



BRITISH TAEKWONDO FREESTYLE POOMSAE RULES

(Effective from May 20, 2021)

What is Freestyle Poomsae

Freestyle Poomsae is a high-performance discipline to music which incorporates all the elements of Taekwondo, including Basics, Kyorugi, Acrobatic action and tricking.

The Poomsae line is the competitor's choice however there are several rules which the competitor must follow.

1. Purpose

The purpose of the British Taekwondo Freestyle Poomsae Rules is to provide standardised rules for all levels of Championships and tournaments sanctioned by British Taekwondo. The Rules are intended to ensure that all matters related to competitions are conducted in a fair, transparent, and orderly manner.

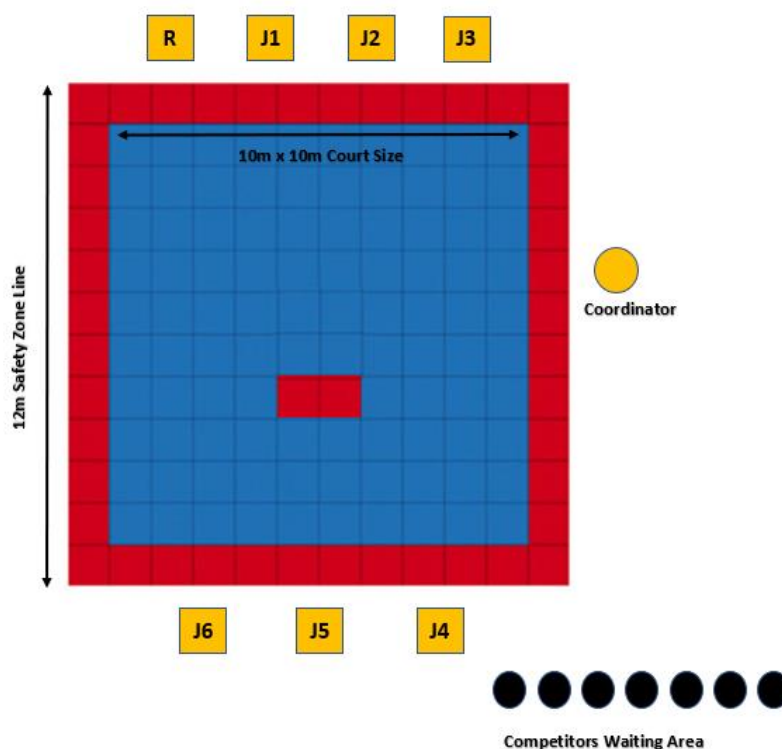
2. Competition Area

Competition Area shall have a flat surface without any obstructing projections, WT or CE/UKCA Recognised Mats must be used.

Contest Area

10m×10m Freestyle Individual & Pair

12mx12m for Freestyle Team Competition



3. Classifications of Competition

Freestyle Poomsae Competition

Men's Individual

Women's Individual

Pair

Mixed Team (Composition of 5 members including more than 2 males and 2 females)

Explanation

One (1) substitute may be accompanied by Free Style Poomsae team. A substitution must not alter the gender balance of a team.

Division		Under 17	Over 17
Age		12-17 years old	18 years old and over
Individual	Male	1	1
	Female	1	1
Pair		2	2
Team (mixed)		5 (+1 substitute max.)	

4. Outline of Freestyle Performance

Freestyle Poomsae is the performance based on taekwondo techniques with composition of music and choreography.

- Yeon-mu (Poomsae line) shall choice of contestant
- Music and choreography shall be choice of a contestant. However, it should not contain any political, social, and religious contents.
- Performed techniques must be within boundary of taekwondo.
- The definition of taekwondo techniques shall be determined by WT Poomsae Committee
- Compulsory Stances: Hakdari Seogi, Beom Seogi & Dwitkubi Seogi
- Technical Skills must be performed in the correct order.
- Freestyle Poomsae: Individual, Pair, and Mixed Team competitions from 90 seconds to 100 seconds.
- Participant shall wear WT-recognized Poomsae competition uniform.

5. Compulsory Stances

1. Hakdari Seogi
2. Beom Seogi
3. Dwitkubi Seogi

- 0.3 Point deduction for each missed mandatory stance during performance.



1. Hakdari Seogi



2. Beom Seogi



3. Dwitkubi Seogi

6. Freestyle Poomsae Scoring Criteria

Freestyle Poomsae (10.0)

Technical Skills (6.0)

- a. Level of difficulty of foot techniques
- b. Accuracy of movements
- c. Degree of completion of Poomsae

Presentation (4.0)

1. Creativity
2. Harmony
3. Expression of Energy
4. Music & Choreography

The types of kick in level of difficulty of foot techniques shall be designated by WT Poomsae Committee every year.

