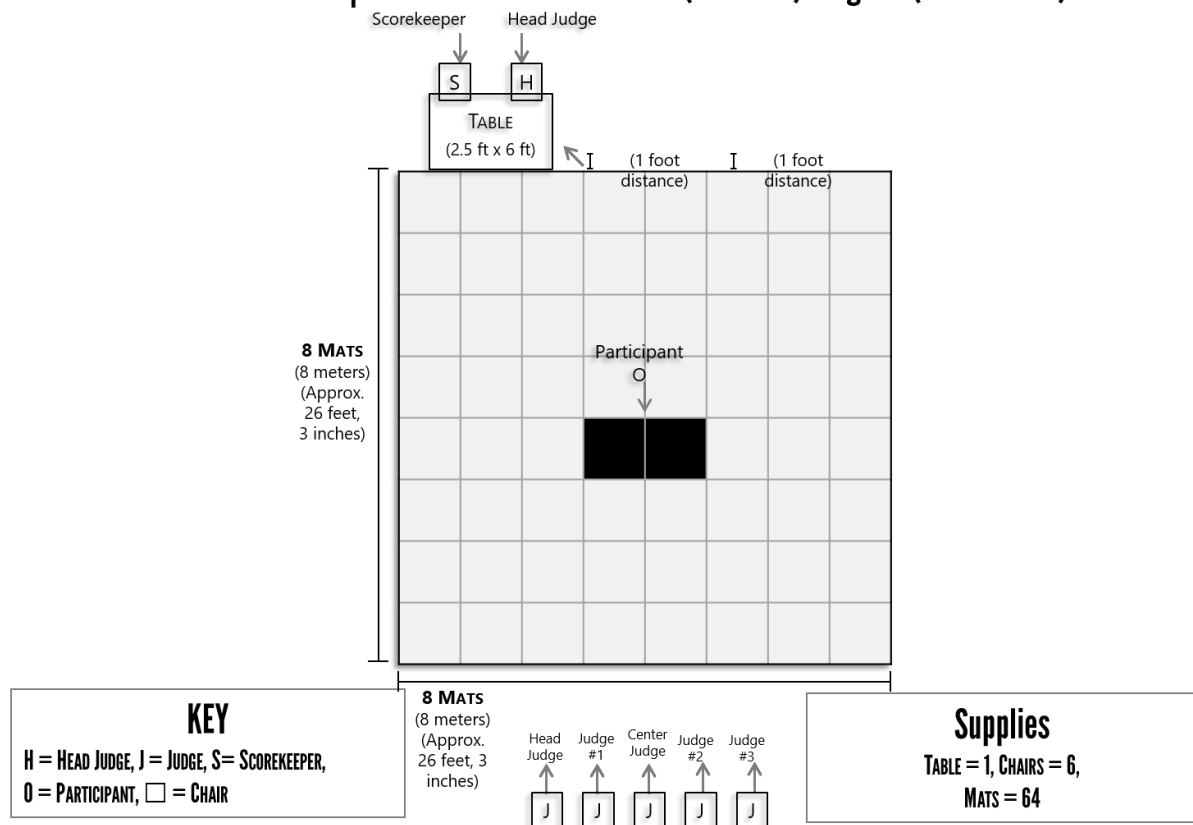
ITFP - INDIVIDUAL TRADITIONAL FORMS (POOMSAE) PARA-TAEKWONDO

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

Maximum Points = 90 points

Age	Division Name	7th/8th Geup Taegeuk 1 or 2	6th/5th Geup Taegeuk 3 or 4	3rd/4th Geup Taegeuk 5 or 6	1st/2nd Geup Taegeuk 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
3-5 years old	Tigers	✓	✓	✓	✓									
6-7 years old	Pee Wee	✓	✓	✓	✓	✓								
8-9 years old	Child	✓	✓	✓	✓	✓	✓	✓						
10-11 years old	Youth	✓	✓	✓	✓	✓	✓	✓						
12-14 years old	Cadet	✓	✓	✓	✓	✓	✓	✓						
15-17 years old	Junior	✓	✓	✓	✓	✓	✓	✓	✓					
18-30 years old	Adult	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
31-40 years old	Senior	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
41-50 years old	Executive	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
51-60 years old	Premier	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
61-70	Platinum	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Over 70	Ultra	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

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
 - b. Expression of Energy (Formerly Taekwondo Spirit) (10 points)
 - i. Kihap – confidence
 - ii. Attitude and Etiquette – as soon as the Participant's name is called to enter the ring for your competition.
 - iii. Volume of Movement – Height of kick(s) – generally higher is better although some forms specify the target height on some kicks (Example: Koryo specifies that the side kick should be knee height). Strength/power/presentation of blocks and strikes.
 - 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: 1st Guep performs 1st 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
 - iii. Speed and Power of Each Individual Technique
 - iv. Overall timing and synchronization of hands/feet/kihap(s).
3. Deductions
 - iv. Participant crosses outside of the 8 meter x 8 meter ring (1 point deduction for each occurrence). Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the foot steps out of bounds it will be considered out of bounds and result in a deduction.
 - v. Participant exceeds the 120-second time limit (1 point deduction for every 10 seconds over time limit)
 - vi. Unsportsmanlike conduct (1 point deduction)

4. Tiebreaker

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 the poomsae one (1) additional time. Judges will rescore. If there is still a tie, there will be two 1st places awarded.



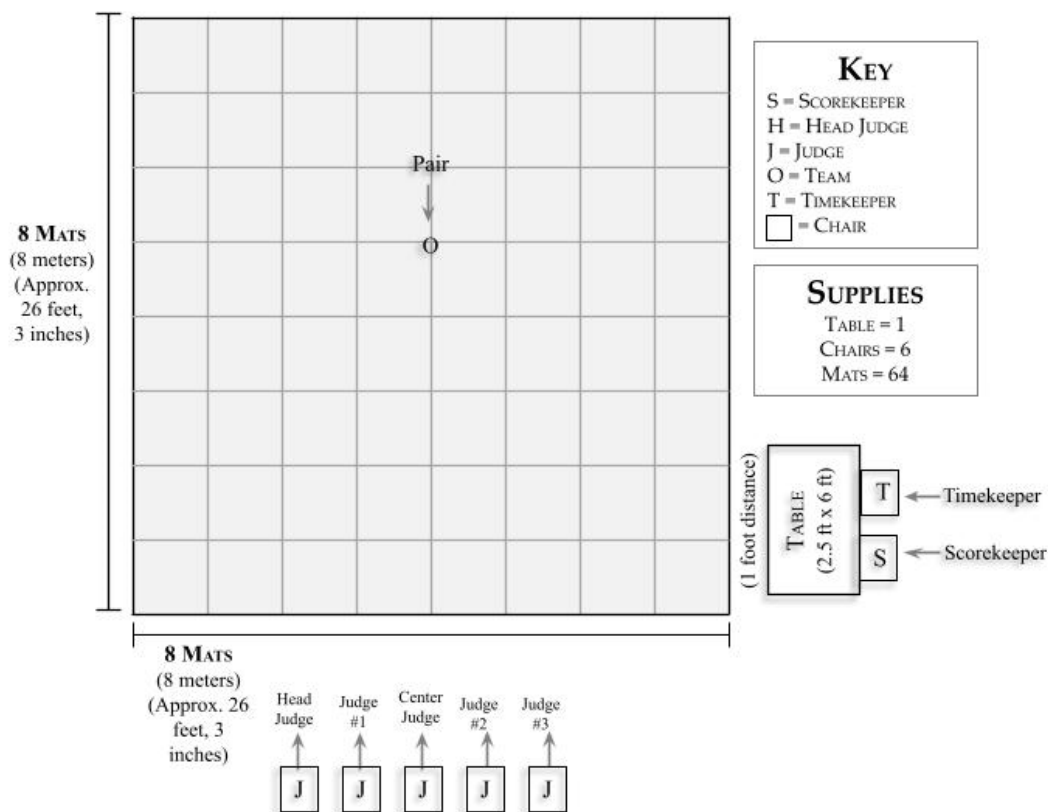
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PTF – PAIRS TRADITIONAL FORMS (2 PARTICIPANTS. NO AGE REQUIREMENTS. ALL BELTS)

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
3-5 years old	Tigers	✓	✓	✓	✓									
6-7 years old	Pee Wee	✓	✓	✓	✓	✓								
8-9 years old	Child	✓	✓	✓	✓	✓	✓	✓						
10-11 years old	Youth	✓	✓	✓	✓	✓	✓	✓						
12-14 years old	Cadet	✓	✓	✓	✓	✓	✓	✓						
15-17 years old	Junior	✓	✓	✓	✓	✓	✓	✓	✓					
18-30 years old	Adult	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
31-40 years old	Senior	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
41-50 years old	Executive	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
51-60 years old	Premier	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
61-70	Platinum	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Over 70	Ultra	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

PAIRS TRADITIONAL FORMS (POOMSAE) DIAGRAM (NOT TO SCALE)



- Base
Points - Each team always begins with 50 points.



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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
 - a. Expression of Energy (Formerly Taekwondo Spirit) (10 points)
 - i. Kihap – confidence
 - ii. Attitude and Etiquette – as soon as the Participant's name is called to enter the ring for your competition.
 - iii. Volume of Movement -- Height of kick(s) – generally higher is better although some forms specify the target height on some kicks (Example: Koryo specifies that the side kick should be knee height). Strength/power/presentation of blocks and strikes.
 - b. 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 8th Guep and team performs 1st 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.)
 - b. Presentation (10 points)
 - i. Speed/Tempo/Flow
 - ii. Eye Control - correct direction to "look", correct eye position as well as where eyes are focused
 - iii. Speed and Power of Each Individual Technique
 - iv. Overall timing and synchronization of hands/feet/kihap(s).
 - c. 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
 - a. Team member crosses outside of the 8 meter x 8 meter ring (.5 point deduction for each occurrence). Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the foot steps out of bounds it will be considered out of bounds and result in a deduction.
 - 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)
4. Tiebreaker

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 the poomsae one (1) additional time. Judges will rescore. If there is still a tie, there will be two 1st places awarded.



