

## What is Taekwondo?

Taekwondo is one of the most systematic and scientific Korean traditional martial arts, that teaches more than physical fighting skills. It is a discipline that shows ways of enhancing our spirit and life through training our body and mind. Today, it has become a global sport practiced by 60 million people, which has gained an international reputation, and stands among the official games in the Olympics.

The meaning of the word "Tae" "Kwon" "Do." It is composed of three parts as shown in the English spelling, though it is one word in Korean. "Tae" means "foot,;" "Kwon" means "fist"; and "Do" means the "way" or "discipline." If we put these three parts together, we can see two important concepts behind "Tae Kwon Do".

Taekwondo has been developing with the 5000-year long history of Korea, being called by several different names in the course. In Korea, Taekwondo began as a defence martial art called "Subak" or "Taekkyon," and developed as a way of training body and mind in the ancient kingdom of Koguryo, under the name of "Sunbae." In the Shilla period, it had become the backbone of Hwarangdo that aimed at producing leaders of the country

1909 saw the Japanese invade Korea, occupying the country for 36 years and a ban on the practice of all military arts for native Koreans by the Japanese resident general. This caused underground factions to travel to remote Buddhist temples to study the martial arts. Others left Korea to work and study in China and even Japan where they practiced their native fighting arts.

In Korea, Subak/ Taek Kyon was kept alive through the efforts of a number of masters of the Korean fighting arts.

The underground nature of the martial arts in Korea changed with the official introduction of Judo, Karate and Kung-fu in 1934 and the next two years saw a dramatic increase in interest in the martial arts throughout the country. Korea's liberation in 1945 saw its own fighting arts finally taking root and growing. For many years, a variety of Korean martial art styles existed throughout the country, varying according to the amount of influence each master had absorbed from Chinese and Japanese styles and the extent to which the native Subak/Taek Kyon had been modified over the years.

In Yong Chun, Seoul, 1945 saw the opening of the first Kwan (school) to teach a native Korean style of martial art. This dojang (gym) was named the Chung Do Kwan.

The Moo Duk Kwan and Yun Moo Kwan opened in 1946; the Chang Moo Kwan and Chi Do Kwan were founded over the next few years.

On April 11, 1955, a meeting convened to unify the various styles (Kwan's) for the mutual benefit of all schools and two years later the name Taek Kyon was once again changed, this time to Tae Kwon Do. This name accurately describes the nature of the arts use of hand and foot techniques, and bears resemblance to Taek Kyon. Tae Kwon Do has been the recognised name ever since. Most of the Kwan's merged under this common name

Taekwondo today is similar to the martial arts in other Oriental countries and shares some features with them, because in the course of its evolution it has gained many different styles that existed in the martial arts of the countries surrounding Korea, like Japan and China

But Taekwondo is very different from many such oriental martial arts. First, physically it is very dynamic with active movements that include a mirage of foot skills. Second, the principle physical movements are in simpatico with that of the mind and life as a whole. Third, it possesses dynamic poses from another perspective.

Taekwondo can be characterized by unity: the unity of body, mind, and life, and the unity of the pose ["poomsae"] and confrontation, and cracking down. When you do Taekwondo, you should make your mind peaceful and synchronize your mind with your movements, and extend this harmony to your life and society. This is how in Taekwondo the principle of physical movements, the principle of mind training, and the principle of life become one and the same. On the other hand, the right poomsae lead to the right confrontation, which will eventually produce great destructive power.

Taekwondo is a way of life, much like having a job, raising a family, fighting for a cause. What makes Taekwondo different from these is that it is an activity for survival in extremely antagonistic situations. One must always overcome the enemy that is trying to cause harm. But simply winning a fight is not

enough to guarantee one's safety, because the enemy may recuperate and attack again. Moreover, there may be many other enemies than the one that was just defeated. One cannot ever feel safe unless one gains permanent peace. To attain this permanent or lasting peace, one needs unity. This is what Taekwondo aim for. Otherwise Taekwondo would be no different from any other street-fighting skills.

Taekwondo pursues harmonious growth and improvements of life through its unique activities. This is why one could say Taekwondo is a way of life. To ultimately enable ourselves to lead more valuable lives, we would do well by finding the guiding principles deeply hidden in Taekwondo.

## **About UTA Taekwondo**

The World Taekwondo Federation (WTF) is the governing body for Taekwondo, with over 175 member nations. The Kukkiwon is The World Taekwondo Headquarters and the only official organisation authorised to issue Dan (Black Belt) certification. The British Taekwondo Control Board (BTCB) is the national governing body for WTF Taekwondo in UK. All recognised WTF Taekwondo groups in the UK must be registered with the BTCB.

The United Taekwondo Association (UTA), which UTA Northern Ireland is a part, is a group member of the BTCB. The UTA NI was established over 25 years ago. Chairman and Chief Instructor of the UTA in the UK is 8th Dan Grand Master T W Shin, who trained under 9th Dan Grand Master Kim Soon Bae. Grand Master Shin has established UTA status through maintaining a high standard of Taekwondo practice in the UK

To be successful in Taekwondo requires patience, self-discipline, and serious dedicated training. The UTA NI offers a carefully planned syllabus teaching effective self-defence, strength development, cardiovascular fitness, flexibility, and Olympic style fighting techniques, through a combination of mental and physical training.

Within UTA NI the underlying philosophies are never forgotten and through Etiquette, Modesty, Self-Control, Perseverance and Indomitable Spirit, the association continues to grow.

## **Benefits of Taekwondo training**

### **Physical Benefits**

Improved Reflexes and Coordination increases your performance in all Physical activities  
Increased Strength and Stamina boost your energy so you feel great all day long  
Increased Flexibility and Weight Control, for better overall fitness.  
Great Cardiovascular Work Out keeps you in good shape physically.

### **Mental Benefits**

Improved Concentration for better work and study habits.  
Stress Reduction & Increased Levels of Relaxation for a longer, healthier Life  
The Peace of Mind that comes from knowing that you are able to Protect Yourself & Your Family  
Increased Self Confidence & Self Discipline to develop a positive attitude toward life!

### **Taekwondo Etiquette**

Never Misuse the Art

No student can change schools without the prior permission from both instructors concerned

Be loyal to your instructor. Loyalty is an important part of Taekwondo philosophy

Remain courteous and modest at all times, including behaviour outside the Dojang

Always be helpful to students of more junior Grade and be prepared to pass on knowledge you have attained

Observe the Tenets of Taekwondo, Etiquette, Modesty, Perseverance, Self Control, and Indomitable Spirit

### **Conduct in the Dojang**

No Smoking, eating, or wearing of jewellery in the Dojang

Taekwondo suits must be washed and ironed with only UTA/WTF approved badges. Belt must be properly tied.

Ensure toe and finger Nails are cut to prevent injury.

Upon entering and leaving the Dojang bow to the flags

At the Beginning and end of training sessions bow to the instructor and most senior Black belt

If you approach the instructor bow before speaking

Address the instructor by Sir or Miss

When a student arrives late they should wait until recognised by the instructor before joining the class  
 When a student wishes to leave the hall (except in emergency) it is good manners to gain permission first  
 If a Master instructor enters the hall, the instructor on the floor or highest ranking student should call the class to attention and bow

## Ranking system

There are 10 grades between first starting Taekwondo and achieving black belt (1st Dan). These Levels are known as Kup Grades. You Work from 10th Kup (white belt) to 1st Kup (red belt with black tag), 1st Kup being the highest before Black belt. There are five coloured belts and then black belt. In between each full coloured belt there are coloured tags. Each Belt signifies the knowledge and understanding of the taekwondo practicer at that time during his/ her Taekwondo career.

Belt	Kup Grade	Belt & Meaning
	10th Kup	<b>White Belt</b> Signifies innocence as that of the beginning student who has no previous knowledge of Taekwondo
	9th Kup	
	8th Kup	<b>Yellow Belt</b> Signifies the earth from which a plant sprouts and takes root as the foundations of Taekwondo are being laid
	7th Kup	
	6th Kup	<b>Green Belt</b> Signifies the plants growth as Taekwondo skills begin to develop
	5th Kup	
	4th Kup	<b>Blue Belt</b> Signifies the heaven towards which the plant matures into a towering tree as training in Taekwondo progresses
	3rd Kup	
	2nd Kup	<b>Red Belt</b> Signifies danger cautioning the student to exercise control and warning opponents to stay away
	1st Kup	
Belt	Dan Grade	Belt & Meaning
	1st Dan - 9th Dan	<b>Black Belt</b> Opposite to White, therefore, signifies the maturity and proficiency in Taekwondo. Also indicates the wearer's imperviousness to darkness and fear

## Disciplines

You will experience these disciplines in Taekwondo classes.

## Basic Techniques

All Martial arts include basic techniques and WTF Taekwondo is no exception, these form the basis and platform for progression in standard and for up-grading and through the belt ranking. Taekwondo kicking techniques are the most prominent with basic and the more difficult flying and spinning kicks. Taekwondo also teaches defence with blocking techniques and offensive punching striking and thrusting actions performed in various stances and directions, these are the basic techniques and the foundation stone that the practitioner builds on to progress in Taekwondo .

## Set Sparring

Set Sparring is the traditional way which you learn how to apply taekwondo techniques to self defence.

### Three Step Set Sparring (*Sambon Kyorugi*)

Three step set sparring teaches the student many things including proper distance control, correct facing,

forearm conditioning, correct blocking, control of stance, counter attacks and timing.

The attacker will start with right leg behind in long stance, low block. He will then step forward three times with a punch. The defender will block three times then counter attack.

### **One Step Sparring** (*Hanbon Kyorugi*)

This form of sparring is completely different from free sparring. Sweeping techniques, arm locks, joint breaking techniques are all practiced. Distance, control and timing are of the utmost importance.

Attacker starts right leg back long stance low block and attacks once with the right. Once the student has defended with his technique the attack is then repeated with the left.

During one step students will be able to put into practice techniques learned during their technical training sessions.

### **Pad work**

Practiced with both hand and foot techniques, Taekwondo pad drills are an excellent form of training which helps develop good technique, timing, speed and stamina. Drills increase in complexity as the student advances through the grades.

### **Semi free sparring**

This type of sparring gives beginners the chance to practice basic kicking techniques whilst facing an opponent. Intermediate and advanced students use it for stamina, timing as well as for training their techniques.

Both students begin with right leg back in Kyorugi stance. When the command is given one for the student kicks and immediately after the other this continues.

When used for stamina exercise each kick should counter the previous.

This can start with only one kick at a time from each student, leading on to two kicks for two and on to three kicks attack one counter then repeated by other student.

### **Free Sparring** (*Kyorugi*)

Free sparring is basically putting into practice what has been learned so far. There is no pre-warning of attack. If practiced without protective equipment being worn, the emphasis should be on control and technique. Full contact sparring is allowed where adequate protection is worn and should take place under supervision of qualified instructor.

### **Self defence** (*Hosinsul*)

Hosinsul (self defence) is one of the main reasons for taekwondo training; it could be seen as an essential requirement in today's more violent society. Although taekwondo is a "self defence" the sport side focuses on scoring points to the body and head only. In real life (street) application. Hosinsul is a mixture of all kinds of techniques, which you learn during your taekwondo training, including kicking and striking techniques to vital target areas, ground defence, grab release techniques as well as defending against armed attackers etc

Self defence is something that cannot be practised alone. You will need a partner. You will learn how to react quickly and use the correct effective technique.

### **Stepping Techniques**

The ability to step smoothly and with speed is the utmost importance to be able to control the distance between yourself and your opponent. Therefore competition training involves practising a lot of stepping techniques. This also enables a student to develop good stamina and improve balance.

### **WTF Competition Kyorugi (Sparring)**

With WTF Taekwondo as an Olympic sport, a lot more emphasis has been placed on competition Taekwondo. Competitors (players) wear a body protector, head guard, groin guard, shin guards and arm guards. WTF Taekwondo is full contact sparring. Points are scored by full contact punches to the body, a kick to the body or a kick to the head.

Matches are judged by a head of court, referee and corner judges.

Training for competition is different from traditional Taekwondo therefore separate classes are held for these who wish to take up the challenge to compete in the sport side of the art. To be a Taekwondo champion takes extensive training and lots of hard work.

