MASTERS CHALLENGE RULES
Updated 11/02/2026

Frequently Asked Questions and Information

1. What is the required uniform to participate?

You should wear the uniform (Dobok) color of the program that you are currently enrolled in (EXAMPLE: All Black Belt Club students should wear a BLUE Uniform.) Demonstration Team members should ONLY wear the Demonstration Team Dobok during Opening Ceremonies and Demonstration Team Competition. Demonstration Team members should wear his or her regular program uniform during all other competitions at the Masters Challenge.

Only ITFS participants must follow World Taekwondo/USA Taekwondo sport uniform requirements.

2. Can participants wear shoes?

Shoes are **NOT** allowed for any events. However, if shoes are required for medical reasons, please bring a written doctor's note that states shoes are required for participation. This note will need to be submitted to the Holding Area Manager prior to your event.

3. What do I need to bring to Participant Badge Pick-up?

Upon completion of your online registration, you will receive an email confirmation with your events. Please bring a copy of the email confirmation (a mobile version or print out) in case there are any errors with the participant badge. You can begin picking up the badge, participant bag and any pre-order items starting on Friday, November 6th, 2026, from 6:30 PM – 7:30 PM at Colorado Springs Christian School. Badge pick-up will also open at 7:30am on Saturday, November 7th. All Sparring and Demo Team members are strongly encouraged to pick up their badge Friday night.

4. Can someone else pick up my participant badge?

Only a parent or immediate family member can pick up a participant badge if the participant cannot be present. Upon pick up, you will be requested to sign a document verifying all events are correct and CANNOT be changed. (Changes will ONLY be made if there was an error by the Organizing Committee.) Anyone who signs on your behalf will be acknowledging all event registrations are correct and CANNOT be changed. After you pick up your participant badge you are required to check-in at the holding area when your division is displayed on the TV monitors.

5. What happens if I lose my Participant Badge?

Badges can be re-printed at the Participant Badge Pick-up area for a $10 re-print fee.

6. What are the different codes and what do they mean?

Each event is abbreviated with a different code. The codes are below.

	CODE	EVENT
1	ICB	Individual Creative Breaking
2	ITF	Individual Traditional Forms
3	ITFS	Individual Traditional Forms - Sport
4	PTF	Pairs Traditional Forms
5	TTF	Team Traditional Forms
6	IS	Individual Sparring - Traditional
7	IJH	Individual Jumping High Kick
8	IPKH	Individual Power Knife Hand
9	IPSSK	Individual Power Skipping Side Kick

	CODE	EVENT
10	IPBK	Individual Power Back Kick
11	ICFWO	Individual Creative Forms without Weapons
12	ICFWW	Individual Creative Forms with Weapons
13	TCFWO	Team Creative Forms without Weapons
14	TCFWW	Team Creative Forms with Weapons
15	TDR	Team Demonstration

7. What do the different division numbers mean?

The first number of the division indicates the ring that the participant will be competing in and the second and third numbers indicate what division you will be in. For example, Division 104 will be held in Ring 1 and will be the 4th

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division. Although this is the general format, the location of the ring is always subject to change based on the conditions of the tournament. Please listen to announcements to see which ring each division will compete in.

8. What time do I need to arrive for the competition? Do I need to be there the entire day?

When you arrive to Colorado Springs Christian School you must pick up and have your participant badge with you at all times. Your participant badge will list all the events that you are competing in. You can pick up your badge early on Friday, November 6th from 6:30 PM– 7:30 PM OR a *minimum* of 1 hour prior to the start time of your event. For example, Individual Traditional Forms (ITF) is scheduled to begin at 8:30 AM. A participant should arrive by at least 7:30 AM to pick up the participant badge. Please note, the schedule is subject to change based on the final participant totals. All participants must pick up their badge no later than 1:00 PM on Saturday, November 7th, 2026.

Once the participant picks up the participant badge, he or she should look at the division number (Example ITF – 204). The code indicates the event (ITF = Individual Traditional Forms) and the next 3 digits see above #7 of the FAQ.

There will be TV monitors throughout Colorado Spring Christian School that "Call" division numbers to the holding area. If your division number appears on the screen you must go to the holding area and check-in. Once you check-in the Organizing Committee will put you with the other athletes in your division. You must remain in the holding area until your division is ready to compete. A Ring Runner will then escort your division out to the competition floor. After competing you will go to the award podium to receive your medal.

If you are competing in additional events, you will repeat the process and go to the holding area when your next division is called to check-in. You ***must*** check-in to the holding area for every division you compete in.

9. What happens if I do not come to the Holding area when I am called to compete?

Participants are required to go to the holding area to check-in when his or her division is displayed on the TV Monitors. This means the division is close to being called to the competition floor to compete. Once a competitor is checked in they are required to stay in the holding area. The participant will be called a maximum of three (3) times to appear in the holding area. If a participant does not appear in the holding area after the maximum of three (3) times to appear, the participant will be disqualified from the competition with no refund. The only exception to this is if the participant is already on the competition floor competing in a different division.

10. What are the Opening Ceremonies and Parade of Athletes?

The Opening Ceremonies will be held on Saturday, November 7, 2026 from 1:00 – 1:45 PM. The Opening Ceremonies will have the National Anthems and Parade of Athletes. All participants will line up by belt rank and march into the arena similar to the Olympic Games. Participants should wear their Taekwondo uniform and wear their medal(s) if the participant has already competed in the morning. There will be a demonstration by the U.S. Taekwondo Center combined demonstration team. All participants are highly encouraged but not required to participate in the Parade of Athletes. No sign up is necessary to be included in the Parade of Athletes. Simply go to the holding area by 12:45 PM to be included. Participants are encouraged to show their school spirit in creative ways.

11. What are the age/rank divisions and participant gender specifications?

Age will be determined as of Saturday, November 7th, 2026. The age divisions are listed below.