Scoring Chart for Freestyle Poomsae

Scoring Criteria	Details of Scoring Criteria		Point
Technical Skills (6.0)	Level of difficulty of foot techniques (5.0)	Height of jump	5.0
		Number of kicks in a jump	
		Gradient of spins in a spin kick	
		Performance level of consecutive kicks	
	Acrobatic actions		
	Basic movements & Practicability		1.0
Presentation (4.0)	Creativeness		4.0
	Harmony		
	Expression of energy		
	Music & choreography		
Maximum Points			10.0

7. Freestyle methods of scoring

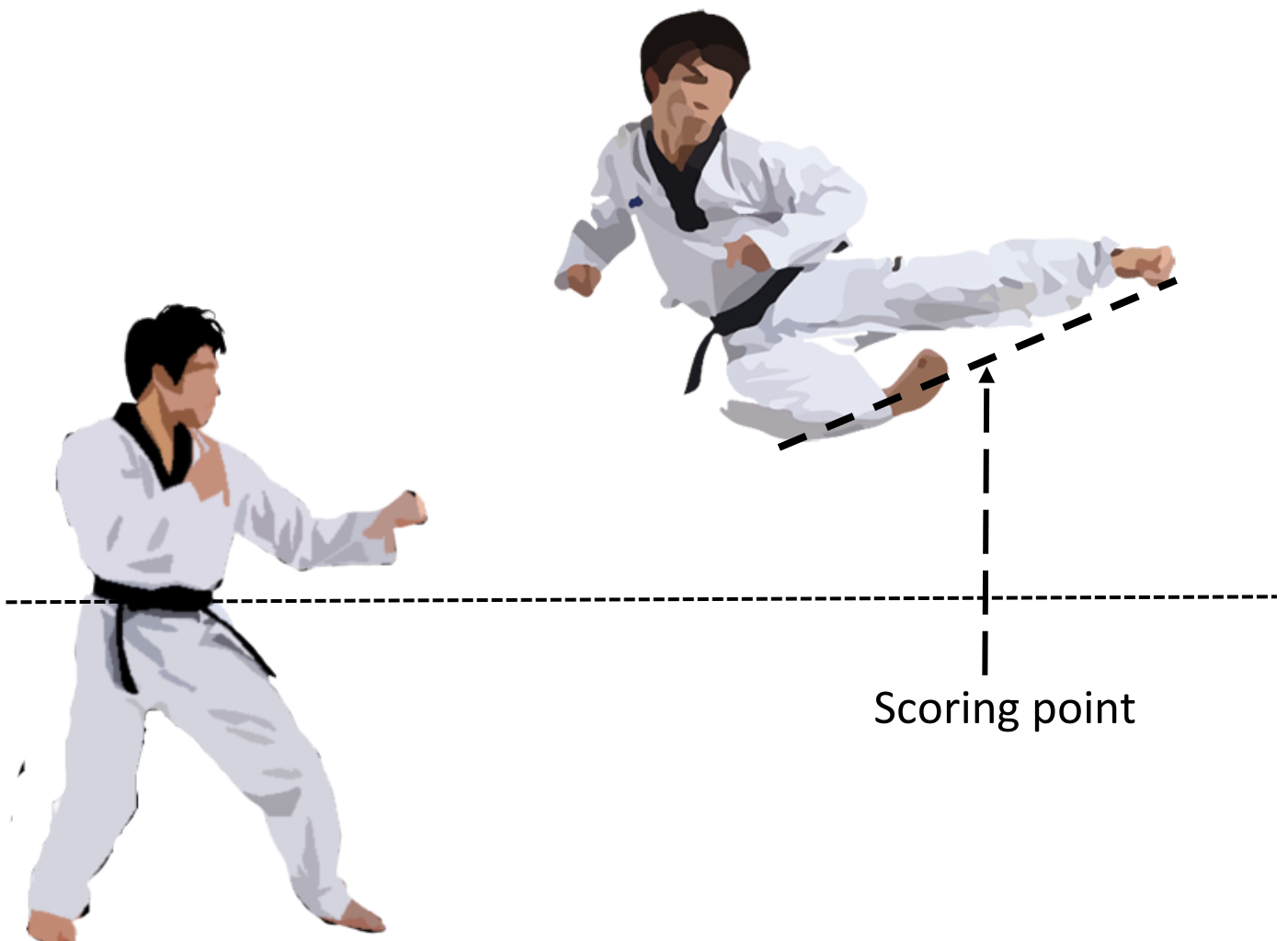
Technical Skills (6.0)

Level of difficulty of foot techniques: Points may be added from 0 up to 1.0 in total in Six evaluation areas.

