

---

# MANUAL

FOR POOMSAE ASSESSMENT

---



## Contents

1. Poomsae Assessment	
1.1. Mark for Technique.....	3
1.1.1. Explanation of Mark for Technique.....	3
1.1.2. Technique Assessment.....	4
1.2. Mark for Presentation.....	6
1.2.1. Explanation of Mark for Presentation.....	6
2. Information Sheets.....	9
A. Score Sheet.....	9
B. Field of Play.....	10
C. Kihap & Stomps.....	11
D. Movements 5 / 8 Seconds.....	11
E. Field Coordinator Hand Signals.....	12

SWISS  
TAEKWONDO

## 1. Marking a Poomsae

A Poomsae assessment mark consists of a mark for technique and a mark for presentation and can be a maximum of 10.0 points. The maximum number of points for the technique mark is 4.0, and the maximum for the presentation mark 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 (4.0 for technique and 6.0 for presentation). Points are deducted for errors or faults.

### 1.1 Mark for Technique

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 of each Poomsae

#### 1.1.1 Explanation of Mark for Technique

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
    - Starting and finishing in the same place (exceptions: Poomsae 10, 14)
- 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 of 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 start from the inside, defensive techniques 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 Technique Assessment

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 technique mark 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 technique mark.

#### *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
  - o Loud breathing sounds from the competitor during the Poomsae
- Sequence of movements
  - o Temporary stop (>3 seconds) during the Poomsae (competitor forgot the next movement)
  - o End position is not the same as the start position (except for Poomsae 10, 14)
  - o Leaving the competition area
  - o Poomsae lasts less than 30 seconds
  - 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 Mark for Presentation**

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

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

### **1.2.1 Explanation of Mark for Presentation**

In contrast to the technique mark, points are not deducted from the presentation mark for small or serious mistakes during the Poomsae. Instead, points are deducted on the basis of weaknesses in the 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 assessment.

## 1. Speed & Power (max. 2 points)

A maximum of 2.0 points can be given out for this part of the mark. The harmony of the techniques carried out is assessed here in terms of speed, power and balance. 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 aesthetic 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. Strength/Speed/Rhythm (max. 2 points)

A maximum of 2.0 points can be given out for this part of the mark. 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).

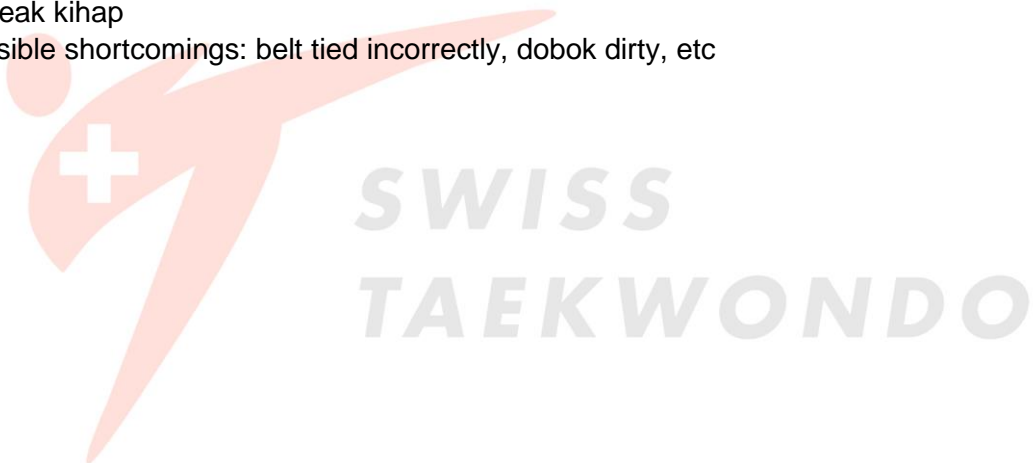
### 3. Expression of Energy (max. 2 points)

