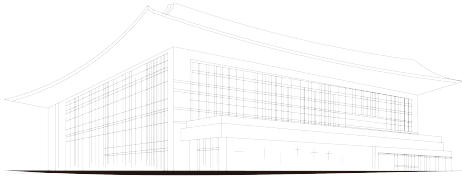




2024 Mungyeong World Taekwondo Hanmadang Contest Outline



I. Overview

1. **Title** : 2024 Mungyeong World Taekwondo Hanmadang
2. **Period** : July. 26th(Fri) – 30th(Tue), 2024 / 5 Days
3. **Location** : Mungyeong Military Sports Unit, Sun-Seung-kwan
(101, Sangmu-ro, Hogyemyeon, Mungyeong-si, Gyeongsangbuk-do)
4. **Promoter** : Kukkiwon, Mungyeong City
5. **Organizer** : 2024 Mungyeong World Taekwondo Hanmadang Organizing Committee
6. **Main Events**

Date	Event	Location and Note
May 13(Mon) – June 25(Tue).	• Registration	Online Application
June 26(Wed) – June 30(Sun).	• Make payments for the participation	Card Payment
July	• Draw for the contest	
July 24 (Wed) – July 26(Fri).	• Registration On-site accreditation	Mungyeong Military Sports Unit
July 24 (Wed) – July 25(Thu).	• Referee refresher course	Mungyeong Military Sports Unit
July 25(Thu).	• Representative meeting • Foreign team entry and registration	Mungyeong Military Sports Unit
July 26(Fri).	• Contest(individual, group preliminary round)	Mungyeong Military Sports unit
July 27(Sat).	• Opening ceremony / performance / Welcome banquet • Contest(individual, group preliminary round)	
July 28(Sun).	• Contest(individual, group preliminary round and individual, group final round)	
July 29(Mon).	• Contest(individual, group final round)	
July 30(Tue).	• Contest(individual, group final round) • Awarding ceremony / Closing ceremony	

※ The above schedule may be changed depending on on-site situations.

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II. Outline

I. Events

- Total of 15 entries in 94 events
- 1. Individual : 61 entries in 8 events

Events		Parts	Junior I	Junior II	Junior III	Senior I	Senior II	Senior III	Senior IV	Master
			under 12 years (Born after 2012)	13-15 years (2009-2011)	16-18 years (2006-2008)	19-29 years (1995-2005)	30-39 years (1985-1994)	40-49 years (1975-1984)	50-59 years (1965-1974)	over 60 years (Born before 1964)
Power Breaking	Fist Breaking	M				●	●	●	●	●
		F				●	●		●	
	Knife Hand Breaking	M				●	●	●	●	●
		F				●	●		●	
Side/Back Kick Breaking	M				●	●	●	●	●	
	F				●	●		●		
Record Contest	High Jump Kick Breaking	M	●	●	●			● over 19 years		
		F	●	●	●			● over 19 years		
	Long Jump Kick Breaking	M	●	●	●			● over 19 years		
		F	●	●	●			● over 19 years		
	Speed Breaking	M						● over 19 years		
		F						● over 19 years		
All-round Breaking	M			●	●		● over 30 years			
	F			●			● over 19 years			
Authorized Poomsae	M	●	●	●	●	●		●		●
	F	●	●	●	●	●		●		●

- 2. Gyeorugi : 6 entries, 1 event

Events		Parts	Junior I	Junior II	Junior III	Senior I	Senior II	Senior III
			under 12 years (Born after 2012)	13-15 years (2009-2011)	16-18 years (2006-2008)	under 23 years (2001-2005)	under 28 years (1996-2000)	under 33 years (1991-1995)
Gyeorugi	M					●	●	●
	F					●	●	●

※ The age division for Gyeorugi is applied differently from the age division of Hanmadang events.

3. Group : 13 entries(Domestic), 8 entries(Overseas) in 4 events

Events	Parts	Junior I	Junior II	Junior III	Senior I	Senior II/ III/ IV
		under 12 years (Born after 2012)	13-15 years (2009-2011)	16-18 years (2006-2008)	under 29 years (1995-2005)	under 59 years (1965-1994)
Authorized Poomsae	Domestic	●	●		●	● over 30 years
	Overseas	●	●		● over 19 years	
Creative Poomsae	Domestic	●	●		●	● over 30 years
	Overseas		●		● over 19 years	
Taekwondo Aerobics	Domestic	●	●		● over 19 years	
	Overseas		●		● over 19 years	
Team competition	Domestic		●		● over 19 years	
	Overseas			●		

4. Self-Defense (Demonstration event) : 6 entries in 2 event

- Individual

Events	Parts	Senior I	Senior II/ III/ IV
		under 29 years (1995-2005)	under 59 years (1965-1994)
Real Situation	Domestic		
Taekwondo Self Defense by Situation	Overseas	●	●

- Group

Events	Parts	Junior I	Junior II	Junior III	Senior I	Senior II/ III/ IV
		under 12 years (Born after 2012)	13-15 years (2009-2011)	16-18 years (2006-2008)	under 29 years (1995-2005)	under 59 years (1965-1994)
Self-Defense Sparring Poomsae	Domestic	●	●		●	●
	Overseas					

2. Qualifications and Age Classifications

○ Eligible Participants

- Nationality or holding a permanent resident of the participating nation
- Kukkiwon Poom / Dan holder

○ Executive Qualifications

Kukkiwon Dan holder who has registered as the representative of 2024 Mungyeong World Taekwondo Hanmadang.

○ Classifications

- Eligible participants' age is as follows(age is counted by birth year).

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Division	Category	Age Limit (Birth Year)	Note
Individual	Junior I	under 12 years	under 12 years(Born after 2012)
	Junior II	under 15 years	13-15 years(2009-2011)
	Junior III	under 18 years	16-18 years(2006-2008)
	Senior I	under 29 years	19-29 years(1995-2005)
	Senior II	under 39 years	30-39 years(1985-1994)
	Senior III	under 49 years	40-49 years(1975-1984)
	Senior IV	under 59 years	50-59 years(1965-1974)
	Master	over 60 years	over 60 years(Born before 1964)
Individual Gyeonggi	Senior I	under 23 years	19-23 years(2001-2005)
	Senior II	under 28 years	24-28 years(1996-2000)
	Senior III	under 33 years	29-33 years(1991-1995)
Group	Junior I	under 12 years	under 12 years(Born after 2012)
	Junior II	under 15 years	13-15 years(2009-2011)
	Junior III	under 18 years	16-18 years(2006-2008)
	Senior I	under 29 years	19-29 years(1995-2005)
	Senior II/ Senior III/ Senior IV	under 59 years	30-59 years(1965-1994)

* The participant's age is counted by year (2024) not by month. For instance, individual Junior II(-15 years) refers to contestants whose ages are between 13 and 15 years. If the contest is held in the middle of July 2024, contestants who were born between January 1, 2009, and December 31, 2011 are qualified to participate in this division.

* Foreign contestants shall use their passports to prove their age.

3. Participating Method

○ **Domestic** : One may participate in one event either as an individual or a group.

※ It is allowed to participate in multiple events for the team competition, Gyeonggi, Self-Defense.

○ **International** : One can participate in two events as an individual and one event as a group.

※ It is allowed to participate in multiple events for the team competition, Gyeonggi, Self-Defense.

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4. Contest Method

○ Cut-off

* It will be a cut-off method with preliminary round and final round. Depending on the results of the preliminary round, 10 participants(teams) or less who made it through the preliminaries may proceed to the finals.(There is no preliminary round and just one final round for High Jump Kick Breaking, Long Jump Kick Breaking.)

* Tied contestants(teams) are decided according to the results of the preliminaries and are to proceed to the finals.

* The Organizing Committee will adjust and notify the number of finalists(final teams) during the events depending on the number of participants and the contest conditions.

○ Tournaments

* The electronic draw method is used to decide the matches, and the contest will be held according to the Tournament Match Table.

* Every round, the loser will be eliminated and the winners take on each other until the final winner is decided.

○ The weigh-in for each categories will be done at the Mungyeong Military Sports Unit one day before the competition.

○ It will be recognized as the official record if there are 4 participants(groups) or more in each category. However, the record will not be recognized as an official record in case there are less than 4 participants(groups) in each category, but the contest will be conducted and awarded.

○ If the certified authorized Poomsae(Individual/Group), Power Breaking, Record Contest, Gyeonggi events do not have the minimum number of contestants and they had to be held as integrated events as a result, the awards will be issued regardless of domestic or international contestants. And this integrated events will be recognized as the official record if there are 4 participants (groups) or more.

○ All contests are conducted and awarded according to domestic and overseas divisions.

* The domestic division refers to teams that consist of native Korean contestants. The overseas division consists of foreign contestants and teams.

* When an integrated contests(Domestic/Overseas) is held due to insufficient number of participants, the award shall be given without distinction between domestic and overseas.

5. Uniform

○ Uniform is restricted to the official white Dobok(both top and bottom) approved by the Kukkiwon.

* In the case of Taekwondo Aerobics, contestants may choose different tops, though they must still wear the Dobok pants and belt. In the case of Team Competition, in order to preserve the characteristics of the contest format, contestants may wear a top of their choice after first

putting on the top and bottom Dobok.