1. Height of jump: Points may be added based on the height of jump and the quality of the technique.
2. Number of kicks in a jump: Points shall be added based on the number of kicks in a jump (above the Belt).
3. Gradient of spins in a spin kick: Points may be added based on the no. of turn (more than 180 degrees, more than 360 degrees, more than 540 degrees and more than 720 degrees, for example).
4. Performance level of consecutive kicks: Points may be added based on the performance level of consecutive kicks. The number of consecutive kicks shall be limited to five (5).
5. Acrobatic actions: Points may be added based on the technical difficulty of all acrobatic actions performed in gymnastics, etc. (Must be flexion of the knee and hand must not touch the ground during the action).
6. Basic & Practicability movements: Points may be added from 0 up to 1.0 for accuracy in basic movements of taekwondo and designated technical movements of taekwondo. The performance shall be evaluated on the practicability of Poomsae and if connection between attacks and defences are in perfect harmony.

7.1. Jumping Side Kick

- The middle of the height of the kicking foot and the lowest part of the body are taken as a height of jump for the scoring.
- Only Yop chagis with at least 80% knee extension are considered for the scoring.
- Sidekicks (Yop chagis) should be performed at least above the belt height. There is no point (scoring) for the kicks below the belt height.
- If several jumping sidekicks are performed, the height of the first performed jumping side kick is taken for the scoring.
- All members of the pair and mixed team must perform jumping sidekick.



Minimum Height of kick must be above the belt level to score.

7.2. Number of Jumping Kick – Ap Chagi

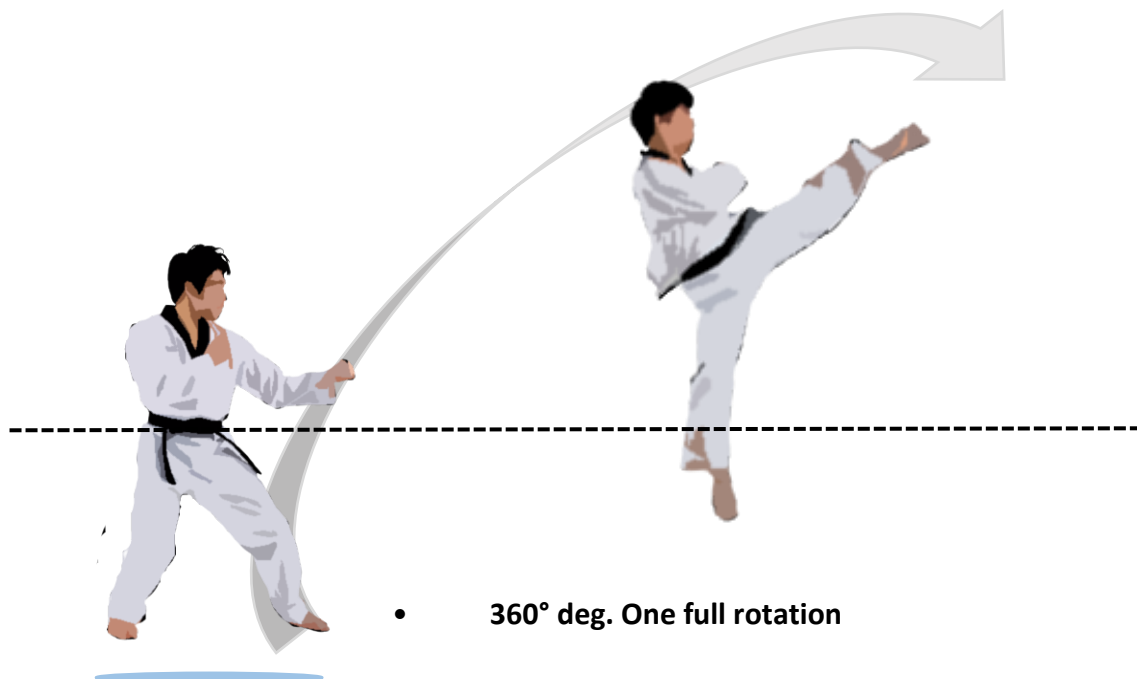
- No scoring for less than 3 Ap chagis
- Front kicks (Ap chagis) should be performed at least above the belt height. There are no points (scoring) for the kicks below the belt height.
- The Ap chagis can be performed body or face level, but a higher ap chagi execution. (over face level) has better evaluation for higher presentation score.
- Only Ap chagis with at least 80% knee extension are considered for the scoring.
- At least one member of the pair and mixed team must perform the jumping front-kick.

