



U.S. OPEN TAEKWONDO HANMADANG RULES

Updated 7/13/2023

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.

	<u>CODE</u>	<u>TAEKWONDO EVENTS</u>
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 and Recreational Team Demo?

Yes! The William Hybl Scholarship Award is a cash prize and will be provided to the winners of the Demonstration Team competitions in the below format:

Demonstration Team Championship Division

- 1st place - \$3,000
- 2nd place - \$2,500
- 3rd place - \$2,000
- 4th place - \$750
- 5th place - \$500

Demonstration Team Recreational Division

- 1st place - \$2,000
- 2nd place - \$1,500
- 3rd place - \$1,000
- 4th place - \$500
- 5th place - \$250

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.
3. Due to the substantial prize money that will be awarded, no more than five (5) members on the Recreational Team can also compete on the same Dojang's Championship Team.

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. Due to the substantial prize money that will be awarded, no more than five (5) members on the Recreational Team can also compete on the same Dojang's Championship Team.

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 from 2:00 – 10:00 PM 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 acknowledged that 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.



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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.

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 Premier/Club level (advance price online only). Only 150 total available.

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

Saturday, July 29, 2023:

\$19 General Admission (advance price online only)

\$29 General Admission (at the door)

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

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

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

The Premier/Club level seating is premium seating (padded), access to premium concessions (for purchase), separate restrooms, and elevated seating. Sections 205, 206, and 207. **Participants do not need general admission tickets. However, if a participant wishes to use the Premier/Club level he or she MUST purchase a Premier/Club level ticket.**

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 participants can pick up their Olympic Museum Tickets at Participant badge pickup on Thursday July 27, 2023 from 2:00 – 10:00 PM at the Hilton Garden Inn. If you cannot pick up your badge on Thursday your Olympic Museum tickets will also be available at Participant Badge Pick up on Friday and Saturday at Ed Robson Arena.**

All family members and friends of U.S. Open Taekwondo Hanmadang will have access to discounted general admission tickets of \$17.95/adult and \$12.95/child. **Use the promo code "TKD23" or mention "U.S. Open Taekwondo Hanmadang" at the ticket counter to receive the discount.**



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

There will not be any parking available at the Ed Robson Arena Parking garage. 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.

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. **You can request to receive a para-aide pass by registering at <https://forms.gle/wf7KyYGuHiSiitvs5> or emailing info@usopentkd.com**

24. What equipment do I need for the 2020 Armor Sparring Competition?

Competitors will use 2020 Armor chest protector (hogu) and head gear that will be provided by the organizing committee. Competitors are responsible for bringing their own shin/instep, groin cup, arm pads, and mouth guard. Hand gloves are optional. Hand or foot protectors with sensors are not needed for the 2020 Armor.

25. Are there weigh-ins for sparring?

Sparring competitors ONLY are required to weigh-in the day prior to competition. No other divisions are required to weigh-in. Black belts that compete on Friday July 28, 2023 must weigh-in on Thursday July 27, 2023 from 2:00 – 10:00 PM at Participant badge pick up. Color belts that compete on Saturday July 29, 2023 must weigh-in on either Thursday July 27 from 2:00 – 10:00 PM or Friday July 28, 2023 from 7:30 AM – 9:30 AM.

26. Can I bring martial arts weapons into Ed Robson Arena?

Only martial arts weapons are allowed into Ed Robson Arena. Firearms are strictly prohibited. All martial arts weapons must be dull and approved for safety by the Organizing Committee. These weapons will be inspected and marked as approved on Thursday July 27, 2023 at participant badge pick up from 2:00 – 10:00 PM at the Hilton Garden Inn. If you cannot attend participant badge on Thursday you can receive approval at participant badge pickup on Friday and Saturday at Ed Robson Arena.

27. Are there coaches allowed?

Coaches will be allowed on the competition floor. In order to receive a coaches pass there is a **fee of \$90/coach**. All coaches must complete an **abbreviated** online Safesport review that will be 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 \$90 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.

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

28. 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.

29. 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.



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30. 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.

31. What is the schedule?

A schedule is available to view online at www.usopentkd.com under the "Event Info" 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 Thursday, July 27, 2023.

32. 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. Participants can bring in re-usable water bottles into the arena. They must be emptied prior to entering the arena.

33. Are there bags allowed in Ed Robson Arena?

Ed Robson Arena is a CLEAR BAG Policy venue. Only clear bags and small clutch-sizes purses are allowed at entry. For more details information please visit www.edrobsonarena.com. Taekwondo athletes can bring in an equipment bag but it will be searched prior to entry. All equipment bags will be searched every time you enter the arena.

34. 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.



