POOMSAE SCORING GUIDELINES

FOR INTERNATIONAL REFEREES

WORLD TAEKWONDO FEDERATION

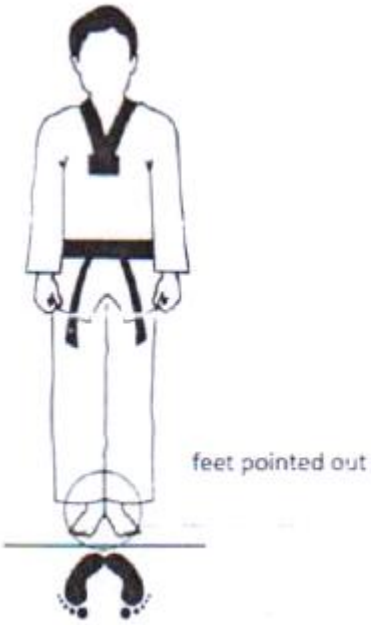
Stance *(Seogi)*

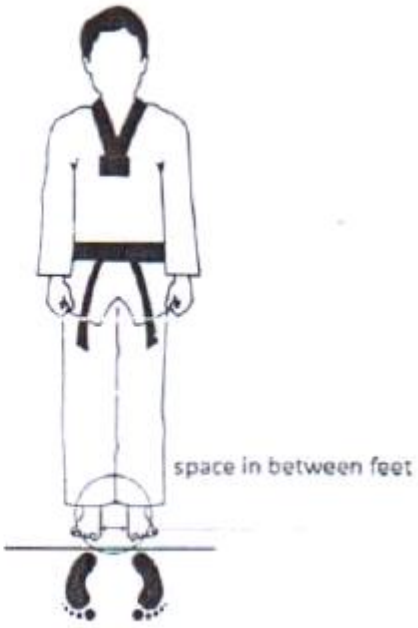
Closed stance *(Moa seogi)*

- Feet together
- Toes Facing straight forward
- Stand upright
- Legs straight

Correct Movement

Deduction Factors (-0.1)





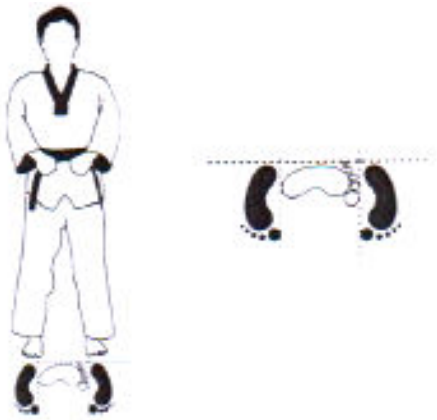
Parallel stance *(Naranhi seogi)*

- Inner edge of both feet should be 1 foot-length apart

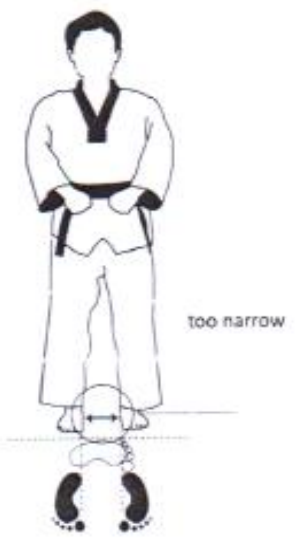
- Toes facing straight forward

- Legs straight

Correct Movement



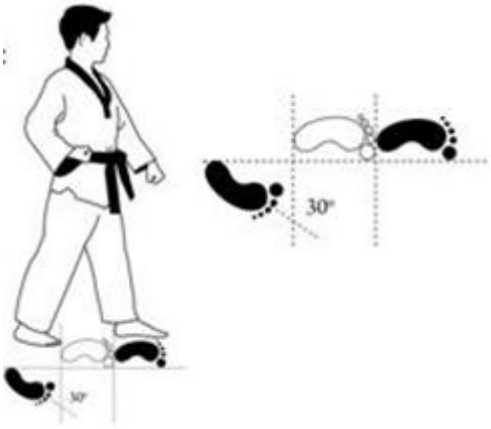
Deduction Factors (-0.1)



Walking Stance *(Ap seogi)*

- 3 foot-length from origin
- Front foot facing straight forward
- Back foot 30 degrees
- Both legs straight
- Inner sides of both feet should be on a straight line
- Body turned 45 degrees (natural angle)
- Weight evenly distributed on both legs

Correct Movement

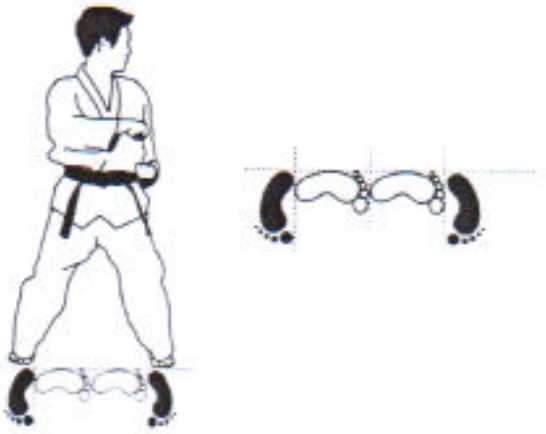


Deduction Factors (-0.1)

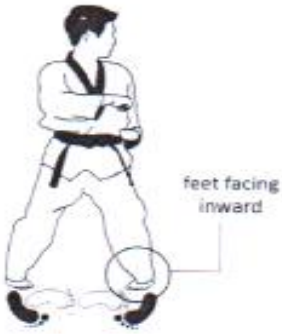
Riding stance *(Juchum seogi)*

- Distance between feet approximately (2) foot-length
- Toes facing straight forward
- Weight equally distributed on both legs but concentrated inwardly
- Knees bent

Correct Movement

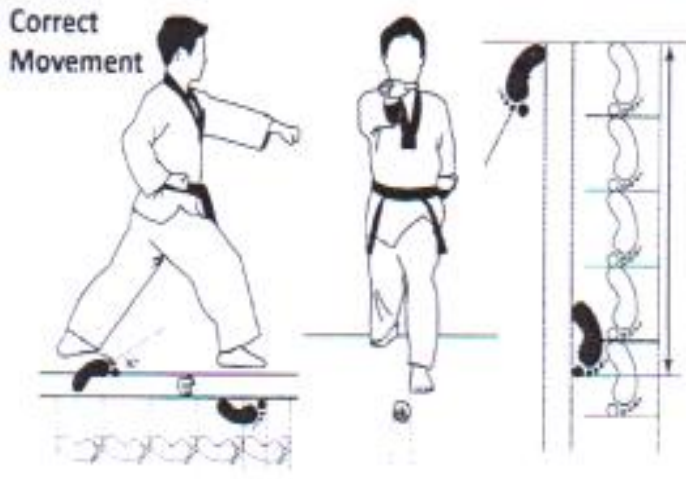


Deduction Factors (-0.1)

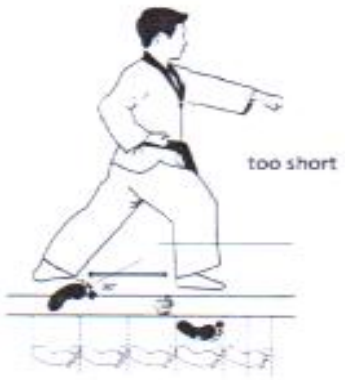


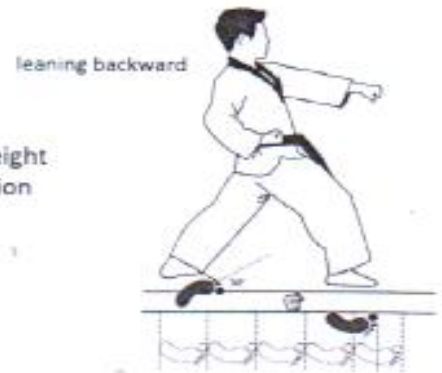
Forward stance *(Apkubi)*

- 4~4½ foot-length from origin
- Front foot facing forward
- Back foot angled at 30 degrees
- Weight : 70% in front, 30% at the back
- When you look down towards the front foot, you should only see the tip of your toes
- Distance between the inside edges of both feet should be between one(1) to two(2) fists apart
- Standing upright, body is naturally angled at 30 degrees



Deduction Factors (-0.1)

