USA TAEKWONDO POOMSAE ATHLETES’ REFERENCE GUIDE

2014 US World Championship Poomsae Team

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Introduction

The USA Taekwondo Poomsae Athletes’ Reference Guide provides support for USA Taekwondo poomsae athletes who are in development for national and international competition. The guide is comprised of the significant aspects of the most current information sources available. It includes the following sections: Recognized Poomsae Divisions and Compulsory Poomsae, Freestyle Poomsae Divisions, Competition Format, Event Procedure, Recognized Poomsae Scoring Criteria, Freestyle Poomsae Requirements, Freestyle Poomsae Scoring Criteria, General Technical Guidelines, and Detailed Technical Guidelines.

Section 1: Recognized Poomsae Divisions and Compulsory Poomsae

Age divisions are based on the year, rather than the date, of the event. For example, a competitor who has her 18th birthday on December 2, 2015, will compete in the 1st Senior Division at all events held between January 1 and December 31, 2015.

<table>
<thead>
<tr>
<th>DIVISIONS (FOR BOTH GENDERS)</th>
<th>COMPULSORY POOMSAE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cadet (12-14)</td>
<td>Taegeuk 4 5 6 7 8 Koryo, Keumgang</td>
</tr>
<tr>
<td>Junior (15-17)</td>
<td>Taegeuk 4 5 6 7 8 Koryo Keumgang Taebaek</td>
</tr>
<tr>
<td>1st Senior (18-30)</td>
<td>Taegeuk 6 7 8 Koryo Keumgang Taebaek Pyongwon Shipjin</td>
</tr>
<tr>
<td>2nd Senior (31-40)</td>
<td>Taegeuk 6 7 8 Koryo Keumgang Taebaek Pyongwon Shipjin Jitae Chonkwon</td>
</tr>
<tr>
<td>1st Master (41-50)</td>
<td>Taegeuk 8 Koryo Keumgang Taebaek Pyongwon Shipjin Jitae Chonkwon Hansu</td>
</tr>
<tr>
<td>2nd Master (51-60)</td>
<td>Koryo Keumgang Taebaek Pyongwon Shipjin Jitae Chonkwon Hansu</td>
</tr>
<tr>
<td>3rd Master (61-65)</td>
<td>Koryo Keumgang Taebaek Pyongwon Shipjin Jitae Chonkwon Hansu</td>
</tr>
<tr>
<td>4th Master (66+)</td>
<td>Koryo Keumgang Taebaek Pyongwon Shipjin Jitae Chonkwon Hansu</td>
</tr>
<tr>
<td>Cadet Pair (12-14)</td>
<td>Taegeuk 4 5 6 7 8 Koryo Keumgang</td>
</tr>
<tr>
<td>Junior Pair (15-17)</td>
<td>Taegeuk 4 5 6 7 8 Koryo Keumgang Taebaek</td>
</tr>
<tr>
<td>1st Pair (18-30)</td>
<td>Taegeuk 6 7 8 Koryo, Keumgang Taebaek Pyongwon Shipjin</td>
</tr>
<tr>
<td>2nd Pair (31+)</td>
<td>Taegeuk 8 Koryo,Keumgang Taebaek Pyongwon Shipjin Jitae Chonkwon</td>
</tr>
<tr>
<td>Cadet Team (12-14)</td>
<td>Taegeuk 4 5 6 7 8 Koryo Keumgang</td>
</tr>
<tr>
<td>Junior Team (15-17)</td>
<td>Taegeuk 4 5 6 7 8 Koryo Keumgang Taebaek</td>
</tr>
<tr>
<td>1st Team (18-30)</td>
<td>Taegeuk 6 7 8 Koryo Keumgang Taebaek Pyongwon Shipjin</td>
</tr>
<tr>
<td>2nd Team (31+)</td>
<td>Taegeuk 8 Koryo Keumgang Taebaek Pyongwon Shipjin Jitae Chonkwon</td>
</tr>
</tbody>
</table>
Section 2: Freestyle Poomsae Divisions

