



BRITISH TAEKWONDO FREESTYLE POOMSAE RULES

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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.

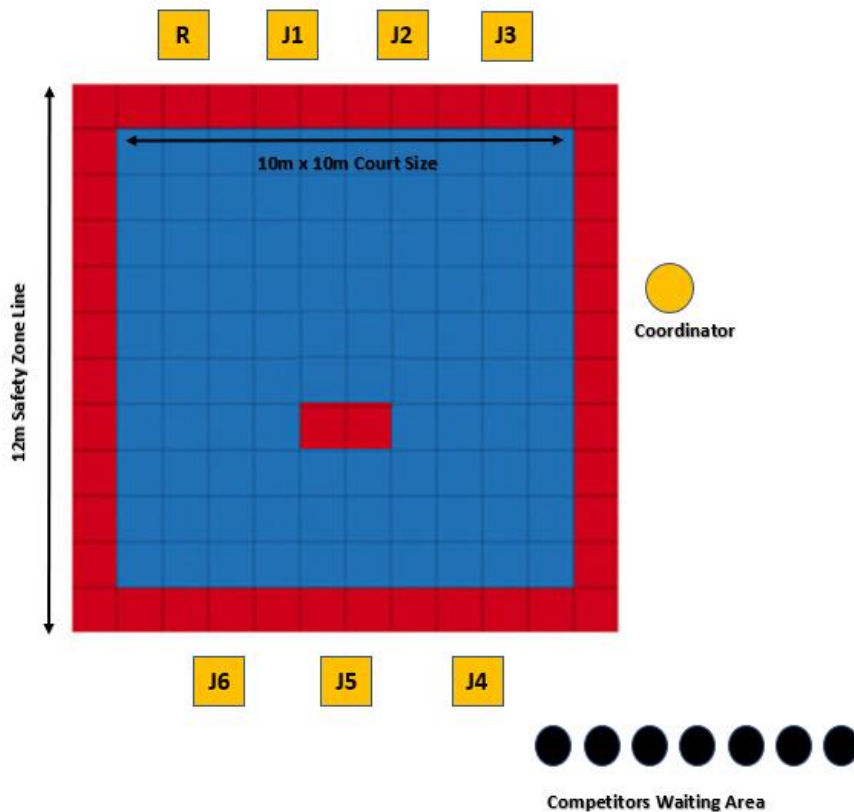
2. Competition Area

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-recognised 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
		Multiple Kicking technique in the air	
		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.

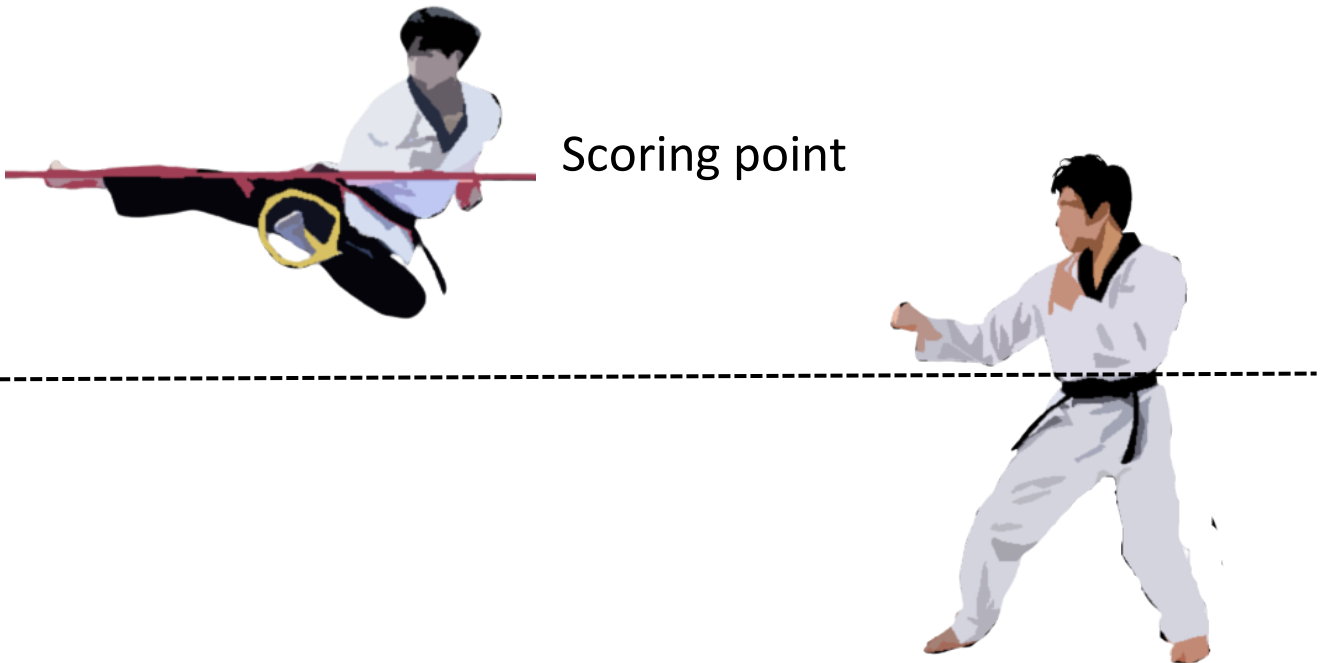
1. Height of jump: Points may be added based on the height of jump and the quality of the technique.
2. Multiple Kicking technique in the air: Points shall be added based on the number of kicks in a jump (above the Belt).
3. Gradient of spins in a spin kick: Points may be added based on the no. of turn (more than 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 scored consecutive kicks shall be limited between seven (7) to ten (10).
5. Acrobatic actions: Acrobatic kicking technique: Points shall be awarded based on the mastery and performance. level of acrobatic kicking technique. (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 0.0 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