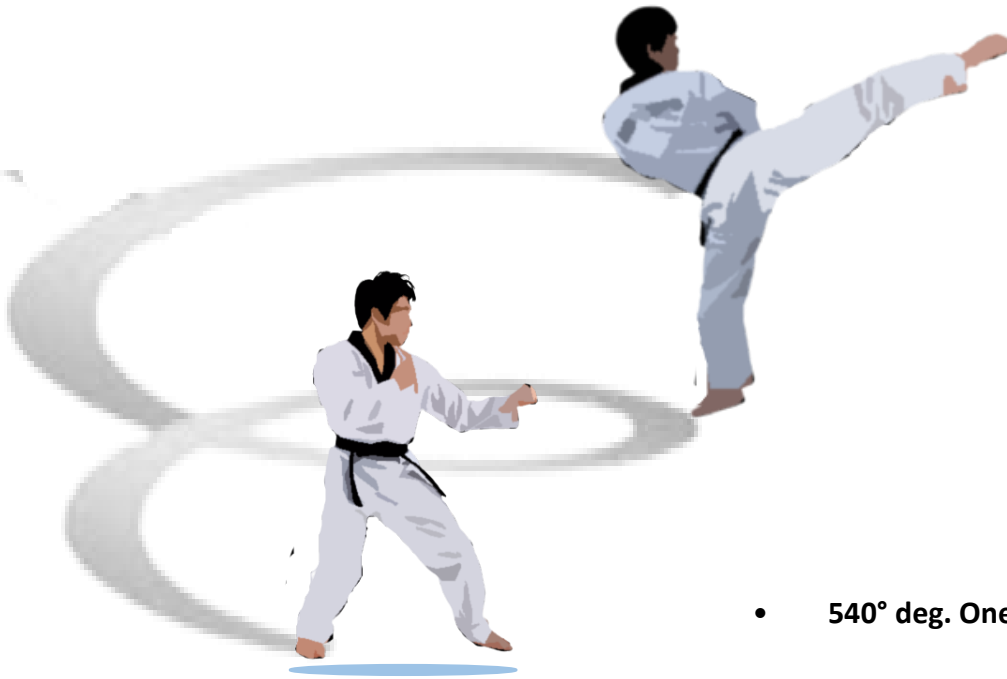


Minimum of 3 Ap Chagi's above the belt level to score.

7.3. Gradient of spins in a spinning kick

- No scoring for the spinning kicks less than 360°.
- Spinning Kicks can be performed body or face level, but a higher spinning-kick execution (over face level) will give a better evaluation for higher presentation score.
- At least one member of the pair and mixed team must perform a spinning-kick.
- Level of difficulty 360°, 540°, 720°, 900°, 1080°
 - 360° deg. One full rotation
 - 540° deg. One and half rotations
 - 720° deg. Two full rotations
 - 900° deg. Two and half rotations
 - etc.





- 540° deg. One and half rotations

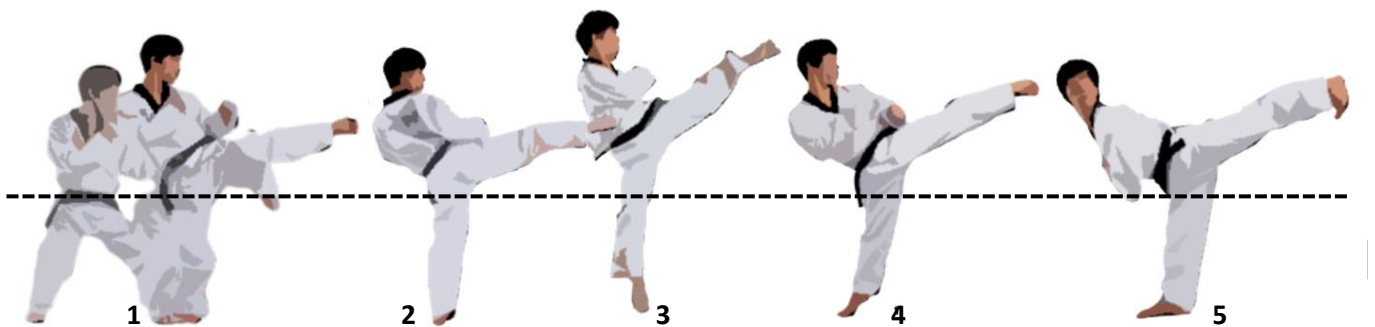


- 720° deg. Two full rotations

7.4. Performance level of the consecutive sparring Kicks

- The Kicks should be performed in Kyorugi style and represent a sparring combination. The main criteria are the quality and level of performance of the consecutive kicks.
- The numbers of consecutive sparring kicks are between 3 and 5. Scoring of the kicks is independent of their number (no matter whether these are 3, 4 or 5 kicks).
- No scoring for less than 3 consecutive kicks
- It is mandatory to bounce 3 to 5 times before the execution of consecutive sparring kicks. This means that if the competitors forget to bounce, then the consecutive sparring kicks is not scored!
- At least one member of the pair and mixed team must perform consecutive sparring kicks.