6. Breaking Targets and Breaking board holder

○ Approved breaking targets are as follows

Categories	Breaking Targets	Size (Width × Length × Thickness)
Knife Hand Breaking Speed Breaking	Breakable block (knife hand only)	40.5cm × 14cm × 1.6cm
Fist Breaking	Tile	22.5cm × 27cm × 1.6cm
Side/Back kick Breaking	Pine board	30cm × 22cm × 1.8cm
All-round Breaking	Pine board	30cm × 22cm × 0.9cm
High Jump kick Breaking Long Jump Kick Breaking	Pine board	30cm × 22cm × 0.9cm
Team competition	Pine board Pine boards(power breaking only)	30cm × 22cm × 0.9cm 30cm × 22cm × 1.8cm
	Other kinds of targets (ball, apple, balloon etc.)	

* All breaking targets will be provided by the Organizing Committee. The same targets are used in both the preliminary and final rounds. The Committee will not supply any other targets other than those stated above. Contestants who wish to use extra breaking targets must prepare them in advance and have them approved by the Organizing Committee.

○ Breaking board holder that satisfy the given standards shall be used for Fist breaking, Knife hand breaking, Speed Breaking, Side/Back kick breaking, High/Long jump Kick breaking, and Speed breaking.

7. Decision of contest

1. The winner is the contestant(team) with the highest total score.

2. In case of a tie, the contestant with the higher expressivity/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 above mentioned Provision 2 fails to decide a winner, the tied contestants shall compete with each other once more.

4. If tied again after the re-contest, abovementioned Provision 2 shall be applied. If tied again after applying abovementioned Provision 2, the contestants shall be deemed as co-winners.

8. Awards

○ Each event has one first placer or team, one second placer or team, and two third placers or teams.

* Domestic and overseas divisions are awarded separately.

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○ Award details

- Individual
 - First Place(1 person) : Certificate, gold medal
 - Second Place(1 person) : Certificate, silver medal
 - Third Place(2 people) : Certificate, bronze medal
- Team
 - First Place(1 team)
 - Certificate(team, individual), large trophy(team), gold medal(individual)
 - Second Place(1 team)
 - Certificate(team, individual), medium trophy(team), silver medal(individual)
 - Third Place(2 teams)
 - Certificate(team, individual), small trophy(team), bronze medal(individual)
 - Consolation Prize(1 team)
 - Certificate(team, individual), small trophy(team), bronze medal(individual)

* Consolation prize is awarded for team competition.

○ Self-defense, the demonstration event will be awarded but the result won't be recorded officially.

9. Representative Meeting

○ The representative meeting is held a day before the contest. It is compulsory for representatives of each team to attend this meeting.(The representatives who didn't attend the representative meeting is not allowed to request arbitration.)

○ Domestic Representative Meeting

- Date : July. 25.(Thu), 2024, 3:00 p.m.
- Location : Mungyeong Military Sports unit(*can be changed)
- Subject : Domestic team representatives

○ Overseas Representative Meeting

- Date : July. 25.(Thu), 2024, 5:00 p.m.
- Location : Mungyeong Military Sports unit(*can be changed)
- Subject : Overseas team representatives

10. Arbitration

○ Registered team representatives can request arbitration.

- * Individual contestants who do not belong to a team can request arbitration only when registered as a representative also.
- * The representatives who didn't attend the representative meeting is not allowed to request arbitration.

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* For overseas participants, if it is impossible to make the card payment, contact us in advance.

3. Registration and Application on-site is absolutely not allowed.

12. On-site accreditation

○ Period : July. 24.(wed) – July. 26.(Fri)

- * After the application for registration time is over, application for the registration is absolutely not allowed.

○ Location : Mungyeong Military Sports unit

○ On-site accreditation Process

Presentation of receipt paper or ID(Poom/Dan certificate) → Registration center confirmation → Receipt of ID card, contest match, guide book, or souvenir → Confirmation signature

- * Representatives must bring the application receipt or the ID card of each contestant along with Poom/Dan certificates.
- * Foreign participants must bring their passports.
- * We encourage domestic contestants to pre-register on July. 24.(Wed), to avoid the crowds on July. 25.(Thu)

13. Provisions

- All participants : Souvenir, Participation certificate, accident insurance
- Overseas participants : Accommodations(5 nights) with breakfast(5 meals), shuttle bus

14. Immigration Information and Accommodation for Foreign Participants

○ Welcome reception desk

- Welcome reception desk for the 2024 Mungyeong World Taekwondo Hanmadang inside the Incheon International Airport Terminal 1.
- * In case that arrive at Terminal 2, please come to Terminal 1 by themselves and use shuttle bus.

○ Shuttle Bus

- Arrival : July. 25.(Thu, 1 day)
Incheon International Airport → Mungyeong Military Sports unit → Accommodation
- Departure : July. 30.(Tue, 1 day), Mungyeong Military Sports unit → Incheon International Airport
- * All representatives and participants must inform their flight schedule(arrival and departure) to the Organizing Committee by June. 21.(Fri).
- * Participants who have not informed the flight details may experience difficulties in using the shuttle bus.

○ Accommodation and meals

- Accommodation : July. 25.[Thu, Check-in(14:00)] – July. 30.[Tue, Check-out(11:00)]/6 days and 5 nights]

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○ Procedure of Arbitration

1. When objecting to a referee's judgment, an official delegate of the team shall submit a protest sheet, along with the arbitration fee, to the Arbitration committee within 10 minutes after the contest. Decision on the result may be announced after 30 minutes.
2. The arbitration fee is US\$100(KRW \100,000).
3. Decision will be made by the majority of the Arbitration Committee. When it's a tie, the committee chairperson may make the decision.
4. To ascertain the facts, the members of the Arbitration committee may summon the refereeing officials to discuss the concerned contestant(s).
5. The resolution made by the Arbitration Committee is final, and no further means of appeal shall be applied.

11. Registration

○ Application Dates and Methods

1. Registration Period : May. 13.(Mon) – June. 25.(Tue),
2. Entry Fee Payment Period : June. 26.(Wed) – June. 30.(Sun)
 - * If the participation fee is not paid, your application may be canceled.
3. Submission documents(※ Can not be changed after submission)
 - Creative Poomsae and Team Competition Plan Sheet(submit on the day of the contest)

○ Registration Methods

- Online registration
Visit Hanmadang homepage(<http://hanmadang.kukkiwon.or.kr>), and click the "Registration" button to register as instructed in the guide.

○ Entry Fee

1. Entry Fee

	Section	Domestic	Overseas	Note
Individual	Authorized Poomsae, Creative Poomsae, Gyeonggi, Self-defense	KRW 30,000/each	US \$40/each	
	Power Breaking, Record Contest, All-round Breaking	KRW 50,000/each		
Group	Authorized Poomsae	KRW 70,000/team	US \$70/team	
	Creative Poomsae	KRW 70,000/team	US \$100/team	
	Self-defense	KRW 70,000/team	US \$100/team	
	Taekwondo Aerobics	KRW 100,000/team	US \$150/team	
	Team competition	KRW 150,000/team	US \$200/team	

* Entry fee covers souvenirs and accident insurance.

2. All the participants must pay their fee with card payment during the payment period.

* After the participation fee has been paid, a refund is not possible.

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- Meal : July. 26.(Fri) – July. 30.(Tue. / only breakfast will be served for 5 meals)

* Extra accommodations and meals will be paid individually except those provided by the Organizing Committee.

○ Companions of Overseas Participants

- The companions participating with the overseas participants are limited to 2 people per team, and the participating fee of **USD \$250 per person** must be paid to use accommodation, breakfast, and shuttle bus services.
- Accommodation and breakfast equivalent to that the participants will be provided.

○ Limitations on the Number of Participants

- The maximum number of participants from each country(Except R.O.K) is limited to 300, and any persons in excess of 300 shall not be provided with accommodations, meals, or shuttle-bus transportation.
- The representatives from China who participate in the World Taekwondo Hanmadang shall be limited to Kukkiwon KMS masters in China, and each person can apply for up to 20 persons.

15. Further Information

○ Visit the Kukkiwon homepage(www.kukkiwon.or.kr) or Hanmadang homepage

(<http://hanmadang.kukkiwon.or.kr>) for details of the representative meeting, referee course, Draw for the contest, and other matters of the events.

○ Download the regulations and rules, and contest outline for "2024 Mungyeong World Taekwondo Hanmadang" from the World Taekwondo Hanmadang homepage.

○ Compensation

1. The organizing committee provides the accident insurance for participants during the contest period.
2. Only injuries are covered by the insurance during the contest.
3. Injuries or wounds occurring at the lodging or during the practice after the contest time is over will be excluded from compensation.

○ If you have accident or safety inquiry during the contest, please contact 2024 Mungyeong World Taekwondo Hanmadang Organizing Committee.

16. Contact

○ 2024 Mungyeong World Taekwondo Hanmadang Organizing Committee

- E-mail : 2024hanmadang@gmail.com

- Tel : 054-554-2024, 054-555-2024 / Fax : 054-553-2024

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III. Contest Rules

① Fist Breaking

The fist breaking technique should follow the description in the Kukkiwon textbook. It is a straight down punch technique to break targets, which are set by breaking holders with a certain height.

