



2025 WORLD TAEKWONDO HANMADANG RULES

Updated 4/13/2025



Location: Anaheim Convention Center Arena 800 W Katella Ave. Anaheim, CA 92802
Frequently Asked Questions and Information

1. Do participants need to qualify to participate?

There is no qualification necessary to compete.

2. What guidelines will be used for judging?

All judging will follow Kukkiwon guidelines.

3. I competed in prior World Taekwondo Hanmadangs and there are different names and new events. What are these events?

Each year there are updates and changes to the events that are held in that particular year's World Taekwondo Hanmadang. In 2025, the names have been updated to make it easier for all participants (and their parents) to know exactly what competition event they are registering for. In addition, there are new events in the 2025 World Taekwondo Hanmadang that were not held in prior years. All events that are normally held at the World Hanmadang that will also be held in 2025 are below. In the case where the name is different (but the event is the same), the traditional Kukkiwon name is listed first and the standardized name in parentheses next to it. For example, All-round breaking (Individual Creative Breaking ELITE).

1. Authorized Poomsae (Individual Traditional Forms ELITE)
2. Creative Poomsae Individual (Individual Creative Forms without Weapons ELITE)
3. Creative Poomsae (Team Creative Forms without Weapons ELITE)
4. All-round Breaking (Individual Creative Breaking ELITE)
5. Side/Back Kick Breaking (Individual Power Skipping Side Kick)
6. Side/Back Kick Breaking (Individual Power Back Kick)
7. Knife Hand Breaking (Individual Power Knife Hand)
8. Individual Spinning Hook Kick
9. High Jump Kick Breaking (Individual Jumping High Kick)
10. Team Competition (Team Demonstration Arirang)
11. Taekwondo Aerobics
12. Self Defense Individual
13. Self Defense Group
14. Speed Breaking

Winners of the above events will be entered into the official World Taekwondo Hanmadang record books. There are some differences in the rules and divisions. Please review each event carefully to understand the rules.

4. What uniform is required to participate?

A white uniform with black collar is REQUIRED for the below list of events:

1. Authorized Poomsae (Individual Traditional Forms ELITE)
2. Creative Poomsae Individual (Individual Creative Forms without Weapons ELITE)
3. Creative Poomsae (Team Creative Forms without Weapons ELITE)
4. All-round Breaking (Individual Creative Breaking ELITE)
5. Side/Back Kick Breaking (Individual Power Skipping Side Kick) (Black Belt divisions: white uniform with black collar. Color belt divisions: any color uniform)
6. Side/Back Kick Breaking (Individual Power Back Kick) (Black Belt divisions: white uniform with black collar. Color belt divisions: any color uniform)
7. Knife Hand Breaking (Individual Power Knife Hand) (Black Belt divisions: white uniform with black collar. Color belt

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- divisions: any color uniform)
8. Individual Spinning Hook Kick (Black Belt divisions: white uniform with black collar. Color belt divisions: any color uniform)
 9. High Jump Kick Breaking (Individual Jumping High Kick) (Black Belt divisions: white uniform with black collar. Color belt divisions: any color uniform)
 10. Team Competition (Team Demonstration Arirang)
 11. Taekwondo Aerobics
 12. Self Defense Individual
 13. Self Defense Group
 14. Speed Breaking

Any Martial Art Uniform in any color is acceptable for all other events. Belt representing rank is required and should be tied neatly and evenly. For both white and color uniforms, logos, print, names, etc are acceptable. A full list of events and required uniforms can be found below in FAQ #16.

If you do not have the correct color uniform, you will not be allowed to compete.

5. Are color belts allowed to compete?

The previous World Taekwondo Hanmadangs held in Korea were only open to Black Belts. The 2025 World Taekwondo Hanmadang will have divisions for both black belts and color belts. There are certain events that only Black Belts are eligible to compete in. Please see the chart in FAQ#16 for details.

6. Is Kukkiwon certification required to compete?

While having Kukkiwon certification is encouraged it is not required to compete. However, only Kukkiwon black belts will be entered into the official Kukkiwon World Taekwondo Hanmadang records.

Example: Individual Traditional Forms Elite

- 1st place winner – John Smith (Non-Kukkiwon black belt) – will receive a gold medal and certificate.
- 2nd place winner – Robert Jones (Kukkiwon black belt) – will receive a silver medal and certificate.
- 3rd place winner – Matthew Johnson (Kukkiwon black belt) - will receive a bronze medal and certificate.
- 4th place winner – Zach Moore (Kukkiwon black belt) - will receive a bronze medal and certificate.

Kukkiwon official records

- 1st place winner – Robert Jones (Kukkiwon black belt) – will receive a silver medal and certificate and entered into the record books.
- 2nd place winner – Matthew Johnson (Kukkiwon black belt) - will receive a bronze medal and certificate and entered into the record books.
- 3rd place winner – Zach Moore (Kukkiwon black belt) - will receive a bronze medal and certificate and entered into the record books.

7. Will international participants receive free hotel accommodation?

The previous World Taekwondo Hanmadangs held in Korea provided international participants with free hotel accommodation and meals. The 2025 World Taekwondo Hanmadang cannot provide these same benefits. All participants (both domestic and international) are responsible for his or her own hotel accommodation and food.

8. How do I register to compete?

Participants MUST register online. There are absolutely no paper registrations or at the door registrations. Athletes must register to compete in the 2025 World Taekwondo Hanmadang under a Dojang (Taekwondo School). Athletes cannot register simply as an individual.

The Organizing Committee created this policy in cooperation with law enforcement to help prevent individuals entering from outside



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the United States under false pretenses. This step of validating that athletes train at an actual Taekwondo school allows us to prevent illegitimate athletes from registering for the 2025 World Taekwondo Hanmadang.

For U.S. athletes, each state will have a "Dojang" for your state that is designed for athletes that are independent and not training with a Dojang. For example, "California Independent Athletes Dojang." Independent athletes can register under the state independent "Dojang."

If you are a legitimate international athlete, please email info@worldhanmadang.com to determine other options to register as an athlete.

If you are an international athlete that needs help with an invitation letter to obtain a visa visit our website www.worldhanmadang.com for the full policy.

Only the Dojang Owner (or authorized representative of the Dojang) can enter a Dojang into the registration system. To add your dojang please email info@worldhanmadang.com

Each Dojang should assign 2 contact people as administrators for the Dojang. The administrators will have access to the list of all athletes and events registered under the Dojang.

9. Can participants wear shoes?

Shoes are **NOT** allowed for any events. However, if shoes are medically required, please bring a written doctor's note that states shoes are required for participation. This note will need to be submitted to the Holding Area Manager prior to your event.

10. What are the age divisions and participant gender specifications?

Age should be determined as of Thursday, July 17, 2025. The age divisions are listed below.

Age	Division Name
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 years old	Platinum
Over 70	Ultra

All Taekwondo events will be separated into **MALE** and **FEMALE** except for the following:

1. Pairs Traditional Forms (PTF)
2. Pairs Traditional Forms Elite (PTFE)
3. Team Traditional Forms (TTF)
4. Team Creative Forms WITH Weapons (TCFWW)
5. Team Creative Forms WITHOUT Weapons (TCFWO)
6. Creative Poomsae (Team Creative Forms without Weapons Elite) (TCFWOE)



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7. Team Competition (Team Demonstration Arirang) (TDA)
8. Team Demonstration Elite (TDE)
9. Team Demonstration Recreational (TDR)
10. Taekwondo Aerobics (TA)

There is **NO Guarantee** that every division can be broken up under the above guidelines as the divisions are dictated by the number of athletes in each category. The Organizing Committee will separate each category by age, weight, and ability at the discretion of the Organizing Committee for the safety of each participant.

11. How many participants will be in each division?

The Organizing Committee will divide divisions to be as fair as possible for all participants with the discretion to create divisions outside these guidelines, if necessary. Each division will have a maximum of 8 participants. Gold, Silver and Bronze medals will be awarded to 1st, 2nd, and two (2) 3rd places. In addition to a medal, each participant will receive an AWARD CERTIFICATE that will display the event name and place. (TAEKWONDO example: John Smith, Individual Traditional Forms, 6-7 years old, 1st Geup, 1st place)

All RECORD KEEPING events (listed below) and ELITE events will **NOT** have a maximum of 8 per division. Each division will be broken down by age and belt level and MAY have more than 8 per division. For example, the Child division (age 8-9) 1st Poom has 16 participants registered. It will **ONLY** be ONE division of 16 participants. First, second and two (2) third place medals will be awarded.

1. All-round breaking (Individual Creative Breaking Elite) (ICBE)
2. Authorized Poomsae (Individual Traditional Forms Elite) (ITFE)
3. Pairs Traditional Forms Elite (PTFE)
4. Creative Poomsae Individual (Individual Creative Forms without Weapons Elite) (ICFWOE)
5. High Jump Kick Breaking (Individual Jumping High Kick) (IJH)
6. Knife Hand Breaking (Individual Power Breaking Knife Hand) (IPKH)
7. Side/Back Kick Breaking (Individual Power Breaking Skipping Side Kick) (IPSSK)
8. Side/Back Kick Breaking (Individual Power Breaking Turning Back Kick) (IPBK)
9. Individual Spinning Hook Kick (ISHK)
10. Team Competition (Team Demonstration Arirang) (TDA)
11. Team Demonstration Elite (TDE)
12. Team Demonstration Recreational (TDR)
13. Taekwondo Aerobics (TA)
14. Self Defense Individual (SDI)
15. Self Defense Group (SDG)
16. Speed Breaking (SB)

All athletes that do not earn 1st, 2nd, or 3rd place in any event will receive one (1) Best Spirit Medal regardless of how many events they participate in. For example, if an athlete competes in three (3) different events and does not earn 1st, 2nd, or 3rd in any of the 3 events, that athlete will receive one (1) best Spirit medal (not 3). Best Spirit medals can be picked up at the Certificate printing/Award podium area.

12. Is there a maximum number of events for each participant?

Yes, a participant can participate in a **maximum** of five (5) events. Additionally, a person cannot register for the same event more than once. (For example, a participant CANNOT be on 2 Team Traditional Forms teams.) The more events a person participates in,



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the more likely the chance of scheduling conflicts. The Organizing Committee will work hard to ensure participants will not be scheduled to perform in 2 separate events at the same time.

13. Can I referee and compete?

Referees cannot participate in the 2025 World Taekwondo Hanmadang.

14. What happens if I do not show up to the Holding area when I am called to compete?

Participants are required to go to the Holding Area when his or her division is called to the Holding area. The participant will be called a maximum of three (3) times to appear in the Holding Area. If a participant does not appear in the Holding Area after the maximum of three (3) times to appear, the participant will be disqualified from the competition with no refund. The only exception to this is if the participant is already on the competition floor competing in a different division.

15. What does the term “Geup” mean and what is my “Geup”?

Geup is a Taekwondo term used for belt ranks. Rather than say “Yellow Belt”, a person would say “9th Geup”. Typically, the lower the Geup, the closer the person is to 1st-Degree Black Belt. (For example, a 1st Geup is the level before 1st-Degree Black Belt.) ***Each participant should speak with his or her Master Instructor to determine their Geup level.*** Each taekwondo school has a unique belt ranking system.

A SAMPLE Geup conversion chart is listed below. However, this chart is NOT intended to serve as a universal chart.

Each participant should speak with his or her Master Instructor.

	Belt Color	Geup
1	Black Belt Eligible	1st
2	Bo Dan 2	1st
3	Bo Dan 1	1st
4	Red Senior 2	2nd
5	Red Senior 1	2nd
6	Red	3rd
7	Brown Senior	3rd
8	Brown	4th
9	Blue	5th
10	Purple	6th
11	Green	7th
12	Orange	8th
13	Yellow	8th
14	White	9th

If you are participating in individual traditional forms, please check the event rule page to confirm which Kukkiwon form you will be performing.

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16. What are the different codes and what do they mean?

Each event is abbreviated with a different code. The codes are below.

	CODE	EVENTS	Ring size	Dobok	Page #s
1	ITF	Individual Traditional Forms	8 x 8	Any color uniform	13-15
2	ITFE	Authorized Poomsae (Individual Traditional Forms ELITE)	8 x 8	White uniform with black collar only	16-18
3	ITFP	Individual Traditional Forms Para	8 x 8	Any color uniform	19-21
4	PTF	Pairs Traditional Forms	8 x 8	Any color uniform	22-24
5	PTFE	Pairs Traditional Forms ELITE	8 x 8	Any color uniform	25-27
6	TTF	Team Traditional Forms	8 x 8	Any color uniform	28-30
7	ICFWO	Individual Creative Forms without Weapons	8 x 8	Any color uniform	31-33
8	ICFWOE	Creative Poomsae Individual (Individual Creative Forms without Weapons ELITE)	8 x 8	White uniform with black collar only	34-36
9	ICFWW	Individual Creative Forms with Weapons	8 x 8	Any color uniform	37-39
10	TCFWO	Team Creative Forms without Weapons	8 x 8	Any color uniform	40-42
11	TCFWOE	Creative Poomsae (Team Creative Forms without Weapons ELITE)	12 x 12	White uniform with black collar only	43-45
12	TCFWW	Team Creative Forms with Weapons	8 x 8	Any color uniform	46-48
13	ICB	Individual Creative Breaking	8 x 8	Any color uniform	49-51
14	ICBE	All-round Breaking (Individual Creative Breaking ELITE)	8 x 8	White uniform with black collar only	52-54
15	ICBP	Individual Creative Breaking Para	8 x 8	Any color uniform	55-57
16	IPSSK	Side/Back Kick Breaking (Individual Power Skipping Side Kick)	3x4	Black belt divisions: White uniform with black collar only. Color belt divisions: Any color uniform	58-60
17	IPBK	Side/Back Kick Breaking (Individual Power Back Kick)	3x4	Black belt divisions: White uniform with black collar only. Color belt divisions: Any color uniform	61-63
18	IPKH	Knife Hand Breaking (Individual Power Knife Hand)	2 x 2	Black belt divisions: White uniform with black collar only. Color belt divisions: Any color uniform	64-66
19	ISHK	Individual Spin Hook Kick	8 x 8	Black belt divisions: White uniform with black collar only. Color belt divisions: Any color uniform	67-68
20	IJH	High Jump Kick Breaking (Individual Jumping High Kick)	8 x 8	Black belt divisions: White uniform with black collar only. Color belt divisions: Any color uniform	69-70
21	TDA	Team Competition (Team Demonstration Arirang)	12 x 12	White uniform with black collar only	71-77
22	TDE	Team Demonstration ELITE	12 x 12	Any color uniform	78-81
23	TDR	Team Demonstration Recreational	12 x 12	Any color uniform	82-85
24	TA	Taekwondo Aerobics	12 x 12	White uniform with black collar only	86-88
25	SDI	Self Defense Individual	12 x 12	White uniform with black collar only	89-91
26	SDG	Self Defense Group	12 x 12	White uniform with black collar only	92-94
27	SB	Speed Breaking	8 x 8	White uniform with black collar only	95-96



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17. Will there be pairs and family forms events?

