

**Pan America Kukkiwon  
Taekwondo Hanmadang 2017  
Regulations & Rules**



## I . Contest/Competition Rules

### 1. Side Kick / Back Kick Breaking

Break the targets set on breaking board holders at a certain height with a foot blade or heel of a foot pursuant to the description in the Kukkiwon textbook.

The height of the breaking holder may be adjusted within the appointed standard.

○ **Competition method** : Cut-off

○ **Competition time** : 20 seconds or less

○ **Compulsory regulations**

- 1) The contestant shall decide the number of breaking targets and apply for it prior to the competition.
- 2) The breaking targets shall be authorized by the Organization Committee.
- 3) The breaking shall be tried only once and be conducted within 20 seconds after the "Si-Jak" command.
- 4) The contestant can not attach any bandages or other materials on their feet.
- 5) For the kick breaking, the contestant shall use the front or side of the sole, or heel.
- 6) The height of the breaking targets shall be higher than the contestant's waist.

○ **Technical regulations**

- 1) When the contestant's stepping foot leaves from the ground, it may be deemed as an application technique.
- 2) Before performing kicks, the contestant can use a shuffle step or less than two steps.

○ **Penalty[warning("Gyong-go")], deduction("Gam-jeom"), and disqualification("Sil-gyook")]**

- 1) Penalties are given by the referee.
- 2) The penalties are warning("Gyong-go"), deduction("Gam-jeom"), and disqualification("Sil-gyook").
  - ① One warning penalty is equal to a 0.5-point deduction.
  - ② Two warning penalties are equal to one deduction.
  - ③ One deduction penalty is equal to 1.0 point deduction , and it is equal to one breaking target.
- 3) Warning or deduction is given to the following acts
  - ① Giving deliberate verbal attacks or movements for disturbing other contestants' breaking
  - ② Disturbing the referee or the staffs to proceed during the competition
  - ③ Damaging the breaking target by foot during preparation for breaking
  - ④ Exceeding the time(1.0 point deduction shall be applied per 10 seconds, and a 1.0 point deduction is equal to one breaking target)
  - ⑤ When the abovementioned acts in the items A, B, and C are repeated slightly after

the warning or when the abovementioned acts are repeated deliberately and clearly.

- ⑥ When the compulsory regulation was violated
- 4) Penalty points shall be deducted from the participant's total score.
- 5) Disqualification is given to the following acts
  - ① When any parts of the body above the knees touches the ground after breaking
  - ② When the contestant conducts breaking in an unfair manner
- **Decision and declaration of a winner**
  - 1) The winner has the highest number of breaking targets.
  - 2) In case of a tie, the winner is the one who has previously requested for more breaking targets.
  - 3) If the abovementioned provision fails to decide a winner, the winner shall be the one who weighs less.
  - 4) When the contestant fails to break any breaking target, he/she is disqualified for the final round, and he/she shall be excluded from the rank if it is the final round.

## 2. All-Round Breaking

All-round breaking can be freely composed by contestants using breaking techniques.

- **Competition method** : Cut-off
- **Competition time** : 50 seconds or less
- **Compulsory regulations**
  - 1) The breaking targets shall be authorized by the Organization Committee.
  - 2) The breaking targets are restricted to pine boards(7–10 boards).
  - 3) Assistants are limited to 15 members.
- **Technical regulations**
  - 1) The contestant can select breaking techniques freely.
  - 2) The setting for breaking can be prepared freely, however, the contestant can not retry when failing to stay in the air for the breaking technique.
  - 3) When the breaking target is damaged or broken without any impact generated while the contestant spins(horizontal turn, vertical turn, or twist turn) or jumps for breaking, the breaking shall not be accepted as a success.
- **All-Round Breaking Score Chart**

Marking Criteria	Marking Criteria Details	Point
Accuracy(4.0)	Number of broken targets	2.0
	Landing	2.0
Program arrangement(6.0)	Skill	2.0
	Expressivity	2.0
	Creativeness	2.0