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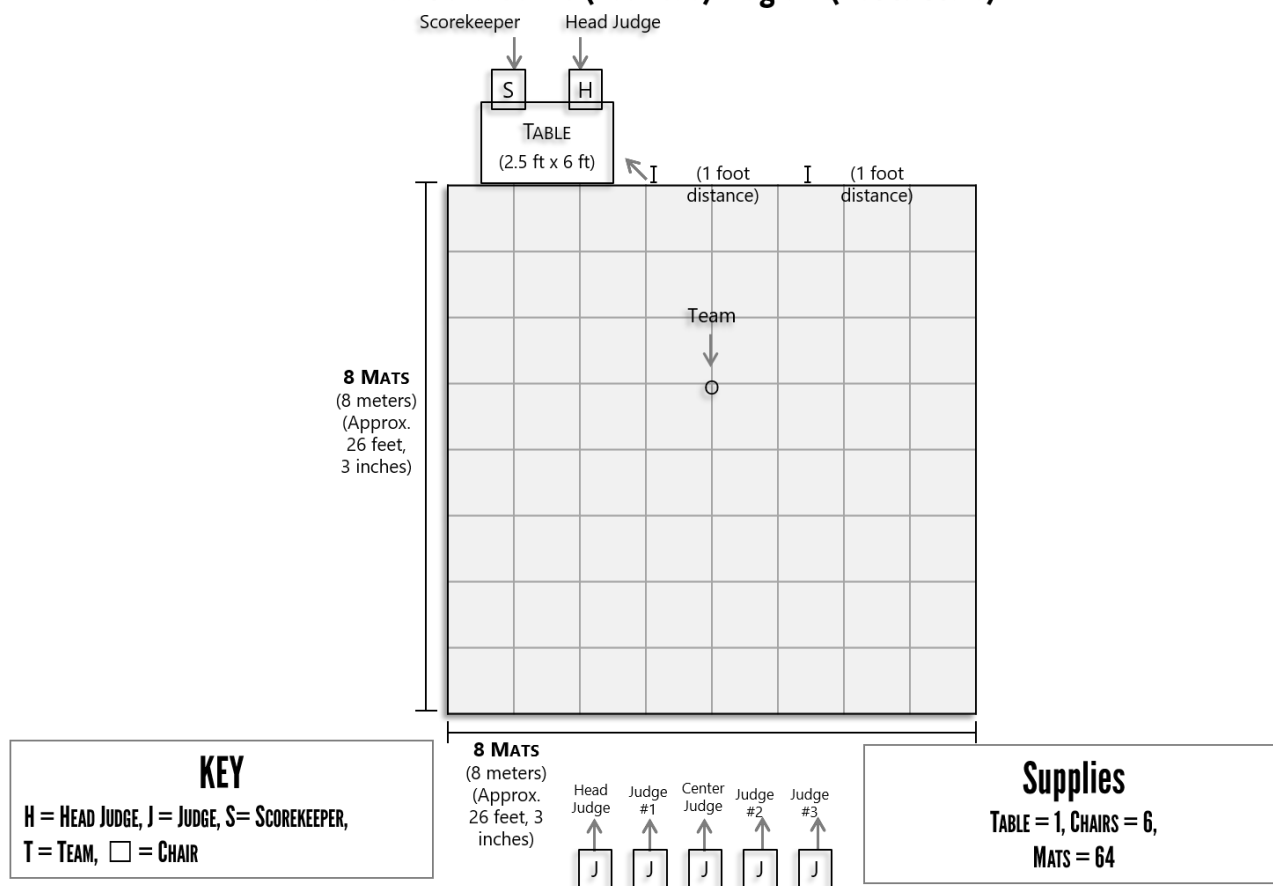
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TTF - TEAM TRADITIONAL FORMS (POOMSAE)

(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
 - c. Expression of Energy (Formerly Taekwondo Spirit) (10 points)
 - i. Kihap – confidence
 - ii. Attitude and Etiquette – as soon as the Participant's name is called to enter the ring for your competition.
 - iii. Volume of Movement -- Height of kick(s) – generally higher is better although some forms specify the target height on some kicks (Example: Koryo specifies that the side kick should be



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knee height). Strength/power/presentation of blocks and strikes.

b. 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 8th Guep and team performs 1st 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
- iii. Speed and Power of Each Individual Technique
- iv. Overall timing and synchronization of hands/feet/kihap(s).

c. 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

- a. Team member crosses outside of the 8-meter x 8-meter ring (.5 point deduction for each occurrence). Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the foot steps out of bounds it will be considered out of bounds and result in a deduction.
- 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)

4. Tiebreaker

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 the poomsae one (1) additional time. Judges will rescore. If there is still a tie, there will be two 1st places awarded.



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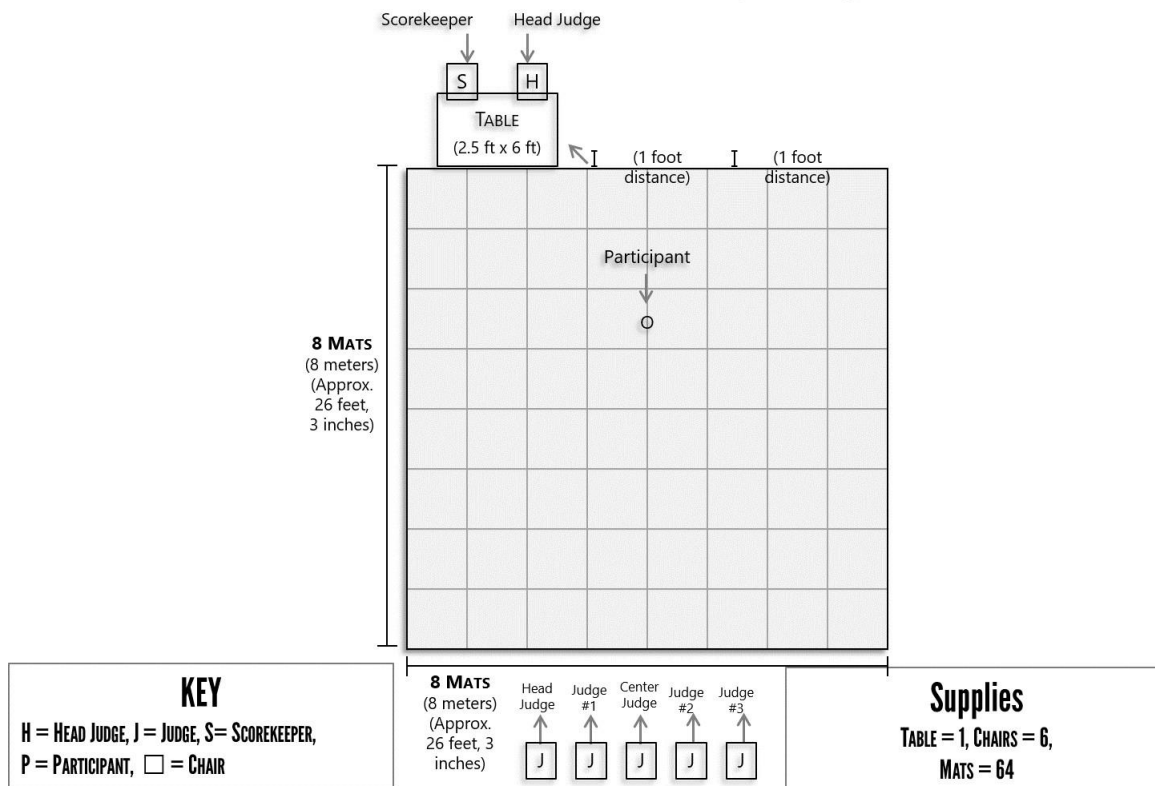
ICFWO – INDIVIDUAL CREATIVE FORMS (POOMSAE) WITHOUT WEAPONS

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

Maximum Points = 90 Points

Age	Division Name	7th/8th Geup	6th/5th Geup	3rd/4th Geup	1st/2nd Geup	1st Poom/Dan	2nd Poom/Dan	3rd Poom/Dan	4th Poom/Dan	5th Dan	6th Dan	7th Dan	8th Dan	9th Dan
3-5 years old	Tigers	✓	✓	✓	✓									
6-7 years old	Pee Wee	✓	✓	✓	✓	✓								
8-9 years old	Child	✓	✓	✓	✓	✓	✓	✓						
10-11 years old	Youth	✓	✓	✓	✓	✓	✓	✓						
12-14 years old	Cadet	✓	✓	✓	✓	✓	✓	✓						
15-17 years old	Junior	✓	✓	✓	✓	✓	✓	✓	✓					
18-30 years old	Adult	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
31-40 years old	Senior	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
41-50 years old	Executive	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
51-60 years old	Premier	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
61-70	Platinum	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Over 70	Ultra	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

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





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1. Base Points - Each participant always begins with 50 points.
2. Music is HIGHLY ENCOURAGED and must be emailed to info@usopentkd.com no later than Wed 7/26/23 at 10:00 AM. (Please bring a backup file on a music player or USB drive.) 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 and cannot pose a safety risk to the participant or the audience. Absolutely NO Pyrotechnics, fireworks (including poppers), or flame breaks. Confetti, glitter or similar products are prohibited. Chairs and trampolines are prohibited. Flowers and fruit are acceptable.
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. Expression of Energy (Formerly Taekwondo Spirit) (10 points)
 - i. Kihap – confidence
 - ii. Attitude and Etiquette – as soon as the Participant's name is called to enter the ring for your competition.
 - iii. Volume of Movement – Height of kick(s). Strength/power/presentation of blocks and strikes.
 - 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 (.5 point deduction for each occurrence). Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the foot steps out of bounds it will be considered out of bounds and result in a deduction.
 - b. Participant exceeds the 90 second time limit (1 point deduction for every 10 seconds over time limit)



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- 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
- 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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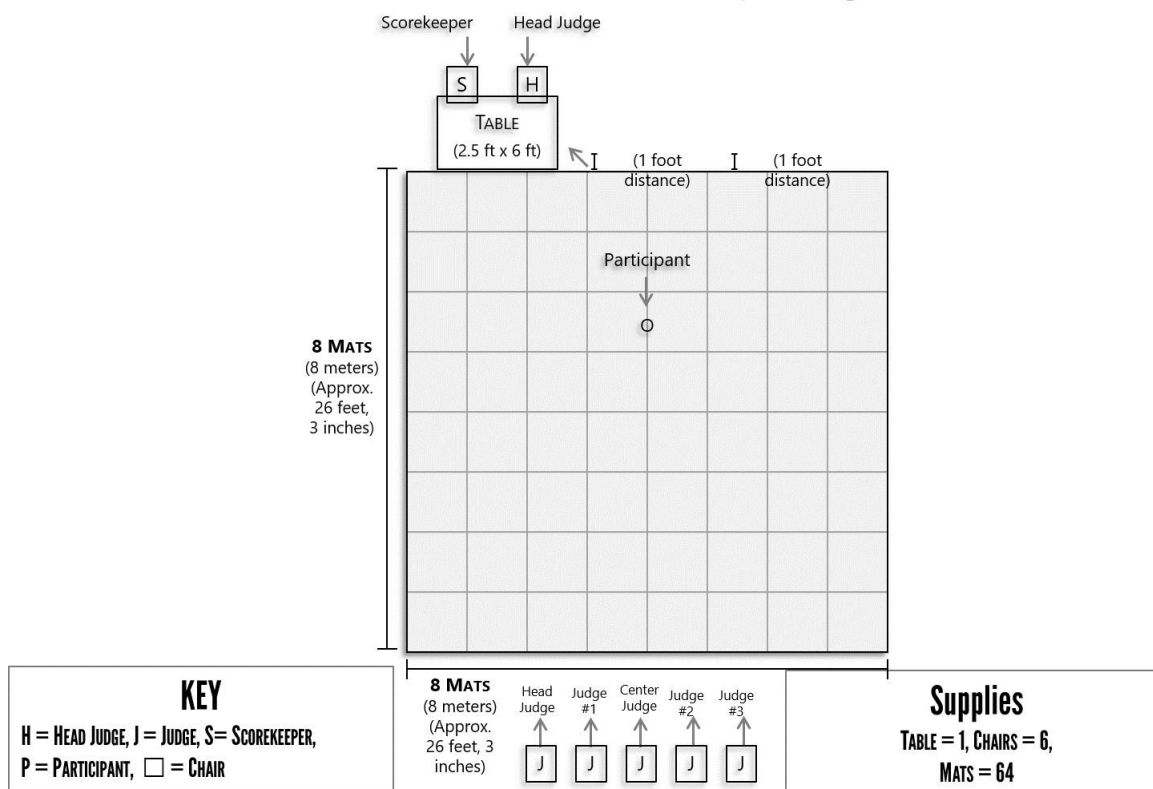
ICFWW - INDIVIDUAL CREATIVE FORMS (POOMSAE) WITH WEAPONS