Example



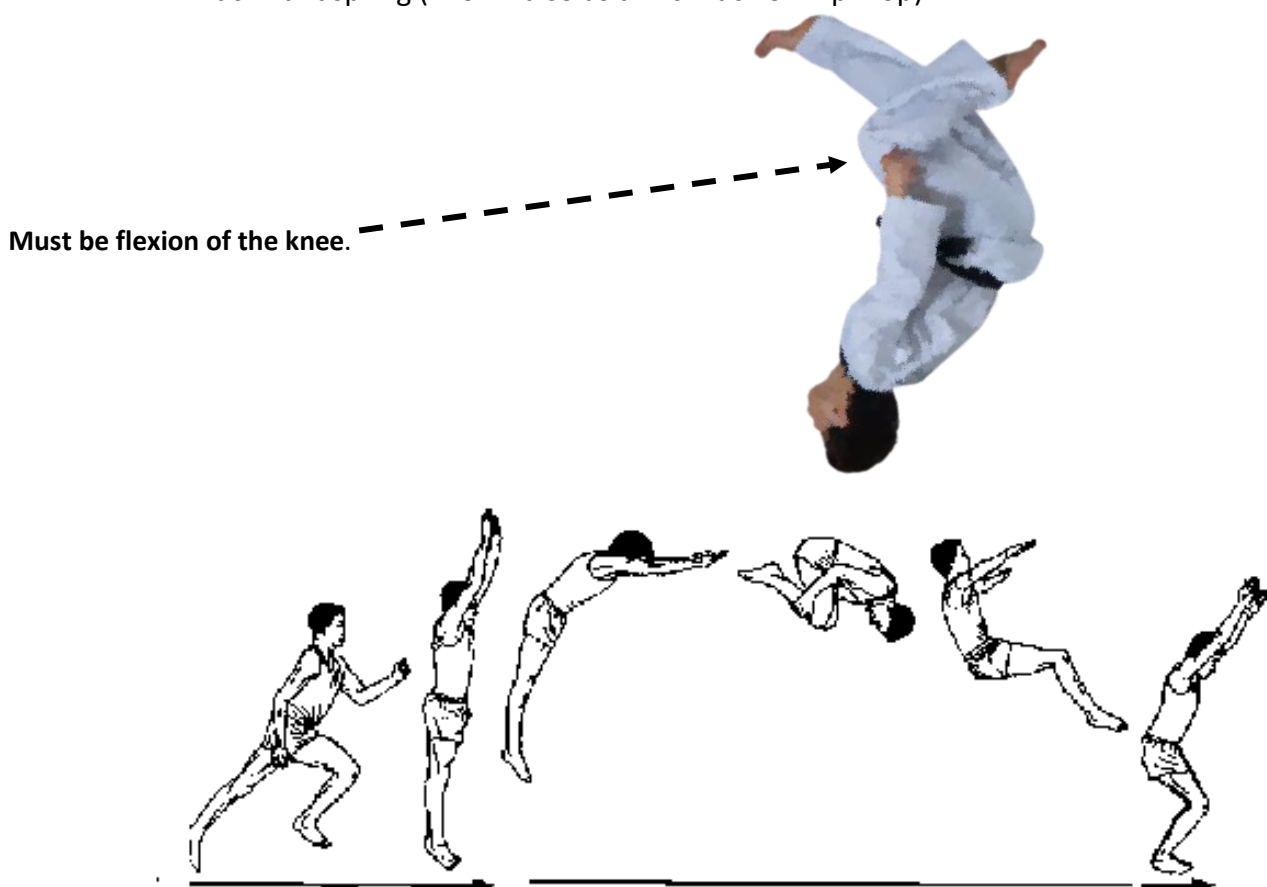
7.5. Acrobatic actions

All acrobat actions must be performed with a Taekwondo kick (e. g. like Ap chagi execution with knee extension). The kicks are performed in air (hands must not be on the ground while executing the technique). They can be executed with swing or the jumping leg.

- Performance of acrobatic actions without a taekwondo kick is not scored. (0.0)
- At least one member of the pair and mixed team must perform acrobatic action.
- Helping or supporting during acrobatic action section (pair & team) results in no score (0.0)

Acrobatics actions are for example:

- Salto forwards,
- Salto backwards
- Salto sideways.
 - Salto can be performed from one foot or both feet and landing on one foot or both feet.
- Round off / Cartwheel.
- Handspring forwards
- Back handspring (known also as a Flic-Flack or Flip-Flop)



Example of Salto forwards

7.6. Basic Movements and Practicability

- Accuracy of the basic movements, techniques and stances are scored in this section.
- There is no upper height restriction in the execution of foot techniques. However, minimum height is belt level.
- Execution of “Kihap” and stamping are optional.
- Performance containing practicable techniques and a balanced combination of offensive and defensive movements.
- Practicable arrangement and meaningful transition between attack and defence techniques with a good balance.

7.7. Slow Motion/ Hold Techniques (Scored under Presentation – creativity)

- Athletes may perform a slow motion and hold technique during their performance, this can be performed anywhere within the allocated time.
- The technique is scored in presentation under the sub-section of creativity
- The technique is optional; it is not mandatory within the performance.
- Techniques: 1. Ap Chagi 2. Yop Chagi 3. Dollyo Chagi
- The technique should be performed slowly intentionally, the hold should be between 5 seconds and 10 seconds.
- The technique should be evaluated on the accuracy of basic technique, balance, height etc.

