
MANUAL

FOR POOMSAE SCORING



as in force by January 2025

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1. Poomsae Scoring

A Poomsae score consists of a score for accuracy and a score for presentation and has a maximum of 10.0 points. The maximum number of points for the accuracy score is 4.0, and the maximum for the presentation score is 6.0.

The Poomsae is evaluated according to a negative grading system: The competitor has a total of 10.0 points before beginning the Poomsae. For the accuracy score points are deducted for errors or faults. Presentation is scored as shown by the athlete(s).

1.1 Accuracy

Technique can be given a maximum of 4.0 points, and consists of 3 factors:

1. Accuracy of basic movements
2. Balance
3. Accuracy of details for each Poomsae

1.1.1 Explanation of Accuracy Scoring

The explanations in headings 1.-3. refer to the guidelines in the “Kukkiwon Textbook” and “The Explanation of Official Taekwondo Poomsae”, as well as the practical application within Poomsae competitions.

1. Accuracy of basic movements

- Sequence of movements
 - o The techniques of each Poomsae must be performed in the exact sequence specified
 - Moving in the correct direction
- Correct techniques
 - o Accuracy of the movements / movement coordination
 - o Executing the sequence of movements without errors

2. Balance

- Precise execution of stances and techniques
 - o No wobbling or signs of uncertainty
- General balance
 - o Certainty and stability
 - Smooth and calm (particularly for one-legged stances)
 - No retrospective corrections
 - o Upper body position
 - No leaning back

3. Accuracy of details for each Poomsae

- Stance / positions
 - o Length of step exact
 - o Different stances distinguishable
 - o No sliding
 - o No retrospective corrections
- Execution of a hand technique
 - o Precise and clear
 - o Complete from start to finish
 - o Technique visually distinguishable
 - o Correct and clearly recognisable height of offensive techniques (low-section, mid-section, high-section)
 - o Offensive techniques always start from the inside, defensive techniques always start from the outside
- Execution of a foot technique
 - o Foot techniques at the defined and required height
 - o Clear snap at the end of the technique (power at the end of the technique)
- Kihap
 - o At least 1x in every Poomsae
 - o At the right time

1.1.2 Accuracy Scoring

In a Poomsae competition, the Poomsae is evaluated according to a negative grading system. The competitor has a total of 4.0 points before starting their Poomsae. Either 0.1 or 0.3 points are deducted for each error. The accuracy score cannot be negative.

Deduction of 0.1 points

Every small deviation from the correct techniques (stances, hand and foot techniques) according to "The Explanation of Official Taekwondo Poomsae II" leads to a deduction of 0.1 points for the technique mark.

Illustrative examples:

- Raising the heel for ap / dollyo / yop chagi
- Uncontrolled hand movement at the belt
- Turning and making stances on the heels

Not holding both hands in front of the body for ap chagi

Deduction of 0.3 points

Every serious deviation from the correct techniques (stances, hand and foot techniques) according to “The Explanation of Official Taekwondo Poomsae II” leads to a deduction of 0.3 points for the accuracy score.

All big mistakes shall be deducted for one position.

Illustrative examples:

- Incorrect techniques / mistakes in the Poomsae
 - o Performing olgul makki instead of arae makki
 - o Performing dwit kubi instead of ap kubi
- Kihap and breathing
 - o No kihap
 - o Kihap in the wrong place
- Sequence of movements
 - o Temporary stop (>3 seconds) during the Poomsae (competitor forgot the next movement)
 - o Leaving the competition area with both feet
 - o Poomsae lasts more than 90 seconds
- Not looking in the direction of motion, the attack or the block
 - o Clear turn of the head and looking left when punching
 - o Looking backwards when performing yop chagi
- Complete loss of balance
- Putting down second foot when performing haktari sogi

1.2 Presentation Score

Presentation can be given a maximum of 6.0 points, and consists of 3 factors:

1. Speed & Power (max. 2.0 points)
2. Rhythm & Tempo (max. 2.0 points)
3. Expression of Energy (max. 2.0 points)

1.2.1 Explanation of Scores for Presentation

In contrast to the accuracy score, points are not deducted from the presentation mark for small or serious mistakes during the Poomsae. Instead, points are given on the basis of the relative overall performance of the Poomsae in parts 1.-3. of the mark. The “key points” for the respective Poomsae may be very helpful for the scoring.