## ○ **Penalty[deduction("Gam-jeom"), and disqualification("Sil-gyouk")]**

- 1) Penalties are given by the referee.
  - 2) The penalties are deduction("Gam-jeom"), and disqualification("Sil-gyouk") then One deduction is equal to a 0.1 point deduction.
  - 3) Deduction is given to the following acts
    - ① Disturbing the referee or the staffs to proceed during the competition
    - ② Exceeding the time(0.3 point deduction shall be applied per 10 seconds.)
    - ③ If the contestant falls down when executing the landing position, 0.3 will be deducted for each fall.
    - ④ If the assistant for breaking helps to break the breaking target, 0.3 points will be deducted.
    - ⑤ If the number of assistants is more than permitted, 1 point will be deducted for each extra assistant.
  - 4) Disqualification is given to the following acts
    - ① Entering the contest in the name of others
    - ② Using breaking targets other than the ones provided by the organizing or committee was used, or cheating so that the breaking targets break easily
  - 5) Penalty points shall be deducted from the participant's total score.
- **Decision and declaration of a winner**
- 1) The winner has the highest total score.
  - 2) In case of a tie, the contestant with the higher program arrangement score shall be selected as a winner. In case of a tie again, the highest and lowest points(which were excluded) will be added to the total score to determine a winner.
  - 3) If abovementioned Provision 2 fails to decide a winner, the tied contestants shall compete with each other once more.
  - 4) If tied again after the re-competition, abovementioned Provision 2 shall be applied. If tied again after applying abovementioned Provision 2, the contestants shall be deemed as co-winners.

## 3. Record Contest

### **High Jump Kick Breaking(Poom-Dan Holder and Color Belt)**

After an approach run, jump high to break the target with foot.

- **Competition method** : Cut-off
- **Competition time** : 20 seconds or less
- **Compulsory regulations**
  - 1) Contestants shall decide and register the target height before the contest.
  - 2) The contestant cannot apply for less than 5cm increment for his applying distance.(For instance, a contestant can not apply for 172cm or 174cm, but do for 180cm or 185cm. The gap unit shall be 5cm)

- 3) The breaking targets shall be authorized by the Organization Committee.
- 4) The breaking shall be tried only once and be conducted within 20 seconds after the "Si-Jak" command.
- 5) The approach run should be shorter than 7m.

○ **Technical regulations**

- 1) One final round will be held without preliminary round.
- 2) After breaking the set target, the contestant may set a farther target. The contestant gets a total of three chances, including the initial round.
- 3) After succeeding in the initial breaking, the height of the second or third round may be set according to the participant's own judgment. However, the participant may not conduct the third round without conducting the second one.
- 4) The finalist may try to make the best record, regardless of times.

○ **Penalty(warning("Gyong-go"), deduction("Gam-jeom"), and disqualification("Sil-gyook"))**

- 1) Penalties are given by the referee.
- 2) The penalties are warning("Gyong-go"), deduction("Gam-jeom"), and disqualification("Sil-gyook").
  - ① One warning is not effective.
  - ② Two warning penalties are equal to one deduction.
  - ③ At each deduction, 1.0 point is subtracted, which is equivalent to a 10 cm target height.
- 3) Warning or deduction is given to the following acts
  - ① Giving deliberate verbal attacks or movements for disturbing other contestants' breaking
  - ② Disturbing the referee or the staffs to proceed during the competition
  - ③ Exceeding the time(one point deduction per 10 seconds, and a one point deduction is equal to the target height of 10 cm)
  - ④ Referees can give deduction penalties when the abovementioned acts are repeated slightly after warning; or when the abovementioned acts are conducted deliberately and clearly after warning.
- 4) Penalties are only given at the round for which the contestant registered the target height.
- 5) Penalty points shall be deducted from the participant's total score.

○ **Disqualification("Sil-gyook") regulations**

- 1) When any parts of the body above the knees touch the ground after breaking(placing hands are allowed)
- 2) If the contestant breaks the target with an unapproved technique.
- 3) Entering the contest in the name of others

○ **Decision and declaration of a winner**

- 1) If a contestant fails in the second or third round, the height that he or she succeeds in the previous round will be marked as his or her highest record.

- 2) If the height is the same between the participant who had succeeded in the first round and failed in the second round, and the participant who had succeeded in the second round and failed in the third round, then one more opportunity for a round will be given to decide the winner.
- 3) The contestant with the highest record is declared as the winner.
- 4) In case of a tie, the contestants shall compete with each other once more. In case of a tie again, the contestant with shorter height is declared as the winner.

□ **Long Jump Kick Breaking**

It is to break the target beyond the obstacle from distance using jump side kick technique after an approach run. The result is recorded by the farthest distance.

○ **Competition method** : Cut-off

○ **Competition time** : 20 seconds or less

○ **Compulsory regulations**

- 1) The contestant shall request the desired target distance before the contest.
- 2) The distance is set by 10 cm.  
(For example, registering 275 cm or 278 cm is not allowed. Distance of minimum units of 10 cm, such as 280 cm or 290 cm, is the only allowed target distance.)
- 3) The breaking targets shall be authorized by the Organization Committee.
- 4) The breaking shall be tried only once and be conducted within 20 seconds after the "Si-Jak" command.
- 5) The approach run should be shorter than 12m.