<table>
<thead>
<tr>
<th>Division</th>
<th>Gender</th>
</tr>
</thead>
<tbody>
<tr>
<td>12-17 Individual</td>
<td>Female Male</td>
</tr>
<tr>
<td>18+ Individual</td>
<td>Female Male</td>
</tr>
<tr>
<td>Pair 12-17</td>
<td>Female/Male</td>
</tr>
<tr>
<td>18+ Pair</td>
<td>Female/Male</td>
</tr>
<tr>
<td>12-17 Mixed Freestyle Team</td>
<td>5 person: 3 female + 2 male + 1 substitute or 3 male + 2 female + 1 substitute</td>
</tr>
<tr>
<td>18+ Mixed Freestyle Team</td>
<td>5 person: 3 female + 2 male + 1 substitute or 3 male + 2 female + 1 substitute</td>
</tr>
</tbody>
</table>

Section 3: Competition Format

USA Taekwondo may use a modified version of the WTF competition format and/or various formats to select the US National Taekwondo Poomsae Team. The 2014 World Taekwondo Poomsae Championships utilized the following cut-off system:

**Preliminary Round**

If the number of competitors is 20 or more, competition begins in the preliminary round. Competitors perform two of the Compulsory Poomsae. The competitors with scores in the top half of the group proceed to the semi-final round. If the number of competitors in the group is odd, the highest scoring competitor in the bottom half of the group proceeds to the semi-final round.

**Semi-Final Round**

If the number of competitors is 9-19, competition begins in the semi-final round. Competitors perform two of the Compulsory Poomsae. The competitors with scores in the top eight of the group proceed to the final round.

**Final Rounds**

If the number of competitors is 8 or less, competition begins in the final round. Competitors perform two of the Compulsory Poomsae.

8 athletes are randomly drawn and placed on a bracket sheet to compete against each other in Final 1.

The four winners move forward in the bracket to compete in Final 2.

The two winners move forward in the bracket to compete in Final 3.

The top four competitors are awarded medals.

In the case of a tie, the winner is the competitor with the highest presentation score. If the competitors are still tied, all scores received during the competition are compared.
Competition Ring Area

Uniform Requirements
All competitors are required to wear WTF approved uniforms. The uniform colors are determined by the athlete division.
Section 4: Event Procedure

Competitors report to the holding area in accordance with the event schedule. In the holding area, competitors are free to warm-up and practice before their divisions are assembled and escorted to their assigned rings. When called by name, each competitor, pair, or team, in turn, responds to the following competition coordinator commands:

<table>
<thead>
<tr>
<th>POOMSAE 1</th>
<th>POOMSAE 2</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>COMMAND (KOREAN)</strong></td>
<td><strong>TRANSLATION</strong></td>
</tr>
<tr>
<td>Chool Jeon</td>
<td>Enter the ring</td>
</tr>
<tr>
<td>Charyeot</td>
<td>Stand at attention</td>
</tr>
<tr>
<td>Kyeong-rye</td>
<td>Bow</td>
</tr>
<tr>
<td>Joonbi</td>
<td>Stand in ready position</td>
</tr>
<tr>
<td>Shijak</td>
<td>Begin performing poomsae</td>
</tr>
<tr>
<td>Baro</td>
<td>Return to ready position</td>
</tr>
<tr>
<td>Tuae-jahng</td>
<td>Exit the ring</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Recognized Poomsae contest duration is 30-90 seconds, and Freestyle Poomsae contest duration is 60-70 seconds.

Section 5: Recognized Poomsae Scoring Criteria

Competitors receive two scores, one for accuracy and one for presentation. The lowest and highest from each of the two sets of judges’ scores are discarded. The remaining scores in each category are averaged to create separate accuracy and presentation scores. The two scores are added together to find the overall total. When using two poomsae in a round, the two poomsae totals are averaged together for the final score.