The most important fact about Taekwondo is that it is both a superior art of self-defence and a technique of mental discipline. It gives its practitioners self-confidence, self-respect, self-discipline, and coordination. These mental characteristics along with an improved physical ability are beneficial to the mental wellbeing of individuals. With its practical means of self-defence and its complete regimen of physical conditioning Taekwondo offers a total fitness program integrating mind, body, and spirit.

## **WTF Poomsae**

### **What is poomsae?**

Poomsae is the Korean equivalent of Kata in Japanese karate.

Poomsae (pattern) is a series of fundamental movements, mainly defence and attack, set in a logical sequence to deal with one or more imaginary opponents. Patterns are an indication of a student's progress. A barometer in evaluating an individual's technique

### **Why do we perform Poomsae?**

Poomsae are practised to improve Taekwondo techniques. When practising students develop flexibility of movement, mater body shifting, improves sparring techniques, balance and breathe control. Poomsae enable students to acquire techniques, which can not be obtained from other forms of training. Within the Taekwondo Training syllabus there are basic, Taeguk and Dan Grade Poomsae. Each Grade has a new one to learn, practice and master before moving to the next level.

### **When Performing poomsae the following points should be considered during its Presentation**

Skill

Accuracy of range/ volume of movements

Balance

Speed and power

Expression

Strength/speed/rhythm

Expression of energy, KI

### **Completion of poomsae can be achieved through hard training following these 5 steps:**

#### **Pattern**

The first step of training poomsae is to learn the pattern. Concentration of spirit, eyes, angles of movements must be emphasized in addition to the accuracy of actions.

#### **Significance**

In the next step, the emphasis must be laid on the balance, strength and weakness, low or high speed, respiration and poomsae line. The significance of movements, connection of poomsae and the complete poomsae must be learned correctly.

#### **Practical Use**

One must adapt what he has learned to his practical use, finding out the practicability.

#### **Self Style**

One must evaluate his findings about the effectiveness of what he has learned, comparing with his bodily structure, speed, strength, muscle strength, impulsive power, points of emphasis in training, etc., and moderate the techniques into his own style.

#### **Completion**

One achieves a synthetic accomplishment of poomsae training by mastering the art of Taekwondo techniques including Taekwondo spirit

## **Kup Poomsae**

Basic Pattern 01

Giboneil

Basic Pattern 02

Sajigjuligi

## TaeGuk Poomsae

### Meaning of Taeguk

Taeguk is the origin of all things in the universe.

Tae - means Enormity or Vastness

Guk - means Eternity

*"Taeguk represents the most profound oriental philosophy from which oriental philosophical views on the world, cosmos and life are derived. Taeguk has no form, no beginning, and no ending yet everything comes from Taeguk. Taeguk is something that contains the essence of everything."*



No.	Name	No. of Movements	Pattern Represents	Korean Symbol	Poomsae Line
1	TaeGuk II Jang	18	Heaven & Light	Keon	
2	TaeGuk Ee Jang	18	Joyfulness	Tae	
3	TaeGuk Sam Jang	20	Fire & Sun	Ri	
4	TaeGuk Sah Jang	20	Thunder	Jin	
5	TaeGuk Oh Jang	20	Wind	Seon	
6	TaeGuk Yuk Jang	23	Water	Gam	
7	TaeGuk Chil Jang	25	Mountain	Gan	
8	TaeGuk Pal Jang	24	Earth	Gon	

## Dan Grade Poomsae

### Poomsae

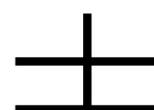
### Symbol / Chinese characters

### Poomsae Line

### Koryo (30 movements)

Koryo poomsae symbolises "*Seonbae*" which means "*Learned man*" characterised by a strong martial spirit. Koryo is the name of an ancient Korean Dynasty (AD 918 to 1392). The English word Korea is derived from Koryo. Koryo's legacy to the Korean people is very significant as they successfully defeated and thus defended Korea against the attacking aggression of the Mongolian Empire, who was sweeping the known world at the time. Consequently every movement of the pattern should demonstrate the conviction shown by the Korea people in their struggle with the Mongolians

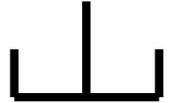
Learned man.



**Keumgang** (27 movements *Diamond*)

The word Keumgang means that which is too strong to be broken. The pattern is named after nature's strongest substance, diamond. Korea's most beautiful mountain is also called Keumgang and it is regarded as the centre of national spirit. The spirit of the mightiest warrior "*Keumgang Yoksa*", named by Buddha, should be shown when performing Poomsae Keumgang.

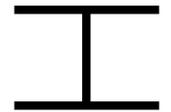
Mountain  
(Mt. Diamond)



**Taebeak** (26 movements *Mountain*)

The mythological story about the founding of Korea says that about 4,300 years ago the legendary Tangun founded the nation in Taebeak. Taebeak means "*Bright Mountain*". The line of the Poomsae is a Chinese character symbolising the bridge between Heaven and Earth, a nation founded by the order of heaven

Meaning  
Artisan.  
symbolising the  
bridge between  
Heaven and  
Earth, a nation  
founded by the  
order of  
heaven



**Pyongwon** (21 movements *Plain*)

The word Pyongwon means plain. A plain is the source of life for all creatures. The Poomsae Pyongwon is based on the idea of peace and struggle resulting from the principles of origin and use. The line of the pattern represents the origin and transformation of the plain.

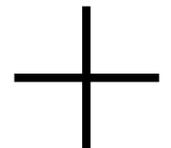
Meaning One.



**Sipjin** (28 movements *Decimal*)

The name Sipjin is derived from the number ten and longevity. It advocates there are 10 creatures of long life, namely, sun, moon, mountain, water, stone, pine tree, herb of eternal youth, tortoise, deer and crane. The line of the poomsae is the Chinese symbol meaning 10, signifying the infinite numbering of the decimal system and ceaseless development. Stability is sought in every movement of this poomsae.

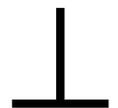
Meaning Ten.



**Jitae** (28 movements)

The word "Jitae" means a man standing on the ground with two feet, looking over the sky. A man on the earth represents the way of struggling for human life, such as kicking, trading and jumping on the ground. Therefore, the poomsae symbolizes various aspects occurring in the course of human being's struggle for existence. The new techniques introduced in this poomsae are han-son-nal-olgul-makki, keumkang-momtong-jireugi, and me-jumeok-yop-pyojeok-chigi only, and the poomsae line signified a man standing on earth to spring up toward the heaven.

Korean vowel,  
sounding "oh"  
poomsae line  
signified a man  
standing on  
earth to spring  
up toward the  
heaven.



**Chonkwon** (26 movements *the Heaven's Great Mighty*)

The word "*Chonkwon*" means the Heaven's Great Mighty, which is the origin of all the creature and itself the cosmos. Its infinite competence signifies the creation, change and completion. Human beings have

Korean vowel,  
sounding "wu"

used the name of Heaven for all principal earthly shapes and meanings because they felt afraid of the Heaven's mighty. Over 4,000 years ago, the founder of the Korean people, "*Hwanin*" meant the heavenly King. He settled down in the "*heavenly*" town as the capital near the heavenly sea and heavenly mountain, where the Han people as the heavenly race gave birth to the proper through and action from which Taekwondo was originated. The poomsae Chunkwon is based on such sublime history and thoughts.

The oneness between the Heaven and a human being.



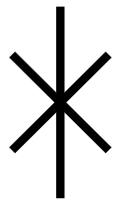
The new techniques introduced in this poomsae are nalgae-pyogi (wing opening), bam-jumeok-sosum-chigi (knuckle protruding fist springing chigi), hwidullo-makki (swinging makki), hwidullo-jabadangkigi (swinging and drawing), keumgang-yop-jireugi, taesan-milgi, etc., and a crouched walking manner.

The characteristics of movements are large actions and arm sections forming gentle curves, thus symbolizing the greatness of Chunkwon thought. The poomsae line "T" symbolizes a man coming down from the heaven, submitting to the will of Heaven, being endowed power by the Heaven and worshiping the Heaven, which means the oneness between the Heaven and a human being.

**Hansu (27 movements Water)**

The word "*Hansu*" means water is the source of substance preserving the life and growing all the creatures. Hansu symbolizes birth of a life and growth, strength & weakness, magnanimity & harmony, and adaptability. Especially, "*han*" has the various meanings, namely, the name of a country, numerousness, largeness, evenness, length and even the heaven and the root of evening, among others. Above all, the above significances, is the background of organizing this poomsae.

Meaning Water.



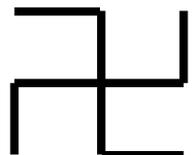
The new techniques introduced in this poomsae are son-nal-deung-momtong-hecho-makki, me-jumeok-yang-yopkuri (both flanks)-chigi, kodureo-khaljaebi, an-palmok-arae-pyojeok-makki, son-nal-keumgang-makki, etc., and also modum-bal as a stance.

Actions should be practiced softly like water but continuously like a drop of water gathering to make an ocean. The poomsae line symbolizes the Chinese letter that means water.

**Meaning of Ilyeo (23 movements Oneness)**

Ilyeo means the thought of a great Buddhist priest of Silla Dynasty, Saint Wonhyo, which is characterized by the philosophy of oneness of mind [spirit] and body [material]. It teaches that a point, a line or a circle ends up all in one. Therefore, the poomsae Ilyeo represents the harmonization of spirit and body, which is the essence of martial art, after a long training of various types of techniques and spiritual cultivation for completion of Taekwondo practice.

Symbolizes the Buddhist mark Reversed Swastika sign, which means a state of perfect selflessness in Buddhism.



The new techniques introduced in this poomsae are son-nal-olgul-makki, wesanteul-yop-chagi, du-son-pyo (two opened hands)-bitureo-jabadangkigi (twisting and pulling), twio-yop-chagi and the first stance of ogeum (knee back)-hakdari-seogi. Jumbi-seogi is the bo-jumeok-moa-seogi (wrapped-up fist moa-seogi), in which, as the last step of poomsae training, two wrapped-up fists are placed in front of the chin, which has the significance of unification and moderation, so

that the spiritual energy can flow freely into the body as well as the two hands. The line of poomsae symbolizes the Buddhist mark (swastika), in commemoration of saint Wonhyo, which means a state of perfect selflessness in Buddhism where origin, substance and service come into congruity.

## Grading Etiquette

During the grading the examiner will observe and mark the etiquette of the students. The points that the examiner will be looking at are listed through the next section.

### Clothing/Appearance

White belts (10th kups) may be excused from wearing a Taekwondo suit. They should however endeavour to wear a plain, preferably white, tee shirt and jog bottoms. All other grades shall wear a suit.

Taekwondo suits must be washed and ironed with only UTA/WTF approved badges. The belt must be properly tied.

Only ladies may wear a T-shirt under their uniform that must be white in colour.

All removable jewellery must be removed and nails cut to prevent injury.

### Dojang Etiquette during Grading

Persons waiting to be called up must sit or stretch quietly.

When called by name the person should respond with a loud "Sir" to the examiner and run to a designated spot and stand in attention stance.

When the person's name is asked for he/she should respond with his/her name and grade and finish with "Sir".

The person should only change stance when told to do so.

When asked to approach the table the person should stand in attention stance and finish any answer to the examiner with "Sir".

### Destruction etiquette

Adjust wood to desired position/height.

Bow to wood holders and to examiner.

Adjust position/practice kicks (maximum two times).

The person should single his intention to attempt the break by adopting a sparring stance and shouting (Ki-kap).

The break should be attempted and on completion the examiner should be bowed to.

## Marking System

### Over all Marks

50% or Below

51% to 64%

65% to 75%

76% to 100%

### Result

Fail

Low/ Weak Level Pass

Ordinary/Satisfactory Level Pass

Advanced Level Pass

### Kup Grading: Scoring

Grading Topic	Approach	Aspects being scored
<b>Stances</b> <b>10%</b>	A good solid stance making a hand technique more powerful. Hand techniques should coincide with the stances.	<ol style="list-style-type: none"> <li>1. Correct foot angles</li> <li>2. Correct knee angles</li> <li>3. Sliding across floor not slapping feet on the ground.</li> <li>4. Eye alignment correct</li> <li>5. Balance</li> </ol>

**Hand Techniques  
10%**

Techniques moving up and down the Dojang.