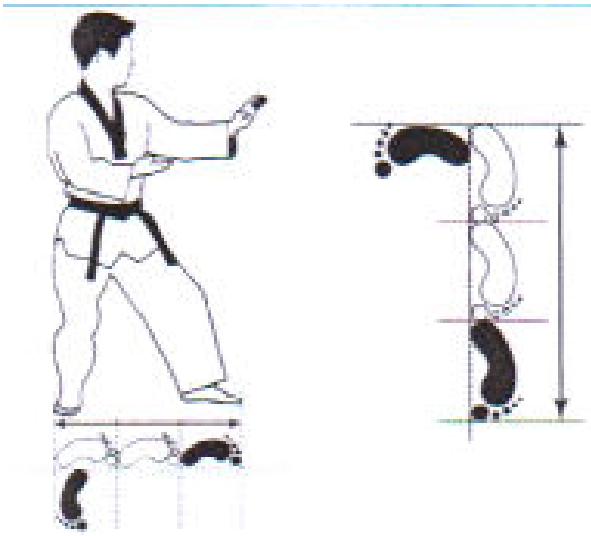




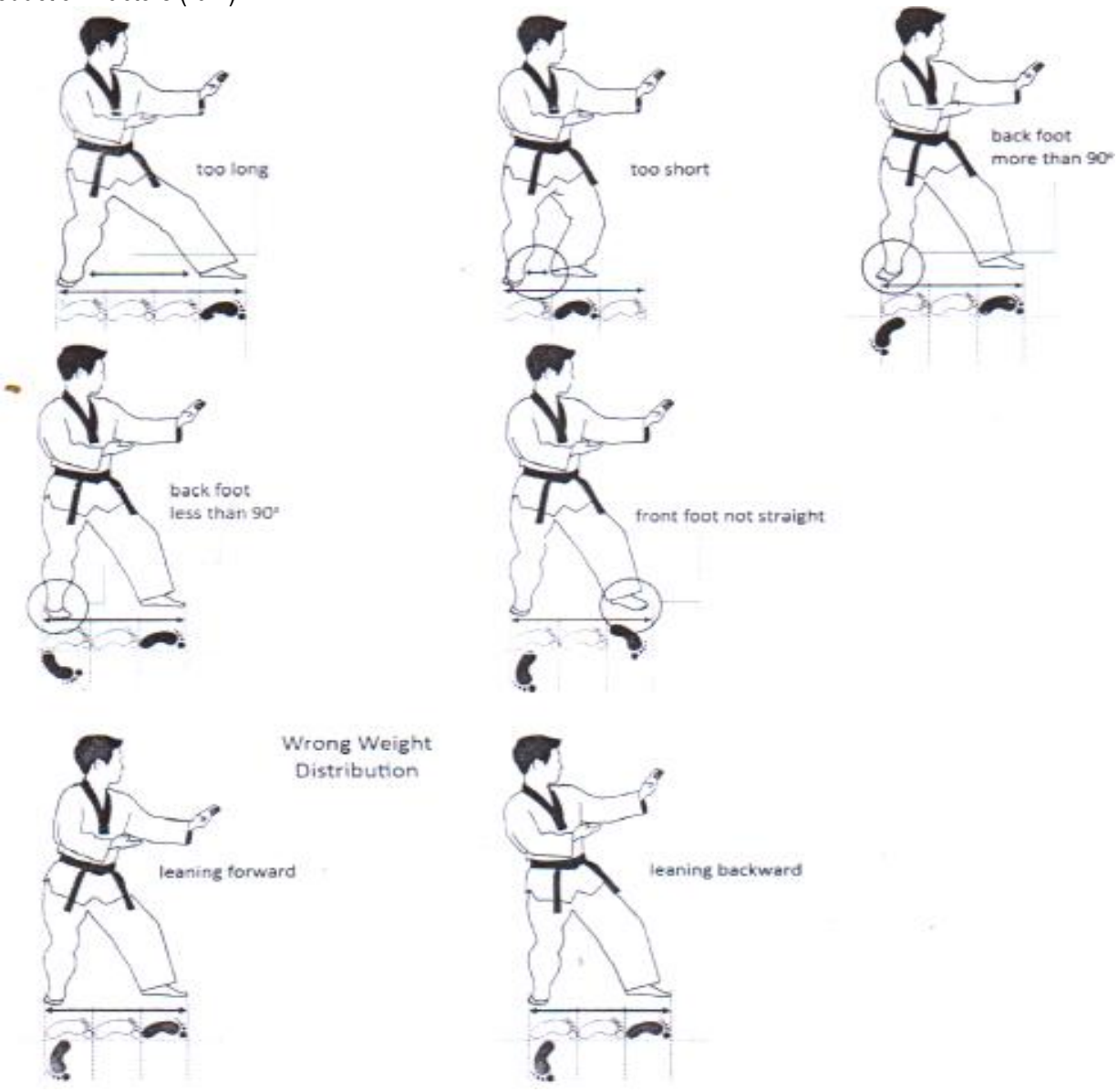
Back stance *(Dwitkubi)*

- 3 foot-length from origin
- Front foot facing straight forward
- Back foot at 90 degrees (letter L)
- Weight : 30% in front, 70% at the back
- Shoulder, hip, knee and ankle of back leg should be aligned

Correct Movement



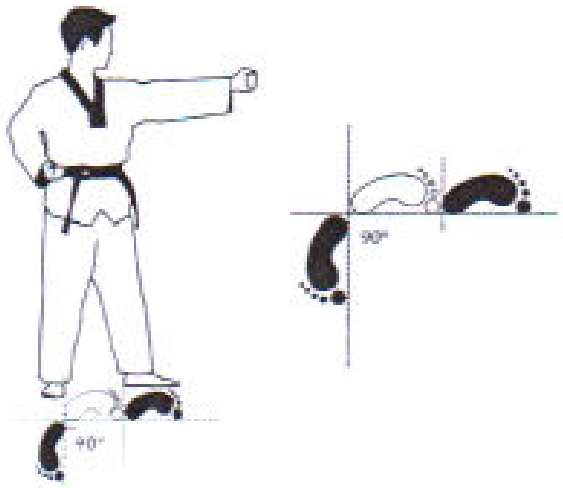
Deduction Factors (-0.1)



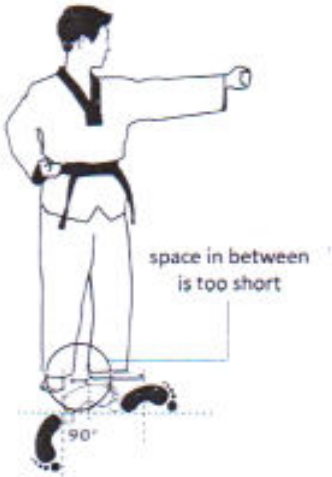
Left stance *(Wen seogi)*

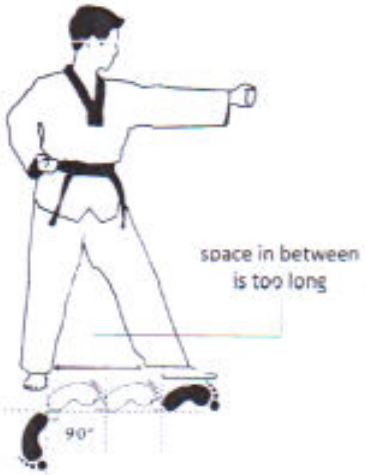
- From parallel stance, pivot left heel to face left
- Right foot facing straight forward
- Left foot and right foot forming an angle of 90 degrees (letter L)

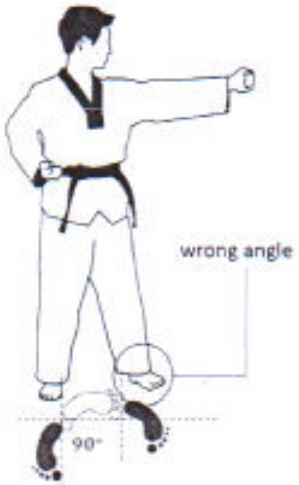
Correct Movement



Deduction Factors (-0.1)



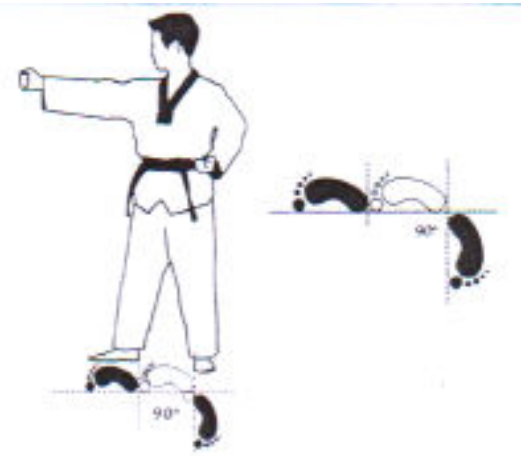




Right stance *(Oreun seogi)*

- From parallel stance, pivot left heel to face right
- Left foot facing straight forward
- Right foot and left foot forming an angle of 90 degrees (letter L)

Correct Movement



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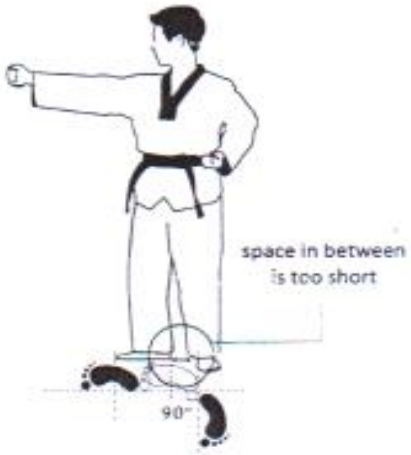
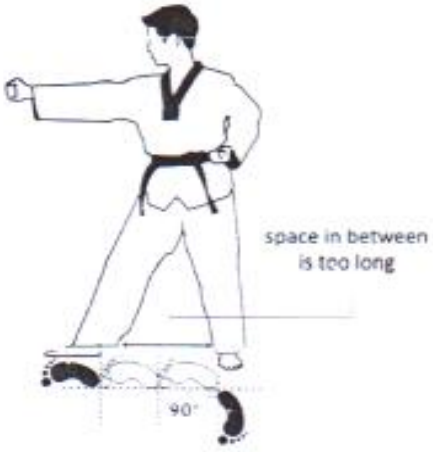
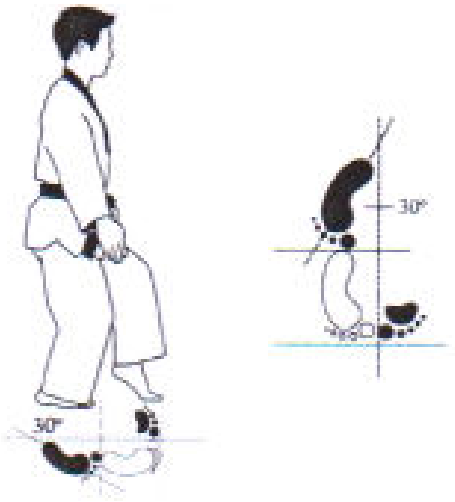