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 to the techniques
- Poomsae performed in a monotonous rhythm
- Weak kihap
- Visible shortcomings: belt tied incorrectly, dobok dirty, etc



## 2. Information Sheets

### 2.A Score Sheet

### 2.A Score Sheet

Contest No.	Court

### Judge's Score Sheet



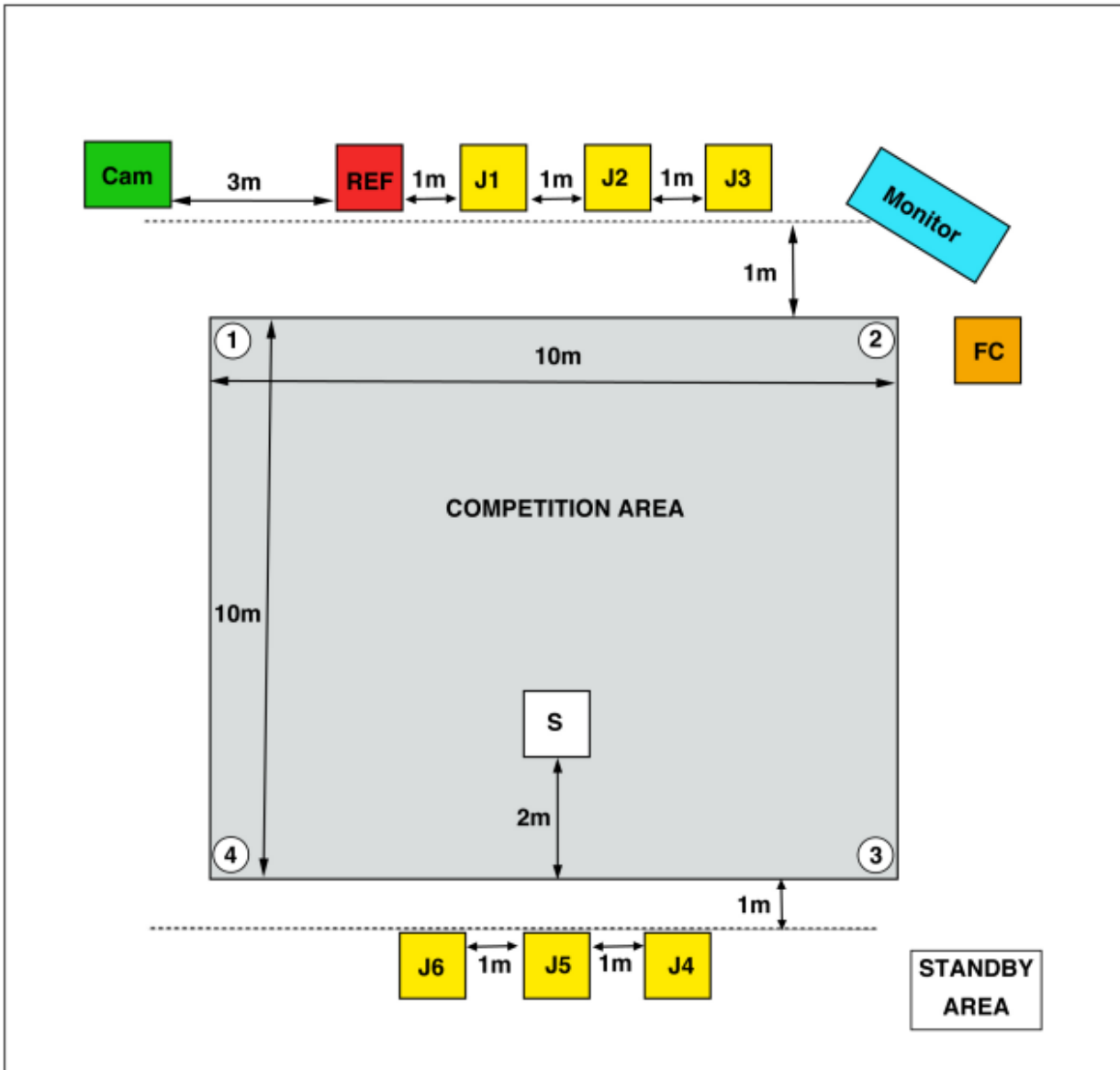
Category	Sub-Category	Score Allocation										Score						
Accuracy (4.0)	Accuracy in basic Movement	4.0 (deduct -0.1, -0.3)																
	Accuracy in individual Movement of the Poomsae																	
	Balance																	
Presentation (6.0)	Power & Speed	2.0	1.9	1.8	1.7	1.6	1.5	1.4	1.3	1.2	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	
	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
			<b>Total Score (10.0)</b>															