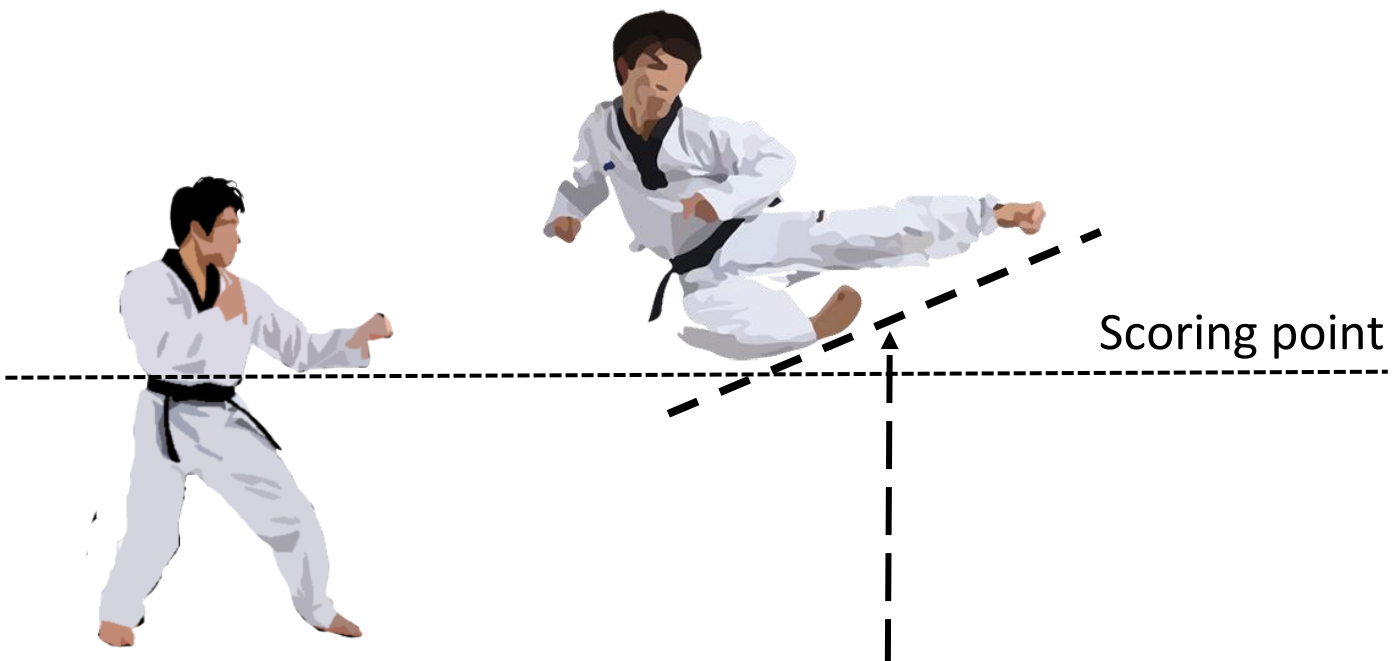
- If the bottom foot is touching the kicking leg, the height of kick is the kicking leg height.
- If the bottom foot isn't touching the kicking foot, then the middle of the height of the kicking foot and the lowest part of the body are taken as a height of jump for the scoring.
- Only Yop chagis with 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 first performed jumping side kick is taken for the scoring.
- All members of the pair and mixed team must perform jumping sidekick.

Key point for evaluation: Height of the kick, must be 80% extension, balance on take-off/ landing, quality of the technique, including body posture, foot shape, hand position and eye direction, score the first technique.

Scoring 1: Foot touching, Scoring to the kicking foot



Scoring 2: Foot not touching, score the mid-way between kicking foot and lowest point.



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

Jumping Side Kick - Scoring Criteria.