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

Maximum Points = 90 Points

Age	Division Name	7th/8th Geup	6th/5th Geup	3rd/4th Geup	1st/2nd Geup	1st Poom/Dan	2nd Poom/Dan	3rd Poom/Dan	4th Poom/Dan	5th Dan	6th Dan	7th Dan	8th Dan	9th Dan
3-5 years old	Tigers	✓	✓	✓	✓									
6-7 years old	Pee Wee	✓	✓	✓	✓	✓								
8-9 years old	Child	✓	✓	✓	✓	✓	✓	✓						
10-11 years old	Youth	✓	✓	✓	✓	✓	✓	✓						
12-14 years old	Cadet	✓	✓	✓	✓	✓	✓	✓						
15-17 years old	Junior	✓	✓	✓	✓	✓	✓	✓	✓					
18-30 years old	Adult	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
31-40 years old	Senior	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
41-50 years old	Executive	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
51-60 years old	Premier	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
61-70	Platinum	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Over 70	Ultra	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

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





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1. Base Points - Each participant always begins with 50 points.
2. Music is HIGHLY ENCOURAGED and must be emailed to info@usopentkd.com no later than Wed 7/26/23 at 10:00 AM. (Please bring a backup file on a music player or USB drive.) 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 and cannot pose a safety risk to the participant or the audience. Absolutely NO Pyrotechnics, fireworks (including poppers), or flame breaks. Confetti, glitter or similar product is prohibited. Chairs and trampolines are prohibited. Flowers and fruit are acceptable.
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
 - b. Expression of Energy (Formerly Taekwondo Spirit) (10 points)
 - i. Kihap – confidence
 - ii. Attitude and Etiquette – as soon as the Participant's name is called to enter the ring for your competition.
 - iii. Volume of Movement – Height of kick(s). Strength/power/presentation of blocks and strikes.
 - 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
6. Deductions
 - a. Participant crosses outside of the 8 meter x 8 meter ring (.5 point deduction for each occurrence). Any



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part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the foot steps out of bounds it will be considered out of bounds and result in a deduction.

- 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)

7. Tiebreaker

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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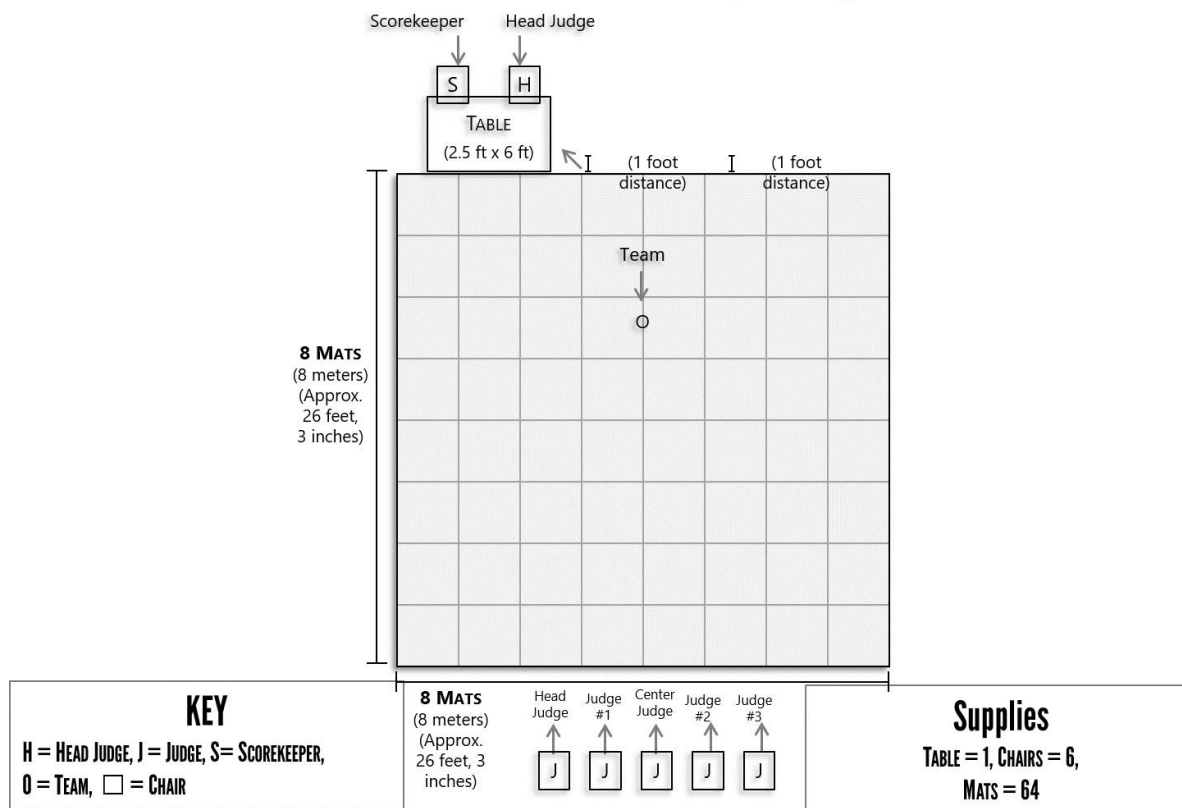
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TCFWO - TEAM CREATIVE FORMS (POOMSAE) WITHOUT WEAPONS

(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 emailed to info@usopentkd.com no later than Wed 7/26/23 at 10:00 AM. (Please bring a backup file on a music player or USB drive.) 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 and cannot pose a safety risk to the participant or the audience. Absolutely NO Pyrotechnics, fireworks (including poppers), or flame breaks. Confetti, glitter or similar product is prohibited. Chairs and trampolines are prohibited. Flowers and fruit are acceptable.
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



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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. Expression of Energy (Formerly Taekwondo Spirit) (10 points)

- i. Kihap – confidence
- ii. Attitude and Etiquette – as soon as the Participant's name is called to enter the ring for your competition.
- iii. Volume of Movement -- Height of kick(s). Strength/power/presentation of blocks and strikes.

c. 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. ALL of the team members MUST perform all of the above minimum 6 kicks. One (1) or more of the team members MAY execute additional kicks beyond the required minimum 6 kicks. The Unity of the above minimum kicks will ONLY be scored in the "Unity of Team Performance" Score. The quality of all kicks in the entire poomsae are ALSO being scored in this category.
 - 1. More advanced kicks will result in a higher score. FOR EXAMPLE: A double front snap kick in the air will be a higher score than 2 standing front snap kicks.

NOTE: In the scoring category of "Correct Execution of Each Technique" it does contain "Accuracy of Each Kicking Technique - correct form, height and power of kick". This will remain in the "Correct Execution of Each Technique" and the kicks will ALSO be scored in "Compulsory Techniques"

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 (.5 point deduction for each occurrence). Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the foot steps out of bounds it will be considered out of bounds and result in a deduction.



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- 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

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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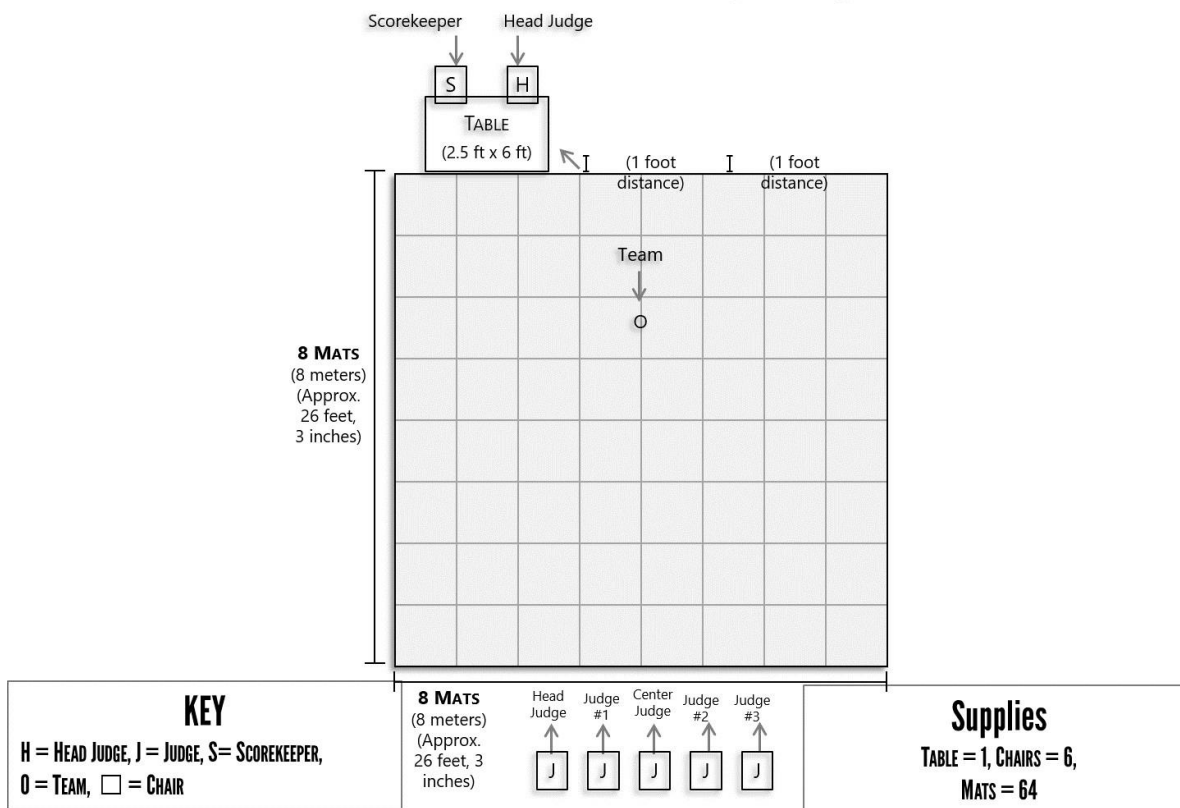
TCFWW - TEAM CREATIVE FORMS (POOMSAE) WITH WEAPONS

