

About Form(PoomSae)

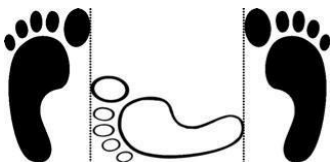
## Technical Considerations

- Low (“arae”) is below the waist
  - Blocks and strikes to this area should start from above the shoulder
- Middle (“momtong”) is between the waist and the top of the shoulders
  - Blocks and strikes to this area should start from between the eyes and waist.
- High (“olgul”) is above the shoulders to the top of the head
  - Blocks and strikes to this area should start at or below the waist
  
- Outside to inside techniques end at the centerline of the body
  - Middle block (inside block)
  - Reverse knife hand strike
- Inside to outside techniques end at the outer edge of the body
  - Side blocks (outside block)
  - Knife hand guarding block (single or double)
- Blocks are performed with the blocking hand on the outside
- Strikes are performed with the striking hand on the inside
  
- All poomsae begin and end in about the same spot (within one foot’s length)
  - Exception may be made for Keumgang and Jitae
- Audible breathing or hissing results in a deduction
  - In general, breathe in through the nose and out through the mouth
- The feet should not move in an inward-to-outward “swinging” motion
- The head should remain level and not bob up and down between stances
  
- In stances, the knee is bent to just cover the tip of the toes (from the competitor’s perspective)
- Kicking is always to a realistic target
  - First choice is to the **head** — area between the nose and mouth
  - Second choice is to the **body** — the solar plexus
  - In some Poomsae, a specific other target is defined; for example:
    - Low side kick in Koryo, or jumping front kicks in Taegeuk 8
  
- Fists should remain closed (or open) during the entire movement
- The fist and wrist should be straight — not bent up or down
- Hands and feet should complete their movements at the same time
- Transitions between movements should be on the balls of the feet

# Stances (Seogi)



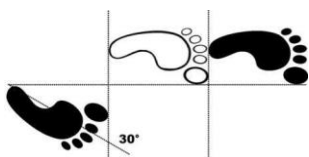
- **Close Stance (Moa Seogi)**
  - The feet should be touching at both the heels and the toes
  - Both legs are straight
- **Ready Stance or Parallel Stance (Naranhi Seogi)**
  - One “foot” wide
  - The feet are parallel with each other
  - The legs are straight — no bend at the knees



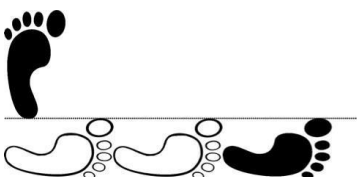
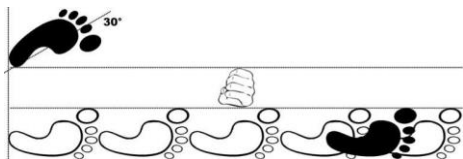
- **Horse Riding Stance (Juchoom Seogi)**
  - Two “feet” wide
  - Feet are parallel with each other
  - Legs are bent — only the end of the toes are visible from the competitor’s eye
  - Weight should be concentrated inwardly and the abdomen should be tightened
  - Upper body should be straight
  - Knees should be in line with the hips and feet



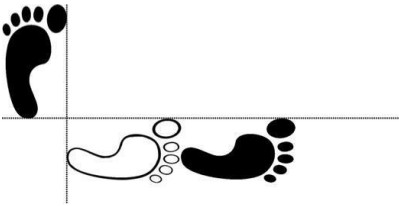
- **Forward Inflection Walking Stance (Ap Seogi)**
  - Distance from the toe to the heel should be about one foot length
  - The inside edges of the feet should be on the same line (the back may be rotated up to 30°)



- **Forward Inflection Front Stance (Ap Kubi)**
  - Distance from the toe to the heel should be about two and a half foot lengths
  - Inside edges of the feet should be approximately one fist width wide
  - The back foot may be rotated 30° at most
  - Front leg should be bent to be even with the toes of the foot from competitor’s viewpoint
  - Rear leg heel needs to stay on the floor
  - About two-thirds of the weight on the front leg