Accuracy

The accuracy score is 40% of the total score. The score is given based on the competitor’s ability to perform the accuracy of the basic movements’ start/end point, path of motion, hand/fist rotation, and the balance associated with each poom combination.

Accuracy Deductions

<table>
<thead>
<tr>
<th>0.1 MINOR DEDUCTIONS</th>
<th>0.3 MAJOR DEDUCTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stance-incorrect measurement/weight distribution</td>
<td>Incorrect or omitted movement</td>
</tr>
<tr>
<td>Block-incorrect preparatory/final position</td>
<td>Missed kihap or kihap at incorrect moment</td>
</tr>
<tr>
<td>Punch-incorrect preparatory/final position</td>
<td>Restart poomsae from beginning</td>
</tr>
<tr>
<td>Strike (elbow, back fist)- incorrect preparatory/final position</td>
<td>Eyes are off target.</td>
</tr>
<tr>
<td>Front Kick - improper pivot of support foot</td>
<td>Pause between movements of more than three seconds</td>
</tr>
<tr>
<td>Knee of kicking leg is bent when it should be extended.</td>
<td></td>
</tr>
<tr>
<td>Support leg is bent.</td>
<td></td>
</tr>
<tr>
<td>Round kick - improper pivot of support foot</td>
<td>End position more than one foot length from start position (exceptions: Keumgang, Jitae)</td>
</tr>
<tr>
<td>Target is off center.</td>
<td></td>
</tr>
<tr>
<td>Knee of kicking leg is bent when it should be extended.</td>
<td></td>
</tr>
<tr>
<td>Support leg is bent.</td>
<td></td>
</tr>
<tr>
<td>Side Kick - Improper pivot of support foot</td>
<td>Stomp without power and sound</td>
</tr>
<tr>
<td>Kick strikes with sole of foot.</td>
<td></td>
</tr>
<tr>
<td>Kicking leg is not aligned to hip and shoulder.</td>
<td></td>
</tr>
<tr>
<td>Knee of kicking leg is bent when it should be extended.</td>
<td></td>
</tr>
<tr>
<td>Support leg is bent.</td>
<td></td>
</tr>
<tr>
<td>Crane Stance-raised foot touches the ground</td>
<td></td>
</tr>
<tr>
<td>Loud breathing noises</td>
<td></td>
</tr>
</tbody>
</table>
Presentation

The presentation score is 60% of the total score and is entered after the completion of the poomsae. Up to 2.0 points is awarded in each of these three categories:

- **Speed and Power** - Movements are performed with a soft start and powerful finish. Movements demonstrate perfect balance between speed and power. 5 and 8 second movements are performed slowly and intentionally.
- **Strength/Speed/Rhythm** - Power is demonstrated at the most critical moment of the movement. Speed is controlled between and during movement. Aesthetically pleasing rhythm and timing, contrast between relaxed muscle pre-set movements and powerful extended techniques creates flow.
- **Expression of Energy** - Mastery of energy is demonstrated via concentration, confidence, volume of movement, sharpness, eye position, kihap, attitude, uniform, etc.

Presentation Infractions

<table>
<thead>
<tr>
<th>SPEED AND POWER</th>
<th>Too much strength in the beginning of the movement slows down the movement at its most important point. Exaggerated movement is used to propel the next movement. Reaction of the body is used to express power.</th>
</tr>
</thead>
<tbody>
<tr>
<td>POWER, SPEED, RHYTHM</td>
<td>Too much power makes movement stiff from the start and slows action at critical point of movement. No speed, power and rhythm changes in line of movement.</td>
</tr>
<tr>
<td>EXPRESSION OF ENERGY</td>
<td>Movements are not vivid. Transitions are not big enough for competitor’s physique. Same rhythm is used throughout poomsae. Incorrect eye position, kihap, lack of confidence</td>
</tr>
</tbody>
</table>

Section 6: Freestyle Poomsae Requirements

- Individual/pair division contest area: 10m x 10m
- Mixed team division contest area: 12m x 12m
- Competitors select the begin/end point, music and choreography. Performance must include music.
- The music begins with the joonbi command, and time begins/ends when the music begins/ends.
- Techniques must be within the boundary of Taekwondo as determined by WTF Poomsae Committee.
- Poomsae duration requirement is 60-70 seconds.