Freestyle blocks/kicks for 6<sup>th</sup> kup+ should include techniques from their highest poomsae.

Do not perform routines.

Do not perform techniques beyond your grade.

**Breathing**

Do not hold your breath when doing a technique, but do not make sounds on techniques other than Ki-up.

Spirit (be "switched" on)

**Kicking Techniques  
10%**

Techniques moving up and down the Dojang.

Freestyle blocks/kicks for 6<sup>th</sup> kup+ should include traditional techniques: jumping kicks.

Fighting an imaginary opponent up the mats.

Use of bit chagi's should be limited.

Being able to perform advance techniques and not being able to perform basic kicks correctly will be penalized.

**Smoothness**

The kick movements should be smooth and well blended from start to finish.

- initiation,  
extension,  
retraction and  
return to original stance

**Balance**

Kicks must be balanced. Both sides must be of satisfactory standard.

**Accuracy**

Accuracy of techniques to correct vital point level.

Correct foot position

**Relaxed**

Relaxed movements having power and speed.

1. Focus of sight on imaginary opponent (6<sup>th</sup> kup +).
2. Spirit (switched on)
3. Ki-ap / Breathing
4. Continuous balance during movements
5. High and low speed techniques
6. Exactness of techniques
7. Accuracy of techniques to vital target areas
8. Correct muscle tone for maximum power (7<sup>th</sup> kup +, 16yrs+)
9. Flexibility of the body
10. Volume of movement of technique.
11. Technique coinciding with stance
12. Eye alignment correct
13. Body angles correct
1. Focus of sight on imaginary opponent (6<sup>th</sup> kup +).
2. Fighting sprit
3. Ki-ap / Breathing
4. Continuous balance during movements
5. Exactness of techniques
6. Correct muscle tone for maximum power (7<sup>th</sup> kup +, 16yrs+)
7. Flexibility of the body
8. Fluid movement of the body
9. Striking with correct foot position
10. Eye alignment correct.

**Poomsae  
10%**

A good solid stance making a hand technique more powerful. Hand/foot techniques should coincide with the stances.

**Breathing**

Do not hold your breath when doing a technique, but do not make sounds on techniques other than Ki-up.

Spirit (be "switched" on)

**Smoothness**

The kick movements should be smooth and well blended from start to finish.

- initiation,  
extension,  
retraction and  
return to stance

**Balance**

Continuous balance during movements

**Accuracy**

Accuracy of techniques to correct vital target areas.

Exactness of techniques

1. Accuracy of Technique

- a. Accuracy of basic movements
- b. Details of each poomsae correct

2. Presentation

Skill

- a. Accuracy of range of movements
- b. Balance
- c. Speed and power

Expression

- a. Strength/speed/rhythm
- b. Expression of energy

**3 step / 1  
step self  
defence  
10%**

3 step and 1 step

This is Technique nil self Defense, there for all the aspects of hand techniques, stances and kicking techniques are required

Good solid stances, good hand techniques and good kicking techniques to the correct targets with focus and power. Poor techniques will lose marks.

1. Focus on opponent

2. Spirit (switched on)

3. Ki-ap / Breathing

4. Continuous balance during movements

5. Exactness of techniques

6. Accuracy of techniques to vital targets

7. Correct muscle tone for maximum power (7<sup>th</sup> kup +, 16yrs+)

8. Flexibility of the body

9. Volume of movement of technique.

10. Technique coinciding with stance

11. Eye alignment correct

12. Fluid movement of the Body

13. Blocking/ Striking with correct hand/ foot position

**Semi-free sparring 5%**

Not to be considered as drills but as controlled free-sparring.

Good use of stepping techniques to avoid kicks. A lot of marks are lost in the semi-free sparring because students just stand flat footed or just 'plod' backwards.

Semi-free sparring is a chance to demonstrate sparring techniques (speed, agility, good combinations, good stepping and movement, quick reaction, etc.) without the opponent counter attacking with contact.

Senior Grades and Dan grades may be asked to perform 1 to 1 Jump kicks and double techniques. Stepping, movement, speed, agility and reaction are also needed here.

1. Focus of sight on imaginary opponent (6<sup>th</sup> kup +).
2. Fighting spirit Ki-ap / Breathing
3. Continuous balance during movements
4. Exactness of techniques
5. Correct muscle tone for maximum power (7<sup>th</sup> kup +, 16yrs+)
6. Flexibility of the body
7. Fluid movement of the body
8. Striking with correct foot position
9. Eye alignment correct.

**WTF free sparring 10%**

Show up-to-date tactics and techniques.

Sparring must show good control of techniques.

Those who show lack of concern for their partner's welfare in sparring or self-defence will fail.

Full contact will not be allowed.

Inappropriate 'fancy kicks' are not expected.  
Competition techniques bit chagi; back kick, axe kick, and double kicks from higher grades are to be used, particularly from 6<sup>th</sup> kup+.

1. Focus of sight and shows a level of fighting spirit.
2. Correct stance. (foot/ body alignment correct) Moving on toes/shimmies/alert.
3. Applies sensible attack techniques to make a controlled point.
4. Continuous balance during movements
5. Has sufficient leg power/speed/quickness to make a point.
6. Use of Ki-up
7. Has an evasive defense plus applying the closing-in technique to stop.
8. Counters (including moving 45o deg angles, closing down tech).
9. Shows an awareness of tactics (eg. how to cope with and aggressive fighter and could explain them if asked. (Adjustment of techniques)

**Stepping  
10%**

Moving forward and backward against an imaginary opponent in a sparring style manner when moving up and down Dojang.

Use of stepping during Sparring and semi free sparring

Bursts of steps, as in sparring, and not one long continuous constant speed across mats.

Use of feints to be included.

1. Focus on imaginary opponent/ opponent
2. Spirit
3. Ki-ap
4. Continuous balance during movements
5. Maintains a correct sparring stance
6. Eye alignment
7. Speed
8. Relaxed Fluid movement of the body

**Honsinsul  
10%**

Techniques must be effective in defending the attack and some form of counter attack is applied. If a bad foot position leads to weak, ineffectual techniques then they will lose marks. Students are being marked on their ability to defend themselves, using Taekwondo techniques.

A good solid stance making a hand/foot technique more powerful is required. Hand/foot techniques should coincide with the stances.

Spirit (be "switched" on)

Accuracy

Accuracy of techniques to correct vital target area.

Correct foot/ hand position of strike/ kick

Balance

Continuous balance during movements

Return to defensive position after counter has been delivered (Kyorugi stance)

1. Skilful application of foot and hand techniques
2. Taekwondo based techniques
3. Slow deliberate techniques to show defence.
4. Controlled techniques
5. Focus on appropriate vital target areas.
6. Spirit
7. Continuous balance during movements
8. Reaction to the attack.
9. Positioning after counter attack has had effect.

**Destruction / Power test 5%**

This is a demonstration of technique and power; however the most important thing is the correctness of technique being displayed. It is not a real concern if the board does not break, as long as the correct technique, approach and a determined spirit has been displayed

Some one who uses the correct and well preformed technique, will not be disadvantaged if they do not break the board over a student who breaks the board, but does not do perform correctly with Technique nil Accuracy.

1. Etiquette (bowing to examiners/board holders)
2. Stance
3. Body distance / position to target
4. Accuracy of Technique
5. Exactness of techniques - Correct leg/hand movement
6. Correct contact of foot/hand part with target
7. Determined spirit / ki-ap
8. Retrieval of leg/arm
9. Fluid movement of the body
10. Return to stance
11. Continuous balance during movements
12. Bowing to examiners

**Knowledge 5%**

Written exam, Before or After Practical exam

Makes up 5% of the over all score of the Grading.

**Etiquette 5%**

Showing tenets:  
 Demonstrating self control during sparring,  
 Demonstrating perseverance and indomitable spirit when tired (instead of just kicking knee height or acting in a way to show everyone how tired they are).  
 Maintaining etiquette throughout the grading  
 Maintaining self control particularly in sparring. N.B. Loss of self-control i.e. purposefully trying to hurt your partner will lead to disciplinary procedures.

1. Standing properly to attention.
2. Bowing properly at the appropriate places,
3. Having a clean, well presented appearance, properly tied belt.
4. Adhering to the tenets of Taekwondo
5. Spirit
6. Maintaining etiquette throughout
7. Showing respect to fellow students

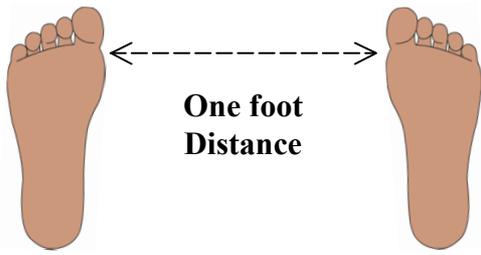
**Basic Taekwondo Stances**

**Attention Stance (Charyot/ Moya Seogi)**



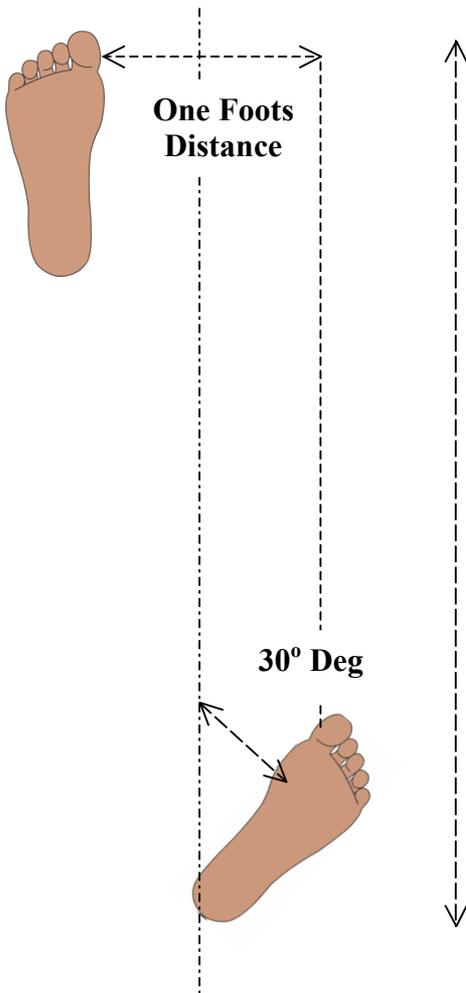
**Parallel Stance (Narani Seogi)**

**Both feet touching, weight should spread equally between the feet.**



**Feet should be parallel, One foot Distance between the feet. Weight spread equally**

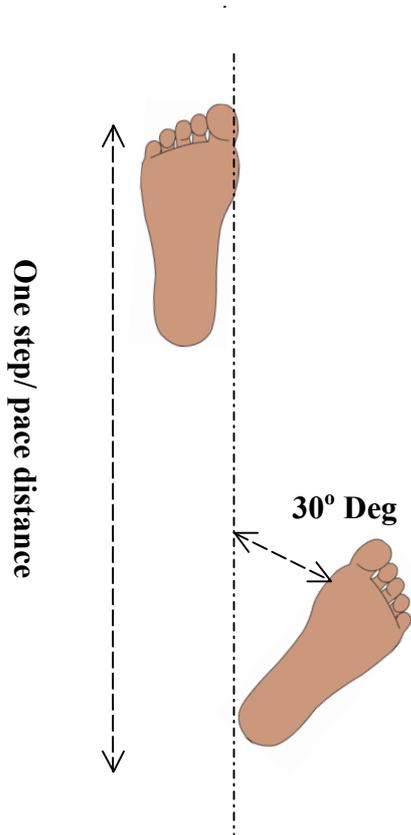
**Long Stance (Ap Koobi Seogi)**



**One foot distance between the feet, front foot steps forward one and 1/2 steps/ pace, front Knee is bent until you can just see the toes and the shin runs vertical between the angel and knee. Rear foot turns out at a 30° degree angle, rear leg should be straight. Balance should be divided equally between feet, weight should be forward by 2/3 During a blocking technique the angle of the body should be at 30°degrees.**