Presentation (4.0)

Presentation Points may be added from 0 up to 4.0 based on the general performance of the free-style Poomsae.

1. Creativeness: Points may be added based on the creativeness of actions and components of Poomsae.
2. Harmony: Points may be added based on the harmony between different components in general Poomsae. Harmony between performers (unity, for example) shall be also evaluated in case of team and pair contests.
3. Expression of energy: Points may be added in accordance with the evaluation standard in expression of energy in recognized Poomsae.
4. Music and choreography: Points may be added on how the music and the choreography go well with each other in general performance of Poomsae.

1. Creativity (1.0 Points)

- Creativity in the Poomsae, music, choreography, and connectivity between movement sequences.
- It is not considered as creative, if the performance is a collection from various part of the recognized Poomsae.
- The movements are distributed among all parts of the body between left and right, between foot and hand and fore and back within Poomsae directions.

2. Harmony (1.0 Points)

Harmony of music, rhythm, and movements:

- Adjusting tempo and rhythm of the techniques to the rhythm of the music (e.g., a speedy and powerful-explosive execution or a slow and powerful execution with long respiration and facial expression should be performed with appropriate rhythm of the music).
- Harmony and synchronicity of performance in pair and team division. It will be scored lower in the presentation, during a contestant performs a mandatory foot kicks, the other members of the team stand still. The other members of the team should rather continue to perform with appropriate movements.

3. Expression of energy (1.0 Points)

Expression of energy like in the recognised Poomsae

- Confidence
- Eye focus
- Facial expression
- Emotion
- Mind concentration
- Nice manner and attitude

4. Music & Choreography (1.0 Points)

- In Poomsae performance, choreography is the act of designing sequences of the movements and composition of the freestyle Poomsae.
- It involves the specification of basic Taekwondo movements within the given order of the mandatory foot techniques. Movements may be characterised by dynamics, such as fast, slow, hard and soft.

8. Deduction of points

The following deductions should be taken into consideration in the evaluation of the scoring. Deductions are subtracted from total scoring.

- Mandatory stances: 0.3 points deduction for each missed mandatory stance during performance.

1) Hakdari Seogi

2) Beom Seogi

3) Dwitkubi

- Crossing the boundary line with both feet: 0.3 points deduction for each crossing of the boundary. The contest area is 10m X 10m for the individual and pair competitions. For mixed team competitions, the contest area is 12m X 12m.
- The number of mandatory bouncing before execution of the consecutive sparring kicks is 3 to 5. Deduction for extra bouncing:
 - 0.1 Points deduction for additional bouncing up to 3 times (6 – 8)
 - 0.3 Points deduction for additional bouncing more than 3 times (>8)
- Supporting or helping (pair & team) anywhere in the Poomsae a 0.3 deduction will be given.
- Restart Deduction for the restart is 0.6 Points (2 x 0.3= 0.6 similar to recognised Poomsae).
- Music: No Performance without music.
- The duration of contest in all divisions is between 90 and 100 seconds. Deduction for the Performances outside of the allowed time is 0.3

9. Technical Skills must be performed in the correct order.

If the Technical skills are NOT performed in the correct order, then only the skills that are performed consecutively will be scored.

Example 1

- | | |
|---|---|
| 2. Number of kicks in a jump | X |
| 1. Height of jump | ✓ |
| 3. Gradient of spins in a spin kick | ✓ |
| 4. Performance level of consecutive kicks | ✓ |
| 5. Acrobatic actions | ✓ |

Example 2

- | | |
|---|---|
| 2. Number of kicks in a jump | X |
| 3. Gradient of spins in a spin kick | X |
| 1. Height of jump | ✓ |
| 4. Performance level of consecutive kicks | ✓ |
| 5. Acrobatic actions | ✓ |

Correct Example 3

- | | |
|---|---|
| 1. Height of jump | ✓ |
| 2. Number of kicks in a jump | ✓ |
| 3. Gradient of spins in a spin kick | ✓ |
| 4. Performance level of consecutive kicks | ✓ |
| 5. Acrobatic actions | ✓ |

Appendix.2: Freestyle Poomsae Scoring Sheet

Freestyle Poomsae Scoring Sheet														
Referee:	Mandatory Stances						Court No.							
	Beom Seogi	Hakdari Seogi	Dwitkubi Seogi			Competitor No.								
	<input type="text"/>	<input type="text"/>	<input type="text"/>											
Technical Skills (6.0)	Level of Difficulty of Foot Techniques (5.0Points)	Sub-Category	No Score	Very Poor	Poor		Average		Good		Very Good	Excellent	Perfect	Score
			0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	
		Height of jumping Side kick (Above Belt Kick)	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	
		Number of jumping front kick (min 3 Kicks)	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	
		Gradient of Spins in a Spin Kick (min 360 deg)	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	
		Consecutive Sparring Kicks (3-5 Bounces) (3-5 Kicks)	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	
		Acrobatic Actions (Flexion of knee)	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	
	Basic Movements and Practicability (1.0)	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0		
Sub-total score Technical Skill														
Presentation (4.0)	Sub-Category	No Score	Very Poor	Poor		Average		Good		Very Good	Excellent	Perfect		
	Creativity	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0		
	Harmony	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0		
	Expression of energy	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0		
	Music & Choreography	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0		
Sub-total score Presentation														
Deductions (see checklist for the deductions)														
Total Score = Subtotal score – Deductions														