There are Pairs Traditional Forms (PTF) and Pairs Traditional Forms Elite (PTFE). There must be exactly two (2) people registered to make up a Pairs Traditional Forms and Pairs Traditional Forms Elite.

Pairs can be made up of the same gender OR mixed gender (co-ed) for Pairs Traditional Forms (PTF)

Pairs MUST be made up of mixed genders (co-ed) for Pairs Traditional Forms Elite (PTFE)

Team Traditional Form (TTF) is between three (3) and ten (10) participants of the same or mixed gender (co-ed) to make up the team

For Team Creative Forms with Weapons (TCFWW) and Team Creative Forms without Weapons (TCFWO), these team events can have between two (2) and ten (10) participants of the same or mixed gender (co-ed) to make up the team.

The Organizing Committee will divide divisions to be as fair as possible for all participants with the discretion to create divisions outside of these guidelines.

Age	Belt Ranks
All 17 and Under	All Color Belts
All 17 and Under	All Black Belts
All 17 and Under	Mixed ranks (color and black belts)
All 18-40	All Color Belts
All 18-40	All Black Belts
All 18-40	Mixed ranks (color and black belts)

Age	Belt Ranks
All 41 and over	All Color Belts
All 41 and over	All Black Belts
All 41 and over	Mixed ranks (color and black belts)
All mixed ages	All Color Belts
All mixed ages	All Black Belts
All mixed ages	Mixed ranks (color and black belts)

18. My “Team Traditional Forms” (TTF) and “Pairs Traditional Forms” (PTF) team has participants with different ranks. What Form do we need to perform?

Your team should perform the form for the LOWEST belt rank. 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.

19. What are the sizes and dimensions of the breaking boards

There will be 2 types of boards used at the 2025 World Taekwondo Hanmadang

¾ inch thickness. 11 inches x 8 inches.

¼ inch thickness. 11 inches x 8 inches.

All boards for board breaking events will incur a \$20 board fee (for each event) to cover costs of the boards. These boards will be provided by the Organizing Committee.



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For all Demonstration Team competition (TDA, TDE, TDR) there is NO board fee and boards must be purchased by each team. The boards MUST be purchased at the Anaheim Convention Center Arena with the official supply company AAMA.

20. What is the difference between “Team Competition (Team Demonstration Arirang)” (TDA), “Team Demonstration Elite” (TDE), and “Team Demonstration Recreational” (TDR)?

The rules and requirements for competition for these events **are different**. Please see official rules for complete details. Some of the major differences are:

1. For Team Demonstration Recreational, a minimum of four (4) team members MUST be age 12 or under. In Team Demonstration Elite, there are NO age requirements.
2. No more than five (5) members on the Team Demonstration Recreational can also compete on the same Dojang's Team Demonstration Elite Team.
3. The Team Competition (Team Demonstration Arirang) is designed for high school and college teams that live and train in Korea. However, any team can compete in this division if they want.

21. Can I compete in both “Team Demonstration Elite” (TDE) and “Team Demonstration Recreational” (TDR)?

Yes, these are different events. No more than five (5) members on the Recreational Team can also compete on the same Dojang's Elite Team.

22. What is the difference between “Individual Traditional Forms” (ITF) and “Individual Traditional Forms Elite” (ITFE)?

In the Individual Traditional Forms Event participants are required to perform only one (1) poomsae. There is a specific poomsae based on belt rank and age. Please see the chart in the rules section

In the Individual Traditional Forms Event Elite participants are required to perform two (2) poomsaes. The required poomsaes will be announced the day before the competition for Individual Traditional Forms Elite. The list of poomsaes to prepare is in the chart in the rules section. This event is similar to “Sport Poomsae.”

23. What is the difference between “Pairs Traditional Forms” (PTF) and “Pairs Traditional Forms Elite” (PTFE)?

In the Pairs Traditional Forms Event participants can be the same gender or mixed gender (co-ed) and are required to perform only one (1) poomsae. Your pairs should perform the form for the LOWEST belt rank. For example, the team has 2 members: one is a 1st Dan Black Belt, and the partner member is a 1st Geup. The pair should perform Taegeuk Pal Jang (8), NOT Koryo.

There is a specific poomsae based on belt rank and age. Please see the chart in the rules section

In the Pairs Forms Elite Event participants MUST be mixed gender (co-ed) are required to perform two (2) poomsaes. The required poomsaes will be announced the day before the competition for Pairs Traditional Forms Elite. The list of poomsaes to prepare is in the chart in the rules section. This event is similar to “Pairs Sport Poomsae.”

24. What do I need to bring to Participant Badge Pickup?

Upon completion of your online registration, you will receive an email confirmation with all your events. You MUST bring the email confirmation and identification with you to pick up your participant badge.

The badge, participant bag and any pre-order items will take place on Wednesday July 16, 2025, from 1:00 – 9:00 PM at the Anaheim Convention Center Lobby. If you cannot be present on Wednesday there will also be Participant badge pickup on



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Thursday July 17th through Saturday 19, 2025, at the Anaheim Convention Center Lobby. Pre-order items can be picked up Wednesday-Saturday.

25. Can someone else pick up my Participant badge?

It is highly DISCOURAGED to have someone pick up your badge. Upon pick up, you will be requested to sign a document verifying all events are correct and CANNOT be changed. (Changes will ONLY be made if there is an error made by the Organizing Committee. Changes will NOT be made if a participant simply changes their mind on the event(s) to participate in. Anyone who signs on your behalf will be acknowledged that all event registrations are correct and CANNOT be changed. If a Master Instructor or School Owner picks up badges for participants, the Master Instructor or School Owner MUST bring the email confirmation page and sign the document that all event registrations are correct.

International Athletes MUST pick up their own badges. If an international participant does not pick up his or her badge it will be reported to the FBI.

26. What happens if I lose my participant badge?

Badges can be re-printed at the Participant Badge Pickup area for a \$10 re-print fee.

27. What is the Headquarters Hotel?

There will be 3 hotels available with a discounted group rate. Please visit www.worldhanmadang.com for links to the group rates.

1. The Westin Anaheim Resort (4-star) Hotel. Located at 1030 West Katella Avenue Anaheim, CA 92802 and a 5-minute walk from the Anaheim Convention Center with a negotiated group rate of \$319/night plus taxes. The group rate waives the resort fee. The Kukkiwon High Dan Test (Wednesday July 16, 2025), Kukkiwon Demonstration Team seminars (Wednesday July 16, 2025), Friday July 18, 2025 Formal Dinner, Saturday July 19, 2025 Closing Gala and after party will all take place at the Westin Hotel.
2. Residence Inn (3-star) Hotel. Located at 640 West Katella Avenue Anaheim, CA 92802 and a 5-minute walk from the Anaheim Convention Center with a negotiated group rate of \$269/night plus taxes. The group rate waives the resort fee. All rooms are suite rooms with a full kitchen. Daily hot breakfast is included in the room rate.
3. Spring Hill Suites (3-star) Hotel. Located at 1801 S. Harbor Blvd. Anaheim, CA 92802 and a 5-minute walk from the Anaheim Convention Center with a negotiated group rate of \$259/night plus taxes. The group rate waives the resort fee. All rooms are suite rooms with a microwave and small refrigerator. Daily hot breakfast is included in the room rate.

28. Where can I obtain spectator tickets?

Participants do NOT have to pay spectator fees at the Anaheim Convention Center.

All NON-participants MUST purchase a ticket for admission to the Anaheim Convention Center.

Ticket Prices

Children 3 and under are FREE only if they will be sitting on someone's lap. If they require a seat, you will need to pay for an additional ticket. Unfortunately, there is NO price difference for Adult and Child tickets.

Ages 4 and above:

Thursday, July 17, 2025

\$25 General Admission (advance price online only)
\$35 General Admission (at the door)

Friday, July 18, 2025 (Opening Ceremonies and Demonstrations):

\$35 General Admission (advance price online only)
\$45 General Admission (at the door)



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Saturday, July 19, 2025:

\$25 General Admission (advance price online only)

\$35 General Admission (at the door)

3-day discounted package

\$70 for 3-day admission (save \$15). This package is only available online as a pre-order package.

Tickets can be purchased online at www.worldhanmadang.com. You can also purchase tickets at the Anaheim Convention Center. You can gain FREE admission if you volunteer at the World Taekwondo Hanmadang. Please visit our website for more details.

29. Is there a fee to park at the Anaheim Convention Center?

Parking at the Anaheim Convention Center is \$25 per standard vehicle per day. The World Taekwondo Hanmadang does not receive any portion of these funds.

30. What are the Para-Taekwondo Events?

There will only be two (2) para-taekwondo events: Individual Creative Board Breaking (ICBP) and Individual Traditional Forms (ITFP). There will be many sub-divisions within our para-taekwondo events.

31. May Para-Taekwondo participants utilize an aide?

Para-taekwondo participants will be allowed to have an aide, whether it be a parent, support worker, or instructor. All aides MUST be registered online like any participant to sign a waiver and acquire a badge. Aides will NOT have to pay to serve in this role. You can request to receive a para-aide pass by registering at www.worldhanmadang.com or emailing info@worldhanmadang.com

32. Are there weigh-ins?

There are no weigh-ins for any event.

33. Can I bring martial arts weapons into Anaheim Convention Center Arena?

Only martial arts weapons are allowed in the Anaheim Convention. Firearms and knives are strictly prohibited. All martial arts weapons must be dull and approved for safety by the Organizing Committee. These weapons will be inspected and marked as approved on Wednesday July 16, 2025 at participant badge pick up from 1:00 – 9:00 PM at the Anaheim Convention Center Arena Lobby. If you cannot attend participant badge on Wednesday you can receive approval at participant badge pickup Thursday, Friday, or Saturday at the Anaheim Convention Center Arena Lobby.

34. Are coaches allowed?

Coaches will be allowed on the competition floor. To receive a coach's pass there is a **fee of \$75/coach if purchased online in advance or \$100 at the door**. All coaches must complete an **abbreviated** online SafeSport review that will be provided by the 2025 World Taekwondo Hanmadang as a part of the online registration system. The cost for this review is included in the coach's pass fee. There are no discounts for additional coaching passes. Coaches may only be on the competition floor when his or her athlete is on the competition floor to perform. All coaches must agree to a code of conduct. Failure to comply with the code of conduct will result in immediate revocation of the coaching pass with no refund.

Please note: During the competition for Individual Creative Board Breaking (ICB) and Individual Creative Board Breaking Elite (ICBE) athletes are encouraged to provide their own holders. You do NOT need a coaching pass to be a holder. However, if you are only a holder – you CANNOT coach the student. If you intend to coach an athlete for Individual Creative Boarding Breaking events you must register and purchase a coach's pass. If you are a Para Aide – you do NOT need to purchase a coach's pass. For full details and to apply please visit www.worldhanmadang.com

35. Can I take pictures at the award podium?



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Cell phones, cameras and camcorders are STRICTLY PROHIBITED from the award area. All cell phones, cameras, or camcorders in this area are subject to confiscation. Pictures CAN be taken from any spectator area. Pictures on the award podium are officially recorded and taken by the event photographer. NO additional photographers can take pictures of participants while on the award podium. Any flash photography will interfere with the official event photographer, disturb the official records and slow down the process.

36. Is there a Press Pass?

There are NO press passes available. Only Participants, Referees, Organizing Committee Members, Coaches, and working volunteers will have access to the competition floor.

37. Will there be video replay available to question scores?

Only the below Divisions will be subject to video replay/arbitration:

1. Authorized Poomsae (Individual Traditional Forms ELITE)
2. Creative Poomsae Individual (Individual Creative Forms without Weapons ELITE)
3. Creative Poomsae (Team Creative Forms without Weapons ELITE)
4. All-round Breaking (Individual Creative Breaking ELITE)
5. Side/Back Kick Breaking (Individual Power Skipping Side Kick)
6. Side/Back Kick Breaking (Individual Power Back Kick)
7. Knife Hand Breaking (Individual Power Knife Hand)
8. Individual Spinning Hook Kick
9. High Jump Kick Breaking (Individual Jumping High Kick)
10. Team Competition (Team Demonstration Arirang)
11. Taekwondo Aerobics
12. Self Defense Individual
13. Self Defense Group
14. Speed Breaking

Only for the above events, if an athlete or coach objects to a referee's judgement, he or she can make a claim to the Kukkiwon Arbitration Committee within 10 minutes after the competition. The arbitration fee is \$200.00

For all other events, all scores and results are final. Video replay to question scoring is not available. If you have a question about a score you may ask to speak with a member of the Organizing Committee so questions can be directed appropriately to the Referee Chairman.