Division Name	Pee Wee	Dragon	Tiger	Youth	Cadet	Junior
Age	3-5 years old	6-7 years old	8-9 years old	10-11 years old	12-14 years old	15-17 years old

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Division Name	Senior	Under 40	Under 50	Under 60	Under 70	Over 70
Age	18-30 years old	31-40 years old	41-50 years old	51-60 years old	61-70 years old	71+ years old

Rank will be determined as of Saturday, November 7th, 2026. The rank divisions are listed below.

Rank	10-7.geup	6-4.geup	3-1.geup	1.dan+
Belt Color	White, Yellow, Orange, Green	Purple, Blue, Blue Senior	Brown, Brown Senior, Red, Red Senior, Bo Dan 1, Bo Dan 2, Black Belt Eligible	1st Degree Black Belt and Above

All events will be separated into **MALE** and **FEMALE** with the exception of the following:

a. Team Traditional Forms
b. Pairs Traditional Forms
c. Team Creative Forms WITH Weapons
d. Team Creative Forms WITHOUT Weapons
e. Pee Wee Sparring (if appropriate)

Individual Traditional Forms Sport (ITFS) divisions will follow WT/USATKD guidelines. Divisions can be found in official event rules.

There is **NO Guarantee** that every division can be broken up under the above guidelines as the divisions are dictated by the number of athletes in each category. The Organizing Committee will separate each category by age, weight, rank, and ability at the discretion of the Organizing Committee for the safety of each participant.

12. How many participants will be in each division?

The Organizing Committee will divide divisions to be as fair as possible for all participants with the discretion to create divisions outside these guidelines, if necessary. Each division will have a maximum of 4 participants. Medals will be awarded to 1st, 2nd and two 3rd places. In addition to each award, each participant can request a physical copy of an AWARD CERTIFICATE that will display the event name and place. (For example: John Smith, Individual Traditional Forms, 7 and under, 1st Geup, 1st place.) A physical copy of the award certificate is available upon request the day of the Masters Challenge at the Award podium at no additional cost.

All RECORD KEEPING events (listed below) will NOT have a maximum of 4 per division. Each division will be broken down by age and belt level and MAY have more than 4 per division. For example, the Tiger Division (age 8-9) 1st Poom has 16 participants registered. This will ONLY be one division of 16 participants. First, second and third place awards will be given. **Individual Traditional Forms Sport (ITFS) will NOT have a maximum of 4 per division.**

1. Individual Jumping High Kick
2. Individual Power Breaking Knife Hand (Downward)
3. Individual Power Breaking Skipping Side Kick
4. Individual Power Breaking Turning Back Kick

13. How do I register for a team event?

Each participant will complete their individual registration for their team event. Make sure to include any additional individual events they will participate in. You will choose one person on your Team to create the Team Name. Once they have completed their registration the rest of the Team will be able to pick the Team name from the drop down list

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when the Team event is selected. Each participant will pay their registration fees separately. This can also be done if your Teammate has already registered but did not select a Team event. They can go back and edit their registration.

14. Will there be pairs and family forms events?

There is Pairs Traditional Forms (PTF). Pairs can be made up of the same gender or mixed gender. There must be exactly two (2) people registered to make up a Pairs Traditional Forms Group.

There is Team Creative Forms with Weapons (TCFWW), and Team Creative Forms without Weapons (TCFWO). Any of these team events can have between two (2) and ten (10) participants of the same or mixed gender to make up the team.

Team Traditional Form (TTF) can have between three (3) and ten (10) participants of the same or mixed gender to make up the team.

The Organizing Committee will divide divisions to be as fair as possible for all participants with the discretion to create divisions outside of these guidelines.

Age	Belt Ranks
All 17 and Under	All Color Belts
All 17 and Under	All Black Belts
All 17 and Under	Mixed ranks (color and black belts)
All 18-40	All Color Belts
All 18-40	All Black Belts
All 18-40	Mixed ranks (color and black belts)

Age	Belt Ranks
All 41 and over	All Color Belts
All 41 and over	All Black Belts
All 41 and over	Mixed ranks (color and black belts)
All mixed ages	All Color Belts
All mixed ages	All Black Belts
All mixed ages	Mixed ranks (color and black belts)

15. My Team Traditional Forms group has participants with different ranks. What form do we need to perform?

Your team should perform the form for the **LOWEST** belt rank. For example, the team has 3 members: two are 1st Dan Black Belts, the third member is a 1st geup. The entire team should perform Taegeuk Pal Jang (8), NOT Koryo.

16. Are there Coaches allowed?

Only coaches will be allowed on the competition floor. There is a one-time coaching registration fee of $25. All coaches must complete the code of conduct form online. Failure to comply with the code of conduct will result in immediate revocation of the coaching pass. Coaches may only be on the competition floor when his or her athlete is on the competition floor to perform. Coaches are not permitted to step into the ring at any time unless directed to by the Organizing Committee staff. If you purchase a coaching pass you do NOT need to purchase a spectator ticket.

Please note: During the competition for Individual Creative Board Breaking (ICB) athletes are encouraged to provide their own holders. You do NOT need a coaching pass to be a holder. However, if you are only a holder – you CANNOT coach the student. If you intend to coach an athlete, you must register for a coach's pass.

17. Will participants have to remove jewelry before competing?

All jewelry must be removed before entering the competition floor. If a piece of jewelry cannot be removed, it must be taped and secured to prevent injury.

18. Are there a maximum number of events for each participant?

There are NOT a maximum number of events a person can participate in. However, a person cannot register for the same event more than once. (For example, a participant CANNOT be on 2 Team Creative Forms teams.) The more events a person participates in, the more likely the chance of scheduling conflicts. The Organizing Committee will work hard to ensure participants will not be scheduled to perform in 2 separate events at the same time.

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19. Will there be video replay available to question scores?

All scores and results are final. Video replay to question scoring is not available at the Masters Challenge. If you have a question about a score you may ask to speak with a member of the Organizing Committee so questions can be directed appropriately to the Referee Chairman.

20. How do I bring the music for my competition?

Music is only allowed in ICFWO, TCFWO, ICFWW, TCFWW, and TDR. Athletes are required to upload the music file to Kihapp, **AND** are required to bring a backup on a USB Drive or Media player the day of the competition.