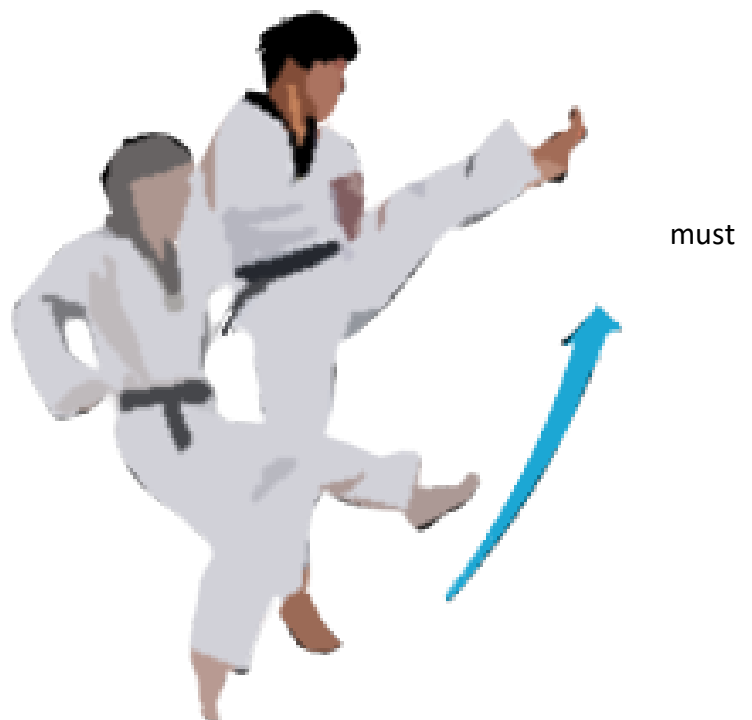
Average basic score for the performance of jumping side kick is 0.4 – 0.5 points.							Body	Face	Over Face
0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.1	0.2	0.3
Basic score for the performance of jumping side-kick ranges between 0.1 and 0.7 points according to the balance and accuracy of the execution (Mastery of the performance).							Add 0.1, 0.2 or 0.3 points to the given basic score according to the height of the jumping sidekick.		

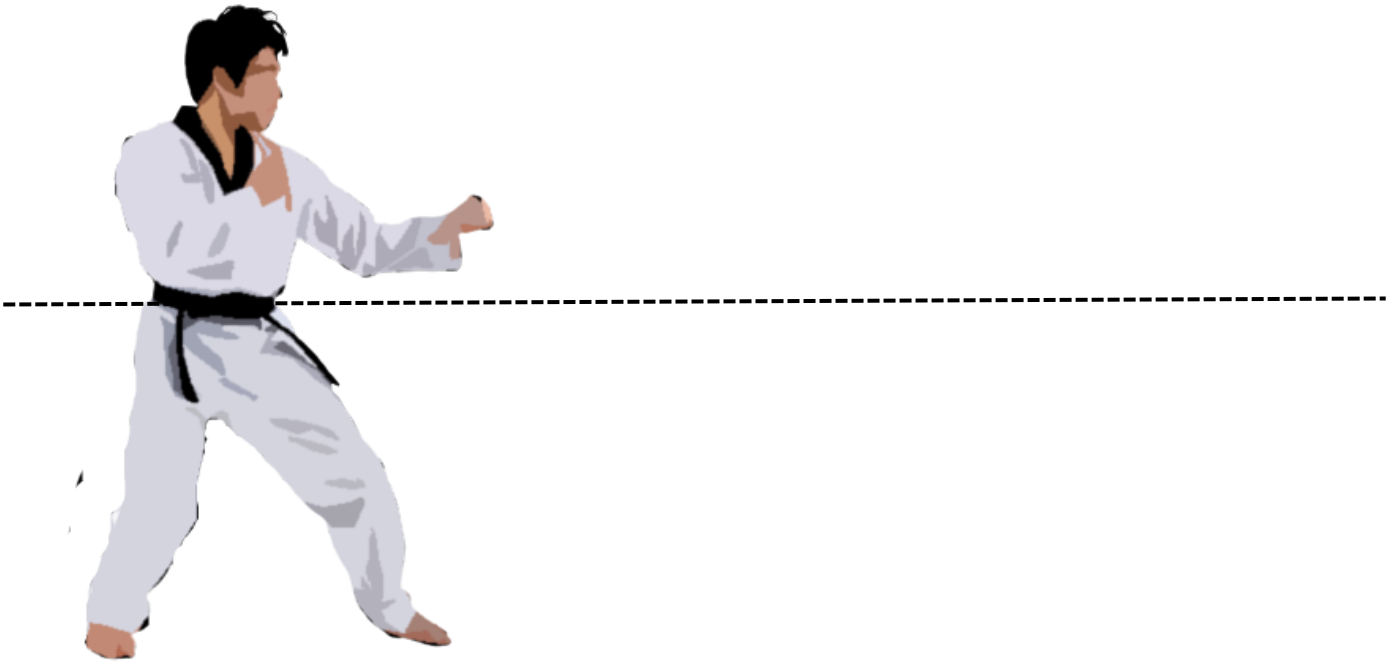
7.2. Multiple of kicks in the air

- No score for less than 3 Kicks.
- Any kicking techniques (chagis) should be performed at least above the belt height in a standing position. There are no points (scoring) for the kicks below the belt height.
- The kicks can be performed body or face level, but a higher kick execution. (Over face level) has better evaluation for a higher score.
- Only kicks with at least 80% knee extension are considered for the scoring.
- At least one member of the pair and mixed team must perform the Multiple kicking.