38. Is there a coach's meeting prior to competition?

Yes. There will be a coach's meeting held on Wednesday July 16, 2025 from 4:00 –5:00 PM at the Anaheim Convention Center Arena. It is strongly encouraged to attend this meeting but it is not required. Only coaches who attend this meeting are eligible to file for arbitration/video replay. Please visit the website www.worldhanmadang.com for more details.

39. What is the schedule?

A schedule is available to view online at www.worldhanmadang.com under the "Event Info" main menu and "Schedule" submenu. The final schedule will be released after the registration deadline of Tuesday July 9, 2025. A final bracket and division list will be available to view online on Wednesday, July 16, 2025.

40. In prior World Taekwondo Hanmadangs 1st place winners could reduce the required time in rank for promoting. Is that going to be available in 2025?



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Yes!

If an athlete earns 1st place, he/she will receive an 80% reduction in the required time for promotion.

If an athlete earns 2nd place, he/she will receive a 60% reduction in the required time for promotion.

If an athlete places 3rd place, he/she will receive a 40% reduction in the required time for promotion. In the instances where there are two (2) 3rd places awarded, both 3rd place winners will receive the 40% reduction in the required time for promotion.

This benefit is only applicable up to 7th Dan.

All students are encouraged to speak with his/her own Master or Grandmaster if seeking this benefit.

41. Are food and drinks allowed?

Participants can bring re-usable water bottles and small personal snacks into the arena. No other outside food or drink is allowed in the Anaheim Convention Center Arena. Food and drink can be purchased at the concession area in the Anaheim Convention Center Arena.

42. Are there bags allowed in the Anaheim Convention Center Arena?

The Anaheim Convention Center is a CLEAR BAG Policy venue. Only clear bags and small clutch-sizes purses are allowed at entry. For more details information please visit the Anaheim Convention Center website. Taekwondo athletes can bring in an equipment bag but it will be searched prior to entry. All equipment bags will be searched every time you enter the arena.

43. What is there to do in Anaheim?

Anaheim is one of the largest tourist communities in the world with award winning theme parks, restaurants, beaches, shopping and much more. The Organizing Committee has negotiated a discount at Disneyland. For more information, please visit www.worldhanmadang.com.

2025 WORLD TAEKWONDO HANMADANG RULES

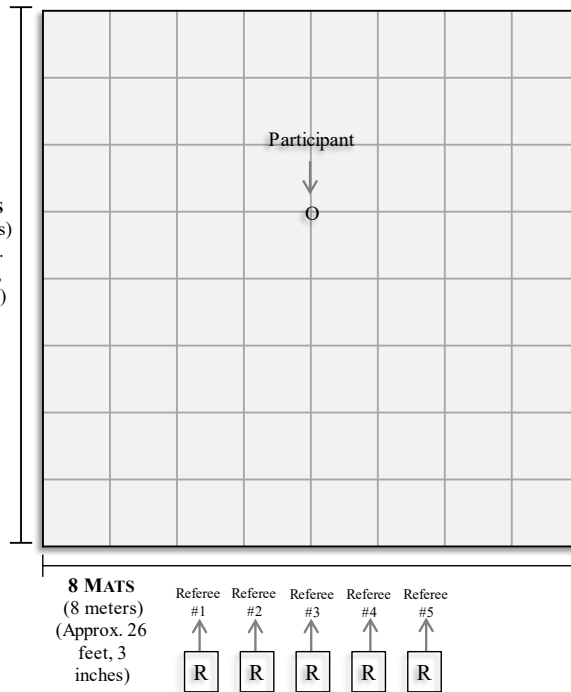
Updated 4/13/2025

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)



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

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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.



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- 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.

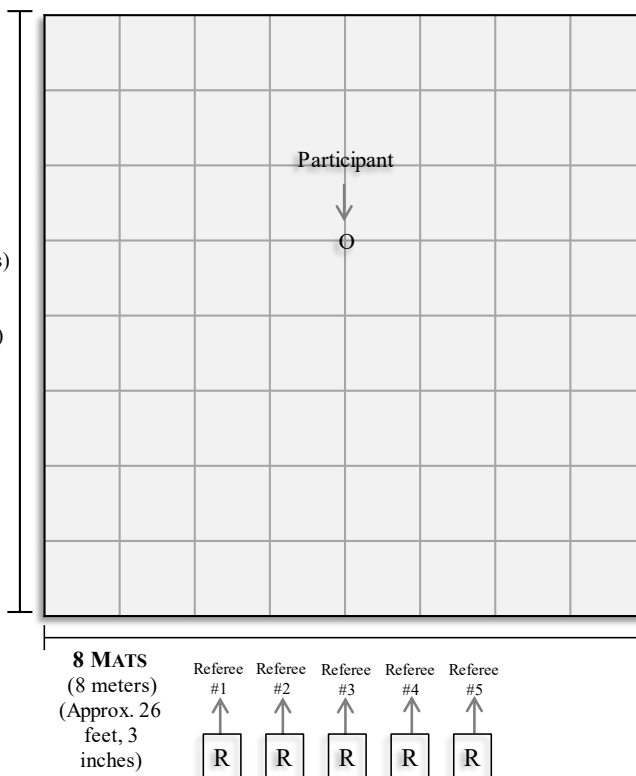
2025 WORLD TAEKWONDO HANMADANG RULES

Updated 4/13/2025

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

ITFE – AUTHORIZED POOMSAE (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

- 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 required poomsaes will be announced at the coach's meeting on Wednesday July 16, 2025 from 4:00 – 5:00 PM. This information will also be sent out via email and posted online.** The poomsaes vary based on age category. See the chart below:

<u>Ages</u>	<u>Category</u>	<u>Eligible Ranks</u>	<u>Required (Authorized) Poomsae</u>
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

- Each participant will perform the two (2) poomsaes back-to-back. There will be a 30 second break in between the 2 poomsaes.
- Each one of the 2 poomsaes will be scored. The two (2) scores will be totaled and then averaged. The average score will be the final score.
- 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.

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5. Competition time limit: 90 seconds maximum
6. 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.
 - 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.



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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.

7. 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

8. 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.

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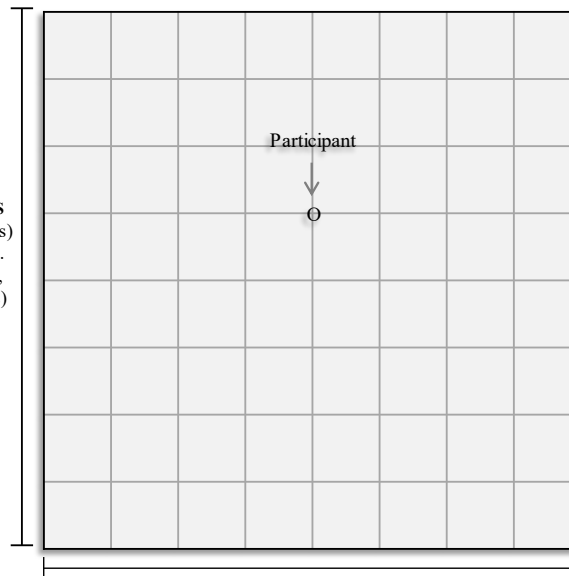
Updated 4/13/2025

ITFP – INDIVIDUAL TRADITIONAL FORMS PARA-TAEKWONDO

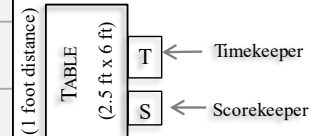
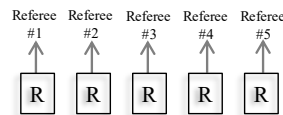
(1 PARTICIPANT ONLY. AGE 3 AND UP. ALL BELTS)

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 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 4/13/2025

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.



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- 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.

2025 WORLD TAEKWONDO HANMADANG RULES

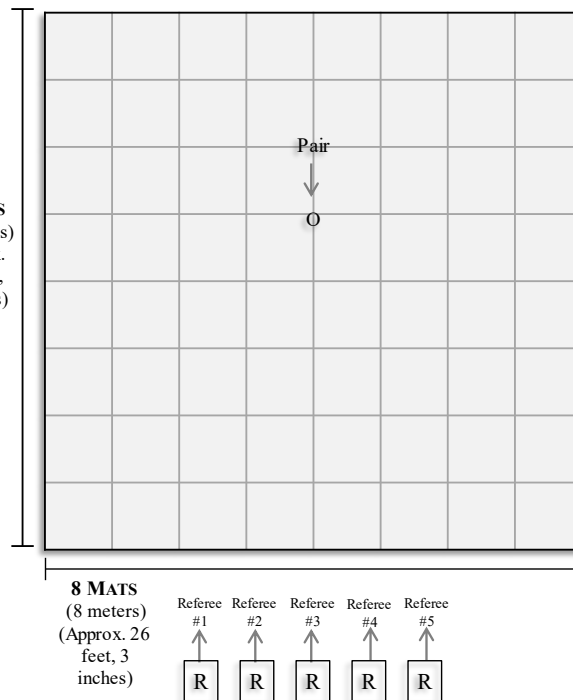
Updated 4/13/2025

PTF – PAIRS TRADITIONAL FORMS

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

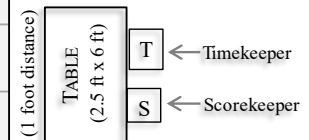
PTF – PAIRS TRADITIONAL FORMS DIAGRAM (NOT TO SCALE)

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 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:

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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 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



2025 WORLD TAEKWONDO HANMADANG RULES

Updated 4/13/2025



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

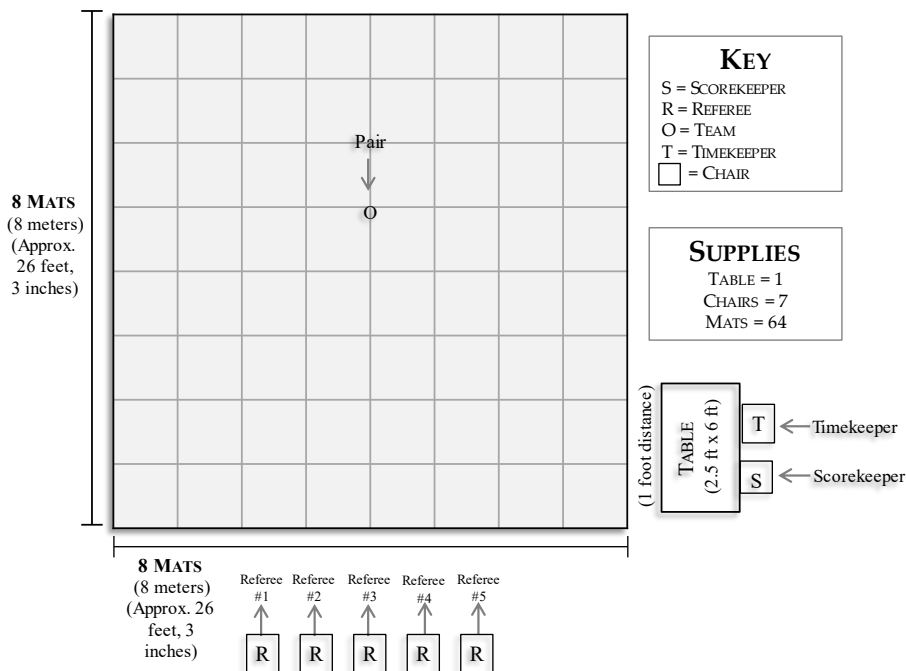
- A. In the case of a tie, the participant with the higher expressivity score will be selected as the winner. If there is still a tie, the highest and lowest scores (originally excluded) will be added back to the total score to determine the winner. If there is still a tie, In the event of a tie for 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.

2025 WORLD TAEKWONDO HANMADANG RULES

Updated 4/13/2025

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

- Each pair will perform the two (2) poomsaes back-to-back. There will be a 30 second break in between the 2 poomsaes.
- Each one of the 2 poomsaes will be scored. The two (2) scores will be totaled and then averaged. The average score will be the final score.
- 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.

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6. Competition time limit: 90 seconds maximum
7. 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 be 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).



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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.

8. 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

9. 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.

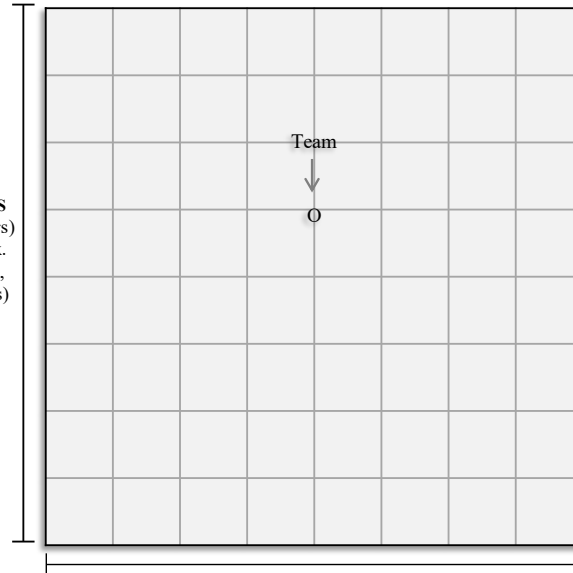
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TTF – TEAM TRADITIONAL FORMS (3-10 PARTICIPANTS. NO AGE REQUIREMENT. ALL BELTS)

TTF – TEAM TRADITIONAL FORMS DIAGRAM (NOT TO SCALE)

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



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

Referee #1
Referee #2
Referee #3
Referee #4
Referee #5

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

SUPPLIES
TABLE = 1
CHAIRS = 7
MATS = 64

TABLE
(2.5 ft x 6 ft)
T ← Timekeeper
S ← Scorekeeper

- 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.
- 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.
- 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 Team's score:

Points	Grading Criteria	Grading Criteria Details	Points
4.0	Accuracy	Basic Taekwondo movements and balance	4.0

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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.
- 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.