1. Speed & Power (max. 2 points)

A maximum of 2.0 points can be given out for this part of the score. The harmony of the techniques carried out is assessed here in terms of speed and power. The focus of the assessment here is the interplay between the soft start, continuous acceleration, and a hard end without any shaking at the end of a technique that critically influences the aesthetics of the Poomsae.

The following points are assessed:

- Do the techniques performed match the defined attributes of the techniques in the Poomsae?
- Are the techniques performed at the defined speed?
- Do the techniques performed have a soft, untensed start and a hard, powerful end?
- Are the techniques performed fast, powerful, explosive?
- Do the techniques performed have maximum power at the end?
- For slow techniques (5-8 seconds): are the performed techniques powerful and graceful?

Specific characteristics of a Poomsae performance leading to points deductions:

Too much power is used at the start of the technique, so maximum acceleration cannot be achieved.

- Points should be deducted if the energy from a technique is used to strengthen the following technique

2. Rhythm & Tempo (max. 2 points)

A maximum of 2.0 points can be given out for this part of the score. The harmonisation of the rhythm, speed and power at the end of the techniques performed are all assessed. In comparison with point a. (Speed & Power), the focus of the assessment here is on the way in which the techniques are put together. The following points are assessed:

- Do the individual techniques flow, and is there any hesitation?
- Is the start of every technique performed soft and the end hard?
- Is the rhythm even and error-free?
- Is the transition from one technique to another smooth?
- Do the speed, strength, and rhythm stay at a constant level?

Specific characteristics of a Poomsae performance leading to points deductions:

- Muscle tension too high at the start of a technique ("cramp") resulting in no harmonious rhythm
- Stiffening of the (upper) body
- Strength and speed of a technique constant between the start and end (lack of dynamics).

3. Expression of Energy (max. 2 points)

A maximum of 2.0 points can be given out for this part of the mark. The general impression of the competitor and their techniques are assessed here. The focus of the assessment is on the size of movements and the athlete's appearance (concentration, body tension, self-confidence, dignity). The assessment starts from the competitor's entrance into the competition area. The following points are assessed:

- Are the performed techniques big in size?
- Is the competitor focussed?
- Is the competitor confident when they enter the competition area?
- Does the competitor take risks and overcome them?

Specific characteristics of a Poomsae performance leading to points deductions:

- Lifeless techniques/movements
- Low level or no size of the techniques
- Poomsae performed in a monotonous rhythm
- Weak kihap
- Visible shortcomings: belt tied incorrectly, dobok dirty, etc