Key point for evaluation: Height of the kick, must be 80% extension, balance on take-off/ landing, quality of the technique, including body posture, foot shape, hand position, eye direction, the more kicks delivered the higher the points, all kicks above the waist.

Example: Triple Front Kick





Example: Scissor – turning kick combination

Minimum of 3 kicks above the belt level to score.

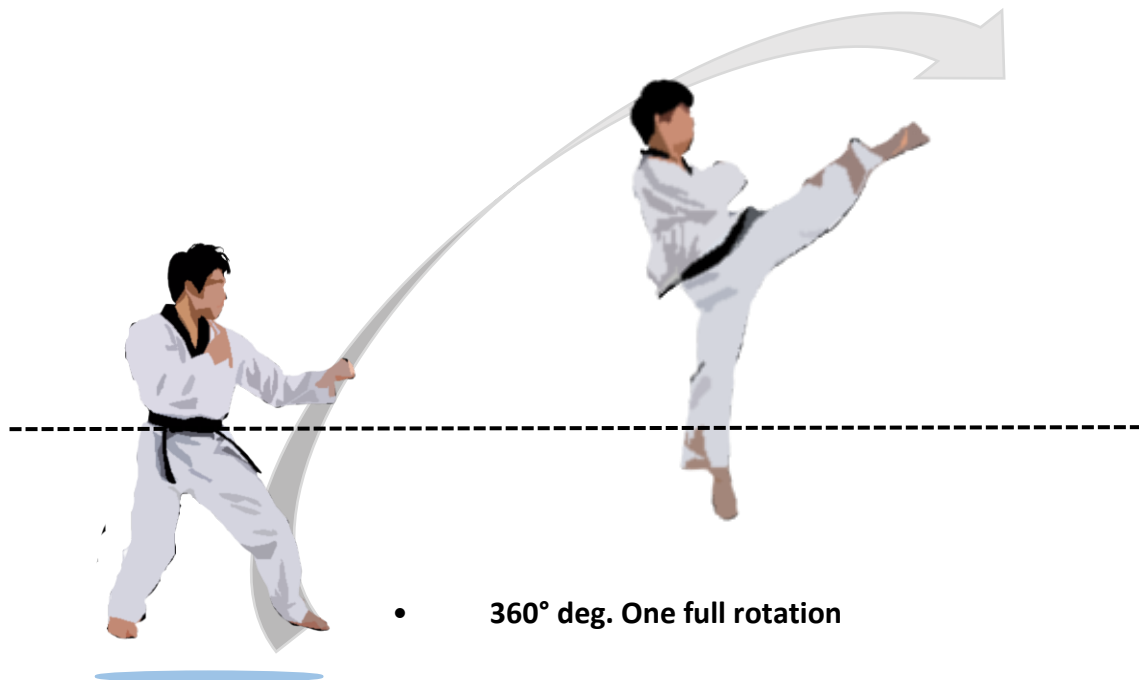
Multiple Kicking technique in the air - Scoring Criteria

Average basic score for the performance of 3 to 5 Kicks is 0.4 – 0.5 points.							3 chagis	4 chagis	5 chagis
0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.1	0.2	0.3
Basic score for the performance of multiple kicks in the air ranges between 0.1 and 0.7 points according to the balance and accuracy of the execution (Mastery of the performance).							Add 0.1, 0.2 or 0.3 points to the given basic score according to the number of the jumping front kicks.		

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.
- Kicks should be performed at least above the belt height. There are no points (scoring) for the kicks below the belt height.
- Kick after landing will be scored 0.0 / Land with no kick will be scored 0.0.
- Kicking with more airtime (hang time) will result higher presentation score (expression of energy).
- 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
 - <https://youtu.be/gwNVprZR6fQ?si=Trp635Cu5S4nLJS->

Key point for evaluation: Height of the kick, balance on take-off/ landing, quality of the technique, including body posture, foot shape, hand position and eye direction, deg. of the technique performed and score the best out of the sequence.