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- B. Participant exceeds the 90-second time limit (.3-point deduction)
- C. Unsportsmanlike conduct (1 point deduction)

7. Tiebreaker

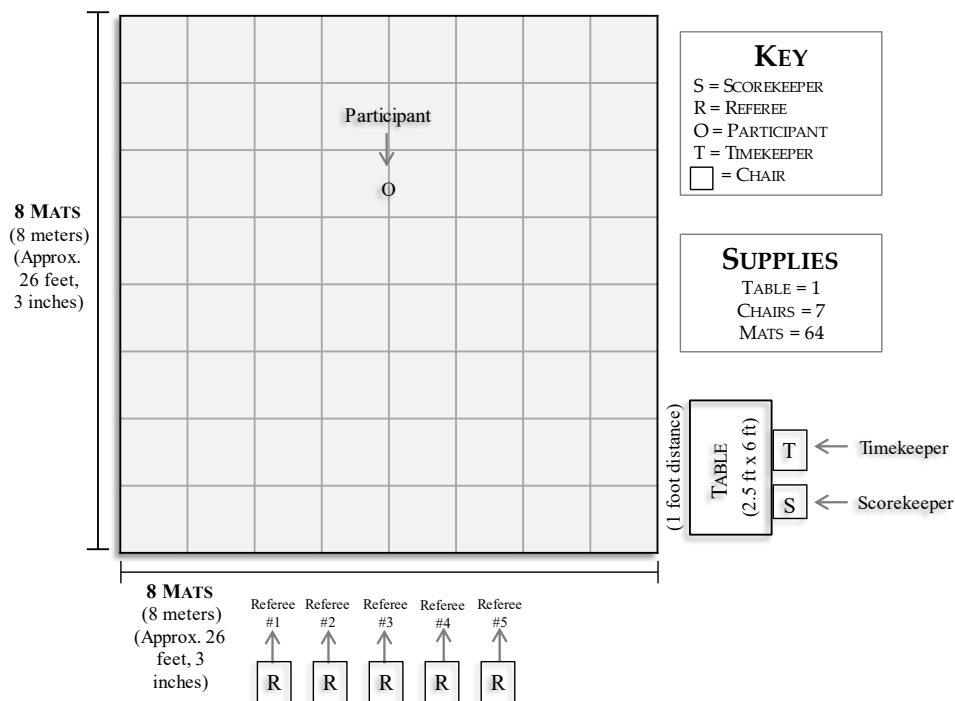
- A. In the case of a tie, the participant with the higher expressivity score will be selected as the winner. If there is still a tie, the highest and lowest scores (originally excluded) will be added back to the total score to determine the winner. If there is still a tie, In the event of a tie for 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.

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Updated 4/13/2025

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	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

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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

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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.

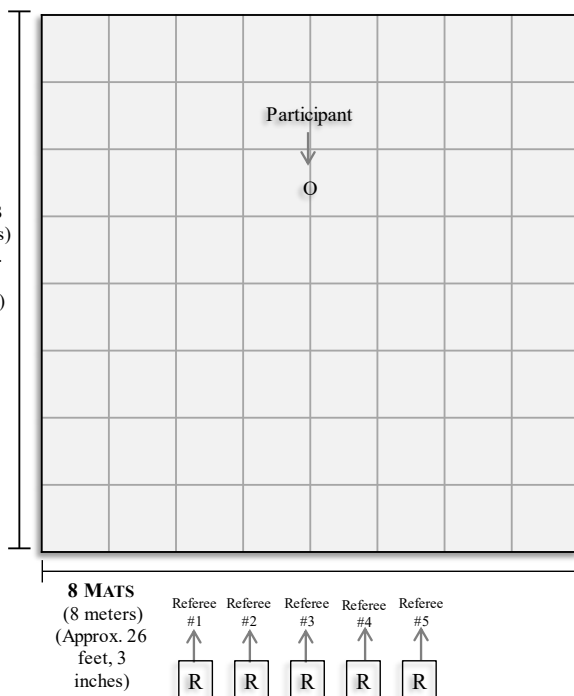
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ICFWOE – CREATIVE POOMSAE INDIVIDUAL (INDIVIDUAL CREATIVE FORMS WITHOUT WEAPONS ELITE) (1 PARTICIPANT ONLY. ALL AGES BLACK BELTS ONLY)

ICFWOE –
CREATIVE POOMSAE
INDIVIDUAL
(INDIVIDUAL
CREATIVE FORMS
WITHOUT WEAPONS
ELITE)
DIAGRAM
(NOT TO SCALE)

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



Ages	Category	Eligible Ranks
12 - 15 years old	Cadet	1st dan (degree) - 4th dan (degree)
16-18 years old	Junior	1st dan (degree) - 4th dan (degree)
19 - 29 years old	Senior I	1st dan (degree) - 5th dan (degree)
30 - 39 years old	Senior II	1st dan (degree) - 6th dan (degree)
40 - 59 years old	Senior III	1st dan (degree) - 9th dan (degree)
60 years and older	Master	1st dan (degree) - 9th dan (degree)

- 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
- Compulsory Techniques:
 - Yeon Mu Line (poomsae lines) – can be composed freely by the participants
 - Number of Poom (One Poom consists of five (5) movements)
 - Execution of kicks (additional types and number of kicks are allowed):
 - 2 round house (high height) kicks
 - 2 Repeating Side Kicks (one side kick low and one side kick high before landing)
 - 2 flying Side Kicks
 - 2 Back Kicks
 - 2 Back spinning hook kicks
 - 2 Jumping 360 Round House (Tornado) Kicks
- 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.
- Props are allowed and must be appropriate for a family environment. (For example, a hat is allowed. NO weapons are allowed.) Breaking

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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

I. Compulsory Techniques (2.0)

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

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- 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.

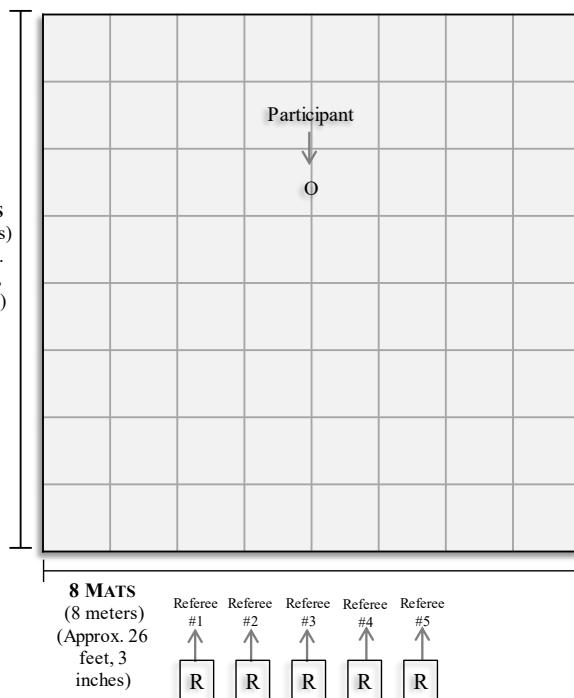
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ICFWW- INDIVIDUAL CREATIVE FORMS WITH WEAPONS (1 PARTICIPANT ONLY. NO AGE REQUIREMENT. ALL BELTS)

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

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	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



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Updated 4/13/2025



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



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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.

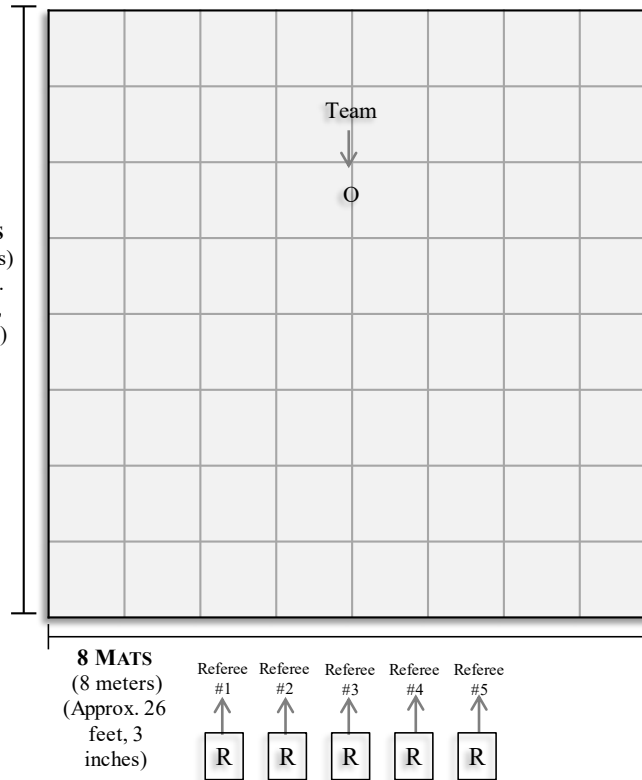
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TCFWO– TEAM CREATIVE FORMS WITHOUT WEAPONS (2-10 PARTICIPANTS. NO AGE REQUIREMENT. ALL BELTS)

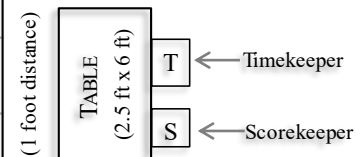
TCFWO – TEAM CREATIVE FORMS WITHOUT WEAPONS DIAGRAM (NOT TO SCALE)

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



- 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
- Compulsory Techniques:
 - Execution of the *minimum* number of kicks (additional types and number of kicks are allowed):
 - 2 Front Snap Kicks (any variation of Front Snap Kicks, Ap Chagi)
 - 2 Roundhouse Kicks (any variation of Roundhouse Kicks, Ap Dollyo Chagi)
 - 2 Side Kicks (any variation of Side Kicks, Yeop Chagi)
- 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.
- 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.
- The following will complete each participant's score:

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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



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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.

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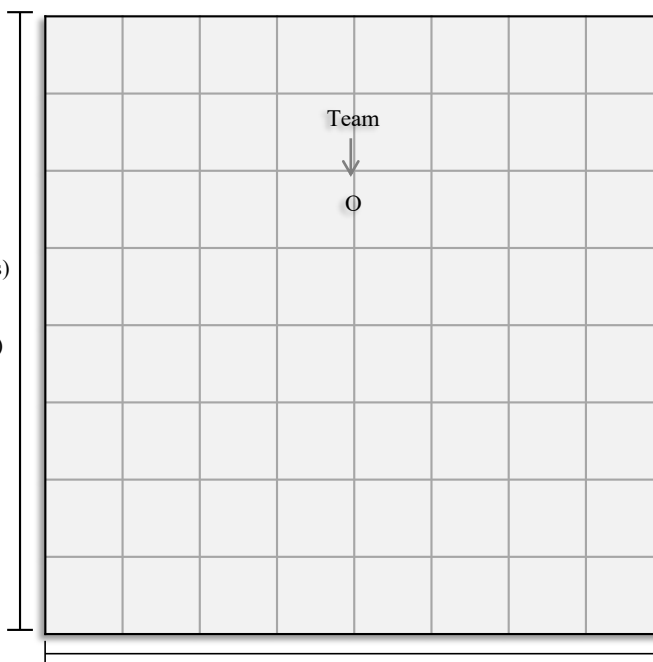
Updated 4/13/2025

TCFWOE– CREATIVE POOMSAE (TEAM CREATIVE FORMS WITH WEAPONS ELITE)

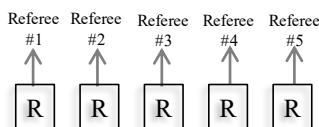
(3-5 PARTICIPANTS. AGE 10 AND UP. BLACK BELTS ONLY)

TCFWOE – CREATIVE POOMSAE (TEAM CREATIVE FORMS WITHOUT WEAPONS ELITE) DIAGRAM (NOT TO SCALE)

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



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

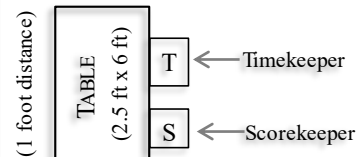


KEY

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

SUPPLIES

TABLE = 1
CHAIRS = 7
MATS = 64



Ages	Category	Eligible Ranks
10-18 years old	Junior	1st dan (degree) - 4th dan (degree)
19 years old and over	Adult	1st dan (degree) - 9th dan (degree)

- 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: More than 70 seconds and 90 seconds maximum
- Team must be made up of 3-5 people. It can be mixed gender and there are no requirements for the ratio of males to female.
- Compulsory Techniques:
 - Yeon Mu Line (poomsae lines) – can be composed freely by the participants
 - Number of Poom (One Poom consists of five (5) movements)
 - Execution of kicks (additional types and number of kicks are allowed):
 - 2 round house (high height) kicks
 - 2 Repeating Side Kicks (one side kick low and one side kick high before landing)
 - 2 flying Side Kicks
 - 2 Back Kicks
 - 2 Back spinning hook kicks
 - 2 Jumping 360 Round House (Tornado) Kicks



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7. Only basic technical movements of Taekwondo or practical applications are accepted.
8. Only original kicking techniques or application movements can be composed for kicking movements.
9. If a participant uses techniques that are not described in the Kukkiwon Taekwondo textbook he/she will receive a deduction.
10. If multiple teams are participating from one group (association/dojang), the creative poomsae routines must be different.
11. 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.
12. 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.
13. There is no requirement to turn in a creative poomsae written plan submitted with the application.
14. 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
	Unity	2.0
	Creativity	2.0

a. **Accuracy (4.0 points):**

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):
 - i. 2 round house (high height) kicks
 - ii. 2 Repeating Side Kicks (one side kick low and one side kick high before landing)
 - iii. 2 flying Side Kicks
 - iv. 2 Back Kicks
 - v. 2 Back spinning hook kicks
 - vi. 2 Jumping 360 Round House (Tornado) Kicks
- d. Execution of Each Kicking Technique



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b. Program Arrangement (6.0 points):

i. Skill (2.0 points)

1. 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. Unity (2.0 points)

1. Unity of team performance movements

iii. Creativity (2.0 points)

1. Composition of choreography
2. Creativity of entire routine
3. Degree of Difficulty

15. 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 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.