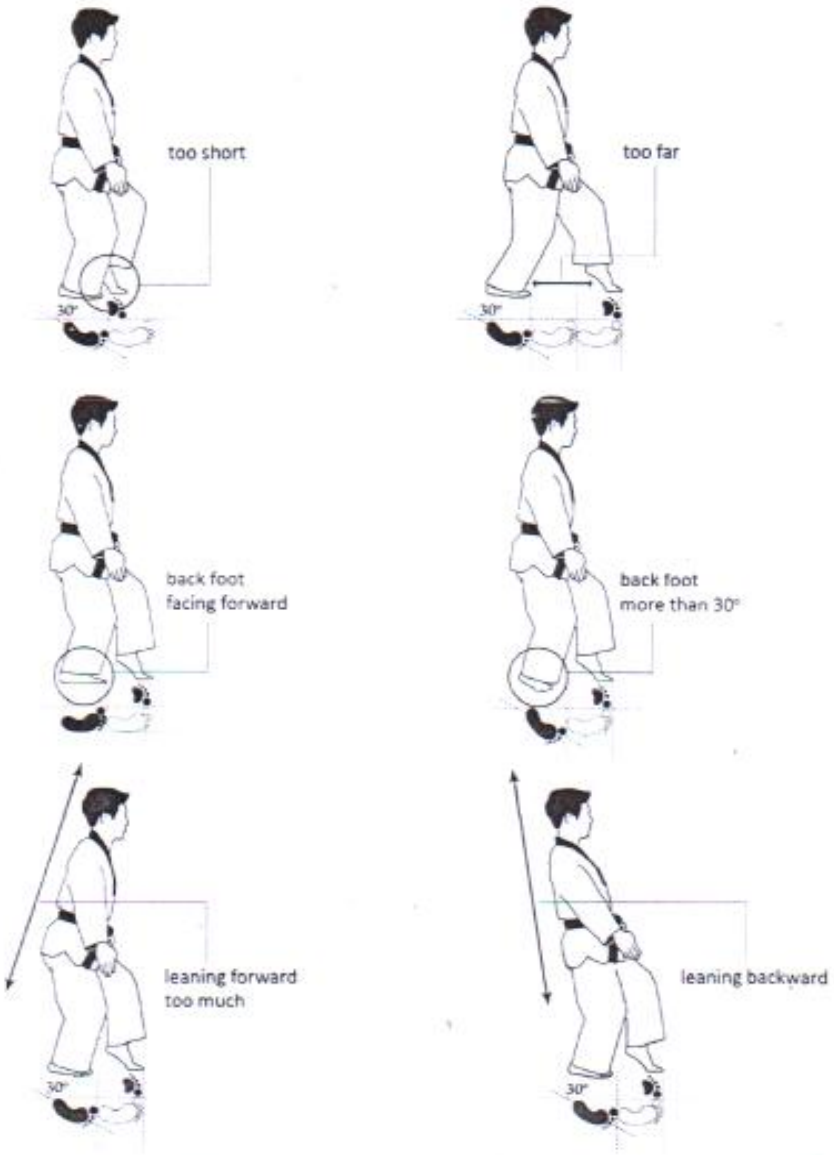
Tiger stance *(Beom seogi)*

- Back foot angled at 30 degrees
- Weight: 90% at the back,10% in front (Feels like 100% at the back)
- Front foot should be supported by ball of foot (like wearing high heels)
- Heel of front foot should be aligned at the tip of the back foot's toes
- Knees bent
- Butt out, body naturally upright

Correct Movement



Deduction Factors (-0.1)

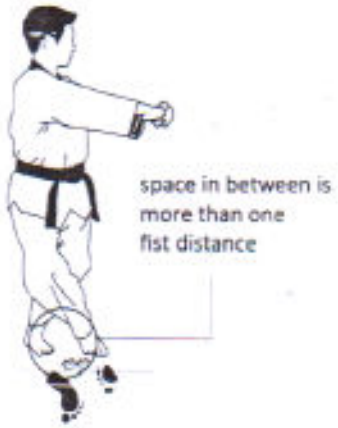


Forward crossed stance
(Apkkoa seogi)

- Front leg supported by ball of foot
- Back foot around 30 degrees
- Shin of back leg touching calf of front leg
- Distance between feet is one(1) fist apart

Correct Movement

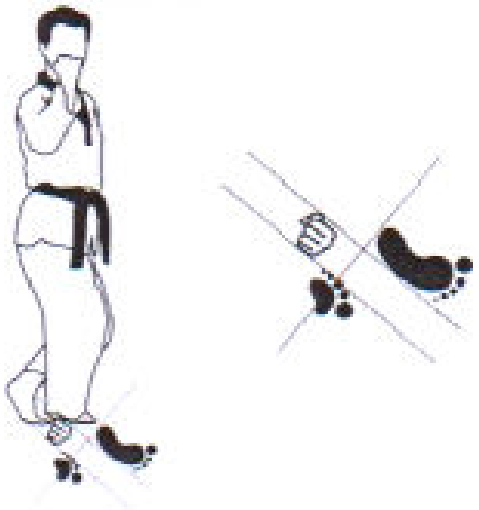
Deduction Factors (-0.1)



Back crossed stance
(Dwikkoa seogi)

- Front foot 45 degrees
- Back leg supported by ball of foot (like wearing high heels)
- Shin of back leg touching calf of front leg
- Distance between feet is one(1) fist apart

Correct Movement

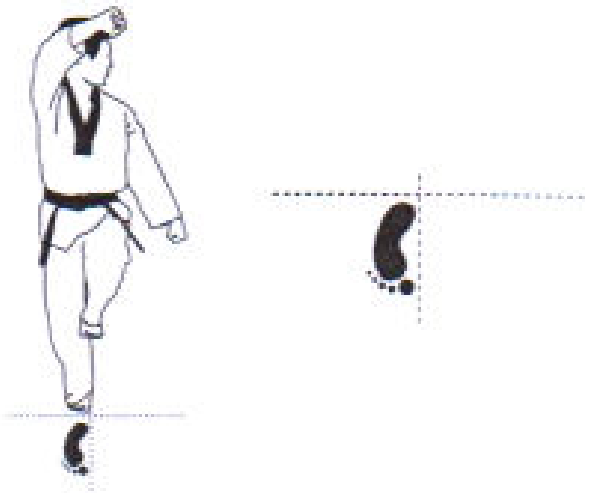


Deduction Factors (-0.1)

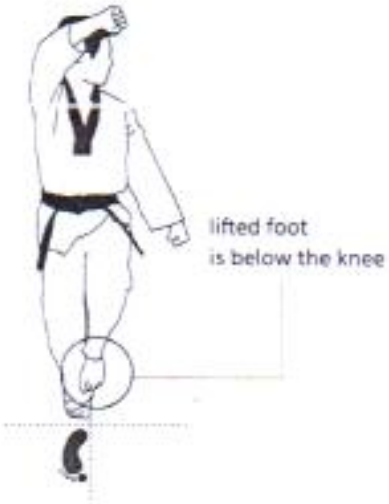
Crane stance *(Hakdari seogi)*

- Standing on one leg with supporting foot facing straight forward
- Knees of standing leg is bent
- Other leg is bent and raised with arc of foot touching the side of the standing leg's knee
- Raised foot should be facing forward

Correct Movement



Deduction Factors (-0.1)



Block (Makki)

Low block *(Arae makki)*

Preparatory position

- Blocking hand starts from opposite shoulder (Hammer fist touching the shoulder)
- Pulling arm across the abdomen over the belt with fist facing downward

Final position

- Blocking hand should be two(2) fists away from the leg(thigh)
- Arm should be straight(elbow not bent)
- Arm should be aligned to the side of the leg
- Pulling arm placed on side of waist

Deduction Factors (-0.1)

High block *(Olgul makki)*

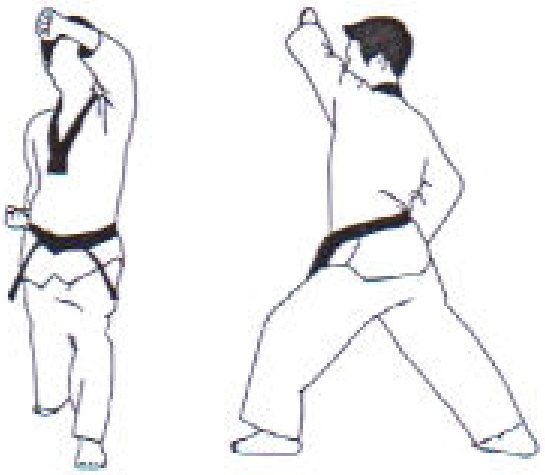
Preparatory position

- Blocking arm starts across the abdomen over the belt(fist facing upward)
- Hand of pulling arm placed across the chest at shoulder level with fist facing downward

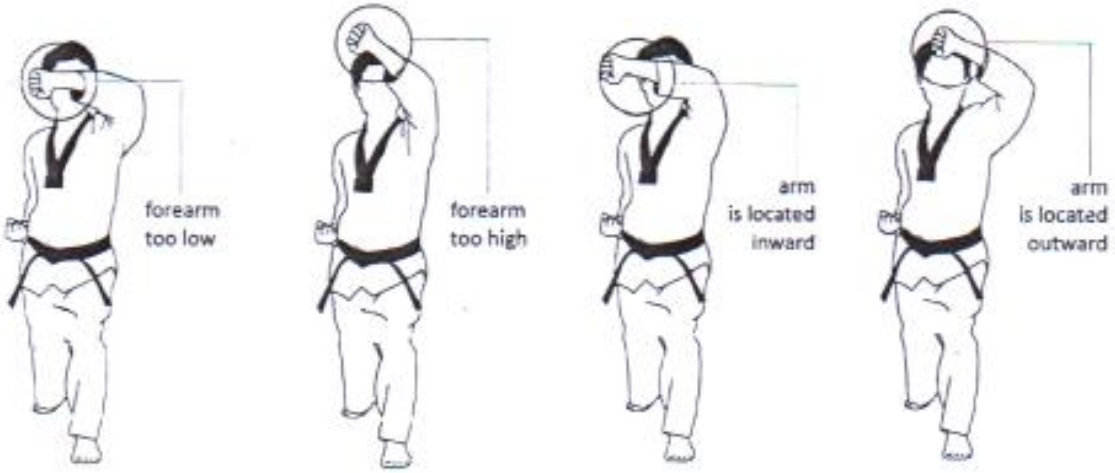
Final position

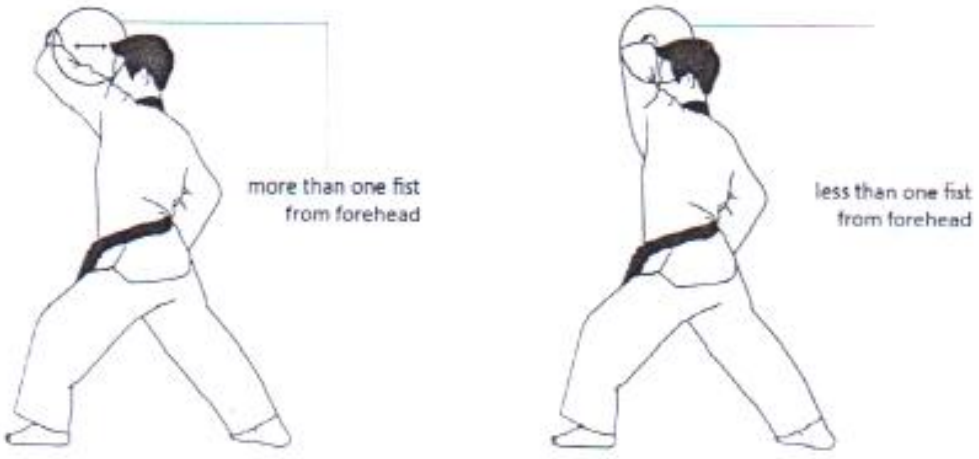
- Wrist of the blocking hand should be one(1) fist away from the center of the forehead(elbow facing up)
- Pulling arm's hand placed on side of waist