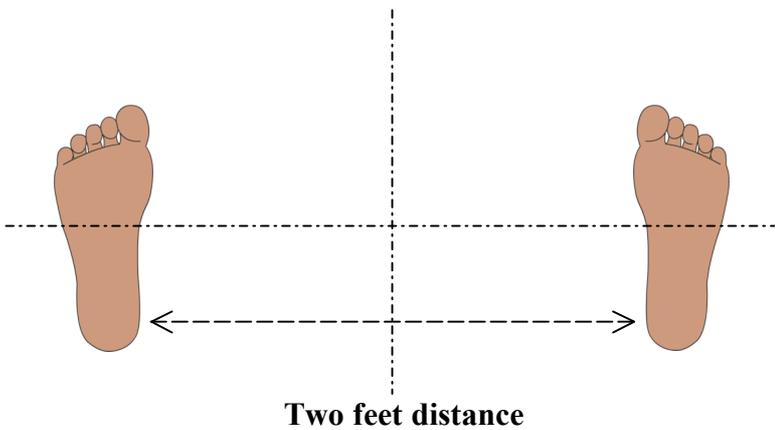
**One and 1/2 steps/ pace**

**Walking Stance (Ap Seogi)**



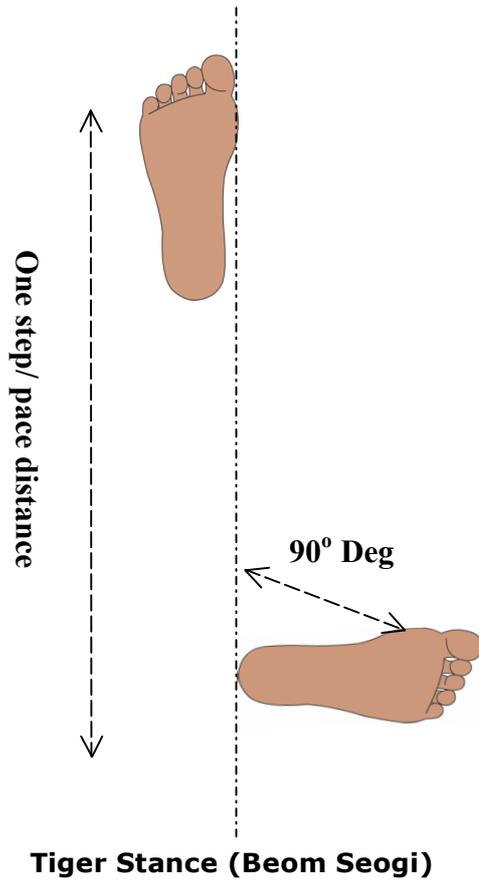
**Front foot steps forward one step/pace, Rear foot turns out at a 30° degree angle, and both legs should be straight. Balance and weight should be divided equally between the feet. During a blocking technique the angle of the body should be at 30°degrees**

**Horse Riding Stance (Joochum Seogi)**

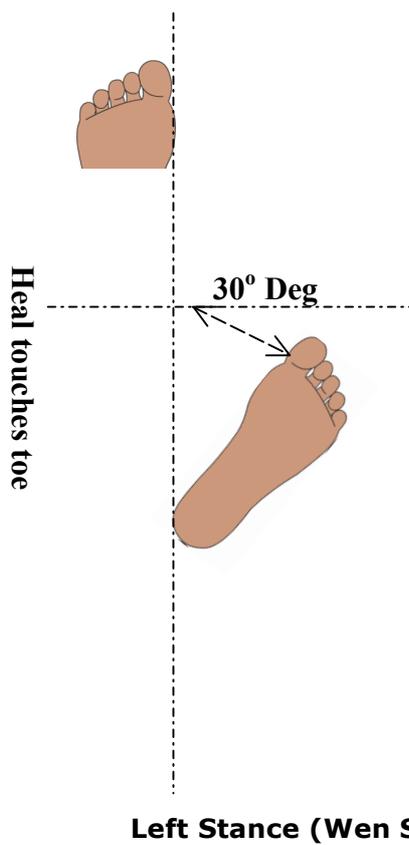


**Step out the left leg by two feet distance, keep the feet parallel and bend the legs to 120° degrees. The weight and balance should be spread equally.**

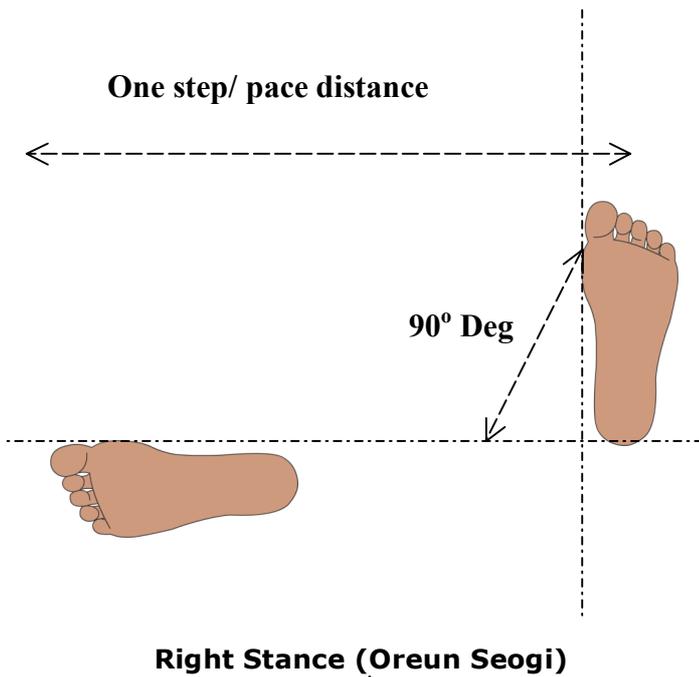
**Back Stance ( Dwi Koobi Seogi)**



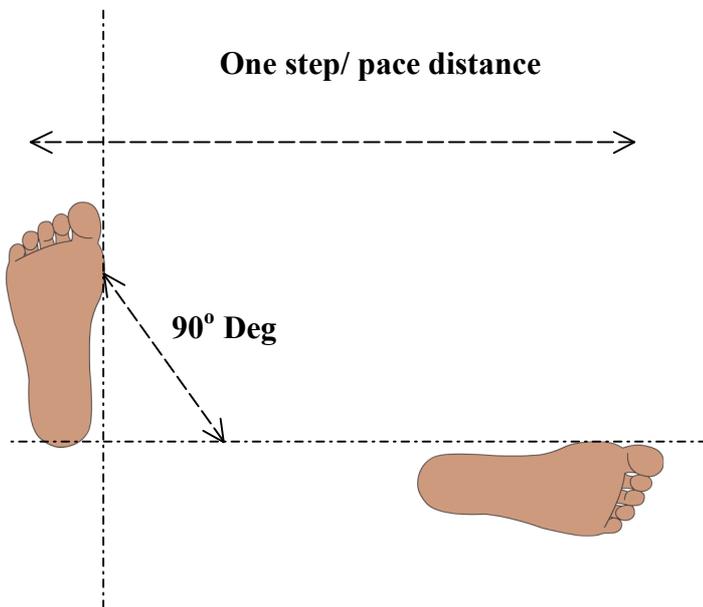
Front foot steps forward one step/ pace, Rear foot turns out at a 90° degree angle, and both legs should be at 120° degrees. Balance and weight should be 70% on the rear leg and 30% on the forward leg. During a blocking technique the angle of the body should be at 30° degrees



Front foot steps forward, heel to toe. Rise onto the ball of the forward foot, the rear foot turns out at a 30° degree angle Both legs should bend and the balance and weight should be at 90% on the rear leg and 10% on the forward leg. During a blocking technique the angle of the body should be at 30° degrees



**Left foot steps out one step/ pace,  
Right foot turns out at a 90° degree  
angle, and both legs should be straight.  
Balance and weight should be divided  
equally between feet  
During a blocking technique the angle  
of the body should be at 30°degrees**



**Right foot steps out one step/ pace,  
Left foot turns out at a 90° degree  
angle, and both legs should be straight.  
Balance and weight should be divided  
equally between feet  
During a blocking technique the angle  
of the body should be at 30°degrees**

## Three Step Set Sparring (*Sambon Kyorugi*)

### Number 1

#### Attacker

- a. Ready stance (Jumbi)
- b. Steps right leg back long stance low section block. Ki-Kap
- d. On the defenders Ki-kap steps forward middle punch right fist
- f. Step forward long stance middle section punch left fist
- h. Step forward long stance middle section punch right fist

#### Defender

- a. Ready stance (Jumbi)
- c. Ki- kap (to start attack)
- e. Defender. Step back right foot into long stance execute a thumb  
side middle section block left arm
- g. Defender. Step back left foot into long stance execute a thumb  
side middle section block right arm
- i. Defender. Step back right foot into long stance execute a thumb  
side middle section block left arm
- j. Counter with a punch with the right fist to middle section of  
Attacker. Ki-kap

### Number 2

#### Attacker

- a. Ready stance (Jumbi)
- b. Steps right leg back long stance low section block. . Ki-Kap
- d. On the defenders Ki-kap steps forward middle punch right fist
- f. Step forward long stance middle section punch left fist
- h. Step forward long stance middle section punch right fist

#### Defender

- a. Ready stance (Jumbi)
- c. Ki- kap (to start attack)
- e. Defender. Step back left foot into back stance execute a inward  
middle section block right arm
- g. Defender. Step back right foot into back stance execute a  
inward middle section block left arm
- i. Defender. Step back left foot into back stance execute a inward  
middle section block right arm
- j. Counter with a back fist with the right fist to the face of  
attacker remaining in back stance Ki-kap

### Number 3

#### Attacker

- a. Ready stance (Jumbi)
- b. Steps right leg back long stance low section block. . Ki-Kap
- d. On the defenders Ki-kap steps forward middle punch right fist
- f. Step forward long stance middle section punch left fist
- h. Step forward long stance middle section punch right fist

#### Defender

- a. Ready stance (Jumbi)
- c. Ki- kap (to start attack)
- e. Defender. Step back left foot into back stance execute a finger  
side middle section block right arm
- g. Defender. Step back right foot into back stance execute a finger  
side middle section block left arm
- i. Defender. Step back left foot into back stance execute a finger  
side middle section block right arm
- j. Step the left foot to the side into horse ridding stance and  
Counter with a double punch, left fist leading then the right to

Number 4

Attacker

- a. Ready stance (Jumbi)
- b. Steps right leg back long stance low section block. Ki-Kap
- d. On the defenders Ki-kap steps forward middle punch right fist
- f. Step forward long stance middle section punch left fist
- h. Step forward long stance middle section punch right fist

Defender

- a. Ready stance (Jumbi)
- c. Ki- kap (to start attack)
- e. Defender. Step back left foot into back stance execute a finger  
side knife hand middle section block right arm
- g. Defender. Step back right foot into back stance execute a finger  
side knife hand middle section block left arm
- i. Defender. Step back left foot into back stance execute a finger  
side knife hand middle section block right arm
- j. Remain in back stance and counter with a right knife hand  
strike to the floating ribs of the opponent Ki-kap

Number 5

Attacker

- a. Ready stance (Jumbi)
- b. Steps right leg back long stance low section block. Ki-Kap
- d. On the defenders Ki-kap steps forward middle punch right fist
- f. Step forward long stance middle section punch left fist
- h. Step forward long stance middle section punch right fist

Defender

- a. Ready stance (Jumbi)
- c. Ki- kap (to start attack)
- e. Defender. Step back right foot into back stance execute a finger  
side middle section block left arm
- g. Defender. Step back left foot into back stance execute a finger  
side middle section block right arm
- i. Defender. Step right foot to 45 deg to the side into horse  
ridding stance, execute a finger side middle section block with  
the left arm and at the same time counter with a right punch to  
the face Ki-kap

Number 6

Attacker

- a. Ready stance (Jumbi)
- b. Steps right leg back long stance low section block. Ki-Kap
- d. On the defenders Ki-kap steps forward middle punch right fist
- f. Step forward long stance middle section punch left fist
- h. Step forward long stance middle section punch right fist

Defender

- a. Ready stance (Jumbi)
- c. Ki- kap (to start attack)
- e. Defender. Step back right foot into back stance execute a finger  
side knife hand middle section block left arm
- g. Defender. Step back left foot into back stance execute a finger  
side knife hand middle section block right arm
- i. Defender. Step right foot to 45 deg to the side into horse  
ridding stance, execute a finger side knife hand middle section  
block with the left arm and at the same time counter with a right  
inward knife hand strike to the neck Ki-yap