16. 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.

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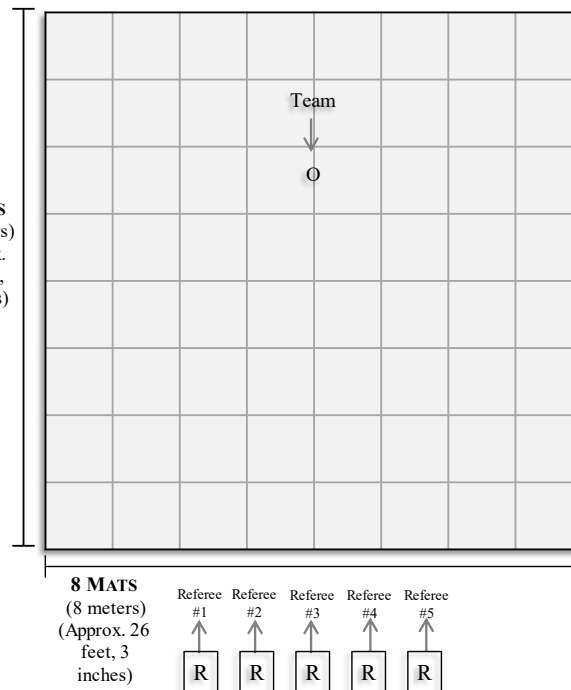
Updated 4/13/2025

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

- 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
- Compulsory Techniques:
 - Execution of the *minimum* number of kicks (additional types and number of kicks are allowed):
 - 2 Front Snap Kicks (any variation of Front Snap Kicks, Ap Chagi)
 - 2 Roundhouse Kicks (any variation of Roundhouse Kicks, Ap Dollyo Chagi)
 - 2 Side Kicks (any variation of Side Kicks, Yeop Chagi)
- 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.
- 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.
- 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.

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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.
- b. Unity of Team performance (2.0 points)



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- 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.

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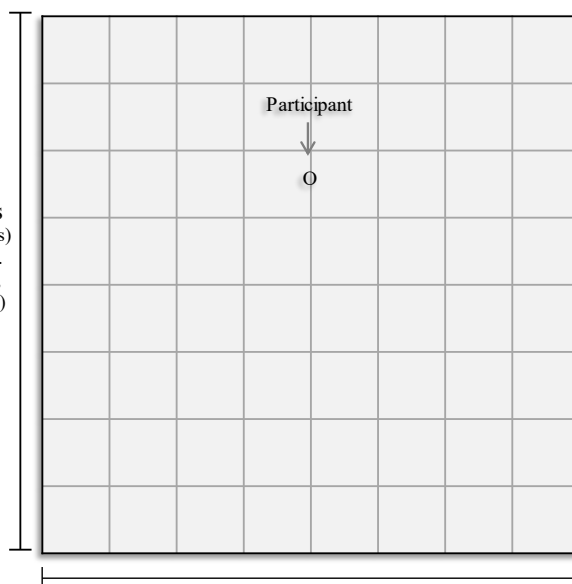
Updated 4/13/2025

ICB – INDIVIDUAL CREATIVE BREAKING

(1 PARTICIPANT ONLY. NO AGE REQUIREMENT. ALL BELTS)

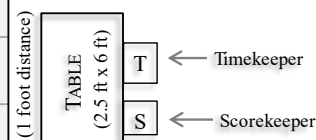
ICB - INDIVIDUAL CREATIVE BREAKING DIAGRAM (NOT TO SCALE)

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



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)

Referee #1 Referee #2 Referee #3 Referee #4 Referee #5

R R R R R

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	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



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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



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Updated 4/13/2025



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/kip(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.

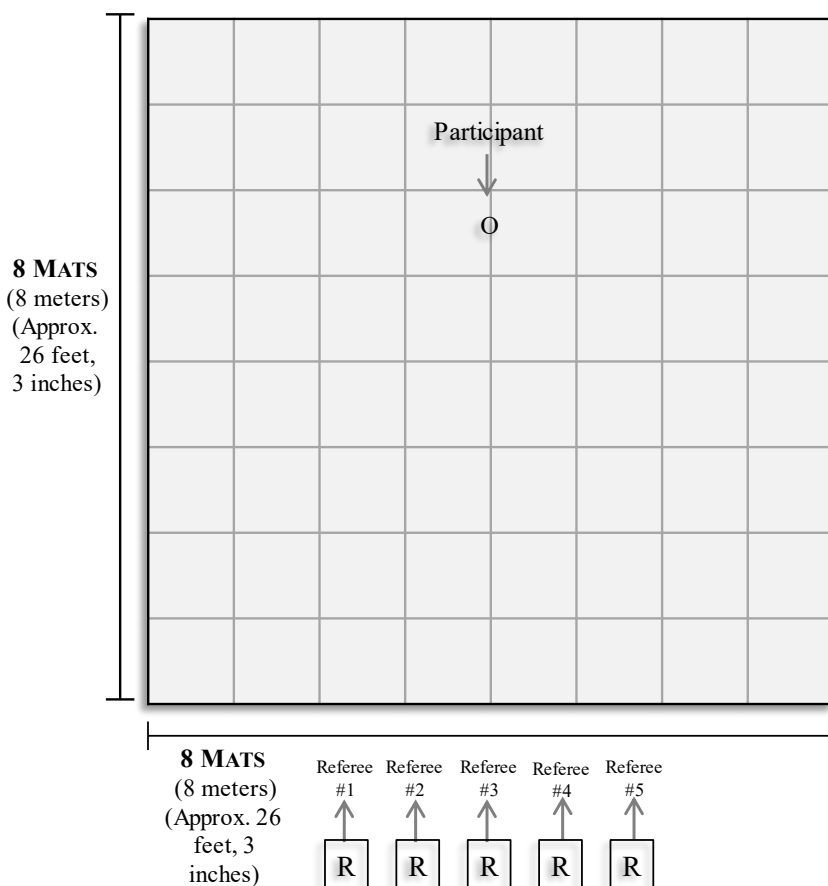


2025 WORLD TAEKWONDO HANMADANG RULES

Updated 4/13/2025

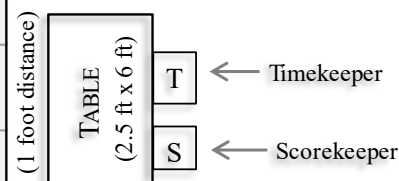
ICBE – ALL-ROUND BREAKING (INDIVIDUAL CREATIVE BREAKING ELITE) (1 PARTICIPANT ONLY. 16 YEARS OR OLDER, BLACK BELTS ONLY)

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



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

SUPPLIES	
TABLE	= 1
CHAIRS	= 7
MATS	= 64



<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 4/13/2025



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

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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 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. 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 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

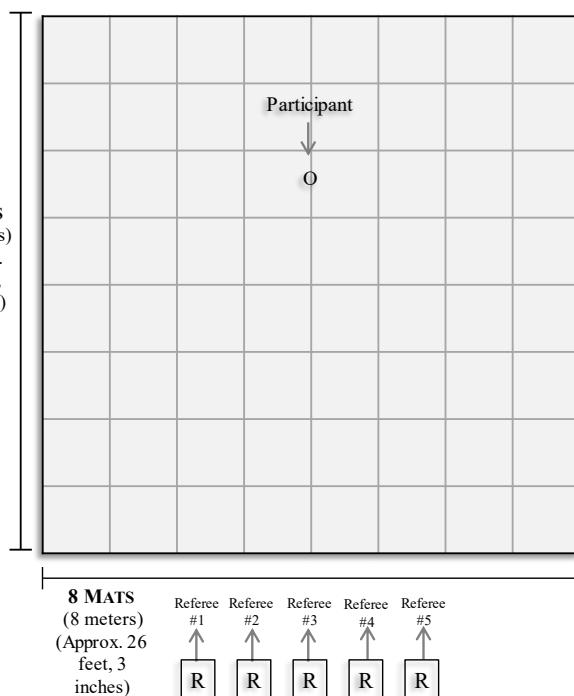
Updated 4/13/2025



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)



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 4/13/2025



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 4/13/2025



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

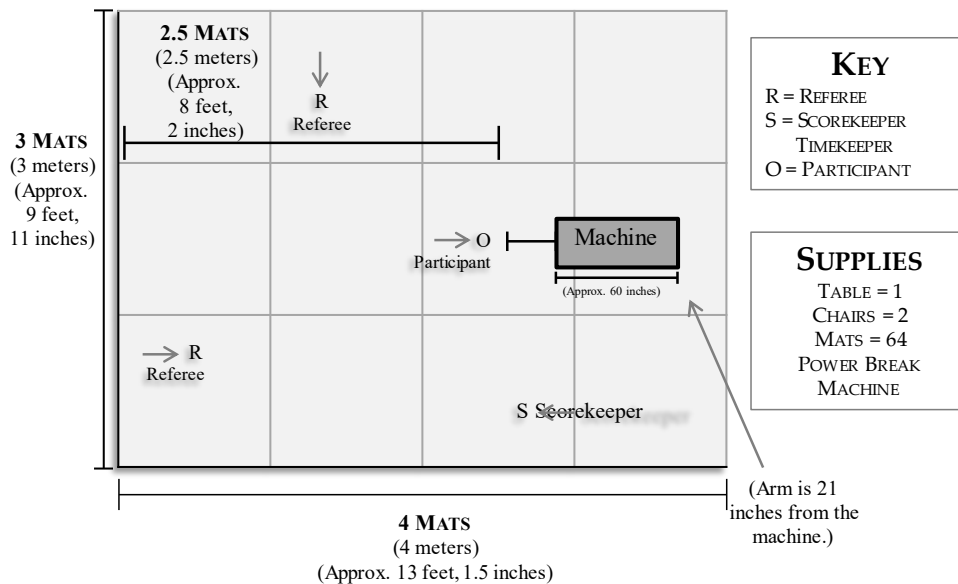
- A. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – participants will perform breaking routine one additional time. Judges will rescore. If there is still a tie, there will be two 1st places awarded.

2025 WORLD TAEKWONDO HANMADANG RULES

Updated 4/13/2025

IPSSK – SIDE/BACK KICK BREAKING (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 4/13/2025



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.



2025 WORLD TAEKWONDO HANMADANG RULES Updated 4/13/2025



13. Deductions

- 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.



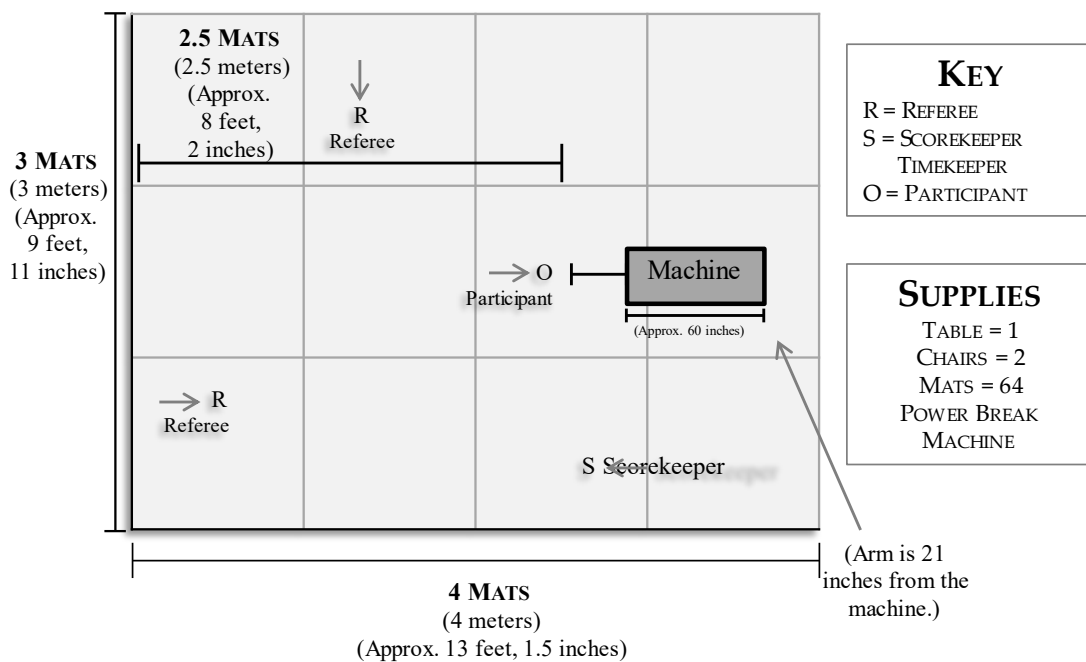
2025 WORLD TAEKWONDO HANMADANG RULES

Updated 4/13/2025



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

IPSSK – SIDE/BACK KICK BREAKING (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 4/13/2025



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



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- 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 board 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.



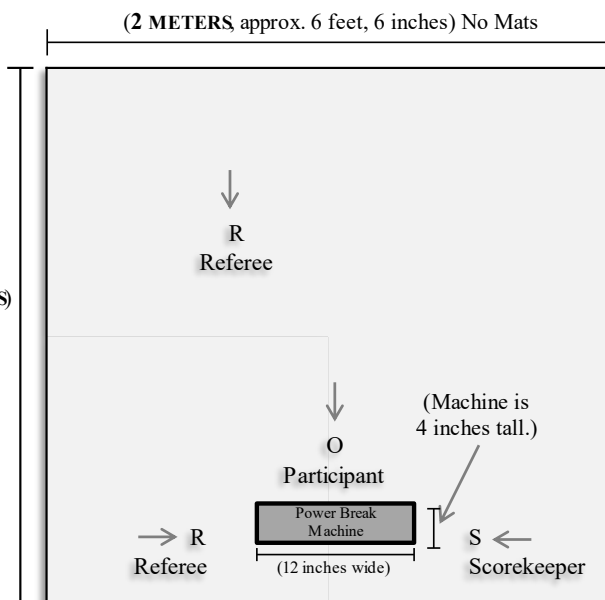
2025 WORLD TAEKWONDO HANMADANG RULES

Updated 4/13/2025

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

IPKH – KNIFE HAND BREAKING (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	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



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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)



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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, 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.