○ **Technical regulations**

- 1) After breaking the set target, the contestant may set a farther target. The contestant gets a total of three chances, including the initial round.
- 2) After succeeding in the first breaking, the distance of the second or third round may be set according to the participant's own judgment. However, the participant may not conduct third round without conducting the second one.
- 3) The height of the obstacle shall be specified in the Hanmadang competition outline.
- 4) The finalist may try to make the best record, regardless of times
- 5) The height of obstacle is as follows.

High Jump Kick Breaking Obstacle and Target height			
Part	Obstacle Initial height	Obstacle Final height	Target height
Junior I (M, F)	40cm	50cm	120cm
Junior II(M)	40cm	70cm	160cm
Junior II(F)	40cm	50cm	150cm
Junior III(M)	40cm	70cm	170cm
Junior III(F)	40cm	50cm	150cm
Over 19 years (M)	40cm	70cm	170cm
Over 19 years (F)	40cm	50cm	160cm

※ The target height is based on the lower end of the breaking board.

○ **Penalty(warning("Gyong-go"), deduction("Gam-jeom"), and disqualification("Sil-gyook"))**

- Penalties are given by the referee.
- The penalties are warning("Gyong-go"), deduction("Gam-jeom"), and disqualification("Sil-gyook").
  - One warning is not effective.
  - Two warning penalties are equal to one deduction.
  - One deduction penalty is equal to 1.0 point deduction, and it is equal to the target distance of 10 cm.
- Warning or deduction is given to the following acts
  - Giving deliberate verbal attacks or movements for disturbing other contestants' breaking
  - Disturbing the referee or the staffs to proceed during the competition
  - Exceeding the time(1.0 point deduction per 10 seconds, and a 1.0 point deduction is equal to the target distance of 10 cm.)
  - Referees can give deduction penalties when the abovementioned acts are repeated slightly after warning; or when the abovementioned acts are conducted deliberately and clearly after warning.
- Penalty points shall be deducted from the participant's total score.

○ **Disqualification("Sil-gyook") regulations**

- When the obstacle or horizontal bar falls or drops down.
- When any parts of the body above the knees touch the ground after breaking(placing hands are allowed)
- When a Foot touches the ground before breaking
- Entering the contest in the name of others

○ **Decision and declaration of a winner**

- If a contestant fails in the second or third round, the distance that he or she succeeds in the previous round will be marked as his or her longest record.
- If the distance is the same between the participant who had succeeded in the first round and failed in the second round, and the participant who had succeeded in the

second round and failed in the third round, then one more opportunity for a round will be given to decide the winner.

- The contestant with the longest record is declared as the winner.
- In case of a tie, the contestants shall compete with each other once more. In case of a tie again, the contestant with shorter height is declared as the winner.

**4. Authorized Poomsae**

Authorized Poomsae refers to Poomsae formulated by the Kukkiwon.

- **Competition method** : Cut-off, tournament
- **Competition time** : More than 30 seconds and less than 90 seconds
- **Number of Contestants** : Individual – one(1) person, Group – three(3) to five(5) people
- A group competition consists of males, females, or mixed gender(males and females). The ratio of males to females is not specified.
- Only Poom-Dan holder can apply for the authorized Poomsae(group)
- **Events by age and gender**
  - Contestants must demonstrate two Poomsaes.
  - Designated Poomsae draw methods by electronic draws 1 hour before the contest or during the representative meeting will be the designated Poomsae.
  - Designated Poomsae of Individual(Poom-Dan Holder)

Event	Part	Designated Poomsae
Individual	-12 years	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo
	-15 years	Taegeuk 6, 7, 8 Jang, Koryo, Keumkang
	-18 years	Taegeuk 7, 8 Jang, Koryo, Keumkang, Taebaek,
	-29 years	Koryo, Keumkang, Taegeuk, Pyongwon, Sipjin
	-39 years	Koryo, Keumkang, Taegeuk, Pyongwon, Sipjin, Jitae
	-59 years	Koryo, Keumkang, Taegeuk, Pyongwon, Sipjin, Jitae, Cheonkwon

4) Designated Poomsae of Individual(Color Belt)

Event	Part	Designated Poomsae
Individual	-12 years	Taegeuk 1, 2, 3, 4, 5 Jang
	-15 years	Taegeuk 2, 3, 4, 5, 6 Jang
	-18 years	Taegeuk 3, 4, 5, 6, 7, 8 Jang
	-39 years	Taegeuk 4, 5, 6, 7, 8 Jang
	-40 years	

5) Designated Poomsae of Group

Event	Part	Designated Poomsae
Group	-18 years	Taegeuk 5, 6, 7, 8 Jang, Koryo, Keumkang
	+19 years	Taegeuk 8 Jang, Koryo, Keumkang, Taebaek, Pyongwon, Sipjin

### ○ **Compulsory regulations**

Poomsae techniques are based on the technical regulations enacted by the Kukkiwon.