○ **contest Method** : Cut-off

○ **contest Time** : 20 seconds or less

○ **Compulsory Regulations**

1. Contestants must decide the number of breaking targets and request them while waiting for an event.
2. The breaking targets must be authorized by the Organizing Committee.
3. Contestants may place the protective materials given by the contest headquarters on the breaking targets to protect themselves from fist injuries, but they should never put any material directly around their fists.
4. The fist breaking use the front part of the forefinger and the middle finger.
5. Breaking is conducted only once and must be done within 20 seconds after the "Si-Jak" command.
6. The time to stack breaking targets may not exceed 1 minute, and the width of the support for the breaking target may not be adjusted randomly.
7. Contestants shall break while directly facing the referee.
8. Contestants shall not move even 1 step for breaking.

○ **Breaking techniques**

1. Contestants may use the application technique, which is to lift the stepping foot off the ground.
2. Contestants must use their fists or standing fist to break the target.
3. Contestants can decide the breaking direction.

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

1. Penalties are given by the chief referee.
2. The penalties are warning("Gyong-go"), deduction("Gam-jeom"), and disqualification("Sil-gyok").
 - A. One warning penalty is equal to a 0.5 point deduction.
 - B. Two warning penalties are equal to one deduction.
 - C. One deduction penalty is equal to 1.0 point deduction, and it is equal to one breaking target.
3. Warning("Gyong-go")
 - A. Giving deliberate verbal attacks or movements for disturbing other contestants' breaking
 - B. Disturbing the referee or the staffs to proceed during the contest
4. Deduction("Gam-jeom")

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finger joint of the little finger and side of the wrist.

5. The breaking shall be tried only once and be conducted within 20 seconds after the "Si-Jak" command.
6. The time to stack breaking targets may not exceed 1 minute, and the width of the support for the breaking target may not be adjusted randomly.
7. Contestant shall break while directly facing the referee.
8. Contestant shall not move even 1 step for breaking.

○ **Breaking techniques**

When the contestant's stepping foot leaves from the ground, it may be deemed as an application technique.

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

1. Penalties are given by the chief referee.
2. The penalties are warning("Gyong-go"), deduction("Gam-jeom"), and disqualification("Sil-gyok").
 - A. One warning penalty is equal to a 0.5 point deduction.
 - B. Two warning penalties are equal to one deduction.
 - C. One deduction penalty is equal to 1.0 point deduction, and it is equal to one breaking target.
3. Warning("Gyong-go")
 - A. Giving deliberate verbal attacks or movements for disturbing other contestants' breaking
 - B. Disturbing the referee or the staffs to proceed during the contest
4. Deduction ("Gam-jeom")
 - A. Damaging the breaking target by knife hand during preparation for breaking
 - B. When exceeding the time to install breaking targets (1 minute) or breaking (20 seconds), 1.0 deduction shall be applied per 10 seconds.
 - C. When the acts were repeated or conducted deliberately and clearly after a warning was given, no matter how minor the acts were.
 - D. When the compulsory regulation was violated
5. Penalty points shall be deducted from the participant's total score.
6. Disqualification("Sil-gyok")
 - A. When any parts of the body above the knees touches the ground after breaking(knees on the ground are accepted)
 - B. When the contestant breaks the target by using only the wrist
 - C. When the contestant breaks the target with vertical flat fist or hammer fist
 - D. When the contestant conducts breaking in an unfair manner

○ **Decision of contest**

1. After the break has ended, if none of the referees raise an objection to the breaking process,

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- A. Damaging the breaking target by fists during preparation for breaking
 - B. When exceeding the time to install breaking targets(1 minute) or breaking (20seconds), 1.0 deduction shall be applied per 10 seconds.
 - C. When the acts were repeated or conducted deliberately and clearly after a warning was given, no matter how minor the acts were.
 - D. When the compulsory regulations was violated
5. Penalty points shall be deducted from the participant's total score.
 6. Disqualification("Sil-gyok")
 - A. when any parts of the body above the knees touch the ground after breaking(knees on the ground are accepted)
 - B. When the breaking trial is conducted once more
 - C. When the contestant conducts breaking in an unfair manner

○ **Decision of contest**

1. After the break has ended, if none of the referees raise an objection to the breaking process, the number of targets broken will be confirmed. However, if even one referee raises an objection, video analysis will be conducted.
2. The winner has the highest number of breaking targets.
3. In case of a tie, the winner is the one who has previously requested for more breaking targets.
4. If the abovementioned provision fails to decide a winner, the winner shall be the one who weighs less.
5. 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 Knife Hand Breaking

The knife hand breaking means the technique that breaks the targets set on breaking board holders at a certain height with the knife hand standing vertically pursuant to the description in the Kukkiwon textbook.

○ **contest Method** : Cut-off

○ **contest Time** : 20 seconds or less

○ **Compulsory Regulations**

1. The contestant shall decide the number of breaking targets and apply for it prior to the contest.
2. The breaking targets shall be authorized by the Organizing Committee.
3. The contestant can place the protective materials provided by the Organizing Committee on the breaking targets to protect own hands. However, any protective materials and athletic tape shall not be attached on the contestant's knife hands or wrists.
4. For the knife hand breaking, contestants shall use the part between the side of the first

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the number of targets broken will be confirmed. However, if even one referee raises an objection, video analysis will be conducted.

2. The winner has the highest number of breaking targets.
3. In case of a tie, the winner is the one who has previously requested for more breaking targets.
4. If the abovementioned provision fails to decide a winner, the winner shall be the one who weighs less.
5. 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.

③ Side Kick / Back Kick Breaking

The kick breaking(side kick / back kick breaking) means the techniques that 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.

○ **contest Method** : Cut-off

○ **contest Time** : 20 seconds or less

○ **Compulsory Regulations**

1. The contestant shall decide the number of breaking targets and apply for it prior to the contest.
2. The breaking targets shall be authorized by the Organizing 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.

○ **Breaking techniques**

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-gyok")}**

1. Penalties are given by the chief referee.
2. The penalties are warning("Gyong-go"), deduction("Gam-jeom"), and disqualification("Sil-gyok").
 - A. One warning penalty is equal to a 0.5 point deduction.
 - B. Two warning penalties are equal to one deduction.
 - C. One deduction penalty is equal to 1.0 point deduction , and it is equal to one breaking target.
3. Warning("Gyong-go")
 - A. Giving deliberate verbal attacks or movements for disturbing other contestants' breaking.
 - B. Disturbing the referee or the staffs to proceed during the contest.

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4. Deduction ("Gam-jeom")
 - A. Damaging the breaking target by foot during preparation for breaking.
 - B. When exceeding the time to breaking(20 seconds), 1.0 deduction shall be applied per 10 seconds.
 - C. When the acts were repeated or conducted deliberately and clearly after a warning was given, no matter how minor the acts were.
 - D. When the compulsory regulation was violated.
5. Penalty points shall be deducted from the participant's total score.
6. Disqualification("Sil-gyook")
 - A. When any parts of the body above the knees touches the ground after breaking.
 - B. When the contestant conducts breaking in an unfair manner.

○ Decision of contest

1. After the break has ended, if none of the referees raise an objection to the breaking process, the number of targets broken will be confirmed. However, if even one referee raises an objection, video analysis will be conducted.
2. The winner has the highest number of breaking targets.
3. In case of a tie, the winner is the one who has previously requested for more breaking targets.
4. If the abovementioned provision fails to decide a winner, the winner shall be the one who weighs less.
5. 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.

④ All-round Breaking

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

- **contest Method** : Cut-off
- **contest Time** : 50 seconds or less
- **Compulsory regulations**

1. The breaking targets shall be authorized by the Organizing Committee.
2. The breaking targets are restricted to 10 - 15 pine boards.
3. Assistants are limited to 15 members.

○ Breaking techniques

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.

○ Scoring Criteria

1. Accuracy(4.0)
 - A. Number of broken targets : The number of targets broken by breaking techniques.
 - B. Landing : Well-balanced landing after performing the breaking techniques.
2. Program arrangement(6.0)
 - A. Skill : Level of difficulty when performing(height and turning angle).
 - B. Expressivity : Accurate and reliable technical expression while remaining in the air.
 - C. Creativeness : Balance of the set composition and creative techniques.

○ Penalty {deduction("Gam-jeom") and disqualification("Sil-gyook")}

1. Penalties are given by the chief referee.
2. The penalties are deduction("Gam-jeom"), and disqualification("Sil-gyook"), and one deduction is equal to a 0.1 point deduction.
3. Deduction ("Gam-jeom")
 - A. Disturbing the referee or the staffs to proceed during the contest
 - B. Exceeding the time(0.3 point deduction shall be applied per 10 seconds)
 - C. Unbalanced landing after a break or technical skill presentation will incur a 0.1 point deduction. When a hand touches the ground during landing, it will incur a 0.3 point deduction(only one hand is allowed). When the contestant falls down or a body part above the knees touch the ground, it will incur a 0.5 point deduction.
 - D. If the assistant for breaking helps to break the breaking target, 0.3 points will be deducted.
 - E. If the number of assistants is more than permitted, 1 point will be deducted for each extra assistant.
4. Disqualification("Sil-gyook")
 - A. Entering the contest in the name of others
 - B. Using breaking targets other than the ones provided by the Organizing 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 of contest

The decision of the contest shall be made in accordance with the Article 7 of Decision of contest in 2024 Mungyeong World Taekwondo Hanmadang Outline.

⑤ Authorized Poomsae

Authorized Poomsae refers to Poomsae formulated by the Kukkiwon.

Individual

- **Contest Method** : Tournament
- **Contest Time** : More than 30 seconds and less than 90 seconds

- **Number of contestants** : 1 person
- **Designated Poomsae of each entry**
 1. It is compulsory to perform two types of Poomsae in each entry.
 2. Each Designated Poomsae shall be selected through random electronic draws before contest.