Number 7

Attacker

- a. Ready stance (Jumbi)
- b. Steps right leg back long stance low section block. Ki-Kap
- d. On the defenders Ki-kap steps forward middle punch right fist
- f. Step forward long stance middle section punch left fist
- h. Step forward long stance middle section punch right fist

Defender

- a. Ready stance (Jumbi)
- c. Ki- kap (to start attack)
- e. Defender. Step back right foot into back stance execute a finger side middle section block left arm
- g. Defender. Step back left foot into back stance execute a finger side middle section block right arm
- i. Defender. Step right foot to 45 deg to the side into sparring stance, execute a front kick with back leg (right) land in long stance and execute a double punch, right fist high section followed by left fist middle section Ki-kap

Number 8

Attacker

- a. Ready stance (Jumbi)
- b. Steps right leg back long stance low section block. Ki-Kap
- d. On the defenders Ki-kap steps forward middle punch right fist
- f. Step forward long stance middle section punch left fist
- h. Step forward long stance middle section punch right fist

Defender

- a. Ready stance (Jumbi)
- c. Ki- kap (to start attack)
- e. Defender. Step back right foot into back stance execute a finger side Knife hand middle section block left arm
- g. Defender. Step back left foot into back stance execute a finger side knife hand middle section block right arm
- i. Defender. Step right foot to 45 deg to the side into sparring stance, execute a side kick with back leg (right) land in long stance and execute a back fist to the face of the opponent  
Ki-kap

Number 9

Attacker

- a. Ready stance (Jumbi)
- b. Steps right leg back long stance low section block. Ki-Kap
- d. On the defenders Ki-kap steps forward middle punch right fist
- f. Step forward long stance middle section punch left fist
- h. Step forward long stance middle section punch right fist

Defender

- a. Ready stance (Jumbi)
- c. Ki- kap (to start attack)
- e. Defender. Step back left foot into back stance execute a middle section palm block right arm
- g. Defender. Step back right foot into back stance execute a middle section palm block left arm
- i. Defender. Step back left foot into back stance execute a middle section palm block right arm
- j. Back step in to horse riding stance and counter with a left elbow strike to the middle section, pivoting on the left foot  
move into long stance 90 deg to opponent and

execute a high

section right fist punch to the side of the face Ki-kap

Number 10

Attacker

a. Ready stance (Jumbi)

b. Steps right leg back long stance low section block. Ki-Kap

d. On the defenders Ki-kap steps forward middle punch right fist

f. Step forward long stance middle section punch left fist

h. Step forward long stance middle section punch right fist

Defender

a. Ready stance (Jumbi)

c. Ki- kap (to start attack)

e. Defender. Step back right foot into back stance execute a

middle section palm block left arm

g. Defender. Step back left foot into back stance execute a middle

section palm block right arm

i. Defender. Step back right foot into back stance execute a

middle section palm block left arm

j. Defender executes a middle section turning kick with back leg

(right), lands in long stance. Steps up and

executes a downward

right handed hammer strike to the opponents

shoulder. Ki-kap

Number 11

Attacker

a. Ready stance (Jumbi)

b. Steps right leg back long stance low section block. Ki-Kap

d. On the defenders Ki-kap steps forward middle punch right fist

f. Step forward long stance middle section punch left fist

h. Step forward long stance middle section punch right fist

Defender

a. Ready stance (Jumbi)

c. Ki- kap (to start attack)

e. Defender. Step back left foot into back stance execute a finger

side knife hand middle section block right arm

g. Defender. Step back right foot into back stance execute a finger

side knife hand middle section block left arm

i. Defender. Step back left foot into back stance execute a finger

side knife hand middle section block right arm

j. Remain in back stance and execute a left hand grasping

technique to the opponents attacking arm, twist the attacker

downward and execute a front kick to the face with left foot.

Ki-kap

Number 12

Attacker

a. Ready stance (Jumbi)

b. Steps right leg back long stance low section block. Ki-Kap

d. On the defenders Ki-kap steps forward middle punch right fist

f. Step forward long stance middle section punch left fist

h. Step forward long stance middle section punch

Defender

a. Ready stance (Jumbi)

c. Ki- kap (to start attack)

e. Defender. Step back right foot into back stance execute a finger

side Knife hand middle section block left arm

g. Defender. Step back left foot into back stance execute a finger

side knife hand middle section block right arm

i. Defender. Step back right foot into back stance execute a finger

right fist

side Knife hand middle section block left arm  
 j. Defender Grasp the attackers arm with the left  
 hand, change  
 into long stance and execute an arc hand strike to  
 the neck,  
 followed by a right leg sweep. Apply arm lock in  
 long stance  
 and counter punch with right fist. Ki-kap

## Knowledge

### 10<sup>th</sup> Kup (White Belt) - 9<sup>th</sup> Kup (Yellow Tag)

Meaning of Taekwondo	The way (do) of foot (tae) and fist (kwon).
Country of origin	Korea
Meaning of WTF	World Taekwondo Federation
Meaning of TANI	Taekwondo Association of Northern Ireland
Meaning of UTA	United Taekwondo Association
Name in English:	
Stances	
Kicks	
Blocks	
Tenets of Taekwondo	Etiquette, Modesty, Perseverance, Self Control, Indomitable Spirit
Count 1 - 10 in Korean:	(1) Hanna (2) Dool (3) Set (4) Net (5) Dasut, (6) Yausut (7) ilgope (8) Yaudul (9) Ahop (10) Yaul
President of WTF	Dr Chungwon Choue
Headquarters of WTF	Kuk Ki Won
Kukkiwon was build in:	1972
Show how to make:	Fist knife hand
International Taekwondo Oath	As a student of Taekwondo I shall never misuse Taekwondo I shall observe the tenets of Taekwondo I shall respect my instructor and seniors I shall be a champion of freedom and justice I shall build a more peaceful world

**9<sup>th</sup> Kup (Yellow Tag) - 8<sup>th</sup> Kup (Yellow Belt)**

**KNOWLEDGE**

Korean for:

Stance	Seogi	High section block	Eogool Makki
Long stance	Apkoobi Seogi	Thumb side forearm	An Palmok Makki
Walking stance	Ap Seogi	block	Bakat Palmok Makki
Back stance	Dwikoobi Seogi	finger side forearm	An Makki
Horse stance	Joochum Seogi	block	Sonnal Makki
Attention stance	Charyot Seogi	Stabbing block	Chigi
Bow	Kyong Ye	Knife hand block	Jirugi
Ready stance	Junbi	Strike	Deung Jeomok
Low section	Arae	Punch	Sonnal Chigi
Middle section	Momtong	Back fist strike	Chagi
High section	Eogool	Knife hand strike	Ap Chagi
Block	Makki	Kick	Yop Chagi
Low section block	Arae Makki	Front kick	Dolyo Chagi
Middle section block	Momtong Makki	Side kick	Dwi Chagi
	Heaven and Light, 18	Turning kick	Chigo Chagi
	moves	Back kick	
		Axe kick	

Meaning of Taeguk 1 (IL Jang) and number of movements -

Heaven and Light 18 Movements

Meaning of white belt

*Meaning of white belt* – signifies innocence as that of the beginning student who has no previous knowledge of Taekwondo.

**8<sup>th</sup> Kup (Yellow Belt) - 7<sup>th</sup> Kup (Green Tag)**

Korean for:

Uniform	Dobok	Reverse knife hand	Sonnal Deung Makki
Training hall	Dojang	block	Batang Son Chigi
Belt	Tee	Palm strike	Mok Chigi
Instructor	Sa Boem Nim	Neck strike	Deung Jeomok Chigi
Pattern	Poomsae	Back fist strike	Dwi Yop Chagi
Start	Shijak	Back side kick	An Bandal Chagi
Stop	Geuman	Inward Crescent kick	Bakat Bandal Chagi
Turn around	Dwiro Dorra	Outward Crescent	Ap Oligi Chagi
Block	Makki	kick	Godero Makki
		Rising kick	Batang Son Makki
		Guarding block	
		Palm block	

Meaning of Taeguk 2: (Ee Jang)

Joyfulness, 18 movements

Meaning of Yellow Belt

*Meaning of Yellow Belt* – Signifies the earth from which a plant sprouts and takes root as the foundations of Taekwondo are being laid

**UTA OATH**

As a member of Taekwondo, I do solemnly pledge to abide by the rules and regulations of the United Taekwondo Association. To strive always to be modest, courteous and respectful to all members, in particular to my seniors. To put the art into use only for self-defence, or in defence of the weak, and never to abuse my knowledge of the art.

**7<sup>th</sup> Kup (Green Tag) - 6<sup>th</sup> Kup (Green Belt)**

Korean for:			
Pattern	Poomsae	Hammer fist strike	Mei jeomok chigi
Sparring	Gyorugi	Elbow strike	Palkop chigi
Breaking	Kyukpa	Thrust	Chirugi
Master	Kwan Chang Nim	Finger tip strike	Pyonsonkeut chirugi
Flag	Kook Gie	Ridge hand strike	Sonnel deung chigi
Return to start	Baro	360 deg. turning	Umdum dollyo chigi
X block	Eotgorea makki	kick	Twieo chigi
Down ward block	Neryo makki	Jump kick	Bandae bandal chigi
Up ward block	Chukyo makki	Reverse crescent	Bandae Dolyo Chagi
Strikes	Chigi	kick	Gawi chigi
		Reverse turning kick	
		Scissor kick	

Meaning of Taeguk : (Sam Jang) Fire and Sun, 20 movements

Meaning of Green Belt

*Meaning of Green Belt:* Signifies the plants growth as Taekwondo skills begin to develop.

**6<sup>th</sup> Kup (Green Belt) - 5<sup>th</sup> Kup (Blue Tag)**

Korean for:			
Right	Oreun	Kicks	Chagi
Left	Wen	Double kick	Doobal dangseong
High target	Injun	Knee kick	chagi
Middle target	Myongchi	Hook kick	Meorup chagi
Body protector	Hogoo		Hooryo chagi
Break	Galyo	Parts of the body:	
Continue	Keysork	Fist	Parts of the body:
		Knife hand	Jeomok
Blocks	Makki	Reverse knife hand	Sonnol
Wedging block	Hechyo makki	Arm	Sonnol deung
Side block	Yop makki	Elbow	Pal
		Leg	Palkoop
Strikes	Chigi		Dari
Upset punch	Chi jirugi		
Twin upset punch	Sang chi jirugi		

Meaning of IOC

International Olympic Committee

Meaning of Taeguk 4 (Sah Jang) and number of movements -

*Meaning of Taeguk 4 (Sah Jang) - Thunder, 20 movements*

**5<sup>th</sup> Kup (Blue Tag) – 4<sup>th</sup> Kup (Blue Belt)**

Korean for: Sparring Tiger stance	Kyorugi Beom seogi	Theory of power:	Force = mass x acceleration
Strikes Side punch Chin strike	Chigi Yop jirugi Teok chigi		Using: 1 Reaction 2 Concentration 3 Balance 4 Breath control 5 Speed 6 Mass
Parts of the body: Fore fist Ball of foot Knife edge of foot Bottom of heel	Parts of the body: Ap jeomok Apchook Balnal Dwi chook		
Meaning of blue belt: .	Signifies the heaven towards which the plant matures into a towering tree as training in Taekwondo progresses		
Meaning of Taeguk 5 (Oh Jang) and number of movements -	<i>Meaning of Taeguk 5 (Oh Jang) - Wind, 20 movements</i>		

**4<sup>th</sup> Kup (Blue Belt) – 3<sup>rd</sup> Kup (Red Tag)**

Korean for: About face Point Warming Time X stance Parallel stance Scissor block Circular block	Ja wang woo Deuk jum Kyong go Shigan Koa seogi Narani seogi Gawi makki Dollimyo makki	Meaning of: ETU IOC GAISF CISM	European Taekwondo Union International Olympic Committee General Association of International Sports Federation Counsel International Sportive Militaire
Meaning of Taeguk 6 (Yuk Jang) and number of movements -	<i>Meaning of Taeguk 5 (Oh Jang) - Water, 23 movements</i>		
Meaning of Taeguk	Taeguk is the origin of all things in the universe.		
	Tae – means Enormity or Vastness Guk means Eternity		
	Taeguk represents the most profound oriental philosophy from which oriental philosophical views on the world, cosmos and life are derived. Taeguk has no form, no beginning, and no ending yet everything comes from Taeguk. Taeguk is something that contains the essence of everything		

**3<sup>rd</sup> Kup (Red Tag) – 2<sup>nd</sup> Kup (Red Belt)**

Korean for:			
Parallel stance	Narani seogi	Head	Meo ri
Easy stance	Pyeoni seogi	Neck	Mok
Crane stance	Hakari seogi	Chin	Teok
Closed stance	Moa seogi	Nose	Ko
Scissor block	Gawi makki	Eye	Noon
Circular block	Dollimyo makki	Mouth	Ip
Back of the heel	Dwicumchi	Twin vertical punch	Sang
Top of foot	Baldeung	Turning punch	Dolyo jirgi
Inside edge	Balnaldeung	C shaped punch	Jigeut jirugi
Bottom of foot	Balbadak	Arc hand thrust	Agwison chirugi

Meaning of Taeguk 7 (Chil Jang) and number of movements - *Meaning of Taeguk 7 (Chil Jang) - Mountain, 25 movements*

What is poomsae? Poomsae (pattern) is a series of fundamental movements, mainly defence and attack, set in a logical sequence to deal with one or more imaginary opponents. Patterns are an indication of a student's progress. A barometer in evaluating individual's techniques.

