



2025 WORLD TAEKWONDO HANMADANG RULES

Updated 4/22/2025



**Ubicación: Centro de Convenciones en Anaheim 800 W Katella Ave. Anaheim,
CA 92802**

Preguntas Frecuentes e Información

1. Los participantes necesitan calificar para participar?

No es necesario calificar para participar.

2. Cuales reglas serán usadas para arbitraje?

El arbitraje seguirá las reglas de Kukkiwon.

3. Cuale es el uniforme necesario para competir?

Cualquier uniforme de Artes Marciales es aceptable sin importar el color. Se requiere una cinta que demuestre su nivel y esta deber ser puesta ordenadamente. U uniforme blanco con cuello negro se prefiere para todos eventos marcados como "Elite". Por Ejemplo, Formas Individuales Elite.

4. Las cintas de color pueden competir?

Los World Taekwondo Hanmadangs anteriores en Corea solo estaban abiertos para Cintas negras. El 2025 Kukkiwon World Taekwondo Hanmadang tendrá divisiones para cintas negras y Cintas de color.

5. Se requiere certificado de Kukkiwon para competir?

Tener un certificado de Kukkiwon es recomendable pero no necesario para competir. Sin embargo, solo las cintas negras de Kukkiwon harán parte de los registros oficiales de Kukkiwon World Taekwondo Hanmadang.

6. Los participantes internacionales tendrán hospedaje sin costo?

En World Taekwondo Hanmadangs anteriores en Corea, a los participantes internacionales se les brindo hospedaje y alimentación sin costo. El 2025 World Taekwondo Hanmadang no puede brindar los mismos beneficios. Todos los participantes tanto locales como internacionales serán responsables por su hospedaje y alimentación.

7. Como me registro para competir?

Los participantes deben registrarse en línea. No habrá registros en persona. Atletas deben registrarse para competir en el 2025 World Taekwondo Hanmadang bajo en nombre de una escuela. No se permitirán atletas que se registren como individuos.

El Comité Organizacional creo esta política en cooperación con elementos de seguridad para prevenir que individuos viajen a Estados Unidos bajo falsas pretensiones. Al verificar que el atleta hace parte de una escuela nos ayuda a prevenir que atletas no legítimos se registren en el 2025 World Taekwondo Hanmadang.

Para atletas de Estados Unidos, cada estado tendrá una "Escuela" para su estado que esta designado para atletas que son independientes y que no entrenan con una escuela. Por ejemplo, "Escuela Independiente de California". Atletas independientes pueden registrarse bajo la escuela independiente de su estado.

Si usted es un atleta legítimo internacional independiente, por favor mandar correo electrónico a info@worldhanmadang.com para determinar otras opciones para poderse registrar.

Solo el dueño de la escuela (o su representante autorizado) puede inscribir la escuela dentro del sistema de registros. Para registrar su escuela, favor de contactarse con info@worldhanmadang.com.

Cada escuela podrá asignar a dos personas como administradores de su escuela. Los administradores tendrán acceso a la lista de atletas y eventos registrados bajo su escuela.



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



8. Los participantes pueden usar calzado?

Calzado no es permitido para ningún evento. Sin Embargo, si el calzado es un requisito médico, por favor traer autorización médica en la cual indique que el calzado es necesario para participar. La autorización deberá ser entregada en el área de espera antes del evento.

9. Cuáles son las divisiones y especificaciones?

La edad será determinada a la fecha de Jueves, Julio 17, 2025. Las divisiones son las siguientes.

Edad	Division
3-5 años	Tigres
6-7 años	Pee Wee
8-9 años	Infantil
10-11 años	Juvenil
12-14 años	Cadete
15-17 años	Junior
18-30 años	Adulto
31-40 años	Senior
41-50 años	Executivo
51-60 años	Premier
61-70 años	Platinum
Mayor de 70 años	Ultra

Todos los eventos de taekwondo serán separados entre Masculino y Femenino con la excepción de:

1. Formas Tradicionales en Pareja (PTF)
2. Formas Tradicionales en Pareja Elite (PTFE)
3. Formas Tradicionales en Equipo (TTF)
4. Formas Creativas con Armas en Equipo (TCFWW)
5. Formas Creativas sin Armas en Equipo (TCFWO)
6. Equipo de Demostración Arirang (TDA)
7. Equipo de Demostración Elite (TDE)
8. Equipo de Demostración Recreativo (TDR)
9. Taekwondo Aeróbicos (TA)

No hay garantía que cada división estará compuesta por las políticas anteriores porque las divisiones serán basadas en el número de atletas por cada categoría. El Comité Organizacional separara cada categoría por edad, peso y habilidad a la discreción del Comité Organizacional para asegurar la seguridad de cada participante.

10. Cuantos participantes habrá en cada división?

El Comité Organizacional dividirá las divisiones de manera justa para todos los participantes con la discreción de crear divisiones por fuera de los parámetros si es necesario. Cada división tendrá un máximo de 8 participantes. Las medallas de Oro, Plata y Bronce seran para primero, segundo y tercer puesto. Los demás participantes tendrán una medalla de participación. Además de la medalla, cada participante tendrá un certificado que señalara el nombre del evento y el puesto. Por ejemplo. John Smith, Formas Tradicionales Individuales, 6-7 años , Primer Geup, Primer Puesto

Todos los eventos que harán parte del registro tanto como las divisiones Elite no tendrán un máximo de 8 personas por división. Cada división será basada en edad y cinta y por lo tanto, podría tener más de 8 personas por división. Por ejemplo, La división Infantil (8-9 años), Primer Poom tiene 16 participantes registrados. Solo será una división con 16 participantes registrados. Se otorgaran medallas para primer, segundo y tercer puesto y los demás tendrán una medalla de participación.

1. Rompimiento de Tablas Creativo Individual Elite (ICBE)
2. Formas Tradicionales Individual Elite (ITFE)
3. Formas Tradicionales en Pareja Elite (PTFE)
4. Formas Creativas Individual sin Armas Elite (ICFWE)
5. Patada en Salto Alto Individual (IJH)
6. Rompimiento de Tablas con la Mano (IPKH)
7. Rompimiento de Tablas con Patada Lateral (IPSSK)
8. Rompimiento de Tablas con Patada Trasera (IPBK)
9. Rompimiento de Tabla con Patada Giratoria (ISHK)
10. Equipo de Demostración Arirang (TDA)
11. Equipo de Demostración Elite (TDE)
12. Equipo de Demostración Recreativo (TDR)
13. Taekwondo Aeróbicos (TA)

11. Hay un máximo de número de eventos para cada participante?

Si, cada participante puede competir en un máximo de cinco eventos. Adicionalmente, una persona no puede registrarse para el mismo evento más de una vez. Por ejemplo, un participante no puede competir en dos Formas Tradicionales en Equipo a la vez. Entre más eventos participe, habrá una mayor probabilidad de tener conflictos con el horario de competencia. El Comité Organizacional trabajara para asegurarse que los participantes no estén programados a competir en dos eventos al mismo tiempo.

12. Se puede arbitrar y competir?

Árbitros no pueden participar en el 2025 World Taekwondo Hanmadang.

13. Que sucede si no me reporto al área de competencia cuando debo competir ?

Los participantes deben ir al área de espera cuando su división sea llamada. El participante será llamado un máximo de tres veces. Si el participante no llega, será descalificado sin derecho a reembolso. La única excepción es si el participante no llega porque está compitiendo en otro evento.

14. Que significa “Geup” y cual es mi “Geup”?

Geup es un término de Taekwondo que se utiliza para determinar el nivel de las cintas. En vez de decir, Cinta Amarilla, una persona diría Geup 9. Por lo general, entra más bajo el número del Geup, mas cerca está de obtener su cinta negra. Por ejemplo, Geup 1 es el nivel anterior a la cinta negra. Cada participante debe hablar con su Maestro para determinar su nivel de Geup. Cada escuela tiene un sistema único de nivel de cintas.

La tabla de conversión es solo un ejemplo. No es una conversión universal. Cada participante deberá hablar con su Maestro.

	Color	Geup
1	Elegible para Cinta Negra	1st
2	Bo Dan 2	1st
3	Bo Dan 1	1st
4	Rojo Senior 2	2nd
5	Rojo Senior 1	2nd
6	Rojo	3rd
7	Marrón Senior	3rd
8	Marrón	4th

2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025

9	Azul	5th
10	Purpura	6th
11	Verde	7th
12	Naranja	8th
13	Amarillo	8th
14	Blanco	9th

Si está participando en formas tradicionales individuales, por favor verificar cual forma de Kukkiwon es la que debe realizar.

15. Cuáles son los diferentes códigos y que significan?

Cada evento esta abreviado con un código. Los códigos son los siguientes:

	<u>CODIGO</u>	<u>EVENTO</u>	<u>Tamaño de Ring</u>	<u>Numero de Pagina</u>
1	ITF	Formas Tradicionales Individual	8 x 8	9-11
2	ITFE	Formas Tradicionales Individual Elite	8 x 8	12-14
3	ITFP	Formas Tradicionales Individual Para	8 x 8	15-17
4	PTF	Formas Tradicionales en Pareja	8 x 8	18-20
5	PTFE	Formas Tradicionales en Pareja Elite	8 x 8	21-23
6	TTF	Formas Tradicionales en Equipo	8 x 8	24-26
7	ICFWO	Formas Creativas Individual sin Armas	8 x 8	27-29
8	ICFWOE	Formas Creativas Individual sin Armas Elite	8 x 8	30-32
9	ICFWW	Formas Creativas Individual con Armas	8 x 8	33-35
10	TCFWO	Formas Creativas sin Armas en Equipo	8 x 8	36-38
11	TCFWW	Formas Creativas con Armas en Equipo	8 x 8	39-51
12	ICB	Rompimiento de Tablas Creativo Individual	8 x 8	42-44
13	ICBE	Rompimiento de Tablas Creativo Individual Elite	8 x 8	45-47
14	ICBP	Rompimiento de Tablas Creativo Individual Para	8 x 8	48-50
15	IPSSK	Rompimiento de Tablas con Patada Lateral	3x4	51-53
16	IPBK	Rompimiento de Tablas con Patada Trasera	3x4	54-56
17	IPKH	Rompimiento de Tablas con la Mano	2 x 2	57-59
18	ISHK	Rompimiento de Tabla con Patada Giratoria	8 x 8	60-61
19	IJH	Patada en Salto Alto Individual	8 x 8	62-63
20	TDA	Equipo de Demostración Arirang	12 x 12	64-67
21	TDE	Equipo de Demostración Elite	12 x 12	68-72
22	TDR	Equipo de Demostración Recreativo	12 x 12	73-77
23	TA	Taekwondo Aeróbicos	12 x 12	78-80

16. Habrán parejas y formas en familia?

Se van a tener Formas Tradicionales en Pareja (PTF) y Formas Tradicionales en Pareja Elite (PTFE). Deben tener exactamente 2 personas



2025 WORLD TAEKWONDO HANMADANG RULES

Updated 4/22/2025



registradas para hacer Formas Tradiciones en Pareja y Formas Tradicionales en Pareja Elite

Formas Tradicionales en Pareja (PTF) La pareja puede ser del mismo sexo o combinado (Hombre mujer) (co-ed).

Formas Tradicionales en Pareja Elite la pareja DEBE ser combinada (Hombre/Mujer) (co-ed)

Formas Tradicionales en Equipo (TTF) puede tener entre 3 y 10 participantes del mismo sexo o combinado (Hombres/Mujeres) (co-ed)

Formas Creativas con Armas en Equipo (TCFWW) y Formas Creativas sin Armas en Equipo (TCFWO), los equipos para estos eventos pueden tener entre 2 y 10 participantes del mismo sexo o combinado (Hombres/mujeres) (co-ed).

El Comité Organizados dividirá las divisiones de la manera más justa posible para todos los participantes, con la discreción de crear divisiones fuera de estas directrices.

Edad	Rango del Cinta
17 años y menores	Todas las cintas de color
17 años y menores	Todas las cintas negras
17 años y menores	Combinación de rangos (cintas de color y negras)
18 a 40 años	Todas las cintas de color
18 a 40 años	Todas las cintas negras
18 a 40 años	Combinación de rangos (cintas de color y negras)

Edad	Rango del Cinta
41 años y mas	Todas las cintas de color
41 años y mas	Todas las cintas negras
41 años y mas	Combinación de rangos (cintas de color y negras)
Todas las edades	Todas las cintas de color
Todas las edades	Todas las cintas negras
Todas las edades	Combinación de rangos (cintas de color y negras)

17. My equipo para “Formas tradicionales en Equipo” (TTF) y “Formas Tradicionales en Pareja” (PTF) tienen participantes con diferentes rangos. Que forma debemos presentar?

Su equipo debe presentar la forma que le corresponda al rango mas bajo. Por ejemplo: El equipo tiene 3 miembros: dos son 1 Dan cinta negra y el tercer miembro es 1st Geup. El equipo completo tienen que presentar Taegeuk Pal Jang (8), no Koryo.

18. Cual es la diferencia entre “Equipo de Demostración Arirang” (TDA), “Equipo de Demostración Elite” (TDE), y “Equipo de Demostración Recreativo” (TDR)?

Las reglas y requerimientos de competición para estos tres eventos **son diferentes**. Por favor revise las reglas oficiales para los detalles completos. Algunas de las diferencias mayores son:

1. Para Equipo de Demostración Recreativo, mínimo 4 de los miembros del equipo DEBEN tener 12 años o menos. En Equipo de Demostración Elite, NO hay requerimiento en la edad.
2. No más de 5 miembros del Equipo de Demostración Recreativo pueden competir en el mismo Equipo de Demostración Elite de la misma escuela.
3. El Equipo de Demostración Arirang está diseñado para equipos de Secundaria y Universidad que viven y entrenan en Korea. Sin embargo, cualquier equipo puede competir en esta división si lo desean.

19. Puedo competir en “Equipo de Demostración Elite” (TDE) y “Equipo de Demostración Recreativo” (TDR)?

Si, estos son eventos diferentes. No más de 5 miembros del Equipo de Demostración Recreativo pueden competir en el Equipo de Competición Elite de la misma escuela.



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



20. Puedo competir en “Equipo de Demostración Elite” (TDE) y “Equipo de Demostración Recreativo” (TDR)?

Si, estos son eventos diferentes. No más de 5 miembros del Equipo de Demostración Recreativo pueden competir en el mismo Equipo de Demostración Elite.

21. Cual es la diferencia entre “Formas Tradicionales Individual” (ITF) y “Formas Tradicionales Elite” (ITFE)?

En el evento de Formas Tradicionales individual los participantes solo tienen que presentar una (1) forma. Hay formas específicas basadas en el rango de la cinta y la edad. Por favor vea la tabla en la sección de las reglas.

En el evento de Formas Tradicionales Individual Elite los participantes tienen que presentar dos (2) formas. Las formas requeridas serán anunciadas el día anterior a la competencia para las Formas Tradicionales Individual Elite. La lista de las formas a preparar están en la tabla en la sección de las reglas. Este evento es similar a **“Sport Poomsae”**

22. Cual es la diferencia entre “Formas Tradicionales en Pareja” (PTF) y “Formas Tradicionales en Pareja Elite” (PTFE)?

En el evento de Formas Tradicionales en Pareja los participantes pueden ser del mismo sexo o combinado (Hombre/Mujer) (co-ed) y tienen que presentar solo una (1) forma. La pareja debe presentar la forma que le corresponda a la cinta más baja. Por ejemplo, el equipo tiene 2 miembros: uno es 1st Dan Cinta negra, y el compañero es 1st Geup. La pareja debe presentar Taegeuk Pal Jang (8), NO Koryo.

Hay formas específicas basadas en el rango de la cinta y la edad. Por favor vea la tabla en la sección de las reglas.

En el evento de Formas Tradicionales en Pareja Elite los participantes **TIENEN** que ser una combinación de sexo (Hombre/Mujer) y tienen que presentar dos (2) formas. Las formas requeridas serán anunciadas el día anterior a la competencia de Formas Tradicionales en Pareja Elite. La lista de las formas a preparar está en la tabla en la sección de reglas. Este evento es similar a **“Paid Sport Poomsae”**

23. Que necesita el participante traer para recoger su credencial?

Una vez completado el registro en línea, usted recibirá un correo electrónico de confirmación con todos los eventos. Usted **DEBE** traer el correo electrónico de la confirmación y una identificación para que recoja su credencial de participante.

La credencial, la bolsa del participante, y los artículos que a comprado por anticipado tendrá lugar el día Miércoles 16 de julio del 2025, de 1:00 a 9:00 pm en el vestíbulo del Centro de Convenciones de Anaheim. Si usted no puede llegar el Miércoles también podrá recoger su credencial entre el Jueves 17 a el Sábado 19 del 2025 en el vestíbulo del Centro de Convenciones de Anaheim. Los artículos comprados con anterioridad pueden ser recogidos entre el Miércoles y el Sábado.

24. Puede otra persona recoger mi Credencial de participantes?

Se **DESACONSEJA** en gran medida que otra persona recoja su credencial. En el momento que recoja su credencial, se le pedirá que usted firme un documento verificando que todos los eventos están correctos y **NO PODRAN** hacer cambios. (Cambios **SOLO** se hará si ha sido un error por parte del Comité Organizados. Cambios **NO** se harán simplemente porque el participante cambio de idea sobre el evento en el cual va a competir. Cualquiera que firme en su nombre está confirmando que todos los eventos registrados están correctos y **NO PUEDEN** ser cambiados. Si el instructor principal (maestro) o el dueño de la escuela recoge las credenciales por sus participantes, el Instructor Principal (Maestro) o dueño de la escuela **DEBE** traer el email de confirmación y firmar el documento confirmando que todos los eventos registrados están correctos.

Los Atletas Internacionales **DEBEN** recoger sus propias credenciales. Si un participante internacional no recoge su credencial será reportado con el FBI.

25. Que pasa si pierdo mi credencial de participante?

La Credencial puede ser impresa nuevamente en el área donde los participantes recogen su credencial, re imprimir la credencial tienen un costo de \$ 10.00.



2025 WORLD TAEKWONDO HANMADANG RULES

Updated 4/22/2025



26. Que es el Hotel Sede?

Habr  3 hoteles con tarifas de descuento para grupos. Por favor visite www.worldhanmadang.com para obtener los enlaces a estas tarifa grupales.

1. El hotel Westin Anaheim Resort (4-estrellas) Hotel. Localizado en 1030 West Katella Avenue Anaheim, CA 92802 que esta a 5-minutos caminando del el Centro de Convenciones de Anaheim con una tarifa negociada por grupo de \$ 319 por noche m s impuestos. La tarifa de grupo exime el cargo por el resort. Estas actividades se llevaran a cabo en el hotel: El test del Kukkiwon High Dan (Mi rcoles Julio 16, 2025), Seminarios del Equipo de Demostraci n del Kukkiwon (Mi rcoles 16 de Julio, 2025), Cena Formal (Viernes 18 de Julio, 2025), y la Fiesta de Gala (Sabado 19 de Julio, 2025).
2. Hotel Residence Inn (3-estrellas). Localizado en 640 West Katella Avenue Anaheim, CA 92802 que est  a 5-minutos caminando del Centro de Convenciones de Anaheim con una tarifa negociada por grupo de \$ 269 por noche m s impuestos. La tarifa de grupo exime el cargo de resort. Todas las habitaciones son suites que tienen cocina completa. Desayuno caliente est  incluido en la tarifa de la habitaci n.
3. Hotel Spring Hill Suites (3-estrellas). Localizado en 1801 S. Harbor Blvd. Anaheim, CA 92802 que queda a 5-minutos caminando del Centro de Convenciones de Anaheim con una tarifa negociada por grupo de \$ 259 por noche m s impuestos. La Tarifa de grupo exime el cargo del resort Todas las habitaciones son suites tienen un microondas y un refrigerados peque o. Desayuno caliente est  incluido en la tarifa de la habitaci n.

27. Donde puedo obtener los boletos para espectadores?

Los Participantes NO tienen que pagar por boletos de espectador en el Centro de Convenciones de Anaheim.

Todos los que NO son participantes DEBE comprar boleto de admisi n para el Centro de Convenciones de Anaheim.

Precio de los Boletos

Ni os de 3 a os o menores NO PAGAN solamente si van a sentarse en las piernas de alguien. Si requieren de una silla, usted necesitara pagar por un boleto adiciones. Desafortunadamente, NO hay diferencia en el precio del boleto para un adulto o un ni o.

De 4 a os en Adelante:

Jueves 17 de Julio, 2025

\$25 Admisi n General (precio anticipado solo en l nea)

\$35 Admisi n General (en la puerta)

Viernes 18 de Julio, 2025 (Ceremonia de Apertura y Demostraciones):

\$35 Admisi n General (precio anticipado solo en l nea)

\$45 Admisi n General (en la puerta)

S bado 19 de Julio, 2025:

\$25 Admisi n General (precio anticipado solo en l nea)

\$35 Admisi n General (en la puerta)

Paquete de descuento para los 3 d as

\$70 por la admisi n de los 3-d as (ahorra \$15). Este paquete solo est  disponible en l nea como un paquete precomprando.

Los boletos puede ser comprados en l nea en www.worldhanmadang.com. Usted Tambi n puede comprar los boletos en el Centro de Convenciones de Anaheim.

Usted puede entrar GRATIS si es voluntario en el Mundial de Taekwondo "Hanmadang". Por favor visite nuestra pagina de internet para mas detalles.

28. Hay que pagar para estacionarse en el Centro de Convenciones de Anaheim?

El estacionamiento en el Centro de Convenciones de Anaheim es de \$ 25 por veh culo est ndar por d a. El Mundial de Taekwondo "Hanmadang" no recibe ninguna parte de esos fondos.

29. Que son los eventos de Para-Taekwondo?

Solo habr  dos (2) eventos para-taekwondo: Rompimiento de Tablas Creativo Individual Para (ICBP) y Formas Tradicionales Individual Para (ITFP). Habr  muchas subdivisiones dentro de nuestros eventos de para-Taekwodo.



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



30. Los participantes de Para-Taekwondo podrán tener ayuda?

Los participantes de Para-taekwondo podrán tener ayuda, que puede ser un padre, un trabajador de apoyo, o instructor. Todos los ayudantes DEBE registrarse en línea como cualquier participante para firma una exención de responsabilidad y obtener una credencial. Los ayudantes No tendrán que pagar para desempeñar ese rol. Pueden solicitar recibir un pase de Para-Asistente registrándose en www.worldhanmadang.com o enviando un correo electrónico a info@worldhanmadang.com

31. Hay que pesarse?

No hay evento que requieran el peso.

32. Puedo traer armas de artes marciales al Centro de Convenciones de Anaheim?

Solamente armas de artes marciales están permitidas en el Centro de Convenciones de Anaheim. Las armas de fuego y cuchillos están estrictamente prohibidas. Todas las armas de artes marciales deben estar sin filo y aprobadas por el Comité Organizado por motivos de seguridad. Estas armas serán inspeccionadas y marcadas como aprobadas el miércoles 16 de Julio, 2025 cuando el participante recoja su credencial de 1:00 a 9:00 pm en el Centro de Convenciones de Anaheim. Si el participante no puede recoger su credencial el día miércoles, usted puede recibir la aprobación cuando recoja su credencial el Jueves, Viernes o Sábado en el Centro de Convenciones de Anaheim.

33. Se permiten entrenadores?

Para recibir el pase de entrenador, hay una tarifa de \$ 75 por entrenador si se compra en línea por adelantado o de \$ 100 en la puerta. Todos los entrenadores deben completar una revisión abreviada en línea de SafeSport que será proporcionada por el Mundial de Taekwondo "Hanmadang" 2025 como parte del sistema de registro en línea. El costo de esta revisión está incluido en la tarifa del pase de entrenador. No hay descuentos para pases de entrenador adicionales. Los entrenadores solo podrán estar en el área de competencia cuando su atleta esté en la competencia para realizar su presentación. Todos los entrenadores deben aceptar un código de conducta. El incumplimiento del código de conducta resultará en la revocación inmediata del pase de entrenador sin reembolso."