- **720° deg. Two full rotations**

Gradient of spins in a spinning kick - Scoring Criteria

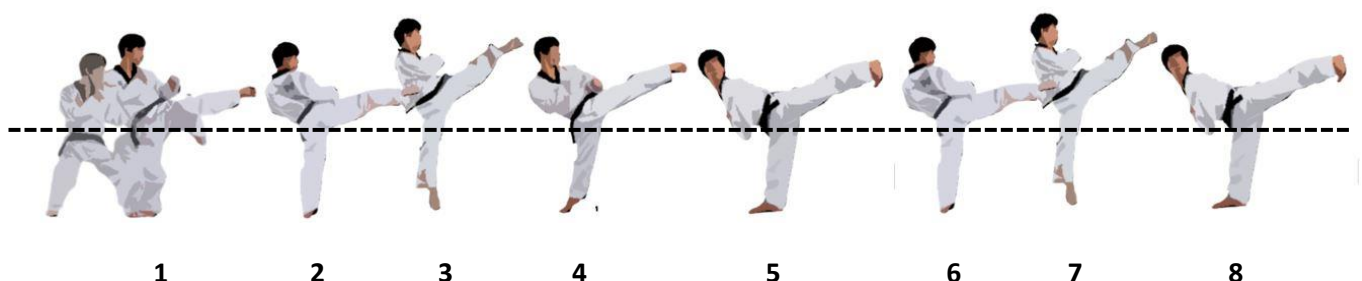
Average basic score for the performance of spinning Kicks (360° up to 720° and over) is 0.4 – 0.5 points.							360° up to 540°	540° up to 720°	720° and over
0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.1	0.2	0.3
Basic score for the performance of Spin kicks ranges between 0.1 and 0.7 points according to the balance and accuracy of the execution (Mastery of the performance).							Add 0.1, 0.2 or 0.3 points to the given basic score according to the number of the gradient of turn in a spinning kick.		

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 Kyourgi kicks. Adding in other techniques before the completion of a minimum of 7 Kyourgi techniques will result in a 0.3 deduction from the score.
- The numbers of consecutive sparring kicks are between 7 and 10. Scoring of the kicks is independent of their number (no matter whether these are 7, 8, 9 or 10 kicks).
- No score for less than 7 consecutive kicks.
- It is mandatory to bounce 3 to 5 times on the spot before the execution of consecutive sparring kicks. This means that if the competitor forgets to bounce, bounces forward or back, switches stance or bounces 1-2 times only, then the consecutive sparring kicks is not scored! Bounce more than 5 times results in a deduction in presentation under expression of Ki (volume).
- Double kicks = 2 kicks / Triple kicks = 3 kicks.
- You may block and punch as it is considered good sparring technique, but not counted as kicking technique.
- The maximum direction change during the sequence is body turning angle through an angle of 90°, otherwise score 0.0.
- At least one member of the pair and mixed team must perform consecutive sparring kicks.
- 1-1 Kyourgi sequences during pair or team, 0.0 shall be awarded.
- Kicks should be performed at least above the belt height. There are no points (scoring) for the kicks below the belt height.

Key point for evaluation: Height of the kick, balance, quality of the technique, including body posture, foot shape, hand position and eye direction, explosive action, 3-5 bounces preformed.

Example



Performance level of the consecutive sparring Kicks - Scoring Criteria

Average basic score for the performance of 7 – 10 consecutive sparring kicks is 0.4 – 0.5 points.							Low Level	Middle Level	High Level
0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.1	0.2	0.3
Basic score for the performance of consecutive sparring kicks ranges between 0.1 and 0.7 points according to the balance and accuracy of the execution of the consecutive sparring kicks (Mastery of the performance).							Add 0.1, 0.2 or 0.3 points to the given basic score according to the performance level of the consecutive sparring kicks (Kyorugi style)		

7.5. Acrobatic actions

All acrobatic 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.

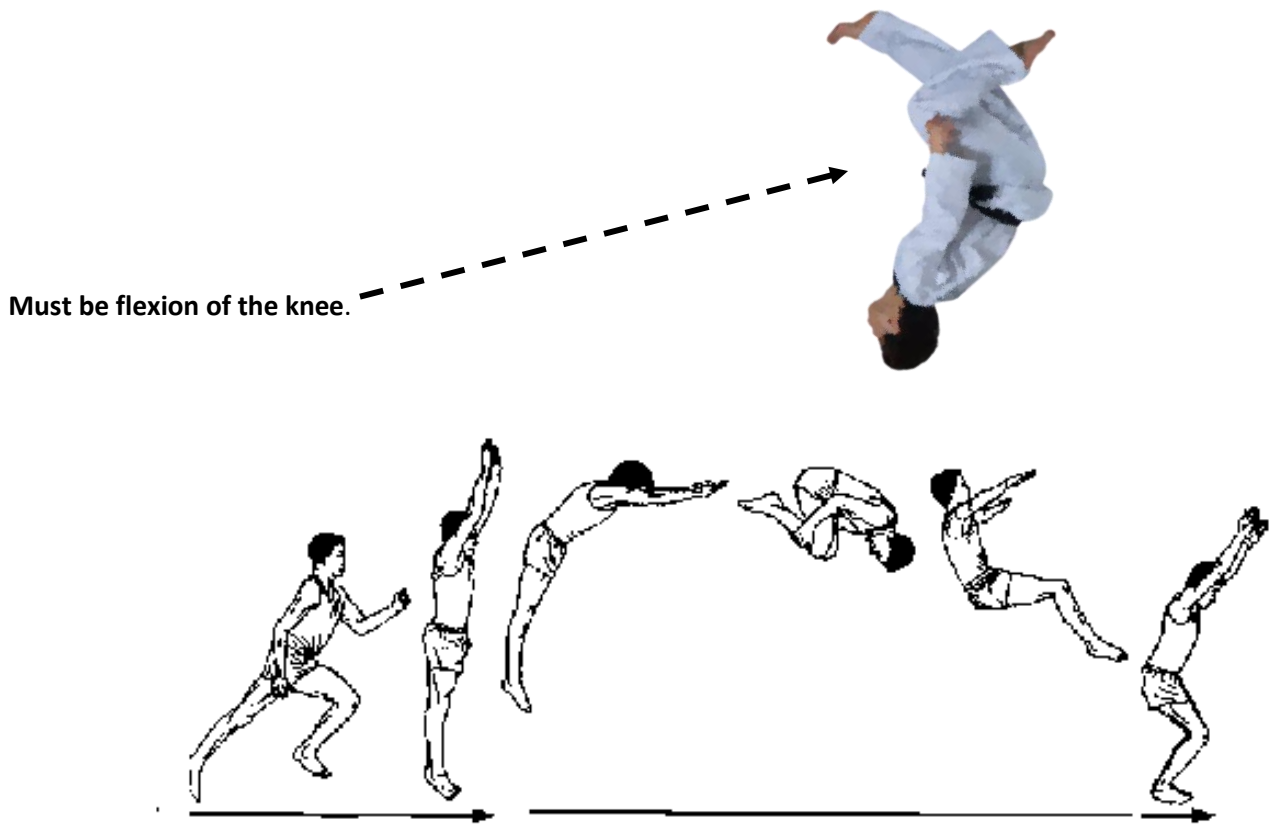
The whole performance should only include 3 acrobatic techniques Add 0.1, 0.2 or 0.3 points to the given basic score according to the degree of difficulty or acrobatic performance, otherwise deduction in the total score (more than 3 acrobatic techniques will result -0.3 deduction each time from the total score) – only applies to Individual division.

