

# Freestyle Poomsae Scoring Sheet

Referee:	<b>Mandatory Stances</b>										Court No.				
	Beom Seogi	Hakdari Seogi	Dwitkubi Seogi												
	<input type="text"/>	<input type="text"/>	<input type="text"/>										Competitor No.		
<b>Technical Skills (6.0)</b>	<i>Level of Difficulty of Foot Techniques (5.0 Points)</i>	<b>Sub-Category</b>	No Score	Very Poor	Poor		Average		Good		Very Good	Excellent	Perfect	<b>Score</b>	
			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		
<b>Technical Deductions</b>			<b>Sub-Total Score Minus Technical Deductions</b>												
<b>Presentation (4.0)</b>	<b>Sub-Category</b>	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			
<b>Sub-total score Presentation</b>															
<b>Further Deductions (Time &amp; Boundary Line)</b>															
<b>Total Score = Subtotal score – Deductions</b>															