21. What is the difference between Individual Traditional Forms (ITF) and Individual Traditional Forms Sport (ITFS)?

Individual Traditional Forms(ITF) will use Masters Challenge rules. For complete details see the rules for ITF. Individual Forms Sport (ITFS) will use modified WT/USATKD rules which also requires athletes to know all Taegeuk and Kukkiwon Black Belt Forms. For complete details see the rules for ITFS.

NOTE: Only official Poomsae Team members may register for Traditional Forms Sport (ITFS).

22. What does the term "Geup" mean and what is my "Geup"?

Geup is a Taekwondo term used for belt ranks. Rather than say "Yellow Belt", a person would say "9th Geup". Typically, the lower the Geup, the closer the person is to 1st-degree Black Belt. (For example, a 1st Geup is the level before 1st-degree Black Belt.) The Geup Chart is a way to classify each belt level. For the Masters Challenge each participant can perform any Form appropriate to their belt level (Taegeuk, Kyoorogi Poomsae, Palgwe, advanced Kukkiwon Poomsae, etc)**. The below chart is for Individual Traditional Forms (ITF), NOT Individual Traditional Forms Sport (ITFS).**

It is **RECOMMENDED**, that higher belt levels such as Bo Dan 2 perform a higher level Taeguek (6-8) as opposed to a lower level Taegeuk (1-2). The U.S. Taekwondo Center uses the below Geup ranks.

U.S. Taekwondo Center BLACK BELT - Leadership and above Conversion Chart		
Belt Color	**Geup**	**Eligible Form (poomsae)**
4th Dan and above	N/A	Hansoo, Cheon Kwon, Ji tae, Sipjin, Pyung won, Taebaek, Geumgang, Koryo, Kyeoroogi Poomsae 1-4, Il Cheon Poomsae 1+2, Palgwe 1-8
3rd Dan/Poom	N/A	Taebaek, Geumgang, Koryo, Kyeoroogi Poomsae 4, Il Cheon Poomsae 1+2 Palgwe 1-8
2nd Dan/Poom	N/A	Geumgang, Koryo, Kyeoroogi Poomsae 4, Il Cheon Poomsae 1+2, Palgwe 1-8
1st Dan/Poom	N/A	Koryo, Kyeoroogi Poomsae 3, Il Cheon Poomsae 1+2, Palgwe 1-8
U.S. Taekwondo Center COLOR BELT (GEUP) - Leadership and Black Belt Club - Conversion Chart		
Belt Color	**Geup**	**Eligible Form (poomsae)**
Black Belt Eligible	1st	Taegeuk 1-8, Kyeoroogi Poomsae 1
Bo Dan 2	1st	Taegeuk 1-7
Bo Dan 1	1st	Taegeuk 1-6
Red Senior	2nd	Taegeuk 1-5
Red	2nd	Taegeuk 1-4
Brown Senior	3rd	Taegeuk 1-3
Brown	3rd	Taegeuk 1-3
Blue Senior	4th	Taegeuk 1-3
Blue	5th	Taegeuk 1-3
Purple	6th	Taegeuk 1
Green	7th	Taegeuk 1
Orange	8th	Taegeuk 1
Yellow	8th	Taegeuk 1
U.S. Taekwondo Center COLOR BELT (GEUP) - Trial Course - Conversion Chart		
Belt Color	**Geup**	**Eligible Form (poomsae)**
Yellow	8th	Ineligible to compete in ITF
White	9th	Ineligible to compete in ITF

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23. What are the referee's commands?

Referees will use different commands based on each event. The commands are shown below for each type of event.

Poomsae (Form) Competition Command		
English	**Korean**	**Meaning**
Cha Ryeot	차렷	Attention
Gyeong Rye	경례	Bow
Joon Bi	준비	Ready
Shi Jak	시작	Start
Bah Roh	바로	Return
Shi Eo	쉬어	Rest
Pyo Chool	표출	Display score
Chung	청	Blue
Hong	홍	Red
Gam Jeom	감점	Penalty

Gyeoroogi (Sparring) Competition Command		
English	**Korean**	**Meaning**
Chung	청	Blue
Hong	홍	Red
Cha Ryeot	차렷	Attention
Gyeong Rye	경례	Bow
Joon Bi	준비	Ready
Shi Jak	시작	Start
Geu Man	그만	Stop
Gal Ryeo	갈려	Break (Each other)
Gam Jeom	감점	Penalty
Gye Sok	계속	Continue
Seung	승	Win
Gye Shi	계시	Time keeping (Injury)

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Gyeokpa / Shibeom (Breaking / Demonstration) Competition Command		
English	**Korean**	**Meaning**
Cha Ryeot	차렷	Attention
Gyeong Rye	경례	Bow
Joon Bi	준비	Ready
Shi Jak	시작	Start
Geu Man	그만	Stop
Gam Jeom	감점	Penalty
Sil Gyeok	실격	Disqualified