- **Backward Inflection Stance (Dwit Kubi)**
  - The rear foot should be turned to 90°
  - The rear leg should be bent to be even with the toes of the foot when you look down
  - The distance from the rear foot to the front foot should be two foot lengths
  - About 2/3rds of the weight on the rear leg
  - The rear foot, knee, hip and shoulder should be in the same vertical line



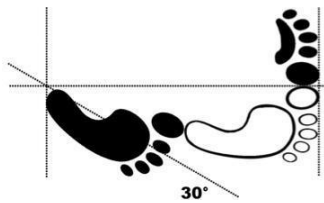
- **Left / Right Stance (Oreun / Wen Seogi)**
  - The rear foot should be turned to 90°
  - Both legs remain straight
  - The distance from the rear foot to the front foot should be one foot length
  - Weight is evenly distributed



- **Back Cross Stance (Dwit Kkoa Seogi)**
  - Front leg 45° and carries the weight
  - Ball of foot of the rear leg is about one fist width away from the heel of the front foot



- **Front Cross Stance (Ap Kkoa Seogi)**
  - The rear leg about 30° bearing most of the weight
  - Ball of foot of the front leg is about one fist away from the rear leg



- **Tiger Stance (Beom Seogi)**
  - The rear foot is turned about 30°
  - The rear foot support all of the weight
  - The rear knee bent to have the knee even with the toes when you look down
  - The front foot is put one foot ahead on the same line with only the ball of the foot touching the ground lightly
  - Alignment of shoulders depends on hand movements
  - The upper body should almost be straight
  - The knees should be close together



- **Crane Stance (Hakdari Seogi)**
  - The height of the crane stance should be the same as the horse riding stance
  - Rear leg is bent
  - Lifted leg has the inner crook of the foot on the inner crook of the knee
  - Lifted leg is does not have pointed toes
  - The lifted leg should be straight forward

# Basic Movements

## Low block ( *Arae makki* )

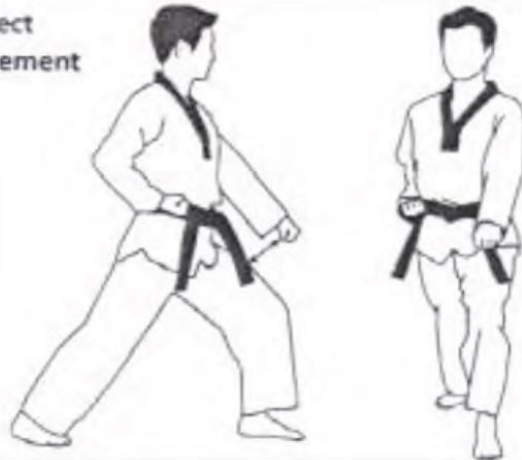
### Preparatory position

- Blocking hand starts from opposite shoulder (Hammer fist touching the shoulder)
- Pulling arm across the abdomen over the belt with fist facing downward

### Final position

- Blocking hand should be two(2) fists away from the leg(thigh)
- Arm should be straight(elbow not bent)
- Arm should be aligned to the side of the leg
- Pulling arm placed on side of waist

### Correct Movement



## High block ( *Olgul makki* )

### Preparatory position

- Blocking arm starts across the abdomen over the belt(fist facing upward)
- Hand of pulling arm placed across the chest at shoulder level with fist facing downward

### Final position

- Wrist of the blocking hand should be one(1) fist away from the center of the forehead(elbow facing up)
- Pulling arm's hand placed on side of waist

### Correct Movement



## Middle block ( *Momtong makki* )

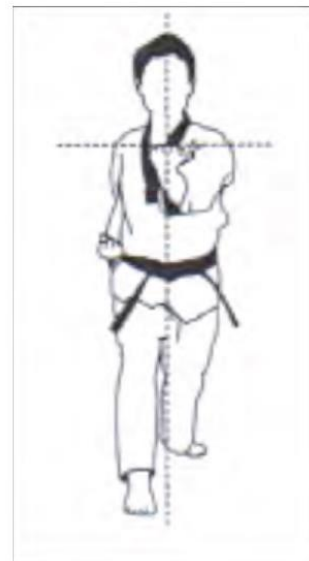
### Preparatory position

- Fist of blocking arm lifted a little above shoulder height, arm around 90 degrees (elbow pointing down)
- Chest open
- Pulling arm positioned in front along center line of the body