Correct Movement



Deduction Factors (-0.1)





Middle block *(Momtong makki)*

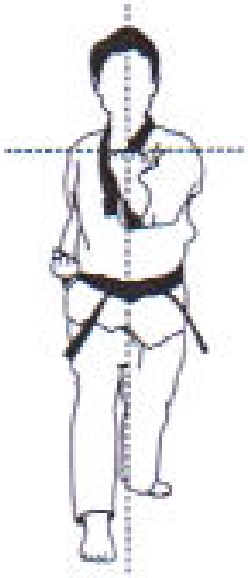
Preparatory position

- Fist of blocking arm lifted a little above shoulder height, arm around 90 degrees (elbow pointing down)
- Chest open
- Pulling arm positioned in front along center line of the body

Final position

- Hand and wrist of blocking arm aligned to the center of the body(solar plexus) with the blade of the arm facing inward
- Tip of the fist as high as the shoulder
- Wrist of the blocking hand should not be bent
- Blocking arm is angled at 90-120 degrees
- Elbow of blocking arm naturally pointing down
- Pulling arm's hand placed on side of waist

Correct Movement



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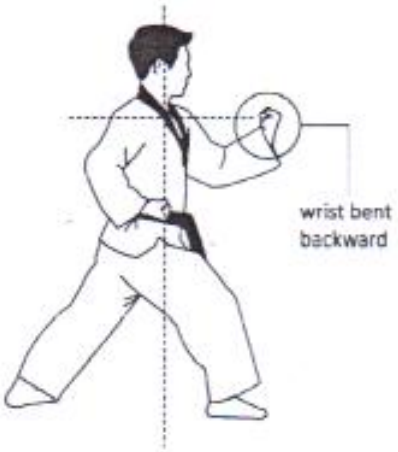
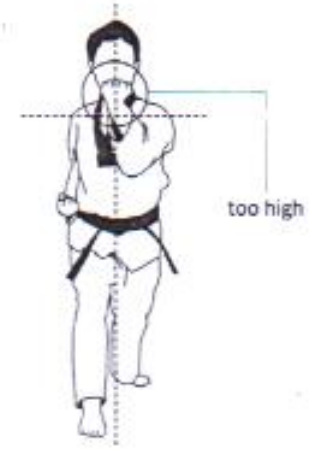
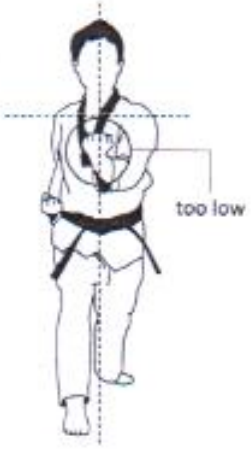
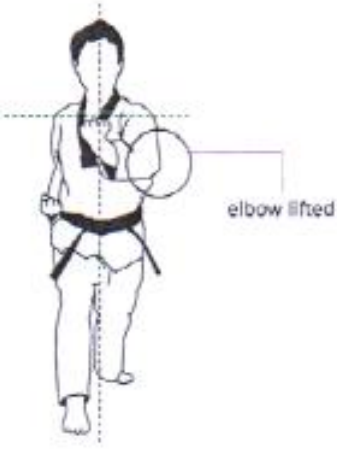








Outer middle block
(Momtong bakkat makki)

Preparatory position

- Fist of blocking arm placed near the elbow of pulling arm with fist facing upward
- Pulling arm placed across the chest with fist at shoulder level with fist facing downward

Final position

- The blocking fist must be directed towards the body with the blade of the arm facing outward
- Tip of the fist as high as the shoulder
- Wrist of the blocking hand should not be bent
- Blocking arm is angled at 90-120 degrees
- Elbow of blocking arm naturally pointing down
- Pulling arm's hand placed on side of waist

Correct Movement

Deduction Factors (-0.1)

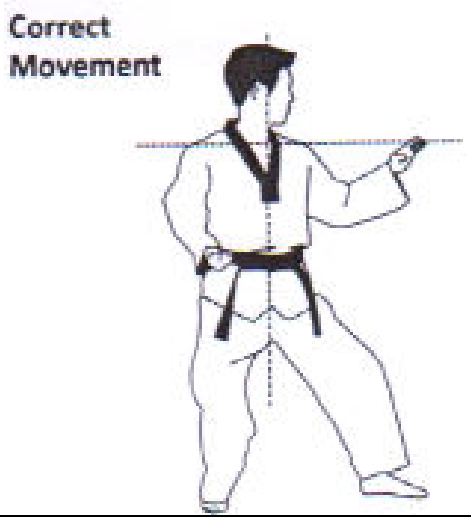
Single knifehand block *(Hansonnal makki)*

Preparatory position

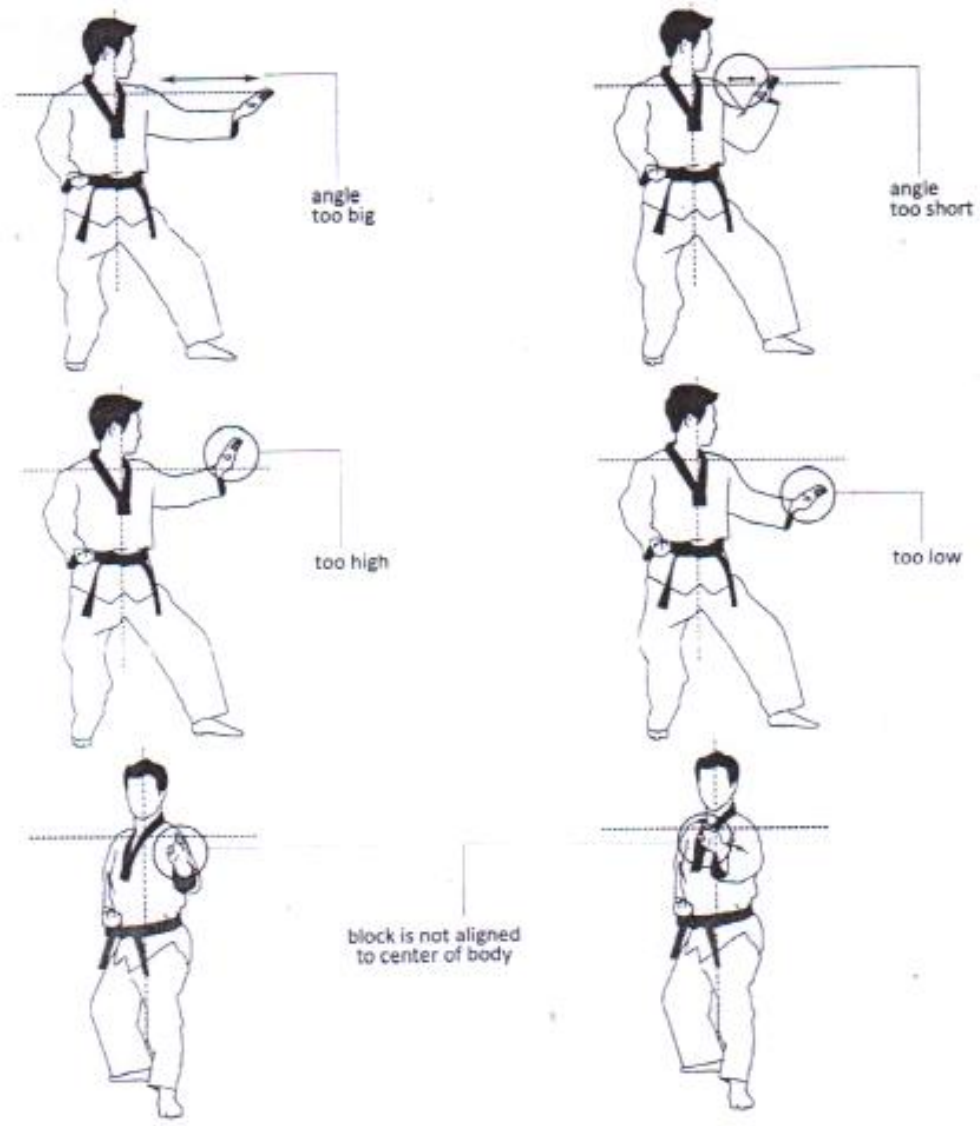
- Blocking hand placed ear the elbow of the pulling arm in knifehand form with palm facing upward
- Pulling arm placed across the chest with fist facing downward on shoulder area

Final position

- The blocking hand-blade must be directed towards the body with the blade of the arm facing outward
- Tip of the fingers as high as the shoulder
- Wrist of the blocking hand should not be bent
- Blocking arm is angled at 90-120 degrees
- Pulling arm's hand placed on side of waist



Deduction Factors (-0.1)



