

12.4.2025 Status Update

Freestyle Poomsae Working Group

Documentation & Videos



Freestyle Poomsae Refereeing Regulation

- Produced and presented on 12.2025
- Handed over to the Poomsae Department, updates with Mr Nestler, also forwarded
- Certificates of FP Referee not issued, list of participants communicated

Progression System

- System built, but refereeing rules must be created & each club should adapt the rules

General Documents

- "Planning and Building of a Freestyle Poomsae Performance" produced
- Other documents under work

Risk Report

- Produced and presented during the 1st Open Seminar, 12.2025

Injury Prevention Documents

- Overview document produced, presented during 1st, 2nd and 3rd Open Seminars
- Specific documents under work

Specific Training Exercises

- Videos processed for Seminars 1 and 2, Seminar 3 not yet processed



International Relations Development



Freestyle Poomsae Refereeing

- Contact with Mr Peter Nestler, International Recognized and Freestyle Poomsae Referee
- Will to continue cooperation for yearly seminars
- Will to develop excellence in refereeing in Switzerland

Freestyle Poomsae Refereeing Regulations Updates

- Mr. Nestler provides regular updates, coming directly from WT highest levels

Participation as Referee in some Swiss competitions

- Mr. Nestler already participated in the ITSO 2025 as referee for Recognized and Freestyle Poomsae



National Relations Development



Cooperation with Alder+Eisenhut

- Contact with a Swiss top supplier for Swiss Gymnastics in gymnastics material
- 12% discount for all Swiss Taekwondo clubs on the whole Alder+Eisenhut catalog

Gymnastics Cooperation

- Contact with Dominique Moser, gymnastics coach through Swiss Gymnastics, established in Bern and contact to the Bernese and Swiss gymnastics world

Tricking Cooperation

- Contact with Micha Hurni, former Taekwondo athlete and currently tricking coach, established in Bern and contact to the Bernese and Swiss tricking world and community



Freestyle Poomsae Videos



360, 540 & Spinning Kick

- 3 videos

Backflip

- 8 videos

Butterfly Kick

- 3 videos

Generating Momentum & Height

- 10 videos

Handstand

- 3 videos

Kyorugui Sequence

- 1 video

Roundoff

- 4 videos

Freestyle Poomsae - Video Reviews & Explanation

- 3 videos

Warmup

- 1 video

Stability & Kicking

- 1 video



Member



Open Seminars - Figures



3 out of 4 Seminars Performed

Around 12-15 people trained overall

1 trained athlete under 17 y.o. went to ITSO 2025

3 trained athletes went as referees to the ITSO 2025



Intl Tkd Schaffhausen Open 2025



Freestyle Poomsae in the program

- The Working Group discussed with ITSO
- The Executive Board decided for 2 categories: under 17 and above 17 with full application of rules

Referees trained on 27-28.01.25

- Trained 16 referees for supporting Swiss Opens and Championship for Freestyle Poomsae

Participants in Freestyle Poomsae

- 1 male athlete under 17 y.o.
- 1 female athlete above 17 y.o.

Referees Participations

- Out of the 16 trained referees, 4 participated to the ITSO 2025, out of a total of 8 referees for both Recognized and Freestyle Poomsae



Member



Intl Tkd Schaffhausen Open 2025



Thank You