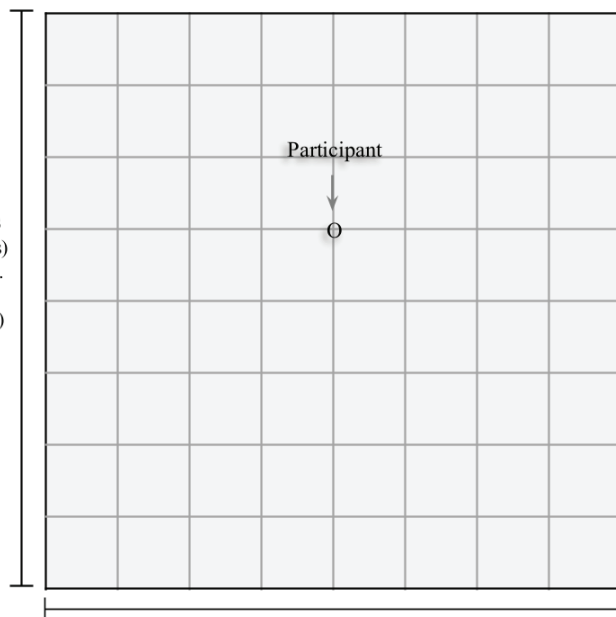
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ITF - INDIVIDUAL TRADITIONAL FORMS (POOMSAE)
(1 PARTICIPANT ONLY. NO AGE REQUIREMENT. ALL BELTS.)
Maximum Points = 90 points

**INDIVIDUAL
TRADITIONAL
FORMS (POOMSAE)
DIAGRAM**
(NOT TO SCALE)

8 MATS
(8 meters)
(Approx.
26 feet,
3 inches)



KEY
 S = SCOREKEEPER
 H = HEAD JUDGE
 J = JUDGE
 O = PARTICIPANT
 T = TIMEKEEPER
 □ = CHAIR

SUPPLIES
 TABLE = 1
 CHAIRS = 6
 MATS = 64

TABLE
(2.5 ft x 6 ft)
 T ← Timekeeper
 S ← Scorekeeper

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	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



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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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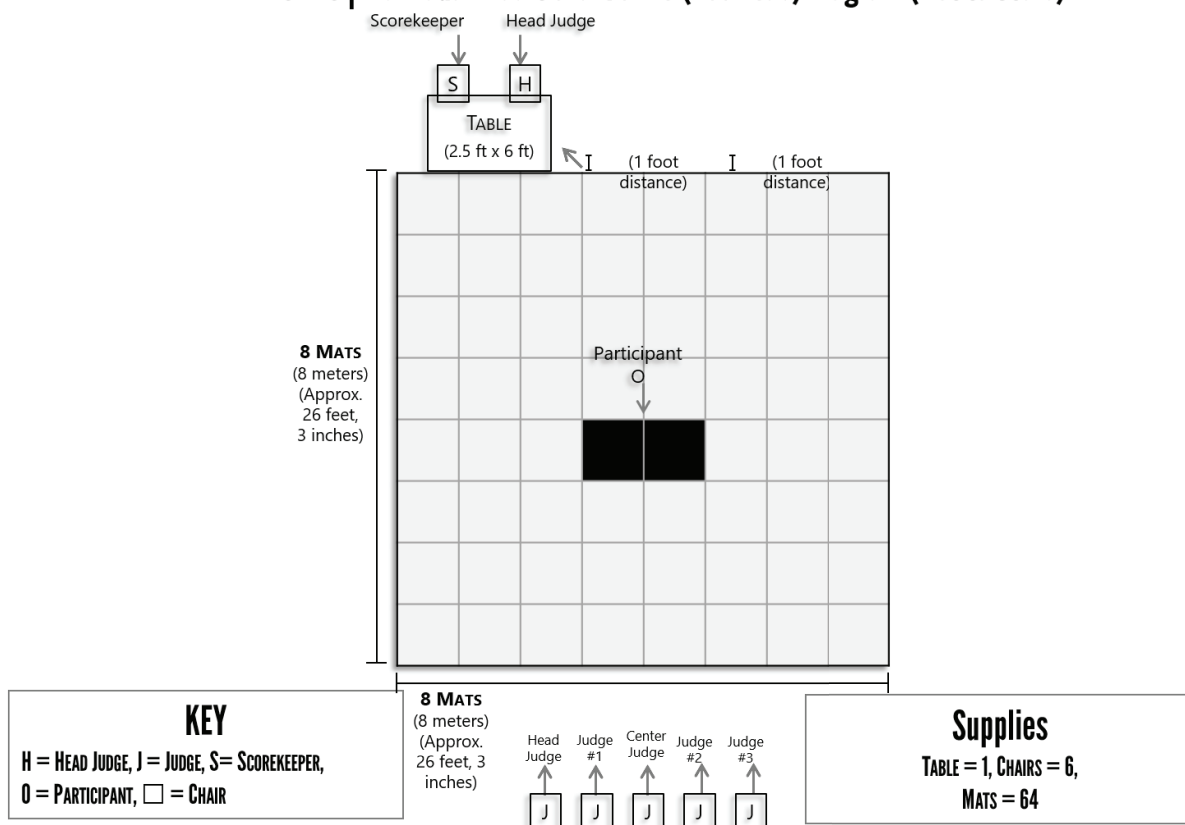
ITFP - INDIVIDUAL TRADITIONAL FORMS (POOMSAE) PARA-TAEKWONDO

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

Maximum Points = 90 points

Age	Division Name	7th/8th Geup 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	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

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)
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 - 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
 - i. 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.
 - ii. Participant exceeds the 120-second time limit (1 point deduction for every 10 seconds over time limit)
 - iii. Unsportsmanlike conduct (1 point deduction)
4. Tiebreaker

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.