Knifehand middle block *(Sonnal makki)*

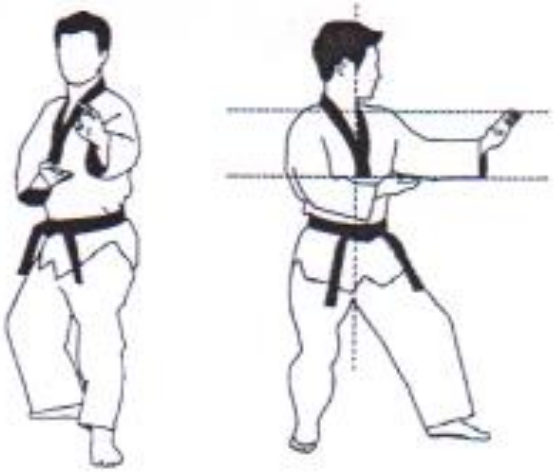
Preparatory position

- Blocking hand placed over the waist in knifehand form with palm facing upward
- Supporting hand positioned backward in knifehand form and aligned to shoulder height with arm naturally bent

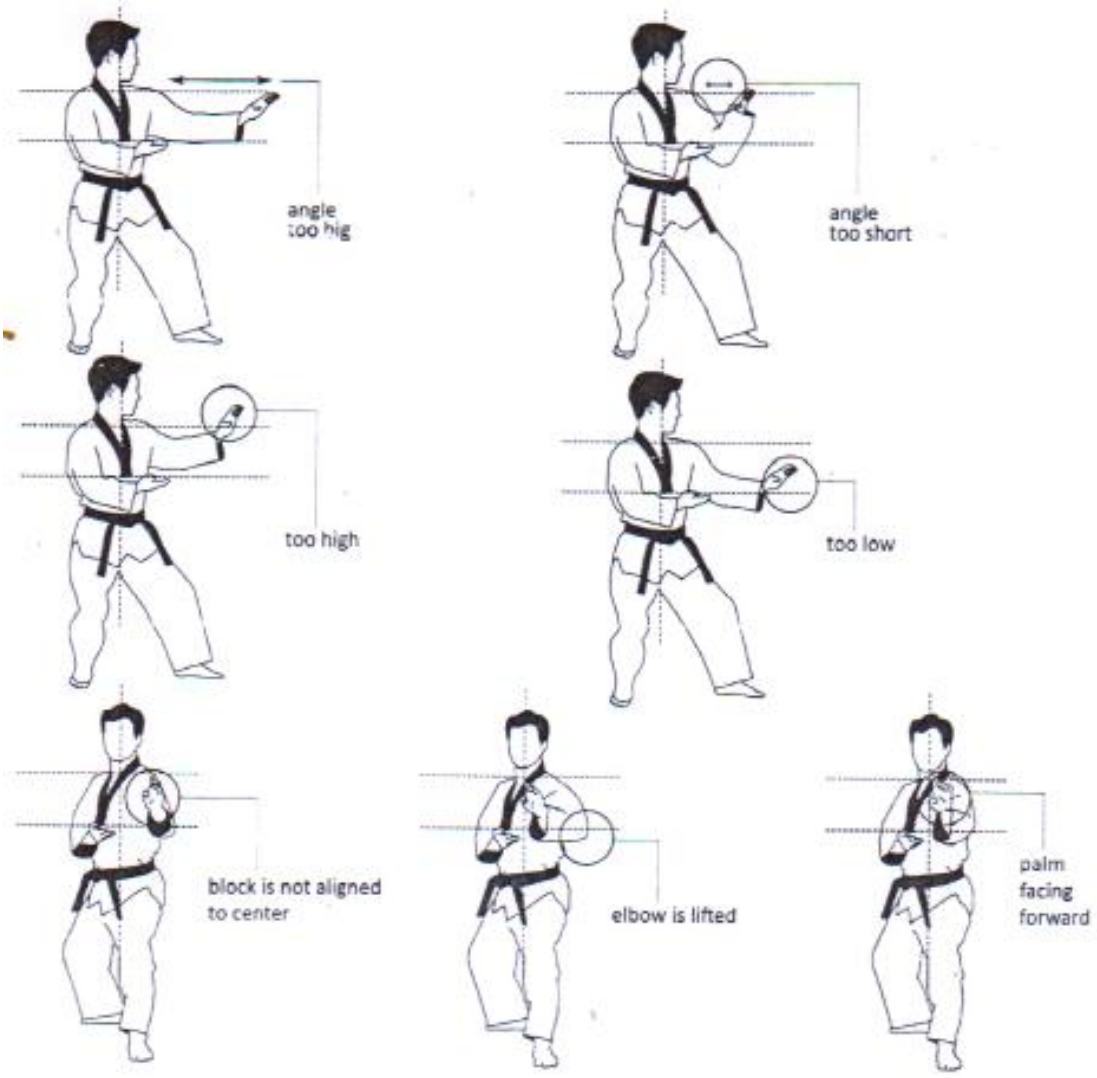
Final position

- The blocking hand-blade must be directed towards the body with the blade of the arm facing outward
- Tip of the fist as high as the shoulder
- Wrist of the blocking hand should not be bent
- Blocking arm is angled at 90-120 degrees
- Assisting arm's hand placed one fist below the solar plexus with wrist aligned to center of the body

Correct Movement



Deduction Factors (-0.1)



Punching *(Jireugi)*

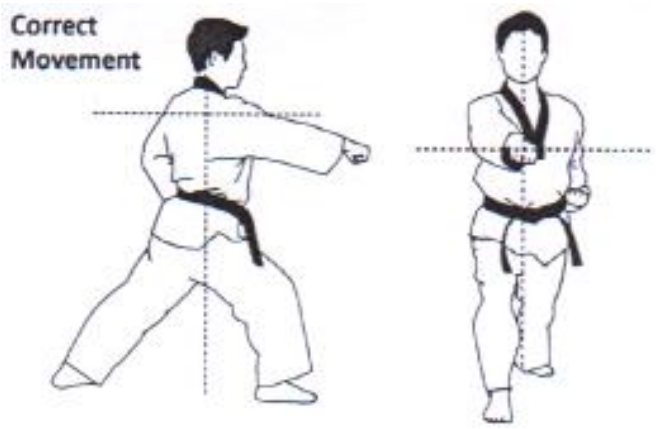
Punch *(Baro jireugi / Bandae jireugi)*

Preparatory position

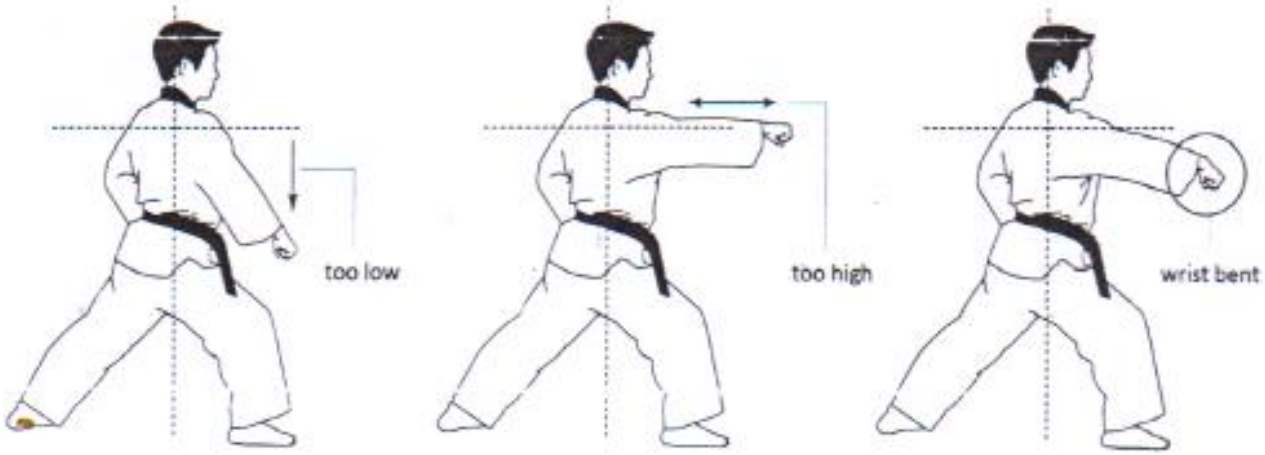
- Punching arm starts from the waist with fist facing upward
- Pulling arm is extended forward towards the solar plexus

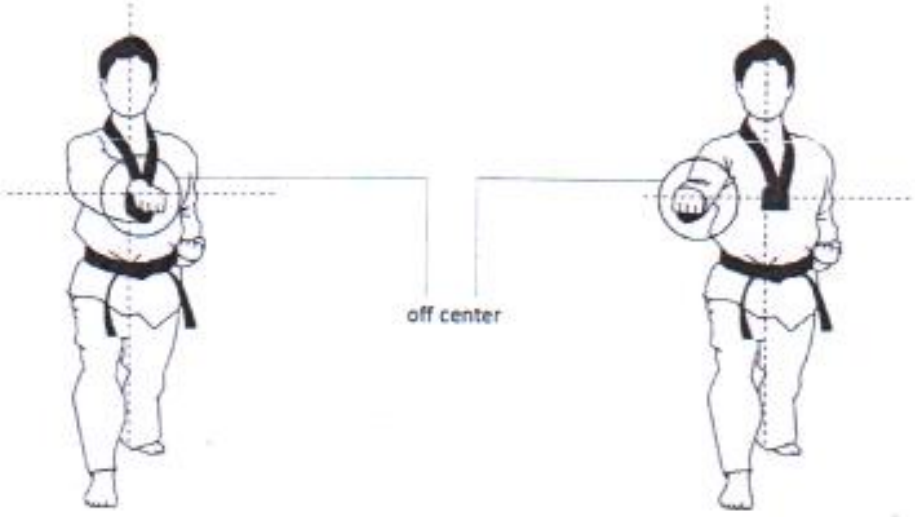
Final position

- Punching arm is extended forward. Turn the fist only at the last moment hitting solar plexus with the two big knuckles. Wrist should be straight and palm should be facing down
- Pulling arm placed on side of waist



Deduction Factors (-0.1)