Tenga en cuenta: Durante la competencia de Rompimiento Creativo de Tablas Individual (ICB) y Rompimiento Creativo de Tablas Individual Elite (ICBE), se anima a los atletas a proporcionar sus propios asistentes. NO necesita un pase de entrenador para ser un asistente. Sin embargo, si solo es un asistente, NO PUEDE ser entrenador del atleta. Si tiene la intención de entrenar a un atleta para los eventos de Rompimiento Creativo de Tablas, debe registrarse y comprar un pase de entrenador. Si es un Para-Ayudante, NO necesita comprar un pase de entrenador. Para obtener más detalles y aplicar, visite www.worldhanmadang.com

34. Puedo tomar fotos en el Podio de Premiación?

Los teléfonos celulares, cámaras y videocámaras están ESTRICTAMENTE PROHIBIDOS en el área de premiación. Todos los teléfonos celulares, cámaras o videocámaras en esta área estarán sujetos a confiscación. Se PUEDE tomar fotos desde cualquier área para espectadores. Las fotos en el podio de premiación son oficialmente registradas y tomadas por el fotógrafo del evento. NO se permitirá que fotógrafos adicionales tomen fotos de los participantes mientras estén en el podio de premiación. Cualquier fotografía con flash interferirá con el fotógrafo oficial del evento, perturbará los registros oficiales y retrasará el proceso.

35. Hay un Pase para la Prensa?

NO hay pases de prensa disponibles. Solo los participantes, árbitros, miembros del Comité Organizador, entrenadores y voluntarios que trabajen tendrán acceso al área de competencia

36. Habrá repetición en video disponible para cuestionar las calificaciones?

Solamente las siguientes divisiones Elite estarán sujetas a repetición en video/arbitraje:

1. Formas Tradicionales Individual Elite (ITFE)
2. Rompimiento de Tablas Creativo Individual Elite (ICBE)
3. Formas Tradicionales en Pareja Elite (PTFE)
4. Equipo de Demostración Arirang (TDA)
5. Equipo de Demostración Elite (TDE)
6. Formas Creativas Individuales sin Armas (ICFOWE)



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



Solo para los eventos mencionados anteriormente, si un atleta o entrenador objeta el juicio de un árbitro, él o ella podrá presentar una reclamación ante el Comité de Arbitraje de Kukkiwon dentro de los 10 minutos después de la competencia. La Tarifa de arbitraje es de \$200.00.

Para todos los demás eventos, todas las puntuaciones y resultados son finales. No estará disponible la repetición en video para cuestionar las puntuaciones. Si tiene alguna pregunta sobre una puntuación, puede solicitar hablar con un miembro del Comité Organizador para que las preguntas se dirijan de manera adecuada al Presidente del Comité de Árbitros

37. Cual es el horario?

El horario está disponible para ver en línea en www.worldhanmadang.com bajo el menú principal 'Información del Evento' y el submenú 'Horario'. El horario final será publicado después de la fecha límite de registro el Martes 9 de julio de 2025. Un cuadro final y la lista de divisiones estarán disponibles para ver en línea el Miércoles 16 de julio de 2025."

38. En los anteriores Mundiales de Taekwondo “Hanmadangs” el ganador del 1st lugar podía reducir el tiempo requerido para la promoción en rango. Estará disponible esto en el 2025?

Algunos eventos tendrán este mismo privilegio para los ganadores del primer lugar. Mas detalles serán publicados pronto.

39. Se permiten alimentos y bebidas?

Los participantes pueden llevar botellas de agua reutilizables y pequeños bocadillos personales. No se permite ningún otro tipo de comida o bebida del exterior en el Centro de Convenciones de Anaheim. La comida y bebida se pueden comprar en el área de concesionarios del Centro de Convenciones de Anaheim

40. Se permitirán bolsas en el Centro de Convenciones de Anaheim?

El Centro de Convenciones de Anaheim tiene una política de BOLSAS TRANSPARENTES. Solo se permiten bolsas transparentes y carteras pequeñas en la entrada. Para más información, por favor visite el sitio web del Centro de Convenciones de Anaheim. Los atletas de taekwondo pueden ingresar con una bolsa de equipo, pero será revisada antes de la entrada. Todas las bolsas de equipo serán revisadas cada vez que ingrese.

41. Que se puede hacer en Anaheim?

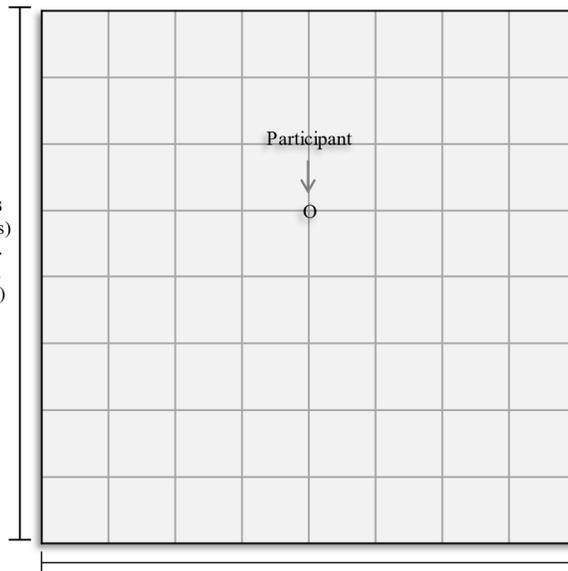
Anaheim es una de las comunidades turísticas más grandes del mundo, con parques temáticos galardonados, restaurantes, playas, tiendas y mucho más. El Comité Organizador ha negociado un descuento en Disneyland. Para más información, visite www.worldhanmadang.com.

ITF – INDIVIDUAL TRADITIONAL FORMS

(1 PARTICIPANT ONLY. AGE 3 AND UP. ALL BELTS)

**ITF – INDIVIDUAL
TRADITIONAL
FORMS
DIAGRAM**
(NOT TO SCALE)

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

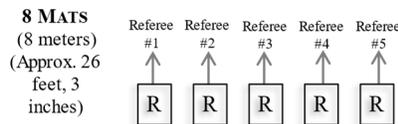
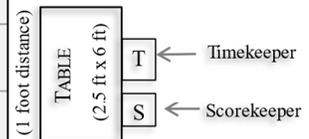


KEY

S = SCOREKEEPER
R = REFEREE
O = PARTICIPANT
T = TIMEKEEPER
□ = CHAIR

SUPPLIES

TABLE = 1
CHAIRS = 7
MATS = 64



Age	Division Name	7th/8th Geup Taegeuk 1 or 2	6th/5th Geup Taegeuk 3 or 4	3rd/4th Geup Taegeuk 5 or 6	1st/2nd Geup Taegeuk 7 or 8	1st Poom/Dan Koryo	2nd Poom/Dan Keumgang	3rd Poom/Dan Taebek	4th Poom/Dan Pyongwon	5th Dan Sipjin	6th Dan Jitae	7th Dan Chongkwon	8th Dan Hansoo	9th Dan Ilyo
3-5 years old	Tigers	✓	✓	✓	✓									
6-7 years old	Pee Wee	✓	✓	✓	✓	✓								
8-9 years old	Child	✓	✓	✓	✓	✓	✓	✓						
10-11 years old	Youth	✓	✓	✓	✓	✓	✓	✓						
12-14 years old	Cadet	✓	✓	✓	✓	✓	✓	✓						
15-17 years old	Junior	✓	✓	✓	✓	✓	✓	✓	✓					
18-30 years old	Adult	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
31-40 years old	Senior	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
41-50 years old	Executive	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
51-60 years old	Premier	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
61-70	Platinum	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Over 70	Ultra	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



1. Participants are required to perform the one (1) poomsae according to age and belt rank in the chart above.
2. There will be five (5) judges. Each judge will score the participant based on the below. The highest and lowest scores will be excluded. The average of the remaining 3 scores will be the final score.
3. Competition time limit: 90 seconds maximum
4. The following will complete each participant's score:

Points	Grading Criteria	Grading Criteria Details	Points
4.0	Accuracy	Basic Taekwondo movements and balance	4.0
6.0	Expressivity	Speed and power	2.0
		Harmony: Sturdiness and gentleness, tempo and rhythm	2.0
		Expression of energy	2.0

A. Accuracy (4.0 points):

I. Basic Taekwondo movements according to Kukkiwon guidelines

- a. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)
- b. Accuracy of Each Hand Technique – In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place
- c. Accuracy of Each Kicking Technique - correct form, height, and power of kick

II. Balance

- a. Properly shifting weight when connecting movements
- b. Correct weight distribution and balance in stances
- c. How the participant performs movements without losing balance when applying power to the target of the strike.

B. Expressivity (6.0 points):

I. Speed and Power (2.0 points)

- a. Poomsae should be performed using the power from your lower body and core to create strong and quick movements. The movements should flow together without any pausing.

II. Harmony (2.0 points)

- a. Sturdiness and Gentleness
 - i. Poomsae should be performed with strong balance. The power of each block, strike, or kick should powerful, quick, and natural/relaxed.
- b. Tempo and rhythm
 - i. Speed/tempo/flow
 - ii. Overall timing and synchronization of hands/feet/kihap(s)

III. Expression of Energy (2.0 points)

- a. Kihap – confidence
- b. Attitude and Etiquette – as soon as the Participant's name is called to enter the ring for your competition.



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



- c. Eye Control - correct direction to “look”, correct eye position as well as where eyes are focused
- d. Volume of Movement – Height of kick(s) – generally higher is better although some forms specify the target height on some kicks (Example: Koryo specifies that the side kick should be knee height). Strength/power/presentation of blocks and strikes.

NOTE: In general, each participant’s uniform should be clean and pressed, and the belt should be tied correctly. How the belt is tied, and the uniform will not be considered in any score.

5. Deductions

- A. Participant crosses outside of the 8-meter x 8-meter ring (.3-point deduction for each occurrence). Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the foot steps out of bounds it will be considered out of bounds and result in a deduction.
- B. Participant exceeds the 90-second time limit (.3-point deduction)
- C. Unsportsmanlike conduct (1 point deduction)

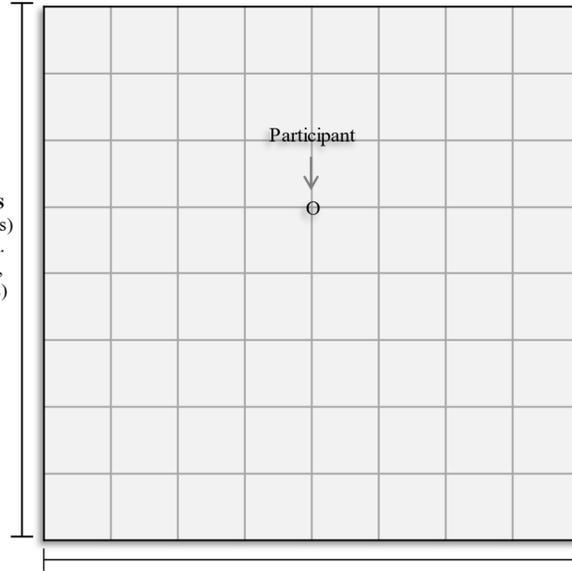
6. Tiebreaker

- A. In the case of a tie, the participant with the higher expressivity score will be selected as the winner. If there is still a tie, the highest and lowest scores (originally excluded) will be added back to the total score to determine the winner.
- B. If there is still a tie, In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – participants will perform the poomsae one (1) additional time. Judges will re-score.

ITFE - INDIVIDUAL TRADITIONAL FORMS ELITE (1 PARTICIPANT ONLY. AGES 12 AND UP. BLACK BELTS ONLY) UNDER KUKKIWON RULES KNOWN AS AUTHORIZED POOMSAE

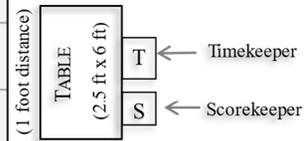
ITFE – INDIVIDUAL
TRADITIONAL
FORMS ELITE
DIAGRAM
(NOT TO SCALE)

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

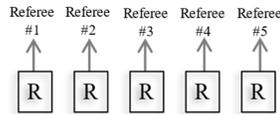


KEY
S = SCOREKEEPER
R = REFEREE
O = PARTICIPANT
T = TIMEKEEPER
□ = CHAIR

SUPPLIES
TABLE = 1
CHAIRS = 7
MATS = 64



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



- Participants are required to perform two (2) poomsaes. The poomsaes the participants will be required to perform will be randomly selected and published the day before the competition day. The poomsaes vary based on age category. See the chart below:

Ages	Category	Eligible Ranks	Required (Authorized) Poomsae
12-14 years old	Cadet	1st poom (degree) - 4th poom (degree)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
15-17 years old	Junior	1st dan (degree) - 4th dan (degree)	Taegeuk 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon
18-29 years old	Adult	1st dan (degree) - 5th dan (degree)	Taegeuk 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae
30-39 years old	Senior	1st dan (degree) - 7th dan (degree)	Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae
40-59 years old	Executive	1st dan (degree) - 8th dan (degree)	Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, Cheonkwon
60 years old and over	Premier	1st dan (degree) - 9th dan (degree)	Taebaek, Pyongwon, Sipjin, Jitae, Cheonkwon, Hansoo

- There will be five (5) judges. Each judge will score the participant based on the below. The highest and lowest scores will be excluded. The average of the remaining 3 scores will be the final score.
- Competition time limit: 90 seconds maximum
- The following will complete each participant's score:

2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025

Points	Grading Criteria	Grading Criteria Details	Points
4.0	Accuracy	Basic Taekwondo movements and balance	4.0
6.0	Expressivity	Speed and power	2.0
		Harmony: Sturdiness and gentleness, tempo and rhythm	2.0
		Expression of energy	2.0

A. Accuracy (4.0 points):

- I. Basic Taekwondo movements according to Kukkiwon guidelines
 - a. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)
 - b. Accuracy of Each Hand Technique – In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place
 - c. Accuracy of Each Kicking Technique - correct form, height, and power of kick
- II. Balance
 - a. Properly shifting weight when connecting movements
 - b. Correct weight distribution and balance in stances
 - c. How the participant performs movements without losing balance when applying power to the target of the strike.

B. Expressivity (6.0 points):

- I. Speed and Power (2.0 points)
 - a. Poomsae should be performed using the power from your lower body and core to create strong and quick movements. The movements should flow together without any pausing.
- II. Harmony (2.0 points)
 - a. Sturdiness and Gentleness
 - i. Poomsae should be performed with strong balance. The power of each block, strike, or kick should be powerful, quick, and natural/relaxed.
 - b. Tempo and rhythm
 - i. Speed/tempo/flow
 - ii. Overall timing and synchronization of hands/feet/kihap(s)
- III. Expression of Energy (2.0 points)
 - a. Kihap – confidence
 - b. Attitude and Etiquette – as soon as the Participant's name is called to enter the ring for your competition.
 - c. Eye Control - correct direction to "look", correct eye position as well as where eyes are focused
 - d. Volume of Movement – Height of kick(s) – generally higher is better although some forms specify the target height on some kicks (Example: Koryo specifies that the side kick should be knee height). Strength/power/presentation of blocks and strikes.

NOTE: In general, each participant's uniform should be clean and pressed, and the belt should be tied



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



correctly. How the belt is tied, and the uniform will not be considered in any score.

5. Deductions

A. Accuracy deductions: Point deductions will be given each time a participant fails to accurately perform detailed movements or loses balance while executing each poomsae.

B. .1-point deductions

- I. Wrong start or wrong movement
- II. Redundant movements: The axis foot moves before the body's center shifts or the movements of the stance and their hands are not consistent
- III. Wrong position of body parts
 - a. A fist, knife hand, or wrist is bent or bent backwards
 - b. Fingers are spread during movements that use the open hand
 - c. The ball of the foot or foot blade is not fully shown during kicks
- IV. Failing to hit the correct target spot
- V. Failing to use the correct stance
- VI. Excessive/unnecessary preliminary movements/motions
- VII. Losing balance in the middle or end of a movement

C. .3-point deductions

- I. Performing movements not prescribed in the Poomsae regulations in the Kukkiwon textbook.
- II. Failing to perform poomsae movements
- III. Pausing for more than two (2) seconds in the middle of the competition
- IV. Pausing the poomsae and then re-starting the poomsae from the beginning
- V. Redundant/duplicate movements. Each redundant/duplicate movement will result in a .3-point deduction.
- VI. Participant crosses outside of the 8-meter x 8-meter ring (.3-point deduction for each occurrence). Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the foot steps out of bounds it will be considered out of bounds and result in a deduction.
- VII. Failure to kihap or omission of other movements
- VIII. The weight bearing/support foot moves twice during a kick.
- IX. Participant exceeds the 90-second time limit.

D. 1 point deduction -- Unsportsmanlike conduct

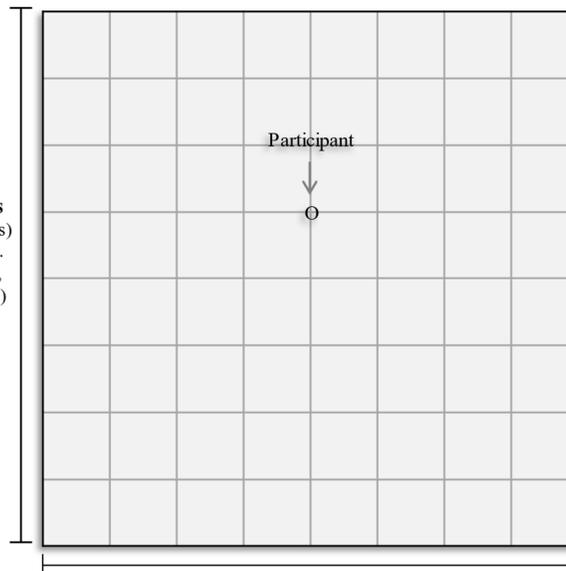
6. Tiebreaker

- A. In the case of a tie, the participant with the higher expressivity score will be selected as the winner. If there is still a tie, the highest and lowest scores (originally excluded) will be added back to the total score to determine the winner.
- B. If there is still a tie, In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – participants will perform the poomsae one (1) additional time. Judges will re-score.

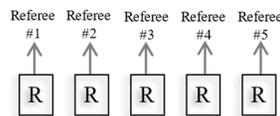
ITFP – INDIVIDUAL TRADITIONAL FORMS PARA-TAEKWONDO (1 PARTICIPANT ONLY. AGE 3 AND UP. ALL BELTS)

ITFP – INDIVIDUAL
TRADITIONAL
FORMS PARA
DIAGRAM
(NOT TO SCALE)

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



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



Age	Division Name	7th/8th Geup Taegeuk 1 or 2	6th/5th Geup Taegeuk 3 or 4	3rd/4th Geup Taegeuk 5 or 6	1st/2nd Geup Taegeuk 7 or 8	1st Poom/Dan Koryo	2nd Poom/Dan Keungang	3rd Poom/Dan Taebek	4th Poom/Dan Pyongwon	5th Dan Sipjin	6th Dan Jitae	7th Dan Chongkwon	8th Dan Hansoo	9th Dan Ilyo
3-5 years old	Tigers	✓	✓	✓	✓									
6-7 years old	Pee Wee	✓	✓	✓	✓	✓								
8-9 years old	Child	✓	✓	✓	✓	✓	✓	✓						
10-11 years old	Youth	✓	✓	✓	✓	✓	✓	✓						
12-14 years old	Cadet	✓	✓	✓	✓	✓	✓	✓						
15-17 years old	Junior	✓	✓	✓	✓	✓	✓	✓	✓					
18-30 years old	Adult	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
31-40 years old	Senior	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
41-50 years old	Executive	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
51-60 years old	Premier	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
61-70	Platinum	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Over 70	Ultra	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



1. Participants are required to perform the one (1) poomsae according to age and belt rank in the chart above.
2. There will be five (5) judges. Each judge will score the participant based on the below. The highest and lowest scores will be excluded. The average of the remaining 3 scores will be the final score.
3. Competition time limit: 90 seconds maximum
4. The following will complete each participant's score:

Points	Grading Criteria	Grading Criteria Details	Points
4.0	Accuracy	Basic Taekwondo movements and balance	4.0
6.0	Expressivity	Speed and power	2.0
		Harmony: Sturdiness and gentleness, tempo and rhythm	2.0
		Expression of energy	2.0

A. Accuracy (4.0 points):

- I. Basic Taekwondo movements according to Kukkiwon guidelines
 - a. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)
 - b. Accuracy of Each Hand Technique – In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place.
 - c. Accuracy of Each Kicking Technique - correct form, height, and power of kick
- II. Balance
 - a. Properly shifting weight when connecting movements
 - b. Correct weight distribution and balance in stances
 - c. How the participant performs movements without losing balance when applying power to the target of the strike.

B. Expressivity (6.0 points):

- I. Speed and Power (2.0 points)
 - a. Poomsae should be performed using the power from your lower body and core to create strong and quick movements. The movements should flow together without any pausing.
- II. Harmony (2.0 points)
 - a. Sturdiness and Gentleness
 - i. Poomsae should be performed with strong balance. The power of each block, strike, or kick should powerful, quick, and natural/relaxed.
 - b. Tempo and rhythm
 - i. Speed/tempo/flow
 - ii. Overall timing and synchronization of hands/feet/kihap(s)
- III. Expression of Energy (2.0 points)
 - a. Kihap – confidence
 - b. Attitude and Etiquette – as soon as the Participant's name is called to enter the ring for



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



your competition.

- c. Eye Control - correct direction to “look”, correct eye position as well as where eyes are focused.
- d. Volume of Movement – Height of kick(s) – generally higher is better although some forms specify the target height on some kicks (Example: Koryo specifies that the side kick should be knee height). Strength/power/presentation of blocks and strikes.

NOTE: In general, each participant’s uniform should be clean and pressed, and the belt should be tied correctly. How the belt is tied, and the uniform will not be considered in any score.

5. Deductions

- A. Participant crosses outside of the 8-meter x 8-meter ring (.3-point deduction for each occurrence). Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the foot steps out of bounds it will be considered out of bounds and result in a deduction.
- B. Participant exceeds the 90-second time limit (.3-point deduction)
- C. Unsportsmanlike conduct (1 point deduction)

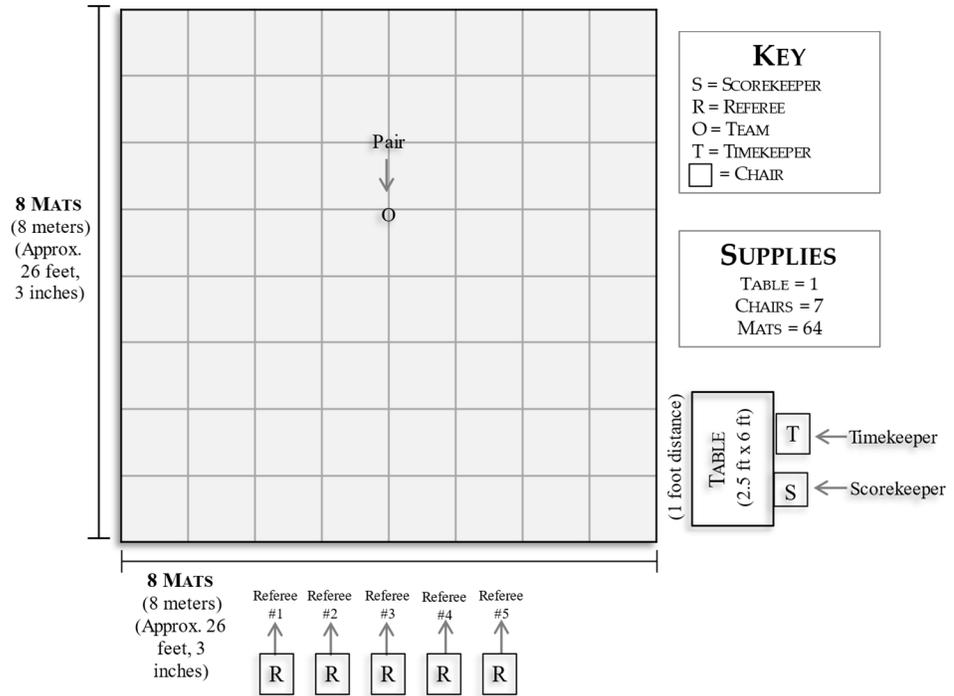
6. Tiebreaker

- A. In the case of a tie, the participant with the higher expressivity score will be selected as the winner. If there is still a tie, the highest and lowest scores (originally excluded) will be added back to the total score to determine the winner.
- B. If there is still a tie, In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – participants will perform the poomsae one (1) additional time. Judges will re-score.