(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 emailed to info@usopentkd.com no later than Wed 7/26/23 at 10:00 AM. (Please bring a backup file on a music player or USB drive.) 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 and cannot pose a safety risk to the participant or the audience. Absolutely NO Pyrotechnics, fireworks (including poppers), or flame breaks. Confetti, glitter or similar product is prohibited. Chairs and trampolines are prohibited. Flowers and fruit are acceptable.
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:



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- 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)
 - b. Expression of Energy (Formerly Taekwondo Spirit) (10 points)
 - i. Kihap – confidence
 - ii. Attitude and Etiquette – as soon as the Participant's name is called to enter the ring for your competition.
 - iii. Volume of Movement -- Height of kick(s). Strength/power/presentation of blocks and strikes.
 - c. 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. ALL of the team members MUST perform all of the above minimum 6 kicks. One (1) or more of the team members MAY execute additional kicks beyond the required minimum 6 kicks. The Unity of the above minimum kicks will ONLY be scored in the "Unity of Team Performance" Score. The quality of all kicks in the entire poomsae are ALSO being scored in this category .
 - 1. More advanced kicks will result in a higher score. FOR EXAMPLE: A double front snap kick in the air will be a higher score than 2 standing front snap kicks.
- NOTE: In the scoring category of "Correct Execution of Each Technique" it does contain "Accuracy of Each Kicking Technique - correct form, height and power of kick". This will remain in the "Correct Execution of Each Technique" and the kicks will ALSO be scored in "Compulsory Techniques"
- b. Creativity (10 points)
 - i. Originality of Composition
 - ii. Degree of Difficulty
 - c. 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



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Updated 12/28/2022

- a. Team member crosses outside of the 8 meter x 8 meter ring (.5 point deduction for each occurrence). Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the foot steps out of bounds it will be considered out of bounds and result in a deduction.
- 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

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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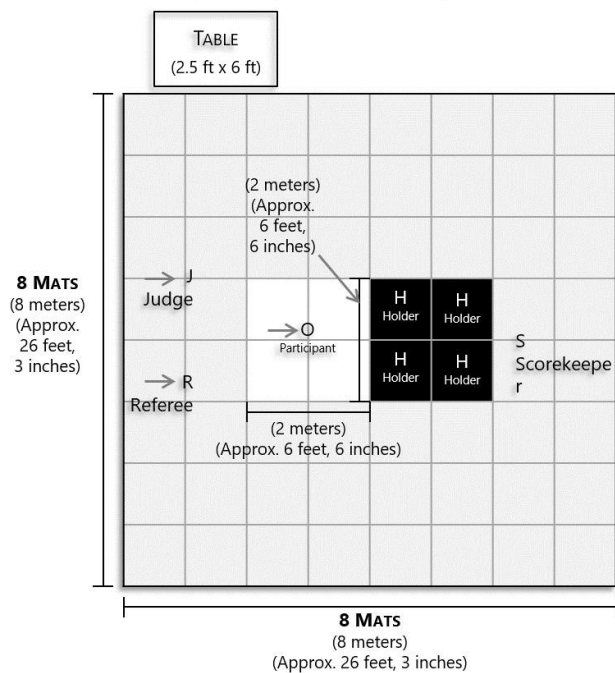
Updated 12/28/2022

ISHK – INDIVIDUAL SPINNING HOOK KICK

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

Age	Division Name	7th/8th Geup	6th/5th Geup	3rd/4th Geup	1st/2nd Geup	1st Poom/Dan	2nd Poom/Dan	3rd Poom/Dan	4th Poom/Dan	5th Dan	6th Dan	7th Dan	8th Dan	9th Dan
3-5 years old	Tigers													
6-7 years old	Pee Wee													
8-9 years old	Child	✓	✓	✓	✓	✓	✓	✓						
10-11 years old	Youth	✓	✓	✓	✓	✓	✓	✓						
12-14 years old	Cadet	✓	✓	✓	✓	✓	✓	✓						
15-17 years old	Junior	✓	✓	✓	✓	✓	✓	✓	✓					
18-30 years old	Adult	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
31-40 years old	Senior	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
41-50 years old	Executive	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
51-60 years old	Premier	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
61-70	Platinum	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Over 70	Ultra	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

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 12/28/2022

1. Participant will attempt to break as many 1/4-inch pine boards as possible with a continuous Spinning Hook Kick. This board breaking event will incur an additional flat fee of \$10. Each board breaking event incurs this fee.
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. (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. Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half



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- of the foot steps out of bounds it will be considered out of bounds.
- d. Participant breaks the target with the foot edge or instep more than 3 times



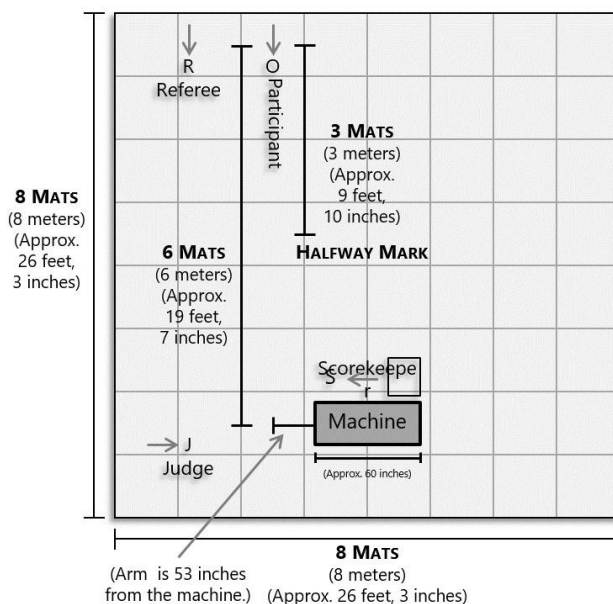
U.S. OPEN TAEKWONDO HANMADANG RULES

Updated 12/28/2022

IJH – INDIVIDUAL JUMPING HIGH KICK
(1 PARTICIPANT ONLY. MINIMUM AGE OF 8. ALL BELTS.)

Age	Division Name	7th/8th Geup	6th/5th Geup	3rd/4th Geup	1st/2nd Geup	1st Poom/Dan	2nd Poom/Dan	3rd Poom/Dan	4th Poom/Dan	5th Dan	6th Dan	7th Dan	8th Dan	9th Dan
3-5 years old	Tigers													
6-7 years old	Pee Wee													
8-9 years old	Child	✓	✓	✓	✓	✓	✓	✓						
10-11 years old	Youth	✓	✓	✓	✓	✓	✓	✓						
12-14 years old	Cadet	✓	✓	✓	✓	✓	✓	✓						
15-17 years old	Junior	✓	✓	✓	✓	✓	✓	✓	✓					
18-30 years old	Adult	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
31-40 years old	Senior	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
41-50 years old	Executive	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
51-60 years old	Premier	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
61-70	Platinum	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Over 70	Ultra	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

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 12/28/2022

1. Each participant has a maximum of 30 seconds to attempt to break the board with Running Jumping Front Snap Kick. This board breaking event will incur an additional flat fee of \$10. Each board breaking event incurs this fee.
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 winner is determined the 1st 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, 1st dan and above. Only in these divisions, the 1st place winner will given the opportunity to attempt to set the U.S Taekwondo Center Masters Challenge Record. The participant will receive ONLY one (1) attempt to set the U.S Taekwondo Center Masters Challenge Record. Setting a personal record does NOT qualify and the participant will NOT be given an additional opportunity to break.
12. If any part of the body touches the floor besides the feet, it is considered NO BREAK



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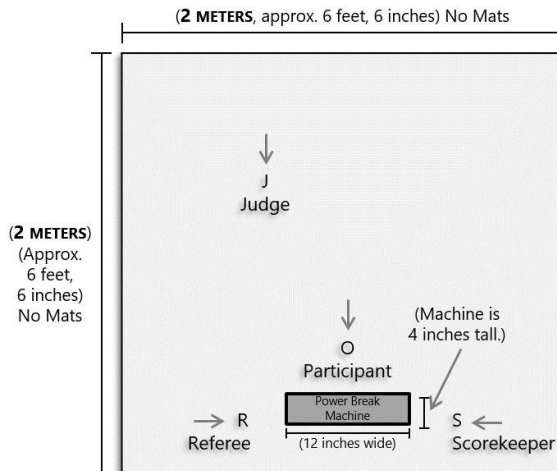
Updated 12/28/2022

IPKH - INDIVIDUAL POWER BREAKING KNIFE HAND (DOWNWARD)

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

Age	Division Name	7th/8th Geup	6th/5th Geup	3rd/4th Geup	1st/2nd Geup	1st Poom/Dan	2nd Poom/Dan	3rd Poom/Dan	4th Poom/Dan	5th Dan	6th Dan	7th Dan	8th Dan	9th Dan
3-5 years old	Tigers													
6-7 years old	Pee Wee													
8-9 years old	Child													
10-11 years old	Youth													
12-14 years old	Cadet	✓	✓	✓	✓	✓	✓	✓						
15-17 years old	Junior	✓	✓	✓	✓	✓	✓	✓	✓					
18-30 years old	Adult	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
31-40 years old	Senior	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
41-50 years old	Executive	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
51-60 years old	Premier	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
61-70	Platinum	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Over 70	Ultra	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

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 12/28/2022

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. This board breaking event will incur an additional flat fee of \$10. Each board breaking event incurs this fee.
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). If there is overtime, both participants will be required to use the same breaking machine (in overtime only) to attempt the board break.
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. A tie in an overtime situation can be any of the following:
 - a. Participants both break the same number of boards
 - b. Participants both cannot break any of the boards
14. During overtime – if both participants attempt to break the same number of boards but neither participant breaks ALL of the attempted boards, the participant who breaks more boards will be declared the winner. For example, Participant #1 attempts to break 5 boards and only 4 boards break. Participant #2 attempts to break 5 boards and only 3 boards break. Therefore, Participant #1 will receive



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the higher final position within the division, because he or she broke more boards)

15. If both participants do NOT break the boards but it still results technically to overtime, one additional board will NOT be added. In this situation, the participants will either both attempt the same number of boards OR 1 board will be removed. For example, Participant #1 attempts to break 5 boards and breaks no boards. Participant #2 attempts to break 5 boards and breaks no boards. This is technically a tie. Rather than adding 1 board and both Participant #1 and Participant #2 attempt to break 6 boards, the Participants will either each attempt to break 5 boards again or each attempt to break 4 boards. This decision will be at the discretion of the referee.