High punch *(Olgul jireugi)*

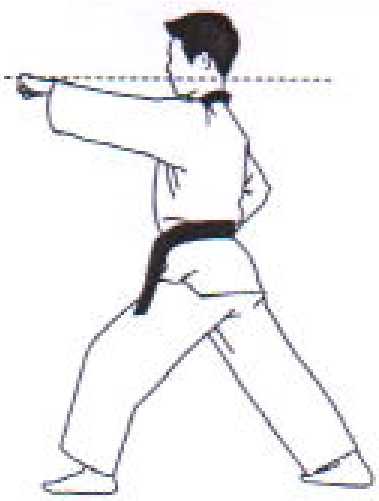
Preparatory position

- Punching arm starts from the waist with palm facing upward
- Pulling arm is extended forward towards the philtrum (base of the nose)

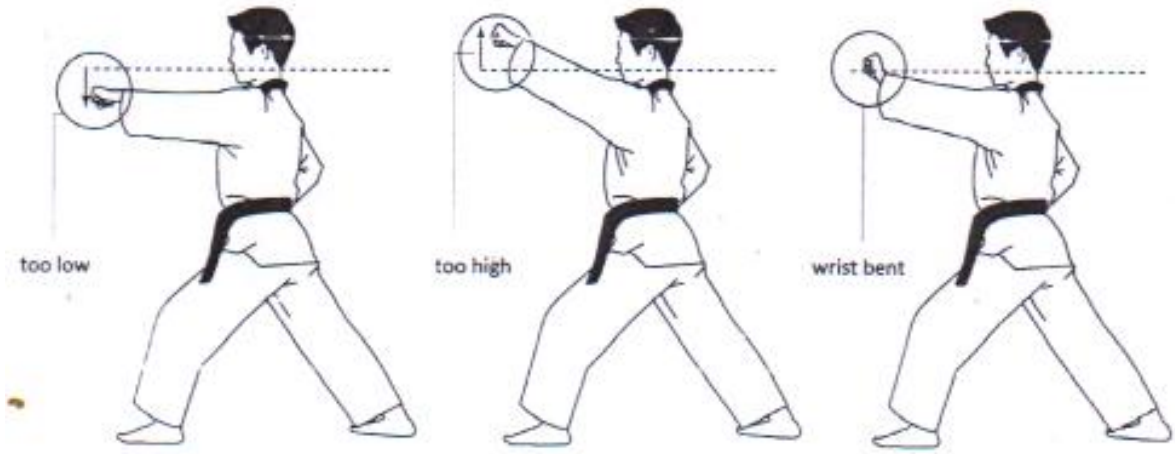
Final position

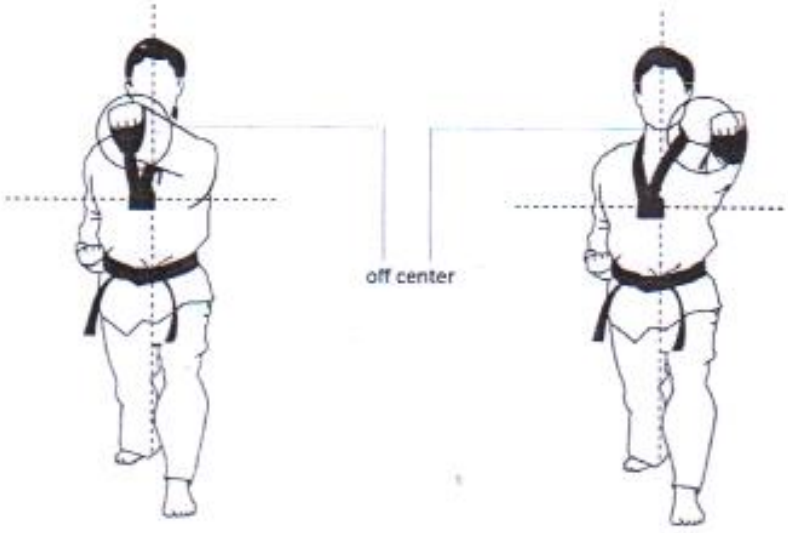
- Punching arm is extended forward. Turn the fist only at the last moment hitting the face with the two big knuckles. Wrist should be straight and palm should be facing down
- Pulling arm placed on side of waist

Correct Movement



Deduction Factors (-0.1)





Side punch *(Yop jireugi)*

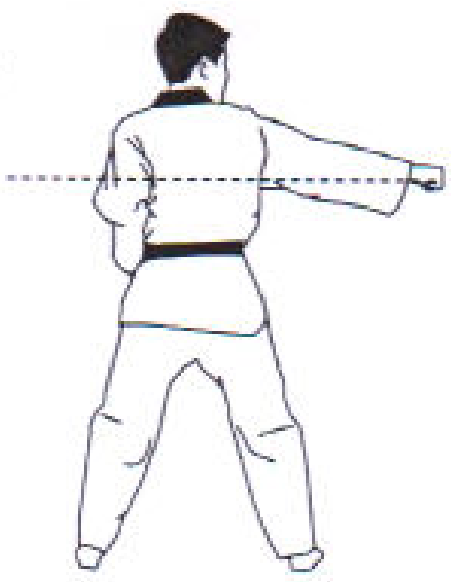
Preparatory position

- Punching arm starts from the waist with palm facing upward
- Pulling arm is extended forward towards the solar plexus

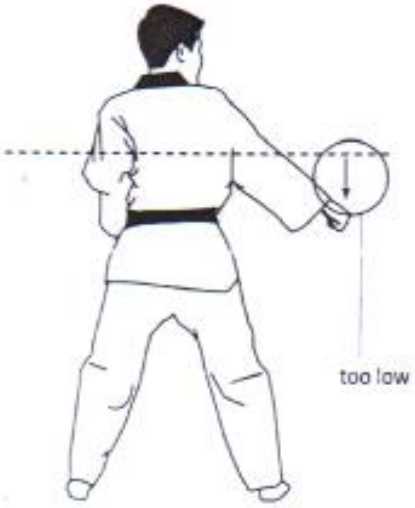
Final position

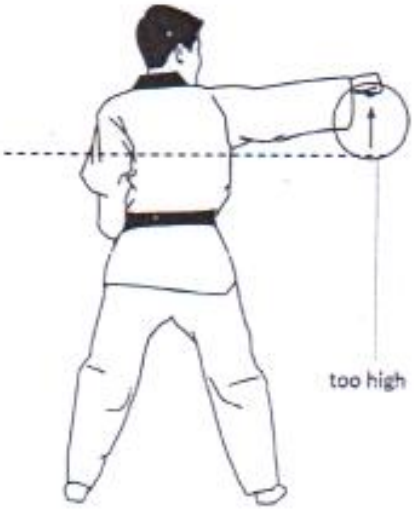
- Punching arm is extended forward. Turn the fist only at the last moment hitting solar plexus with the two big knuckles. Wrist should be straight and palm should be facing down
- Pulling arm placed on side of waist
- Side punch is usually executed together with riding stance
- Face should be in the direction of the punch

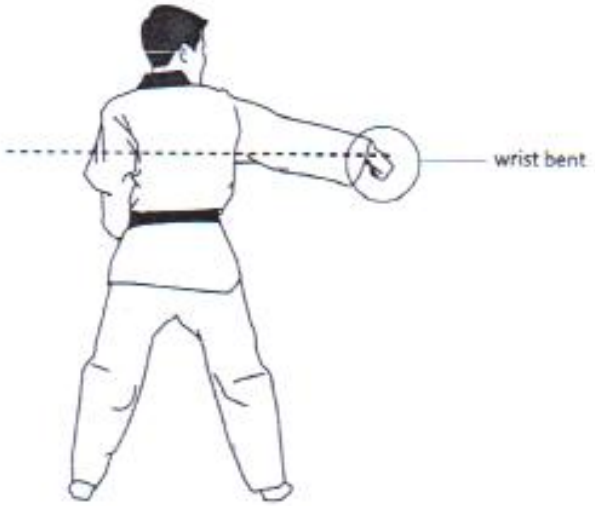
Correct Movement



Deduction Factors (-0.1)







Double middle uppercut
(Dujumeok jecho jireugi)

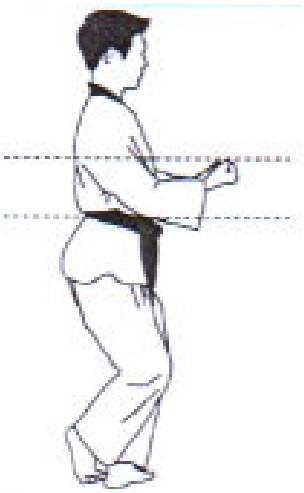
Preparatory position

- Punching arm starts from the waist with fist facing upward

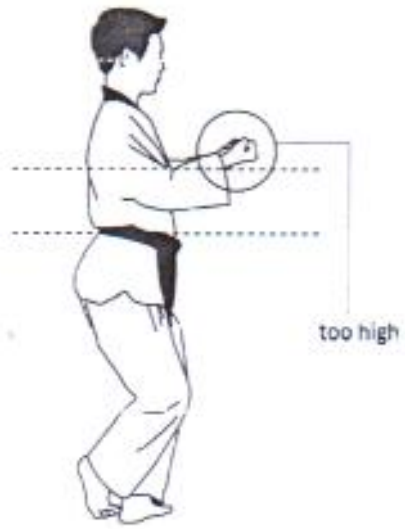
Final position

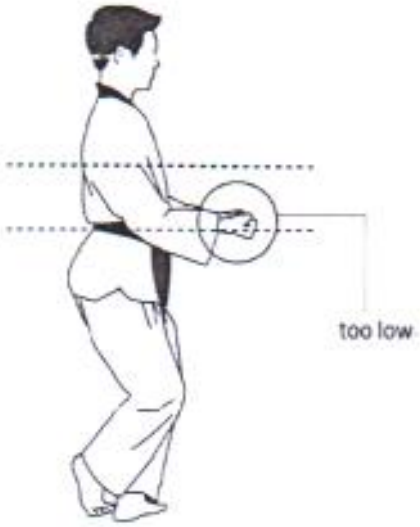
- Punching arms move forward turning the fist only at the last moment hitting the floating ribs with the two big knuckles.
- Final angel of arms should be around 120 degrees.
- Wrist should be straight and fist should be facing upward.