2. Information Sheets

Judge's Score Sheet

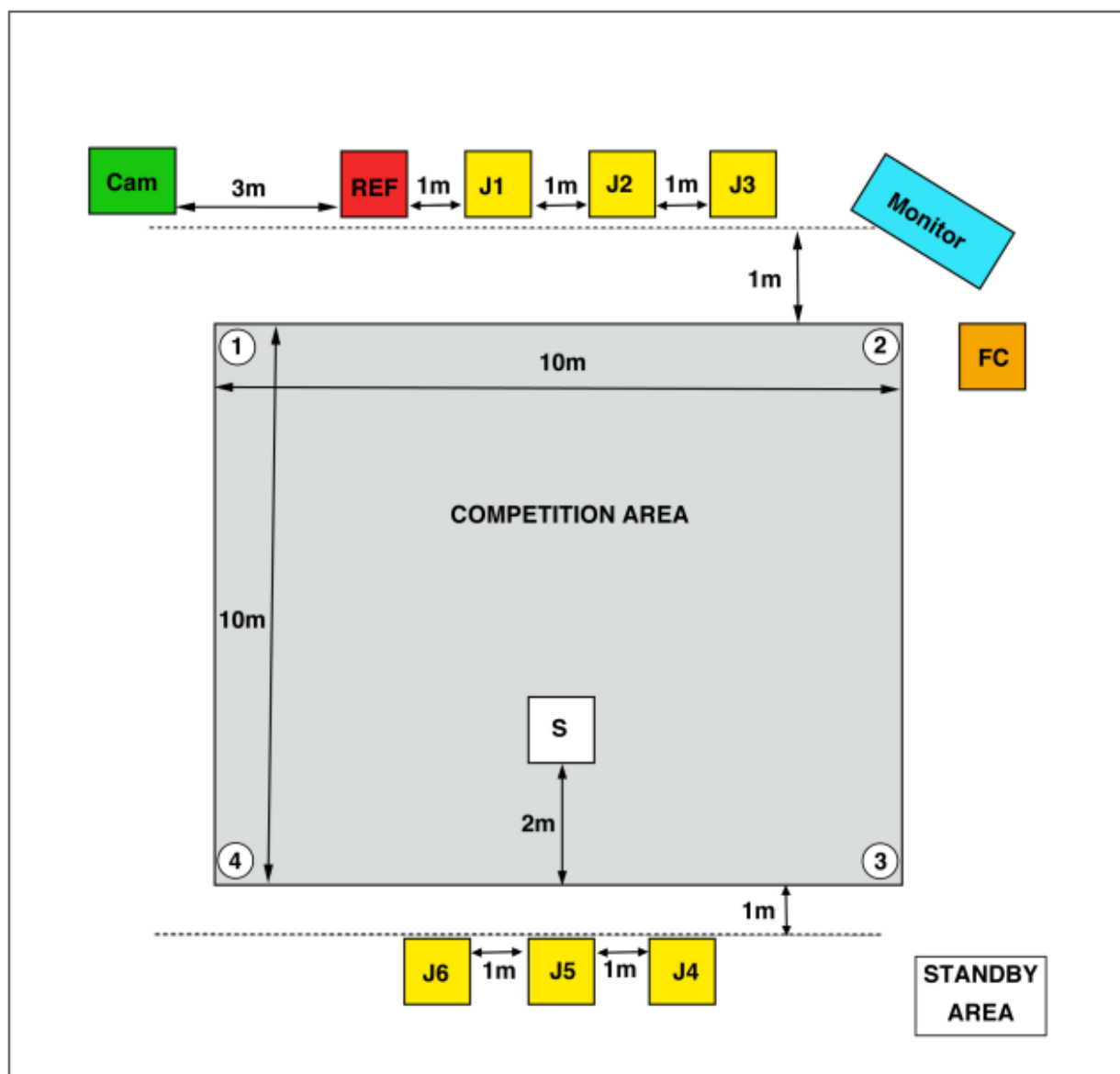
Contest No.	Court

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 : _____

2. Information Sheets



Legend:

- J1-J6: Judges
- Ref: Referee
- FC: Field Coordinator
- S: Start point for the competitors
- Standby Area: Waiting area for the competitors and coaches
- Cam: Camera for recording video

2. Information Sheets

2.C Kihaps & Stamps (0.3 point deduction)

Nr.	Poomsae	Nr. of Kihap(s)	Kihap Poom(s)	Stomp(s)
1	Taeguk il jang	1	Last front punch	x
2	Taeguk i jang	1	Last front punch	x
3	Taeguk sam jang	1	Last front punch	x
4	Taeguk sa jang	1	Last front punch	x
5	Taeguk o jang	1	Last back fist	1
6	Taeguk yuk jang	1	2.Dollyochagi	x
7	Taeguk chil jang	1	Last side punch	x
8	Taeguk pal jang	2	2. Kick & last kick	x
9	Koryo	2	3. Khaljaebi & last Khaljaebi	x
10	Keumgang	2	1. Stomp & 3. Stomp	4
11	Taebaek	2	Last punch (in the front) & last punch (in the back)	x
12	Pyongwon	2	1st back strike incl. stomp (left side) & 1st back strike incl. Stomp (right side)	2
13	Sipjin	3	Side punch left & side punch right & back fist	1
14	Jitae	2	Hammer punch into palm & front punch	x
15	Cheonkwon	1	Yopchagi	x
16	Hansu	2	Back fist (2x)	2
17	Ilyo	2	Wen pyonsonkeut & oreun pyonsonkeut	x