- 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 for the pair competition results in no score (0.0) Helping, supporting or boosting is allowed within the Team event.

Acrobatics actions are for example:

- Aerial Cartwheel – Low difficulty
- Flip sideways – Low difficulty
- Salto/flip forwards - Medium – High difficulty
- Salto/flip backwards - Medium – High difficulty
 - Salto can be performed from one foot or both feet and landing on one foot or both feet.
- Handspring forwards, Back handsprings (known also as a Flic-Flack) are preparation techniques, this helps increase the overall skill and difficulty of the acrobatic action.

Key point for evaluation: Height of the kick, balance on take-off/ landing, quality of the technique, including body posture, foot shape, hand position and eye direction, difficulty of the acrobatic action, number of kicks performed and score the best out of the sequence.



Example of Salto forwards

Acrobatic actions – Scoring Criteria

Average basic score for the performance of acrobatic action with Taekwondo kicks is 0.4 – 0.5 points.							Low Level	Middle Level	High Level
0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.1	0.2	0.3
Basic score for the performance of acrobatic action ranges between 0.1 and 0.7 points according to the balance and accuracy of the execution (Mastery of the performance).							Add 0.1, 0.2 or 0.3 points to the given basic score according to the degree of difficulty of acrobatic actions (e.g. flip/Salto forwards, backwards, sideways, twist)		

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 followed by **Impact**.
- The technique should be evaluated on the accuracy of basic technique, balance, height etc.

8. Presentation (4.0)

Presentation Points may be added from 0.0 up to 4.0 based on the general performance of the free-style Poomsae.

The Scoring criteria is broken into four sections; 1.0 point is allocated to each section.

1. Creativeness
2. Harmony
3. Expression of energy
4. Music and choreography

1. Creativity (1.0 Points)

Explanation: In freestyle Poomsae, creativity refers to the ability of the athlete to express themselves artistically and innovatively while performing the traditional movements and techniques of Taekwondo. It involves incorporating unique and imaginative elements into the routine, such as dynamic kicks, spins, jumps, and fluid transitions, to create a visually captivating and original performance. Creativity in freestyle Poomsae showcases the athlete's ability to push the boundaries of traditional forms and captivate the audience with their artistic interpretation of the discipline while maintaining the core principles and techniques of Taekwondo.

Creativeness: Points may be added based on the creativeness of the actions and components of Poomsae, the following should be considered while scoring.

- Creativity in the Poomsae, music, choreography, and connectivity between movement sequences.
- Movements should be distributed among all parts of the body between left and right, between foot and hand and fore and back within Poomsae directions.
- Additionally, athletes may perform a slow motion and hold technique during their performance, this can be performed anywhere within the allocated time. Points are awarded within the creativity scoring criteria section based on the quality of the technique, see section 7.7 for further information.
- It is not considered as creative, if the performance is a collection from various parts of the recognised Poomsae.

2. Harmony (1.0 Points)

Explanation: In freestyle Poomsae, harmony refers to the synchronization and balance of movements, techniques, and transitions within the routine. It encompasses the seamless integration of various elements, such as kicks, strikes, blocks, and stances, in a way that creates a fluid and aesthetically pleasing performance. Harmony in freestyle Poomsae is not

just about executing individual techniques correctly but also about the overall flow and cohesion of the routine.