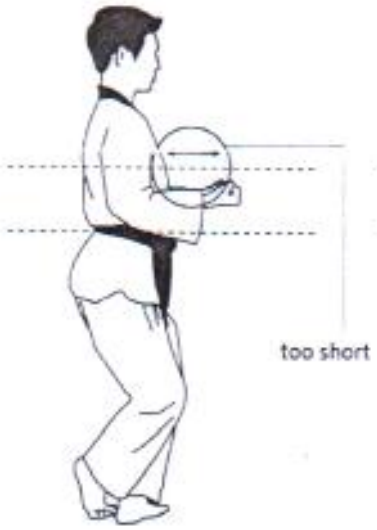
Correct Movement

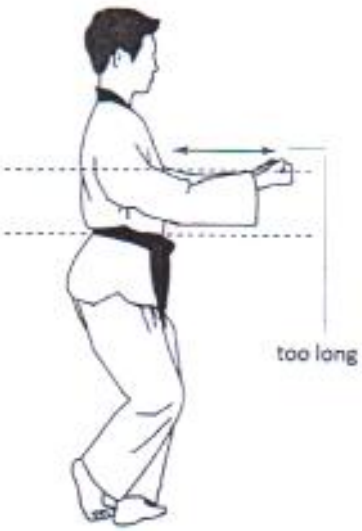


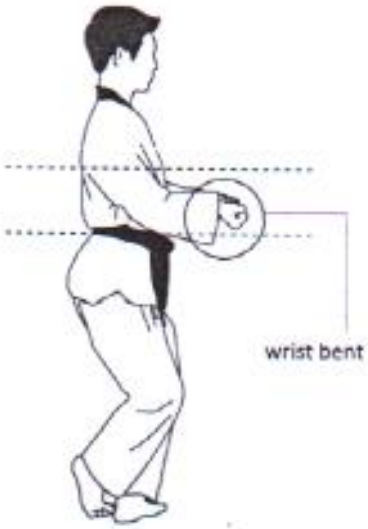
Deduction Factors (-0.1)











Strike (Chigi)

Backfist front strike
(Deungjumeok ap chigi)

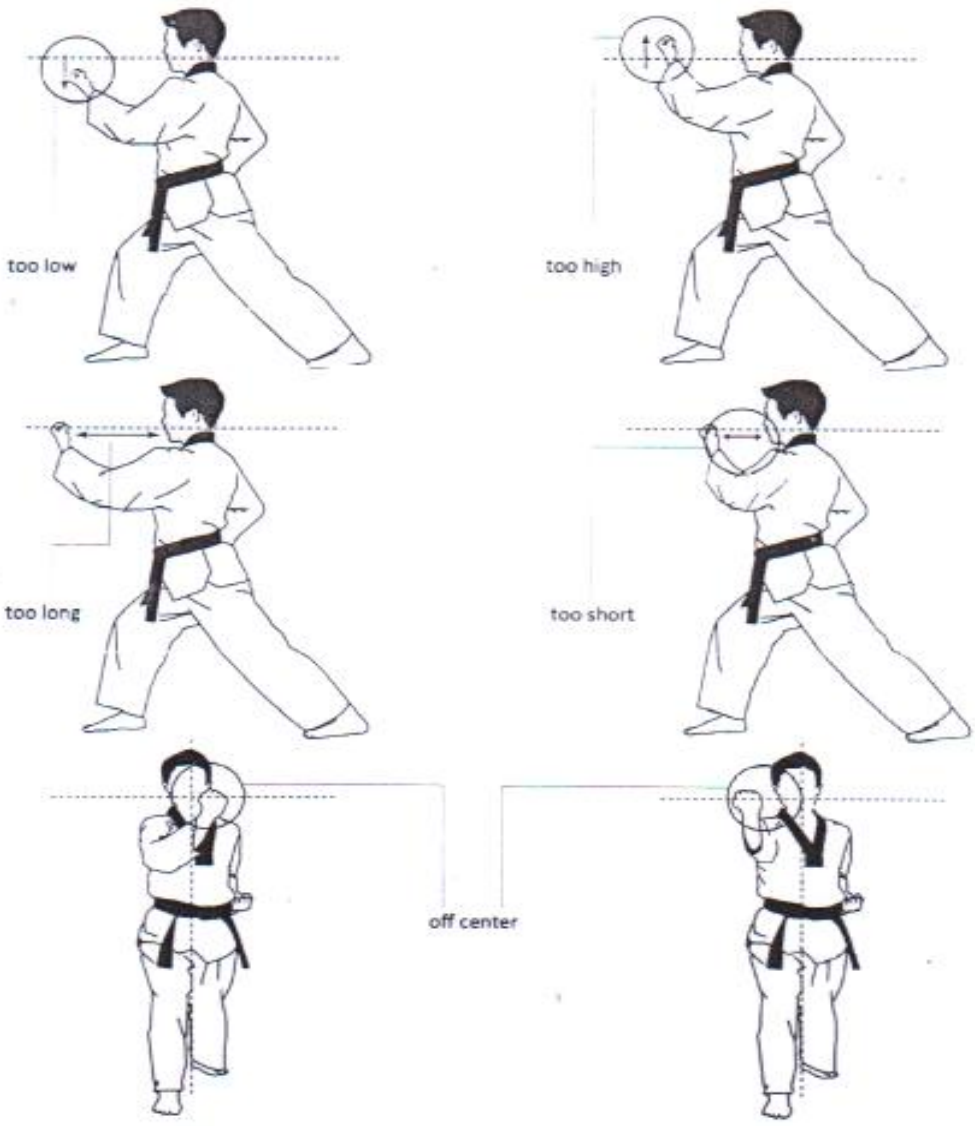
Preparatory position

- Striking fist starts under the armpit of the pulling arm
- Pulling arm is naturally folded with palm facing downward

Final position

- Hit the target by using the back of the fist at the area of the index and middle finger. Target area is the philtrum (base of the nose)
- Pulling arm is pulled back to the waist with palm facing upward
- Angle of hitting arm should be approximately 100 degrees

Deduction Factors (-0.1)



High outer strike
(Olgul bakkat chigi)

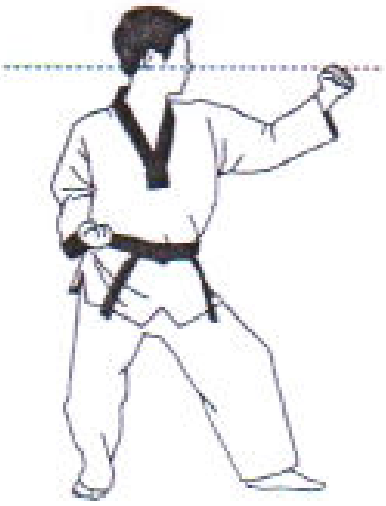
Preparatory position

- Striking fist starts at shoulder area fist facing downward
- Pulling arm starts under the striking arm, naturally folded with fist facing downward

Final position

- Hit the target sideways by using the back of the fist at the area of the index and middle finger. Target area is the temple.
- Pulling arm is pulled back to the waist with palm facing upward
- This strike is usually done with backward stance

Correct Movement



Deduction Factors (-0.1)

Elbow hook *(Palkup dollyo chigi)*

Preparatory position
- Striking arm starts from the waist
- Pulling arm is naturally bent and positioned in front of the chest

Final position
- Strike the target(jaw) by twisting the waist while throwing the elbow forward. Bring the palm towards the chest, fist facing downward.
- Pulling arm is pulled back to the waist with fist facing upward
- This strike is usually done with forward stance

Correct Movement

Deduction Factors (-0.1)

Elbow strike *(Palkup yop chigi)*

Preparatory position

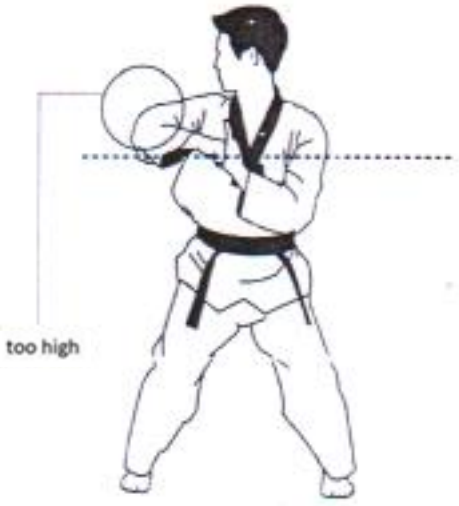
- Striking arm is positioned across the waist (fist facing the body) and the knuckles of the fist rested on the palm of the supporting hand

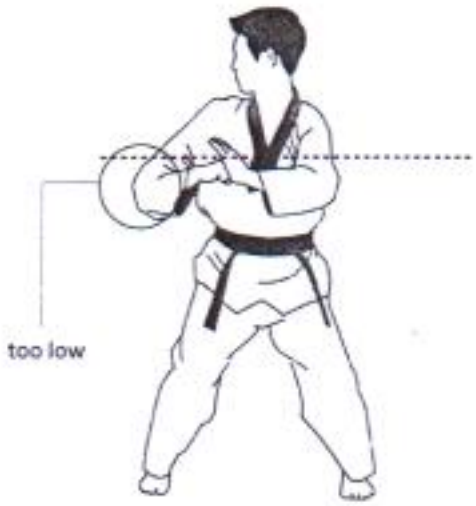
Final position

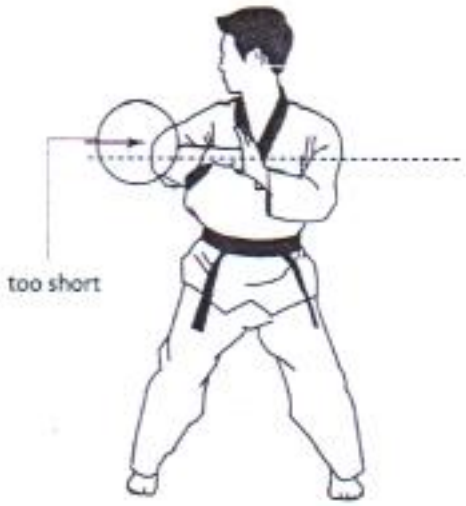
- Attack sideways by twisting the striking arm together with the supporting hand towards the target. Fist of striking arm facing downward and fingers of supporting hand naturally angled upward.(fingers together)
- Is usually done with riding stance