Appendix.2: Guidelines for the Scoring Freestyle Poomsae

Technical	6.0 Points
<p>Height of jumping sidekicks (0.0-1.0 Points)</p> <p>All members of the pair and mixed team must perform. jumping sidekick</p>	<p>a. Add 0.1, 0.2 or 0.3 points to the given basic score according to the height of the Jumping sidekicks in comparison to body, face or over face.</p> <p>b. The height of the jumping Sidekicks is defined as the middle of the height of the kick foot and the lowest part of the body!</p> <p>c. Only Yop chagis with at least 80% of knee extension are considered for the scoring.</p> <p>d. Check the knee extension & the accuracy of the execution of the Yop chagis.</p> <p>e. If several jumping sidekicks are performed, the height of the first performed jumping sidekick is taken for the scoring.</p>
<p>Number of jumping front kicks in a jump (0.0-1.0 Points)</p> <p>At least one member of the pair and mixed team must perform. jumping front-kick</p>	<p>a. Add 0.1, 0.2 or 0.3 points to the given basic score according to the number of the jumping front kicks. (3 to 5 Ap chagis).</p> <p>b. No scoring for less than 3 Ap chagis</p> <p>c. Front kicks (Apchagis) should be performed at least above the belt height.</p> <p>d. There is no point (scoring) for the kicks below the belt height.</p> <p>e. Only Ap chagis with at least 80% knee extension are considered for the scoring.</p> <p>f. Check the knee extension and accuracy of the execution of the Ap chagis.</p>
<p>Gradient of Spins in a Spin Kick (0.0-1.0 Points)</p> <p>At least one member of the pair and mixed team must perform spinning-kick.</p>	<p>a. Add 0.1, 0.2 or 0.3 points to the given basic score according to the gradient of turn (360° up to 720° and over) in a spinning kick.</p> <p>b. No scoring for less than 360 ° spin kicks</p> <p>c. Spinning-Kicks can be performed body or face level, but a higher spinning-kick execution (e. g. over face level) has affect in terms of evaluation for higher presentation score.</p> <p>d. Check the knee extension and accuracy of the execution of the spin kicks.</p>
<p>Performance level of consecutive Sparring Kicks (0.0-1.0 Points)</p> <p>At least one member of the pair and mixed team must perform consecutive sparring kicks.</p>	<p>a. Add 0.1, 0.2 or 0.3 points to the basic score according to the level of performance.</p> <p>b. Scoring of the consecutive sparring kicks is independent of their number (no matter whether these are 3, 4 or 5 kicks).</p> <p>c. The consecutive kicks should be performed in Kyorugi style!</p> <p>d. No scoring for less than 3 consecutive sparring kicks</p> <p>e. Check the number of Bouncing. It is mandatory to bounce 3 to 5 times before execution of consecutive sparring kicks. No Bouncing --> no scoring</p>
<p>Acrobatic actions (0.0-1.0 Points)</p> <p>At least one member of the pair and mixed team must perform acrobatic action.</p>	<p>a. Add 0.1, 0.2 or 0.3 points to the given basic score according to the degree of difficulty of acrobatic actions.</p> <p>b. Acrobatic actions include acrobatic jumping kicks (e.g., forwards, backwards or sideways flip) which must be performed with a Taekwondo kick.</p> <p>c. Performance of acrobatic actions without a taekwondo kick is not scored!</p> <p>d. Check whether the TKD kicks are executed with knee extension.</p> <p>e. No supporting in pair or team event</p>
<p>Basic Movements & Practicability (1.0 Points)</p>	<p>a. Accuracy of the basic movements, techniques and stances are scored in this section.</p> <p>b. Practicable arrangement and meaningful transition between attack and defence techniques with a good balance. Execution of kihap and stamping are optional.</p> <p>c. There is no upper height restriction in the execution of foot techniques.</p>
Presentation	4.0 Points
<p>Creativity (1.0 Points)</p>	<p>a. Creativity in the Poomsae- line, music, choreography, and connectivity</p> <p>b. between movement sequences</p> <p>c. It is not considered as creative, if the performance is a compilation from various part of the recognized Poomsae.</p> <p>d. Slow motion techniques will be rewarded in the creativity depending on its standard and quality</p>
<p>Harmony (1.0 Points)</p>	<p>a. Harmony of music, rhythm and movements</p> <p>b. Using all parts of the body (left and right, foot and hand and fore and back within Poomsae directions)</p> <p>c. Confusion (e.g., mess or short break) of contestant in pair and team divisions are penalized</p>
<p>Expression of Energy (1.0 Points)</p>	<p>a. Expression of energy like in the recognized Poomsae (e.g., confidence, eye focus, facial expression, emotion, mind concentration, nice manner and attitude)</p>
<p>Music & Choreography (1.0 Points)</p>	<p>a. Adaptation of the music and the choreography to the contents of the Poomsae</p>
<p>Total score = Subtotal score (Technical skill + presentation) – Deductions</p>	