The IOC Recognised Taekwondo as an Olympic in: 1980, Paris  
Taekwondo was introduced to the Olympic program as an Demonstration sport in 1988, Soul Korea

### 2<sup>nd</sup> Kup (Red Belt) – 1<sup>st</sup> Kup (Black Tag)

#### KNOWLEDGE

Korean for:		Knowledge of weight divisions		
Diamond block	Keumgang makki			
Mountain block	Santeul makki	Cat.	Male	Female
Half mountain block	Wessanteul makki	Fin	-54	-47
Single knuckle fist	Bam jeomeok	Fly	-58	-51
Covered fist	Bo jeomok	Ban	-62	-55
		Feather	-67	-59
		Light	-72	-63
		Welter	-78	-67
		Middle.	-84	-72
		Heavy	+84	+72

Meaning of Taeguk 8 (Pal Jang) and number of movements - *Meaning of Taeguk 8 (Pal Jang) - Earth, 24 movements*

Why do we perform poomsae? Poomsae are practised to improve Taekwondo techniques. When practising students develop flexibility of movement, mater body shifting, improves sparring techniques, balance and breathe control. Poomsae enable students to acquire techniques, which can not be obtained from other forms of training.

**QUALIFICATIONS** A minimum of 6 months training since 2<sup>nd</sup> Kup grading. Training a minimum of 2-3 times per week.  
Trained at 100% of Master Training Seminars and 80% of Official Technical Training classes.  
Level C Referee Qualification.  
Correct Attitude + Etiquette.  
Demonstration of full support to Club, UTA + UTA NI.

### 1<sup>st</sup> Kup (Black Tag) – 1<sup>st</sup> Dan (Black Belt)

**Black Belt Written test on all Knowledge from 10<sup>th</sup> Kup to 1<sup>st</sup> Dan**

Korean For.			
Single Knuckle fist strike	Bam Jeomeok Chigi	Left stance	Wen Seogi.
Scissor thrust	Gawisonkeut Chirugi	Pushing hands ready	Tongmilgi junbi seogi
Covered fist	Bo Jeomok	stance	Kyopson junbi seogi.
Reverse crane stance	Ogeum Seogi	Overlapped hands ready	Shi yo.
Right stance	Oreun Seogi	stance	Hassen.
		Relax	
		Dismiss	

Meaning of Koryo: (30 movements)  
 Koryo poomsae symbolises "Seonbae" which means "Learned man" characterised by a strong martial spirit. Koryo is the name of an ancient Korean Dynasty (AD 918 to 1392). The English word Korea is derived from Koryo. Koryo's legacy to the Korean people is very significant as they successfully defeated and thus defended Korea against the attacking aggression of the Mongolian Empire, who was sweeping the known world at the time. Consequently every movement of the pattern should demonstrate the conviction shown by the Korea people in their struggle with the Mongolians.

Meaning of Black belt : Opposite to White, therefore, signifies the maturity and proficiency in Taekwondo. Also indicates the wearer's imperviousness to darkness and fear

Complete understanding of WTF Refereeing Rules + Signals.

Knowledge of Olympic weight divisions

**QUALIFICATIONS**

- A minimum of 6 Months training since 1<sup>st</sup> Kup Grading.
- Hold Current UTA membership
- Have had 12 months continuous membership
- Training a minimum of 2 – 3 sessions' per. Week.
- Trained at 100% of Master training seminars.
- Trained at 80% of official technical training classes.
- Level C Referee Qualification.
- Tenets of Taekwondo displayed through out training Taekwondo.
- Demonstration of full support to club, UTA + UTA NI
- Recommended by Instructor.
- Recommended by Area Chief Instructor.

**1<sup>st</sup> Dan/ Poom (Black Belt) – 2<sup>nd</sup> Dan/ Poom (Black Belt)**

**Black Belt Written test on all Knowledge from 10<sup>th</sup> Kup to 1<sup>st</sup> Dan**

Meaning of Keumgang (27 movements Diamond)

The word Keumgang means that which is too strong to be broken. The pattern is named after nature's strongest substance, diamond. Korea's most beautiful mountain is also called Keumgang and it is regarded as the centre of national spirit. The spirit of the mightiest warrior "Keumgang Yoksa", named by Buddha, should be shown when performing Poomsae Keumgang.

Meaning of Taebeak.

(26 movements Mountain )  
 The mythological story about the founding of Korea says that about 4,300 years ago the legendary Tangun founded the nation in Taebeak. Taebeak means "Bright Mountain". The line of the Poomsae is a Chinese character symbolising the bridge between Heaven and Earth, a nation founded by the order of heaven.

Meaning of Black belt : Opposite to White, therefore, signifies the maturity and proficiency in Taekwondo. Also indicates the wearer's imperviousness to darkens and fear

Complete understanding of WTF Refereeing Rules + Signals.

Knowledge of weight divisions

Knowledge of Poomsae divisions

## QUALIFICATIONS

A minimum of 2 Years training since 1<sup>st</sup> Dan / Poom Grading.

Training a minimum of 2 - 3 sessions' per. Week. Verified by club Instructor.

Trained at 100% of Master training seminars.

Trained at 80% of official technical training classes.

Hold current membership.

Have had 2 years continuous UTA Membership.

First Aid Course. (18 +)

Level C Referee Qualification. (18+)

Tenets of Taekwondo displayed through out training in Taekwondo.

Kui-Ki-Won Certificate for 1<sup>st</sup> Dan

Demonstration of full support to club, UTA + UTA NI (By Attending UTA UK events + UTA NI events).

Recommended by Instructor.

Recommended by Area Chief Instructor.

## 2<sup>nd</sup> Dan/ Poom (Black Belt) – 3<sup>rd</sup> Dan/ Poom (Black Belt)

### Black Belt Written test on all Knowledge from 10<sup>th</sup> Kup to 2<sup>nd</sup> Dan

Korean for:

Flat fist strike

Pyonjumeok

Knuckle protruding fist

Bamjumeok

Meaning of Keumgang

(27 movements Diamond)

The word Keumgang means that which is too strong to be broken. The pattern is named after nature's strongest substance, diamond. Korea's most beautiful mountain is also called Keumgang and it is regarded as the centre of national spirit. The spirit of the mightiest warrior "Keumgang Yoksa", named by Buddha, should be shown when performing Poomsae Keumgang.

Meaning of Taebeak.

(26 movements Mountain)

The mythological story about the founding of Korea says that about 4,300 years ago the legendary Tangun founded the nation in Taebeak. Taebeak means "Bright Mountain". The line of the Poomsae is a Chinese character symbolising the bridge between Heaven and Earth, a nation founded by the order of heaven.

Meaning of Pyongwon.

(21 movements Plain).

The word Pyongwon means plain.

A plain is the source of life for all creatures. The Poomsae Pyongwon is based on the idea of peace and struggle resulting from the principles of origin and use. The line of the pattern represents the origin and transformation of the plain.

Meaning of Black belt :

Opposite to White, therefore, signifies the maturity and proficiency in Taekwondo. Also indicates the wearer's imperviousness to darkens and fear

Complete understanding of WTF Refereeing Rules + Signals.

Knowledge of weight divisions

Knowledge of Poomsae divisions

## QUALIFICATIONS

A minimum of 3 Years training since 2<sup>nd</sup> Dan / Poom Grading.

Training a minimum of 2 - 3 sessions' per. Week. Verified by club Instructor.

Trained at 100% of Master training seminars.

Trained at 80% of official technical training classes.

Hold current membership.

Have had 2 years continuous UTA Membership.

First Aid Course. (18 +)

Level B Referee Qualification. (18+)

Tenets of Taekwondo displayed through out training in Taekwondo.

Kui-Ki-Won Certificate for 2<sup>nd</sup> Dan

Demonstration of full support to club, UTA + UTA NI (By Attending UTA UK events + UTA NI events).

Recommended by Instructor.

Recommended by Area Chief Instructor.

## 3<sup>rd</sup> Dan/ Poom (Black Belt) – 4<sup>th</sup> Dan (Black Belt)

## KNOWLEDGE

Black Belt Written test on all Knowledge from 10<sup>th</sup> Kup to 3<sup>rd</sup> Dan

Korean for:

Pincers fist strike

Jipkejumeok.

Scissor finger strike

Kawisonkeut.

Single finger tip strike

Hansonkkuet.

Combined two finger  
strike

Moundusonkkeut.

Meaning of Pyongwon.

(21 movements Plain).

The word Pyongwon means plain.

A plain is the source of life for all creatures. The Poomsae Pyongwon is based on the idea of peace and struggle resulting from the principles of origin and use. The line of the pattern represents the origin and transformation of the plain.

Meaning of Sipjin:

(28 movements Decimal)

The name Sipjin is derived from the number ten and longevity. It advocates there are 10 creatures of long life, namely, sun, moon, mountain, water, stone, pine tree, herb of eternal youth, tortoise, deer and crane. The line of the poomsae is the Chinese symbol meaning 10, signifying the infinite numbering of the decimal system and ceaseless development. Stability is sought in every movement of this poomsae

Meaning of Black belt :

Opposite to White, therefore, signifies the maturity and proficiency in Taekwondo. Also indicates the wearer's imperviousness to darkens and fear

Complete understanding of WTF Refereeing Rules + Signals.

Knowledge of weight divisions

Knowledge of Poomsae divisions

## QUALIFICATIONS

A minimum of 4 Years continuous training since 3<sup>rd</sup> Dan / Poom Grading.  
Training a minimum of 3 - 4 sessions' per. Week. Verified by club Instructor.  
Trained at 100% of Master training seminars.  
Trained at 80% of official technical training classes.  
Hold current membership.  
Have had 2 years continuous UTA Membership.  
Running Registered UTA NI club  
First Aid Course. (18 +)  
Level B Referee Qualification. (18+)  
Instructor course  
Tenets of Taekwondo displayed through out training in Taekwondo.  
Kui-Ki-Won Certificate for 3<sup>rd</sup> Dan  
Demonstration of full support to club, UTA + UTA NI (By Attending UTA UK events + UTA NI events).  
Recommended by Instructor.  
Recommended by Area Chief Instructor.  
Recommended by UTA NI committee

## 4<sup>th</sup> Dan (Black Belt) – 5<sup>th</sup> Dan Master (Black Belt)

### KNOWLEDGE

Black Belt Written test on all Knowledge from 10<sup>th</sup> Kup to 4<sup>th</sup> Dan

Thesis consisting of a minimum of ten pages on a given subject. Thesis is to be handed in with Grading Application form.

Meaning of Jitae. (28 movements Earth)  
Poomsae Jitae represents various aspects occurring in the course of a human beings struggle for existence. The line of the poomsae symbolises a man standing on the Earth attempting to spring up towards heaven. The key points of this poomsae lie in the movements, which are derived from a strong mind and body.