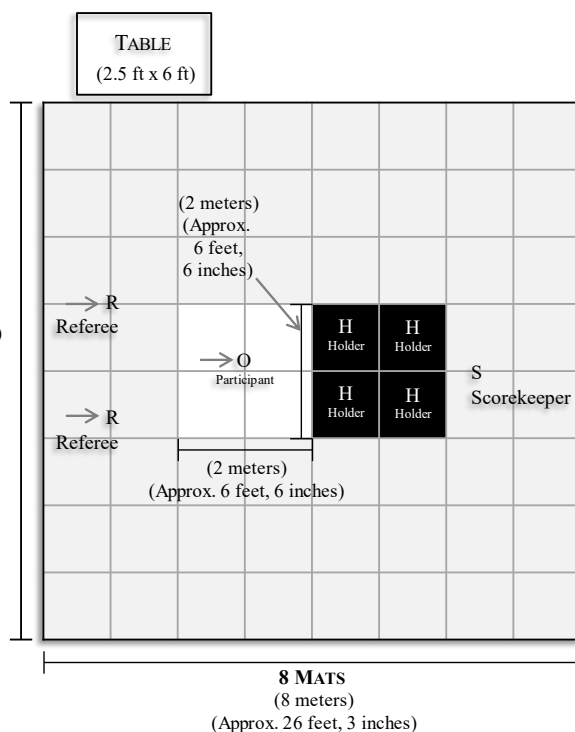
2025 WORLD TAEKWONDO HANMADANG RULES

Updated 4/13/2025

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

ISHK - INDIVIDUAL SPINNING HOOK KICK DIAGRAM (NOT TO SCALE)

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



KEY

S = SCOREKEEPER
TIMEKEEPER
R = REFEREE
H = HOLDERS
O = PARTICIPANT

SUPPLIES

TABLE = 0
CHAIRS = 0
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	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



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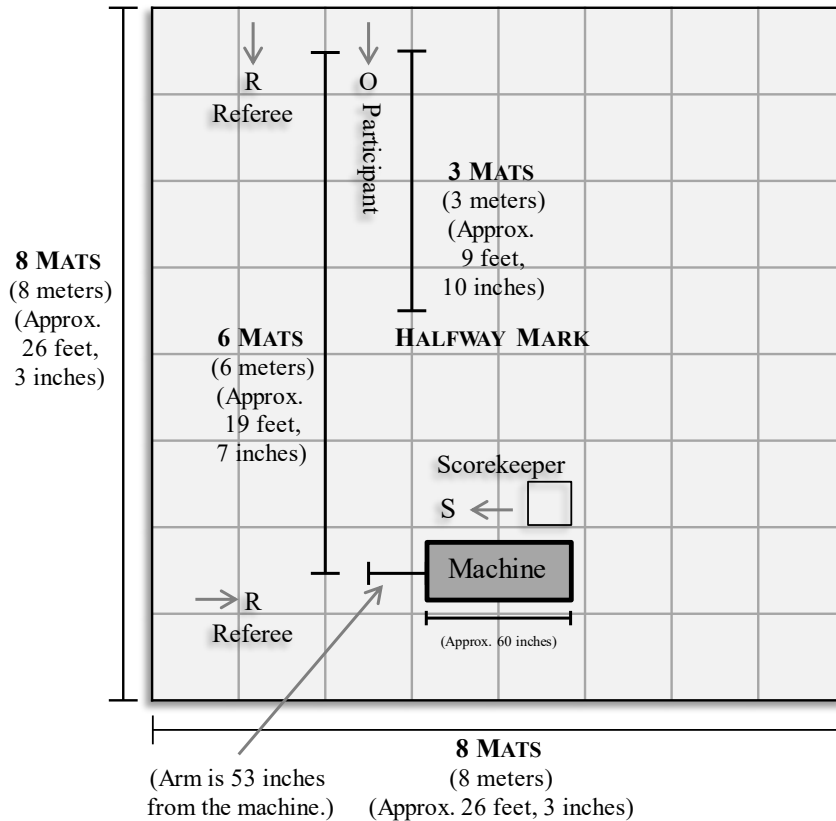
Updated 4/13/2025



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

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

IJH – HIGH JUMP KICK BREAKING (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	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



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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.

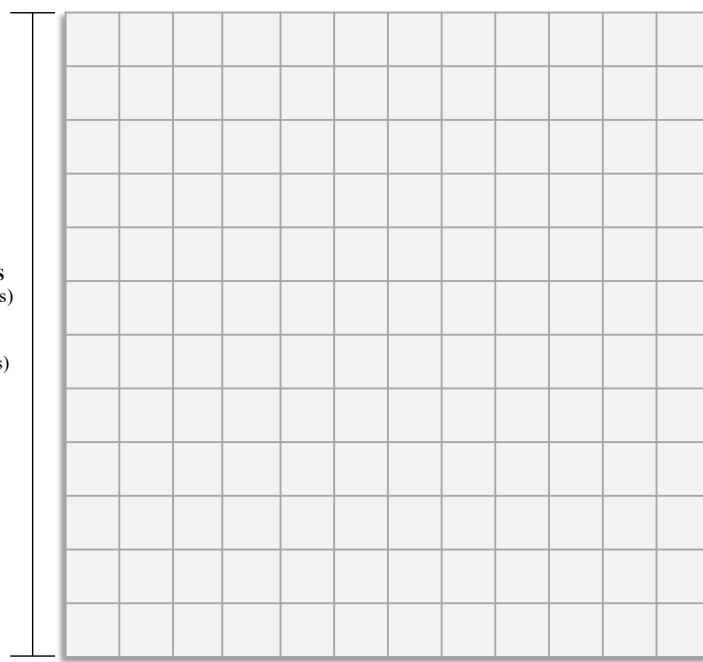
2025 WORLD TAEKWONDO HANMADANG RULES

Updated 4/13/2025

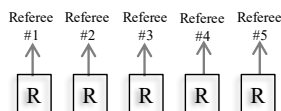
TDA – TEAM COMPETITION (TEAM DEMONSTRATION ARIRANG) (9-13 TEAM MEMBERS. ALL AGES. BLACK BELTS ONLY) (EACH TEAM MUST SELECT A TEAM CAPTAIN AND TEAM NAME)

TDA – TEAM COMPETITION (TEAM DEMONSTRATION ARIRANG) DIAGRAM (NOT TO SCALE)

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

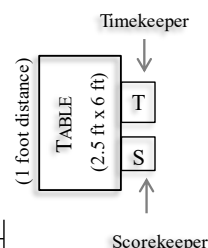


12 MATS
(12 meters)
(Approx.
39 feet,
4.5 inches)



KEY
S = SCOREKEEPER
R = REFEREE
T = TIMEKEEPER

SUPPLIES
TABLE = 1
CHAIRS = 7
MATS = 144



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 Competition (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. 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. Each team should have between 9-13 participants. At least 1 participant must be a female.
4. Teams have a 2-minute setup time limit prior to their performance.
5. Teams have a 5 minute and 30 second performance time limit, NOT including time for set-up.
6. Board Breaking
 - a. Each team can attempt to break a maximum of 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 can be used.



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- c. These boards must be purchased with the official martial art supply vendor AAMA at the Anaheim Convention Center Arena.
7. 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.
8. 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.
9. Scoring Categories
 - a. Creative Poomsae
 - i. Newly created poomsae incorporating various techniques, satisfying the Taekwondo requirements in the Kukkiwon Taekwondo textbook. The technical details regarding Creative Poomsae are in line with Article 32 Creative Poomsae of the Hanmadang Contest/Competition Rules.
 - b. Self Defense
 - i. Self defense demonstrating fighting an attacker(s) with bare hands and foot striking including kicking, punching, trapping, locking, grabbing, and throwing down.
 - ii. The detailed technical regulations regarding Self defense must follow Article 39 Self defense of the Hanmadang Contest/Competition Rules.
 - iii. 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. The participant can determine the height and distance of the breaking board. More difficult and higher level techniques as well as a higher number of boards will receive a higher score. The landing must be completed with control.
 - iii. Both hand and foot techniques can only be attempted one (1) time.
 - d. Various Target Breaking
 - i. Only one (1) person should break the boards during the Various Target breaking section.
 - ii. Breaking multiple moving or fixed targets in various directions or breaking them all at once.
 - iii. The participant and his/her holders shall move continuously to break the targets.



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- iv. The participant can choose the direction and location of the breaking boards but they must all be within the boundaries of the ring.
 - v. The participant can set the height and distance of the breaking boards and will be scored based on the difficulty of the breaks. It is recommended that all boards are at a minimum height of 20 inches.
 - vi. In case of multi-direction breaking, the participant and his/her assistants shall move continuously to break the boards.
 - vii. The participant can only break the boards with the hands and feet. Breaking with the head is prohibited.
- e. Spinning Breaking (horizontal/vertical turn break)
- i. There must be at least one horizontal and one vertical turning breaks. These 2 breaks should be completed consecutively. It does not matter which break occurs first.
 - 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 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 and completed by multiple members of the team.
 - ii. The team must break exactly 10 boards through a free member formation.
 - iii. The team will be scored on the originality and difficulty of the breaking techniques
 - iv. Higher level/difficult techniques with multiple turns, etc will receive a higher score.
 - v. The last break of the freestyle team breaking should be a higher level/difficult technique. If it is a different or new technique it will receive a higher score.
- g. Program Arrangement
- i. It is recommended that there is a story telling aspect of the routine. A story telling aspect will result in a higher score.
- h. Power Breaking
- i. Three (3) participants each use different hand techniques (fist, knife hand, back fist, reverse knife hand, hammer fist) to break boards on a set fixed holding machine with a downward strike.



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These holding devices will be provided by the Organizing Committee.

- ii. One (1) participant will use a downward kick to break boards. The boards held for the kick must be held by hand.
- iii. Each team must break 20 ¼ inch pine boards. 3 participants must break with a hand technique and one participant with a foot technique. There can be no spacers for any of the techniques.
- iv. .5 points will be awarded for each broken board.

10. Additional requirements

- a. The technical requirements on all of the events of the team competition shall be based on Chapter III-1 of the Hanmadang Contest/Competition Rules.
- b. Each team is required to fill out and submit the Team competition plan sheet and cannot be altered after it has been submitted. This form must be turned in on Wednesday July 16, 2025 at 4:00 PM at the Coach's meeting which will be held at the Anaheim Convention Center Arena.
- c. Each team can have a maximum of two (2) substitutes: one male and one female. This substitute must be listed in the above team competition plan sheet. The substitute cannot participate in more than five (5) events, including serving as a substitute for the Team Competition. A substitute can be used only if another team member is injured and cannot compete.

11. 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	Accuracy	10	1	2	3	4	5	6	7	8	9	10



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Team Breaking	Program arrangement	10	1	2	3	4	5	6	7	8	9	10
Program Arrangement	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.									

12. Deductions

- a. Conducting undesirable acts (1 point)
- b. Distributing referees or staff (1 point)
- c. Team exceeds the 5 minute 30 second time limit , there will be a 3 point deduction for every 10 additional seconds.
- d. If the number of participants is outside of the required minimum/maximum number , there will be a 10 point deduction per person.
- e. If fireworks are used, there will be a 3.0 point deduction
- f. 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.



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Team Competition (Team Demonstration Arirang) Plan Sheet

■ Information of Team

Team		Division	
Name of Representative		Mobile No.	

■ List of Contestants

No.	Name	Gender	ID No.	Dan/Poom	Dan/Poom No.
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					

* Among 9–13 contestants, 1 female must be included

■ List of substitute contestants

No.	Name	Gender	ID No.	Dan/Poom	Dan/Poom No.	Note (School Information – Students Only)
1						
2						

* Substitute contestants are limited to two people(One male, one female, Excluding Overseas Team).



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■ Team Competition Program Composition

Categories	Order	Duration (Minutes/Sec onds)	Content		List of Contestants
Creative Poomsae			No. of movements	No.	ALL
Self-defense technique			No. of contestants	No.	ALL
Single jumping breaking			No. of broken targets	Pieces	
Various target breaking			No. of targets	Pieces	
Spinning Breaking			Horizontal turn break targets	Pieces	
			Vertical turn break targets	Pieces	
Freestyle Team Breaking			No. of targets	Pieces	
Power Breaking (hand techniques 3 times, foot techniques 1 time)			Break 1	* e.g., Fist	Pieces
			Break 2		Pieces
			Break 3		Pieces
			Break 4		Pieces
Overall Time	M S		Total Breaking Target Amount		Power Breaking Targets : 20 Pieces All round Breaking Targets : 40 Pieces

■ Usage of Other Kinds of Breaking Targets(Ball, Balloon, Apple, etc.)

Usage	<input type="checkbox"/> Yes / <input type="checkbox"/> No * Please tick where appropriate.		
Type		Amount	

I hereby submit the Team Competition Plan Sheet to attend
2025 Kukkiwon World Taekwondo Hanmadang.