**Freestyle requirements must be performed in this order:**

1. Jump Side Kick
2. Multiple Kick (Competitors jump and kick multiple times before landing)
3. Jump Spin Kick (hook kick or round kick for example)
4. Sparring Kick Combination (3-5 bounces, up to 5 kicks)
5. Acrobatic Action (back flip or aerial for example, must include a kick)

Running up to 5 steps before jump side kick, multiple kick, jump spin kick, acrobatic action is allowed. 

*If a requirement is performed out of order, the contestant will be awarded zero points for it.*
Section 7: Freestyle Poomsae Scoring Criteria

Freestyle Poomsae Competitors receive two scores, one for technical ability and one for presentation. The lowest and highest from each of the two sets of judges’ scores are discarded. The remaining scores in each category are averaged to create separate technical and presentation scores. The two scores are added together to find the overall total. In the case of a tie, the competitor with the highest technical score is the winner. If the score is still tied, a rematch determines the winner.

Technical Score

The technical score is 60% of the total score. The technical scores are based on the kick height, level of difficulty, accuracy, and degree of completion.

Up to 1.0 point is awarded for the:
1. Height of jump side kick
2. Number of kicks in a jump multiple front kick
3. Gradient (360, 540, 720) of spins in a spin kick
4. Performance level of consecutive sparring motion kicks
5. Technical difficulty of acrobatic action

The height of the kicks impact the score:
- Kicks below waist level are not scored.
- Kicks to the body above the waist level may receive 0.0-0.3 point.
- Kicks to the head may receive 0.4-0.6 point.
- Kicks above the head may receive 0.7-1.0 point.

Presentation Score

The presentation score range is 40% of the total score. Up to 1.0 point is awarded in each of these four categories
- Creativity
- Harmony (e.g. between partners/teammates or between components: music, choreography, attire)
- Expression of energy (as detailed in Recognized Poomsae section above)
- Music/Choreography: the relationship between the music and the choreography

Freestyle Deductions

<table>
<thead>
<tr>
<th>0.1 DEDUCTIONS</th>
<th>0.3 DEDUCTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Running more than 5 steps before jumping kick (Every additional step is penalized).</td>
<td>Poomsae duration less than 60 or more than 70 seconds.</td>
</tr>
<tr>
<td>1-3 additional bounces before sparring combination</td>
<td>Mandatory stance not executed.</td>
</tr>
<tr>
<td>Competitor crosses the borderline during performance.</td>
<td>4 or more additional bounces before sparring combination</td>
</tr>
</tbody>
</table>

Individual or pair competitor crosses the borderline with both feet.

Pair/Team-confusion, pause, break of action

The lowest and highest from each of the two sets of judges’ scores are discarded. Then, the two sets are added together to come up with averages for each competitor in the two categories, accuracy and presentation. These two scores are added together to find the overall total for each poomsae.
Section 8: General Technical Guidelines

All poomsae begin and end on the same spot except Keumgang, which may be one step (walking stance) directly forward of the begin point, and Jitae, which may be one step (walking stance) directly behind begin point. It is acceptable to finish within one foot length of begin point.

All blocks begin with the blocking arm on the outside of the other arm.

Outside to inside hand techniques (e.g., middle block, reverse knife hand strike) end at the centerline of the body.

Inside to outside hand techniques (e.g., outside block, single knife hand block) end at the outer edge of body.

Back fist strikes (forward back fist) begin with the striking hand on the inside of the other arm.