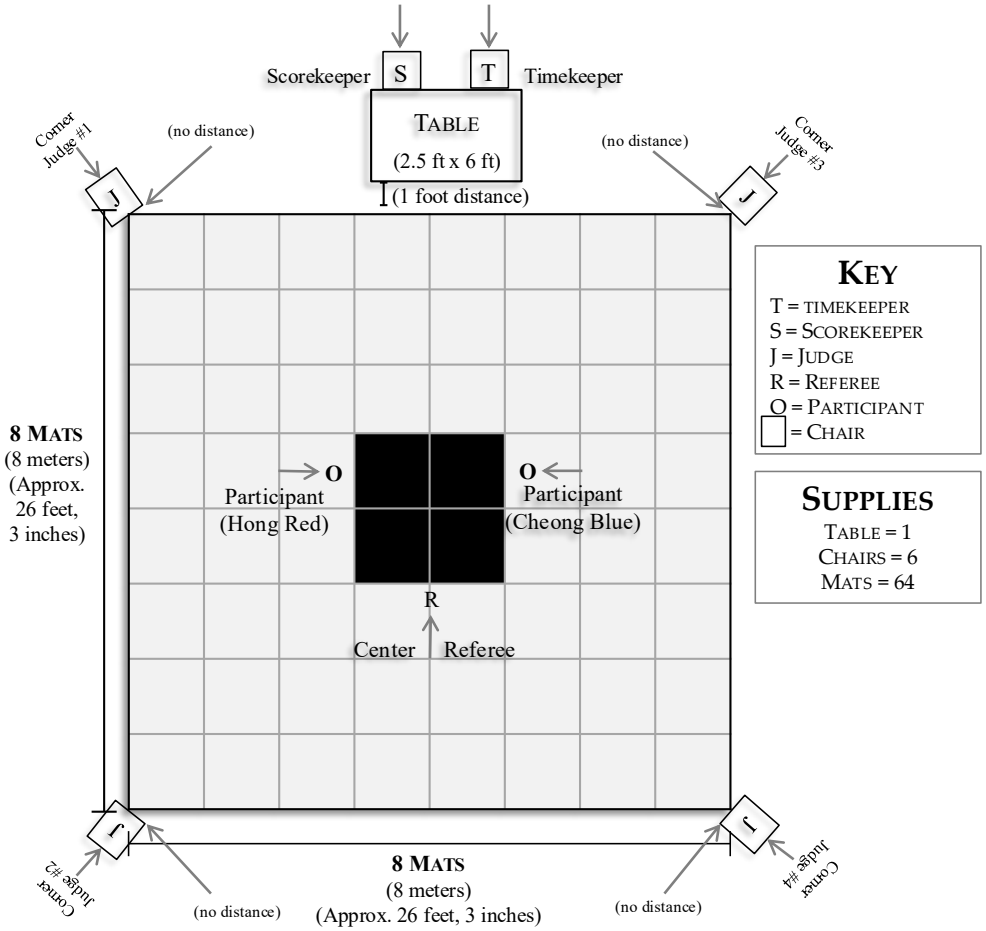
24. Why is there a different price to register for a breaking event?

All board breaking events will incur an additional flat fee of $10. This pays for the extra cost of wooden boards being used during these events.

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IS -- INDIVIDUAL SPARRING - Traditional
(1 Participant. No Age Requirements)

SPARRING DIAGRAM
(NOT TO SCALE)



Adults (age 18 and up)			
Men's Divisions		**Women's Divisions**	
Under 58kg	Not Exceeding 58kg	Under 49kg	Not Exceeding 49kg
Under 68kg	Over 58kg and not exceeding 68kg	Under 57kg	Over 49kg and not exceeding 57kg
Under 80kg	Over 68kg and not exceeding 80kg	Under 67kg	Over 57kg and not exceeding 67kg
Over 80kg	Over 80kg	Over 67kg	Over 67kg

Junior (Age 15 to 17)			
Men's Divisions		**Women's Divisions**	
Under 48kg	Not Exceeding 48kg	Under 44kg	Not Exceeding 44kg
Under 55kg	Over 48kg and not exceeding 55kg	Under 49kg	Over 44kg and not exceeding 49kg
Under 63kg	Over 55kg and not exceeding 63kg	Under 55kg	Over 49kg and not exceeding 55kg
Under 73kg	Over 63kg and not exceeding 73kg	Under 63kg	Over 55kg and not exceeding 63kg
Over 73kg	Over 73kg	Over 63kg	Over 63kg

Cadet (Age 12 to 14)			
Men's Divisions		**Women's Divisions**	
Under 37kg	Not Exceeding 37kg	Under 33kg	Not Exceeding 33kg
Under 45kg	Over 37kg and not exceeding 45kg	Under 41kg	Over 33kg and not exceeding 41kg
Under 53kg	Over 45kg and not exceeding 53kg	Under 47kg	Over 41kg and not exceeding 47kg
Under 61kg	Over 53kg and not exceeding 61kg	Under 55kg	Over 47kg and not exceeding 55kg
Over 61kg	Over 61kg	Over 55kg	Over 55kg

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MASTERS CHALLENGE RULES
Updated 11/02/2026

Youth (Age 10 to 11)	
Divisions	
Under 30kg	Not Exceeding 30kg
Under 35kg	Over 30kg and not exceeding 35kg
Under 40kg	Over 35kg and not exceeding 40kg
Over 40kg	Over 40kg

Tiger (Age 8 to 9)	
Divisions	
Under 21kg	Not Exceeding 21kg
Under 25kg	Over 21kg and not exceeding 25kg
Under 30kg	Over 25kg and not exceeding 30kg
Over 30kg	Over 30kg

Dragon (Age 6 to 7)	
Divisions	
Under 19kg	Not Exceeding 19kg
Under 23kg	Over 19kg and not exceeding 23kg
Under 27kg	Over 23kg and not exceeding 27kg
Over 27kg	Over 27kg

Pee Wee (Age 3 to 5)
Divisions
No weight divisions

1. Sparring age divisions are shown below:
   a.

Division Name	Pee Wee	Dragon	Tiger	Youth	Cadet	Junior	Senior	Ultra	Platinum
Age	3-5 years old	6-7 years old	8-9 years old	10-11 years old	12-14 years old	15-17 years old	18-30 years old	31-40 years old	41+ years old

2. This event will run by single elimination to determine the final results. There will be no match for 3rd place.

3. All participants must have finger and toenails short and trimmed. There is no jewelry allowed to be worn on ears, face, neck, wrist, ankle, etc. No glasses or sport goggles can be worn.

4. All participants must wear all required protective equipment listed below. Gear checks will occur by the head referee before the match begins.
   a. Head gear (Helmet must match your side's color or be colored white)
   b. Mouthpiece – Athletes with braces must have a mouth guard for both the top and bottom of their teeth.
   c. Chest Protector (Hogu) – must match the color of the side you are on (Blue or Red)
   d. Forearm Guards
   e. Shin Guards
   f. Groin Cup (For males only)
   g. Approved hand gloves and foot protectors are optional.