Correct Movement

Deduction Factors (-0.1)







Kicking *(Chagi)*

Front kick *(Ap chagi)*

- Raise the kicking leg up, folding the knee up to chest height and quickly push the foot forward, fully stretching the leg.
- The path of the kicking leg should be on a straight line towards the target
- The target must be hit by the ball of the foot, instep straight with the toes pulled backward
- The supporting foot must naturally pivot using the ball of the foot during the kick
- To recover, the kicking foot is pulled back to the folded knee position with the knee still at chest level then smoothly bring the foot down with balance

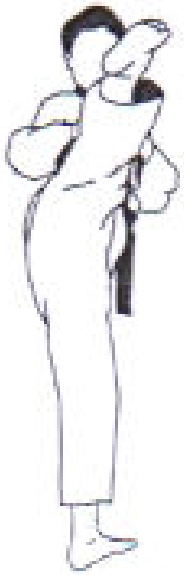
Correct Movement

Deduction Factors (-0.1)

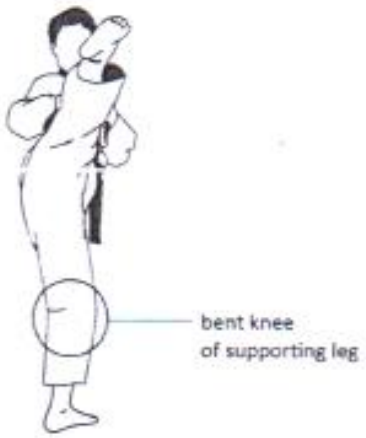
Roundhouse kick *(Dollyo chagi)*

- Putting the weight on the pivoting foot, raise the kicking leg by folding the knee and immediately turning the body and lifting the hip upward at an angle towards the face target. As the knee stretches, make the kicking foot circle horizontally towards the face target hitting with the instep or ball of the foot
- The supporting leg must be kept straight with the supporting foot pivoting properly during the kick. The toes of the supporting foot faces backward at the final extension of the kicking leg
- To recover, the kicking foot is pulled back to the folded knee position with the knee still at chest level then smoothly bring the foot down with balance

Correct Movement



Deduction Factors (-0.1)



Side kick *(Yop chagi)*

- Raise the kicking leg up, folding the knee, kick forward by stretching the leg and simultaneously turning the hip forward
- Turn the body in the opposite direction of the target and hit the target using the blade or knife foot
- The supporting leg must be kept straight with the supporting foot pivoting properly during the kick. The toes of the supporting foot faces backward at the final extension of the kicking leg
- To recover, the kicking leg is drawn back to its original folded position and brought down smoothly
- During the kick, the upper body should be kept as high as possible ideally forming the letter "Y" shape

Correct Movement

Deduction Factors (-0.1)

Korean Translation of Basic Movements

SEOGI (Stance)

1. Naranhi seogi – parallel stance
2. Ap seogi – walking stance
3. Ap kubi – forward stance
4. Dwitkubi – back stance
5. Oreun / Wen seogi – right / left stance
6. Kkoa seogi – crossed stance
   a. Dwikkoa seogi – back crossed stance
   b. Apkkoa seogi – forward crossed stance
7. Beom seogi – tiger stance
8. Moa seogi – closed stance
9. Juchum seogi – riding stance
10. Hakdari seogi – crane stance
11. Kyotdari seogi – assisting stance
12. Ogeum seogi – crossed crane stance

MAKKI (BLOCK)

1. Arae makki – Low block
2. Momtong makki –Middle block
3. Momtong anmakki – Middle block
4. Olgul makki – High block
5. Momtong bakkat makki –outer middle block
6. Sonnal makki – knifehand middle block
7. Sonnal arae makki – knifehand low block
8. Hansonnal makki – single knifehand block
9. Hannsonal olgul bitureo makki – single knifehand high twist block
10. Hannsonal arae makki – single knifehand low block
11. Olgul bakkatmakki – high outer block
12. Batangson momtong makki – palm hand middle block

13. Batangson momtong an makki – palm hand middle block
14. Batangson momtong keodureo an makki
    – supported palm hand middle block
15. Kawi makki – Scissors block
16. Momtong hecho makki – double outer middle block
17. Anpalmok momtong hecho makki – double inside forearm middle block
18. Otkoreo arae makki – X low block
19. Kodureo bakkat makki – Supported outer middle block
20. Wesanteul makki – Single mountain block
21. Kodureo arae makki – Supported low block
22. Batangson nullo makki – palm pressing block
23. Keumgang momtong makki – Diamond middle block

JIREUGI (PUNCHING)

1. Baro jireugi / Bandae Jireugi – Punch
2. Jecho jireugi – Uppercut
3. Dujumeok jecho jireugi – Double middle uppercut
4. Dankyo teok jireugi – pulling uppercut
5. Olgul jireugi – high punch
6. Yop jireugi – Side punch
7. Momtong dubeon jireugi – Double middle punch

CHAGI (KICKING)

1. Ap chagi – Front kick
2. Dollyo chagi – Roundhouse kick
3. Yop chagi – Side Kick
4. Yopchago palkup pyojeokchigi – Side kick and elbow target strike
5. Pyojeok chagi – Target kick
6. Dubal dangsang ap chagi – Double front kick
7. Momdollyo yop chagi – Turning side kick

CHIGI (STRIKE)

1. Ap chigi – Front strike
2. Olgul bakkat chigi – High outer strike
3. Deungjumeok bakkat chigi – Backfist outer strike
4. Deungjumeok ap chigi – backfist front strike
5. Deungjumeok olgul ap chigi – High backfist front strike
6. Palkup dollyo chigi – Elbow hook
7. Palkup yop chigi – Elbow strike (Koryo)
8. Hansonnal mok chigi – Knifehand neck strike
9. Sonnal Bakkat chigi – Knifehand outer neck strike
10. Jebipoom mok chigi – Swallow neck strike
11. Mejumeok naeryo chigi – Hammer strike
12. Mureup chigi – Knee strike
13. Palkup pyojeok chigi – Target elbow strike

TZIREUGI (THRUSTING)

1. Pyonsonkeut sewo tzireugi – Erected spearhand
2. Pyonsonkeut upeo tzireugi – Spearhand
3. Pyonsonkkeut jeocho tzireugi – Turned over spearhand

BASIC MOVEMENT (14 kinds)

1. Joon bi - Ready stance
2. Juchum seogi momtong jireugi – Riding stance with middle punch
3. Ap kubi arae makki – Forward stance with low block
4. Ap kubi momtong bandae jireugi – Forward stance with punch
5. Ap kubi ap chagi – Forward stance and front kick
6. Dwitkubi momtong bakkat makki – Back stance with outer middle block
7. Ap kubi deungjumeok ap chigi – Forward stance with backfist front strike
8. Ap kubi yop chagi – Forward stance and side kick
9. Dwitkubi momtong makki – Back stance with middle block
10. Dwitkubi sonnal makki – Back stance with knifehand middle block
11. Ap kubi dollyo chagi – Forward stance and roundhouse kick
12. Ap kubi olgul makki – Forward stance with high block
13. Ap kubi hansonnal mok chigi – Forward stance with knifehand neck strike
14. Dwitkubi momtong baro jireugi – Back stance with punch

Judge's Score Sheet

1. Recognized Poomsae

2. Free Style Poomsae

   A. Previous version, in use until Dec. 31, 2013

   B. New version, to be used from 2014

World Taekwondo Federation

Judge's Score Sheet

Contest No.	Court

Category	Sub-Category	Score Allocation															Score
Accuracy (4.0)	Accuracy in basic Movement	4.0 (deduct -0.1, -0.3)															
	Accuracy in individual Movement of the Poomsae																
	Balance																
Presentation (6.0)	Power & Speed	2.0	1.9	1.8	1.7	1.6	1.5	1.4	1.3	1.2	1.1	1.0	0.9	0.8	0.7	0.6	0.5
	Coordination of rhythm & Tempo and Softness & Power	2.0	1.9	1.8	1.7	1.6	1.5	1.4	1.3	1.2	1.1	1.0	0.9	0.8	0.7	0.6	0.5
	Expression of Energy	2.0	1.9	1.8	1.7	1.6	1.5	1.4	1.3	1.2	1.1	1.0	0.9	0.8	0.7	0.6	0.5
	Total Score (10.0)																

Judge's Name : _____

Judge's Nation : _____ Signature :_____

World Taekwondo Federation

Judge's Score Sheet (A)

(WTF Free Style Poomsae)
(Previous version, in use until Dec.31, 2013)

Court

Category	Sub-Category		Score Allocation										Score
Technical Skills (6.0)	Level of Difficulty of Foot Techniques (3.0)	Difficulty of Foot Techniques	- Height of Jumping kick							0.1	0.2	0.3	
			- Number of Kicks in a Jump							0.1	0.2	0.3	
			- Number of Rotations							0.1	0.2	0.3	
			- Level of Consecutive Kicks							0.1	0.2	0.3	
			- Acrobatic Actions							0.1	0.2	0.3	
		Degree of Completion of Foot Techniques	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.5	
	Accuracy of Movements (1.5)	Basic Movements / Technical Movements	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.5	
	Degree of Completion of Poomsae (1.5)	Practicability / Connectivity between Offensive and defensive Movements	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.5	
Presentation (4.0)	Creativeness / Harmony		1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
	Music & Chorography / Expression of Energy		1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
Total Score (10.0)														

▪ Judge's Name : _____

▪ Judge's Nation : _____ ▪ Signature : _____

World Taekwondo Federation

Judge's Score Sheet

(WTF Free Style Poomsae)
(New version, to be used from 2014)

Court

Category	Sub-Category		Score Allocation											Score
Technical Skills (6.0)	Level of Difficulty of Foot Techniques (5.0)	- Height of Jump	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 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 Turn	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	
		- Performance level of consecutive 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	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	
	Basic Movements & 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	
Presentation (4.0)	Creativeness		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 (10.0)														
Deductions and penalties														
Total Score														

▪ Judge's Name : _____

▪ Judge's Nation : _____ ▪ Signature : _____