Part	Age	Authorized Poomsae
Individual	Junior I Under 12(-12 years)	Taegeuk4,5,6,7,8, Koryo, Keumkang,
	Junior II, III Under 18(13-18 years)	Taegeuk6,7,8, Koryo, Keumkang, Taebaek, Pyongwon
	Senior I, II Under 39(19-39 years)	Taegeuk8, Koryo, Keumkang, Taebaek, Pyongwon, Sipjin, Jitae
	Senior III, IV Under 59(40-59 years)	Koryo, Keumkang, Taebaek, Pyongwon, Sipjin, Jitae, Cheonkwon
	Master Over 60(60+ years)	Keumkang, Taebaek, Pyongwon, Sipjin, Jitae, Cheonkwon, Hansoo

- **Compulsory regulations**

Poomsae techniques are based on the technical regulations enacted by the Kukkiwon.
- **Scoring Criteria**
 1. Accuracy(4.0) : Basic movements, detailed movements of each Poomsae, and balance
 2. Expressivity(6.0) : Speed and power, harmony(sturdiness and gentleness, tempo, rhythm) and, expression of energy
- **Penalty {Disqualification("Sil-gyook")}**

1. Entering the contest on behalf of other contestant
2. When the contestant fails to follow the regulations regarding Designated Poomsae, mixed gender, and the uniform prescribed by the Hanmadang outline
3. When the contestant does not perform more than 4 movements in a row or performs the wrong movements

○ Decision of contest

The decision of the contest shall be made in accordance with the Article 7 of Decision of contest in 2024 Mungyeong World Taekwondo Hanmadang Outline.

Group

- **contest Method** : Tournament
- **contest Time** : More than 30 seconds and less than 90 seconds
 - * Contest time of Poomsae for each round
- **Number of contestants** : Group contest, domestic-5 people, overseas-3 people
- **Designated Poomsae of each entry**

1. For the Designated Poomsae, one Poomsae will be performed for each round.
2. Each Designated Poomsae shall be selected through random electronic draws before contest.

Part	Age	Authorized Poomsae
Group	Junior I Under 12(-12 years)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumkang
	Junior II, III Under 18(13-18 years)	Taegeuk 6, 7, 8 Jang, Koryo, Keumkang, Taebaek, Pyongwon
	Senior I Under 29(19-29 years)	Taegeuk 7, 8 Jang, Koryo, Keumkang, Taebaek, Pyongwon, Sipjin
	Senior II, III Over 30(+30 years)	Koryo, Keumkang, Taebaek, Pyongwon, Sipjin, Jitae, Cheonkwon

○ Compulsory regulations

1. Poomsae techniques are based on the technical regulations enacted by the Kukkiwon.
2. The contest will be composed of Individual-1 person, Pair-2 people, Group 3-5people (Domestic-5 people, Overseas-3 people).
3. During the group contest, the formation can be composed freely.
4. The teams should be composed of men and women, and there are no restrictions in the ratio of men and women.
 - * **Excluding overseas teams and domestic Senior II-III-IV(over 30) teams**
5. The pairs should be composed of a man and a woman.
 - * **Excluding overseas teams and domestic Senior II-III-IV(over 30) teams**
6. Total of 3 rounds : 1 round for individual, 1 round for pair, and 1 round for group—shall be held.
7. For the individual and pair contests, the contestants will be decided using the random electronic draw before the contest.

○ Scoring Criteria

Marking criteria are the same as those of the Individual Contest.

○ Penalty(Disqualification)

1. Penalty criteria is the same as those of Individual Contest.
2. The group will be disqualified if the number of contestants in the group is not met.

○ Decision of contest

1. The team with the highest total score from round 1 to round 3 will be the winning team.
2. In case of a tie, the team that won 2 rounds out of 3 rounds will be the winning team.
3. If all the rounds were tied, one contestant appointed by the team representative will perform randomly drawn Poomsae for the re-contest of the individual contest.
4. If tied again after applying above mentioned Provision 3, the teams shall be deemed as co-winners.

⑥ Creative Poomsae

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

○ **Contest Method** : Cut-off

○ **Contest Time** : More than 70 seconds and less than 80 seconds

○ **Number of contestant** : Group contest, 3-5 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.

* In case there is a shortage of members among the overseas teams, if they have less members in creative poomsae, younger contestants may apply for older divisions.

○ **Compulsory Regulations**

1. Yeon Mu line(Poomsae line) : To be composed freely by contestants

2. The number of Poom : one poom consists of five movements

3. Technical regulations : Block and attack techniques can be used freely in the composition.

A. Designated technical movements : all contestants shall include designated technical movements in their Poomsae. However, all contestants do not have to do the 540-degree Back Whip Kick.

1) Repeating side kick : 2 times

2) Jumping side kick : 2 times

3) Back kick : 2 times

4) Back Whip kick : 2 times

5) Tornado kick : 2 times

6) 540-degree Back Whip kick : 2 times

B. Those under the age of 12 and over the age of 30 do not have to do the 540-degree Back Whip Kick.

C. Only basic technical movements of Taekwondo or practical applications are accepted.

D. Only original kicking techniques or application movements can be composed for kicking movements.

E. 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 representative 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.

○ **Scoring Criteria**

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Unrecorded scores will be calculated as basic points.

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

A. Accuracy of the movement : Accuracy of Taekwondo movements (basic position and basic techniques)

B. Designated technical movements : Techniques designated by the Hanmadang outline

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

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

B. Unity(2.0) : Unity of team performance movements

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

○ **Penalty{deduction("Gam-jeom") and disqualification("Sil-gyok")}**

1. Penalties are given by the chief referee.

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

3. Deduction("Gam-jeom")

A. Conducting undesirable acts

B. Disturbing the referee or the staffs to proceed during the contest

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

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

4. Disqualification("Sil-gyok")

A. Entering the contest on behalf of other players

B. When any team copies another team's Creative Poomsae or demonstrates a Creative Poomsae that has been awarded a prize in the World Taekwondo Hanmadang in the past 5 years

C. In case wearing the incorrect Dobok

○ **Decision of contest**

The decision of the contest shall be made in accordance with the Article 7 of Decision of contest in 2024 Mungyeong World Taekwondo Hanmadang Outline.

⑦ Taekwondo Aerobics

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

○ **contest Method** : Cut-off

○ **contest Duration** : more than 110 seconds less than 120 seconds

○ **Uniform and Items**

1. Top may be chosen, but Dobok pants and belt should be worn.

2. Any necessary items and make-up can be used in the program arrangement of Taekwondo Aerobics, but they will not effect the scoring.

○ **Number of contestants** : Group contest, 7-9 people

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○ **Compulsory Regulations**

1. Hand movements shall follow basic Taekwondo hand movements.

2. Kicks shall follow basic Taekwondo kicks.

3. The performance CD or USB containing music file shall be submitted at the place, date, and time designated by the Organizing Committee. Also, the music file should be checked its workability by the submitting person, not the sound man.

4. It is required to change formation during the performance more than three times.

○ **Designated technique movements**

All members need to perform designated techniques together. However, all contestants do not have to do the Acrobatic motion.

1. Repeating side kick : 2 times

2. Head-high roundhouse kick : 2 times

3. Jumping side kick : 2 times

4. Back whip kick : 2 times

5. Tornado kick : 2 times

6. Acrobatic motion : 2 times

○ **Scoring Criteria**

1. Accuracy(4.0 points)

A. Accuracy of movements : accuracy of Taekwondo movements

B. Designated technique movements : Techniques designated by the Hanmadang outline

2. Program arrangement(6.0 points)

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

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

C. Creativeness(2.0 points) : Creative presentation and artistic values

○ **Penalty{deduction("Gam-jeom") and disqualification("Sil-gyok")}**

1. Penalties are given by the chief referee.

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

3. Deduction("Gam-jeom")

A. Conducting undesirable acts, 3points will be deducted.

B. Disturbing the referee or the staffs to proceed during the contest, 3points will be deducted.

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

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

4. Disqualification("Sil-gyok")

A. Entering the contest on behalf of other players.

B. When any team copies another team's Taekwondo Aerobics or demonstrates a Taekwondo Aerobics that has been awarded a prize in World Taekwondo

Hanmadang in the past 5 years

C. In case wearing the incorrect Dobok

○ **Decision of contest**

The decision of the contest shall be made in accordance with the Article 7 of Decision of contest in World Taekwondo Hanmadang Outline.

⑧ Record Contest

Record Contest refers to a contest in which an individual competes with various measures(speed, height, distance) in the given time and space under the same conditions.

□ **High Jump Kick Breaking**

It refers to a contest in which contestants perform an assisted run from a set distance and jump to break the targets, and rankings are decided by whoever completely breaks the highest target.

○ **Contest Method** : Cut-Off

○ **Contest 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. After breaking the set target, the contestant may set a farther target. The contestant gets a total of three chances, including the initial round.

4. 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.

5. The breaking targets shall be authorized by the Organizing Committee.

6. The breaking shall be tried only once and be conducted within 20 seconds after the "Si-Jak" command.

7. The approach run should be shorter than 10m.

8. The finalist may try to make the best record, regardless of times.

○ **Breaking techniques**

1. Contestants must maintain Jumping Front Kick stance when performing breaks.

2. When the target has been completely broken, it is considered a successful break.

3. Breaking should take place in midair.

4. Completely breaking a target means making it break apart into two or more pieces after it has been struck by the contestant's foot.

