

COMPETITION RULES

SUMMARY OF EVENTS

TYPE:	DIVISION:	REQUIREMENTS:
Traditional Poomsae	All Color Belts	Taeguek (your belt level)
Traditional Poomsae	Black Belts	Black Belt form (your rank)
Open Poomsae	All Belts	Non-WT form
Combination Kicks	All Belts	Any combination kicks
Creative Breaking	All Belts	Free style breaking
World Class Poomsae	Black Belts	See below
Para Poomsae	Black Belts	See below

TRADITIONAL POOMSAE

Competitors are required to perform only the Poomsae (form) designated for their specific rank. Scores are based on:

- Accuracy: correct movement, correct placement of technique, balance
- Presentation: strength, speed, rhythm, expression of energy

Authorized Poomsae are those approved by the World Taekwondo Federation:

- Taeguek 1-8 Jang
- Black Belt Poomsae (Koryo, Keumgang, Taebaek, etc.)

Rules:

- Black belts must demonstrate a form that corresponds with their rank.
- Gender and ranks may be combined at the discretion of the tournament director.

Awards:

- Medals will be awarded to 1st, 2nd, and 3rd place winners in each division for US competitors.
- International Competitors will be awarded Certificates.

OPEN POOMSAE

Competitors are allowed to perform any Poomsae (form) that is not officially recognized by World Taekwondo Poomsae. Scores are based on:

- Presentation: Creativity, strength, speed, rhythm, expression of energy

Rules:

- Open forms may be performed with or without music.
- Gender and ranks may be combined at the discretion of the tournament director.

Awards:

- Medals will be awarded to 1st, 2nd, and 3rd place winners in each division for US competitors.
- International Competitors will be awarded Certificates.

COMPETITION RULES

COMBINATION KICKS

Combination kicks will be evaluated on their overall difficulty level, accuracy and presentation.

Rules:

- All kicks must be above belt height.
- Each kick set should consist of between 4-8 kicks.
- Each athlete is required to perform 3 different combination kick sets.
- After each kick set, the athlete shall return to their starting position and start the next kick set.

Awards:

- Medals will be awarded to 1st, 2nd, and 3rd Place winners for US Competitors.
- International competitors will be awarded Certificates.

CREATIVE BREAKING

Competitors will use powerful, correctly executed Taekwondo hand and foot techniques to break pine boards. Competitors are expected to display technical skill and proper Taekwondo manner, as well as showmanship and creativity.

Rules (Modified USATKD):

- Competitors may choose the kind of techniques and number of boards to break, up to a maximum of 20 boards.
- Any Taekwondo striking or kicking technique may be used. No head strikes.
- Mechanical board holders are allowed but no props such as chairs, trampolines, tables, etc. may be used.
- Holders may be used as "human launch pads" for jumping techniques.

Standard Board Sizes:

- 6-9 years: 12 inches by 8 inches and 3/8 inches thick (1/2 inch nominal)
- 10-17 years: 12 inches by 10 inches and 1/2 inches thick (5/8 inch nominal)
- 18+ years: 12 inches by 10 inches and 3/4 inch thick (1 inch nominal).
- No spacers may be used, including fingers. Holders may not attempt to "help" the competitor by bending, moving, or pushing the boards; any attempt to do so will result in deduction for each instance.
- No bricks, cinder blocks, or any materials other than approved boards and approved mechanical holders may be used.

Awards:

- Medals will be awarded to 1st, 2nd, and 3rd Place winners for US Competitors.
- International competitors will be awarded Certificates.