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	x
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 / 8 Seconds

5 Sekunden		
Poomsae	Stance	Poom & Action
Taeguk yuk jang	Naranhi Sogi	Arae Hechomakki
Taeguk chil jang	Moa Sogi	Bojumeok
Koryo	Naranhi Sogi	Tongmilgi
Keumgang	Naranhi Sogi	Arae Hechomakki
Pyongwon	Naranhi Sogi	Sonnal Arae Hechomakki
Sipjin	1. Dwikubi->Ap Kubi, 2. Ap Kubi, 3. Juchum Sogi, 4. Straight juchum (distance) Sogi	1. Fist opened twisting inward-> Pyonsonkkeut Opeotzirugi, 2. Bawimilgi, 3. Sonnal Arae Hechomakki, 4. Arae Hechomakki
Chonkwon	1. Moa Sogi, 2. Dwitkubi,	1. Nalgaepyogi, 2. Sonnal Wesanteulmakki,

	3. Beom Sogi	3. Taesanmilgi
<b>8 Sekunden</b>		
<b>Poomsae</b>	<b>Stance</b>	<b>Poom &amp; Action</b>
<b>Taeguk pal jang</b>	Ap Kubi	Dangkyo Teokjireugi
<b>Koryo</b>	Moa Sogi	Mejumeok Araek Pyojeokchigi
<b>Keumgang</b>	Hakdari Sogi	Keumgang Makki
<b>Jitae</b>	1. Ap Kubi, 2. Dwit Kubi, 3. Ap Kubi	1. Olgulmakki → Baro Jirugi, 2. Momtong Bakkatmakki, 3. Olgulmakki
<b>Chonkwon</b>	Naranhi Sogi	Sonnal Arae Hechomakki

## 2. Information Sheets

### 2.E Field Coordinator Hand Signals

<b>Cut-Off System</b>			
<b>1st Poomsae</b>			
<b>Command Order</b>	<b>Used hand</b>	<b>Command</b>	<b>Meaning</b>
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
<b>2nd Poomsae (after 30-60 sec rest time)</b>			
<b>Command Order</b>	<b>Used Hand</b>	<b>Command</b>	<b>Meaning</b>
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

<b>Single Elimination System</b>			
<b>1st Poomsae</b>			
<b>Command Order</b>	<b>Used hand</b>	<b>Command</b>	<b>Meaning</b>
1	Left hand	<b>(Chong and Hong)</b> 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
<b>When Chong and Hong finished the 1st Poomsae: Eye-Contact with operator, then:</b>			
9	Right hand (45 degrees)	Phio-chul	Show Score
<b>2nd Poomsae (after 30-60 sec rest time)</b>			
<b>Command Order</b>	<b>Used Hand</b>	<b>Command</b>	<b>Meaning</b>
1	Left hand	<b>(Chong and Hong)</b> 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 <b>(Chong and Hong)</b>	Take position
7	Left hand	Kyong-re	Bow
8		Shiyo	Take a rest
<b>Winner declaration: Field Coordinator walks to the middle between Chong and Hong, then:</b>			
9		Phio-chul	Show score
10	Lift left or right hand at 45 degrees)	Chong / Hong seung	Winner declaration