The competitor is free to choose the non-blocking/striking arm motion but is advised to maintain consistency. For example, a competitor who extends the left arm in the position of a straight punch to the centerline of the body just prior to executing a right middle block should make the same motion prior to every middle block.

All kicks should be executed toward the head or higher unless another target is specifically defined (e.g., the low side kicks in Koryo, or the jump front kicks in Taegeuk 8). Kicks must include: a chamber, full extension, and retraction as well as proper rotation of the supporting foot, leg, and hips.

Stances fall into two height level categories, those with straight legs as in walking stance, and those with bent legs as in horse stance. Transitions between movements should be on the balls of the feet. Head should stay level during transitions between stances of the same category. Feet should glide, not drag, across the surface of the mat. Stance and hand technique execution should be complete at the same moment.
Section 9: Detailed Technical Guidelines

Stances

Moa Seogi
(Closed Stance)
Legs straight
Weight centered

Naranhi Seogi
(Parallel Stance)
Legs straight
Weight centered

Ap Seogi
(Walking Stance)
Legs straight
Weight centered

Ap Kubi
(Front Stance)
Front leg bent
Rear leg straight
Approx. 70% of weight on front foot

Dwit Kubi
(Back Stance)
Knees bent
Approx. 70% of weight on rear leg; rear shoulder, hip, knee on same vertical line

Joochoom Seogi
(Horse Stance)
Knees bent and in line with hips and feet.

Beom Seogi
(Tiger Stance)
Rear foot supports all weight. Knees close together, rear knee bent and in line with toes. Ball of front foot lightly touches floor.

Oreun Seogi
(Right Stance)
Legs straight
Weight evenly distributed

Wen Seogi
(Left Stance)
Legs straight
Weight evenly distributed

Ap Koa Seogi
(Forward Cross Stance)
Front leg at 30°-45°
Front leg bears 90% of weight.

Dwit Koa Seogi
(Backward Cross Stance)
Front leg at 30°-45°
Front leg bears 90% of weight.

Hakdari Seogi
(Crane Stance)
Support knee bent as in horse stance. Inner arch of foot on inner crook of knee. Lifted knee and foot face forward.