Athletes aim to achieve harmony by ensuring that each movement connects smoothly with the next, maintaining a sense of rhythm and grace throughout the performance. This balance and synchronization not only demonstrate the athlete's mastery of Taekwondo techniques but also their ability to convey a sense of unity in their routine.

Harmony: Points may be added based on the harmony between different components in the Poomsae. Harmony between performers (unity, for example) shall be also evaluated in case of team and pair contests, the following should be considered while scoring.

- Harmony of the Poomsae components, 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.
If while a contestant is performing a mandatory technique (Ap Chagi, Spin, Kyourgi, Acrobatic) and the other members of the team/pair stand still, then the Harmony score should be lower. For a better score the other members of the team/pair should continue to perform with appropriate movements to enhance the performance with unity.

3. Expression of energy (1.0 Points)

Explanation: Expression of energy in freestyle Poomsae refers to the practitioner's ability to convey dynamic and impactful movements that exude power, intensity, and enthusiasm throughout their performance. It involves using precise techniques and controlled movements to project a sense of strength and vigour. The practitioner's body language, facial expressions, and overall demeanor contribute to the portrayal of energy, creating an engaging and compelling performance that captures the essence of athleticism.

Expression of energy: Points may be added in accordance with the evaluation standard in expression of energy in recognised Poomsae, the following should be considered while scoring.

- Confidence
- Eye focus
- Facial expression
- Emotion
- Mind concentration
- Manner and attitude
- Costume
- Energy

4. Music & Choreography (1.0 Points)

Explanation: Music: Music refers to the accompanying auditory element that sets the rhythm, pace, and mood of the performance. It adds an artistic dimension to the presentation, helping the practitioner synchronise their movements with the beat and express their individual style. The choice of music can greatly influence the overall impact of the freestyle Poomsae routine.

Choreography: Choreography is the planned arrangement and sequence of movements, techniques, and transitions within the freestyle Poomsae routine. It involves designing a cohesive and visually appealing performance that harmonises with the chosen music. Choreography requires creativity, technical skill, and a deep understanding of Taekwondo techniques to effectively showcase the practitioner's abilities.

Music and choreography: In the freestyle Poomsae performance, choreography is the act of designing/composing sequences of the movements using the appropriate music and timing, the following should be considered while scoring.

- The performance should include the specification of basic Taekwondo movements within the given order of the mandatory foot techniques.
- Points should be rewarded based on how well the choreographed movements relate to the rhythm and tempo of the music, such as fast, slow, hard, explosive, or soft.
- Points should be rewarded if the performance tells a story. The performance should convey a meaning and interpretation so to perform a narrative or a journey.
- Note: Music and choreography shall be choice of a contestant. However, it should not contain any words/lyrics, political, social, and religious contents.

9. Deduction of points

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

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

1) Hakdari Seogi

2) Beom Seogi

3) Dwitkubi

- Pair contestants cannot support/boost or piggyback at any time *If there is support/boost or piggyback, then 0.0 score for any technical.

- Restart Deduction is 0.6 Points if the athlete forgets their performance. *No deduction if it's a technical issue*.
- Falling down, 0.3 deduction.
- 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 duration of contest in all divisions is between 90 and 100 seconds. Deduction for the Performances outside of the allowed time is 0.3.
- More than 3 acrobatic techniques will result -0.3 deduction each time from the total score – only Individual

2. Additionally, there can be No Performance without music.

10. Freestyle Team

Mandatory Board Breaking Requirements - Mixed Team only.

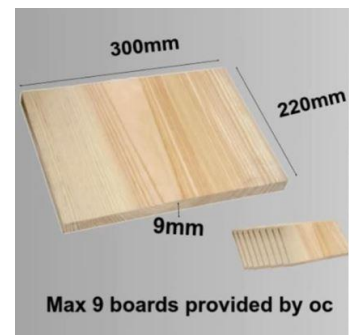
Board breaking - maximum 9 boards / Board thickness: ¼ inch (boards will be provided by OC)

Mandatory board breaking in the (3) technical skills categories: no breaking, no additional score

- | | |
|---------------------------------|------------------|
| 1. Jump-Turning (spinning) kick | Minimum 1 board |
| 2. Consecutive Kicks | Minimum 3 boards |
| 3. Acrobatic Kicks | Minimum 1 board |

Unbroken Board -0.1

Cheating penalty: e.g., intentionally breaking board by board-holder -0.3



Considerations:

- Any of the five performing members (not substitute) can execute these techniques.
- Communication among players during performance will result in lower presentation point in the harmony
- All boards must remain within the boundary line; otherwise, deductions will be applied.
- Minimum breaking: 5 boards.
- Allowed support or boosting and piggyback holding, Support/Boosting means assisting a teammate's jump,
- Board holding sticks prepared by teams are allowed for only the acrobatic board breaking technique.