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5. If the target is not completely broken, it will count as a failure to break.

○ Deduction("Gam-jeom")

1. If the breaking time(20 seconds) is exceeded, a 1.0 point deduction shall be applied for each 10 seconds, and a 1.0 point deduction is equivalent to a 10cm target height.
2. Deductions are only given at the round for which the contestant registered the target height.
3. Deduction points shall be deducted from the participant's total score.

○ Disqualification("Sil-gyouk")

1. When he/she fails to break the target in applied height.
2. When any parts of the body above the knees touch the ground after breaking
3. When the breaking techniques and compulsory regulation were violated
4. Entering the contest in the name of others

○ Decision of contest

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 refers to a contest in which contestants perform an assisted run from a set distance and jump above the obstacle to break the target using the jump side kick technique, and rankings are decided by whoever breaks the target that is farthest away.

○ Contest Method : Cut-off

○ Contest 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. After breaking the set target, the contestant may set a farther target. The contestant gets a total of three chances, including the initial round.
4. 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.
5. The breaking targets shall be authorized by the Organizing Committee.

6. The breaking shall be tried only once and be conducted within 20 seconds after the "Si-Jak" command.

7. The approach run should be shorter than 12m.

8. The finalist may try to make the best record, regardless of times.

○ Breaking techniques

1. Contestants must maintain Jumping Side Kick stance when performing breaks.
2. The target must completely broken after the contestant jumps over the obstacle.
3. When the target has been completely broken, it considered a successful break.
4. Breaking should take place in midair.
5. Completely breaking a target means making it break apart into two or more pieces after it has been struck by the contestant's foot.
6. If the target is not completely broken, it will count as a failure to break.
7. The obstacle and breaking target heights are as follows

Long Jump Kick Obstacle and Breaking Target Height			
Category	Obstacle Starting Height	Obstacle End Height	Breaking Target Height
Junior I (M, F)	40cm	50cm	120cm
Junior II(M)	40cm	50cm	160cm
Junior II(F)	40cm	50cm	150cm
Junior III(M)	40cm	50cm	170cm
Junior III(F)	40cm	50cm	150cm
Senior or above(M)	40cm	70cm	170cm
Senior or above(F)	40cm	50cm	160cm

○ Deduction("Gam-jeom")

1. If the breaking time(20 seconds) is exceeded, a 1.0 point deduction shall be applied for each 10 seconds, and a 1.0 point deduction is equivalent to a 10 cm target distance.
2. Penalties are only given at the round for which the contestant registered the target height.
3. Penalty points shall be deducted from the participant's total score.

○ Disqualification("Sil-gyouk")

1. When he/she fails to break the target in applied distance
2. When the body touch the obstacle
3. When any parts of the body above the knees touch the ground after breaking
4. When a Foot touches the ground before breaking
5. Entering the contest in the name of others

○ Decision of contest

1. 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.
2. 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.

3. The contestant with the longest 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.

□ Speed Breaking

Speed breaking refers to a contest in which contestants compete over how they completely break the target at high speed using knife hand strike techniques while ranking contestants based on how far the targets are pushed back.

○ Contest Method : Cut-off

○ Contest Time : 20 seconds

○ Compulsory Regulations

1. The breaking targets shall be authorized by the Organizing Committee.
2. The number of breaking targets shall be 3 pieces for female, 5 pieces for male.
3. The contestant cannot use any protective gear on the body.
4. The contestant shall place the protective pad provided by the Organizing Committee on the breaking targets to prevent injuries.

○ Breaking techniques

1. In knife hand strike breaking, a contestant shall break the target at high speed using a turned over knife hand or reversed knife hand.
2. In knife hand strike, there is no assigned position for stepping, but the sole of the foot should not be off the floor.
3. Breaking shall be conducted only once.

○ Deduction("Gam-jeom")

1. Exceeding the time to contest(20 seconds), 1.0 deduction shall be applied per 10 seconds.
2. 1.0 point deduction is equivalent to the break target being pushed away a distance of 10cm.

○ Disqualification("Sil-gyouk")

1. When any parts of the body above the knees touch the ground after breaking
2. When the contestant breaks the target with unapproved techniques other than compulsory regulations and breaking techniques
3. Entering the contest in the name of others
4. When the target is not completely broken

○ Decision of contest

1. The contestant who manages to break the target with the least distance is declared as the winner.
2. In case of a tie, the contestants shall compete with each other once more.

3. In case of a tie again, the two contestants may be announced as co-winners.

⑨ Team Competition

Team competition refers to creatively composing and displaying the assigned Taekwondo movements.

○ contest Method : Cut-off

○ contest Time : 5 minutes 30 seconds or less

○ Number of Contestants : 9 to 13 people

○ Categories

1. Creative Poomsae
2. Self-Defense
3. Single jumping breaking
4. Various target breaking
5. Spinning breaking(horizontal/vertical turn break)
6. Freestyle Team Breaking
7. Power breaking

○ Details of the Event

1. Creative Poomsae
Creative Poomsae is a newly created Poomsae incorporating various techniques, satisfying the Taekwondo requirements mentioned in the Kukkiwon textbook. he technical detail regulations about Creative Poomsae are in line with Article 32 Creative Poomsae of the Hanmadang Contest/Competition Rules.

2. Self-Defense

Self-defense refers to martial art to fight the attacker with bare hand and foot of striking, kicking, punching, thrusting, locking, grabbing, and throwing down. These are defensive technique that can be used to dominate an opponent and consider his/her life.

A. The members for Self-Defense technique can be composed freely.

B. The detailed Technical Regulations about the self-defence technique follow Article 39 Self-Defence Technique Regulations of the Hanmadang Contest/Competition Rules.

C. The contestants can prepare weapons freely, but the weapons must be imitations.

D. The team shall include at least one female contestant(Excluding overseas teams).

3. Single jumping breaking

Breaking many fixed targets with one or more various techniques using the hands and feet through a single jump.

Ex.) Scissors Kick - 3 to 5 times, Front Kick in three different levels of height by stepping over a person's back, Roundhouse Kick - 3 steps Jumping Front Kick in three different levels of height, Jumping Side Kick in three different levels of height

- A. The contestant can choose the direction and location to install breaking targets for each technique, but the targets must be placed within the boundary lines.
- B. The contestant can decide the height and distance to install breaking targets and will be scored based on his/her set targets.
- C. An approach run distance cannot exceed 12m.
- D. Hand technique for breaking can not exceed two time trial.
- E. The referee will score contestants based on the combination of the success and failure of breaking, installation of breaking sets, the accuracy of technique and program arrangement of technical movements.

4. Various target breaking

Various target breaking is breaking multiple moving or fixed targets in various directions or breaking them at once in a thick layer.

Ex.) Multiple direction breaking, Single Line-up Break

- A. The contestant can choose the direction and location to install breaking targets for each technique, but the targets must be placed within the boundary lines.
- B. The contestant can decide to install breaking targets, such as height and distance, and will be scored based on his/her set targets.
- C. In case of multi-direction breaking, the contestant and his/her assistant shall move continuously to break the targets.
- D. The contestant shall break with a hand or a foot, but not with the forehead.
- E. The height of the breaking targets must be at least 50cm.
- F. The referee will score contestants based on the combination of the success and failure of breaking, installation of breaking targets, accuracy of technique, and the program arrangement level.

5. Spinning Breaking(vertical/horizontal turn break)

A. Vertical turn break

It is a breaking technique by springing into the air with the rotating axis being the waist of chest and turning the whole body vertically to strike the target with a foot. This is a breaking technique one can attempt with his/her eyes covered or dashing forward.

Ex.) Jumping flip kick by stepping on a person's chest, jumping flip drawing kick, jumping flip kick, jumping flip drawing kick blindfolded, jumping flip kick blindfolded, jumping flip kick with an object thrown into the air

B. Horizontal turn break

Horizontal turn break is breaking the targets by foot with the body spinning horizontally at least once while staying in the air. It can be attempted from a fixed stance without using any assistance or with the eyes covered.

Ex.) 540°(jumping) tornado kick blindfolded, 540°(jumping) back whip kick blindfolded, 540° -720°(jumping) tornado kick, 540° back(jumping) whip kick for one to three steps

- C. The contestant can choose the direction and location to install of breaking targets for each technique, but the targets must be placed within the boundary lines.
- D. In spinning break, the contestant is required to do each vertical and horizontal turn break.
- E. The contestant can decide to install breaking targets, such as height and distance, and will be scored based on his/her set targets.
- F. The referee will score contestants based on the combination of the success and failure of breaking, installation of breaking targets, the accuracy and program arrangement of technical movements.

6. Freestyle Team Breaking

It is a newly reformed breaking technique in which groups use Taekwondo techniques, and refers to the technique in which targets are broken through high-level technical movements using various types of assisted break and freestyle break.

- A. The team can choose the direction and location to install breaking targets, but the targets must be placed within the boundary lines.
- B. Groups must demonstrate break on up to a total of 10 targets through a free member formation.
- C. The breaking techniques can be chosen freely, but the difficulty and the originality of the technique and composition will affect the scoring.
- D. The referee will score contestants based on a combination of the success or failure of breaking, the difficulty and creativeness of technical composition, and degree of completion.
- E. The last break of the freestyle break must be a break using new techniques, and if the new technique break is impossible, contestants must demonstrate the highest level break they can.