5. Sparring competition will be 2-3 rounds. Whoever wins two rounds will win the match. Rounds are 1 minute each with a 30-second break between each round. Safety rules will be in effect:
   a. Kicking and punching are only allowed to the hogu (chest protector).
   b. Only the cadet division and up (ages 12 and older, ALL Ranks) can use LIGHT contact with kicks to the head.
   c. No contact is allowed below the belt or with any hand techniques to the head.

6. Techniques executed with correct form to the body will be awarded 1 point.
   a. Any spinning techniques to the body or head (back kick, spinning roundhouse kick) will be awarded one (1) additional point.
   b. For cadet divisions and older, any LIGHT contact technique to the head will be awarded 3 points.

7. The participant who wins 2 rounds will be the winner. The score resets to 0 after every round.
   a. EXAMPLE: Round 1: blue = 5, red = 4. Blue wins the round. Round 2: score starts blue = 0, red = 0. At the end of Round 2, blue = 3, red = 2. Blue wins the round and the match (won 2 rounds). There will be no Round 3.

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8. The following are prohibited acts. Any occurrence shall result in a Gam-Jeom penalty. Each Gam-Jeom penalty will cause 1 point to be added to the opponent's score. Ten (10) Gam-Jeom penalties will cause immediate disqualification)
    a. Head contact with upper body strike.
    b. Holding.
    c. Grabbing (to impede opponent's attack, to execute and attack, or to throw).
    d. Butting (with head or knee).
    e. Tripping or falling.
    f. Any strike after "Kal-yeo".
    g. Striking the opponent on the ground.
    h. Intentionally blocking a kick with the knee.
    i. Stepping out of bounds (one entire foot must be out of the ring to be considered stepping out of bounds).
    j. Avoiding fighting.
    k. Pushing opponent without following up with an attack.
    l. Kicking or striking with the upper body below the opponent's hip.
    m. Unsportsmanlike conduct.
    n. Excessive head contact (will receive a Gam-Jeom and warning for 1st offense and disqualified for any additional offense).

9. In the event of a tie, a sudden death overtime round of one minute will take place. First point scored at the center referee's discretion will win the match. The first point scored can be a kick, punch, or Gam-Jeom to determine the winner of overtime. If at the end of the overtime match, a winner has still not been declared, all referees will vote on which opponent was more aggressive during the match. The opponent with majority of referee votes will be declared the winner.

Additional Notes:

1. Excessive contact for the head is when the kick causes the head to significantly move (however, not when the head moves due to ducking or avoiding), when an injury results from the head contact (such as a bloody nose), or when the kick causes the opponent to stagger or lose their balance as a result of the head contact. Any other contact to the head that does not result in these scenarios is considered LIGHT head contact.

2. Time stops each time the referee calls "Kal-yeo."

3. Pushing while fighting is allowed with the following exceptions:
    a. Pushing your opponent out of the ring. If you push your opponent out of the ring you will be given a Gam-Jeom penalty.
    b. Pushing your opponent while they are kicking. If you push your opponent while they are in the act of kicking, the person pushing will be given a Gam-Jeom penalty.
    c. Excessive pushing (more than 3 seconds continuously).
    d. Pushing and scoring off the grab is a Gam-Jeom penalty. A participant would have to push, release the opponent, and then score the point. If a participant leaves their hands on the hogu and then score, those points are removed the person pushing/grabbing is given a Gam-Jeom penalty.

4. During a medical stoppage of the fight the time clock will be paused. In the event of injury, the center referee will stop the fight and call for medical. Once medical enters the ring the center referee will call "Keshi." There will be a one (1) minute medical timeout (Keshi). If the participant can continue the match but the medical team needs more time, the center referee will grant an additional "Keshi" which will allow another one (1) minute medical timeout. If a participant cannot continue due to medical reasons after the maximum 2-minute medical timeout, the center referee will declare a winner.
    a. If a participant cannot continue the fight due to a medical issue, the other participant will be declared the winner. The exception to this rule is if the participant causes a medical issue by an illegal technique/movement. If the participant who injures their opponent by an illegal technique/movement causes an injury that prevents his or her opponent from continuing, the injured participant will be declared the winner.