Kyotdari Seogi
(Assisted Stance)
Height same as horse stance. Front foot bears 90% of weight. Ball of rear foot aligned with arch of front foot.
<table>
<thead>
<tr>
<th>TECHNIQUE</th>
<th>START POINT</th>
<th>END POINT</th>
<th>OPPOSITE ARM MOTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arae Makki (Low Block)</td>
<td>palm towards face and at shoulder level</td>
<td>two fist widths from quadriceps</td>
<td>starts partially to fully extended in front of target and counteracts block</td>
</tr>
<tr>
<td>Momtong Makki (Middle Block)</td>
<td>shoulder high at 3:00 or 9:00, palm out, takes path from outside to inside</td>
<td>just below shoulder level at centerline of body, arm bent 90-120°</td>
<td>starts as partially to fully extended straight punch at centerline of body and counteracts block</td>
</tr>
<tr>
<td>Olgul Makki (High Block)</td>
<td>fist on opposite side of body, palm in, between rib and hip</td>
<td>wrist at centerline of face, one fist width from forehead at 45°</td>
<td>fist starts at shoulder of blocking arm, palm outward and counteracts block</td>
</tr>
<tr>
<td>Baro/ Bandae Jireugi</td>
<td>fist palm up, chambered between ribs and hip, in direct line with target</td>
<td>solar plexus arm/bent/fist straight, elbow in line.</td>
<td>counteracts punch</td>
</tr>
<tr>
<td>Olgul Jireugi (Face Punch)</td>
<td>fist palm up, chambered between ribs and hip</td>
<td>philtrum arm/wrist/ fist straight, elbow in line</td>
<td>counteracts punch</td>
</tr>
<tr>
<td>Sonnal Momtong Makki</td>
<td>open hand on opposite side of body, chambered between rib and hip, fingers facing rear</td>
<td>outside edge of body fingertips of blocking hand just below shoulder level, arm bent 90-100°, wrist straight</td>
<td>starts extended at shoulder height, turns and moves forward with blocking arm, rests one hand thickness from solar plexus, palm up, elbow bent 90°</td>
</tr>
<tr>
<td>Pysonsonkeut Sewo Tzireugi (Spear Hand Strike)</td>
<td>open hand, palm up, chambered between ribs and hip</td>
<td>solar plexus elbow rests on back of downward facing non-striking hand</td>
<td>counteracts strike, palm faces downward to allow striking elbow to rest on back of hand</td>
</tr>
<tr>
<td>Deungjemeok Olgul Ap Chigi (Forward Back Fist)</td>
<td>fist in armpit of non-striking arm, palm facing downward</td>
<td>philtrum arm bent 90-100°, wrist straight</td>
<td>fist starts at shoulder of striking arm and withdraws to counteract strike</td>
</tr>
<tr>
<td>Palkup Dollyo Chigi</td>
<td>fist chambered between ribs and hip</td>
<td>jaw palm down, upper body rotated into strike</td>
<td>palm meets fist of striking elbow, fingers upward in front of chest</td>
</tr>
<tr>
<td>Palkup Pyojeok Chigi</td>
<td>fist chambered between ribs and hip meets other hand’s open palm</td>
<td>solar plexus fist palm down in front of pectoral muscle</td>
<td>open palm meets striking elbow, fingers facing forward</td>
</tr>
<tr>
<td>Palmok Momtong Bakkat Makki (Outside Hammer Fist Block)</td>
<td>fist on opposite side of body, shoulder high, palm in, takes path from inside to outside</td>
<td>outside edge of body just below shoulder level, palm facing outward, arm bent 90-100°</td>
<td>fist starts at shoulder of blocking arm, palm toward face and counteracts block</td>
</tr>
<tr>
<td>Deungjemeok Olgul Bakkat Chigi (Side Back Fist)</td>
<td>fist in armpit of non-striking arm, palm facing downward</td>
<td>jaw arm slightly bent</td>
<td>fist starts at shoulder of striking arm and withdraws to counteract strike</td>
</tr>
<tr>
<td>Yop Jireugi (Side Punch)</td>
<td>fist palm up, chambered between ribs and hip</td>
<td>solar plexus arm/wrist/fist straight, elbow in line</td>
<td>counteracts punch</td>
</tr>
<tr>
<td>Jeocho Jireugi (Double Palm Up Punch)</td>
<td>fists palm down, chambered between ribs and hips</td>
<td>ribs elbow bent 90-120°, fists facing upward</td>
<td>not applicable</td>
</tr>
</tbody>
</table>
Khaljaebi (Arc Hand Strike)
fist palm up, chambered between ribs and hip
neck
striking hand forms arc shape
counteracts strike

Pyonsoonkeut Arae Jeocho Tzireugi
(Upward Flat Spear Hand Thrust)
shoulder level, palm facing down
groin
palm up
palm facing down, partially to fully extended, in front of target and counteracts strike

Palkup Yop Chigi
(Side Elbow Strike)
fist on opposite side of body, palm down, center of forearm in front of solar plexus
solar plexus
open palm supports striking elbow, fingers facing upward

Pyonsoonkeut Opeo Tzireugi
(Flat Spear Hand Thrust)
opposite side wrist, palm down
solar plexus
counteracts strike

Kicking Techniques

General Rules:
- The kicking leg is straight at extension.
- The support leg is straight during chamber, extension, and retraction.