16. Deductions

- a. Participant crosses outside of the 2 meter x 2 meter ring (1 board deduction). Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the foot steps out of bounds it will be considered out of bounds.
- 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.)

17. 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.

18. 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.



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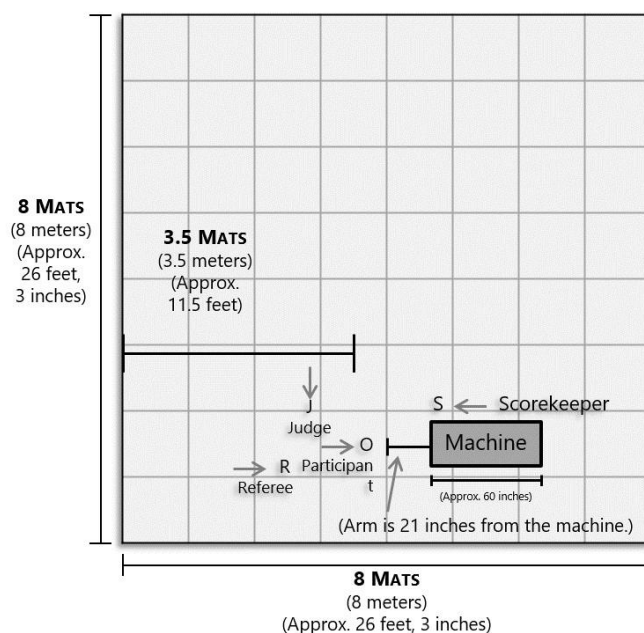
Updated 12/28/2022

IPSSK - INDIVIDUAL POWER BREAKING SKIPPING SIDE KICK

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

Age	Division Name	7th/8th Geup	6th/5th Geup	3rd/4th Geup	1st/2nd Geup	1st Poom/Dan	2nd Poom/Dan	3rd Poom/Dan	4th Poom/Dan	5th Dan	6th Dan	7th Dan	8th Dan	9th Dan
3-5 years old	Tigers													
6-7 years old	Pee Wee													
8-9 years old	Child	✓	✓	✓	✓	✓	✓	✓						
10-11 years old	Youth	✓	✓	✓	✓	✓	✓	✓						
12-14 years old	Cadet	✓	✓	✓	✓	✓	✓	✓						
15-17 years old	Junior	✓	✓	✓	✓	✓	✓	✓	✓					
18-30 years old	Adult	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
31-40 years old	Senior	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
41-50 years old	Executive	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
51-60 years old	Premier	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
61-70	Platinum	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Over 70	Ultra	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

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 12/28/2022

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. This board breaking event will incur an additional flat fee of \$10. Each board breaking event incurs this fee.
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. 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. A tie in an overtime situation can be any of the following:
 - a. Participants both break the same number of boards
 - b. Participants both cannot break any of the boards
10. During overtime – if both participants attempt to break the same number of boards but neither participant breaks ALL of the attempted boards, the participant who breaks more boards will be declared the winner. For example, Participant #1 attempts to break 5 boards and only 4 boards break. Participant #2 attempts to break 5 boards and only 3 boards break. Therefore, Participant #1 will receive the higher final position within the division, because he or she broke more boards)
11. If both participants do NOT break the boards but it still results technically to overtime, one additional board will NOT be added. In this situation, the participants will either both attempt the same number of boards OR 1 board will be removed. For example, Participant #1 attempts to break 5 boards and breaks no boards. Participant #2 attempts to break 5 boards and breaks no boards. This is technically a tie. Rather than adding 1 board and both Participant #1 and Participant #2 attempt to break 6 boards, the Participants will either each attempt to break 5 boards again or each attempt to break 4 boards.



U.S. OPEN TAEKWONDO HANMADANG RULES

Updated 12/28/2022

This decision will be at the discretion of the referee.

12. 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.)

13. 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 breaksboards 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.



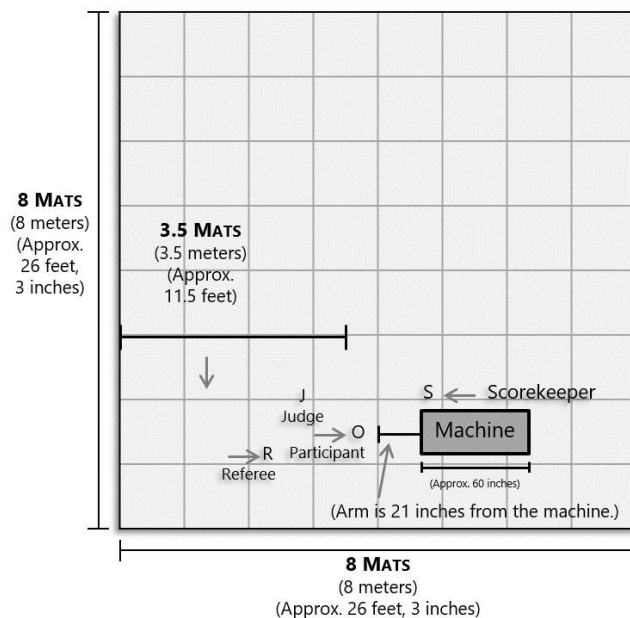
U.S. OPEN TAEKWONDO HANMADANG RULES

Updated 12/28/2022

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

Age	Division Name	7th/8th Geup	6th/5th Geup	3rd/4th Geup	1st/2nd Geup	1st Poom/Dan	2nd Poom/Dan	3rd Poom/Dan	4th Poom/Dan	5th Dan	6th Dan	7th Dan	8th Dan	9th Dan
3-5 years old	Tigers													
6-7 years old	Pee Wee													
8-9 years old	Child	✓	✓	✓	✓	✓	✓	✓						
10-11 years old	Youth	✓	✓	✓	✓	✓	✓	✓						
12-14 years old	Cadet	✓	✓	✓	✓	✓	✓	✓						
15-17 years old	Junior	✓	✓	✓	✓	✓	✓	✓	✓					
18-30 years old	Adult	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
31-40 years old	Senior	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
41-50 years old	Executive	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
51-60 years old	Premier	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
61-70	Platinum	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Over 70	Ultra	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

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 12/28/2022

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. This board breaking event will incur an additional flat fee of \$10. Each board breaking event incurs this fee.
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. 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. A tie in an overtime situation can be any of the following:
 - a. Participants both break the same number of boards
 - b. Participants both cannot break any of the boards
10. During overtime – if both participants attempt to break the same number of boards but neither participant breaks ALL of the attempted boards, the participant who breaks more boards will be declared the winner. For example, Participant #1 attempts to break 5 boards and only 4 boards break. Participant #2 attempts to break 5 boards and only 3 boards break. Therefore, Participant #1 will receive the higher final position within the division, because he or she broke more boards)
11. If both participants do NOT break the boards but it still results technically to overtime, one additional board will NOT be added. In this situation, the participants will either both attempt the same number of boards OR 1 board will be removed. For example, Participant #1 attempts to break 5 boards and breaks no boards. Participant #2 attempts to break 5 boards and breaks no boards. This is technically a tie. Rather than adding 1 board and both Participant #1 and Participant #2 attempt to break 6 boards, the Participants will either each attempt to break 5 boards again or each attempt to break 4 boards.



U.S. OPEN TAEKWONDO HANMADANG RULES

Updated 12/28/2022

This decision will be at the discretion of the referee.

12. 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.)

13. 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

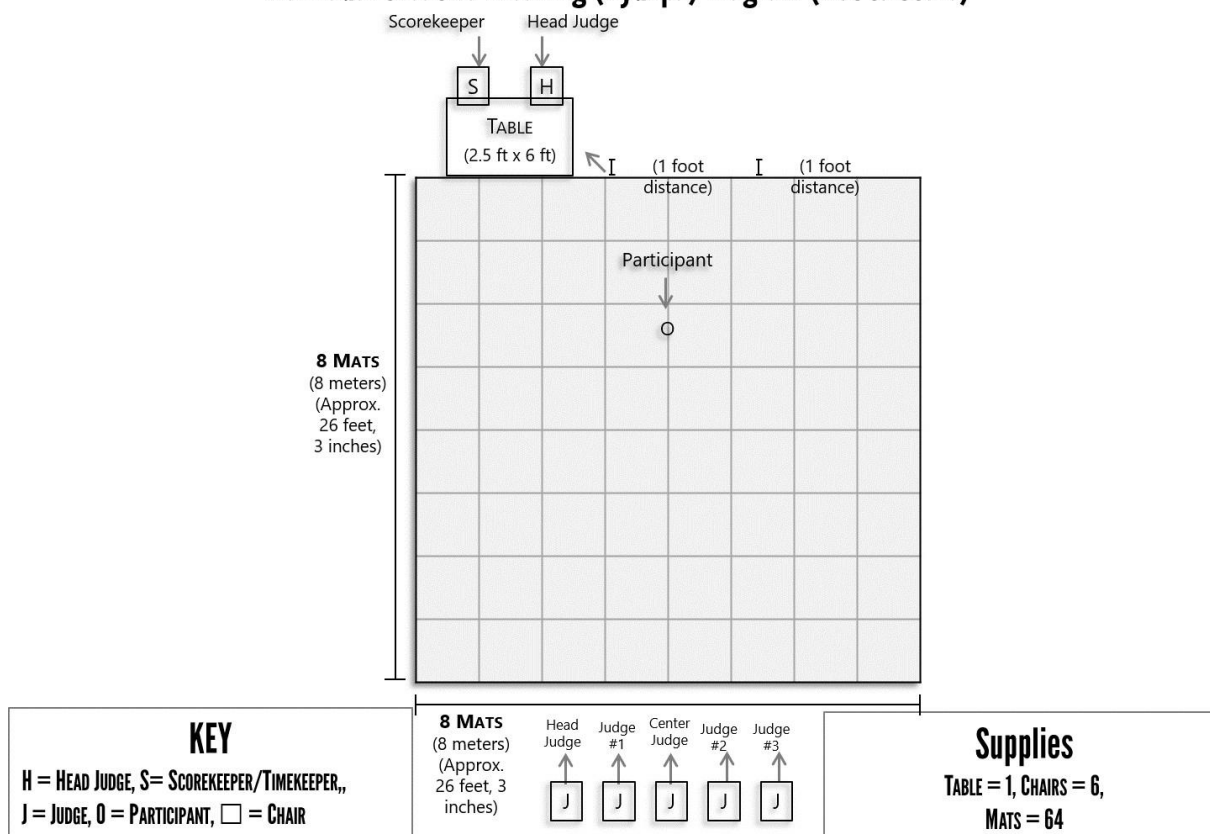
Updated 12/28/2022

ICB - INDIVIDUAL CREATIVE BREAKING (KYUKPA)