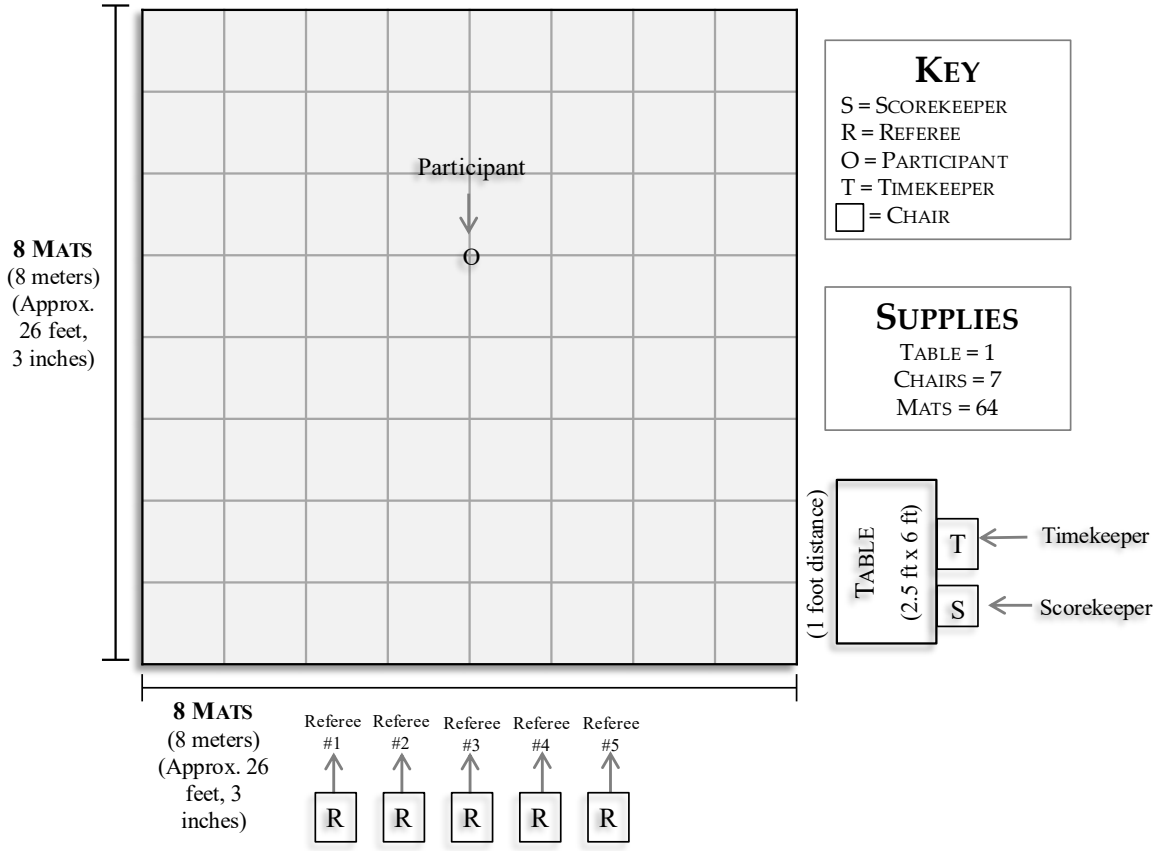
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5. If there is only a single (1) competitor in a weight, age, and belt division that competitor will automatically be awarded 1st place. This competitor will have the option to fight in an exhibition match provided both competitors agree to the exhibition match. During this match, head contact will only be allowed when both athletes and coaches agree AND both competitors are 12 years old or older. All exhibition competitors MUST sign and have their coach/guardian sign a waiver before being allowed to compete. The result of the exhibition match will not affect the 1st place award for the original competitor that is a single competitor.

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ITF -- INDIVIDUAL TRADITIONAL FORMS (POOMSAE)
(1 Participant. No Age Requirements. All Belts)
Maximum Points = 10 Points

ITF – INDIVIDUAL TRADITIONAL FORMS DIAGRAM
(NOT TO SCALE)



1. There will be five (5) judges. Each judge will score the participant based on the below. The highest and lowest scores will be excluded. The average of the remaining 3 scores will be the final score. In the event of there being only three (3) judges, the highest and lowest scores will not be excluded, and instead the final score will be the average of all 3 scores.

2. Competition time limit: 90 seconds maximum

3. The following will complete each participant's score:

Points	Grading Criteria	Grading Criteria Details	Points
4.0	Accuracy	Basic Taekwondo movements and balance	4.0
6.0	Presentation	Speed and power	2.0
		Harmony: Tempo, rhythm, power and natural flow of movements	2.0
		Expression of energy	2.0

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A. Accuracy (4.0 points):

I. Basic Taekwondo movements according to Kukkiwon guidelines
   a. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)
   b. Accuracy of Each Hand Technique – In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place.
   c. Accuracy of Each Kicking Technique - correct form, height, and power of kick

II. Balance
   a. Properly shifting weight when connecting movements
   b. Correct weight distribution and balance in stances
   c. How the participant performs movements without losing balance when applying power to the target of the strike.

B. Presentation (6.0 points):

I. Speed and Power (2.0 points)
   a. Poomsae should be performed using the power from your lower body and core to create strong and quick movements. The movements should flow together without any pausing.

II. Harmony (2.0 points)
   a. Sturdiness and Gentleness
      i. Poomsae should be performed with strong balance. The power of each block, strike, or kick should be powerful, quick, and natural/relaxed.
   b. Tempo and rhythm
      i. Speed/tempo/flow
      ii. Overall timing and synchronization of hands/feet/kihap(s)

III. Expression of Energy (2.0 points)
   a. Kihap – confidence
   b. Attitude and Etiquette – as soon as the Participant's name is called to enter the ring for your competition.
   c. Eye Control - correct direction to "look", correct eye position as well as where eyes are focused
   d. Volume of Movement – Height of kick(s) – generally higher is better although some forms specify the target height on some kicks (Example: Koryo specifies that the side kick should be knee height). Strength/power/presentation of blocks and strikes.

NOTE: In general, each participant's uniform should be clean and pressed, and the belt should be tied correctly. How the belt is tied, and the uniform will not be considered in any score.

4. Deductions
   A. Participant crosses outside of the 8-meter x 8-meter ring (.3-point deduction for each occurrence). Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the footsteps out of bounds it will be considered out of bounds and result in a deduction.
   B. Participant exceeds the 90-second time limit (.3-point deduction)
   C. Unsportsmanlike conduct (1 point deduction)
   D. Restarting the poomsae: The athlete may choose to stop their performance and restart their poomsae. The clock will continue to run and by restarting the poomsae, the athlete will automatically receive a .6 deduction from each referee on top of their regular score.
   E. If a participant performs a poomsae that is not allowed based on belt rank it will result in a 5-point deduction. EXAMPLE: A green belt 7th geup performs 1st degree black belt poomsae Koryo.
   F. All deductions will be applied at the end of the performance to the final score.