### Final position

- Hand and wrist of blocking arm aligned to the center of the body(solar plexus) with the blade of the arm facing inward
- Tip of the fist as high as the shoulder
- Wrist of the blocking hand should not be bent
- Blocking arm is angled at 90-120 degrees
- Elbow of blocking arm naturally pointing down
- Pulling arm's hand placed on side of waist

### Correct Movement



### Outer middle block ( *Momtong bakkat makki* )

#### Preparatory position

- Fist of blocking arm placed near the elbow of pulling arm with fist facing upward
- Pulling arm placed across the chest with fist at shoulder level with fist facing downward

#### Final position

- The blocking fist must be directed towards the body with the blade of the arm facing outward
- Tip of the fist as high as the shoulder
- Wrist of the blocking hand should not be bent
- Blocking arm is angled at 90-120 degrees
- Elbow of blocking arm naturally pointing down
- Pulling arm's hand placed on side of waist

Correct  
Movement



### Knifehand middle block ( *Sonnal makki* )

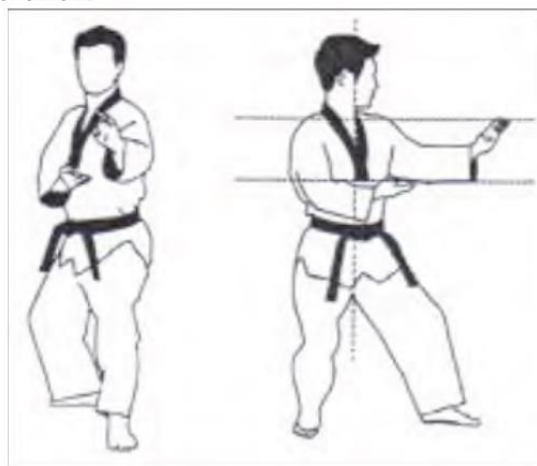
#### Preparatory position

- Blocking hand placed over the waist in knifehand form with palm facing upward
- Supporting hand positioned backward in knifehand form and aligned to shoulder height with arm naturally bent

#### Final position

- The blocking hand-blade must be directed towards the body with the blade of the arm facing outward
- Tip of the fist as high as the shoulder
- Wrist of the blocking hand should not be bent
- Blocking arm is angled at 90-120 degrees
- Assisting arm's hand placed one fist below the solar plexus with wrist aligned to center of the body

Correct  
Movement



### Punch ( *Baro jireugi / Badae jireugi* )

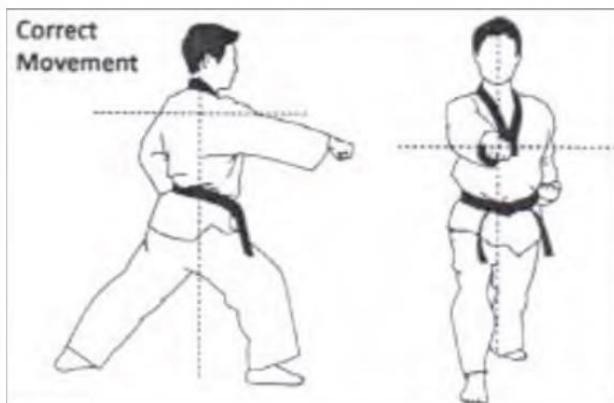
#### Preparatory position

- Punching arm starts from the waist with fist facing upward
- Pulling arm is extended forward towards the solar plexus

#### Final position

- Punching arm is extended forward. Turn the fist only at the last moment hitting solar plexus with the two big knuckles. Wrist should be straight and palm should be facing down
- Pulling arm placed on side of waist