7. Program arrangement

This refers to a storytelling performance after setting a theme.

8. Power breaking

It refers to a technique in which four contestants each use different hand techniques(fist, knife hand, back fist, reverse knife hand, hammer fist) and foot techniques(back kick, back whip kick) to break the set targets with downward punch or kick.

- A. The number of provided breaking targets is 20. The four contestants break with different hand techniques(3 times) and foot techniques(1 time).
- B. In hand techniques breaking, contestants can use support for the breaking target and in foot techniques breaking, contestant must catch breaking target.
- C. In foot techniques breaking, do not make a gap between breaking targets.
- D. Each contestant can compose freely the number of targets and a breaking technique. It will be awarded with 0.5 point per one broken target.

○ Common Compulsory Regulations

1. The Technical Regulations on all the events of the team competition shall be based on Chapter III-1 of the Hanmadang Contest/Competition Rules.
2. The representative of the entering team shall fill out and submit the Team Competition Plan Sheet, in which the presented events are freely organized, at the time designated by the Organizing Committee. The final version cannot be changed after it has been submitted.
3. The team shall include at least 1 or 2 females among the 9-13 contestants(Excluding overseas team).
4. The performance music file must be submitted at the place and time designated by Organizing Committee. Also, the music file should be checked its workability by the submitting person.
5. All breaking targets shall be authorized by the Organizing Committee, and power breaking targets shall be limited to 20, and all-round breaking targets shall be limited to 40.
6. Single jumping breaking, various target breaking, spinning, and creative breaking shall be conducted by each contestant. A female contestant shall conduct at least one of the abovementioned breaking techniques(Excluding overseas team).
7. Horizontal and Vertical turn break shall be executed subsequently.
8. Breaking is conducted only once in all breaking events.
9. Firecrackers or real weapons shall not be used.
10. The contestant can perform assisted breaking for the program arrangement(story). However, there are no technical points awarded for this, and points are deducted upon failure to break.

	arrangement													
Freestyle Team Breaking	Accuracy	10	1	2	3	4	5	6	7	8	9	10		
	Program arrangement	10	1	2	3	4	5	6	7	8	9	10		
Performance Quality	Quality	5	0.5	1	1.5	2	2.5	3	3.5	4	4.5	5		
Power Breaking	Number of broken targets	10	0.5 point is awarded for each broken target.											

○ Penalty {deduction("Gam-jeom"), and disqualification("Sil-gyook")}

1. Penalties are given by the chief referee.
2. The penalties are deduction("Gam-jeom"), and disqualification("Sil-gyook") and One deduction is equal to a 1.0 point deduction.
3. Deduction
 - A. Conducting undesirable acts
 - B. Disturbing the referee or the staffs to proceed during the competition
 - C. If the contestant exceed the competition time, 3.0 points shall be deducted per 10 seconds from the final score.
 - D. If the number of contestants does not meet the required limit, 10 points will be deducted per person.
 - E. If fireworks or actual weapons are used, 3.0 points will be deducted.
 - F. If the performance theme offends any government or religion, 10 points will be deducted.
 - G. The penalty regulations is applied to all events.
4. Penalty points shall be deducted from the participant's total score.
5. Disqualification
 - A. Entering the contest in the name of others
 - B. Cheating so that the breaking targets provided by the Organizing Committee break easily.

○ Replacing Contestants

1. In the team competition, it is possible to replace one registered substitute.
2. Substitutes are limited to two people (one male and one female) other than 9-13 registered contestants. Substitutes must register themselves as Substitutes in their application forms. However, in the overseas teams, there is no gender restriction for the Substitutes.
3. The substitute may be used as following reasons. However, the substitute contestant must be of the same gender as the one he/she is replacing.
 - A. If the contestant is injured during the event.
 - B. When the participant is injured after submitting the Application Form, he/she shall submit the doctor's note to the Organizing Committee.

○ Decision of contest

The decision of the contest shall be made in accordance with the Article 7 of Decision of contest

○ Marking Criteria

- Team competition scoring chart

Category	Classification	Score	Scoring Scale									
			Very Poor	Poor	Average	Good	Very Good					
Creative Poomsae	Accuracy	10	1	2	3	4	5	6	7	8	9	10
	Program arrangement	10	1	2	3	4	5	6	7	8	9	10
Self-Defense	Accuracy	5	0.5	1	1.5	2	2.5	3	3.5	4	4.5	5
	Program arrangement	10	1	2	3	4	5	6	7	8	9	10
Single Jumping Breaking	Accuracy	5	0.5	1	1.5	2	2.5	3	3.5	4	4.5	5
	Program arrangement	5	0.5	1	1.5	2	2.5	3	3.5	4	4.5	5
Various target Breaking	Accuracy	5	0.5	1	1.5	2	2.5	3	3.5	4	4.5	5
	Program arrangement	5	0.5	1	1.5	2	2.5	3	3.5	4	4.5	5
Spinning Breaking	Accuracy	5	0.5	1	1.5	2	2.5	3	3.5	4	4.5	5
	Program	5	0.5	1	1.5	2	2.5	3	3.5	4	4.5	5

⑩ Gyeonggi

○ Contest Method: Tournament

○ Contest Duration: 1 min. 30 sec., 3 rounds

○ Protective Gears:

1. The head gear and the body protector shall be of the regular type (not electronic protective gear).
2. The body protectors shall be provided by Kukkiwon.
3. The colors of the head gear must be red and blue.
4. All contestants participating in a contest shall bring their own personal protective gear (groin protector, headgear, arm and leg protectors, hand and foot protectors, and mouthpieces) other than the body protector.

○ Contest Stage

1. A contest stage is composed of a contest zone and a safe zone.
2. The contest zone shall be an 8 m x 8 m square.
3. The entirety of the contest stage including the safe zone shall be larger than 10 m x 10 m but not more than 12 m x 12 m.
4. The mats in the contest zone and the safe zone must have different colors.

○ Age and Weight Classification

1. Age Classification

Division	Category	Birth Year	Note
Personal Matches	Senior I	19-23 years old	2001-2005
	Senior II	24-28 years old	1996-2000
	Senior III	29-33 years old	1991-1995

* The age of contestants shall be calculated based on the year when the Hanmadang event is held, not by the date of the event. For example, in the case of the Senior I group where the age limit is from 19 to 23, and if the event is held in July 2024, the eligible contestants shall be those who were born between Jan. 1st, 2005 and Dec. 31st, 2001, including said dates.

2. Weight Classification by Departments (Domestic/International)

Men (Senior I · II · III)		Women (Senior I · II · III)	
-65 kg	Up to 65 kg	Goryeo Class	-50 kg
-70 kg	Beyond 65 kg and up to 70 kg	Geumgang Class	-55 kg
-75 kg	Beyond 70 kg and up to 75 kg	Taebaek Class	-60 kg
-80 kg	Beyond 75 kg and up to 80 kg	Pyeongwon Class	-65 kg
+ 80 kg	Beyond 80 kg	Sipjin Class	+65 kg

* "up to" shall mean the figure including up to the first decimal digit. For example, "up to 65 kg" shall mean -65 kg, which includes 65.09 kg. It is considered "beyond 65 kg" starting from 65.1 kg.

○ Weight Measurement

1. Contestants shall attend their weight measurement on the date and time designated by the Organizing Committee.
2. During the measurement of body weight, contestants are to wear the top and bottom of their uniforms. -400g shall be deducted from the weight measurement to consider the weight of these uniforms. If the contestant wishes, he/she may be naked during the measurement of body weight.
3. The body weight measurement shall be taken only once. In case of being overweight or underweight, one more measurement can be done during the measurement time.
4. The contestants must bring their passports or Dan certificates with them to verify their registration as participating contestants. If it is not possible for the individual to bring his/her Dan certificate with him for any unavoidable reason, any ID that can verify his/her identity must be presented.

○ Regulations of Contests

1. Contest procedures

- A. The contest shall progress in accordance with the contest number.
- B. A match shall commence with the following calls from the chief-referee: "Joon-bi" (Prepare) and "Shi-jak" (Begin). A round ends when the chief-referee declares "Geu-man" (Stop).
- C. A round is suspended with the chief-referee calling "Gal-ryeo" (Break). A call of "Gye-sok" (Resume) will resume the round. At this time, the record keeper shall stop the clock of the round upon the call of "Gal-ryeo" (Break) and resume the clock at "Gye-sok" (Resume).
- D. Once a match is over, the chief-referee is to summon the two contestants to the center of the contest stage and declare the winner.
- E. Raising objections to the scores given, deductions of scores, or warnings imposed during a contest is not allowed.

2. Permitted techniques and target areas

A. Permitted techniques

- a) Hand moves: Attack moves utilizing the front side of a fist
- b) Foot moves: Attack moves utilizing a foot, below the ankle bone

B. Permitted target areas

- a) Torso: The part of the body that is protected by a body protector. Both hand and foot techniques are permitted. However, no attack is allowed on the spine.