Mandatory Board Breaking Requirements - Mixed Team only

- Minimum boards criteria- No skill level Score is awarded for not meeting the minimum board break requirement
- When an athlete tries to break more than necessary in a technical skill category but only succeeds in breaking the minimum, deduct 0.1 each unbroken board from their maximum base score 0.7
- However, they can still achieve a skill level score of (0.1-0.3) as long as they met the minimum board breaking criteria
- If an athlete attempts more boards than the minimum in a technical skill and breaks them all, score (creativity) can be increased by depending on the number of boards broken their presentation

11. 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 | ✓ |

WT FREESTYLE POOMSAE COMPETITION

Judge's Score Sheet

		Mandatory Stances								Court #			
		Hakdari Seogi <input type="checkbox"/> Beom Seogi <input type="checkbox"/> Dwitkubi <input type="checkbox"/>								Contestant #			
Category	Sub-Category	Score Allocation										Score	
		Very Poor	Poor	Poor	Poor	Average	Average	Good	Good	Excellent	Excellent		Perfect
		0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	
		Basic score for the mandatory foot techniques ranges between 0.0 and 0.7 according to balance and accuracy of execution of the kicks (mastery of performance).							Add 0.1, 0.2 or 0.3 points to the given basic score according to the following criteria				
Technical Skills (6.0)	Level of Difficulty of foot Techniques (5.0)	Below Belt	Average basic score for the performance of jumping side kick is 0.4 – 0.5 points.								Body	Face	Over Face
		0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.1	0.2	0.3	
		< 3 kicks	Average basic score for the performance of number / level kicks in the air is 0.4 – 0.5 points.								1 type	2 types	3 < types
		0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.1	0.2	0.3	
		< 360°	Average basic score for the performance of jumping turning kicks (360° <) is 0.4 – 0.5 pts.								360°	540°	720° over
		0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.1	0.2	0.3	
		< 7 kicks	Average basic score for the performance of 7 to 10 consecutive sparring kicks is 0.4 – 0.5 points.								Low level	Mid. level	High level
0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.1	0.2	0.3			
No kick	Average basic score for the performance of acrobatic action with TKD kicks is 0.4 – 0.5 pts.								Low level	Mid. level	High level		
0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.1	0.2	0.3			
Basic Movements and Practicability		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 of Technical Skills (6.0)											()		
Presentation (4.0)	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 & Chorography	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 of Presentation (4.0)											()	
Total Score (10) of (Technical Skills) + (Presentation) =													
Deductions (see checklist for the deductions)													
Total Score – Deductions = Final Score													
Deduction (Time + Cross Line + Stances + Mess + Restart) from Total score after collating the judges total scores													
Judge's Names of Number: _____			Judge's Nation: _____			Signature: _____							

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 multiple kicks in a jump (0.0-1.0 Points)</p> <p>At least one member of the pair and mixed team must perform jumping kicks</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 chagis).</p> <p>b. No scoring for less than 3 chagis</p> <p>c. Front kicks (chagis) 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 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 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 7, 8, 9 or 10 kicks).</p> <p>c. The consecutive kicks should be performed in Kyorugi style!</p> <p>d. No scoring for less than 7 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 between movement sequences</p> <p>b. It is not considered as creative, if the performance is a compilation from various part of the recognized Poomsae.</p> <p>c. 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 recognised 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>
Total score = Subtotal score (Technical skill + presentation) – Deductions	

Appendix.3: Checklist for the deductions

Referee:	Checklist for the deductions			
	Free Style Poomsae			
	Contestant No.		Court No.	

Deduction Criteria	Deduction
1) Hakdari Seogi 2) Beom Seogi 3) Dwitkubi 0.3 points deduction for each missed mandatory stance. Deduction = N x 0.3 (N: Number of the missed mandatory stances)	
Pair and Mixed Team divisions: Supporting or helping (pair & team) anywhere in the Poomsae a 0.3 deduction will be given. Deduction= N x 0.3	
Restart: Deduction for the restart is 0.6 Points (2 x 0.3= 0.6 like recognised Poomsae).	
Total Technical Deductions	






Further Deduction Criteria	Deduction
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. Deduction=N x 0.3 (N: Number of the times crossing boundary line)	
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	
Total Further Deductions	

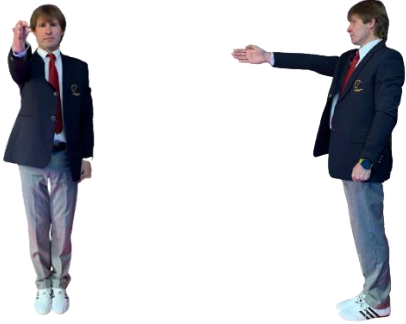




Judge's Names of Number: _____



Judge's Nation: _____

Signature: _____

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	<p>No had signal & no command</p> <p>The competitor will automatically start once the music starts</p> <p>Once the music starts the coordinator returns to the at ease position</p>	
7	During the Poomsae	Referee can return to the at ease position	
8	Ba-ro	<p>Return to start position</p> <p>Co-ordinator in Cha-ryeot Position</p>	
9	Shi yo.	<p>Relax</p> <p>Co-ordinator in Cha-ryeot Position</p>	
10	Pyo-chul	<p>Declaration of scores</p> <p>Right hand</p>	

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>	