Correct  
Movement



## Backfist front strike ( *Deungjumeok ap chigi* )

### Preparatory position

- Striking fist starts under the armpit of the pulling arm
- Pulling arm is naturally folded with palm facing downward

### Final position

- Hit the target by using the back of the fist at the area of the index and middle finger. Target area is the philtrum (base of the nose)
- Pulling arm is pulled back to the waist with palm facing upward
- Angle of hitting arm should be approximately 100 degrees

### Correct Movement



## Front kick ( *Ap chagi* )

- Raise the kicking leg up, folding the knee up to chest height and quickly push the foot forward, fully stretching the leg.
- The path of the kicking leg should be on a straight line towards the target
- The target must be hit by the ball of the foot, instep straight with the toes pulled backward
- The supporting foot must naturally pivot using the ball of the foot during the kick
- To recover, the kicking foot is pulled back to the folded knee position with the knee still at chest level then smoothly bring the foot down with balance

### Correct Movement




## Roundhouse kick ( *Dollyo chagi* )

- Putting the weight on the pivoting foot, raise the kicking leg by folding the knee and immediately turning the body and lifting the hip upward at an angle towards the face target. As the knee stretches, make the kicking foot circle horizontally towards the face target hitting with the instep or ball of the foot
- The supporting leg must be kept straight with the supporting foot pivoting properly during the kick. The toes of the supporting foot faces backward at the final extension of the kicking leg
- To recover, the kicking foot is pulled back to the folded knee position with the knee still at chest level then smoothly bring the foot down with balance

### Correct Movement



Side kick ( Yop chagi )	Correct Movement
<ul style="list-style-type: none"> <li>- Raise the kicking leg up, folding the knee, kick forward by stretching the leg and simultaneously turning the hip forward</li> <li>- Turn the body in the opposite direction of the target and hit the target using the blade or knife foot</li> <li>- The supporting leg must be kept straight with the supporting foot pivoting properly during the kick. The toes of the supporting foot faces backward at the final extension of the kicking leg</li> <li>- To recover, the kicking leg is drawn back to its original folded position and brought down smoothly</li> <li>- During the kick, the upper body should be kept as high as possible ideally forming the letter "Y" shape</li> </ul>	

## Slow Movements - 5 seconds movements

	Poomsae	Stance (Seogi)	Action
1	Taegeuk 6 Jang	Naranhi seogi	Arae hecho makki
2	Taeguk 7 Jang	Moa seogi	Bojumeok
3	Koryo	Naranhi seogi	Tongmilgi
4	Keumgang	Naranhi seogi	Arae hecho makki
5	Pyongwon	Naranhi seogi	Sonnal arae hecho makki
6	Shipjin	Dwitkubi-Ap kubi Ap kubi Juchum seogi Juchum seogi	Fist opened twisting inward, pyonsonkkeut opeo tzireugi Bawimilgi Sonnal arae hecho makki Arae hecho makki (straightening)
7	Chonkwon	Moa seogi Dwitkubi Beom seogi	Nalgae pyogi Sonnal wesantul makki Taesanmilgi

# Slow Movements - 8 seconds movements

	Poomsae	Stance (Seogi)	Action
1	Taegeuk 8 Jang	Ap kubi	Dangkyo teok jireugi
2	Koryo	Moa seogi	Mejumeok arae pyojeok chigi
3	Keumgang	Hakdari seogi	Keumgang makki
4	Jitae	Ap kubi Dwitkubi Ap kubi	Olgul makki followed by momtong baro jireugi Momtong bakkat makki Olgulmakki
5	Chonkwon	Ap kubi	As clenching fist, twisting the wrist and stepping forward into ap kubi with momtong baro jireugi

# Poomsae Score Sheet

	Details of Scoring Criteria	Points
<b>Accuracy (4.0 Points)</b>	Accuracy of details of each Poomsae	<b>4.0</b>
	Accuracy of basic movements and balance	
<b>Presentation (6.0 Points)</b>	Speed and power	<b>2.0</b>
	Strength / speed / rhythm	<b>2.0</b>
	Expression of energy	<b>2.0</b>