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

Age	Division Name	7th/8th Geup	6th/5th Geup	3rd/4th Geup	1st/2nd Geup	1st Poom/Dan	2nd Poom/Dan	3rd Poom/Dan	4th Poom/Dan	5th Dan	6th Dan	7th Dan	8th Dan	9th Dan
3-5 years old	Tigers	✓	✓	✓	✓									
6-7 years old	Pee Wee	✓	✓	✓	✓	✓								
8-9 years old	Child	✓	✓	✓	✓	✓	✓	✓						
10-11 years old	Youth	✓	✓	✓	✓	✓	✓	✓						
12-14 years old	Cadet	✓	✓	✓	✓	✓	✓	✓						
15-17 years old	Junior	✓	✓	✓	✓	✓	✓	✓	✓					
18-30 years old	Adult	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
31-40 years old	Senior	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
41-50 years old	Executive	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
51-60 years old	Premier	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
61-70	Platinum	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Over 70	Ultra	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

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





U.S. OPEN TAEKWONDO HANMADANG RULES

Updated 12/28/2022

1. Base Points - Each participant always begins with 50 points. This board breaking event will incur an additional flat fee of \$10. Each board breaking event incurs this fee.
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 5 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) Props are allowed and must be appropriate for a family environment. (For example, a hat is allowed). ALL props must be provided by the participant and cannot pose a safety risk to the participant or the audience. Absolutely NO Pyrotechnics, fireworks (including poppers), or flame breaks. Confetti, glitter, or similar products are prohibited. Chairs and trampolines are prohibited. Flowers and fruit are acceptable. Board stands, blocks, and board holding devices are considered props and CAN be used.
6. Participants are strongly encouraged 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. (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 5 boards
 - ii. Not exceeding the maximum number of attempts per break, maximum of 3 attempts
 - iii. If the participant breaks between 1-3 boards, the maximum score in this category is 9.0.
If the participant breaks between 4-6 boards, the maximum score in this category is 10.0.
 - c. Presentation (10 points)
 - i. Speed/Tempo/Flow
 - ii. Speed and Power of Each Individual Technique
 - iii. Overall timing and synchronization of hands/feet/kihap(s).
 - d. Expression of Energy (Formerly Taekwondo Spirit) (10 points)



U.S. OPEN TAEKWONDO HANMADANG RULES

Updated 12/28/2022

- i. Kihap – confidence
- ii. Attitude and Etiquette – as soon as the Participant's name is called to enter the ring for your competition.
- iii. Volume of Movement -- Height of kick(s). Strength/power/presentation of blocks and strikes.

9. Deductions

- a. Participant exceeds the 60-second time limit for setup (1 point deduction for every 10 seconds over time limit). It is the participant's responsibility to ensure that the holders are setup within the 60-second 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 (0.2×3 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 (.5 point deduction for each occurrence). Participant will not receive a deduction if the holder crosses outside of the ring) Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the foot steps out of bounds it will be considered out of bounds and result in a deduction.
- f. Unsportsmanlike conduct (1 point deduction for each occurrence).
- g. Board holders are discouraged from assisting/moving the board to assist the break. A slight movement will NOT result in a deduction. Flagrant or egregious movement of the board to assist the break will result in a 0.2 deduction for each infraction.
- h. Moving a board holder or board after the referees states "Sijak" (begin) will not result in an immediate deduction but will affect the Presentation (see 8.C above) score.

10. Tiebreaker

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.



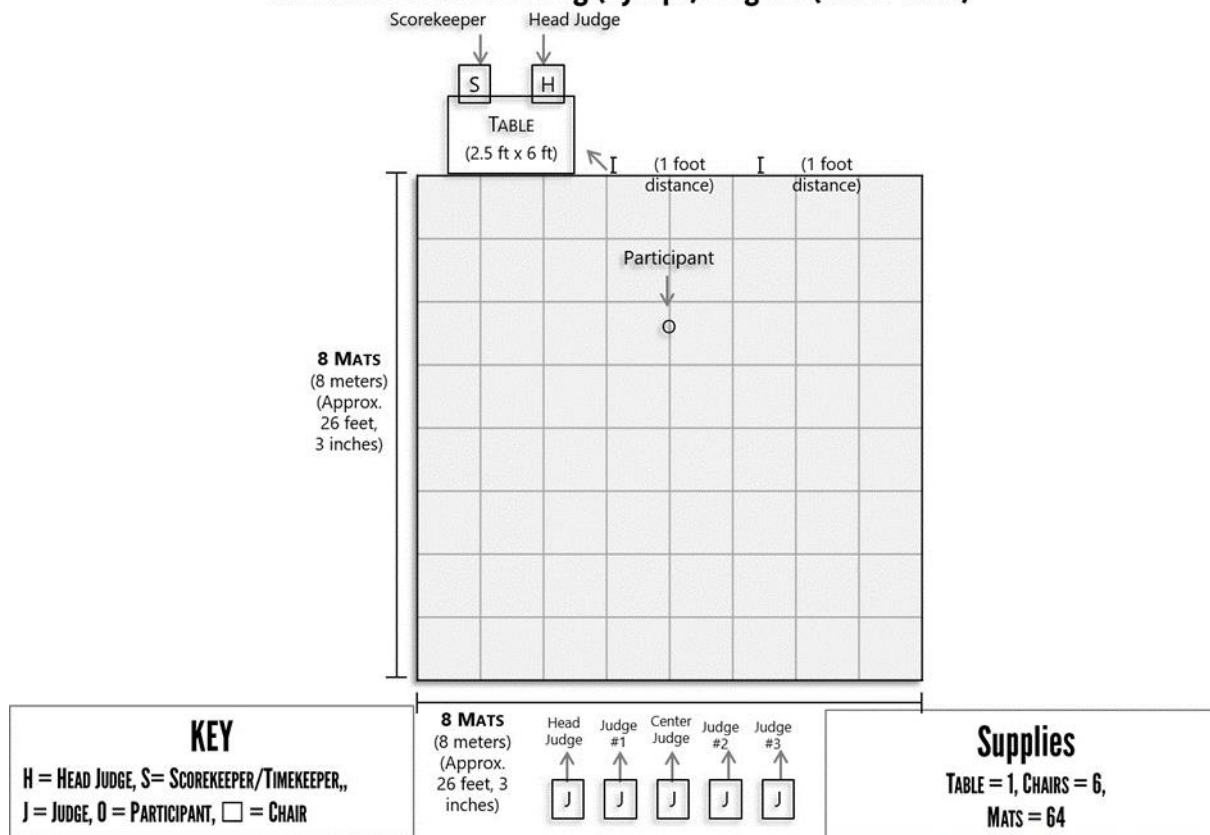
U.S. OPEN TAEKWONDO HANMADANG RULES

Updated 12/28/2022

ICBC – INDIVIDUAL CREATIVE BREAKING CHAMPIONSHIP (KYUKPA)
(1 PARTICIPANT ONLY. 12 YEARS OR OLDER. BLACK BELTS) Maximum points = 90 Points

Age	Division Name	7th/8th Geup	6th/5th Geup	3rd/4th Geup	1st/2nd Geup	1st Poom/Dan	2nd Poom/Dan	3rd Poom/Dan	4th Poom/Dan	5th Dan	6th Dan	7th Dan	8th Dan	9th Dan
3-5 years old	Tigers													
6-7 years old	Pee Wee					✓								
8-9 years old	Child					✓	✓	✓						
10-11 years old	Youth					✓	✓	✓						
12-14 years old	Cadet					✓	✓	✓						
15-17 years old	Junior					✓	✓	✓	✓					
18-30 years old	Adult					✓	✓	✓	✓	✓	✓			
31-40 years old	Senior					✓	✓	✓	✓	✓	✓	✓	✓	
41-50 years old	Executive					✓	✓	✓	✓	✓	✓	✓	✓	✓
51-60 years old	Premier					✓	✓	✓	✓	✓	✓	✓	✓	✓
61-70	Platinum					✓	✓	✓	✓	✓	✓	✓	✓	✓
Over 70	Ultra					✓	✓	✓	✓	✓	✓	✓	✓	✓

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





U.S. OPEN TAEKWONDO HANMADANG RULES

Updated 12/28/2022

1. Base Points - Each participant always begins with 50 points. This board breaking event will incur an additional flat fee of \$10. Each board breaking event incurs this fee.
2. Participants have 120 seconds to set up and 120 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 5 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) Props are allowed and must be appropriate for a family environment. (For example, a hat is allowed). ALL props must be provided by the participant and cannot pose a safety risk to the participant or the audience. Absolutely NO Pyrotechnics, fireworks (including poppers), or flame breaks. Confetti, glitter, or similar products are prohibited. Chairs and trampolines are prohibited. Flowers and fruit are acceptable. Board stands, blocks, and board holding devices are considered props and CAN be used.
6. Participants are strongly encouraged 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. (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 5 boards
 - ii. Not exceeding the maximum number of attempts per break, maximum of 3 attempts
 - iii. If the participant breaks between 1-3 boards, the maximum score in this category is 9.0. If the participant breaks between 4-6 boards, the maximum score in this category is 10.0.
 - c. Presentation (10 points)
 - i. Speed/Tempo/Flow
 - ii. Speed and Power of Each Individual Technique
 - iii. Overall timing and synchronization of hands/feet/kihap(s).
 - d. Expression of Energy (Formerly Taekwondo Spirit) (10 points)



U.S. OPEN TAEKWONDO HANMADANG RULES

Updated 12/28/2022

- i. Kihap – confidence
- ii. Attitude and Etiquette – as soon as the Participant's name is called to enter the ring for your competition.
- iii. Volume of Movement -- Height of kick(s). Strength/power/presentation of blocks and strikes.

9. Deductions

- a. Participant exceeds the 60-second time limit for setup (1 point deduction for every 10 seconds over time limit). It is the participant's responsibility to ensure that the holders are setup within the 60-second 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 (0.2×3 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 (.5 point deduction for each occurrence). Participant will not receive a deduction if the holder crosses outside of the ring) Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the foot steps out of bounds it will be considered out of bounds and result in a deduction.
- f. Unsportsmanlike conduct (1 point deduction for each occurrence).
- g. Board holders are discouraged from assisting/moving the board to assist the break. A slight movement will NOT result in a deduction. Flagrant or egregious movement of the board to assist the break will result in a 0.2 deduction for each infraction.
- h. Moving a board holder or board after the referees states "Sijak" (begin) will not result in an immediate deduction but will affect the Presentation (see 8.C above) score.

10. Tiebreaker

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.