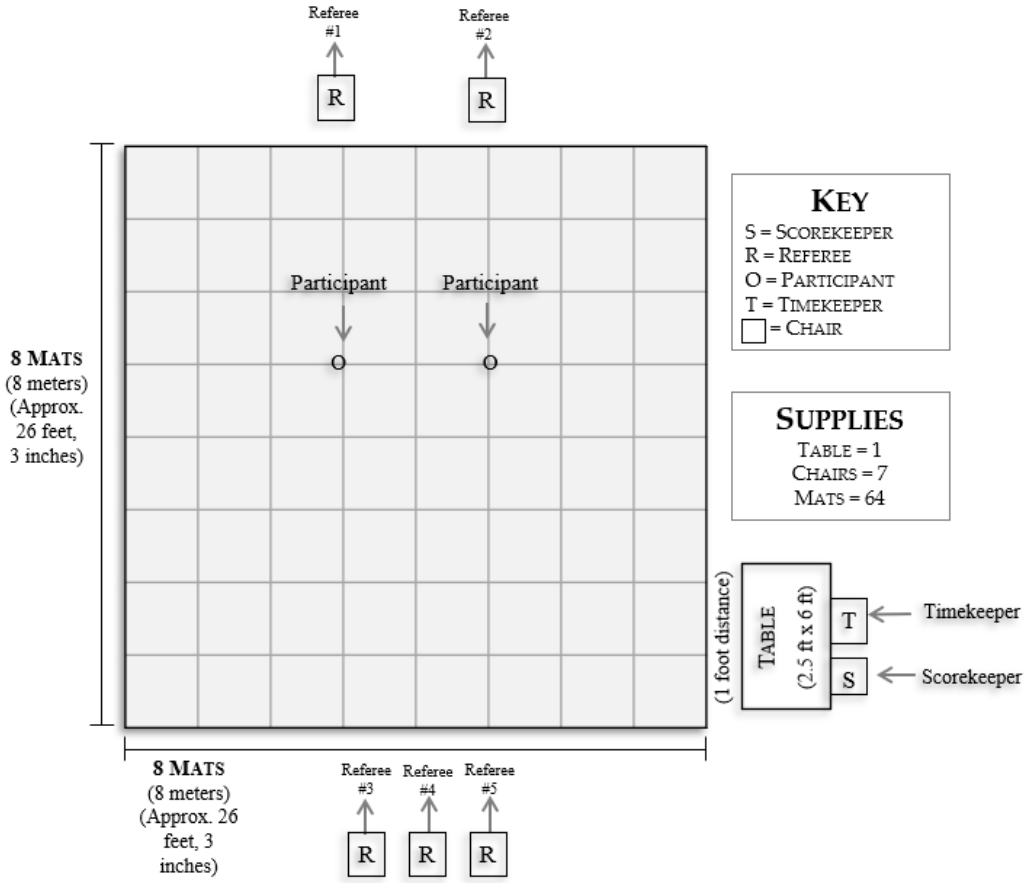
5. Tiebreaker
   A. In the case of a tie, the participant with the higher presentation score will be selected as the winner. If there is still a tie, the highest and lowest scores (originally excluded) will be added back to the total score to determine the winner.
   B. If there is still a tie, In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will

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be multiple 2nd and 3rd places awarded) – participants will perform the poomsae one (1) additional time. Judges will re-score.

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ITFS -- INDIVIDUAL TRADITIONAL FORMS - SPORT
(1 Participant. No Age Requirements)



The Masters Challenge will use the 2026 WT/USATKD Poomsae Rules (click here to view full) This competition is for both Color and Black belts. The compulsory poomsae for black belts are shown in the chart below. The modifications are:

1. The competition format will be bracketed with a side-by-side execution. Each Athlete will perform 2 poomsaes. The average of those scores will be the final score.
2. Poomsae for Black Belts, except Tiger and Dragon divisions, will be randomly drawn at the ring. For colored belts, tigers, and dragons, the poomsaes will be announced by Sunday, November 1, 2026.
3. The ring layout will be the above layout.

Black Belt Divisions

	Division	Compulsory Poomsae
Individual	Dragon (6-7)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Tiger (8-9)	
	Youth (10-11)	
	Cadet (12-14)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
	Junior (15-17)	Taegeuk 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon
	Under 30	Taegeuk 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae
	Under 40	
	Under 50	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
	Under 60	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
	Under 65	
	Over 65	
	Over 70	

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Color Belt Divisions

Division	Compulsory Poomsae
Yellow (7^{th} & 8^{th} Geup) All Ages	Taegeuk 1, 2 Jang
Green (5^{th} & 6^{th} Geup) All Ages	Taegeuk 1, 2, 3, 4 Jang
Blue (3^{rd} & 4^{th} Geup) All Ages	Taegeuk 3, 4, 5, 6 Jang
Red (1^{st} & 2^{nd} Geup) All Ages	Taegeuk 4, 5, 6, 7, 8 Jang

1. The scoring criteria will be:

Scoring Criteria	Details of Scoring Criteria	Points
Accuracy (4.0)	Accuracy of basic movements	4.0
	Accuracy of details of each Poomsae	
	Balance	
Presentation (6.0)	Speed and power	2.0
	Rhythm & tempo	2.0
	Expression of energy	2.0

A. Accuracy (4.0 points):

I. The basic score is 4.0
II. Minor Mistakes – 0.1-point deduction
   a. 0.1 point shall be deducted each time a contestant makes small errors such as not performing the basic movements accurately. This includes each time a stance or hand and foot technique is not performed accurately.
III. Major Mistakes – 0.3-point deduction
   a. 0.3 point shall be deducted when incorrect actions or techniques are performed or correct techniques or actions are omitted.

B. Presentation (6.0 points):

I. Speed and Power (2.0 Points)
   a. Ability to perform Poomsae shall be evaluated on whether the movements are performed in accordance with the characteristics of the pertinent movement; for example, attacking techniques are best performed with a soft start, accelerating with a balance between speed and power, using the body weight to achieve a maximum effect, while special movements are performed slowly, and intentionally, with power and balance.
II. Rhythm and Tempo (2.0 Points)
   a. Control of power means the greatest power is shown at the most critical moment of the movement, usually the culmination, through speed and softness.
   b. Control of speed means an appropriate connection between actions and changes in speed, such

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as powerful moves accelerating.

c. Rhythm means repeated actions are performed with timing that results in the technique being most effective to accomplish the intended result and the flow of power with the greatest expression of power occurring at the instant of the strike, block, or kick.

III. Expression of Energy (2.0 Points)

a. This category addresses the presentation of confidence and power that comes from mastering the expression of energy. The range of movement of techniques, concentration, courage, sharpness, confidence, and posture effect how energy is expressed according to the characteristic actions of the Poomsae. Such characteristics as the direction of sight and focus of the eyes, strength of the kihap, attitude, and uniform all contribute to the overall expression of energy.