PTF – PAIRS TRADITIONAL FORMS

(2 PARTICIPANTS. NO AGE REQUIREMENTS. ALL BELTS. CAN BE SAME GENDER OR MIXED GENDER (CO-ED))

PTF – PAIRS
TRADITIONAL
FORMS
DIAGRAM
(NOT TO SCALE)



Age	Division Name	7th/8th Geup Taegeuk 1 or 2	6th/5th Geup Taegeuk 3 or 4	3rd/4th Geup Taegeuk 5 or 6	1st/2nd Geup Taegeuk 7 or 8	1st Poom/Dan Koryo	2nd Poom/Dan Keumgang	3rd Poom/Dan Taebek	4th Poom/Dan Pyongwon	5th Dan Sipjin	6th Dan Jitae	7th Dan Chongkwon	8th Dan Hansoo	9th Dan Ilyo
3-5 years old	Tigers	✓	✓	✓	✓									
6-7 years old	Pee Wee	✓	✓	✓	✓	✓								
8-9 years old	Child	✓	✓	✓	✓	✓	✓	✓						
10-11 years old	Youth	✓	✓	✓	✓	✓	✓	✓						
12-14 years old	Cadet	✓	✓	✓	✓	✓	✓	✓						
15-17 years old	Junior	✓	✓	✓	✓	✓	✓	✓	✓					
18-30 years old	Adult	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
31-40 years old	Senior	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
41-50 years old	Executive	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
51-60 years old	Premier	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
61-70	Platinum	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Over 70	Ultra	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



1. There must be exactly two (2) people registered to make up a Pairs Traditional Forms Group. Pairs can be made up of the same gender or mixed gender (co-ed).
2. Each pair should perform the one (1) poomsae for the LOWEST belt rank in the chart above. For example, one participant is a 1st Dan Black Belts, and the pair partner is a 1st Geup. The pairs team should perform Taegeuk Pal Jang (8), NOT Koryo.
3. There will be five (5) judges. Each judge will score the participant based on the below. The highest and lowest scores will be excluded. The average of the remaining 3 scores will be the final score.
4. Competition time limit: 90 seconds maximum
5. The following will complete each Pair's score:

Points	Grading Criteria	Grading Criteria Details	Points
4.0	Accuracy	Basic Taekwondo movements and balance	4.0
6.0	Expressivity	Speed and power	2.0
		Harmony: Sturdiness and gentleness, tempo and rhythm	2.0
		Expression of energy	2.0

A. Accuracy (4.0 points):

- I. Basic Taekwondo movements according to Kukkiwon guidelines
 - a. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)
 - b. Accuracy of Each Hand Technique – In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place
 - c. Accuracy of Each Kicking Technique - correct form, height, and power of kick
- II. Balance
 - a. Properly shifting weight when connecting movements
 - b. Correct weight distribution and balance in stances
 - c. How the participant performs movements without losing balance when applying power to the target of the strike.

B. Expressivity (6.0 points):

- I. Speed and Power (2.0 points)
 - a. Poomsae should be performed using the power from your lower body and core to create strong and quick movements. The movements should flow together without any pausing.
- II. Harmony (2.0 points)
 - a. Sturdiness and Gentleness
 - I. Poomsae should be performed with strong balance. The power of each block, strike, or kick should be powerful, quick, and natural/relaxed.
 - b. Tempo and rhythm
 - I. Speed/tempo/flow
 - II. Overall timing and synchronization of hands/feet/kihap(s)
- III. Expression of Energy (2.0 points)



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



- a. Kihap – confidence
- b. Attitude and Etiquette – as soon as the Participant’s name is called to enter the ring for your competition.
- c. Eye Control - correct direction to “look”, correct eye position as well as where eyes are focused
- d. Volume of Movement – Height of kick(s) – generally higher is better although some forms specify the target height on some kicks (Example: Koryo specifies that the side kick should be knee height).
Strength/power/presentation of blocks and strikes.

NOTE: In general, each participant’s uniform should be clean and pressed, and the belt should be tied correctly. How the belt is tied, and the uniform will not be considered in any score.

6. Deductions

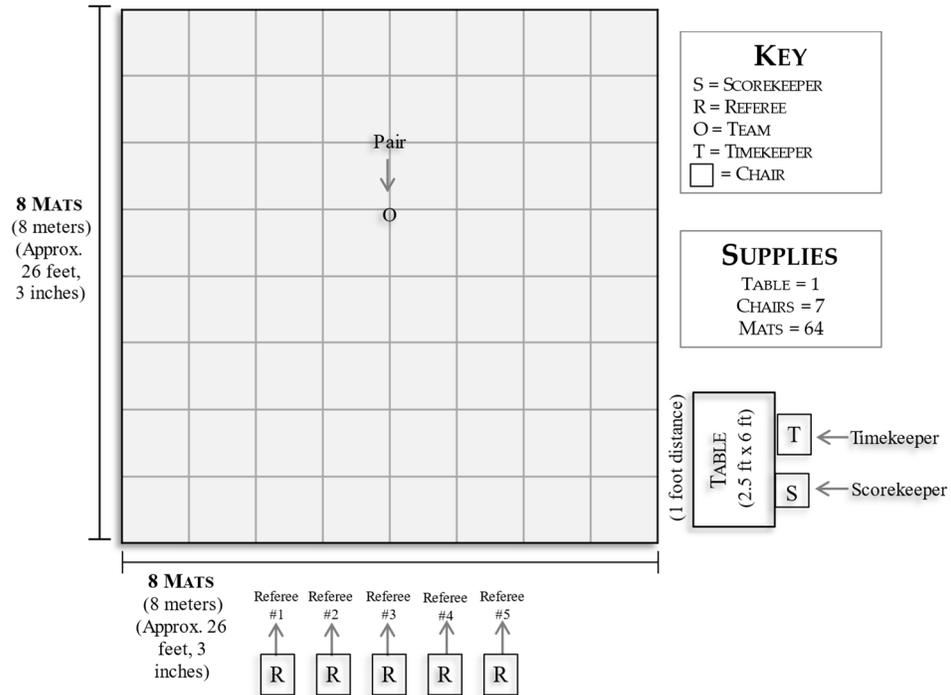
- A. Participant crosses outside of the 8-meter x 8-meter ring (.3-point deduction for each occurrence). Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the foot steps out of bounds it will be considered out of bounds and result in a deduction.
- B. Participant exceeds the 90-second time limit (.3-point deduction)
- C. Unsportsmanlike conduct (1 point deduction)

7. Tiebreaker

- A. In the case of a tie, the participant with the higher expressivity score will be selected as the winner. If there is still a tie, the highest and lowest scores (originally excluded) will be added back to the total score to determine the winner. If there is still a tie, In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – participants will perform the poomsae one (1) additional time. Judges will re-score.

PTFE – PAIRS TRADITIONAL FORMS ELITE (2 PARTICIPANTS. AGE 7 AND UP. BLACK BELTS ONLY. MUST BE MIXED GENDER (CO-ED))

**PTFE – PAIRS
TRADITIONAL
FORMS ELITE
DIAGRAM
(NOT TO SCALE)**



- There must be exactly two (2) people registered to make up a Pairs Traditional Forms ELITE Group. Pairs **must** be mixed gender (co-ed). All participants must be black belts. Pairs can be of different ranks.
- Pairs are required to perform two (2) poomsaes. The poomsaes the pairs will be required to perform will be randomly selected and published the day before the competition day. The poomsaes vary based on age category. See the chart below:

Ages	Category	Eligible Ranks	Required (Authorized) Poomsaes
7-12 years old	Cadet	1st poom (degree) - 3rd poom (degree)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
13-18 years old	Junior	1st dan (degree) - 4th dan (degree)	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon
19-29 years old	Adult	1st dan (degree) - 5th dan (degree)	Taegeuk 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin
30-39 years old	Senior	1st dan (degree) - 7th dan (degree)	Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae
40-59 years old	Executive	1st dan (degree) - 8th dan (degree)	Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, Cheonkwon
60 years old and over	Premier	1st dan (degree) - 9th dan (degree)	Taebaek, Pyongwon, Sipjin, Jitae, Cheonkwon, Hansoo

- There will be five (5) judges. Each judge will score the participant based on the chart below. The highest and lowest scores will be excluded. The average of the remaining 3 scores will be the final score.



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



4. Competition time limit: 90 seconds maximum
5. The following will complete each participant's score:

Points	Grading Criteria	Grading Criteria Details	Points
4.0	Accuracy	Basic Taekwondo movements and balance	4.0
6.0	Expressivity	Speed and power	2.0
		Harmony: Sturdiness and gentleness, tempo and rhythm	2.0
		Expression of energy	2.0

A. Accuracy (4.0 points):

- i. Basic Taekwondo movements according to Kukkiwon guidelines
 - a. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)
 - b. Accuracy of Each Hand Technique – In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place.
 - c. Accuracy of Each Kicking Technique - correct form, height, and power of kick
- ii. Balance
 - a. Properly shifting weight when connecting movements
 - b. Correct weight distribution and balance in stances
 - c. How the participant performs movements without losing balance when applying power to the target of the strike.

B. Expressivity (6.0 points):

- I. Speed and Power (2.0 points)
- II. Poomsae should be performed using the power from your lower body and core to create strong and quick movements. The movements should flow together without any pausing.

C. Harmony (2.0 points)

- I. Sturdiness and Gentleness
 - a. Poomsae should be performed with strong balance. The power of each block, strike, or kick should powerful, quick, and natural/relaxed.
- II. Tempo and rhythm
 - a. Speed/tempo/flow
 - b. Overall timing and synchronization of hands/feet/kihap(s)

D. Expression of Energy (2.0 points)

- I. Kihap – confidence
- II. Attitude and Etiquette – as soon as the Participant's name is called to enter the ring for your competition.
- III. Eye Control - correct direction to "look", correct eye position as well as where eyes are focused
- IV. Volume of Movement – Height of kick(s) – generally higher is better although some forms specify the target height on some kicks (Example: Koryo specifies that the side kick should be knee height).



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



Strength/power/presentation of blocks and strikes.

NOTE: In general, each participant's uniform should be clean and pressed, and the belt should be tied correctly. How the belt is tied, and the uniform will not be considered in any score.

6. Deductions

A. Accuracy deductions

- I. Point deductions will be given each time a participant fails to accurately perform detailed movements or loses balance while executing each poomsae.

B. .1-point deductions

- a. Wrong start or wrong movement
- b. Redundant movements: The axis foot moves before the body's center shifts or the movements of the stance and their hands are not consistent
- c. Wrong position of body parts
- II. A fist, knife hand, or wrist is bent or bent backwards
- III. Fingers are spread during movements that use the open hand
- IV. The ball of the foot or foot blade is not fully shown during kicks
 - a. Failing to hit the correct target spot
 - b. Failing to use the correct stance
 - c. Excessive/unnecessary preliminary movements/motions
 - d. Losing balance in the middle or end of a movement

C. .3-point deductions

- a. Performing movements not prescribed in the Poomsae regulations in the Kukkiwon textbook
- b. Failing to perform poomsae movements
- c. Pausing for more than two (2) seconds in the middle of the competition
- d. Pausing the poomsae and then re-starting the poomsae from the beginning
- e. Redundant/duplicate movements. Each redundant/duplicate movement will result in a .3-point deduction
- f. Participant crosses outside of the 8-meter x 8-meter ring (.3-point deduction for each occurrence). Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the foot steps out of bounds it will be considered out of bounds and result in a deduction.
- g. Failure to kihap or omission of other movements
- h. The weight bearing/support foot moves twice during a kick.
- i. Participant exceeds the 90-second time limit.

D. 1 point deduction -- Unsportsmanlike conduct

7. Tiebreaker

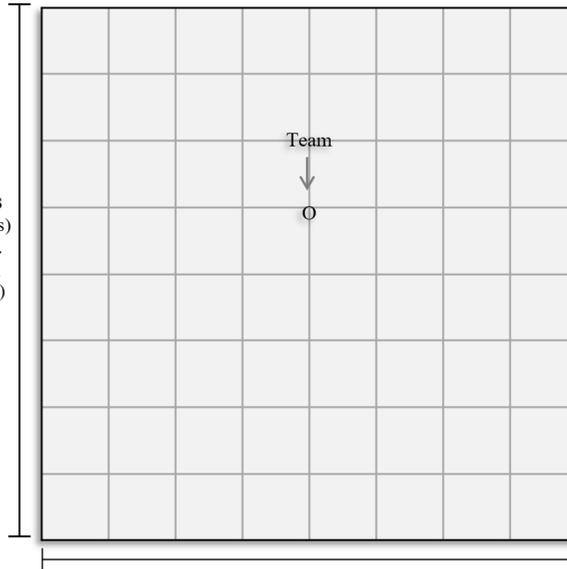
- A. In the case of a tie, the participant with the higher expressivity score will be selected as the winner. If there is still a tie, the highest and lowest scores (originally excluded) will be added back to the total score to determine the winner.
- B. If there is still a tie, In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – participants will perform the poomsae one (1) additional time. Judges will re-score.

2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025

TTF – TEAM TRADITIONAL FORMS (3-10 PARTICIPANTS. NO AGE REQUIREMENT. ALL BELTS)

TTF – TEAM
TRADITIONAL
FORMS
DIAGRAM
(NOT TO SCALE)

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



KEY

S = SCOREKEEPER
R = REFEREE
O = TEAM
T = TIMEKEEPER
□ = CHAIR

SUPPLIES

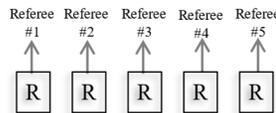
TABLE = 1
CHAIRS = 7
MATS = 64

(1 foot distance)

TABLE
(2.5 ft x 6 ft)

T ← Timekeeper
S ← Scorekeeper

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



Age	Division Name	7th/8th Geup Taegeuk 1 or 2	6th/5th Geup Taegeuk 3 or 4	3rd/4th Geup Taegeuk 5 or 6	1st/2nd Geup Taegeuk 7 or 8	1st Poom/Dan Koryo	2nd Poom/Dan Keumgang	3rd Poom/Dan Taebek	4th Poom/Dan Pyongwon	5th Dan Sipjin	6th Dan Jitae	7th Dan Chongkwon	8th Dan Hansoo	9th Dan Ilyo
3-5 years old	Tigers	✓	✓	✓	✓									
6-7 years old	Pee Wee	✓	✓	✓	✓	✓								
8-9 years old	Child	✓	✓	✓	✓	✓	✓	✓						
10-11 years old	Youth	✓	✓	✓	✓	✓	✓	✓						
12-14 years old	Cadet	✓	✓	✓	✓	✓	✓	✓						
15-17 years old	Junior	✓	✓	✓	✓	✓	✓	✓	✓					
18-30 years old	Adult	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
31-40 years old	Senior	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
41-50 years old	Executive	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
51-60 years old	Premier	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
61-70	Platinum	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Over 70	Ultra	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



1. There must be between three (3) to ten (10) participants registered to make up a Team Traditional Forms Group. Teams can be made up of the same gender or mixed gender. There are no age or belt restrictions.
2. Each team should perform the one (1) poomsae for the LOWEST belt rank in the chart above. For example, the team has 3 members: two are 1st Dan Black Belts, and the third member is a 1st Geup. The entire team should perform Taegeuk Pal Jang (8), NOT Koryo.
3. There will be five (5) judges. Each judge will score the participant based on the below. The highest and lowest scores will be excluded. The average of the remaining 3 scores will be the final score.
4. Competition time limit: 90 seconds maximum
5. The following will complete each Team's score:

Points	Grading Criteria	Grading Criteria Details	Points
4.0	Accuracy	Basic Taekwondo movements and balance	4.0
6.0	Expressivity	Speed and power	2.0
		Harmony: Sturdiness and gentleness, tempo and rhythm	2.0
		Expression of energy	2.0

A. Accuracy (4.0 points):

- I. Basic Taekwondo movements according to Kukkiwon guidelines
 - a. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)
 - b. Accuracy of Each Hand Technique – In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place
 - c. Accuracy of Each Kicking Technique - correct form, height, and power of kick
- II. Balance
 - a. Properly shifting weight when connecting movements
 - b. Correct weight distribution and balance in stances
 - c. How the participant performs movements without losing balance when applying power to the target of the strike.

B. Expressivity (6.0 points):

- I. Speed and Power (2.0 points)
 - a. Poomsae should be performed using the power from your lower body and core to create strong and quick movements. The movements should flow together without any pausing.
- II. Harmony (2.0 points)
 - a. Sturdiness and Gentleness
 - i. Poomsae should be performed with strong balance. The power of each block, strike, or kick should powerful, quick, and natural/relaxed.



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



- b. Tempo and rhythm
 - i. Speed/tempo/flow
 - ii. Overall timing and synchronization of hands/feet/kihap(s)
- III. Expression of Energy (2.0 points)
 - a. Kihap – confidence
 - b. Attitude and Etiquette – as soon as the Participant’s name is called to enter the ring for your competition.
 - c. Eye Control - correct direction to “look”, correct eye position as well as where eyes are focused
 - d. Volume of Movement – Height of kick(s) – generally higher is better although some forms specify the target height on some kicks (Example: Koryo specifies that the side kick should be knee height). Strength/power/presentation of blocks and strikes.

NOTE: In general, each participant’s uniform should be clean and pressed, and the belt should be tied correctly. How the belt is tied, and the uniform will not be considered in any score.

6. Deductions

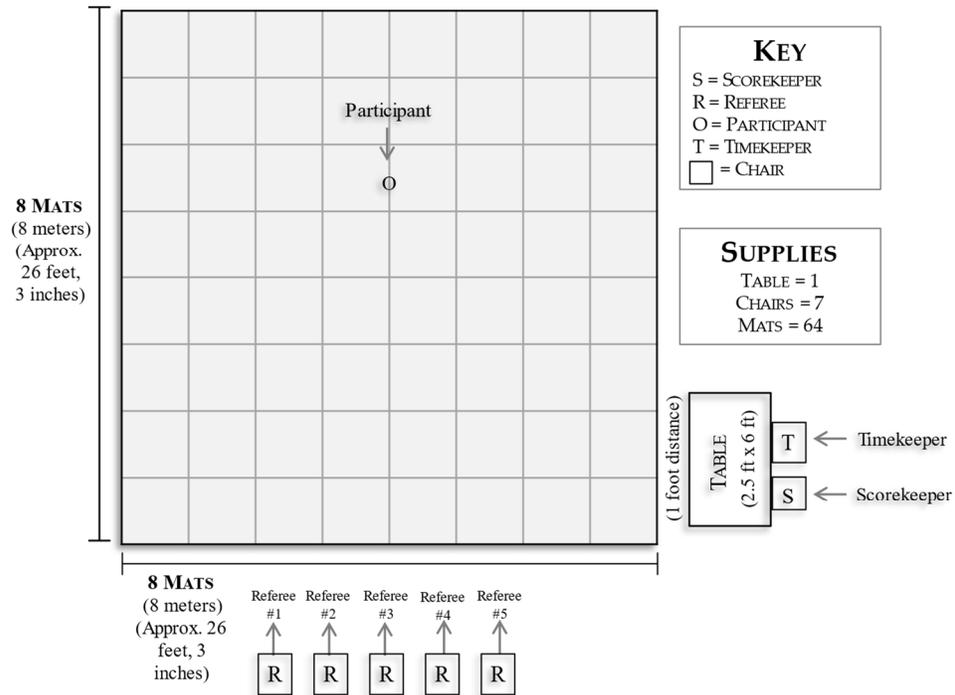
- A. Participant crosses outside of the 8-meter x 8-meter ring (.3-point deduction for each occurrence). Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the foot steps out of bounds it will be considered out of bounds and result in a deduction.
- B. Participant exceeds the 90-second time limit (.3-point deduction)
- C. Unsportsmanlike conduct (1 point deduction)

7. Tiebreaker

- A. In the case of a tie, the participant with the higher expressivity score will be selected as the winner. If there is still a tie, the highest and lowest scores (originally excluded) will be added back to the total score to determine the winner. If there is still a tie, In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – participants will perform the poomsae one (1) additional time. Judges will re-score.

ICFWO- INDIVIDUAL CREATIVE FORMS WITHOUT WEAPONS (1 PARTICIPANT ONLY. NO AGE REQUIREMENT. ALL BELTS)

ICFWO -
INDIVIDUAL
CREATIVE FORMS
WITHOUT WEAPONS
DIAGRAM
(NOT TO SCALE)



Age	Division Name	7th/8th Geup	6th/5th Geup	3rd/4th Geup	1st/2nd Geup	1st Poom/Dan	2nd Poom/Dan	3rd Poom/Dan	4th Poom/Dan	5th Dan	6th Dan	7th Dan	8th Dan	9th Dan
3-5 years old	Tigers	✓	✓	✓	✓									
6-7 years old	Pee Wee	✓	✓	✓	✓	✓								
8-9 years old	Child	✓	✓	✓	✓	✓	✓	✓						
10-11 years old	Youth	✓	✓	✓	✓	✓	✓	✓						
12-14 years old	Cadet	✓	✓	✓	✓	✓	✓	✓						
15-17 years old	Junior	✓	✓	✓	✓	✓	✓	✓	✓					
18-30 years old	Adult	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
31-40 years old	Senior	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
41-50 years old	Executive	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
51-60 years old	Premier	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
61-70	Platinum	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Over 70	Ultra	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



1. There will be five (5) judges. Each judge will score the participant based on the below. The highest and lowest scores will be excluded. The average of the remaining 3 scores will be the final score.
2. Competition time limit: 90 seconds maximum
3. Compulsory Techniques:
 - A. Execution of the *minimum* number of kicks (additional types and number of kicks are allowed):
 - I. 2 Front Snap Kicks (any variation of Front Snap Kicks, Ap Chagi)
 - II. 2 Roundhouse Kicks (any variation of Roundhouse Kicks, Ap Dollyo Chagi)
 - III. 2 Side Kicks (any variation of Side Kicks, Yeop Chagi)
4. Music is HIGHLY ENCOURAGED and must be uploaded on the participant registration site no later than Wed 7/9/25 at 11:59 PM Pacific Time USA. (Please bring a backup file on a music player or USB drive.) All music must be suitable for a family environment, no explicit lyrics.
5. Props are allowed and must be appropriate for a family environment. (For example, a hat is allowed. NO weapons are allowed.) Breaking boards ARE considered a prop and are acceptable. Board fragments ARE allowed. ALL props must be provided by the participant and cannot pose a safety risk to the participant or the audience. Absolutely NO Pyrotechnics, fireworks (including poppers), or flame breaks. Confetti, glitter, or similar products are prohibited. Chairs and trampolines are prohibited. Flowers and fruit are acceptable.
6. The following will complete each participant's score:

Grading Criteria	Grading Criteria Details	Points
Accuracy (4.0)	Accuracy of basic Taekwondo movements	2.0
	Compulsory techniques	2.0
Program arrangement (6.0)	Speed and power	2.0
	Harmony: Sturdiness and gentleness, tempo and rhythm	2.0
	Creativity	2.0

A. Accuracy (4.0 points):

- I. Accuracy of Basic Taekwondo movements according to Kukkiwon guidelines (2.0)
 - a. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)
 - b. Accuracy of Each Hand Technique – In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place
- II. Compulsory Techniques (2.0)
 - a. Execution of the *minimum* number of kicks (additional types and number of kicks are allowed):
 - i. 2 Front Snap Kicks (any variation of Front Snap Kicks, Ap Chagi)
 - ii. 2 Roundhouse Kicks (any variation of Roundhouse Kicks, Ap Dollyo Chagi)
 - iii. 2 Side Kicks (any variation of Side Kicks, Yeop Chagi)
 - b. Execution of Each Kicking Technique



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



i.