- **Accuracy** is scored as the competitor performs the Poomsae
- **Presentation** criteria are scored after the completion of the Poomsae
  - This is similar to the “old way” — but don’t include accuracy errors, as they have already been penalized
  
- **Accuracy accounts for 40% of the total score**
  - Subtract **0.1** for **minor errors**
    - Use a slash mark ( / ) to indicate each error
    - “Correct technique performed incorrectly”
      - Bent wrist, sloppy stance, slight imbalance etc.
  - Subtract **0.3** for **severe errors**
    - Use an “O” to indicate each error
    - **Major mistakes in execution**
      - No Kiyap, extra Kiyap, extra technique, incorrect technique, looking the wrong direction, not returning to starting point (except Keumgang, Jitae etc.
  
- **Presentation accounts for 60% of the total score**
  - 2.0 is perfect, not realistically attainable (so don’t use it)
  - Guideline: Think of 1.4 as an average score for a world class competitor for each category
    - 1.7 – 1.9 Excellent
    - 1.4 – 1.6 Very Good
    - 1.1 – 1.3 Good
    - 0.8 – 1.0 Fair
    - 0.5 – 0.7 Poor
  - Circle the score for each of the three categories

## Examples of Minor Deductions

- – **0.1 minor deductions for technical**
  - Incorrect angle of feet in stances
  - Poor chamber or recoil of kicks
  - Blocking past midline of body (when midline is the target)
  - Incorrect motion (for correct technique)
  - Slightly poor balance (if it affects the accuracy of the movement)
  - Kicking with wrong part of foot
  - Hand wrapped around elbow strike (fingers should be straight)
  - Incorrect thumb placement
- – **0.1 minor deductions for technical**
  - Incorrect number of motions (dongjak) in one sequence (poom)
  - Stance and hand technique do not finish at the same time
  - Blocking / striking not at the realistic target height (e.g., groin, solar plexus, philtrum)
  - Blocking motion starts on inside of opposite arm rather than outside
  - Striking motion starts from outside of opposite arm rather than inside
- **Important! Every minor mistake is a – 0.1 deduction**
  - No maximum deduction for the same error
- **Deductions for presentation (what to consider while formulating score)**
  - Slight hesitations
  - Lack of rhythm
  - Lack of alternating relaxation and tension
  - Lack of flexibility and grace
  - Incorrect or unkempt uniform

## Examples of Major Deductions

- – **0.3 major deductions for technical**
  - Wrong or omitted movement
  - Missed Kiyap or Kiyap at the wrong movement
  - Ending position differs from the starting position by more than a one foot
    - Exceptions: Keumgang, Jitae
  - Unnecessary foot noise in stance or stepping
  - Confusion or pausing for more than 3 seconds during performance
  - Stamping movement performed without enough power and sound
- – **0.3 major deductions for technical**
  - Looking in the wrong direction
  - Significant loss of balance in performing a movement

- **Major deductions for presentation (what to consider while formulating score)**
  - Eye focus or breathing not corresponding to the movement of motion
  - Lack of fluency in movement
  - Movements show lack of flexibility
  - Lack of energy or force
  
- **Crossing the boundary line (– 0.3)**
- **Exceeding or below the time limit (– 0.3)**
  - These should be determined by the recorders' table
    - Referee may bring any such violations to recorder's attention
    - These deductions are taken off the final form score
- **Restart (– 0.6)**
  - Forgive any accuracy mistake before restarting, then take –0.6 off from accuracy
    - i.e., After restarting, accuracy score should start with 3.4.

## **Breaking Scoring**

### **1<sup>st</sup> Place**

0 mistake: 95

1 mistakes: 90

### **2<sup>nd</sup> place**

2 mistakes: 85

3 mistakes: 80

### **3<sup>rd</sup> place**

4 mistakes: 75

5 and more mistakes: 70

# Sparring Scoring

## Points

1 point – Valid punch and kicks on the chest protector

2 point – Valid turning kicks on the chest protector

3 point – Valid kicks to the head(Black Belt ages 13 & up only)