- b) Head: The entirety of the head is applicable. Only foot techniques are permitted.
3. Target areas to earn points
- A. Torso: The areas colored in red or blue on a body protector (not on the backside)
 - B. Head: The entire head from the bottom end line of a headgear
4. Points
- A. Accuracy score
- a) Torso: A contestant may win points when he/she is successful in hitting the torso of the opponent using a permitted move and with a proper amount of force or higher.
 - b) Head: A contestant may win points when he/she is successful in hitting the head of the opponent using a permitted technique and with accuracy.
- B. The area from the bottom end line of the headgear to the top of the collar bone and the neck are not target areas with points. However, an RSC will be declared if a hit in this area renders the contestant incapable of continuing the contest (that is, expiry of the count to ten by the chief-referee).
5. Classification of points
- A. Points are classified as follows:
- a) 1 point: A straight fist or a foot attack on the body part.
 - b) 2 points: A spin kick attack on the torso.
 - c) 3 points: A kick attack on the head.
 - d) 4 points: A spin kick attack on the head.
 - e) Bonus points: 1 point endowed as a result of a deduction of 1 point issued to the opponent.
6. Prohibited actions and penalties
- A. The penalties for prohibited actions are declared by the chief-referee.
- B. A penalty is either "Gyeong-go" (Warning) or "Gam-jeom" (Deduction).
- C. The first "Gyeong-go" (Warning) will not count, and one point will be deducted upon the second "Gyeong-go" (Warning).
- D. If a point is deducted, the deducted point will be given to the opposing contestant.
- E. Prohibited actions ("Gyeong-go" and "Gam-jeom")
- a) A "Gyeong-go" (Warning) will be declared for any of the following:
 - a. Leaving the Contest Zone
 - b. Falling
 - c. A contestant delaying or dragging the match
 - d. Holding, pushing, or clutching the opponent
 - e. Hitting the opponent under the waist
 - f. Kneeing or head-butting the opponent

- g. Hitting the face of the opponent with a hand
 - h. Feigning pain
 - I. Undesirable actions against a contestant or the coach
- b) A "Gam-jeom" (Deduction) will be declared in case of any of the following actions:
- a. Attacking the opponent who fall
 - b. Attacking the opponent after the chief-referee calls "Gal-ryeo" (Break)
 - c. Hitting the face with a hand or a fist hard and deliberately
 - d. Pulling and throwing the opponent
 - e. Going out of the border of the safe zone
 - f. Excessively undesirable actions by a contestant or a coach
- c) If a contestant commits a very serious violation of the prohibitions mentioned above or if the coach does not comply with the orders given by referees, the chief-referee may issue a yellow card, in which case the violating team is declared to have lost due to violations of rules.
7. Announcement of scores
- A. Points must be counted immediately, and counted points will be announced without delay.
- B. Points will be counted using a scoring machine or a scoring table by an assistant referee. The points recognized by three or more assistant referees for a contest with five referees, by two or more assistant referees in the case of four referees, or by two or all referees in the case of three referees shall be recognized as valid points.
8. Decision
- A. The team with the higher score by summing up all the points earned in all three rounds shall be the winning team.
- B. If the score is tied in the 3rd round, an extension round shall be fought, and the first contestant to score two points shall be declared the winner.
- C. If the scores in the extended round fail to reach two points and the contest ends, the contestant with the higher score shall be declared the winner.
- D. If the score is still tied, the team with higher dominance during the contest shall be declared the winner.
- E. The determination of dominance during the contest shall be made based on the record of dominance decided by the assistant referee and announced by the chief-referee.
- F. If the dominance record decided by the assistant referee is also tied, the chief-referee shall announce the team with higher dominance.
- G. The contestant with accumulated deduction of 7 points or more due to violations shall be declared defeated by deduction.
9. Criteria for determination of win by higher dominance

- A. Dominance in the contest
 - B. Number of techniques performed
 - C. Contestant's manner
10. Types of conclusions made for the result of a contest
- A. Win by Final Score: A win based on the sum of scores from Round 1 to the final round.
 - B. Win by Surrender: A winner is announced due to the surrender of the opponent if:
 - a. After a break time between rounds, the contestant refuses to resume the contest.
 - b. A coach throws the towel into the stage after concluding that his/her contestant is not likely to win and there is no need to continue the contest.
 - C. Win by Disqualification of the opponent: The contest does not stand due to the absence of a contestant.
 - D. Win by Dominance: A winner is declared based on the determination of dominance if no team succeeds in earning enough score to win during an extended round.
 - E. Win by Violations: The chief-referee shall declare a win by violations if:
 - a. The total of deductions given to the opposing contestant reaches seven;
 - b. The sum of deductions given during an extended round due to violations reaches two;
 - c. The opposing contestant or coach fails to comply with the orders issued by the chief-referee, violates the rule of the contest, or commits a serious violation including an inappropriate appeal, etc.;
 - d. A win by violations is the final determination of the result of the match, and the contest shall end regardless of the remaining rounds.
 - F. Cold Game: If the difference in scores between the contestants reaches 15 during the match, the match shall be stopped and a winner is to be announced by Cold Game.
12. Extended rounds
- A. An extended round shall be held when the contestants are tied after the end of the third round.
 - B. The winner of the extended round shall be declared based on the score in the extended round alone, regardless of the deductions and scores during the previous rounds.
13. Appeal
- A. A coach who finds reasons to object to the decisions of the match may make an appeal within ten minutes of the end of a match only in any of the following situations:
 - a. Mistakes made by referees on scores or technical points;
 - b. Any "Gyeong-go" (Warnings) or "Gam-jeom" (Deductions) to his/her contestant;
 - c. Machine errors or mistakes made with regard to the management of time in the

Scoring Items	Detailed Criteria Item	Score
Accuracy (4.0)	Accuracy of the moves	4.0
	Accuracy of technique	
Performance (6.0)	Manifestation	2.0
	Proficiency	2.0
	Creativity	2.0

○ Scoring Method

1. Accuracy
 - A. Accuracy of the moves: Deduct 0.1 point for each inaccuracy of the moves of Real Situation Taekwondo Self-Defense.
 - B. Accuracy of technique: Deduct 0.1 point for each inaccuracy of the manifestation of the technique of Real Situation Taekwondo Self-Defense.
2. Performance
 - A. Manifestation: The applied moves and the responses to such moves are to be scored in accordance with the level of their manifestation.
 - B. Proficiency: The level of proficiency in the Real Situation Taekwondo Self-Defense moves, their flow, and the coordination of the moves with the opponents will be evaluated and scored.
 - C. Creativity: The moves in the Real Situation Taekwondo Self-Defense textbook for different scenarios, overall free flow of the drill, responsive moves of the opponent, and finishing moves are evaluated for their appropriateness. The level of creativity in the composition is to be evaluated and scored.

○ Penalties ("Gam-jeom," "Sil-gyook" [disqualification])

1. The following "gam-jeom" (deduction) items shall be made from the final score:
2. "Gam-jeom" (deduction)
 - A. 3 points to be deducted for using improper behavior or language.
 - B. 3 points to be deducted for obstructing the referees or the staff during the contest.
 - C. 0.3 points to be deducted for every 10 seconds short of or in excess of the required contest duration.
 - D. 0.3 points to be deducted upon use of explosion sounds or sound effects.
 - E. 0.3 points to be deducted if the moves are performed step-by-step.
 - F. 0.3 points to be deducted if Self-Defense is executed with comical performances.
 - G. 0.3 points to be deducted upon each excessive or offensive movement.
3. Disqualification
 - A. The name of the contestant does not match the one that appears on the participation

contest.

* Matters other than those covered in these Contest Rules shall be governed by the decisions made by the Organizing Committee or an agreement reached by the referees.

㉑ Self-Defense

Self-Defense means the techniques or skills that are used to protect and defend oneself from all threats and dangers.

1. Real Situation Taekwondo Self-Defense by Situation (Individual)

- **Contest Method:** Cut-off
- **Contest Duration:** 1min. 30 sec. to 2 min.
- **Contestants:** 1 person (with one assistant)
- **Uniform:** Official Uniform
- **Requirements**
 1. The contestants are to demonstrate Self-Defense skills for five simulated scenarios based on the Self-Defense drills by situation as presented in the textbook called "Real Situation Taekwondo Self-Defense" of Kukkiwon, representing real situation Taekwondo Self-Defense.
 2. The drill must include attacks and defenses including hitting, kicking, driving, thrusting, bending, holding, throwing moves, etc., utilizing the hand and foot of the contestants.
 3. The weapons used by the assailant must be harmless, simulated mock-weapons.
 4. Contestants are not allowed to use sound effects, including the sound of an explosion.
 5. Contestants are not allowed to perform the moves step-by-step.
 6. Carrying out the drill in a comical theatrical performance is not allowed.
 7. Excessive expressions of moves or moves that may be deemed offensive cannot be used.
 8. Use of music is not allowed.
 9. Props can be used but do not impact the score.
- **Scoring Criteria**
 1. Accuracy (4.0)
 - A. Accuracy in the moves: Accuracy in the attacks and defenses
 - B. Accuracy in technique: Accuracy in the manifestation of techniques (Taekwondo techniques)
 2. Performance (6.0)
 - A. Manifestation (2.0): Manifestation of the moves, techniques, and responses thereto
 - B. Proficiency (2.0): Proficiency in the connectivity of moves and coordination with the opponent
 - C. Creativity (2.0): Original creativity
- **Scoring Table**

application.

- B. The attire rule is violated.
- C. A real weapon is used instead of a simulated one.
- D. The number of participants is too large or too small.

2. Self-Defense Sparring Poomsae (Group)

Self-Defense Sparring Poomsae is a Self-Defense Poomsae where the existing poomsae moves are used as the basic moves of the Real Situation Taekwondo Self-Defense, which enables training by sparring with an opponent.