B. Program Arrangement (6.0 points):

- I. Speed and Power (2.0 points)
 - a. Poomsae should be performed using the power from your lower body and core to create strong and quick movements. The movements should flow together without any pausing.
- II. Harmony (2.0 points)
 - a. Sturdiness and Gentleness
 - b. Poomsae should be performed with strong balance. The power of each block, strike, or kick should powerful, quick, and natural/relaxed.
 - c. Tempo and rhythm
 - d. Speed/tempo/flow
 - e. Overall timing and synchronization of hands/feet/kihap(s)
- III. Creativity (2.0 points)
 - a. Composition of choreography
 - b. Creativity of entire routine
 - c. Degree of Difficulty

8. Deductions

- A. Participant crosses outside of the 8-meter x 8-meter ring (.3-point deduction for each occurrence). Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the foot steps out of bounds it will be considered out of bounds and result in a deduction.
- B. Participant exceeds the 90-second time limit (.3-point deduction)
- C. Unsportsmanlike conduct (1 point deduction)
- D. Participant fails to perform required techniques (.5-point deduction for each kick omitted)
- E. For example, 1 Front Snap Kick instead of 2 (.5-point deduction) No Front Snap Kicks (1 point deduction)
- F. Only participants can be in the ring during the competition. Any non-participant that enters the ring to be a part of the performance to help hold a prop or other action is prohibited.

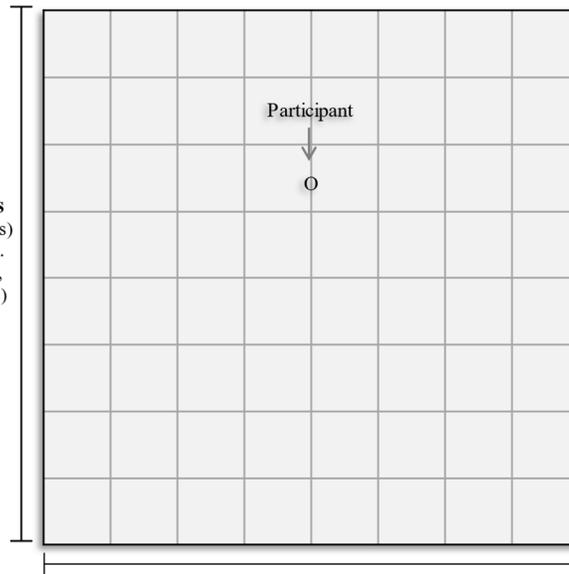
9. Tiebreaker

- A. In the case of a tie, the participant with the higher program arrangement score will be selected as the winner. If there is still a tie, the highest and lowest scores (originally excluded) will be added back to the total score to determine the winner.
- B. If there is still a tie, In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – participants will perform the poomsae one (1) additional time. Judges will re-score.

ICFWE - INDIVIDUAL CREATIVE FORMS WITHOUT WEAPONS ELITE (1 PARTICIPANT ONLY. ALL AGES BLACK BELTS ONLY)

ICFWE -
INDIVIDUAL
CREATIVE FORMS
WITHOUT WEAPONS
ELITE
DIAGRAM
(NOT TO SCALE)

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

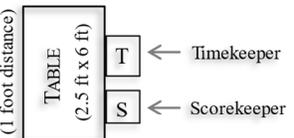


KEY

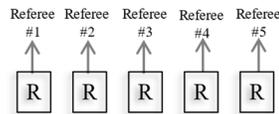
S = SCOREKEEPER
R = REFEREE
O = PARTICIPANT
T = TIMEKEEPER
□ = CHAIR

SUPPLIES

TABLE = 1
CHAIRS = 7
MATS = 64



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





2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



1. There will be five (5) judges. Each judge will score the participant based on the below. The highest and lowest scores will be excluded. The average of the remaining 3 scores will be the final score.
2. Competition time limit: 90 seconds maximum
3. Compulsory Techniques:
 - A. Yeon Mu Line (poomsae lines) – can be composed freely by the participants
 - B. Number of Poom (One Poom consists of five (5) movements)
 - C. Execution of kicks (additional types and number of kicks are allowed):
 - I. 2 Repeating Side Kicks (one side kick low and one side kick high before landing)
 - II. 2 flying Side Kicks
 - III. 2 Back Kicks
 - IV. 2 Back spinning hook kicks
 - V. 2 Jumping 360 Round House (Tornado) Kicks
 - VI. 2 540 degree turning kicks
4. Music is HIGHLY ENCOURAGED and must be uploaded on the participant registration site no later than Wed 7/9/25 at 11:59 PM Pacific Time USA. (Please bring a backup file on a music player or USB drive.) All music must be suitable for a family environment, no explicit lyrics.
5. Props are allowed and must be appropriate for a family environment. (For example, a hat is allowed. NO weapons are allowed.) Breaking boards ARE considered a prop and are acceptable. Board fragments ARE allowed. ALL props must be provided by the participant and cannot pose a safety risk to the participant or the audience. Absolutely NO Pyrotechnics, fireworks (including poppers), or flame breaks. Confetti, glitter or similar products are prohibited. Chairs and trampolines are prohibited. Flowers and fruit are acceptable.
6. There is no requirement to turn in a creative poomsae written plan submitted with the application.
7. The following will complete each participant's score:

Grading Criteria	Grading Criteria Details	Points
Accuracy (4.0)	Accuracy of basic Taekwondo movements	2.0
	Compulsory techniques	2.0
Program arrangement (6.0)	Speed and power	2.0
	Harmony: Sturdiness and gentleness, tempo and rhythm	2.0
	Creativity	2.0

A. Accuracy (4.0 points):

- I. Accuracy of Basic Taekwondo movements according to Kukkiwon guidelines (2.0)
 - a. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)
 - b. Accuracy of Each Hand Technique – In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place

2025 WORLD TAEKWONDO HANMADANG RULES

Updated 4/22/2025

I. Compulsory Techniques (2.0)

- a. Execution of kicks (additional types and number of kicks are allowed):
 - i. 2 Repeating Side Kicks (one side kick low and one side kick high before landing)
 - ii. 2 flying Side Kicks
 - iii. 2 Back Kicks
 - iv. 2 Back spinning hook kicks
 - v. 2 Jumping 360 Round House (Tornado) Kicks
 - vi. 2 540 degree turning kicks
- b. Execution of Each Kicking Technique

B. Program Arrangement (6.0 points):

- I. Speed and Power (2.0 points)
 - a. Poomsae should be performed using the power from your lower body and core to create strong and quick movements. The movements should flow together without any pausing.
- II. Harmony (2.0 points)
 - a. Sturdiness and Gentleness
 - i. Poomsae should be performed with strong balance. The power of each block, strike, or kick should be powerful, quick, and natural/relaxed.
 - b. Tempo and rhythm
 - i. Speed/tempo/flow
 - ii. Overall timing and synchronization of hands/feet/kihap(s)
- III. Creativity (2.0 points)
 - a. Composition of choreography
 - b. Creativity of entire routine
 - c. Degree of Difficulty

8. Deductions

- A. Participant crosses outside of the 8-meter x 8-meter ring (.3-point deduction for each occurrence). Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the foot steps out of bounds it will be considered out of bounds and result in a deduction.
- B. Participant exceeds the 90-second time limit (.3-point deduction)
- C. Unsportsmanlike conduct (1 point deduction)
- D. Only participants can be in the ring during the competition. Any non-participant that enters the ring to be a part of the performance to help hold a prop or other action is prohibited.

9. Tiebreaker

- A. In the case of a tie, the participant with the higher program arrangement score will be selected as the winner. If there is still a tie, the highest and lowest scores (originally excluded) will be added back to the total score to determine the winner.
- B. If there is still a tie, In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – participants will perform the poomsae one (1) additional time. Judges will re-score.



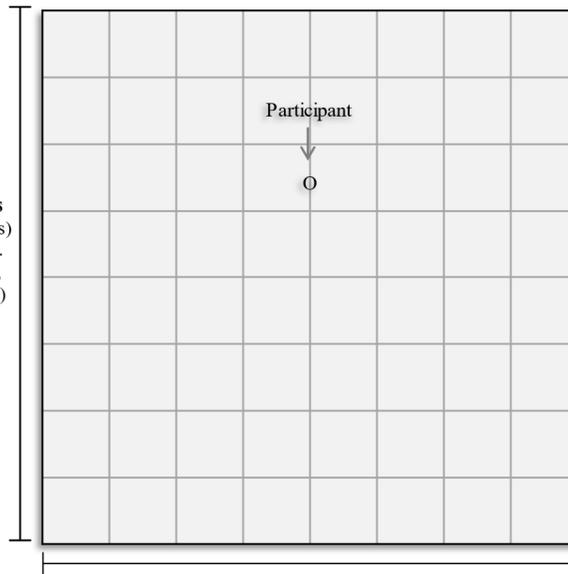
2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



ICFWW- INDIVIDUAL CREATIVE FORMS WITH WEAPONS (1 PARTICIPANT ONLY. NO AGE REQUIREMENT. ALL BELTS)

ICFWW-
INDIVIDUAL
CREATIVE FORMS
WITH WEAPONS
DIAGRAM
(NOT TO SCALE)

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

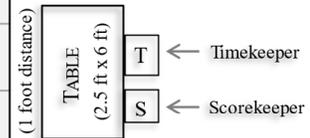


KEY

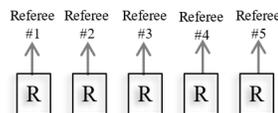
S = SCOREKEEPER
R = REFEREE
O = PARTICIPANT
T = TIMEKEEPER
□ = CHAIR

SUPPLIES

TABLE = 1
CHAIRS = 7
MATS = 64



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



Age	Division Name	7th/8th Geup	6th/5th Geup	3rd/4th Geup	1st/2nd Geup	1st Poom/Dan	2nd Poom/Dan	3rd Poom/Dan	4th Poom/Dan	5th Dan	6th Dan	7th Dan	8th Dan	9th Dan
3-5 years old	Tigers	✓	✓	✓	✓									
6-7 years old	Pee Wee	✓	✓	✓	✓	✓								
8-9 years old	Child	✓	✓	✓	✓	✓	✓	✓						
10-11 years old	Youth	✓	✓	✓	✓	✓	✓	✓						
12-14 years old	Cadet	✓	✓	✓	✓	✓	✓	✓						
15-17 years old	Junior	✓	✓	✓	✓	✓	✓	✓	✓					
18-30 years old	Adult	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
31-40 years old	Senior	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
41-50 years old	Executive	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
51-60 years old	Premier	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
61-70	Platinum	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Over 70	Ultra	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



1. There will be five (5) judges. Each judge will score the participant based on the below. The highest and lowest scores will be excluded. The average of the remaining 3 scores will be the final score.
2. Competition time limit: 90 seconds maximum
3. Compulsory Techniques:
 - A. Execution of the *minimum* number of kicks (additional types and number of kicks are allowed):
 - I. 2 Front Snap Kicks (any variation of Front Snap Kicks, Ap Chagi)
 - II. 2 Roundhouse Kicks (any variation of Roundhouse Kicks, Ap Dollyo Chagi)
 - III. 2 Side Kicks (any variation of Side Kicks, Yeop Chagi)
4. Music is HIGHLY ENCOURAGED and must be uploaded on the participant registration site no later than Wed 7/9/25 at 11:59 PM Pacific Time USA. (Please bring a backup file on a music player or USB drive.) All music must be suitable for a family environment, no explicit lyrics.
5. Props are allowed and must be appropriate for a family environment. (For example, a hat is allowed. NO weapons are allowed.) Breaking boards ARE considered a prop and are acceptable. Board fragments ARE allowed. ALL props must be provided by the participant and cannot pose a safety risk to the participant or the audience. Absolutely NO Pyrotechnics, fireworks (including poppers), or flame breaks. Confetti, glitter or similar products are prohibited. Chairs and trampolines are prohibited. Flowers and fruit are acceptable.
6. Only martial arts weapons are allowed. Any weapon blade must be dull and approved by the Organizing Committee. All weapons will be checked by the organizing committee at participant badge pickup. All weapons that are approved will be marked by the organizing committee.
7. The following will complete each participant's score:

Grading Criteria	Grading Criteria Details	Points
Accuracy (4.0)	Accuracy of basic Taekwondo movements	2.0
	Compulsory techniques	2.0
Program arrangement (6.0)	Weapons	2.0
	Harmony: Sturdiness and gentleness, tempo and rhythm	2.0
	Creativity	2.0

A. Accuracy (4.0 points):

- I. Accuracy of Basic Taekwondo movements according to Kukkiwon guidelines (2.0)
 - a. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)
 - b. Accuracy of Each Hand Technique – In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



- II. Compulsory Techniques (2.0)
 - a. Execution of the *minimum* number of kicks (additional types and number of kicks are allowed):
 - i. 2 Front Snap Kicks (any variation of Front Snap Kicks, Ap Chagi)
 - ii. 2 Roundhouse Kicks (any variation of Roundhouse Kicks, Ap Dollyo Chagi)
 - iii. 2 Side Kicks (any variation of Side Kicks, Yeop Chagi)
 - b. Execution of Each Kicking Technique
- B. Program Arrangement (6.0 points):
 - I. Weapons (2.0 points)
 - a. Execution of use of weapon(s)
 - b. Creativity of use of weapon(s)
 - c. Consider applicability of actions with the weapon's intended use and look for miscues such as unintentionally fumbling or dropping the weapon. However, obvious disarms, such as during a self- defense routine, will not be penalized.
 - II. Harmony (2.0 points)
 - a. Sturdiness and Gentleness
 - b. Poomsae should be performed with strong balance. The power of each block, strike, or kick should powerful, quick, and natural/relaxed.
 - c. Tempo and rhythm
 - d. Speed/tempo/flow
 - e. Overall timing and synchronization of hands/feet/kihap(s)
 - III. Creativity (2.0 points)
 - a. Composition of choreography
 - b. Creativity of entire routine
 - c. Degree of Difficulty
- 8. Deductions
 - A. Participant crosses outside of the 8-meter x 8-meter ring (.3-point deduction for each occurrence). Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the foot steps out of bounds it will be considered out of bounds and result in a deduction.
 - B. Participant exceeds the 90-second time limit (.3-point deduction)
 - C. Unsportsmanlike conduct (1 point deduction)
 - D. Participant fails to perform required techniques (.5-point deduction for each kick omitted)
 - E. For example, 1 Front Snap Kick instead of 2 (.5-point deduction) No Front Snap Kicks (1 point deduction)
 - F. Only participants can be in the ring during the competition. Any non-participant that enters the ring to be a part of the performance to help hold a prop or other action is prohibited.
- 9. Tiebreaker
 - A. In the case of a tie, the participant with the higher program arrangement score will be selected as the winner. If there is still a tie, the highest and lowest scores (originally excluded) will be added back to the total score to determine the winner.
 - B. If there is still a tie, In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – participants will perform the poomsae one (1) additional time. Judges will re-score.



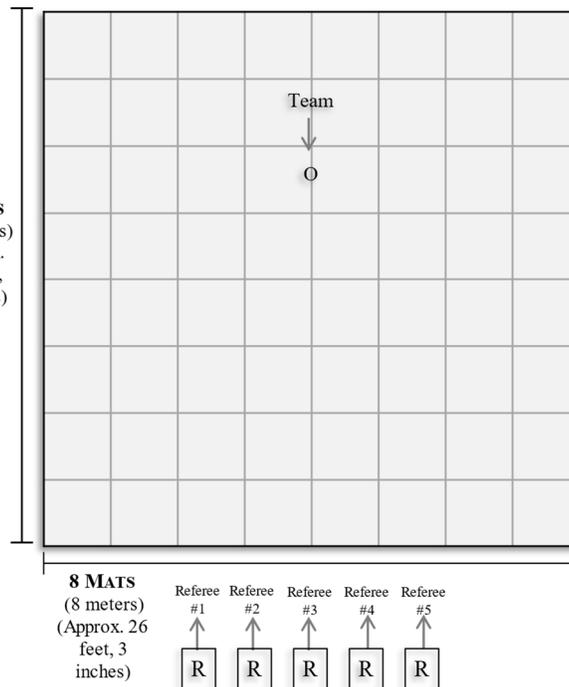
2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



TCFWO– TEAM CREATIVE FORMS WITHOUT WEAPONS (2-10 PARTICIPANTS. NO AGE REQUIREMENT. ALL BELTS)

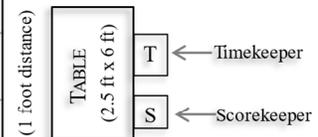
TCFWO – TEAM
CREATIVE FORMS
WITHOUT WEAPONS
DIAGRAM
(NOT TO SCALE)

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



KEY	
S	= SCOREKEEPER
R	= REFEREE
O	= TEAM
T	= TIMEKEEPER
□	= CHAIR

SUPPLIES	
TABLE	= 1
CHAIRS	= 7
MATS	= 64



1. There will be five (5) judges. Each judge will score the participant based on the below. The highest and lowest scores will be excluded. The average of the remaining 3 scores will be the final score.
2. Competition time limit: 90 seconds maximum
3. Compulsory Techniques:
 - A. Execution of the *minimum* number of kicks (additional types and number of kicks are allowed):
 - I. 2 Front Snap Kicks (any variation of Front Snap Kicks, Ap Chagi)
 - II. 2 Roundhouse Kicks (any variation of Roundhouse Kicks, Ap Dollyo Chagi)
 - III. 2 Side Kicks (any variation of Side Kicks, Yeop Chagi)
4. Music is **HIGHLY ENCOURAGED** and must be uploaded on the participant registration site no later than Wed 7/9/25 at 11:59 PM Pacific Time USA. (Please bring a backup file on a music player or USB drive.) All music must be suitable for a family environment, no explicit lyrics.
5. Props are allowed and must be appropriate for a family environment. (For example, a hat is allowed. **NO** weapons are allowed.) Breaking boards **ARE** considered a prop and are acceptable. Board fragments **ARE** allowed. **ALL** props must be provided by the participant and cannot pose a safety risk to the participant or the audience. Absolutely **NO** Pyrotechnics, fireworks (including poppers), or flame breaks. Confetti, glitter or similar products are prohibited. Chairs and trampolines are prohibited. Flowers and fruit are acceptable.
6. The following will complete each participant's score:



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



Grading Criteria	Grading Criteria Details	Points
Accuracy (4.0)	Accuracy of basic Taekwondo movements	2.0
	Compulsory techniques	2.0
Program arrangement (6.0)	Speed and power. Harmony	2.0
	Unity of Team performance	2.0
	Creativity	2.0

A. Accuracy (4.0 points):

- I. Accuracy of Basic Taekwondo movements according to Kukkiwon guidelines (2.0)
 - a. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)
 - b. Accuracy of Each Hand Technique – In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place
- II. Compulsory Techniques (2.0)
 - a. Execution of the *minimum* number of kicks (additional types and number of kicks are allowed):
 - i. 2 Front Snap Kicks (any variation of Front Snap Kicks, Ap Chagi)
 - ii. 2 Roundhouse Kicks (any variation of Roundhouse Kicks, Ap Dollyo Chagi)
 - iii. 2 Side Kicks (any variation of Side Kicks, Yeop Chagi)
 - b. Execution of Each Kicking Technique

B. Program Arrangement (6.0 points):

- II. Speed and Power (2.0 points)
 - a. Poomsae should be performed using the power from your lower body and core to create strong and quick movements. The movements should flow together without any pausing.
- III. Harmony
 - a. Sturdiness and Gentleness
 - a. Poomsae should be performed with strong balance. The power of each block, strike, or kick should powerful, quick, and natural/relaxed.
 - b. Tempo and rhythm
 - a. Speed/tempo/flow
 - b. Overall timing and synchronization of hands/feet/kihap(s)
- IV. Unity of Team performance (2.0 points)
 - a. Team synchronization
 - b. Movements should be executed by each team member at the same time. However, team members may be facing different directions. Unintentional movements out of



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



synchronization with other team members will result in a lower score. Intentional movements out of synchronization (for example, an "echo" movement) will NOT result in a lower score.

V. Creativity (2.0 points)

- a. Composition of choreography
- b. Creativity of entire routine
- c. Degree of Difficulty

7. Deductions

- A. Participant crosses outside of the 8-meter x 8-meter ring (.3-point deduction for each occurrence). Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the foot steps out of bounds it will be considered out of bounds and result in a deduction.
- B. Participant exceeds the 90-second time limit (.3-point deduction)
- C. Unsportsmanlike conduct (1 point deduction)
- D. Participant fails to perform required techniques (.5-point deduction for each kick omitted)
- E. For example, 1 Front Snap Kick instead of 2 (.5-point deduction) No Front Snap Kicks (1 point deduction)
- F. Only participants can be in the ring during the competition. Any non-participant that enters the ring to be a part of the performance to help hold a prop or other action is prohibited.

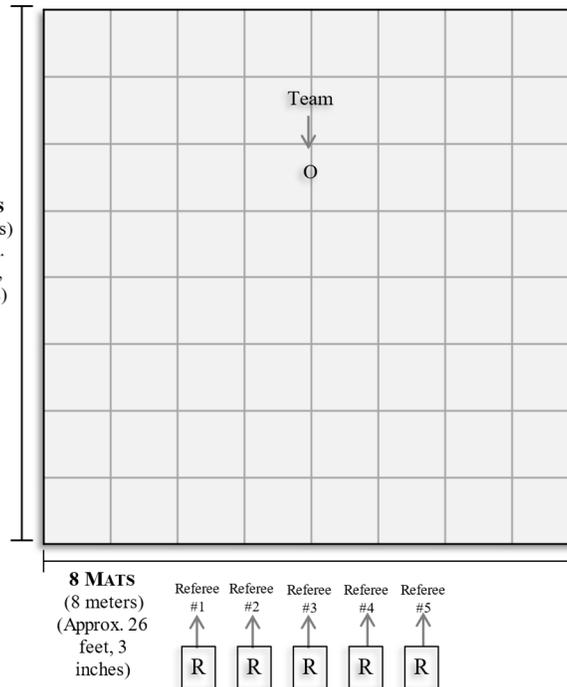
8. Tiebreaker

- A. In the case of a tie, the participant with the higher program arrangement score will be selected as the winner. If there is still a tie, the highest and lowest scores (originally excluded) will be added back to the total score to determine the winner.
- B. If there is still a tie, In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – participants will perform the poomsae one (1) additional time. Judges will re-score.