Meaning of Chonkwon. (26 movements Sky.)  
Since ancient times oriental philosophy has if that the sky is the universal ruler and controller of nature. The infinitely vast sky contains the Heavens and is a mysterious and profound concept for man but he respects its size and change of moods. This feeling should be reflected in each movement of the poomsae. The line of the poomsae Chonkwon symbolises a man returning from Heaven and represents the oneness between Heaven and man.

Complete understanding of WTF Refereeing Rules + Signals. For Sparring and Poomsae

### QUALIFICATIONS

A minimum of 4.5 Years continuous training since 4<sup>th</sup> Dan Grading.  
Training a minimum of 4 session's per. Week. Verified by Instructor.  
Trained at 100% of Master training seminars.  
Trained at 80% of official technical training classes.  
Hold current membership.  
Have had 2 years continuous UTA Membership.  
Running Registered UTA NI club  
CV of Taekwondo career/ history  
First Aid Course. (18 +)  
Level B Referee Qualification. (18+)  
Instructor course  
Tenets of Taekwondo displayed through out training in Taekwondo.  
Kui-Ki-Won Certificate for 4<sup>th</sup> Dan

Participate on UTA NI committee

Demonstration of full support to club, UTA + UTA NI (By Attending UTA UK events +UTA NI events).

Recommended by Instructor.

Recommended by Area Chief Instructor.

Recommended by UTA NI committee

## Poomsae Competition

For many years sparring has grabbed the interest of Taekwondo players with the desire to compete at the highest level in the Olympic Games. This has proven to be highly beneficial to the development of Taekwondo around the world.

The World Taekwondo Federation has however also recognised that the technical, non-fighting aspect to Taekwondo now needs to be developed to a similar high level. Perfecting movements within traditional patterns or pulling off spectacular movie style kicks will be a challenge and competitive outlet for non-fighters.

Our aim is promote technical competition opportunities to potential players within the UTA NI and to encourage players to enter competition training. The players training within the NI Squad can then compete at open, national and international competitions.

UTA NI can give elite players the opportunities to be selected and compete for the UK, through BTCB NI regional training sessions and BTCB national training sessions.

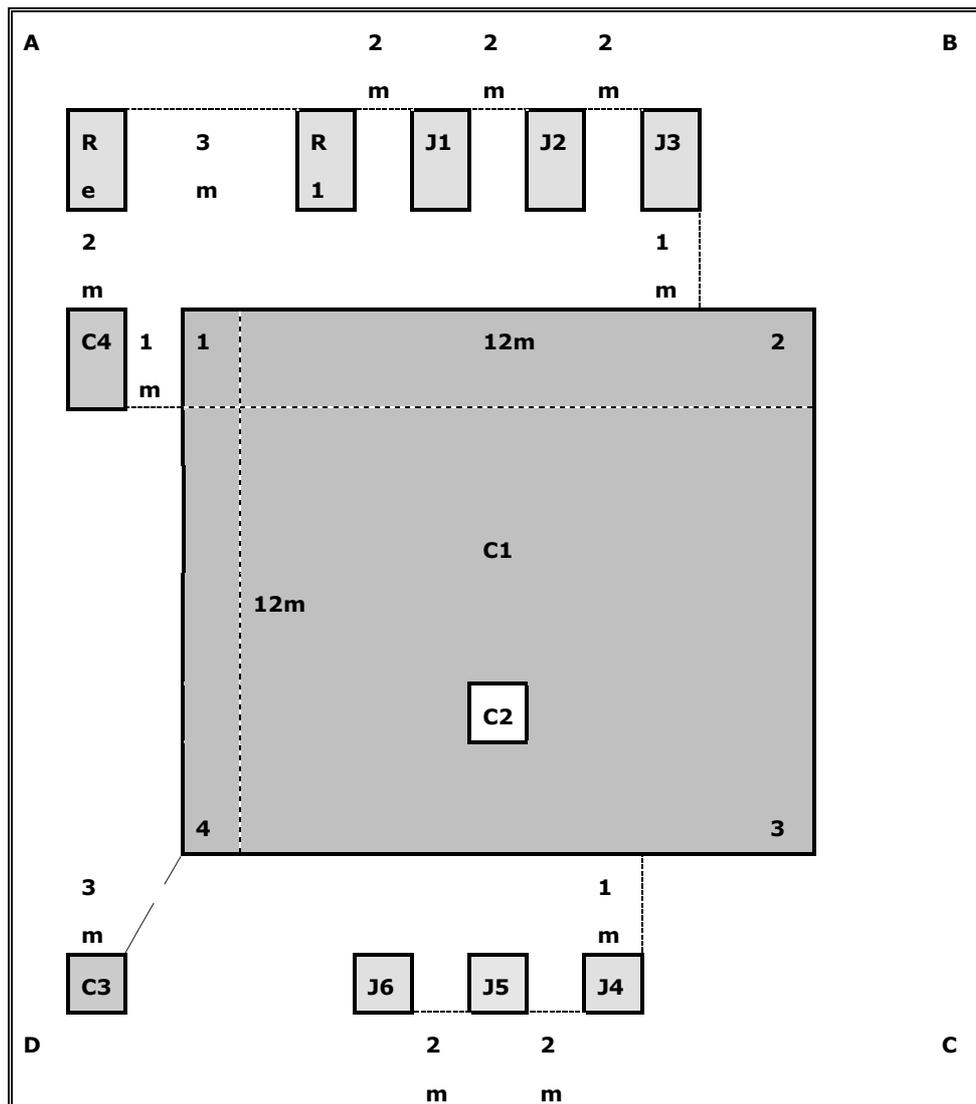
UTA NI elite players who wish compete for Ireland have the opportunity to get selected and do so, this is through a Memorandum of understanding with the ITU.

UTA NI Poomsae coach runs regular Poomsae training. If you are interested in taking the challenge to compete in poomsae championships speak to your club instructor for the session details.

## Poomsae Competition Rules

### Competition Area

The Competition Area shall comprise of the Contest Area measuring 12m×12m in metric system and have a flat surface without any obstructing projections. The Contest Area shall be covered with an elastic mat or wooden floor, and may be installed on a platform 0.5m-0.6m high from the base, if necessary. The outer part of the Boundary Line shall be inclined at a gradient of less than 30 degrees for the safety of the contestants.



Re. Recorder  
 R 1: Referee  
 J1, 2, 3, 4, 5, 6: 1, 2, 3, 4, 5, 6 Judge No. 1, 2, 3,4,5,6  
 C1: Competition Area  
 C2: Contestants  
 C3: Standby contestants and coach  
 C4: Competition coordinator  
 1, 2, 3, 4: Boundary Line No. 1,2,3,4

**Contestants’ Uniforms**

Contestants shall wear only WTF-approved uniforms at WTF-sanctioned Poomsae Championships.

**Classifications of Competition**

Contestants may compete in more than one category of competition unless he or she is limited by gender or age.

Men’s Individual  
 Women’s Individual  
 Men’s Team  
 Women’s Team  
 Pair

Male and female divisions shall be classified as follows:

**Individual Male/ Female**

Division	Junior	1 <sup>st</sup> Senior	2 <sup>nd</sup> Senior	1 <sup>st</sup> Master	2 <sup>nd</sup> Master
Age	14-18 year	19-30 year	31-40 year	41-50 year	51 years old or higher

**Pair’s**

Division	1 <sup>st</sup>	2 <sup>nd</sup>
Age	14-35 years old	36 years old or higher
Pair	One Male & One Female	One Male & One Female

**Team**

Division	1 <sup>st</sup>	2 <sup>nd</sup>
Age	14-35 years old	36 years old or higher
Male	3 Male	3 Male
Female	3 Female	3 Female

**Methods of Competition**

All international-level competitions recognized by the WTF shall be formed with the participation of at least four (4) countries with no fewer than four (4) contestants in each division.

The systems of competition are divided as follows:

Single elimination tournament system  
 Round robin system  
 Cut off System

**Final round**

Two poomsae must be performed for all the final competitions.

The cut-off system shall comprise the preliminary, semi-final and final rounds.

Preliminary: Contestants shall perform the 1<sup>st</sup> compulsory Poomsae, and half of them shall be selected based on their points.

Semi-final: One of the three 2<sup>nd</sup> compulsory Poomsae shall be performed, and eight contestants shall be selected based on their points.

Final: Contestants are required to perform the remaining two 2<sup>nd</sup> compulsory Poomsae that were not performed in the previous round. The top three contestants shall be awarded prizes.

In all the tournament processes, including the elimination rounds and the semi-final, one assigned compulsory poomsae will be demonstrated except in the final round and the cut-off processes

**Recognized Poomsae (1<sup>st</sup> and 2<sup>nd</sup> Compulsory Poomsae)**

Division		1 <sup>st</sup> Compulsory Poomsae	2 <sup>nd</sup> Compulsory Poomsae
Junior Division (14-18 years old)		Taeguk 4, 5, 6, 7 Jang	Taeguk 8 Jang, Koryo, Keumgang, Taeback
1 <sup>st</sup> Senior Division (19-30 years old)		Taeguk 6, 7, 8 Jang Koryo	Keumgang, Taeback Pyongwon, Shipjin
2 <sup>nd</sup> Senior Division (31-40 years old)			
1 <sup>st</sup> Masters Division (41-50 years old)		Taeguk 8Jang, Koryo, Keumgang, Taeback	Pyongwon, Shipjin, Jitae, Chonkwon
2 <sup>nd</sup> Masters Division (51 years old or higher)		Koryo, Keumgang, Taeback Pyongwon	Shipjin, Jitae, Chonkwon, Hansu
Pair	14-35 years old	Taeguk 6, 7, 8 Jang, Koryo	Keumgang, Teaback, Pyongwon, Shipjin
	36 years old or higher	Taeguk 8 Jang, Koryo, Keumgang, Taeback	Pyongwon, Shipjin, Jitae, Chonkwon
Team	14-35 years old	Taeguk 6, 7, 8 Jang, Koryo	Keumgang, Taeback, Pyongwon, Shipjin
	36 years old or higher	Taeguk 8 Jang, Koryo, Keumgang, Taeback	Pyougwon, Shipjin, Jitae, Chonkwon

**Duration of Contest**

Duration of Contest by Division

Individual competition: From 1 minute to 2minutes

Team competition: From 1 minute to 2minutes

Pair competition: From 1 minute to 2minutes

The break time during the finals is one minute.

**Scoring Criteria**

Scoring shall be made in accordance with the rules of the WTF.

**Accuracy of Poomsae Technique**

Accuracy of basic movements

Details of each Poomsae

**Presentation**

Skill

Accuracy of range/ volume of movements

Balance

Speed and power

Expression

Strength/speed/rhythm

Expression of energy, KI

**Methods of scoring**

Total score is 10.0

**Accuracy**

Basic score 5.0

0.1 point shall be deducted each time a contestant does not perform the basic movements or the pertinent Poomsae accurately.

0.5 point will be deducted each time a contestant makes mistakes that are considered as more serious than in the previous case on basic movements or the pertinent Poomsae.

**Presentation**

Basic score 5.0

Skill

In the skill test, 0.1 point will be deducted each time a contestant does not fulfil the criteria of balance, speed and power use accurately.

In the skill test, 0.5 point will be deducted each time a contestant makes mistakes that are considered as more serious than in the previous case on balance, speed and power use.

#### Expression

In the expression part, 0.1 point will be deducted each time a contestant does not express the power, speed, rhythm and energy force accurately.

In the expression part, 0.5 point will be deducted each time a contestant makes mistakes that are considered as more serious than in the previous case on the power, speed, rhythm and energy force.

#### **Deduction of points**

Should a contestant exceed the time limit, 0.5 points shall be deducted from the final score.

Should a contestant cross the boundary line, 0.5 points shall be deducted from the final score.

#### **Score calculation**

Both accuracy and presentation will be evaluated.

When scores are calculated to get the average of the total scores by different judges, the highest and lowest scores in each of the accuracy and presentation demonstrations shall not be considered.

All penalties accumulated during the competition shall be taken into account and deducted from the final score.

### **Kyorugi**

#### **WTF Competition Kyorugi (Sparring)**

With WTF Taekwondo Becoming a full Olympic sport in 2000, a lot more emphasis has been placed on competition Taekwondo. Not all students wish to compete, however, all Taekwondo students should have the basic understanding of the skills required, and the rules of competition Taekwondo.

