

6th Annual Taekwondo 2024 HANMADANG CHAMPIONSHIP COMPETITION RULE BOOK

Poomsae

Attire: Full Taekwondo Uniform (Dobok Top and Bottoms)

Divisions by age and gender

Complete the Designated Poomsae(s)

No t-shirts

| DESIGNATED POOMSAE COLOR BELTS | | | |
|---|--|--------------------------|------------------------|
| AGE GROUP | ROUND 1 (CHOOSE ONLY 1 POOMSAE) FROM 1 CATEGORY | ROUND 2 TOP 6 | Final Match |
| 9 & UNDER | A) TAEGUK 1 OR 2 | Same As Previous Round | Same As Previous Round |
| | B) TAEGUK 3 OR 4 | | |
| | C) TAEGUK 5 OR 6 | | |
| | D) TAEGUK 7 OR 8 | | |
| 10-12 | A) TAEGUK 1 OR 2 | Same As Previous Round | Same As Previous Round |
| | B) TAEGUK 3 OR 4 | | |
| | C) TAEGUK 5 OR 6 | | |
| | D) TAEGUK 7 OR 8 | | |
| 13 & ABOVE | A) TAEGUK 1 OR 2 | Same As Previous Round | Same As Previous Roun |
| | A) TAEGUK 3 OR 4 | | |
| | B) TAEGUK 5 OR 6 | | |
| | C) TAEGUK 7 OR 8 | | |

- Color Belts will compete with the same chosen poomsae for all 3 rounds

| DESIGNATED POOMSAE BLACK BELTS | | | |
|-----------------------------------|----------|-------------|-------------|
| AGE GROUP | ROUND 1 | ROUND TOP 6 | Final Match |
| 9 & UNDER | TAEGUK 3 | TAEGUK 4 | KORYO |
| 10- 12 | TAEGUK 5 | TAEGUK 7 | KORYO |
| 13 & ABOVE | TAEGUK 6 | TAEGUK 8 | KORYO |

- Black belt's poomsae will change each round following the assigned poomsae

PENALTIES: If an athlete stops in the middle of a performance or restarts, points will be deducted 0.5.

First Round: Every athlete will individually perform their designated poomsae. They will be scored based on the point system from all three judges. All points from the first round will be added up together, while the lowest score and the highest score will be deducted from the ranking. The top 6 highest scorers will move on to the second round.

| Scoring Criteria | Details of Scoring Criteria | Point |
|--------------------|--|-------|
| Accuracy (4.0) | Accuracy in basic movement | 4.0 |
| | Accuracy in individual movement of the poomsae | |
| | Balance | |
| Presentation (6.0) | Speed and Power | 2.0 |
| | Rythm & Tempo | 2.0 |
| | Expression of Energy | 2.0 |

Second Round: Of the top six, the first and second highest scorer from the first round will automatically be placed in the quarter-finals. The other four highest-ranked will be placed in the semi-finals. Two athletes will perform the required poomsae of the second round, the judges will then choose the winner tournament style (no more point system, best out of the two). There will be a revival match to fight for third place.

Final Match: The top two of the second round will face off. The winner will be chosen tournament style. (There will only be one first, second, and third-place winner)

High Jump Breaking

(Must Be Done With Jumping Front Kick)

You will go into a kicking stance then proceed with a running start, jump, and break the board at the height given with your foot

Method of Contest: Cut-off System

Technical regulations

All contestants will be given two chances per round to break the board at the given height. Each round the board will be placed higher until one person is left standing.

For further assistance, please feel free to contact [Grand Master Dong IL Kim](#) at

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