TCFWW– TEAM CREATIVE FORMS WITH WEAPONS (2-10 PARTICIPANTS. NO AGE REQUIREMENT. ALL BELTS)

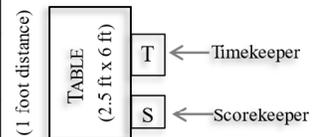
TCFWW - TEAM
CREATIVE FORMS
WITH WEAPONS
DIAGRAM
(NOT TO SCALE)

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



KEY	
S	= SCOREKEEPER
R	= REFEREE
O	= TEAM
T	= TIMEKEEPER
□	= CHAIR

SUPPLIES	
TABLE	= 1
CHAIRS	= 7
MATS	= 64



1. There will be five (5) judges. Each judge will score the participant based on the below. The highest and lowest scores will be excluded. The average of the remaining 3 scores will be the final score.
2. Competition time limit: 90 seconds maximum
3. Compulsory Techniques:
 - a. Execution of the *minimum* number of kicks (additional types and number of kicks are allowed):
 1. 2 Front Snap Kicks (any variation of Front Snap Kicks, Ap Chagi)
 2. 2 Roundhouse Kicks (any variation of Roundhouse Kicks, Ap Dollyo Chagi)
 3. 2 Side Kicks (any variation of Side Kicks, Yeop Chagi)
4. Music is HIGHLY ENCOURAGED and must be uploaded on the participant registration site no later than Wed 7/9/25 at 11:59 PM Pacific Time USA. (Please bring a backup file on a music player or USB drive.) All music must be suitable for a family environment, no explicit lyrics.
5. Props are allowed and must be appropriate for a family environment. (For example, a hat is allowed. NO weapons are allowed.) Breaking boards ARE considered a prop and are acceptable. Board fragments ARE allowed. ALL props must be provided by the participant and cannot pose a safety risk to the participant or the audience. Absolutely NO Pyrotechnics, fireworks (including poppers), or flame breaks. Confetti, glitter or similar products are prohibited. Chairs and trampolines are prohibited. Flowers and fruit are acceptable.
6. Only martial arts weapons are allowed. Any weapon blade must be dull and approved by the Organizing Committee. All weapons will be checked by the organizing committee at participant badge pickup. All weapons that are approved will be



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



marked by the organizing committee.

7. The following will complete each participant's score:

Grading Criteria	Grading Criteria Details	Points
Accuracy (4.0)	Accuracy of basic Taekwondo movements. Harmony: Sturdiness and gentleness, tempo and rhythm	2.0
	Compulsory techniques	2.0
Program arrangement (6.0)	Weapons	2.0
	Unity of Team performance	2.0
	Creativity	2.0

8. Accuracy (4.0 points):

- a. Accuracy of Basic Taekwondo movements according to Kukkiwon guidelines (2.0)
 - i. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)
 - ii. Accuracy of Each Hand Technique – In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place
 - iii. Harmony
 - iv. Sturdiness and Gentleness
 1. Poomsae should be performed with strong balance. The power of each block, strike, or kick should powerful, quick, and natural/relaxed.
 - v. Tempo and rhythm
 1. Speed/tempo/flow
 2. Overall timing and synchronization of hands/feet/kihap(s)
- b. Compulsory Techniques (2.0)
 - i. Execution of the *minimum* number of kicks (additional types and number of kicks are allowed):
 1. 2 Front Snap Kicks (any variation of Front Snap Kicks, Ap Chagi)
 2. 2 Roundhouse Kicks (any variation of Roundhouse Kicks, Ap Dollyo Chagi)
 3. 2 Side Kicks (any variation of Side Kicks, Yeop Chagi)
 - ii. Execution of Each Kicking Technique

9. Program Arrangement (6.0 points):

- a. Weapons (2.0 points)
 - i. Execution of use of weapon(s)
 - ii. Creativity of use of weapon(s)
 - iii. Consider applicability of actions with the weapon's intended use and look for miscues such as unintentionally fumbling or dropping the weapon. However, obvious disarms, such as during a self-defense routine, will not be penalized.



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



- b. Unity of Team performance (2.0 points)
 - i. Team synchronization
 - ii. Movements should be executed by each team member at the same time. However, team members may be facing different directions. Unintentional movements out of synchronization with other team members will result in a lower score. Intentional movements out of synchronization (for example, an "echo" movement) will NOT result in a lower score.
- c. Creativity (2.0 points)
 - i. Composition of choreography
 - ii. Creativity of entire routine
 - iii. Degree of Difficulty

10. Deductions

- a. Participant crosses outside of the 8-meter x 8-meter ring (.3-point deduction for each occurrence). Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the foot steps out of bounds it will be considered out of bounds and result in a deduction.
- b. Participant exceeds the 90-second time limit (.3-point deduction)
- c. Unsportsmanlike conduct (1 point deduction)
- d. Participant fails to perform required techniques (.5-point deduction for each kick omitted)
- e. For example, 1 Front Snap Kick instead of 2 (.5-point deduction) No Front Snap Kicks (1 point deduction)
- f. Only participants can be in the ring during the competition. Any non-participant that enters the ring to be a part of the performance to help hold a prop or other action is prohibited.

11. Tiebreaker

- a. In the case of a tie, the participant with the higher program arrangement score will be selected as the winner. If there is still a tie, the highest and lowest scores (originally excluded) will be added back to the total score to determine the winner.
- b. If there is still a tie, In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – participants will perform the poomsae one (1) additional time. Judges will re-score.



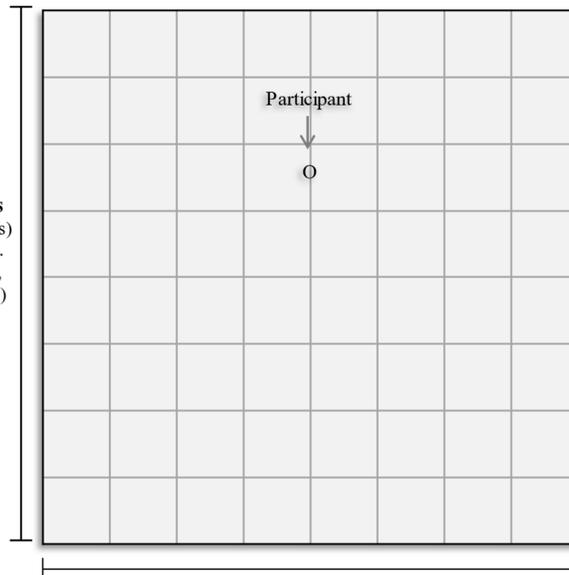
2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



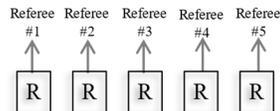
ICB – INDIVIDUAL CREATIVE BREAKING (1 PARTICIPANT ONLY. NO AGE REQUIREMENT. ALL BELTS)

**ICB - INDIVIDUAL
CREATIVE BREAKING
DIAGRAM**
(NOT TO SCALE)

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

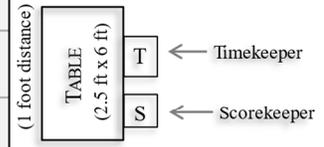


8 MATS
(8 meters)
(Approx. 26
feet, 3
inches)



KEY
S = SCOREKEEPER
R = REFEREE
O = PARTICIPANT
T = TIMEKEEPER
□ = CHAIR

SUPPLIES
TABLE = 1
CHAIRS = 7
MATS = 64



Age	Division Name	7th/8th Geup	6th/5th Geup	3rd/4th Geup	1st/2nd Geup	1st Poom/Dan	2nd Poom/Dan	3rd Poom/Dan	4th Poom/Dan	5th Dan	6th Dan	7th Dan	8th Dan	9th Dan
3-5 years old	Tigers	✓	✓	✓	✓									
6-7 years old	Pee Wee	✓	✓	✓	✓	✓								
8-9 years old	Child	✓	✓	✓	✓	✓	✓	✓						
10-11 years old	Youth	✓	✓	✓	✓	✓	✓	✓						
12-14 years old	Cadet	✓	✓	✓	✓	✓	✓	✓						
15-17 years old	Junior	✓	✓	✓	✓	✓	✓	✓	✓					
18-30 years old	Adult	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
31-40 years old	Senior	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
41-50 years old	Executive	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
51-60 years old	Premier	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
61-70	Platinum	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Over 70	Ultra	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



1. There will be five (5) judges. Each judge will score the participant based on the below. The highest and lowest scores will be excluded. The average of the remaining 3 scores will be the final score.
2. Competition setup time limit: 60 seconds maximum
3. Competition time limit: 60 seconds maximum
4. This board breaking event will incur an additional flat fee of \$20. Each board breaking event incurs this fee.
5. At the participant's discretion, he or she will attempt to break a minimum of 1 board and a maximum of 5 boards. (All boards are 1/4-inch pine boards.) Participant is allowed to do multiple boards at 1 station.
6. Participants may not cover any part of the body that will be used for breaking a board with any bandages, tape or any other material. The referee must approve any injuries that may need to be covered.
7. Props CAN be used but boards cannot be altered. (For example, board fragments, confetti, streamers, poppers, powder, etc. cannot be added to the boards) Props are allowed and must be appropriate for a family environment. (For example, a hat is allowed). ALL props must be provided by the participant and cannot pose a safety risk to the participant or the audience. Absolutely NO Pyrotechnics, fireworks (including poppers), or flame breaks. Confetti, glitter, or similar products are prohibited. Chairs and trampolines are prohibited. Flowers and fruit are acceptable. Board stands, blocks, and board holding devices are considered props and CAN be used.
8. Participants are strongly encouraged provide their own holders. Holders will ONLY be allowed on the competition floor during the participant's event. There are no uniform requirements for board holders. (A taekwondo uniform is HIGHLY encouraged. If board holders are NOT in a taekwondo uniform, clothing must be suitable for a family environment.) ONLY martial arts shoes are allowed on the mats. There is a maximum of fifteen (15) board holders allowed on the mats.
9. The participant may attempt to break each technique a maximum of 3 times. Broken boards may not be replaced on the 2nd or 3rd attempt. (For example, if a participant does a split kick in the air and only one board breaks, the participant CANNOT replace broken board with a new board on the 2nd or 3rd attempt.)
10. The following will complete each participant's score:

Grading Criteria	Grading Criteria Details	Points
Accuracy (4.0)	Execution of requirements	2.0
	Landing	2.0
Program arrangement (6.0)	Skill/Degree of difficulty	2.0
	Presentation	2.0
	Creativity	2.0



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



11. The following will complete each participant's score:

- A. Accuracy (4.0 points)
 - I. Execution of requirements (2.0 points)
 - a. Broke at least 1 board and not more than 5 boards
 - b. Not exceeding the maximum number of attempts per break, maximum of 3 attempts
 - c. If the participant breaks between 1-3 boards, the maximum score in this category is 9.0. If the participant breaks between 4-5 boards, the maximum score in this category is 2.0.
 - d. All boards must be broken with a Taekwondo technique. EXAMPLE: a participant does a split kick in the air. The athlete mistimes the jump and 1 board is broken by the shoulder instead of by a punch. The board broken by the shoulder will not be counted as a successful broken board.
 - II. Landing (2.0 points)
 - a. Landing with control/balance after all techniques
- B. Program arrangement (6.0 points)
 - I. Skill/Degree of difficulty (2.0 points)
 - a. Level of difficulty relative to age and belt rank
 - II. Presentation (2.0 points)
 - a. Speed/Tempo/Flow
 - b. Speed and Power of Each Individual Technique
 - c. Overall timing and synchronization of hands/feet/kipap(s).
 - III. Creativity (2.0 points)
 - a. Creativity of Performance

12. Deductions

- A. Participant exceeds the 60-second time limit for setup (0.3 deduction for going over time limit). It is the participant's responsibility to ensure that the holders are setup within the 60-second time limit.
- B. Participant exceeds the 60-second time limit (0.3 deduction for going over time limit)
- C. 0.2 deduction for each unsuccessful attempt to break a board
- D. Participant exceeds the maximum number of attempts allowed per break, maximum of 3 attempts (1 point deduction per infraction) EXAMPLE: Participant attempts to break 1 board 4 times = 1.6 point deduction (0.2 x 3 attempts = 0.6 plus additional 1 point deduction = 1.6 point deduction)
- E. Altering the board in any way (summarized in rule #7) will result in a 1 point deduction for each occurrence.
- F. Participant crosses outside of the 8 meter x 8 meter ring (.3 point deduction for each occurrence). Participant will not receive a deduction if the holder crosses outside of the ring) Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the foot steps out of bounds it will be considered out of bounds and result in a deduction.
- G. Unbalanced landing after a break will result in a .1-point deduction.
- H. When a hand touches the ground during landing it will result in a .3-point deduction.
- I. If a participant falls down or a body part above the knees touches the ground, it will result in a .5 deduction.
- J. Unsportsmanlike conduct (1 point deduction for each occurrence).
- K. Board holders are discouraged from assisting/moving the board to assist the break. A slight movement will NOT result in a deduction. Flagrant or egregious movement of the board to assist the break will result in a 0.3-point deduction for each infraction.
- L. Moving a board holder or board after the referees states "Sijak" (begin) will not result in an immediate deduction but will affect the Presentation.

13. Tiebreaker

- A. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – participants will perform breaking routine one additional time. Judges will rescore. If there is still a tie, there will be two 1st places awarded.

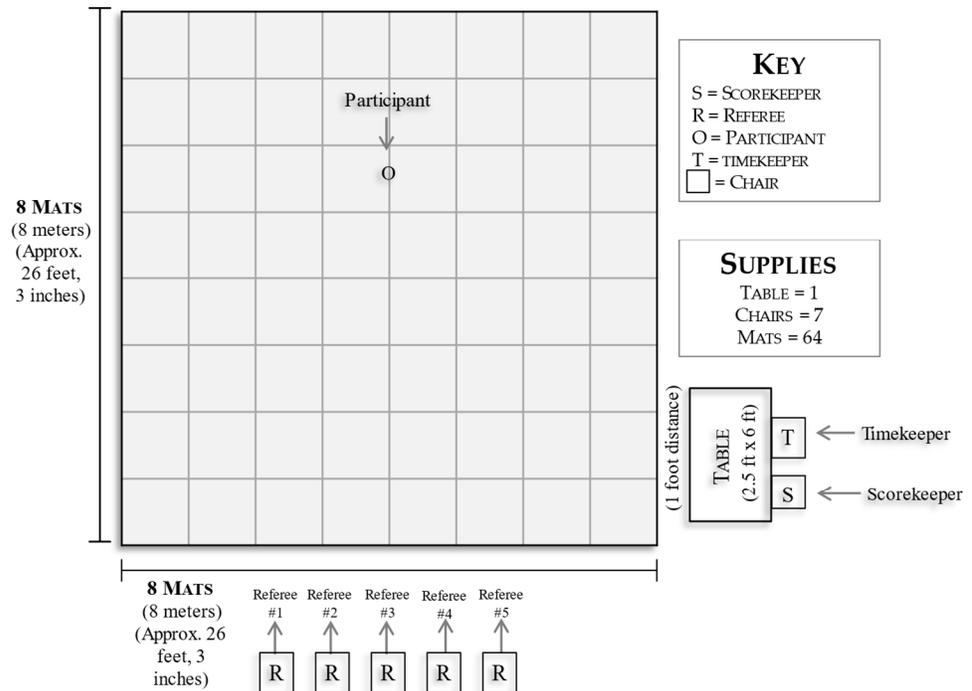
2025 WORLD TAEKWONDO HANMADANG RULES

Updated 4/22/2025

ICBE – INDIVIDUAL CREATIVE BREAKING ELITE

(1 PARTICIPANT ONLY. 16 YEARS OR OLDER, BLACK BELTS ONLY)

ICBE - INDIVIDUAL
CREATIVE BREAKING
ELITE
DIAGRAM
(NOT TO SCALE)



<u>Ages</u>	<u>Category</u>	<u>Eligible Ranks</u>
16-18 years old	Junior	1st dan (degree) - 4th dan (degree)
19-29 years old	Adult	1st dan (degree) - 5th dan (degree)
30-39 years old	Senior	1st dan (degree) - 7th dan (degree)
40-59 years old	Executive	1st dan (degree) - 8th dan (degree)
60 years old and over	Premier	1st dan (degree) - 9th dan (degree)



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



1. There will be five (5) judges. Each judge will score the participant based on the below. The highest and lowest scores will be excluded. The average of the remaining 3 scores will be the final score.
2. Competition setup time limit: 60 seconds maximum
3. Competition time limit: 60 seconds maximum
4. This board breaking event will incur an additional flat fee of \$20. Each board breaking event incurs this fee.
5. At the participant's discretion, he or she will attempt to break a minimum of 1 board and a maximum of 15 boards. (All boards are 1/4-inch pine boards.) Participants are allowed to do multiple boards at 1 station.
6. Participants may not cover any part of the body that will be used for breaking a board with any bandages, tape or any other material. The referee must approve any injuries that may need to be covered.
7. Props CAN be used but boards cannot be altered. (For example, board fragments, confetti, streamers, poppers, powder, etc. cannot be added to the boards) Props are allowed and must be appropriate for a family environment. (For example, a hat is allowed). ALL props must be provided by the participant and cannot pose a safety risk to the participant or the audience. Absolutely NO Pyrotechnics, fireworks (including poppers), or flame breaks. Confetti, glitter, or similar products are prohibited. Chairs and trampolines are prohibited. Flowers and fruit are acceptable. Board stands, blocks, and board holding devices are considered props and CAN be used.
8. Participants are strongly encouraged provide their own holders. Holders will ONLY be allowed on the competition floor during the participant's event. There are no uniform requirements for board holders. (A taekwondo uniform is HIGHLY encouraged. If board holders are NOT in a taekwondo uniform, clothing must be suitable for a family environment.) ONLY martial arts shoes are allowed on the mats. There is a maximum of fifteen (15) board holders allowed on the mats.
9. The participant may attempt to break each technique a maximum of 3 times. Broken boards may not be replaced on the 2nd or 3rd attempt. (For example, if a participant does a split kick in the air and only one board breaks, the participant CANNOT replace broken board with a new board on the 2nd or 3rd attempt.)
10. The following will complete each participant's score:

Grading Criteria	Grading Criteria Details	Points
Accuracy (4.0)	Execution of requirements	2.0
	Landing	2.0
Program arrangement (6.0)	Skill/Degree of difficulty	2.0
	Expressivity	2.0
	Creativity	2.0



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



11. The following will complete each participant's score:

- A. Accuracy (4.0 points)
 - i. Execution of requirements (2.0 points)
 - a. Broke at least 1 board and not more than 15 boards
 - b. All boards must be broken with a Taekwondo technique. EXAMPLE: a participant does a split kick in the air. The athlete mistakes the jump and 1 board is broken by the shoulder instead of by a punch. The board broken by the shoulder will not be counted as a successful broken board.
 - ii. Landing (2.0 points)
 - a. Landing with control/balance after all techniques
- B. Program arrangement (6.0 points)
 - i. Skill/Degree of difficulty (2.0 points)
 - a. Level of difficulty relative to age and belt rank
 - ii. Expressivity (2.0 points)
 - a. Evaluation of the technique while in the air.
 - iii. Creativity (2.0 points)
 - a. Creativity of Performance

12. Deductions

- A. Participant exceeds the 60-second time limit for setup (0.3 deduction for going over time limit). It is the participant's responsibility to ensure that the holders are setup within the 60-second time limit.
- B. Participant exceeds the 60-second time limit (0.3 deduction for going over time limit)
- C. 0.1 deduction for each unbroken board
- D. Altering the board in any way (summarized in rule #7) will result in a 1 point deduction for each occurrence.
- E. Participant crosses outside of the 8 meter x 8 meter ring (.3 point deduction for each occurrence). Participant will not receive a deduction if the holder crosses outside of the ring) Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the foot steps out of bounds it will be considered out of bounds and result in a deduction.
- F. Unbalanced landing after a break will result in a .1 point deduction.
- G. When a hand touches the ground during landing it will result in a .3 point deduction.
- H. If a participant falls down or a body part above the knees touches the ground it will result in a .5 deduction.
- I. Unsportsmanlike conduct (1 point deduction for each occurrence).
- J. Using more than fifteen (15) holders are used, 1 point will be deducted for each extra holder
- K. Board holders are discouraged from assisting/moving the board to assist the break. A slight movement will NOT result in a deduction. Flagrant or egregious movement of the board to assist the break will result in a 0.3 deduction for each infraction.
- L. Moving a board holder or board after the referee states "Sijak" (begin) will not result in an immediate deduction but will affect the Presentation (see 11.B.ii. above) score.

13. Tiebreaker

- A. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – participants will perform breaking routine one additional time. Judges will rescore. If there is still a tie, there will be two 1st places awarded.



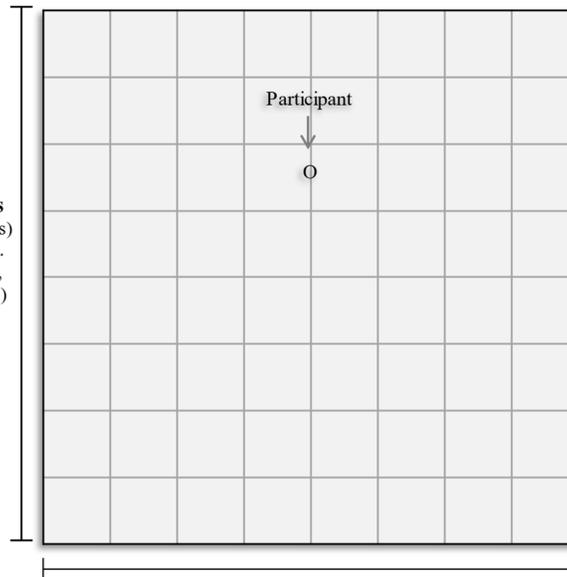
2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



ICBP – INDIVIDUAL CREATIVE BREAKING – PARA TAEKWONDO (1 PARTICIPANT ONLY. NO AGE REQUIREMENT. ALL BELTS)

ICBP - INDIVIDUAL
CREATIVE BREAKING
PARA
DIAGRAM
(NOT TO SCALE)

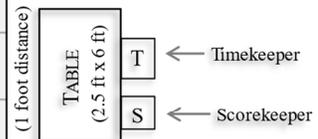
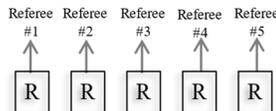
8 MATS
(8 meters)
(Approx.
26 feet,
3 inches)



KEY
S = SCOREKEEPER
R = REFEREE
O = PARTICIPANT
T = TIMEKEEPER
□ = CHAIR

SUPPLIES
TABLE = 1
CHAIRS = 7
MATS = 64

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



Age	Division Name	7th/8th Geup	6th/5th Geup	3rd/4th Geup	1st/2nd Geup	1st Poom/Dan	2nd Poom/Dan	3rd Poom/Dan	4th Poom/Dan	5th Dan	6th Dan	7th Dan	8th Dan	9th Dan
3-5 years old	Tigers	✓	✓	✓	✓									
6-7 years old	Pee Wee	✓	✓	✓	✓	✓								
8-9 years old	Child	✓	✓	✓	✓	✓	✓	✓						
10-11 years old	Youth	✓	✓	✓	✓	✓	✓	✓						
12-14 years old	Cadet	✓	✓	✓	✓	✓	✓	✓						
15-17 years old	Junior	✓	✓	✓	✓	✓	✓	✓	✓					
18-30 years old	Adult	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
31-40 years old	Senior	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
41-50 years old	Executive	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
51-60 years old	Premier	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
61-70	Platinum	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Over 70	Ultra	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



1. There will be five (5) judges. Each judge will score the participant based on the below. The highest and lowest scores will be excluded. The average of the remaining 3 scores will be the final score.
2. Competition setup time limit: 60 seconds maximum
3. Competition time limit: 60 seconds maximum
4. This board breaking event will incur an additional flat fee of \$20. Each board breaking event incurs this fee.
5. At the participant's discretion, he or she will attempt to break a minimum of 1 board and a maximum of 5 boards. (All boards are 1/4-inch pine boards.) Participant is allowed to do multiple boards at 1 station.
6. Participants may not cover any part of the body that will be used for breaking a board with any bandages, tape or any other material. The referee must approve any injuries that may need to be covered.
7. Props CAN be used but boards cannot be altered. (For example, board fragments, confetti, streamers, poppers, powder, etc. cannot be added to the boards) Props are allowed and must be appropriate for a family environment. (For example, a hat is allowed). ALL props must be provided by the participant and cannot pose a safety risk to the participant or the audience. Absolutely NO Pyrotechnics, fireworks (including poppers), or flame breaks. Confetti, glitter, or similar products are prohibited. Chairs and trampolines are prohibited. Flowers and fruit are acceptable. Board stands, blocks, and board holding devices are considered props and CAN be used.
8. Participants are strongly encouraged provide their own holders. Holders will ONLY be allowed on the competition floor during the participant's event. There are no uniform requirements for board holders. (A taekwondo uniform is HIGHLY encouraged. If board holders are NOT in a taekwondo uniform, clothing must be suitable for a family environment.) ONLY martial arts shoes are allowed on the mats. There is a maximum of fifteen (15) board holders allowed on the mats.
9. The participant may attempt to break each technique a maximum of 3 times. Broken boards may not be replaced on the 2nd or 3rd attempt. (For example, if a participant does a split kick in the air and only one board breaks, the participant CANNOT replace broken board with a new board on the 2nd or 3rd attempt.)
10. The following will complete each participant's score:

Grading Criteria	Grading Criteria Details	Points
Accuracy (4.0)	Execution of requirements	2.0
	Landing	2.0
Program arrangement (6.0)	Skill/Degree of difficulty	2.0
	Presentation	2.0
	Creativity	2.0



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



11. The following will complete each participant's score:

A. Accuracy (4.0 points)

I. Execution of requirements (2.0 points)

- a. Broke at least 1 board and not more than 5 boards
- b. Not exceeding the maximum number of attempts per break, maximum of 3 attempts
- c. If the participant breaks between 1-3 boards, the maximum score in this category is 9.0.
If the participant breaks between 4-5 boards, the maximum score in this category is 2.0.
- d. All boards must be broken with a Taekwondo technique. EXAMPLE: a participant does a split kick in the air. The athlete mistimes the jump and 1 board is broken by the shoulder instead of by a punch. The board broken by the shoulder will not be counted as a successful broken board.