- **Contest Method:** Cut-off
- **Contest Duration:** 1min. 30 sec. to 2 min.
- **No. of Contestants:** 2
- **Uniform:** Official Uniform
- **Sex Classification**

Male, female, or mixed-sex possible. There is no limitation in terms of the ratio of the sex of the contestants in a group.
- **Self-Defense Sparring Poomsae by Department**
 1. In principle, two poomsaes are to be performed in a Self-Defense Sparring Poomsae event.
 2. The designated poomsaes are to be decided by the Organizing Committee or randomly decided using electronic drawing of lots before the beginning of the event.

Performance	Classification	Designated Poomsae
Group	Junior I (12 or under)	Taegeuk 1, 2, 3, 4, 5, 6, 7, and 8
	Junior II/III (18 or under)	
	Senior I 29 or under (19-29)	
	Senior II/III/IV 59 or under (30-59)	

- **Requirements**
 1. Self-Defense Sparring Poomsae is to be governed by the technical regulations of Kukkiwon.
 2. Use of music is not allowed.
- **Scoring Criteria**
 1. Accuracy (4.0): Basic moves, detailed moves of each Self-Defense Sparring Poomsae, and balance
 2. Performance (6.0): Speed, power, and harmony (strength and relaxation, fast and slow, rhythm, and coordination)

* For more instructions, see the attached detailed scoring criteria.
- **Scoring Table**

Scoring Items	Detailed Criteria Item	Score
Accuracy (4.0)	Basic moves, detailed moves of each Self-Defense Sparring Poomsae, and balance	4.0
Performance (6.0)	Speed and power	2.0
	Harmony (strength and relaxation, slow and fast, rhythm, and coordination)	4.0

○ Scoring Method

1. The total score is 10.0.

A. Accuracy

The scoring of accuracy in Self-Defense Sparring Poomsae will be done by comparing the basic technical instructions of Real Situation Taekwondo Self-Defense by Kukkiwon and detailed scoring items of Self-Defense Sparring Poomsae to give a quantitative result.

- Assess whether the basic techniques of Real Situation Taekwondo Self-Defense designated by Kukkiwon were performed.
- Assess the sequence of techniques of Self-Defense Sparring Poomsae and the performance of the designated technical moves.
- Balance
 - Proper alignment of the body (head, torso, and below the waist): The alignment of the center line of the body in the front and on the side and the alignment of the horizontal line of the shoulder are evaluated.
 - The balance between the power and speed between the left and right (hand moves) and top and bottom (coordination between the upper body and lower body: kicks) in the use of the hands and feet is evaluated.
 - The balance in the center of the body is evaluated.

B. Manifestation

The evaluation of manifestation covers a high level of technical integrity as well as techniques, characteristics, and flow of moves of a poomsae in a qualitative manner.

- Speed and power: The speed and power in Self-Defense Sparring Poomsae must be manifested through the strength in the lower body and flexible movements utilizing the central axis. The strength, flexibility, slow, fast, and rhythmical expressions must flow without interruptions while reflecting the technical characteristics of each poomsae move.
- Harmony (strength, relaxation, slow, fast, rhythm, and coordination): Harmony in Self-Defense Sparring Poomsae means the harmonious manifestation of strength, relaxation, slow, fast, rhythm, and coordination with the opponent.
 - Strength and flexibility: Strength means the synchronization between breathing,

movement, and consciousness in completing a movement, exerting force and spirit. Relaxation means relaxing before the hitting movement in a movement, instead of being tense throughout a movement sequence, to accumulate power and energy in a relaxed state of the body.

- Slow and Fast: Slow and Fast mean the control of the overall flow between movements and the entire process of Self-Defense Sparring Poomsae.
- Rhythm: Rhythm means the flow of the strength, relaxation, slow, and fast. Depending on the nature of a movement, the rhythm ensures that the elements of strength, relaxation, slow, and fast are manifested effectively.
- Coordination: During a poomsae, the coordination (matching) of breathing and moves between the contestant and his/her opponent is evaluated. Coordination also concerns the overall manifestations including the distance from the opponent, timing, synchronization of the attack and defense moves, manifestation of being hit, etc.

○ Scoring Method for Each Item

1. Accuracy: Deductions apply each time there is a mistake in the basic moves, detailed moves of poomsaes, and balance between moves.

A. 0.1 point deduction

- The contestant's movement stops after any defensive or attack move, except for the closing move.
- The contestant moves only the arms or legs instead of using the entire body in any attack or defense move.
- The manifestation at the body part used is not appropriate.
- An attack or a defense hand move is off the target point.
- The standing manifestation is not in accordance with the technical requirement.
- The contestant performs an unnecessary preparatory move.
- The contestant loses his/her balance during or immediately after performing a move.

B. 0.3 point deduction

- The contestant uses a different move from those included in the basic moves of Self-Defense Sparring Poomsae.
- The contestant stops during a contest for two seconds or longer.
- The contestant stops for a second and then restarts the poomsae from the beginning (0.3 points multiplied by the total number of repeated moves shall be deducted).
- Both feet are out of the contest stage during a contest.
- The contestant fails to shout "gihap" or shouts "gihap" in the wrong move.
- An obviously significant mistake (e.g., hitting the air instead of the target, etc.)
- In a sequence of movements, the contestant proceeds to the next move without fully manifesting a technique.

- The performance duration falls short of or exceeds the designated performance time.

2. Manifestation

Scoring of manifestation shall cover three items, with a total score of 6.0.

- Manifestation of how strong the contestant hits the opponent
- Expression of being hit at the target point at the beginning and appropriate expression of the damages sustained corresponding to the amount of force used in an attack
- Manifestation of rhythm and distance between the contestant and the opponent
- Manifestation of a rhythm that is appropriate and plausible, instead of a fixed rhythm
- Expression of emotions during the sequence of movements with the opponent (must not be comical)
- A sequence of a single move and the flow between different moves must be connected through the elements of strength, relaxation, slow, and fast. The flow must be in line with the characteristics of each poomsae, and moves must form a flow without interruptions.

○ Penalties ("Sii-gyook" [Disqualification])

- The name of the contestant does not match the one that appears on the participation application.
- The designated Self-Defense Sparring Poomsae, mixed-sex team composition, attire requirements, or other requirements in the instructions for the Hanmadang Competition of the year are not followed.
- Skipping four or more consecutive moves in a row or performing a wrong move.

○ Decisions of the Contest

The decision shall be made in accordance with the Contest Outline's Section 7. Decision of Contest.

IV. Plan Sheet

Creative Poomsae Plan Sheet

■ Information of Team

Team		Division	
Name of Representative		Mobile No.	

■ List of Contestants

No.	Name	Date of Birth	Dan/Poom
1			
2			
3			

■ Explanation of Creative Poomsae

* Write the name, purposes, and other supporting explanations.

■ Duration: Minutes Seconds

■ Poomsae Pattern(Yeon Mu line):

* Ex.) Draw the pattern by using 王, 工, 十, 一, and 卍.

■ Explanation of the Movements

* Refer to the Kukkiwon Taekwondo textbook to fill in the blanks below. Add more pages if necessary.

Order	Name of the Movement	Explanation
1	* e.g., Basic posture	Parallel stance, slowly moving the fists toward below waist
2	* e.g., Downward block with forward stance	Left forward stance with downward block
3	* e.g., Outward block	Right front kick and right back stance with outward block
4		
5		
-		

I hereby submit the Creative Poomsae Plan Sheet to attend
2024 Mungyeong World Taekwondo Hanmadang.

2024. . .

Name of representative:

(Signature)

Team Competition Plan Sheet

■ Information of Team

Team		Division	
Name of Representative		Mobile No.	

■ List of Contestants

No.	Name	Gender	ID No.	Dan/Poom	Dan/Poom No.	Note (School Information – Students Only)
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						

* Among 9–13 contestants, 1 or 2 females must be included(Excluding Overseas Team).

■ List of substitute contestants

No.	Name	Gender	ID No.	Dan/Poom	Dan/Poom No.	Note (School Information – Students Only)
1						
2						

* Substitute contestants are limited to two people(One male, one female, Excluding Overseas Team).

■ Team Competition Program Composition

Categories	Order	Duration (Minutes/Seconds)	Content	List of Contestants
Creative Poomsac			No. of movements No.	ALL
Self-defense technique			No. of contestants No.	ALL
Single jumping breaking			No. of broken targets Pieces	
Various target breaking			No. of targets Pieces	
Spinning Breaking			Horizontal turn break targets Pieces	
			Vertical turn break targets Pieces	
Freestyle Team Breaking			No. of targets Pieces	
Power Breaking (hand techniques 3 times, foot techniques 1 time)			Break 1 * e.g., Fist Pieces	
			Break 2 Pieces	
			Break 3 Pieces	
			Break 4 Pieces	
Overall Time		M S	Total Breaking Target Amount	Power Breaking Targets : 20 Pieces All round Breaking Targets : 40 Pieces

■ Usage of Other Kinds of Breaking Targets(Ball, Balloon, Apple, etc.)

Usage	<input type="checkbox"/> Yes / <input type="checkbox"/> No * Please tick where appropriate.	
Type		Amount

I hereby submit the Team Competition Plan Sheet to attend
2024 Mungyeong World Taekwondo Hanmadang.

2024. . . .

Name of representative:

(Signature)