Name of representative: _____ Signature: _____



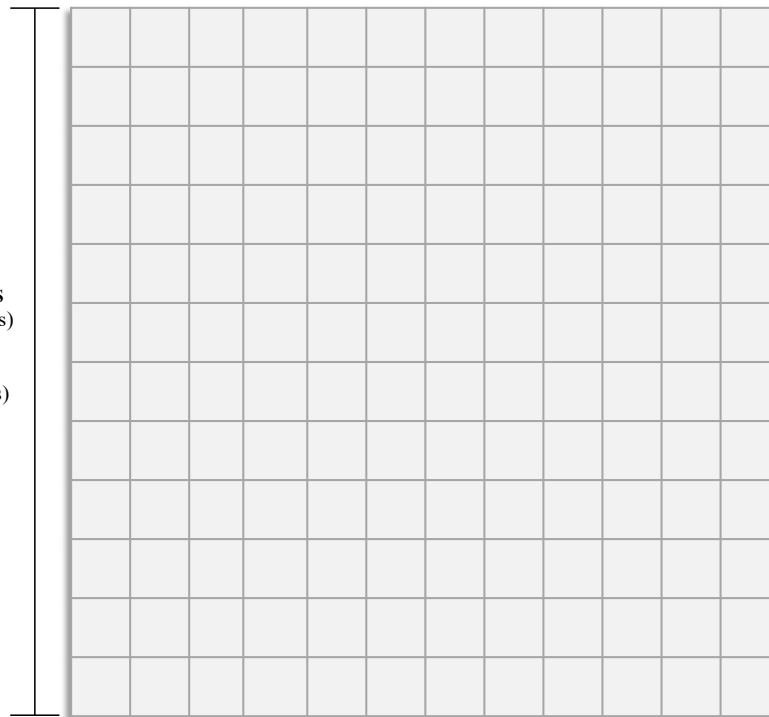
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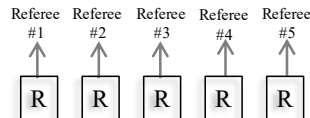
TDE – TEAM DEMONSTRATION ELITE (5-40 TEAM MEMBERS. ALL AGES. ALL BELTS) (EACH TEAM MUST SELECT A TEAM CAPTAIN AND TEAM NAME)

TDE - TEAM DEMONSTRATION ELITE DIAGRAM (NOT TO SCALE)

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

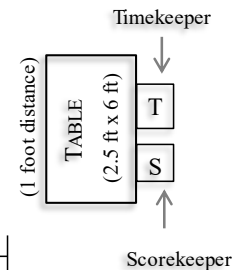


12 MATS
(12 meters)
(Approx.
39 feet,
4.5 inches)



KEY
S = SCOREKEEPER
R = REFEREE
T = TIMEKEEPER

SUPPLIES
TABLE = 1
CHAIRS = 7
MATS = 144



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
 - 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 ¼-inch pine boards. Each team may determine how to break the 60 ¼-inch boards (can use spacers, holding devices, etc.)
 - Each team must attempt to break exactly 10 ¾-inch pine boards – no fewer or more than 10 ¾-inch boards can be used. Each team may determine how to break the 10 ¾-inch boards (can use spacers, holding devices, etc.)
 - 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



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marked by black sharpies as the spare. No spare $\frac{3}{4}$ inch boards can be brought onto the mat.

- These boards must be purchased with the official martial art supply vendor AAMA at the Anaheim Convention Center Arena.

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 AAMA at the Anaheim Convention Center. All boards will be measured and checked to ensure that they are the correct material and size ($\frac{1}{4}$ inch and $\frac{3}{4}$ inch).

- 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 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 - (10Points)
 - 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



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- 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 ¼-inch pine boards. Each team may determine how to break the 60 ¼-inch boards (can use spacers, holding devices, etc.)
 - ii. Each team must attempt to break exactly 10 ¾ inch pine boards – no fewer or more than 10 ¾ inch boards can be used. Each team may determine how to break the 10 ¾ 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 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.



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- 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 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.



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TDR – TEAM DEMONSTRATION RECREATIONAL

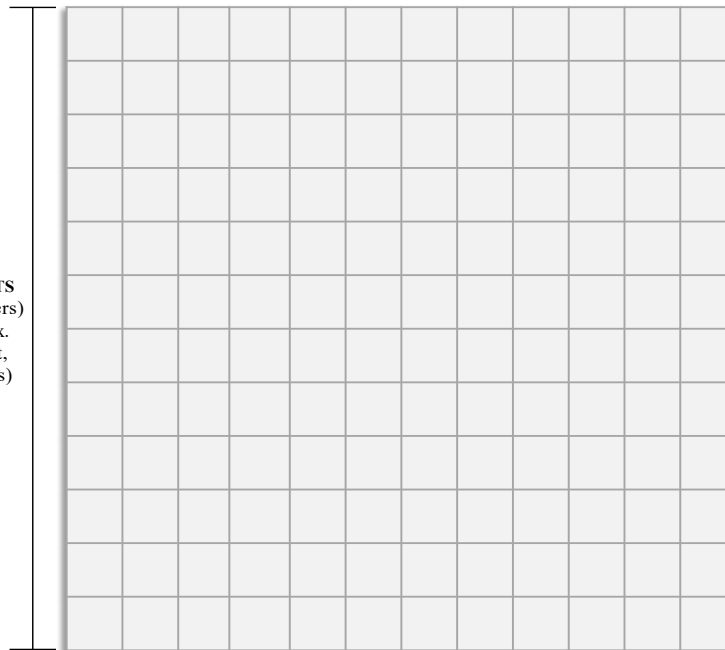
(5-40 TEAM MEMBERS. MINIMUM OF FOUR (4) TEAM MEMBERS MUST BE AGE 12 OR YOUNGER.

ALL AGES. ALL BELTS)

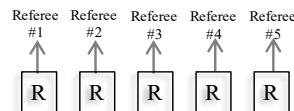
(Each TEAM MUST SELECT A TEAM CAPTAIN AND TEAM NAME)

TDE - TEAM DEMONSTRATION RECREATIONAL DIAGRAM (NOT TO SCALE)

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

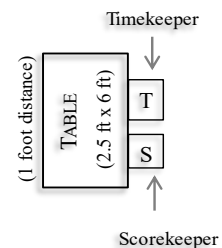


12 MATS
(12 meters)
(Approx. 39 feet, 4 inches)



KEY	
S	= SCOREKEEPER
R	= REFEREE
T	= TIMEKEEPER

SUPPLIES	
TABLE	= 1
CHAIRS	= 7
MATS	= 144



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
 - 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 ¼-inch pine boards. Each team may determine how to break the 60 ¼-inch boards (can use spacers, holding devices, etc.)
 - Each team must attempt to break exactly 10 ¾-inch pine boards – no fewer or more than 10 ¾-inch boards can be used. Each team may determine how to break the 10 ¾-inch boards (can use spacers, holding devices, etc.)
 - 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 an additional board fee of \$20. Each team is responsible for purchasing their own boards from the official 2025 World Taekwondo Hanmadang vendor AAMA at the Anaheim Convention Center. All boards will be measured and checked to ensure that they are the correct material and size (1/4 inch and ¾ inch).

- In addition to the above required boards, team can break bricks or other items in accordance with clause 7



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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.
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 - iii. Minor Deductions (0.10 of point each occurrence) – One team member made a small, but 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 - (10Points)
 - 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.



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- 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 ¼-inch pine boards. Each team may determine how to break the 60 ¼-inch boards (can use spacers, holding devices, etc.)
 - ii. Each team must attempt to break exactly 10 ¾ inch pine boards – no fewer or more than 10 ¾ inch boards can be used. Each team may determine how to break the 10 ¾ 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 with 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 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



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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)
 - 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.

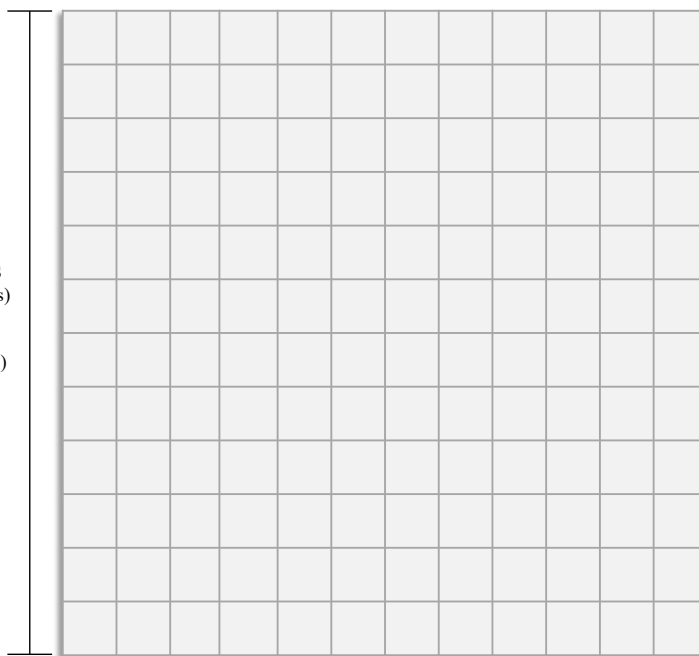
2025 WORLD TAEKWONDO HANMADANG RULES

Updated 4/13/2025

TA – TAEKWONDO AEROBICS (7-9 PARTICIPANTS. AGES 12 AND UP. BLACK BELTS ONLY.)

TA – TAEKWONDO AEROBICS 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

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)

- There will be judge will score on the below.
lowest scores

The average of the remaining 3 scores will be the final score.

five (5) judges. Each the participant based The highest and will be excluded.

- Taekwondo Aerobics is Taekwondo movements composed with music to perform gymnastic type movements.
- Each team should have between 7-9 participants.
- Competition time limit: minimum of 110 seconds and maximum of 120 seconds.
- Compulsory Techniques:
 - 2 Repeating Side Kicks (one side kick low and one side kick high before landing)
 - 2 head height round house kicks
 - 2 flying Side Kicks



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- d. 2 Back Kicks
 - e. 2 360 jumping (tornado) kicks
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, with no explicit lyrics.
7. 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.
8. 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):**

III. **Accuracy of Basic Taekwondo movements according to Kukkiwon guidelines (2.0)**

- e. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)
- f. 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. **Compulsory Techniques (2.0)**

- e. 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
- f. 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



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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

9. 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)

10. 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.

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.

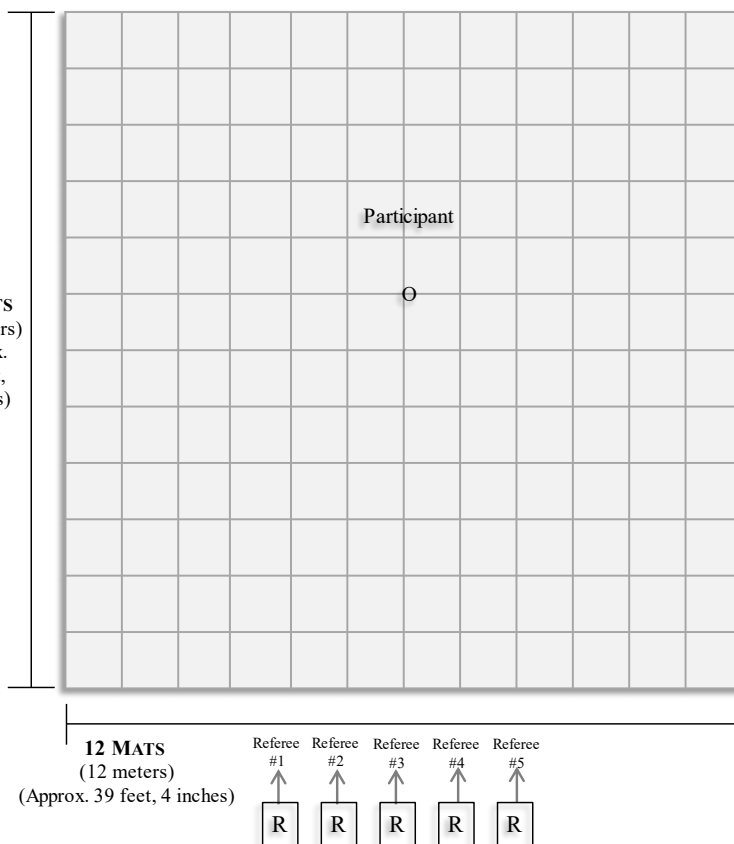
2025 WORLD TAEKWONDO HANMADANG RULES

Updated 4/13/2025

SDI – SELF DEFENSE INDIVIDUAL (1 PARTICIPANT ONLY. MINIMUM AGE OF 19. BLACK BELTS ONLY)

SDI - SELF DEFENSE INDIVIDUAL (NOT TO SCALE)

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



<u>Ages</u>	<u>Category</u>	<u>Eligible Ranks</u>
19 - 29 years old	Senior I	1st dan (degree) - 5th dan (degree)
30 - 39 years old	Senior II	1st dan (degree) - 6th dan (degree)
40 years and older	Senior III	1st dan (degree) - 9th dan (degree)

- 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: One minute and 30 seconds (90 seconds) minimum and 2 minute (120 seconds) maximum
- There will be one (1) participant and one (1) to three (3) assistants.
- The participant is required to demonstrate self-defense skills for the five (5) simulated scenarios based on the Self-Defense drills by situation as presented in the Kukkiwon textbook labelled "Real Situation Taekwondo Self-Defense."
- The performance must include attacks and defenses including hitting, kicking, driving, thrusting, bending, holding, throwing moves, etc. utilizing the hand and foot of the participants.
- All weapons used in the performance must be imitation/not real. Any blades must be dull.
- Participants are not allowed to use any sound effects, including the sound of an explosion.
- Participants cannot perform the moves step-by-step.
- The routine cannot be performed in a comical theatrical manner.