II. Landing (2.0 points)

- a. Landing with control/balance after all techniques

B. Program arrangement (6.0 points)

I. Skill/Degree of difficulty (2.0 points)

- a. Level of difficulty relative to age and belt rank

II. Presentation (2.0 points)

- a. Speed/Tempo/Flow
- b. Speed and Power of Each Individual Technique
- c. Overall timing and synchronization of hands/feet/kihap(s).

III. Creativity (2.0 points)

- a. Creativity of Performance

12. Deductions

- A. Participant exceeds the 60-second time limit for setup (0.3 deduction for going over time limit). It is the participant's responsibility to ensure that the holders are setup within the 60-second time limit.
- B. Participant exceeds the 60-second time limit (0.3 deduction for going over time limit)
- C. 0.2 deduction for each unsuccessful attempt to break a board
- D. Participant exceeds the maximum number of attempts allowed per break, maximum of 3 attempts (1 point deduction per infraction) EXAMPLE: Participant attempts to break 1 board 4 times = 1.6 point deduction (0.2 x 3 attempts = 0.6 plus additional 1 point deduction = 1.6 point deduction)
- E. Altering the board in any way (summarized in rule #7) will result in a 1 point deduction for each occurrence.
- F. Participant crosses outside of the 8 meter x 8 meter ring (.3 point deduction for each occurrence). Participant will not receive a deduction if the holder crosses outside of the ring) Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the foot steps out of bounds it will be considered out of bounds and result in a deduction.
- G. Unbalanced landing after a break will result in a .1 point deduction.
- H. When a hand touches the ground during landing it will result in a .3 point deduction.
- I. If a participant falls down or a body part above the knees touches the ground it will result in a .5 deduction.
- J. Unsportsmanlike conduct (1 point deduction for each occurrence).
- K. Board holders are discouraged from assisting/moving the board to assist the break. A slight movement will NOT result in a deduction. Flagrant or egregious movement of the board to assist the break will result in a 0.3 deduction for each infraction.
- L. Moving a board holder or board after the referees states "Sijak" (begin) will not result in an immediate deduction but will affect the Presentation (see 11.B.ii. above) score.

13. Tiebreaker

- A. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – participants will perform breaking routine one additional time. Judges will rescore. If there is still a tie, there will be two 1st places awarded.

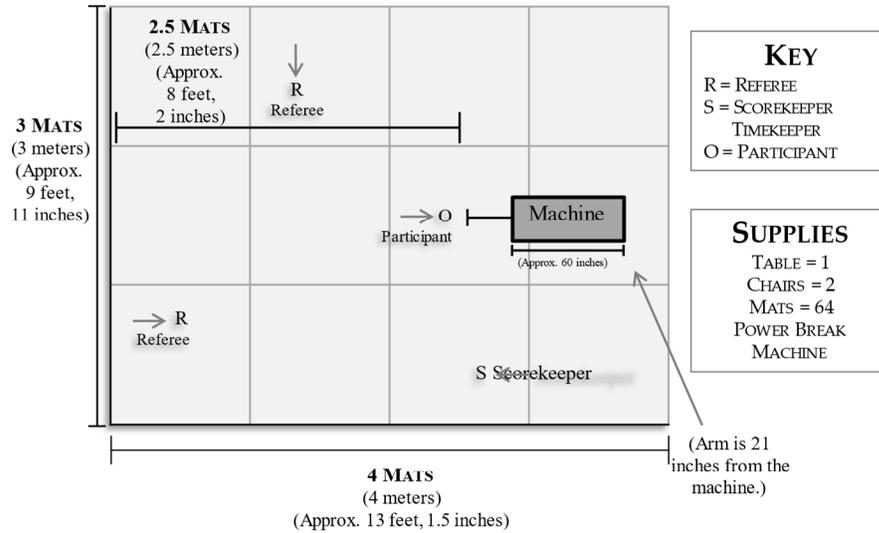


2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



IPSSK – INDIVIDUAL POWER BREAKING SKIPPING SIDE KICK (1 PARTICIPANT ONLY. MINIMUM AGE REQUIREMENT OF 8. ALL BELTS)

**IPSSK - INDIVIDUAL
POWER SKIPPING
SIDE KICK
DIAGRAM
(NOT TO SCALE)**



Age	Division Name	7th/8th Geup	6th/5th Geup	3rd/4th Geup	1st/2nd Geup	1st Poom/Dan	2nd Poom/Dan	3rd Poom/Dan	4th Poom/Dan	5th Dan	6th Dan	7th Dan	8th Dan	9th Dan
3-5 years old	Tigers													
6-7 years old	Pee Wee													
8-9 years old	Child	✓	✓	✓	✓	✓	✓	✓						
10-11 years old	Youth	✓	✓	✓	✓	✓	✓	✓						
12-14 years old	Cadet	✓	✓	✓	✓	✓	✓	✓						
15-17 years old	Junior	✓	✓	✓	✓	✓	✓	✓	✓					
18-30 years old	Adult	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
31-40 years old	Senior	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		
41-50 years old	Executive	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
51-60 years old	Premier	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
61-70	Platinum	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Over 70	Ultra	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



1. Each participant will have one attempt to break with a Skipping Side Kick in an area approximately 1 meter x 3.5 meters. Both of the participant's feet must remain in the area of 1 meter x 3.5 meters. This board breaking event will incur an additional flat fee of \$20. Each board breaking event incurs this fee.
2. The participant will attempt to break 3/4 -inch pine boards with no spacers. The dimensions of the boards are 8 inches x 11 inches and 3/4 inch thick. Boards may not be taped together. Athletes CANNOT sort through the boards to select boards. The referee will hand each participant their requested number of boards. If there is an egregious defect (staple in the board, pre-existing damage, etc.) a board can be switched. This exchange of a defective board is at the discretion of the referee.
3. Once the referee declares "Si Jak" (begin), the participant may not touch the boards to readjust or measure. Any touch of the boards will be considered the one(1) and only attempt. The participant's break must be done within 30 seconds.
4. The participant must use the heel of the foot/foot blade. The middle of the boards must be at least as high as the participant's waist for Skipping Side Kick breaking.
5. Participants may not cover the breaking foot with any bandages, tape or any other material. The referee must approve any injuries that may need to be covered.
6. Each participant must PRIVATELY complete a form that states the number of boards he or she will attempt to break prior to the start of the division.
7. The participant who breaks the most boards will be declared the winner. After the attempt the referee will shake a board(s) that are not clearly broken one (1) time. After the shake of the board(s) the referee will determine if it will count as a broken board.
8. If two or more participants break the same number of boards, the participant who attempted to break the greatest number of boards will receive a higher score. (For example, Participant #1 attempts to break 5 boards and only 4 boards break. Participant #2 attempts to break 4 boards and succeeds in breaking 4. Therefore, Participant #1 will receive the higher final position within the division, because they attempted to break more boards)
9. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded), there will be 1 overtime round. (Add 1 additional board). If there is overtime, both participants will be required to use the same breaking machine (in overtime only) to attempt the board break.
10. If there is still a tie at the end of the overtime round, the winner will be declared by body weight. (The lightest person will be declared the winner.) A scale will be provided at the event. A tie in an overtime situation can be any of the following:
 - A. Participants both break the same number of boards
 - B. Participants both cannot break any of the boards
11. During overtime – if both participants attempt to break the same number of boards but neither participant breaks ALL of the attempted boards, the participant who breaks more boards will be declared the winner. For example, Participant #1 attempts to break 5 boards and only 4 boards break. Participant #2 attempts to break 5 boards and only 3 boards break. Therefore, Participant #1 will receive the higher final position within the division, because he or she broke more boards)
12. If both participants do NOT break the boards but it still results technically to overtime, one additional board will NOT be added. In this situation, the participants will either both attempt the same number of boards OR 1 board will be removed. For example, Participant #1 attempts to break 5 boards and breaks no boards. Participant #2 attempts to break 5 boards and breaks no boards. This is technically a tie. Rather than adding 1 board and both Participant #1 and Participant #2 attempt to break 6 boards, the Participants will either each attempt to break 5 boards again or each attempt to break 4 boards. This decision will be at the discretion of the referee.
13. Deductions



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



- A. Participant exceeds the 30-second time limit (1 board deduction)
- B. Participant disobeys the referee's instructions (1 board deduction)
- C. Unsportsmanlike conduct (1 board deduction for each occurrence)
(For example, trying to distract other participants, not showing respect to others, etc.)

14. No Break (Score of 0)

- A. Participant attempts to break the boards twice
- B. Participant uses any part of the body OTHER than the heel of the foot/foot blade. (EXAMPLE: Participants breaks boards with the instep)
- C. Participant falls down during the 30-second attempt, touching the ground with any part of the body besides the feet. It is acceptable if the participant falls into the breaking machine or catches his or herself of the breaking machine as long as only the feet touch the ground.
- D. Touching the boards after the referee declares "Si Jak (begin)" is considered your 1 and only attempt. Any other touching of the boards will result in a score of 0 = No break.

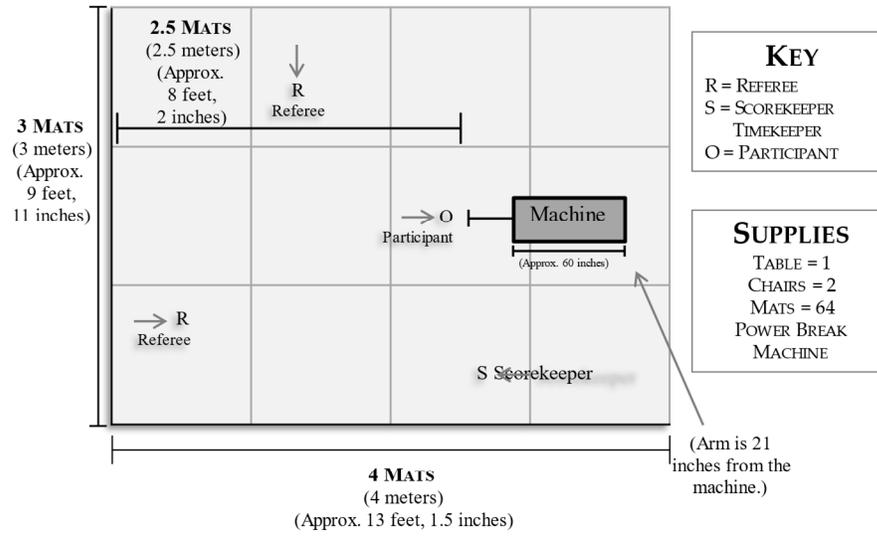


2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



IPBK – INDIVIDUAL POWER BREAKING BACK KICK (1 PARTICIPANT ONLY. MINIMUM AGE OF 8. ALL BELTS)

IPBK - INDIVIDUAL
POWER BACK KICK
DIAGRAM
(NOT TO SCALE)



Age	Division Name	7th/8th Geup	6th/5th Geup	3rd/4th Geup	1st/2nd Geup	1st Poom/Dan	2nd Poom/Dan	3rd Poom/Dan	4th Poom/Dan	5th Dan	6th Dan	7th Dan	8th Dan	9th Dan
3-5 years old	Tigers													
6-7 years old	Pee Wee													
8-9 years old	Child	✓	✓	✓	✓	✓	✓	✓						
10-11 years old	Youth	✓	✓	✓	✓	✓	✓	✓						
12-14 years old	Cadet	✓	✓	✓	✓	✓	✓	✓						
15-17 years old	Junior	✓	✓	✓	✓	✓	✓	✓	✓					
18-30 years old	Adult	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
31-40 years old	Senior	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
41-50 years old	Executive	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
51-60 years old	Premier	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
61-70	Platinum	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Over 70	Ultra	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



1. Each participant will have one attempt to break with a Turning Back Kick in an area approximately 1 meter x 3.5 meters. (Taking a step before turning is allowed.) Both of the Participant's feet must remain in the area of 1 meter x 3.5 meters. This board breaking event will incur an additional flat fee of \$20. Each board breaking event incurs this fee.
2. The participant will attempt to break 3/4 -inch pine boards with no spacers. The dimensions of the boards are 8 inches x 11 inches and 3/4 inch thick. Boards may not be taped together. Athletes CANNOT sort through the boards to select boards. The referee will hand each participant their requested number of boards. If there is an egregious defect (staple in the board, pre-existing damage, etc.) a board can be switched. This exchange of a defective board is at the discretion of the referee.
3. Once the referee declares "Si Jak" (begin), the participant may not touch the boards to readjust or measure. Any touch of the boards will be considered the one (1) and only attempt. The participant's break must be done within 30 seconds.
4. Participant must use the heel of the foot/foot blade. The middle of the boards must be at least as high as the participant's waist for Turning Back Kick breaking.
5. Participants may not cover the breaking foot with any bandages, tape or any other material. The referee must approve any injuries that may need to be covered.
6. Each participant must PRIVATELY complete a form that states the number of boards he or she will attempt to break prior to the start of the division.
7. The participant who breaks the most boards will be declared the winner. After the attempt the referee will shake a board(s) that are not clearly broken one (1) time. After the shake of the board(s) the referee will determine if it will count as a broken board.
8. If two or more participants break the same number of boards, the participant who attempted to break the greatest number of boards will receive a higher score. (For example, Participant #1 attempts to break 5 boards and only 4 boards break. Participant #2 attempts to break 4 boards and succeeds in breaking 4. Therefore, Participant #1 will receive the higher final position within the division, because they attempted to break more boards)
9. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded), there will be 1 overtime round. (Add 1 additional board). If there is overtime, both participants will be required to use the same breaking machine (in overtime only) to attempt the board break.
10. If there is still a tie at the end of the overtime round, the winner will be declared by body weight. (The lightest person will be declared the winner.) A scale will be provided at the event. A tie in an overtime situation can be any of the following:
 - A. Participants both break the same number of boards
 - B. Participants both cannot break any of the boards
11. During overtime – if both participants attempt to break the same number of boards but neither participant breaks ALL of the attempted boards, the participant who breaks more boards will be declared the winner. For example, Participant #1 attempts to break 5 boards and only 4 boards break. Participant #2 attempts to break 5 boards and only 3 boards break. Therefore, Participant #1 will receive the higher final position within the division, because he or she broke more boards)
12. If both participants do NOT break the boards but it still results technically to overtime, one additional board will NOT be added. In this situation, the participants will either both attempt the same number of boards OR 1 board will be removed. For example, Participant #1 attempts to break 5 boards and breaks no boards. Participant #2 attempts to break 5 boards and breaks no boards. This is technically a tie. Rather than adding 1 board and both Participant #1 and Participant #2 attempt to break 6 boards, the Participants will either each attempt to break 5 boards again or each attempt to break 4 boards. This decision will be at the discretion of the referee.
13. Deductions



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



- A. Participant exceeds the 30-second time limit (1 board deduction)
- B. Participant disobeys the referee's instructions (1 board deduction)
- C. Unsportsmanlike conduct (1 board deduction for each occurrence)
(For example, trying to distract other participants, not showing respect to others, etc.)

14. No Break (Score of 0)

- A. Participant attempts to break the boards twice
- B. Participant uses any part of the body OTHER than the heel of the foot/foot blade. (EXAMPLE: Participant breaks boards with the instep)
- C. Participant falls down during the 30-second attempt, touching the ground with any part of the body besides the feet. It is acceptable if the participant falls into the breaking machine or catches his or herself on the breaking machine as long as only the feet touch the ground.
- D. Touching the boards after the referee declares "Si Jak (begin)" is considered your 1 and only attempt. Any other touching of the boards will result in disqualification.



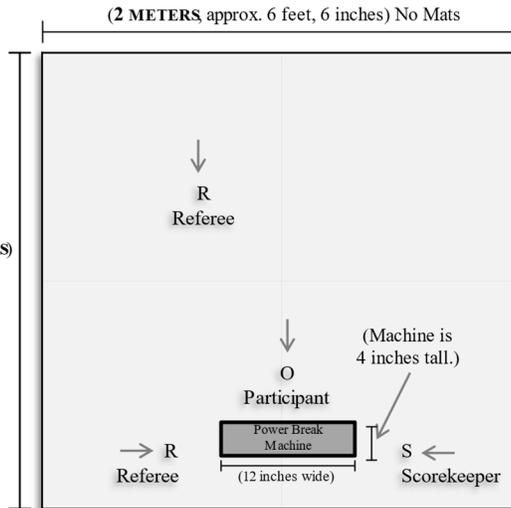
2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



IPKH – INDIVIDUAL POWER BREAKING KNIFE HAND (1 PARTICIPANT ONLY. AGE 12 AND UP. ALL BELTS)

IPKH - INDIVIDUAL
POWER KNIFE HAND
DIAGRAM
(NOT TO SCALE)

(2 METERS)
(Approx.
6 feet,
6 inches)
No Mats



KEY
R = REFEREE
S = SCOREKEEPER
TIMEKEEPER
O = PARTICIPANT

SUPPLIES
TABLE = 1
CHAIRS = 2
MATS = 2
KNIFE HAND
BREAKING MACHINE

Age	Division Name	7th/8th Geup	6th/5th Geup	3rd/4th Geup	1st/2nd Geup	1st Poom/Dan	2nd Poom/Dan	3rd Poom/Dan	4th Poom/Dan	5th Dan	6th Dan	7th Dan	8th Dan	9th Dan
3-5 years old	Tigers													
6-7 years old	Pee Wee													
8-9 years old	Child													
10-11 years old	Youth													
12-14 years old	Cadet	✓	✓	✓	✓	✓	✓	✓						
15-17 years old	Junior	✓	✓	✓	✓	✓	✓	✓	✓					
18-30 years old	Adult	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
31-40 years old	Senior	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
41-50 years old	Executive	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
51-60 years old	Premier	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
61-70	Platinum	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Over 70	Ultra	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



1. Each participant will have one attempt to break with a Knife Hand Strike in an area approximately 2 meters x 2 meters. The floor will NOT be matted. This board breaking event will incur an additional flat fee of \$20. Each board breaking event incurs this fee.
2. The participant will attempt to break 3/4 -inch pine boards with no spacers. The dimensions of the boards are 8 inches x 11 inches and 3/4 inch thick. Boards may not be taped together. Athletes CANNOT sort through the boards to select boards. The referee will hand each participant their requested number of boards. If there is an egregious defect (staple in the board, pre-existing damage, etc.) a board can be switched. This exchange of a defective board is at the discretion of the referee.
3. All boards will be placed on a board holding stand, which is 4 inches tall from the floor. The board holding stand will be placed directly on the floor.
4. The participant is allowed 60 seconds to set up and place the board(s) on the holding stand. A referee or organizing committee member may be available to help setup the boards. However, the participant must be the final person to touch/setup the boards.
5. The width of the board holding stand will be at the participant's discretion.
6. Once the referee declares "Si Jak" (begin), the participant may not touch the boards to readjust or measure. Any touch of the boards will be considered the one (1) and only attempt. The participant's break must be done within 30 seconds.
7. The participant must use the side of the palm (from the side of the first knuckle of the little finger to the front side of the wrist) for Knife Hand. Fingers can be bent; however, the hand cannot be closed in a fist position.
8. Participants may not cover the breaking hand with any bandages, tape or any other material. The referee must approve any injuries that may need to be covered.
9. Each participant must PRIVATELY complete a form that states the number of boards he or she will attempt to break prior to the start of the division.
10. The participant who breaks the most boards will be declared the winner. After the attempt the referee will shake a board(s) that are not clearly broken one (1) time. After the shake of the board(s) the referee will determine if it will count as a broken board.
11. If two or more participants break the same number of boards, the participant who attempted to break the greatest number of boards will receive a higher score. (For example, Participant #1 attempts to break 5 boards and only 4 boards break. Participant #2 attempts to break 4 boards and succeeds in breaking 4. Therefore, Participant #1 will receive the higher final position within the division, because they attempted to break more boards)
12. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded), there will be 1 overtime round. (Add 1 additional board). If there is overtime, both participants will be required to use the same breaking machine (in overtime only) to attempt the board break.
13. If there is still a tie at the end of the overtime round, the winner will be declared by body weight. (The lightest person will be declared the winner.) A scale will be provided at the event. A tie in an overtime situation can be any of the following:
 - A. Participants both break the same number of boards
 - B. Participants both cannot break any of the boards
14. During overtime – if both participants attempt to break the same number of boards but neither participant breaks ALL of the attempted boards, the participant who breaks more boards will be declared the winner. For example, Participant #1 attempts to break 5 boards and only 4 boards break. Participant #2 attempts to break 5 boards and only 3 boards break. Therefore, Participant #1 will receive the higher final position within the division, because he or she broke more boards)
15. If both participants do NOT break the boards but it still results technically to overtime, one additional board will NOT be added. In this situation, the participants will either both attempt the same number of boards OR 1 board will be removed. For example,



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



Participant #1 attempts to break 5 boards and breaks no boards. Participant #2 attempts to break 5 boards and breaks no boards. This is technically a tie. Rather than adding 1 board and both Participant #1 and Participant #2 attempt to break 6 boards, the Participants will either each attempt to break 5 boards again or each attempt to break 4 boards. This decision will be at the discretion of the referee.

16. Deductions

- A. Participant crosses outside of the 2 meter x 2 meter ring (1 board deduction). Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the foot steps out of bounds it will be considered out of bounds.
- B. Participant disobeys the referee's instructions (1 board deduction)
- C. Participant exceeds the 30-second time limit (1 board deduction)
- D. Unsportsmanlike conduct (1 board deduction for each occurrence)
(For example, trying to distract the other participants, not showing respect to others, etc.)