### ○ **Marking criteria**

Marking criteria are as follows.

- 1) Accuracy(4.0) : Basic movements, detailed movements of each Poomsae, and balance
- 2) Expressivity(6.0) : Speed and power, and balance(sturdiness and gentleness, tempo, and rhythm) and expression of energy

### ○ **Penalty[Disqualification("Sil-gyook")]**

Disqualification("Sil-gyook") is given to the following acts

- 1) Entering the competition on behalf of other player
- 2) Not doing the designated Poomsae and wear other uniforms specified in the contest for the year concerned

### ○ **Decision and declaration of winner**

- 1) The winner shall be the contestant who is awarded with the highest final points.
- 2) In case of a tie, the contestant(team) with the higher expressivity score may be selected as a winner. In case of a tie again, the highest and lowest points(which were excluded) will be added to the total score to determine the winner.
- 3) If the abovementioned provision fails to decide a winner, the tied contestants shall compete with each other once more.
- 4) If tied again after the re-competition, the contestants should perform Poomsae randomly chosen by the computer program.
- 5) If tied again after the re-competition, abovementioned Provision 2 shall be applied. If the abovementioned provision fails to decide a winner, the tied contestants shall become co-winners.

## 5. Creative Poomsae

Creative Poomsae is newly created by applying various techniques, based on the Taekwondo textbook published by the Kukkiwon.

### ○ **Competition method** : Cut-off

### ○ **Competition time** : More than 60 seconds and less than 70 seconds

### ○ **Number of contestants** : Group contest – three(3) to five(5) people

### ○ **Classification by age and gender**

A group contest consists of males, females, and mixed gender(males and females). The ratio of males to females is not specified.

### ○ **Compulsory regulations**

- 1) Yeon Mu line(Poomsae lines) : To be composed freely by contestants
- 2) Number of Poom : 2 poom(One poom consists of five movements)

### 3) Technical regulation : Block and attack techniques can be used freely in the composition.

① Designated technique movements: All contestants should include designated technical movements in their Poomsaes.

- a. Repeating side kick : 2 times
- b. Jumping side kick : 2 times
- c. Back kick : 2 times
- d. Back whip kick : 2 times
- e. Tornado kick : 2 times
- f. 540° horizontal turning kick : 2 times

② Only original Taekwondo movements or practical applications are accepted.

③ Only original kicking movements or application movements can be composed for kicking movements.

④ Poomsae hand techniques shall be applied for composing hand techniques.

\* Taekwondo techniques shall be approved by the Organization Committee when the contestant submit the Creative Poomsae plan Therefore, when the contestant uses techniques that are not described in the Taekwondo textbook, he/she will be given deduction.

4) Music : Composed freely by contestants

5) For each creative Poomsae, the director or coach must include the name and purpose of Creative Poomsae, philosophy, each movement names, the number of movements, and Yeon Mu line. It shall then be filled in the Creative Poomsae Plan and submitted on the registration of application.

6) If more than two teams are participating from one group(association), the creative Poomsae routines shall be different from each other.

### ○ **Marking Criteria**

Unrecorded scores will be calculated as basic points.

1) Accuracy(4.0) : Basic movements, detailed Poomsae movements of each Poomsae, and designated technical movements

① Accuracy of the movement(2.0) : Accuracy of Taekwondo movements (basic position and basic movements)

② Designated technical movements(2.0) : Techniques designated by the Hanmadang regulations

2) Program arrangement(6.0) : Expressivity, speed and power, rhythm, and creativeness

① Skill(2.0) : Control the speed, sturdiness and gentleness of power, balance, and rhythm

② Unity(2.0) : Unity of team performance movements

③ Creativeness(2.0) : Composition, pattern, and value of Poomsae

### ○ **Penalty[Disqualification("Sil-gyook")]**

1) Penalties are given by the referee.

2) The penalties are warning("Gyong-go"), deduction("Gam-jeom"), and disqualification("Sil-gyook").