Appendix.3: Checklist for the deductions






Checklist for the deductions			
Free Style Poomsae			
	Contestant No.		Court No.
Deduction Criteria			Deduction
<p>Mandatory stances since 7th World Poomsae Championships:</p> <p>1) Hakdari Seogi 2) Beom Seogi 3) Dwitkubi</p> <p>0.3 points deduction for each missed mandatory stance. Deduction = N x 0.3 (N: Number of the missed mandatory stances)</p>			
<p>The number of mandatory bouncing before execution of the consecutive sparring kicks is 3 to 5. Deduction for extra bouncing:</p> <p>0.1 Points deduction for additional bouncing up to 3 times (6 – 8) 0.3 Points deduction for additional bouncing more than 3 times (>8)</p>			
<p>Crossing the boundary line with both feet:</p> <p>0.3 points deduction for each crossing of the boundary The contest area is 10m X 10m for the individual and pair competitions. For mixed team competitions, the contest area is 12m X 12m. Deduction=N x 0.3 (N: Number of the times crossing boundary line)</p>			
<p>Pair and Mixed Team divisions:</p> <p>Supporting or helping (pair & team) anywhere in the Poomsae a 0.3 deduction will be given.</p> <p>Deduction= N x 0.3 (N: Number of the confusions)</p>			
<p>Restart:</p> <p>Deduction for the restart is 0.6 Points (2 x 0.3= 0.6 similar to recognized Poomsae).</p>			
<p>Music:</p> <p>No Performance without music.</p>			
<p>Duration of contest: The duration of contest in all divisions is between 90 and 100 seconds. Deduction for the Performances outside of the allowed time is 0.3 deduction</p>			
Total deductions			


Example 1: Freestyle Poomsae Scoring Sheet



Freestyle Poomsae Scoring Sheet														
Referee: 23	Mandatory Stances						Court No. 3							
	Beom Seogi <input checked="" type="checkbox"/>	Hakdari Seogi <input checked="" type="checkbox"/>	Dwitkubi Seogi <input checked="" type="checkbox"/>					Competitor No. 15						
Technical Skills (6.0)	<i>Level of Difficulty of Foot Techniques (5.0Points)</i>	Sub-Category	No Score	Very Poor	Poor		Average		Good		Very Good	Excellent	Perfect	Score
			0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	
		Height of jumping Side kick (Above Belt Kick)	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	0.6
		Number of jumping front kick (min 3 Kicks)	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	0.4
		Gradient of Spins in a Spin Kick (min 360 deg)	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	0.7
		Consecutive Sparring Kicks (3-5 Bounces) (3-5 Kicks)	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	0.6
		Acrobatic Actions (Flexion of knee)	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	0.7
		Basic Movements and Practicability (1.0)	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	0.6
Sub-total score Technical Skill												3.6		
Presentation (4.0)	Sub-Category	No Score	Very Poor	Poor		Average		Good		Very Good	Excellent	Perfect	Score	
	Creativity	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	0.6	
	Harmony	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	0.7	
	Expression of energy	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	0.5	
	Music & Choreography	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	0.6	
Sub-total score Presentation												2.4		
Deductions (see checklist for the deductions)												0.3		
Total Score = Subtotal score – Deductions												5.7		

Freestyle Poomsae Hand signals and Commands

No.	Koran Terminology	English	Hand Signal
1	Ready Position	Co-ordinator in the at ease Position Co-ordinator in Cha-ryeot Position	
2	Chool-jeon	Calling the competitor to the court Left Hand	
3	Cha-ryeot	Calling the competitor to Attention Left Hand	
4	Kyeong-rye	Bow Left Hand	

5	Joon-bi	Ready Right hand	
6	Start of Poomsae	No had signal & no command The competitor will automatically start once the music starts Once the music starts the coordinator returns to the at ease position	
7	During the Poomsae	Referee can return to the at ease position	
8	Ba-ro	Return to start position Co-ordinator in Cha-ryeot Position	
9	Shi yo.	Relax Co-ordinator in Cha-ryeot Position	

10	Pyo-chul	<p>Declaration of scores</p> <p>Right hand</p>	
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11	Cha-ryeot	<p>Calling the competitor to Attention</p> <p>Left Hand</p>	
12	Kyeong-rye	<p>Bow</p> <p>Left Hand</p>	
13	Tuae-jahng	<p>Controlling the exit of the competitor</p> <p>End of Contest</p>	