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10. Excessive expressions of moves or moves that may be deemed offensive cannot be used.
11. No music is allowed.
12. Props can be used but do not impact the score.
13. The following will complete each participant's score:

Grading Criteria	Grading Criteria Details	Points
Accuracy (4.0)	Accuracy of the moves	2.0
	Accuracy of technique	2.0
Performance (6.0)	Manifestation	2.0
	Proficiency	2.0
	Creativity	2.0

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

- a. Accuracy (4.0 points)

- i. Accuracy of the moves (2.0): All movements should follow the guidelines in the Kukkiwon textbook labelled "Real Situation Taekwondo Self-Defense." There will be a 0.1 point deduction for each inaccurate movement.
- ii. Accuracy of technique (2.0): There will be a 0.1 deduction for each inaccuracy of the manifestation of the Self-Defense by Situation.
- iii. 0.1 point deductions:
 1. Failure to maintain a stationary position after defensive and offensive techniques, excluding the finishing move.
 2. Performing techniques using only the arms or legs without engaging the entire body.
 3. Inappropriate use of the striking surface.
 4. Hand techniques in attack and defense missing the target point.
 5. Failure to execute prescribed techniques correctly.
 6. Unnecessary preparatory movements.
 7. Loss of balance during or immediately after performing a technique.
 8. Failure to fully execute a technique in the transition between movements.
- iv. 0.3 Point Deductions
 1. Pausing a movement for 3 seconds or more during the competition.
 2. Inaccurate strikes or attacks that miss the target.
 3. Both feet going out of bounds
 4. Going under the time minimum or going over the time maximum.

- B. Performance (6.0 points)

- i. Manifestation (2.0 points)

- a. The applied moves and the responses to such moves are to be scored in accordance with the level of their manifestation.
- b. Speed and power: speed and power should be expressed through solid lower body work and



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dynamic movements utilizing the center axis. The expression of strength and gentleness, fast and slow tempos, and rhythm should be seamlessly connected in accordance with the technical characteristics required by the self-defense movements.

- c. Harmony: Harmony refers to the harmonious expression of strength and gentleness, fast and slow tempos, and rhythm in the self-defense techniques.

- ii. Proficiency (2.0 points)

- a. The level of proficiency in the Self-Defense by situation moves, their flow, and the coordination of the moves with the opponents will be evaluated and scored.

- iii. Creativity (2.0 points)

- a. Creativity will be evaluated based on the appropriateness of creatively executed reaction techniques and finishing techniques in the context of situational self-defense movements presented in the Kukkiwon Textbook "Real Situation Taekwondo Self-Defense."

- iv. Expressivity (2.0 points)

- a. Evaluation of the technique while in the air.

- v. Creativity (2.0 points)

- a. Creativity of Performance

- 15. Disqualification ("Silgyouk")

- a. The name of the participant does not match the name on the division.
 - b. If the participant cannot finish the event due to injury



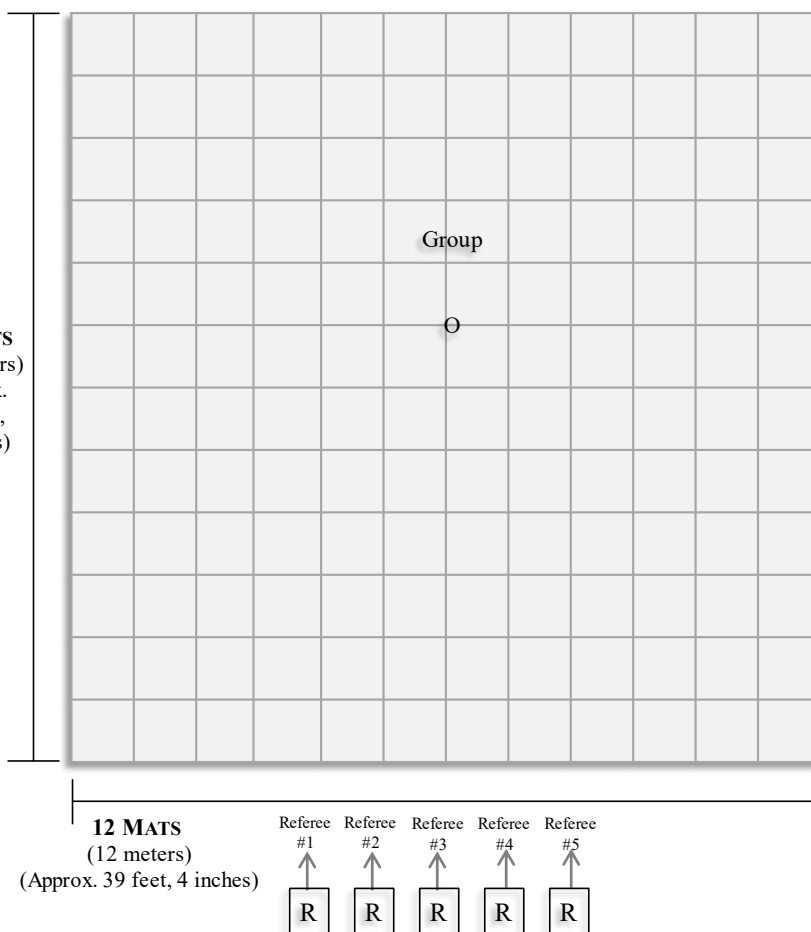
2025 WORLD TAEKWONDO HANMADANG RULES

Updated 4/13/2025

SDG – SELF DEFENSE GROUP (1 PARTICIPANT ONLY. MINIMUM AGE OF 19. BLACK BELTS ONLY)

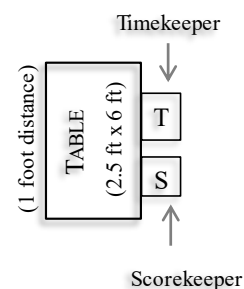
SDG - SELF DEFENSE GROUP
(NOT TO SCALE)

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



KEY
S = SCOREKEEPER
R = REFEREE
T = TIMEKEEPER

SUPPLIES
TABLE = 1
CHAIRS = 7
MATS = 144



Ages	Category	Eligible Ranks	Designated Poomsae
10-18 years old	Junior	1st dan (degree) - 4th dan (degree)	Taegeuk 1-8
19 years old and over	Adult	1st dan (degree) - 9th dan (degree)	

- 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: One minute and 30 seconds (90 seconds) minimum and 2 minute (120 seconds) maximum
 - There will be two (2) participants. It can be of the same gender or mixed gender.
- Self-Defense Sparring Poomsae by Department In principle, two poomsaes are to be performed in a Self-Defense Sparring Poomsae event. The designated poomsaes are to be decided by the Organizing Committee or randomly decided using electronic drawing of lots before the beginning of the event
- Requirements**



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- I. Self-Defense Sparring Poomsae is to be governed by the technical regulations of Kukkiwon
- II. Use of music is not allowed.

4. Scoring Criteria

Accuracy (4.0): Basic moves, detailed moves of each Self-Defense Sparring Poomsae, and balance

Performance (6.0): Speed, power, and harmony (strength and relaxation, fast and slow, rhythm, and coordination) * For more instructions, see the attached detailed scoring criteria.

5. Scoring Table

Scoring Items	Detailed Criteria Item	Score
Accuracy (4.0)	Basic moves, detailed moves of each Self-Defense Sparring Poomsae, and balance	4.0
Performance (6.0)	Speed and power	2.0
	Harmony (strength and relaxation, slow and fast, rhythm, and coordination)	4.0

6. Scoring Method

A. Accuracy:

A. Accuracy of the moves: Deduct 0.1 point for each inaccuracy of the moves of Real Situation Taekwondo Self-Defense.

B. Accuracy of technique: Deduct 0.1 point for each inaccuracy of the manifestation of the technique of Real Situation Taekwondo Self-Defense.

B. Expressivity:

The evaluation of manifestation covers a high level of technical integrity as well as techniques, characteristics, and flow of moves of a poomsae in a qualitative manner.

C. Speed and power:

The speed and power in Self-Defense Sparring Poomsae must be manifested through the strength in the lower body and flexible movements utilizing the central axis. The strength, flexibility, slow, fast, and rhythmical expressions must flow without interruptions while reflecting the technical characteristics of each poomsae move.

D. Harmony (strength, relaxation, slow, fast, rhythm, and coordination):

Harmony in Self-Defense Sparring Poomsae means the harmonious manifestation of strength, relaxation, slow, fast, rhythm, and coordination with the opponent.

E. Coordination:

During a poomsae, the coordination (matching) of breathing and moves between the contestant and his/her opponent is evaluated. Coordination also concerns the overall manifestations including the distance from the opponent, timing, synchronization of the attack and defense moves, manifestation of being hit, etc.

F. Expressiveness is not about deducting points quantitatively every time a mistake is made, but rather about evaluating and grading qualitatively.

7. Scoring Method

1. 0.1 point deduction

- a. The contestant's movement stops after any defensive or attack move, except for the closing move.
- b. The contestant moves only the arms or legs instead of using the entire body in any attack or defense move.
- c. The manifestation at the body part used is not appropriate.
- d. An attack or a defense hand move is off the target point.
- e. The standing manifestation is not in accordance with the technical requirement.
- f. The contestant performs an unnecessary preparatory move.



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- g. The contestant loses his/her balance during or immediately after performing a move.
- 2. 0.3 point deduction
 - a. The contestant uses a different move from those included in the basic moves of Self-Defense Sparring Poomsae.
 - b. The contestant stops during a contest for two seconds or longer.
 - c. The contestant stops for a second and then restarts the poomsae from the beginning (0.3 points multiplied by the total number of repeated moves shall be deducted).
 - d. Both feet are out of the contest stage during a contest.
 - e. The contestant fails to shout “gihap” or shouts “gihap” in the wrong move.
 - f. An obviously significant mistake (e.g., hitting the air instead of the target, etc.)
 - g. In a sequence of movements, the contestant proceeds to the next move without fully manifesting a technique.

8. Penalties (“Sil-gyook” [Disqualification])

- 1. The name of the contestant does not match the one that appears on the participation application
- 2. The designated Self-Defense Sparring Poomsae, mixed-sex team composition, attire requirements, or other requirements in the instructions for the Hanmadang Competition of the year are not followed.
- 3. Skipping four or more consecutive moves in a row or performing a wrong move.

9. Decisions of the Contest

The decision shall be made in accordance with the Contest Outline's Section 7.

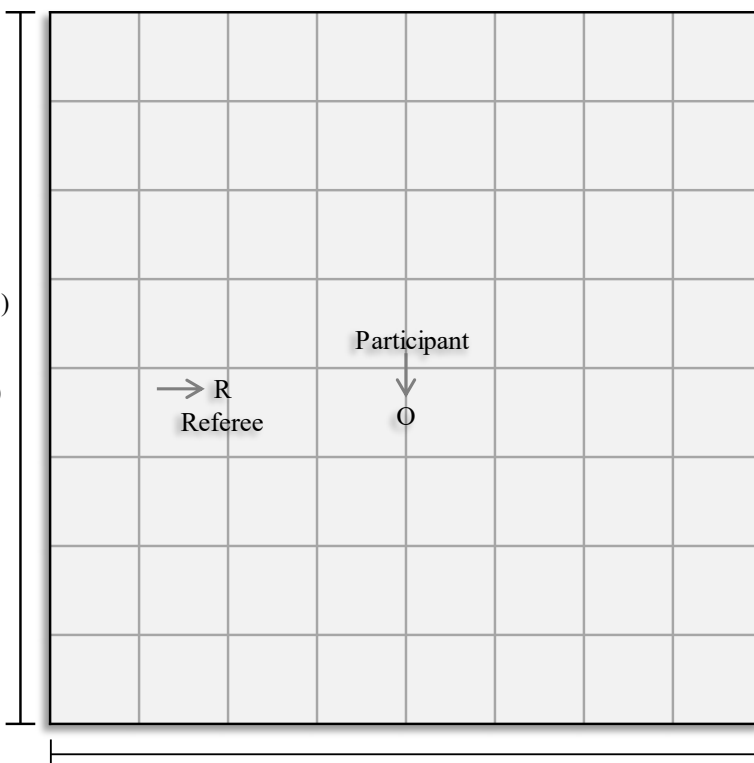
2025 WORLD TAEKWONDO HANMADANG RULES

Updated 4/13/2025

SB – SPEED BREAKING (1 PARTICIPANT ONLY. MINIMUM AGE OF 12. BLACK BELTS ONLY)

SB – SPEED BREAKING (NOT TO SCALE)

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



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

KEY

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

SUPPLIES

TABLE = 0
CHAIRS = 1
MATS = 64
MACHINE ?

S

← Scorekeeper

<u>Ages</u>	<u>Category</u>	<u>Eligible Ranks</u>
12 - 15 years old	Cadet	1st dan (degree) - 4th dan (degree)
16-18 years old	Junior	1st dan (degree) - 4th dan (degree)
19 - 29 years old	Senior I	1st dan (degree) - 5th dan (degree)
30 - 39 years old	Senior II	1st dan (degree) - 6th dan (degree)
40 - 59 years old	Senior III	1st dan (degree) - 9th dan (degree)
60 years and older	Master	1st dan (degree) - 9th dan (degree)

- Participants must completely break the target at a high speed using a knife hand strike. The breaking target will be cement and will be provided by the organizing committee.
- The ranking is based on how far the target is pushed back.
- Competition time limit: 20 seconds
- The number of breaking targets is 3 pieces for females and 5 pieces for males.
- The participant cannot use any protective gear on their body.
- The participant shall place the protective pad provided by the Organizing Committee on the breaking target to prevent injuries.



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7. The participant shall break the target at high speed using a turned over knife hand or reverse knife hand.
8. In knife hand strike, there is no assigned position for stepping but the sole of the foot should not be off the floor.
9. Each participant will only receive one (1) attempt.
10. Deduction ("Gam-jeom")
 - a. Exceeding the time limit of 20 seconds. 1.0 points shall be deducted for every 10 seconds over 20 seconds.
 - b. 1.0 point deduction is equivalent to the target being pushed away a distance of 10 cm.
11. Disqualification ("Silgyouk")
 - a. When any part of the body above the knees touches the ground after breaking.
 - b. When the participant breaks the target with unapproved techniques other than knife hand or reverse knife hand.
 - c. The name of the participant does not match the name on the division.
 - d. If the target is not completely broken.
12. Decision of contest
 - a. The contestant who is able to break the target with the least distance is declared the winner.
 - b. In the case of a tie, the participants will compete one (1) additional time.
 - c. If there is a tie again, the 2 participants will be declared as co-winners.