<table>
<thead>
<tr>
<th>TECHNIQUE</th>
<th>KICKING SURFACE</th>
<th>SUPPORT FOOT POSITION</th>
<th>TARGET</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ap Chagi  (Front Kick)</td>
<td>ball</td>
<td>may pivot up to 45°, heel flat on the floor</td>
<td>head</td>
</tr>
<tr>
<td>Dubal Dangsung Chagi (Jump Double Front Kick)</td>
<td>ball</td>
<td>may pivot up to 45° during first kick</td>
<td>chest/head head/head</td>
</tr>
<tr>
<td>Yop Chagi  (Side Kick)</td>
<td>heel</td>
<td>pivots on ball of foot until heel is in line with target</td>
<td>head</td>
</tr>
<tr>
<td>Kodeup Yop Chagi (Double Side Kick)</td>
<td>heel</td>
<td>pivots on ball of foot until heel is in line with target</td>
<td>knee/head</td>
</tr>
<tr>
<td>Dollyo Chagi (Roundhouse Kick)</td>
<td>ball or instep</td>
<td>pivots on ball of foot until toes face 3:00-6:00</td>
<td>head</td>
</tr>
<tr>
<td>Pyojeok Chagi (Crescent Kick)</td>
<td>arch</td>
<td>pivots on ball of foot until toes face target</td>
<td>head</td>
</tr>
<tr>
<td>Tweo Pyojeokchagi (Jump Spin Crescent Kick)</td>
<td>arch</td>
<td>preferably, both feet are in air while striking target</td>
<td>head</td>
</tr>
</tbody>
</table>
Kihaps and Stomps

<table>
<thead>
<tr>
<th>POOMSAE</th>
<th>KIHAP(s)</th>
<th>KIHAP POOM</th>
<th>STOMP(s)</th>
<th>STOMP POOM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taeguk Sa Jung</td>
<td>1</td>
<td>final punch at 6:00</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Taeguk O Jung</td>
<td>1</td>
<td>back fist at 6:00</td>
<td>1</td>
<td>back fist at 6:00</td>
</tr>
<tr>
<td>Taeguk Yuk Jung</td>
<td>1</td>
<td>2nd roundhouse kick at 12:00</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Taeguk Chil Jung</td>
<td>1</td>
<td>punch at 6:00</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Taeguk Pal Jung</td>
<td>2</td>
<td>jump double front kick at 12:00, 6:00</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Koryo</td>
<td>2</td>
<td>3rd arc hand strike at 12:00, arc hand strike at 6:00</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Keumgang</td>
<td>2</td>
<td>first stomp on each side</td>
<td>4</td>
<td>each mountain block</td>
</tr>
<tr>
<td>Taebaek</td>
<td>2</td>
<td>final punch 12:00, punch 6:00</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Pyongwon</td>
<td>2</td>
<td>1st back fist strike of each pair at 12:00</td>
<td>2</td>
<td>1st back fist strike of each pair at 12:00</td>
</tr>
<tr>
<td>Shipjin</td>
<td>3</td>
<td>side punch at 9:00, 3:00, back fist at 12:00</td>
<td>1</td>
<td>back fist at 12:00</td>
</tr>
<tr>
<td>Jitae</td>
<td>2</td>
<td>hammer punch into palm at 12:00, punch at 6:00</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Chonkwon</td>
<td>1</td>
<td>side kick at 12:00</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Hansu</td>
<td>2</td>
<td>back fist at 4:30, 7:30</td>
<td>2</td>
<td>back fist at 4:30, 7:30</td>
</tr>
</tbody>
</table>