One deduction penalty is equal to a 0.1-point deduction.

3) Warning or deduction is given to the following acts

- ① Conducting undesirable acts
- ② Disturbing the referee or the staffs to proceed during the competition
- ③ If a contestant lacks or exceeds the time, 0.3 points will be deducted for every 10 seconds.
- ④ If the number of contestants does not meet the required limit, 3 points will be deducted per person.
- ⑤ Stepping over the boundary line of the competition area results to a 0.3 point deduction.
- ⑥ Not performing the compulsory technical movements will deduct 0.3 points per movement.

4) Penalty points shall be deducted from the participant's total score.

5) Disqualification("Sil-gyook") is given to the following acts

- ① Entering the competition on behalf of other players
- ② When any team copies another team's Creative Poomsae or wears incorrect uniform

#### ○ **Decision and declaration of winner**

1) The winner has the highest total score.

2) In case of a tie, the contestant(team) with the higher program arrangement score shall be selected as a winner. In case of a tie again, the highest and lowest points(which were excluded) will be added to the total score to determine a winner.

3) If abovementioned Provision 2 fails to decide a winner, the tied contestants shall compete with each other once more.

4) If tied again after the re-competition, abovementioned Provision 2 shall be applied. If the abovementioned provision fails to decide a winner, the tied contestants shall become co-winners.

## 6. Taekwondo Aerobics

Taekwondo aerobics refers to the Taekwondo movements composed with music and musical instruments to perform gymnastic-type movements.

○ **Competition method** : Cut-off

○ **Competition time** : More than 1 minute and 50 seconds and less than 2 minutes

○ **Uniform** : Choice of top, Dobok pants, and belt

※ Excessive or selective clothing should be avoided.

○ **Number of contestants** : Group contest – five(5) to nine(9) people

○ **Classification by age and gender**

A group contest consists of males, females, and mixed gender(males and females). The ratio of males to females is not specified.

○ **Compulsory regulations**

1) Designated technique movements

① Roundhouse kick : 2 times

② Repeating side kick : 2 times

③ Spinning kick : 2 times

④ Jump side kick : 2 times

⑤ Jump front kick : 2 times

⑥ Turning round house kick : 2 times

2) Hand movements shall follow basic Taekwondo movements.

3) Kicks shall follow basic Taekwondo kicks.

4) Submit your music CD(or tape) during the representative meeting or before the contest.

5) You have to change the formation at least 3 times.

#### ○ **Technical regulations**

1) Make-up is allowed.

2) Any items can be used in the presentation, which will not effect the scoring.

#### ○ **Marking Criteria**

1) Accuracy(4.0 points)

① Accuracy of movements(2.0) : accuracy of Taekwondo movements

② Designated technique movements(2.0) : Designated technique movements which are specified in the Hanmadang regulations

2) Program arrangement(6.0 points)

① Skill(2.0 points) : Balance between rhythm and the movements

② Expressivity(2.0 points) : Balance between the dynamic expressions and music

③ Creativeness(2.0 points) : Creative presentation and artistic values

#### ○ **Penalty(deduction("Gam-jeom") and disqualification("Sil-gyook"))**

1) Penalties are given by the referee.

2) The penalties are warning("Gyong-go"), deduction("Gam-jeom"), and disqualification("Sil-gyook")  
One deduction penalty is equal to a 0.1-point deduction.

3) Warning or deduction is given to the following acts

① Conducting undesirable acts

② Disturbing the referee or the staffs to proceed during the competition

③ If a contestant lacks or exceeds the time, 0.3 points will be deducted for every 10 seconds.

④ If the number of contestants does not meet the required limit, 3 points will be deducted per person.

⑤ Stepping over the boundary line of the competition area results to a 0.3 point deduction.

⑥ Not performing the compulsory technical movements will deduct 0.3 points per movement.

4) Penalty points shall be deducted from the participant's total score.

5) Disqualification is given to Entering the contest in the name of others

#### ○ **Decision and declaration of a winner**

1) The winner shall be the contestant(team) who is awarded more points in total.

- 2) In case of a tie, the contestant(team) with the higher program arrangement score shall be selected as a winner. In case of a tie again, the highest and lowest points(which were excluded) will be added to the total score to determine a winner.
- 3) If the abovementioned provision fails to decide a winner, the tied contestants shall compete with each other once more.
- 4) In case the scores of the tiebreaker are still tied, the calculation method in provision 2 shall be applied. If tied again after applying the abovementioned provision 2, the contestants shall be deemed as co-winners.