2.D Movements 5 Seconds

Name of Poomsae	Stance (Seogi)	Name of Movement
8. Taeguk 6 Jang	Naranhi Seogi	Arae Hechomakki
9. Taeguk 7 Jang	Moa Seogi	Bojumeok
10. Koryo	Naranhi Seogi	Tongmilgi
11. Keumgang	Naranhi Seogi	Arae Hechomakki
12. Shipjin	Naranhi Seogi Dwikubi, Apkubi Apkubi	Hwangsomakki Opening the fist-hands turning - Pyonsonkkeut Opeotzireugi Bawimilgi
13. Jitae	Dwikubi Apkubi	Momtong Bakkatmakki Olgulmakki
14. Chonkwon	Dwikubi Beomseogi	Sonnal Wesanteulmakki Taesanmilgi

2.D Movements 8 Seconds

Name of Poomsae	Stance (Seogi)	Name of Movement
1. Taegeuk 8 jang	Apkubi	Dangyo Teokjireugi
2. Koryo	Moa Seogi	Mejumeok Arae Pyojeokchigi
3. Keumgang	Hakdari Seogi	Keumgang Makki
4. Pyongwon	Naranhi Seogi	Sonnal Arae Hecho Makki and Tongmilgi
5. Shipjin	Juchumseogi and standing up	Sonnal Momtong Hechomakki - Sonnal Arae Hechomakki + closed fists Keula Oliigi
6. Jitae	Apkubi	Olgulmakki and Momtong Barojireugi
7. Chonkwon	Moa Seogi Apkubi	Kyopson Junbiseogi – Nalgaepyogi As clenching a fist, twisting the wrist and a step forward to Momtong Barojireugi in Apkubi

2.E Field Coordinator Hand Signals

Cut-Off System			
1st Poomsae			
Command Order	Used hand	Command	Meaning
1	Left hand	Chul-jeon	Enter the court
2	Left hand	Chario	Take position
3	Left hand	Kyong-re	Bow
4	Right hand	Chun-bi	Get ready
5	Right hand	Si-jak	Go
6		Baro	Poomsae finished
7		Shiyo	Take a rest
8	Left hand	Toe-jang	Go to coach
9	Right hand	Phio-chul	Show Score
2nd Poomsae (after 30-60 sec rest time)			
Command Order	Used Hand	Command	Meaning
11	Left hand	Chul-jeon	Enter the court
12	Left hand	Chario	Take position
13	Right hand	Chun-bi	Get ready
14	Right hand	Si-jak	Go
15		Baro	Poomsae finished
16	Left hand	Chario	Take position
17	Left hand	Kyong-re	Bow
18		Shiyo	Take a rest
19		Phio-chul	Show score
20		Toe-jang	Exit the court

Single Elimination System			
1st Poomsae			
Command Order	Used hand	Command	Meaning
1	Left hand	(Chong and Hong) Chul-jeon	Enter the court
2	Left hand	Chario	Take position
3	Left hand	Kyong-re	Bow
4	Right hand	Chun-bi	Get ready
5	Right hand	Si-jak	Go
6		Baro	Poomsae finished
7		Shiyo	Take a rest
8	Left hand	Toe-jang	Go to coach
When Chong and Hong finished the 1st Poomsae: Eye-Contact with operator, then:			
9	Right hand (45 degrees)	Phio-chul	Show Score
2nd Poomsae (after 30-60 sec rest time)			
Command Order	Used Hand	Command	Meaning
1	Left hand	(Chong and Hong) Chul-jeon	Enter the court
2	Left hand	Chario	Take position
3	Right hand	Chun-bi	Get ready
4	Right hand	Si-jak	Go
5		Baro	Poomsae finished
6	Left hand	Chario (Chong and Hong)	Take position
7	Left hand	Kyong-re	Bow
8		Shiyo	Take a rest
Winner declaration: Field Coordinator walks to the middle between Chong and Hong, then:			
9		Phio-chul	Show score
10	Lift left or right hand at 45 degrees)	Chong / Hong seung	Winner declaration