Slow Movements

### 5 Second Slow Movements

<table>
<thead>
<tr>
<th>POOMSAE</th>
<th>POOM #</th>
<th>STANCE</th>
<th>MOVEMENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taeguk 1-8, Keumgang, Taebaek, Shipjin, Jitae</td>
<td>Joonbi/Baro</td>
<td>Naranhi Seogi (Parallel Stance)</td>
<td>Joonbi seogi</td>
</tr>
<tr>
<td>Taeguk 6</td>
<td>10</td>
<td>Naranhi Seogi</td>
<td>Arae hechomakki (left hand outside)</td>
</tr>
<tr>
<td>Taekgeuk 7</td>
<td>11</td>
<td>Moa Seogi (Closed stance)</td>
<td>Bojumeok (left hand holds right fist)</td>
</tr>
<tr>
<td>Koryo</td>
<td>Joonbi/Baro</td>
<td>Naranhi Seogi</td>
<td>Tongmilgi Joonbi Seogi</td>
</tr>
<tr>
<td>Keumgang</td>
<td>13/23</td>
<td>Naranhi Seogi</td>
<td>Arae hechomakki (left foot slightly pull in and left hand outside)</td>
</tr>
<tr>
<td>Pyongwon</td>
<td>Joonbi/Baro</td>
<td>Moa Seogi</td>
<td>Kypson Joonbi Seogi</td>
</tr>
<tr>
<td></td>
<td>1</td>
<td>Naranhi Seogi</td>
<td>Sonnal Arae Hechomakki</td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>Naranhi Seogi</td>
<td>Tongmilgi</td>
</tr>
<tr>
<td>Shipjin</td>
<td>2/3, 7/8</td>
<td>Dwit Kubi/Ap Kubi</td>
<td>Pyonsonkeut opeotzireugi (opening/turning fist)</td>
</tr>
<tr>
<td></td>
<td>15/20/24</td>
<td>Ap Kubi</td>
<td>Bawimilgi</td>
</tr>
<tr>
<td></td>
<td>17</td>
<td>Joochooom Seogi</td>
<td>Sonnal Arae Hechomakki (left hand outside)</td>
</tr>
<tr>
<td>Chonkwon</td>
<td>Joonbi/Baro</td>
<td>Moa Seogi</td>
<td>Kypson Joonbi Seogi</td>
</tr>
<tr>
<td></td>
<td>1</td>
<td>Moa Seogi</td>
<td>Nalgaepyogi</td>
</tr>
<tr>
<td></td>
<td>23/24</td>
<td>Dwit Kubi</td>
<td>Sonnal Wesanteulmakki</td>
</tr>
<tr>
<td></td>
<td>25/26</td>
<td>Beom Seogi</td>
<td>Taesanmilgi</td>
</tr>
<tr>
<td>Hansu</td>
<td>Joonbi/Baro</td>
<td>Moa Seogi</td>
<td>Kypson Joonbi Seogi</td>
</tr>
</tbody>
</table>

### 8 Second Slow Movements

<table>
<thead>
<tr>
<th>POOMSAE</th>
<th>POOM #</th>
<th>STANCE</th>
<th>MOVEMENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taeguk 8</td>
<td>6/8</td>
<td>Wen Ap Kubi</td>
<td>Dangkyo Teok Jireugi</td>
</tr>
<tr>
<td>Koryo</td>
<td>26</td>
<td>Moa Seogi</td>
<td>Wen Mejumeok Arae Pyojeokchigi</td>
</tr>
<tr>
<td>Keumgang</td>
<td>8/15/18/25</td>
<td>Hakdari Seogi</td>
<td>Keumgang Makki</td>
</tr>
<tr>
<td>Jitae</td>
<td>2/4</td>
<td>Oreun Ap Kubi</td>
<td>Olgul Makki/Momtong Baro Jireugi</td>
</tr>
<tr>
<td></td>
<td>8</td>
<td>Wen Dwit Kubi</td>
<td>Momtong Bakkat Makki</td>
</tr>
<tr>
<td></td>
<td>10</td>
<td>Wen Ap Kubi</td>
<td>Olgul Makki</td>
</tr>
<tr>
<td>Chonkwon</td>
<td>3-6</td>
<td>Ap Kubi</td>
<td>Fist closes, rear foot slides forward to ap kubi, execute momtong baro jireugi</td>
</tr>
</tbody>
</table>

BARBARA BRAND
References


World Taekwondo Federation. (2013). *Poomsae Competition Rules and Interpretation To be in Force as of January 1, 2014*.

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