Training for competition is different from traditional Taekwondo therefore separate classes are held for these who wish to take up the challenge to compete in the sport side of the art.

To be a Taekwondo champion takes extensive training and lots of hard work. Students must be prepared to travel to tournaments whenever possible to gain invaluable competition experience. .

Players wear a body protector, head guard, groin guard, shin guards, forearm guards and gum shield. Points are scored by either a full contact punch to the body, kick to the body or a kick to the head.

Competition Taekwondo must be seen purely as the sport side of the art and must not be confused with the traditional Taekwondo; it's a completely different concept and must be approached in a totally different mind set.

UTA NI can give elite players the opportunities to be selected and compete for the UK, through BTCB NI regional training sessions and BTCB national training sessions at Loughborough University.

UTA NI elite players who wish compete for Ireland have the opportunity to get selected and do so, this is through a Memorandum of understanding with the ITU.

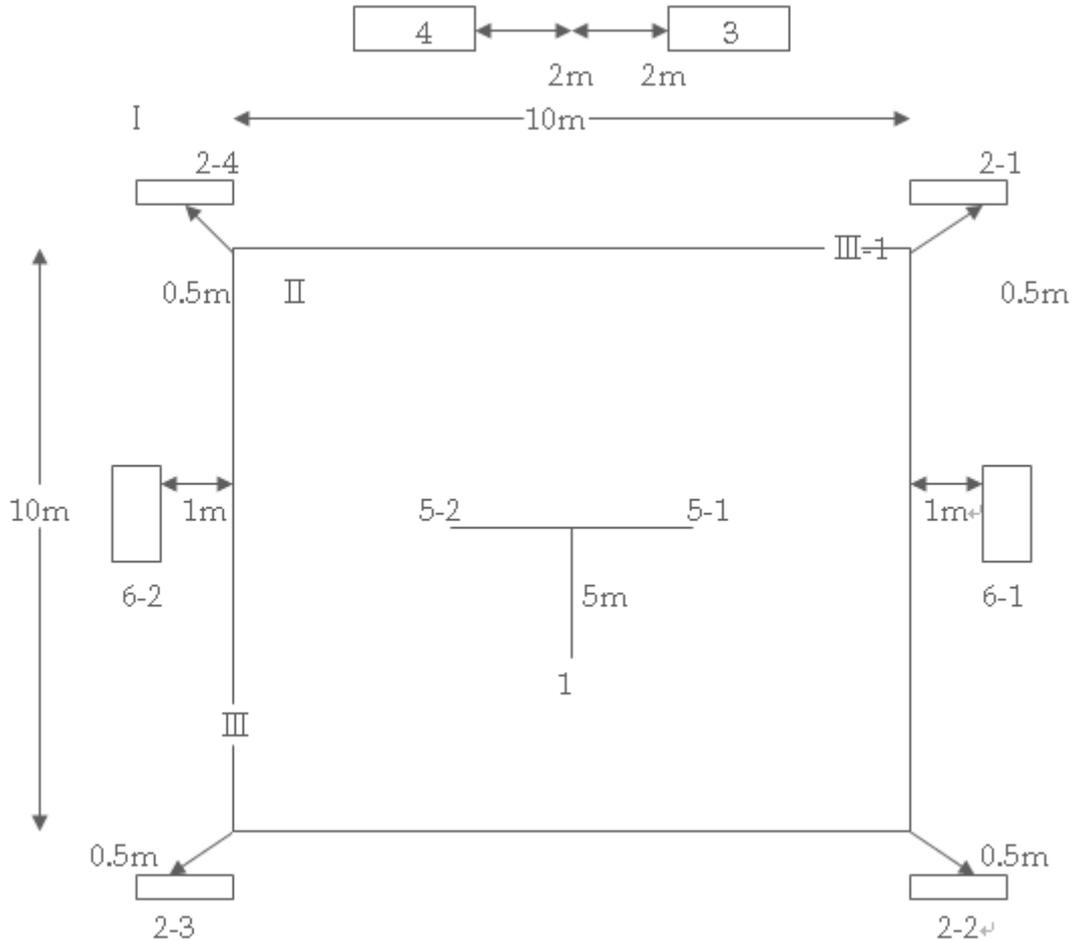
The UTA NI through the BTCB (NI) is supporting the establishment of the Commonwealth Taekwondo Union which will allow a NI team in its own right to eventually compete at the world's second largest event, the Commonwealth Games.

### **WTF Competition Rules**

#### **Competition area**

The Competition Area shall measure 10m x 10m using the metric system. The Competition Area shall have a flat surface without any obstructing projections, and be covered with an elastic mat.

The Competition Area may also be installed on a platform 0.5m / 0.6m high from the base, if necessary, and the outer part of the Boundary Line shall be inclined with a gradient of less than 30 degrees, for the safety of the contestants



- . Field of Taekwondo Play
- . Competition Area
- . Boundary
- 1. 1st Boundary Line

- 1. Referee's Mark
- 2. Judge's Mark
- 3. Recorder's Mark
- 4. Commission Doctor's mark
- 5.-1. Blue Contestant's mark
- 5-2. Red Contestant's mark
- 5-3. Blue Coach's mark
- 5-4. Red Coach's mark

\*2nd , 3rd & 4th Boundary line clockwise

### Contestant Uniform and Protective Equipment

The contestant shall wear the trunk protector, head protector, groin guard, forearm guards, shin guards, gloves and a mouthpiece before entering the contest area.

The groin guard, forearm guards and shin guards shall be worn beneath the Taekwondo uniform. The contestant shall bring this WTF-approved protective equipment, as well as gloves and the mouthpiece, for his/her personal use. Wearing any item on the head other than the head protector shall not be permitted

### Medical Control

At the Taekwondo events promoted or sanctioned by the WTF, the use or administration of drugs or chemical substances described in the WTF anti-doping by-laws is prohibited. However, IOC doping by-laws shall be applied to the Olympic Games and other multi-sport games.

The WTF may carry out any medical testing deemed necessary to ascertain if a contestant has committed a breach of this rule, and any winner who refuses to undergo this testing or who proves to have committed such a breach shall be removed from the final standings, and the record shall be transferred to the contestant next in line in the competition standings.

Weights are divided into male and female divisions

**Weight divisions are divided as follows;**

**Weight category**

Fin  
Fly  
Bantam  
Feather  
Light  
Welter  
Middle  
Heavy

**Male division**

Not exceeding 54kg  
Over 54kg & not exceeding 58kg  
Over 58kg & no exceeding 62kg  
Over 62kg & not exceeding 67kg  
Over 67kg & not exceeding 72kg  
Over 72kg & not exceeding 78kg  
Over 78kg & not exceeding 84kg  
Over 84kg

**Female division**

Not exceeding 47kg  
Over 47kg & not exceeding 51kg  
Over 51kg & not exceeding 55kg  
Over 55kg & not exceeding 59kg  
Over 59kg & not exceeding 63kg  
Over 63kg & not exceeding 67kg  
Over 67kg & not exceeding 72kg  
Over 72kg

**Weight divisions for the Olympic Games are divided as follows;**

**Olympic Weight category**

**Weight category**

Not exceeding 58kg  
Over 58kg & not exceeding 68kg  
Over 68kg & not exceeding 80kg  
Over 80kg

**Female division**

Not exceeding 49kg  
Over 49kg & not exceeding 57kg  
Over 57kg & not exceeding 67kg  
Over 67kg

**Weight divisions for Junior Championships are divided as follows;**

**Weight category**

Fin  
Fly  
Bantam  
Feather  
Light  
Welter  
Light Middle  
Middle  
Light Heavy  
Heavy

**Male division**

Not exceeding 45kg  
Over 45kg & not exceeding 48kg  
Over 48kg & not exceeding 51kg  
Over 51kg & not exceeding 55kg  
Over 55kg & not exceeding 59kg  
Over 59kg & not exceeding 63kg  
Over 63kg & not exceeding 68kg  
Over 68kg & not exceeding 73kg  
Over 73kg & not exceeding 78kg  
Over 78kg

**Female division**

Not exceeding 42kg  
Over 42kg & not exceeding 44kg  
Over 44kg & not exceeding 46kg  
Over 46kg & not exceeding 49kg  
Over 49kg & not exceeding 52kg  
Over 52kg & not exceeding 55kg  
Over 55kg & not exceeding 59kg  
Over 59kg & not exceeding 63kg  
Over 63kg & not exceeding 68kg  
Over 68kg

**Duration of contest**

The duration of the contest shall be three rounds of two minutes each, with a one-minute rest period between rounds.

In case of a tie score after the completion of the 3rd round, a 4th round of two minutes will be conducted as the sudden death overtime round, after a one-minute rest period following the 3rd round.

**Permitted Techniques and Areas**

**Permitted Techniques**

**Fist techniques:** Delivering techniques by using the front parts of the forefinger and middle finger of the tightly clenched fist.

**Foot techniques**

Delivering techniques by using the parts of the foot below the ankle bone.

**Permitted Areas**

**Trunk:** Attack by fist and foot techniques on the areas covered by the trunk protector are permitted. However, such attacks shall not be made on the part of the back not covered by the trunk protector.

**Face:** This area is the face excluding the back of the head, and attack by foot techniques is only permitted

**Legal Scoring Areas**

**Mid-section of the trunk:** The part covered by the trunk protector

**Face:** The whole part of the face including both ears

Points shall be awarded when permitted techniques are delivered accurately and powerfully to the legal scoring areas of the body.

**The valid points are divided as follows.**

One (1) point for attack on trunk protector

Two (2) points for attack on face.

One (1) additional point shall be awarded in the event that the contestant is knocked down and the referee counts.

Match score shall be the sum of points of the three rounds.

Invalidation of points: When a contestant performs an attack to score through the use of the prohibited acts, the points scored shall be annulled.

### **Prohibited Acts and Penalties**

Penalties on any prohibited acts shall be declared by the referee.

Penalties are divided into "Kyong-go" [warning penalty] and "Gam-jeom" [deduction penalty].

Two "Kyong-gos" shall be counted as deduction of one [1] point. However, the odd "Kyong-go" shall not be counted in the grand total.

A "Gam-jeom" shall be counted as minus one [-1] point.

### **Prohibited acts: "Kyong-go" penalty**

The following acts shall be classified as prohibited acts, and 'Kyong-go' shall be declared.

- a. Crossing the Boundary Line
- b. Evading by turning the back to the opponent
- c. Falling down
- d. Avoiding the match
- e. Grabbing, holding or pushing the opponent
- f. Attacking below the waist
- g. Pretending injury
- h. Butting or attacking with knee
- i. Hitting the opponent's face with the hand
- j. Uttering undesirable remarks or any misconduct on the part of a contestant or a coach

### **Prohibited acts: "Gam-jeom" penalty**

The following acts shall be classified as prohibited acts, and 'Gam-jeom' shall be declared.

- a. Attacking the opponent after 'Kal-yeo'
- b. Attacking the fallen opponent
- c. Throwing down the opponent by grappling the opponent's attacking foot in the air with the arm or by pushing the opponent with the hand
- d. Intentionally attacking the opponent's face with the hand
- e. Interrupting the progress of the match on the part of a contestant or a coach
- f. Violent or extreme remarks or behaviour on the part of a contestant or a coach

When a contestant intentionally refuses to comply with the Competition Rules or the referee's order, the referee may declare the contestant loser by penalty after one (1) minute.

When a contestant receives minus four [-4] points, the referee shall declare him/her loser by penalties. "Kyong-go" and "Gam-jeom" shall be counted in the total score of the three rounds.

### **Sudden Death and Decision of Superiority**

In the event of a tied score after the completion of the 4th round, the winner shall be decided by superiority of all refereeing officials. The final decision shall be based on the initiative shown during the 4th round.

### **Decisions**

Win by K.O.

Win by Referee Stop Contest [RSC]

Win by score or superiority:

Win by final score

Win by Point Gap When there is a 7-point gap, the match will be stopped and a winner declared.

Win by Point Ceiling When a competitor scores a maximum of 12 points, the match shall be stopped and a winner declared.

Win by withdrawal

Win by disqualification

Win by referee's punitive declaration