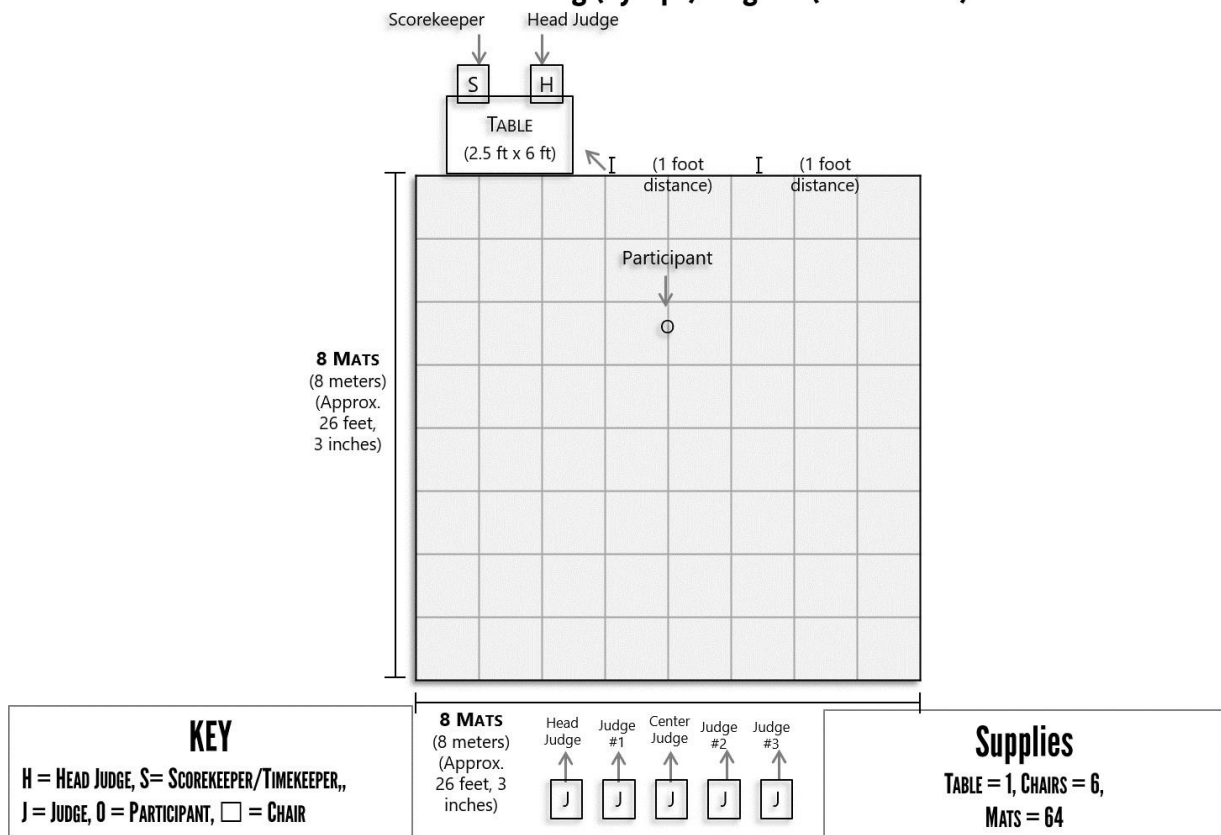
U.S. OPEN TAEKWONDO HANMADANG RULES

Updated 12/28/2022

ICBP - INDIVIDUAL CREATIVE BREAKING (KYUKPA) PARA-TAEKWONDO
(1 PARTICIPANT ONLY. NO AGE REQUIREMENT. ALL BELTS.) Maximum Points = 90 Points

Age	Division Name	7th/8th Geup	6th/5th Geup	3rd/4th Geup	1st/2nd Geup	1st Poom/Dan	2nd Poom/Dan	3rd Poom/Dan	4th Poom/Dan	5th Dan	6th Dan	7th Dan	8th Dan	9th Dan
3-5 years old	Tigers	✓	✓	✓	✓									
6-7 years old	Pee Wee	✓	✓	✓	✓	✓								
8-9 years old	Child	✓	✓	✓	✓	✓	✓	✓						
10-11 years old	Youth	✓	✓	✓	✓	✓	✓	✓						
12-14 years old	Cadet	✓	✓	✓	✓	✓	✓	✓						
15-17 years old	Junior	✓	✓	✓	✓	✓	✓	✓	✓					
18-30 years old	Adult	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
31-40 years old	Senior	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
41-50 years old	Executive	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
51-60 years old	Premier	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
61-70	Platinum	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Over 70	Ultra	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

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





U.S. OPEN TAEKWONDO HANMADANG RULES

Updated 12/28/2022

1. Base Points - Each participant always begins with 50 points. This board breaking event will incur an additional flat fee of \$10. Each board breaking event incurs this fee.
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 5 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) Props are allowed and must be appropriate for a family environment. (For example, a hat is allowed). ALL props must be provided by the participant and cannot pose a safety risk to the participant or the audience. Absolutely NO Pyrotechnics, fireworks (including poppers), or flame breaks. Confetti, glitter, or similar products are prohibited. Chairs and trampolines are prohibited. Flowers and fruit are acceptable. Board stands, blocks, and board holding devices are considered props and CAN be used.
6. Participants are strongly encouraged 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. (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 5 boards
 - ii. Not exceeding the maximum number of attempts per break, maximum of 3 attempts
 - iii. If the participant breaks between 1-3 boards, the maximum score in this category is 9.0.
If the participant breaks between 4-6 boards, the maximum score in this category is 10.0.
 - c. Presentation (10 points)
 - i. Speed/Tempo/Flow
 - ii. Speed and Power of Each Individual Technique
 - iii. Overall timing and synchronization of hands/feet/kihap(s).
 - d. Expression of Energy (Formerly Taekwondo Spirit) (10 points)



U.S. OPEN TAEKWONDO HANMADANG RULES

Updated 12/28/2022

- i. Kihap – confidence
- ii. Attitude and Etiquette – as soon as the Participant's name is called to enter the ring for your competition.
- iii. Volume of Movement -- Height of kick(s). Strength/power/presentation of blocks and strikes.

9. Deductions

- a. Participant exceeds the 60-second time limit for setup (1 point deduction for every 10 seconds over time limit). It is the participant's responsibility to ensure that the holders are setup within the 60-second 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 (0.2×3 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 (.5 point deduction for each occurrence). Participant will not receive a deduction if the holder crosses outside of the ring) Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the foot steps out of bounds it will be considered out of bounds and result in a deduction.
- f. Unsportsmanlike conduct (1 point deduction for each occurrence).
- g. Board holders are discouraged from assisting/moving the board to assist the break. A slight movement will NOT result in a deduction. Flagrant or egregious movement of the board to assist the break will result in a 0.2 deduction for each infraction.
- h. Moving a board holder or board after the referees states "Sijak" (begin) will not result in an immediate deduction but will affect the Presentation (see 8.C above) score.

10. Tiebreaker

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.

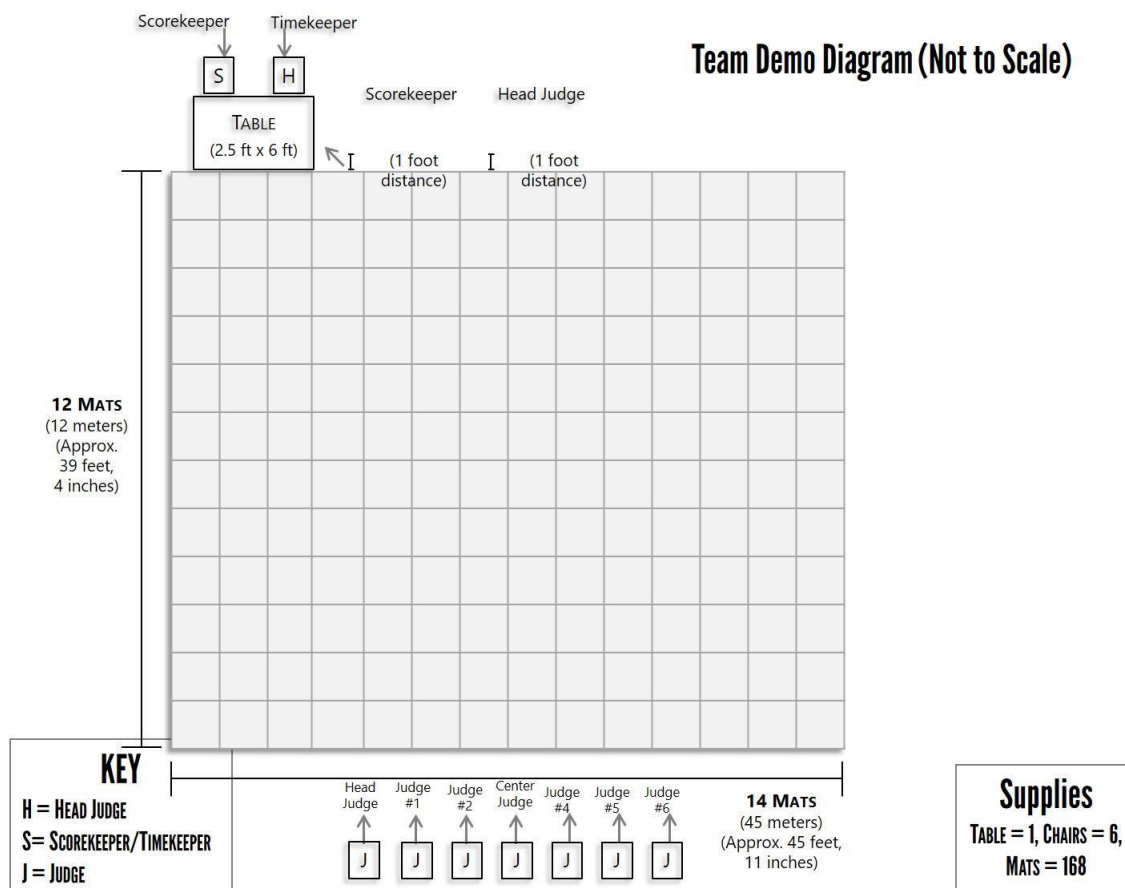


U.S. OPEN TAEKWONDO HANMADANG RULES

Updated 12/28/2022

TDC – Team Demonstration Championship
(5-40 Team Members, No Age Requirement, All Ages)
(Each team must select a team captain and team name.)
All Belts, All Ages, Maximum Points = 120 points

THE WINNING TEAM WILL PERFORM DURING THE OPENING CEREMONIES.
Please be prepared to perform your demo twice.