17. No Break (Score of 0)

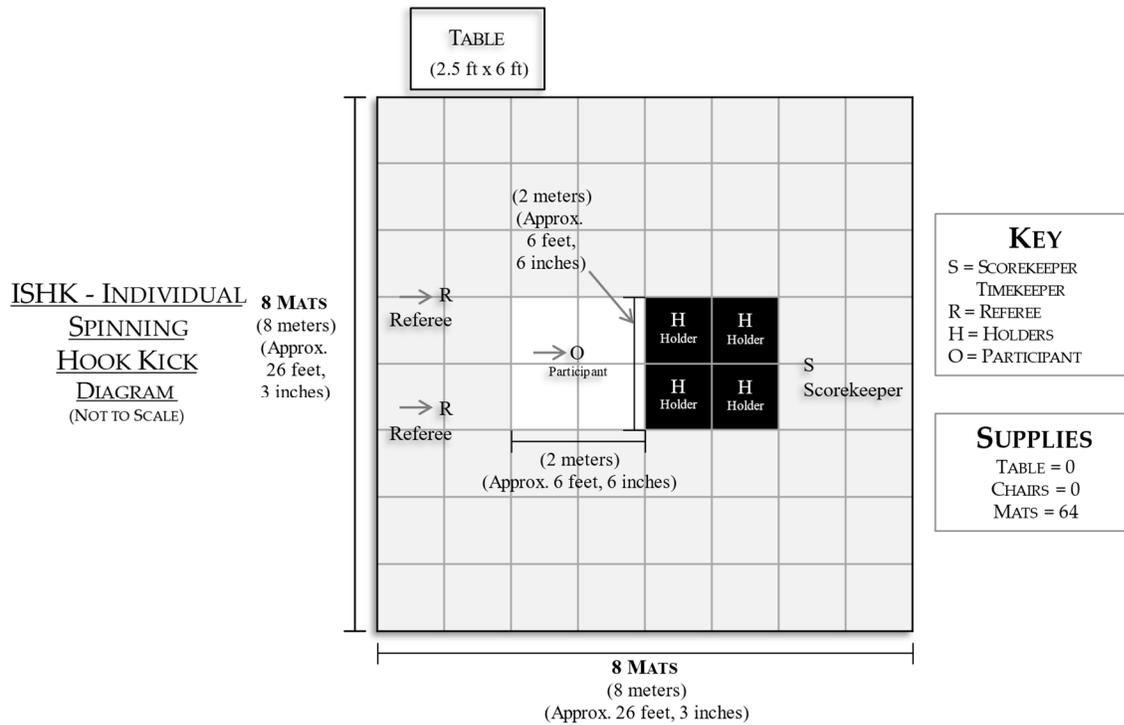
- A. Participant attempts to break the boards twice
- B. Participant uses any part of the body OTHER than the side of the palm (from the side of the first knuckle of the little finger to the front side of the wrist) for Knife Hand. (EXAMPLE: Participants breaks boards with the wrist)
- C. After attempting the break, participant falls down after breaking, touching the ground with any part of the body above the knees (The hand that broke the boards IS permitted to touch the ground after the break. In addition, a knee touching the ground is allowed.)
- D. Touching the boards after the referee declares "Si Jak (begin)" is considered your 1 and only attempt. Any other touching of the boards will result in disqualification.



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



ISHK – INDIVIDUAL SPINNING HOOK KICK (1 PARTICIPANT ONLY. MINIMUM AGE REQUIREMENT OF 8. ALL BELTS)



Age	Division Name	7th/8th Geup	6th/5th Geup	3rd/4th Geup	1st/2nd Geup	1st Poom/Dan	2nd Poom/Dan	3rd Poom/Dan	4th Poom/Dan	5th Dan	6th Dan	7th Dan	8th Dan	9th Dan
3-5 years old	Tigers													
6-7 years old	Pee Wee													
8-9 years old	Child	✓	✓	✓	✓	✓	✓	✓						
10-11 years old	Youth	✓	✓	✓	✓	✓	✓	✓						
12-14 years old	Cadet	✓	✓	✓	✓	✓	✓	✓						
15-17 years old	Junior	✓	✓	✓	✓	✓	✓	✓	✓					
18-30 years old	Adult	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
31-40 years old	Senior	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
41-50 years old	Executive	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
51-60 years old	Premier	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
61-70	Platinum	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Over 70	Ultra	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



1. Participant will attempt to break as many 1/4-inch pine boards as possible with a continuous Spinning Hook Kick. This board breaking event will incur an additional flat fee of \$20. Each board breaking event incurs this fee.
2. The participant who breaks the most boards will be declared the winner.
3. During the 30-second attempt, if the participant touches the board with their foot but the board does NOT break, the holder CANNOT reuse that board for the next attempt. The holder must reload a NEW board. If the participant does NOT touch the board, then the holder can reuse that board for the next attempt.
4. The maximum number of holders is four with two holders in front. Holders will be provided by the Organizing Committee.
 - A. If a participant would prefer to provide his or her own holders, that is acceptable. Holders will ONLY be allowed on the competition floor during the participant's event. There are no uniform requirements for board holders. (A taekwondo uniform is HIGHLY encouraged. If board holders are NOT in a taekwondo uniform, clothing must be suitable for a family environment.) ONLY martial arts shoes are allowed on the mats.
5. The front two holders must wear chest protectors and headgear.
6. Holders must remain in a 2 meter x 2 meter square. Participant must remain in a separate 2 meter x 2 meter square (SEE DIAGRAM)
7. Holders can only use one (1) hand to hold the board the participant is attempting to break.
8. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded), there will be 1 overtime round. If there is still a tie after the overtime round, both participants will be awarded 1st place.
9. Broken boards will not be included in the final total score for the following infractions:
 - A. The bottom of the board must be no lower than the participant's waist. If the board is held below the participant's waist, there will be NO BREAK awarded for EVERY infraction.
 - B. If the participant crosses into the square of the holders and steps outside of the square, there will be NO BREAK awarded for EVERY infraction.
 - C. The participant must break the board with the HEEL or the BOTTOM of the foot. If the participant breaks the board using the foot edge or instep, there will be NO BREAK awarded for EVERY infraction.
 - D. When a holder moves their wrist/hand to assist the breaking technique, there will be NO BREAK awarded for EVERY infraction.
10. No Break (Score of 0)
 - A. Participant touches the ground with any part of the body other than feet during the 30 second attempt
 - B. Participant falls down during the 30 second attempt
 - C. Participant or holder crosses over any boundary line more than 3 times. Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the foot steps out of bounds it will be considered out of bounds.
 - D. Participant breaks the target with the foot edge or instep more than 3 times

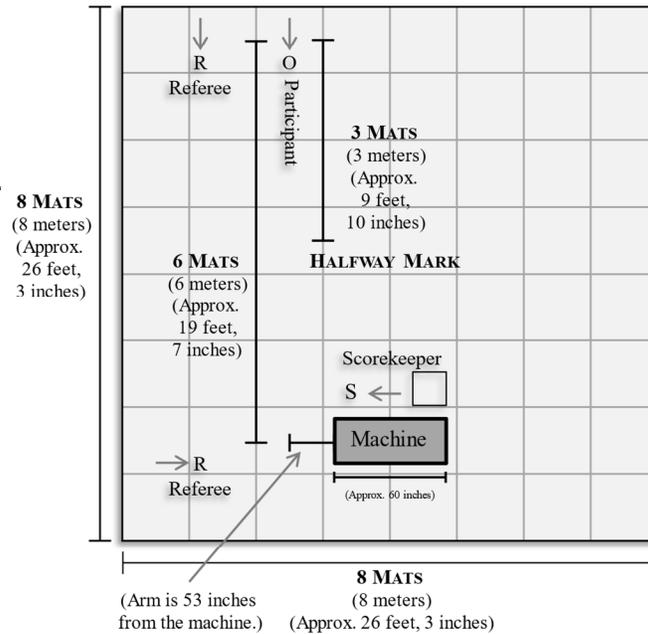


2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



IJH – INDIVIDUAL JUMPING HIGH KICK (1 PARTICIPANT ONLY. MINIMUM AGE OF 8. ALL BELTS.)

**IJH - INDIVIDUAL
JUMPING
HIGH KICK
DIAGRAM**
(NOT TO SCALE)



KEY
R = REFEREE
S = SCOREKEEPER
TIMEKEEPER
O = PARTICIPANT
□ = CHAIR

SUPPLIES
TABLE = 0
CHAIRS = 1
MATS = 64
POWER BREAK
MACHINE

Age	Division Name	7th/8th Geup	6th/5th Geup	3rd/4th Geup	1st/2nd Geup	1st Poom/Dan	2nd Poom/Dan	3rd Poom/Dan	4th Poom/Dan	5th Dan	6th Dan	7th Dan	8th Dan	9th Dan
3-5 years old	Tigers													
6-7 years old	Pee Wee													
8-9 years old	Child	✓	✓	✓	✓	✓	✓	✓						
10-11 years old	Youth	✓	✓	✓	✓	✓	✓	✓						
12-14 years old	Cadet	✓	✓	✓	✓	✓	✓	✓						
15-17 years old	Junior	✓	✓	✓	✓	✓	✓	✓	✓					
18-30 years old	Adult	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
31-40 years old	Senior	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
41-50 years old	Executive	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
51-60 years old	Premier	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
61-70	Platinum	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Over 70	Ultra	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



1. Each participant has a maximum of 30 seconds to attempt to break the board with a Running Jumping Front Snap Kick. This board breaking event will incur an additional flat fee of \$20. Each board breaking event incurs this fee.
2. Each participant has only one attempt to break the board for each round.
3. Each attempt to break the board has a maximum time of 30 seconds.
4. Participants may not cover the breaking foot with any bandages, tape or any other material. The referee must approve any injuries that may need to be covered.
5. The running distance is approximately 6 meters, and the starting board height will be determined by the referee.
6. The order of participants (who breaks first) will be determined by height. The shortest participant will attempt to break first.
7. Participants must break the board to advance to the next round. Board must be broken by an upward kicking technique to be considered a successful break.
8. Once the participant passes the designated halfway mark, an attempt is counted upon approach. (For example, once the participant crosses the designated halfway mark, they may not return to the starting position to attempt to break again.)
9. After each round, the board height will be raised incrementally at the referee's discretion.
10. The participant breaking the highest board will be declared the winner.
11. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded), the height will be raised until a participant FAILS to break the board. (If all participants fail to break the board, then 1st place will be awarded to the SHORTEST participant.)
12. Once a winner is determined the 1st place winner the competition is over. The first place winner is NOT allowed to keep breaking until he or she fails. The ONLY exception is for the age division 18-30, both male and female, 1st dan and above. Only in these divisions, the 1st place winner will given the opportunity to attempt to set the World Taekwondo Hanmadang Record. The participant will receive ONLY one (1) attempt to set the World Taekwondo Hanmadang Record. Setting a personal record does NOT qualify and the participant will NOT be given an additional opportunity to break.
13. If any part of the body touches the floor besides the feet, it is considered NO BREAK
14. If participant exceeds the 30 second maximum time limit for the attempt, it is considered NO BREAK.



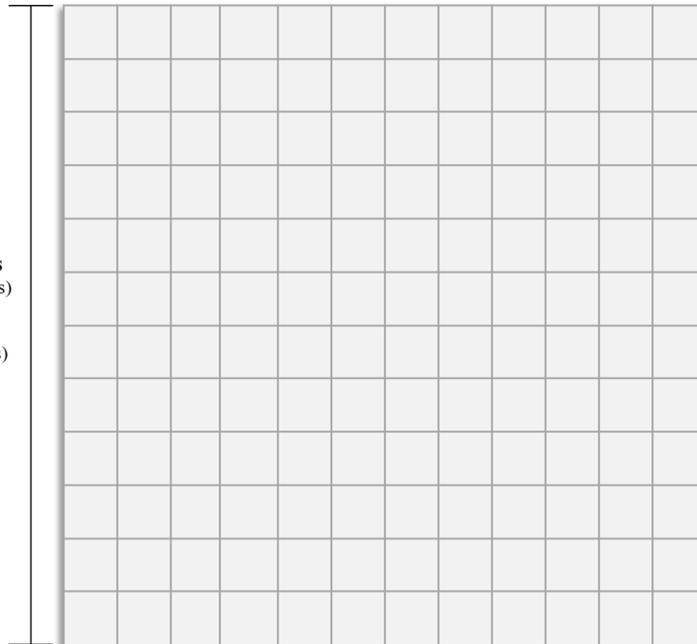
2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



TDA – TEAM DEMONSTRATION ARIRANG (9-13 TEAM MEMBERS. ALL AGES. BLACK BELTS ONLY) (EACH TEAM MUST SELECT A TEAM CAPTAIN AND TEAM NAME)

**TDA - TEAM
DEMONSTRATION
ARIRANG
DIAGRAM
(NOT TO SCALE)**

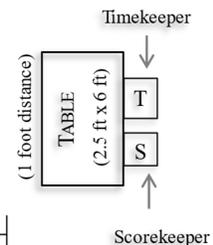
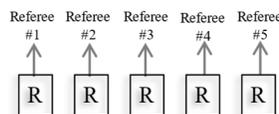
12 MATS
(12 meters)
(Approx.
39 feet,
4.5 inches)



KEY
S = SCOREKEEPER
R = REFEREE
T = TIMEKEEPER

SUPPLIES
TABLE = 1
CHAIRS = 7
MATS = 144

12 MATS
(12 meters)
(Approx.
39 feet,
4.5 inches)



Ages	Category	Eligible Ranks
18 and under	Junior	1st dan (degree) - 4th dan (degree)
19 and over	Adult	1st dan (degree) - 9th dan (degree)

1. The Team Demonstration Arirang is designed for high school and college teams that are live and train in Korea. However, any team can compete in this division if they want.
2. Each team should have between 9-13 participants. At least 1 participant must be a female.
3. Teams have a 2-minute setup time limit prior to their performance.
4. Teams have a 5 minute and 30 second performance time limit, NOT including time for set-up.
5. Board Breaking
 - a. Each team must attempt to break exactly 40 ¼-inch pine boards.
 - b. Each team must attempt to break exactly 20 ¾-inch pine boards – no fewer or more than 20 ¾-inch boards



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



can be used.

6. Music is HIGHLY ENCOURAGED and must be uploaded on the participant registration site no later than Wed 7/9/25 at 11:59 PM Pacific Time USA. (Please bring a backup file on a music player or USB drive.) All music must be suitable for a family environment, no explicit lyrics.
7. Props are allowed and must be appropriate for a family environment. (For example, a hat is allowed. NO real weapons are allowed.) Breaking boards ARE considered a prop and are acceptable. Board fragments ARE allowed. ALL props must be provided by the participant and cannot pose a safety risk to the participant or the audience. Absolutely NO Pyrotechnics, fireworks (including poppers), or flame breaks. Confetti, glitter or similar products are prohibited. Chairs and trampolines are prohibited. Flowers and fruit are acceptable.
8. Scoring Categories
 - a. Creative Poomsae
 - i. Newly created poomsae
 - b. Self Defense
 - i. Self defense demonstrating fighting an attacker(s) with bare hands and foot striking including kicking, punching, trusting, locking, grabbing, and throwing down.
 - ii. Participants can use imitation (fake) weapons. Any blades must be dull.
 - c. Single Jumping Breaking
 - i. Breaking various fixed targets with one or more various techniques using the hands and feet in a single jump. EXAMPLE: Scissors Kick - 3 to 5 times, Front Kick in three different levels of height by stepping over a person's back, Roundhouse Kick - 3 steps Jumping Front Kick in three different levels of height, Jumping Side Kick in three different levels of height.
 - ii. Hand techniques for breaking cannot exceed two (2) attempts.
 - d. Various Target Breaking
 - i. Breaking multiple moving or fixed targets in various directions or breaking them all at once.
 - ii. The participant and his/her holders shall move continuously to break the targets.
 - e. Spinning Breaking (horizontal/vertical turn break)
 - i. There must be at least one horizontal and one vertical turning breaks.
 - ii. Vertical Turn break: breaking technique by jumping into the air with the waist as the rotating axis and turning the entire body vertically to strike the target with a foot. This break can be attempted with the eyes covered.
 - iii. EXAMPLE: Jumping flip kick by stepping on a person's chest to be launched.
 - iv. Horizontal Turn break: breaking technique by the foot with the body spinning horizontally at least once while staying in the air. It can be attempted from a fixed stance with using assistance or



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



with the eyes covered.

v. EXAMPLE: 540 degree jumping back kick or tornado kick.

f. Freestyle Team Breaking

- i. Original composition of breaking using high level Taekwondo techniques.
- ii. The team must break a total of 10 targets through a free member formation.
- iii. The team will be scored on the originality and difficulty of the breaking techniques

g. Power Breaking

- i. Four (4) participants each use different hand techniques (fist, knife hand, back fist, reverse knife hand, hammer fist) and foot techniques to break boards on a set target with a downward strike.
- ii. Each team must break 20 ¾ inch pine boards. 3 participants must break with a hand technique and one participant with a foot technique. There can be no spacers for the foot technique.

9. Scoring Chart

Category	Classification	Score	Scoring Scale									
			Very Poor		Poor		Average		Good		Very Good	
Creative Poomsae	Accuracy	10	1	2	3	4	5	6	7	8	9	10
	Program arrangement	10	1	2	3	4	5	6	7	8	9	10
Self-Defense	Accuracy	5	0.5	1	1.5	2	2.5	3	3.5	4	4.5	5
	Program arrangement	10	1	2	3	4	5	6	7	8	9	10
Single Jumping Breaking	Accuracy	5	0.5	1	1.5	2	2.5	3	3.5	4	4.5	5
	Program arrangement	5	0.5	1	1.5	2	2.5	3	3.5	4	4.5	5
Various target Breaking	Accuracy	5	0.5	1	1.5	2	2.5	3	3.5	4	4.5	5
	Program arrangement	5	0.5	1	1.5	2	2.5	3	3.5	4	4.5	5
Spinning Breaking	Accuracy	5	0.5	1	1.5	2	2.5	3	3.5	4	4.5	5
	Program arrangement	5	0.5	1	1.5	2	2.5	3	3.5	4	4.5	5
Freestyle Team Breaking	Accuracy	10	1	2	3	4	5	6	7	8	9	10
	Program arrangement	10	1	2	3	4	5	6	7	8	9	10



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



Performance Quality	Quality	5	0.5	1	1.5	2	2.5	3	3.5	4	4.5	5
Power Breaking	Number of broken targets	10	0.5 point is awarded for each broken target.									

10. Deductions

- a. Team exceeds the 5 minute 30 second time limit , there will be a 3 point deduction for every 10 additional seconds.
- b. If the number of participants is outside of the required minimum/maximum number, there will be a 10 point deduction per person.
- c. If fireworks are used, there will be a 3.0 point deduction
- d. If the performance theme offends any government or religion, there will be a 10 point deduction.

11. Disqualification

- a. Entering the competition in someone else's name
- b. Altering the breaking targets so they break easily.



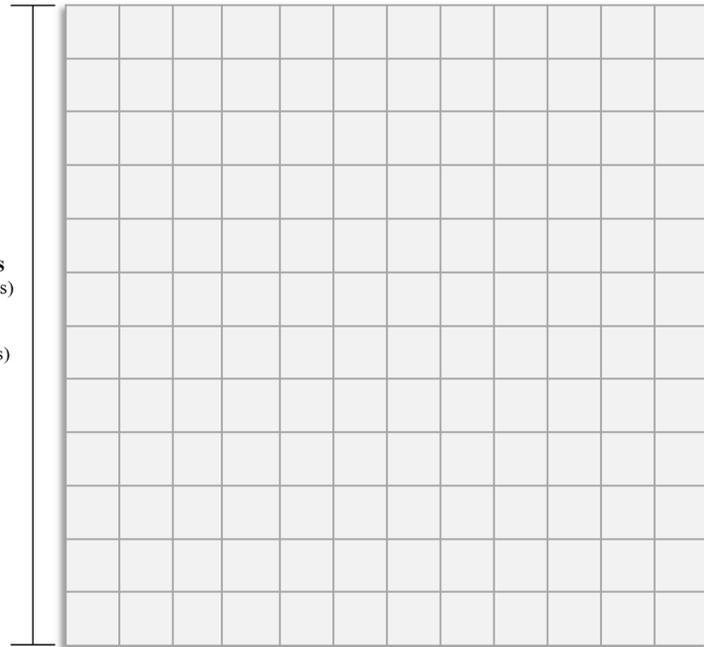
2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



TDE – TEAM DEMONSTRATION ELITE (5-40 TEAM MEMBERS. ALL AGES. ALL BELTS) (EACH TEAM MUST SELECT A TEAM CAPTAIN AND TEAM NAME)

**TDE - TEAM
DEMONSTRATION
ELITE
DIAGRAM
(NOT TO SCALE)**

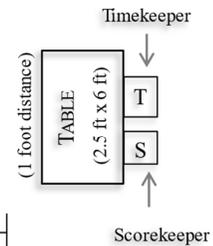
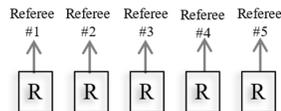
12 MATS
(12 meters)
(Approx.
39 feet,
4.5 inches)



KEY
S = SCOREKEEPER
R = REFEREE
T = TIMEKEEPER

SUPPLIES
TABLE = 1
CHAIRS = 7
MATS = 144

12 MATS
(12 meters)
(Approx.
39 feet,
4.5 inches)



1. Team Demonstration is a fusion of proper Taekwondo techniques in combination with several creative elements which can include music, choreography, and storytelling.
 - a. The following components are REQUIRED for each team.
 - i. Poomsae (Traditional and/or creative)
 - ii. Weapons (I think we require it)
 - iii. Self Defense (can include weapons) – simulated fighting with 1 or more participants attacking 1 or more participants defending
 - iv. Board Breaking
 - Each team must attempt to break exactly 60 1/4-inch pine boards. Each team may determine how to break the 60 1/4-inch boards (can use spacers, holding devices, etc.)
 - Each team must attempt to break exactly 10 3/4-inch pine boards – no fewer or more than 10 3/4-inch boards can be used. Each team may determine how to break the 10 3/4-inch boards (can use spacers, holding devices, etc.)



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



- 5 spare ¼ inch boards can be brought onto the mat in case boards from the max 60 ¼ inch boards are broken in a transition. These 5 spare ¼ inch boards will be inspected prior to competition and will be marked by black sharpies as the spare. No spare ¾ inch boards can be brought onto the mat.

NOTE: This event will NOT incur the additional board fee of \$20. Each team is responsible for purchasing their own boards from the official 2025 World Taekwondo Hanmadang vendor, props, etc. All boards will be measured and checked to ensure that they are the correct material and size (1/4 inch and ¾ inch). If boards are not the correct size and material the Demonstration Team will be responsible for purchasing boards from the Organizing Committee at the competition site.