U.S. OPEN TAEKWONDO HANMADANG RULES

Updated 12/28/2022

1. Team Demonstration is a fusion of proper Taekwondo techniques in combination with several 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. Self Defense (can include weapons) – simulated fighting with 1 or more participants attacking 1 or more participants defending
 - iv. Board Breaking
 - Each team must attempt to break exactly 50 1/4-inch pine boards – no fewer or more than 50 1/4-inch boards can be used. Each team may determine how to break the 50 1/4-inch boards (can use spacers, holding devices, etc.)
 - Each team must attempt to break exactly 10 3/4-inch pine boards – no fewer or more than 10 3/4-inch boards can be used. Each team may determine how to break the 10 3/4-inch boards (can use spacers, holding devices, etc.)
 - 5 spare 1/4 inch boards can be brought onto the mat in case boards from the min/max 50 1/4 inch boards are broken in a transition. These 5 spare 1/4 inch boards will be inspected prior to competition and will be marked by black sharpies as the spare. No spare 3/4 inch boards can be brought onto the mat.

NOTE: This event will NOT incur the additional board fee of \$10. Each team is responsible for providing their own boards, props, etc. All boards will be measured and checked to ensure that they are the correct material and size (1/4 inch and 3/4 inch). If boards are not the correct size and material the Demonstration Team will be responsible for purchasing boards from the Organizing Committee at the competition site.

- In addition to the above required boards, team can break bricks or other items in accordance with clause 7 below regarding props. These optional breaks/techniques may be included in addition to the above required number of boards.

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 and must be emailed to info@usopentkd.com no later than Wed 11/2/22 at 10:00 AM. (Please bring a backup file on a music player or USB drive.) All music must be suitable for a family environment; no explicit lyrics.
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 participant and cannot pose a safety risk to the participant or the audience. Absolutely NO Pyrotechnics, fireworks (including poppers), or flame breaks. Confetti, glitter or similar product is prohibited. Chairs and trampolines are prohibited. Flowers and fruit are acceptable. Board stands, blocks, board holding devices, are considered props and CAN be used.
8. Only martial arts weapons are allowed. Any weapon blade must be dull and approved by the Organizing



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Updated 12/28/2022

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.)
 - 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 - (10 Points)
 - 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.



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- d. Accuracy and Execution of Techniques – Board Breaking and Other Breaking - (10 Points)
- i. Each team must attempt to break exactly 50 ¼-inch pine boards – no fewer or more than 50 ¼-inch boards can be used. Each team may determine how to break the 50 ¼-inch boards (can use spacers, holding devices, etc.)
 - ii. Each team must attempt to break exactly 10 ¾ inch pine boards – no fewer or more than 10 ¾ inch boards can be used. Each team may determine how to break the 10 ¾ 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.
- 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 – as soon as the Team’s name is called to enter the ring for your competition.

NOTE: In general, each participant’s uniform should be clean and pressed, and the belt should be tied correctly. However, the Organizing Committee understands that this is an “Open” tournament and there are various interpretations/standards for belt tying, etc. that are specific to each martial art school/style. Therefore, how the belt is tied and the uniform will not be considered in any score.



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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 (.5 point deduction for each occurrence). Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the foot steps out of bounds it will be considered out of bounds and result in a deduction.
 - 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. The only exception is that if a board is broken and pieces go out of the ring there will NOT be any deductions.
 - iii. All team members must remain on the mat at all times. Stepping off of the mat will result in a .5 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.



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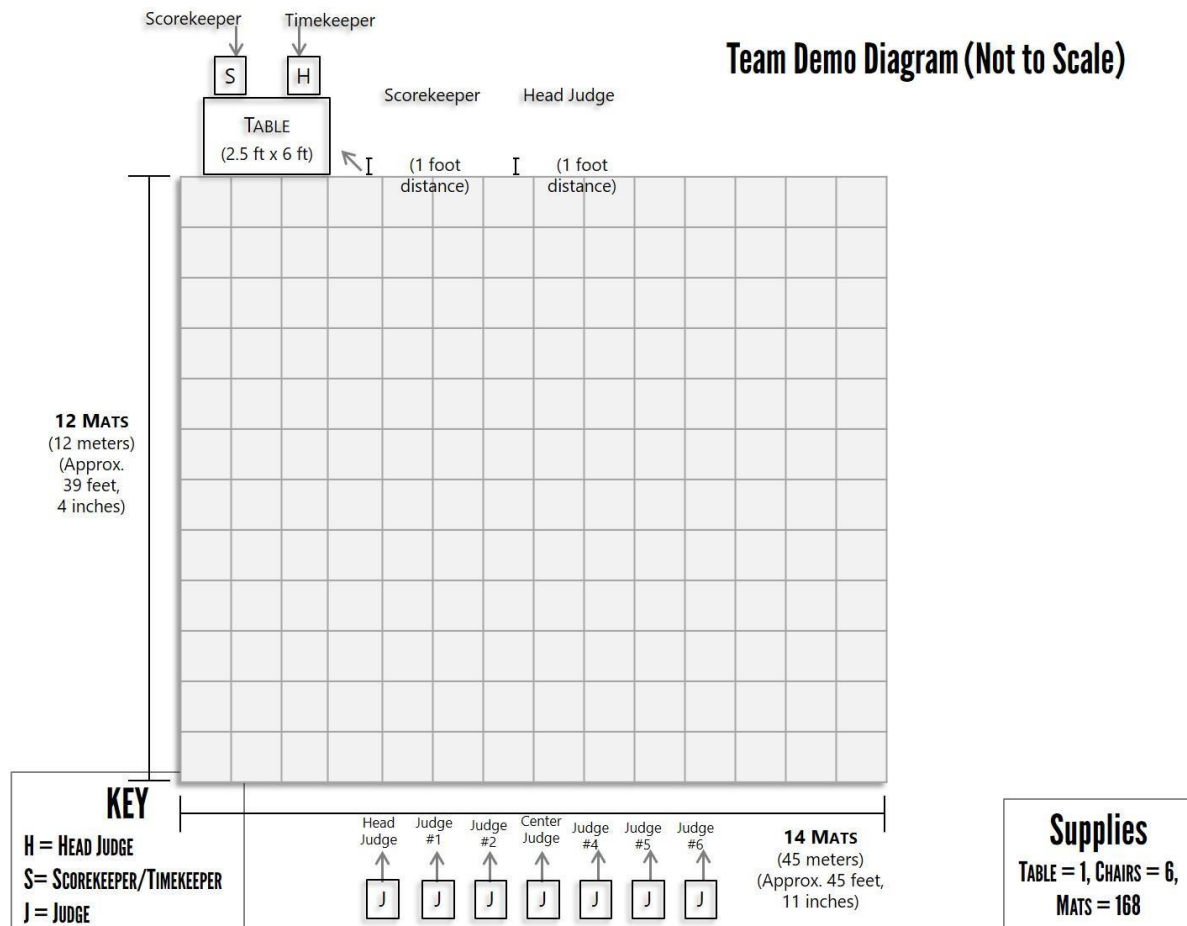
Updated 12/28/2022

TDR - Team Demonstration Recreational

(5-40 TEAM MEMBERS. AGE REQUIREMENT – Minimum of Four (4) Team Members Must be age 12 or Under.)
(Each team must select a team captain and team name)

All Belts, All Ages, Maximum Points = 120 Points

THE WINNING TEAM DOES NOT PERFORM AT THE OPENING CEREMONIES





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1. Team Demonstration is a fusion of proper Taekwondo techniques in combination with several 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. Self Defense (can include weapons) – simulated fighting with 1 or more participants attacking 1 or more participants defending
 - iv. Board Breaking
 - Each team must attempt to break exactly 50 1/4-inch pine boards – no fewer or more than 50 1/4-inch boards can be used. Each team may determine how to break the 50 1/4-inch boards (can use spacers, holding devices, etc.)
 - Each team must attempt to break exactly 10 3/4-inch pine boards – no fewer or more than 10 3/4-inch boards can be used. Each team may determine how to break the 10 3/4-inch boards (can use spacers, holding devices, etc.)
 - 5 spare 1/4 inch boards can be brought onto the mat in case boards from the min/max 50 1/4 inch boards are broken in a transition. These 5 spare 1/4 inch boards will be inspected prior to competition and will be marked by black sharpies as the spare. No spare 3/4 inch boards can be brought onto the mat.

NOTE: This event will NOT incur the additional board fee of \$10. Each team is responsible for providing their own boards, props, etc. All boards will be measured and checked to ensure that they are the correct material and size (1/4 inch and 3/4 inch). If boards are not the correct size and material the Demonstration Team will be responsible for purchasing boards from the Organizing Committee at the competition site.

- In addition to the above required boards, team can break bricks or other items in accordance with clause 7 below regarding props. These optional breaks/techniques may be included in addition to the above required number of boards.

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 and must be emailed to info@usopentkd.com no later than Wed 7/26/23 at 10:00 AM. (Please bring a backup file on a music player or USB drive.) All music must be suitable for a family environment; no explicit lyrics.
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 participant and cannot pose a safety risk to the participant or the audience. Absolutely NO Pyrotechnics, fireworks (including poppers), or flame breaks. Confetti, glitter or similar product is prohibited. Chairs and trampolines are prohibited. Flowers and fruit are acceptable. Board stands, blocks, board holding devices, are considered props and CAN be used.
8. Only martial arts weapons are allowed. Any weapon blade must be dull and approved by the Organizing Committee.



U.S. OPEN TAEKWONDO HANMADANG RULES

Updated 12/28/2022

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.)
- 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 - (10 Points)

- 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.
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d. Accuracy and Execution of Techniques – Board Breaking and Other Breaking - (10 Points)



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- i. Each team must attempt to break exactly 50 1/4-inch pine boards – no fewer or more than 50 1/4-inch boards can be used. Each team may determine how to break the 50 1/4-inch boards (can use spacers, holding devices, etc.)
 - ii. Each team must attempt to break exactly 10 3/4 inch pine boards – no fewer or more than 10 3/4 inch boards can be used. Each team may determine how to break the 10 3/4 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.
- 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.
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 - 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 – as soon as the Team’s name is called to enter the ring for your competition.

NOTE: In general, each participant’s uniform should be clean and pressed, and the belt should be tied correctly. However, the Organizing Committee understands that this is an “Open” tournament and there are various interpretations/standards for belt tying, etc. that are specific to each martial art school/style. Therefore, how the belt is tied and the uniform will not be considered in any score.

10. Procedural Deductions – To be deducted from final score, for procedural or other infractions not specifically covered by judging criteria.



U.S. OPEN TAEKWONDO HANMADANG RULES

Updated 12/28/2022

- 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 (.5 point deduction for each occurrence). Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the foot steps out of bounds it will be considered out of bounds and result in a deduction.
 - 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. The only exception is that if a board is broken and pieces go out of the ring there will NOT be any deductions.
 - iii. All team members must remain on the mat at all times. Stepping off of the mat will result in a .5 point deduction for each occurrence.
 - iv. Too many or too few team members (1 point deduction)
 - v. If a team does NOT have four (4) participants aged 12 or under the Recreational Demo Team will receive a five (5) point deduction for each shortage. The shortage of team members aged 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 aged 12 or under. The Recreational Demo Team will receive an automatic five (5) 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.