- In addition to the above required boards, team can break bricks or other items in accordance with clause 7 below regarding props. These optional breaks/techniques may be included in addition to the above required number of boards.
2. There will be seven (7) judges. Each judge will score the participant based on the below. The highest and lowest scores will be excluded. The average of the remaining 5 scores will be the final score.
 3. Teams have a 2-minute setup time limit prior to their performance.
 4. Teams have a 6-minute performance time limit, NOT including time for set-up.
 5. Music is HIGHLY ENCOURAGED and must be uploaded on the participant registration site no later than Wed 7/9/25 at 11:59 PM Pacific Time USA. (Please bring a backup file on a music player or USB drive.) All music must be suitable for a family environment; no explicit lyrics.
 6. Props are allowed and must be appropriate for a family environment. (For example, a hat is allowed). Breaking boards ARE considered a prop and are acceptable. Board fragments ARE allowed. ALL props must be provided by the participant and cannot pose a safety risk to the participant or the audience. Absolutely NO Pyrotechnics, fireworks (including poppers), or flame breaks. Confetti, glitter or similar product is prohibited. Chairs and trampolines are prohibited. Flowers and fruit are acceptable. Board stands, blocks, board holding devices, are considered props and CAN be used.
 7. Only martial arts weapons are allowed. Any weapon blade must be dull and approved by the Organizing Committee.
 8. The following will complete each team's score:
 - a. Unity of Team Performance (10 points)
 - i. Degree of difficulty of synchronized parts of performance
 - ii. Team Synchronization – Movements should generally be executed by each performing team member at the same time during Team forms portion of performance. However, team members may be facing different directions. Groups of team members may perform distinct actions, but unity within their group should be maintained, transitions should be smooth, over all movements among the groups should be harmonious. Unintentional movements out of synchronization with other team members will result in a lower score. Intentional movements out of synchronization done for creative effect (For example, an "echo" movement) will NOT result in a lower score.
 - iii. Minor Deductions (0.10 of point each occurrence) – One team member made a small, but



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



- noticeable, out-of-sync movement that, at the judge's discretion, had a detrimental impact on team unity.
- iv. Major Deductions (0.30 of point each occurrence) – One team member made a major, jarring out-of-sync movement, or multiple team members had synchronization issues performing the same movement or short- sequence of movements. EXAMPLE: Turning the wrong way or performing an obviously incorrect technique compared to the rest of the team.
- b. Accuracy and Execution of Techniques – Taekwondo Techniques - (10 Points)
- i. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)
 - ii. Accuracy of Each Taekwondo Hand Technique (In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place.)
 - iii. Accuracy of Each Taekwondo Kicking Technique – Correct form, height and power of kick.
 - iv. Minor Deductions (0.10 of point each occurrence) – One or more team member(s) made a small, but noticeable, incorrect Taekwondo technique
 - v. Major Deductions (0.30 of point each occurrence) – grossly incorrect or poor Taekwondo technique (stance, block, kick, etc.) or other major errors such as a total loss of balance resulting in a fall or significant stumble during any Taekwondo or non-Taekwondo action.
- c. Accuracy and Execution of Techniques – Weapons - (10 Points)
- i. Execution of use of weapon(s)
 - ii. Creativity of use of weapon(s)
 - iii. Consider applicability of actions with the weapon's intended use and look for miscues such as unintentionally fumbling or dropping the weapon. However, obvious disarms, such as during a self- defense routine, will not be penalized.
 - iv. Minor Deductions (0.10 of point each occurrence) – incorrect or poor technique while using weapon(s), or other minor errors such as fumbling (but not dropping) a weapon, or slight loss of balance NOT resulting in a fall or significant stumble.
 - v. Major Deductions (0.30 of point each occurrence) – grossly incorrect or poor technique while using weapon(s) an unintentionally dropped weapon, or other major errors such as a total loss of balance resulting in a fall or significant stumble during any Taekwondo or non- Taekwondo action.
- d. Accuracy and Execution of Techniques – Board Breaking and Other Breaking - (10 Points)
- i. Each team can attempt to break exactly 60 1/4-inch pine boards. Each team may determine how to break the 60 1/4-inch boards (can use spacers, holding devices, etc.)
 - ii. Each team must attempt to break exactly 10 3/4 inch pine boards – no fewer or more than 10 3/4 inch boards can be used. Each team may determine how to break the 10 3/4 inch boards (can use spacers, holding devices, etc.)
 - iii. In addition to the above required boards, teams can break brick or other items in accordance to clause 7 above regarding props. These optional breaks may be included in addition to the above required number of boards.
 - iv. Degree of Difficulty
 - a. Attempting to break a higher quantity of boards will result in a higher score.
 - b. Single Jump breaks will result in a higher score. A single jump break is defined as breaking



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



3 or more fixed targets with one or more various techniques using the hands and feet through a single jump. The greater number of boards broken in a single jump technique will result in a higher score.

- c. Acrobatic Breaking: A breaking technique executed by jumping into the air rotating along the horizontal axis - to strike the target with a foot will result in a higher score.
- d. Rotational Breaking: A breaking technique executed by jumping into the air while rotating along the vertical axis - to strike the target with a foot. A higher degree of rotation (540 degree or 720-degree turn) will result in a higher score.

ii. Creativity of Breaking performance

- iii. Minor Deductions (0.10 of point each occurrence) – missed break. The minor deduction applies to missed boards.

B. Presentation (10 points)

- i. Etiquette – proper respect in response to judges commands
- ii. Attitude – kihap, confidence, assertiveness, body language
- iii. Tempo/Flow of the performance – Consider the transitions between segments of the performance and whether they flow smoothly, have a good rhythm, and harmony that contributes to the overall performance.
- iv. Speed and Power of Taekwondo Techniques
- v. Eye Control - correct direction to “look”, correct eye position as well as where eyes are focused.

C. Creativity (10 points)

- i. Degree of Difficulty of Choreography – consider difficulty of Taekwondo sequences in conjunction with the level of sophistication in musical timing and other thematic elements as well as the degree of team member participation in any given action.
- ii. Degree of Difficulty of breaks, kicks, and tricks – consider height of jumps, number of kicks in a jump, gradient of spins in a spin kick, consecutive kicks, and acrobatics performed in combination with a Taekwondo action such as a break.
- iii. Originality of Composition – consider the creativity of the actions, components, attire, and thematic elements and how they contribute to the overall performance.

D. Expressivity/Taekwondo Spirit (10 points)

- i. Kihap – confidence
- ii. Attitude and Etiquette – as soon as the Team’s name is called to enter the ring for your competition.

NOTE: In general, each participant’s uniform should be clean and pressed, and the belt should be tied correctly. However, the Organizing Committee understands that this is an “Open” tournament and there are various interpretations/standards for belt tying, etc. that are specific to each martial art school/style. Therefore, how the belt is tied and the uniform will not be considered in any score. Costumes are acceptable.

14. Procedural Deductions – To be deducted from final score, for procedural or other infractions not specifically covered by judging criteria.

- A. Team exceeds the 120-second time (2 minutes) limit for setup (1 point deduction for every 10 seconds



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



over time limit)

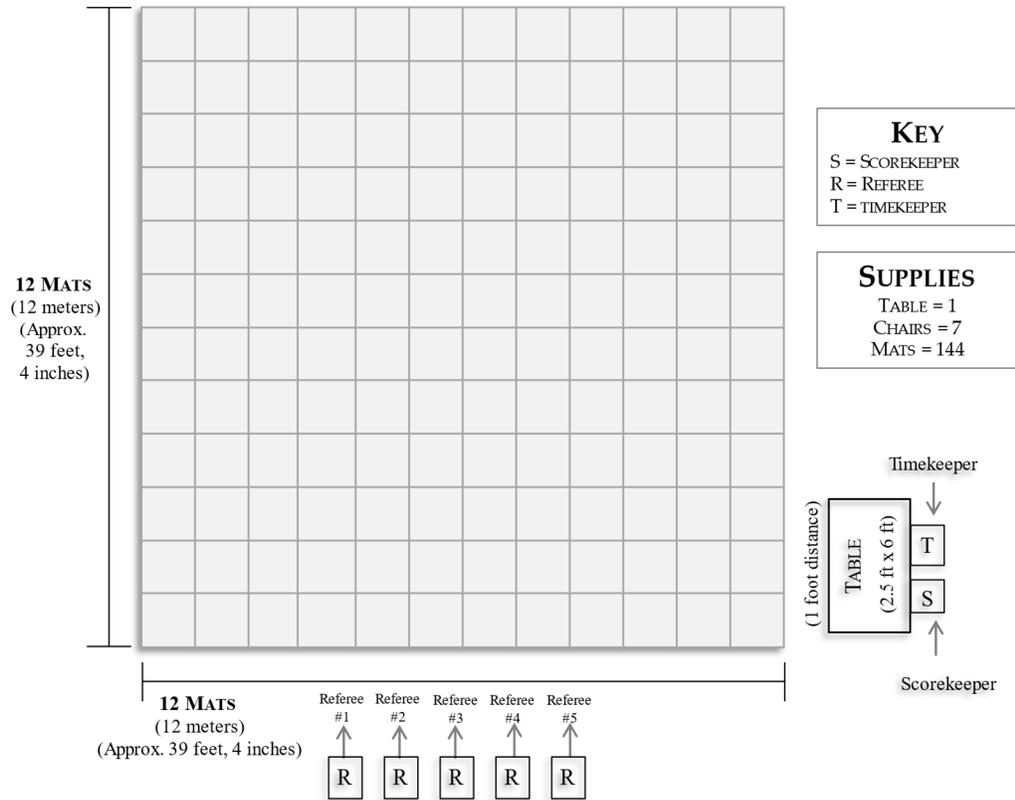
- B. Team exceeds the 6-minute time limit (1 point deduction for every 10 seconds over time limit)
- C. Unsportsmanlike conduct (1 point deduction)
 - i. Including but not limited to making undesirable remarks or any misconduct on the part of a participant or coach or interfering with another participant, coach, or official.
- D. Team crosses outside of the 12 meter x 12 meter ring (.3 point deduction for each occurrence). Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the foot steps out of bounds it will be considered out of bounds and result in a deduction.
 - i. All team members must remain on the mat at all times. Stepping off of the mat will result in a .3 point deduction for each occurrence. Unintentional landing outside of the ring will be considered a deduction (Example: a participant performs a flying side kick, does not control landing and steps outside of the ring)
 - ii. All techniques, movements, breaking techniques (including weapons, props, boards, holders, and holding devices) must remain inside of the ring during the demonstration. The only exception is that if a board(s) or prop(s) is broken and pieces go out of the ring there will NOT be any deductions.
- E. Too many or too few team members (1 point deduction)

15. Tiebreaker

- A. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – the high and low score (previously omitted) will be added back in. If there is still a tie, the winner will be determined by the following:
 - i. Add the score of ONLY “Unity of Team Performance” and “Creativity” (Maximum of 20 points)
 - The highest score will be declared the winner.
 - ii. If there is still a tie after above scenario “i.” then the 7 judges will raise their hand to identify the judge’s opinion on which team had the best overall performance.

TDR – TEAM DEMONSTRATION RECREATIONAL
(5-40 TEAM MEMBERS. MINIMUM OF FOUR (4) TEAM MEMBERS MUST BE AGE 12 OR YOUNGER.
ALL AGES. ALL BELTS)
(EACH TEAM MUST SELECT A TEAM CAPTAIN AND TEAM NAME)

TDE - TEAM
DEMONSTRATION
RECREATIONAL
DIAGRAM
 (NOT TO SCALE)



1. Team Demonstration is a fusion of proper Taekwondo techniques in combination with several creative elements which can include music, choreography, and storytelling.
 - a. The following components are REQUIRED for each team.
 - i. Poomsae (Traditional and/or creative)
 - ii. Weapons (I think we require it)
 - iii. Self Defense (can include weapons) – simulated fighting with 1 or more participants attacking 1 or more participants defending
 - iv. Board Breaking
 - Each team must attempt to break exactly 60 1/4-inch pine boards. Each team may determine how to break the 60 1/4-inch boards (can use spacers, holding devices, etc.)
 - Each team must attempt to break exactly 10 3/4-inch pine boards – no fewer or more than 10 3/4-inch boards can be used. Each team may determine how to break the 10 3/4-inch boards (can use spacers, holding devices, etc.)



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



- 5 spare ¼ inch boards can be brought onto the mat in case boards from the max 60 ¼ inch boards are broken in a transition. These 5 spare ¼ inch boards will be inspected prior to competition and will be marked by black sharpies as the spare. No spare ¾ inch boards can be brought onto the mat.

NOTE: This event will NOT incur the additional board fee of \$20. Each team is responsible for purchasing their own boards from the official 2025 World Taekwondo Hanmadang vendor, props, etc. All boards will be measured and checked to ensure that they are the correct material and size (1/4 inch and ¾ inch). If boards are not the correct size and material the Demonstration Team will be responsible for purchasing boards from the Organizing Committee at the competition site.

- In addition to the above required boards, team can break bricks or other items in accordance with clause 7 below regarding props. These optional breaks/techniques may be included in addition to the above required number of boards.
2. There will be seven (7) judges. Each judge will score the participant based on the below. The highest and lowest scores will be excluded. The average of the remaining 5 scores will be the final score.
 3. Teams have a 2-minute setup time limit prior to their performance.
 4. Teams have a 6-minute performance time limit, NOT including time for set-up.
 5. Music is HIGHLY ENCOURAGED and must be uploaded on the participant registration site no later than Wed 7/9/25 at 11:59 PM Pacific Time USA. (Please bring a backup file on a music player or USB drive.) All music must be suitable for a family environment; no explicit lyrics.
 6. Props are allowed and must be appropriate for a family environment. (For example, a hat is allowed). Breaking boards ARE considered a prop and are acceptable. Board fragments ARE allowed. ALL props must be provided by the participant and cannot pose a safety risk to the participant or the audience. Absolutely NO Pyrotechnics, fireworks (including poppers), or flame breaks. Confetti, glitter or similar product is prohibited. Chairs and trampolines are prohibited. Flowers and fruit are acceptable. Board stands, blocks, board holding devices, are considered props and CAN be used.
 7. Only martial arts weapons are allowed. Any weapon blade must be dull and approved by the Organizing Committee.
 8. The following will complete each team's score:
 - a. Unity of Team Performance (10 points)
 - i. Degree of difficulty of synchronized parts of performance
 - ii. Team Synchronization – Movements should generally be executed by each performing team member at the same time during Team forms portion of performance. However, team members may be facing different directions. Groups of team members may perform distinct actions, but unity within their group should be maintained, transitions should be smooth, over all movements among the groups should be harmonious. Unintentional movements out of synchronization with other team members will result in a lower score. Intentional movements out of synchronization done for creative effect (For example, an "echo" movement) will NOT result in a lower score.
 - iii. Minor Deductions (0.10 of point each occurrence) – One team member made a small, but



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



- noticeable, out-of-sync movement that, at the judge's discretion, had a detrimental impact on team unity.
- iv. Major Deductions (0.30 of point each occurrence) – One team member made a major, jarring out-of-sync movement, or multiple team members had synchronization issues performing the same movement or short- sequence of movements. EXAMPLE: Turning the wrong way or performing an obviously incorrect technique compared to the rest of the team.
- b. Accuracy and Execution of Techniques – Taekwondo Techniques - (10 Points)
- i. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)
 - ii. Accuracy of Each Taekwondo Hand Technique (In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place.)
 - iii. Accuracy of Each Taekwondo Kicking Technique – Correct form, height and power of kick.
 - iv. Minor Deductions (0.10 of point each occurrence) – One or more team member(s) made a small, but noticeable, incorrect Taekwondo technique
 - v. Major Deductions (0.30 of point each occurrence) – grossly incorrect or poor Taekwondo technique (stance, block, kick, etc.) or other major errors such as a total loss of balance resulting in a fall or significant stumble during any Taekwondo or non-Taekwondo action.
- c. Accuracy and Execution of Techniques – Weapons - (10 Points)
- i. Execution of use of weapon(s)
 - ii. Creativity of use of weapon(s)
 - iii. Consider applicability of actions with the weapon's intended use and look for miscues such as unintentionally fumbling or dropping the weapon. However, obvious disarms, such as during a self- defense routine, will not be penalized.
 - iv. Minor Deductions (0.10 of point each occurrence) – incorrect or poor technique while using weapon(s), or other minor errors such as fumbling (but not dropping) a weapon, or slight loss of balance NOT resulting in a fall or significant stumble.
 - v. Major Deductions (0.30 of point each occurrence) – grossly incorrect or poor technique while using weapon(s) an unintentionally dropped weapon, or other major errors such as a total loss of balance resulting in a fall or significant stumble during any Taekwondo or non- Taekwondo action.
- d. Accuracy and Execution of Techniques – Board Breaking and Other Breaking - (10 Points)
- i. Each team can attempt to break exactly 60 1/4-inch pine boards. Each team may determine how to break the 60 1/4-inch boards (can use spacers, holding devices, etc.)
 - ii. Each team must attempt to break exactly 10 3/4 inch pine boards – no fewer or more than 10 3/4 inch boards can be used. Each team may determine how to break the 10 3/4 inch boards (can use spacers, holding devices, etc.)
 - iii. In addition to the above required boards, teams can break brick or other items in accordance to clause 7 above regarding props. These optional breaks may be included in addition to the above required number of boards.
 - iv. Degree of Difficulty
 - a. Attempting to break a higher quantity of boards will result in a higher score.
 - b. Single Jump breaks will result in a higher score. A single jump break is defined as breaking



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



- 3 or more fixed targets with one or more various techniques using the hands and feet through a single jump. The greater number of boards broken in a single jump technique will result in a higher score.
- c. Acrobatic Breaking: A breaking technique executed by jumping into the air rotating along the horizontal axis - to strike the target with a foot will result in a higher score.
 - d. Rotational Breaking: A breaking technique executed by jumping into the air while rotating along the vertical axis - to strike the target with a foot. A higher degree of rotation (540 degree or 720 degree turn) will result in a higher score.
 - e. Creativity of Breaking performance
 - f. Minor Deductions (0.10 of point each occurrence) – missed break. The minor deduction applies to missed boards.

II. Presentation (10 points)

- a. Etiquette – proper respect in response to judges commands
- b. Attitude – kihap, confidence, assertiveness, body language
- c. Tempo/Flow of the performance – Consider the transitions between segments of the performance and whether they flow smoothly, have a good rhythm, and harmony that contributes to the overall performance.
- d. Speed and Power of Taekwondo Techniques
- e. Eye Control - correct direction to “look”, correct eye position as well as where eyes are focused.

III. Creativity (10 points)

- a. Degree of Difficulty of Choreography – consider difficulty of Taekwondo sequences in conjunction with the level of sophistication in musical timing and other thematic elements as well as the degree of team member participation in any given action.
- b. Degree of Difficulty of breaks, kicks, and tricks – consider height of jumps, number of kicks in a jump, gradient of spins in a spin kick, consecutive kicks, and acrobatics performed in combination with a Taekwondo action such as a break.
- c. Originality of Composition – consider the creativity of the actions, components, attire, and thematic elements and how they contribute to the overall performance.

IV. Expressivity/Taekwondo Spirit (10 points)

- a. Kihap – confidence
- b. Attitude and Etiquette – as soon as the Team’s name is called to enter the ring for your competition.

NOTE: In general, each participant’s uniform should be clean and pressed, and the belt should be tied correctly. However, the Organizing Committee understands that this is an “Open” tournament and there are various interpretations/standards for belt tying, etc. that are specific to each martial art school/style. Therefore, how the belt is tied and the uniform will not be considered in any score. Costumes are acceptable.

- 9. Procedural Deductions – To be deducted from final score, for procedural or other infractions not specifically covered by judging criteria.
 - I. Team exceeds the 120-second time (2 minutes) limit for setup (1 point deduction for every 10 seconds over time limit)



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



- II. Team exceeds the 6-minute time limit (1 point deduction for every 10 seconds over time limit)
 - III. Unsportsmanlike conduct (1 point deduction)
 - a. Including but not limited to making undesirable remarks or any misconduct on the part of a participant or coach or interfering with another participant, coach, or official.
 - IV. Team crosses outside of the 12 meter x 12 meter ring (.3 point deduction for each occurrence). Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the foot steps out of bounds it will be considered out of bounds and result in a deduction.
 - a. All team members must remain on the mat at all times. Stepping off of the mat will result in a .3 point deduction for each occurrence. Unintentional landing outside of the ring will be considered a deduction (Example: a participant performs a flying side kick, does not control landing and steps outside of the ring)
 - b. All techniques, movements, breaking techniques (including weapons, props, boards, holders, and holding devices) must remain inside of the ring during the demonstration. The only exception is that if a board(s) or prop(s) is broken and pieces go out of the ring there will NOT be any deductions.
 - V. Too many or too few team members (1 point deduction)
10. Tiebreaker
- I. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – the high and low score (previously omitted) will be added back in. If there is still a tie, the winner will be determined by the following:
 - a. Add the score of ONLY “Unity of Team Performance” and “Creativity” (Maximum of 20 points) – The highest score will be declared the winner.
 - b. If there is still a tie after above scenario “i.” then the 7 judges will raise their hand to identify the judge’s opinion on which team had the best overall performance.



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



Ages	Category	Eligible Ranks
12 years and under	Cadet	1st dan (degree) - 4th dan (degree)
13 - 18 years old	Junior	1st dan (degree) - 5th dan (degree)
19 years and older	Adult	1st dan (degree) - 9th dan (degree)

1. There will be five (5) judges. Each judge will score the participant based on the below. The highest and lowest scores will be excluded. The average of the remaining 3 scores will be the final score.
2. Taekwondo Aerobics is Taekwondo movements composed with music to perform gymnastic type movements.
3. Each team should have between 7-9 participants.
4. Competition time limit: minimum of 110 seconds and maximum of 120 seconds.
5. Compulsory Techniques:
 - a. 2 Repeating Side Kicks (one side kick low and one side kick high before landing)
 - b. 2 head height round house kicks
 - c. 2 flying Side Kicks
 - d. 2 Back Kicks
 - e. 2 360 jumping (tornado) kicks
10. Music is HIGHLY ENCOURAGED and must be uploaded on the participant registration site no later than Wed 7/9/25 at 11:59 PM Pacific Time USA. (Please bring a backup file on a music player or USB drive.) All music must be suitable for a family environment, no explicit lyrics.
11. Props are allowed and must be appropriate for a family environment. (For example, a hat is allowed. NO weapons are allowed.) Breaking boards ARE considered a prop and are acceptable. Board fragments ARE allowed. ALL props must be provided by the participant and cannot pose a safety risk to the participant or the audience. Absolutely NO Pyrotechnics, fireworks (including poppers), or flame breaks. Confetti, glitter or similar products are prohibited. Chairs and trampolines are prohibited. Flowers and fruit are acceptable.
12. The following will complete each participant's score:

Grading Criteria	Grading Criteria Details	Points
Accuracy (4.0)	Accuracy of basic Taekwondo movements	2.0
	Compulsory techniques	2.0
Program arrangement (6.0)	Skill	2.0
	Expressivity	2.0
	Creativity	2.0

A. Accuracy (4.0 points):



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/22/2025



- II. Accuracy of Basic Taekwondo movements according to Kukkiwon guidelines (2.0)
 - c. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)
 - d. Accuracy of Each Hand Technique – In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place

- II. Compulsory Techniques (2.0)
 - c. Execution of kicks (additional types and number of kicks are allowed):
 - a. 2 Repeating Side Kicks (one side kick low and one side kick high before landing)
 - b. 2 head height round house kicks
 - c. 2 flying Side Kicks
 - d. 2 Back Kicks
 - e. 2 360 jumping (tornado) kicks
 - d. Execution of Each Kicking Technique

B. Program Arrangement (6.0 points):

- I. Skill (2.0 points)
 - b. Poomsae should be performed using the power from your lower body and core to create strong and quick movements. The movements should flow together without any pausing.
- II. Expressivity (2.0 points)
 - a. Kihap – confidence
 - b. Attitude and Etiquette – as soon as the Participant’s name is called to enter the ring for your competition.
 - c. Eye Control - correct direction to “look”, correct eye position as well as where eyes are focused
 - d. Volume of Movement – Height of kick(s) – generally higher is better although some forms specify the target height on some kicks (Example: Koryo specifies that the side kick should be knee height). Strength/power/presentation of blocks and strikes.
- III. Creativity (2.0 points)
 - d. Composition of choreography
 - e. Creativity of entire routine
 - f. Degree of Difficulty

13. Deductions

- A. Participant crosses outside of the 12-meter x 12-meter ring (.3-point deduction for each occurrence). Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the foot steps out of bounds it will be considered out of bounds and result in a deduction.
- B. Participant exceeds the 120-second time limit (.3-point deduction for every 10 seconds over)
- C. Conducting undesirable acts (3 point deduction)
- D. If there are too few or too many participants (3 point deduction)
- E. Unsportsmanlike conduct (1 point deduction)

14. Disqualification

- A. Entering the competition in someone else’s name
- B. Copying another team’s Taekwondo Aerobics that has been awarded 1st-3rd place in the World Taekwondo Hanmadang in the last 5 years.

15. Tiebreaker

- A. In the case of a tie, the participant with the higher program arrangement score will be selected as the winner. If there is still a tie, the highest and lowest scores (originally excluded) will be added back to the total score to determine the winner.
- B. If there is still a tie, In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – participants will perform the poomsae one (1) additional time. Judges will re-score.