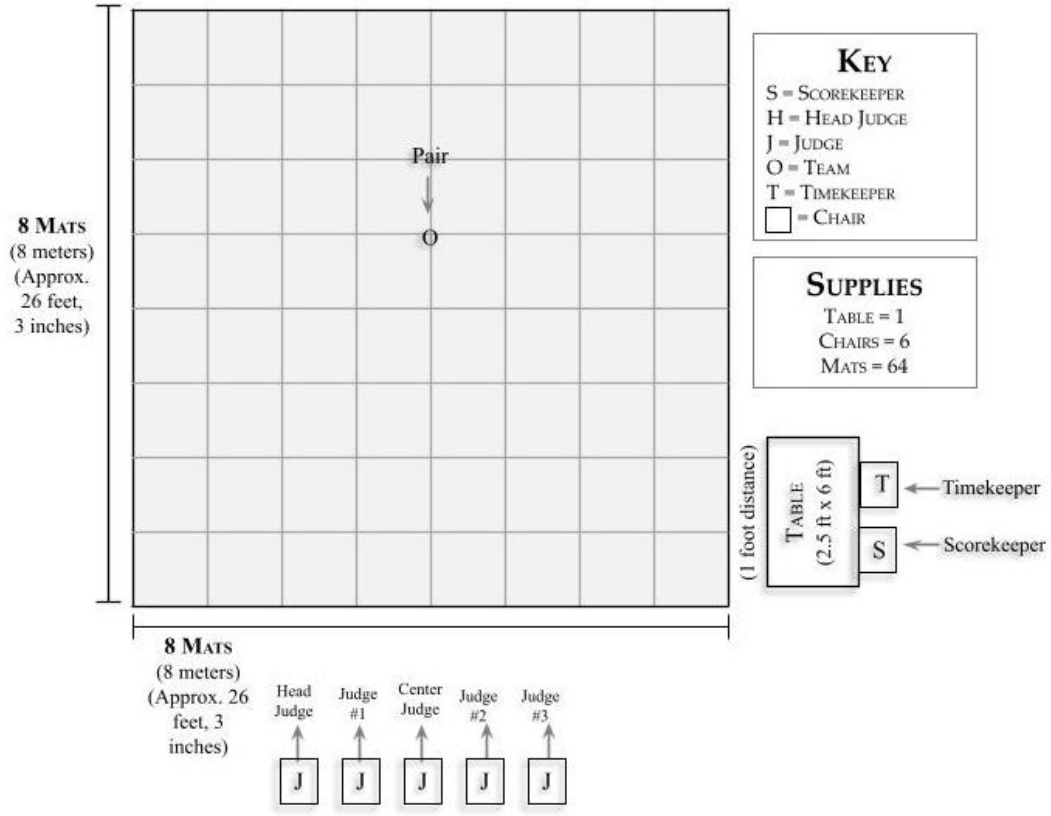
IV. Deduction of points

a. 0.3 points shall be deducted from the final score in case the performance is finished later than the set contest time.

b. 0.3 points shall be deducted from the final score if the contestant crosses the boundary line with two feet during performance.

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PTF – PAIRS TRADITIONAL FORMS (POOMSAE)
(2 Participants. No Age Requirements. All Belts)
(Each team must select a team captain and team name.) Maximum Points = 10 Points



2. There must be exactly two (2) people registered to make up a Pairs Traditional Forms Group. Pairs can be made up of the same gender or mixed gender (co-ed).
3. Each pair should perform the one (1) poomsae for the LOWEST belt rank in the chart above. For example, one participant is a 1st Dan Black Belt, and the pair partner is a 1st Geup. The pairs team should perform Taegeuk Pal Jang (8), NOT Koryo.
4. There will be five (5) judges. Each judge will score the participant based on the below. The highest and lowest scores will be excluded. The average of the remaining 3 scores will be the final score. In the event of there being only three (3) judges, the highest and lowest scores will not be excluded, and instead the final score will be the average of all 3 scores.
5. Competition time limit: 90 seconds maximum
6. The following will complete each Pair's score:

Points	Grading Criteria	Grading Criteria Details	Points
4.0	Accuracy	Basic Taekwondo movements and balance	4.0
6.0	Presentation	Speed and power	2.0
		Harmony: Tempo, rhythm, power and natural flow of movements	2.0
		Expression of energy	2.0

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C. Accuracy (4.0 points):

I. Basic Taekwondo movements according to Kukkiwon guidelines
   a. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)
   b. Accuracy of Each Hand Technique – In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place.
   c. Accuracy of Each Kicking Technique - correct form, height, and power of kick

II. Balance
   a. Properly shifting weight when connecting movements
   b. Correct weight distribution and balance in stances
   c. How the participant performs movements without losing balance when applying power to the target of the strike.

D. Presentation (6.0 points):

I. Speed and Power (2.0 points)
   a. Poomsae should be performed using the power from your lower body and core to create strong and quick movements. The movements should flow together without any pausing.

II. Harmony (2.0 points)
   a. Sturdiness and Gentleness
      I. Poomsae should be performed with strong balance. The power of each block, strike, or kick should be powerful, quick, and natural/relaxed.
   b. Tempo and rhythm
      I. Speed/tempo/flow
      II. Overall timing and synchronization of hands/feet/kihap(s)
      III. Overall timing and synchronization with partner

III. Expression of Energy (2.0 points)
   a. Kihap – confidence
   b. Attitude and Etiquette – as soon as the Participant's name is called to enter the ring for your competition.
   c. Eye Control - correct direction to "look", correct eye position as well as where eyes are focused
   d. Volume of Movement – Height of kick(s) – generally higher is better although some forms specify the target height on some kicks (Example: Koryo specifies that the side kick should be knee height). Strength/power/presentation of blocks and strikes.

NOTE: In general, each participant's uniform should be clean and pressed, and the belt should be tied correctly. How the belt is tied, and the uniform will not be considered in any score.

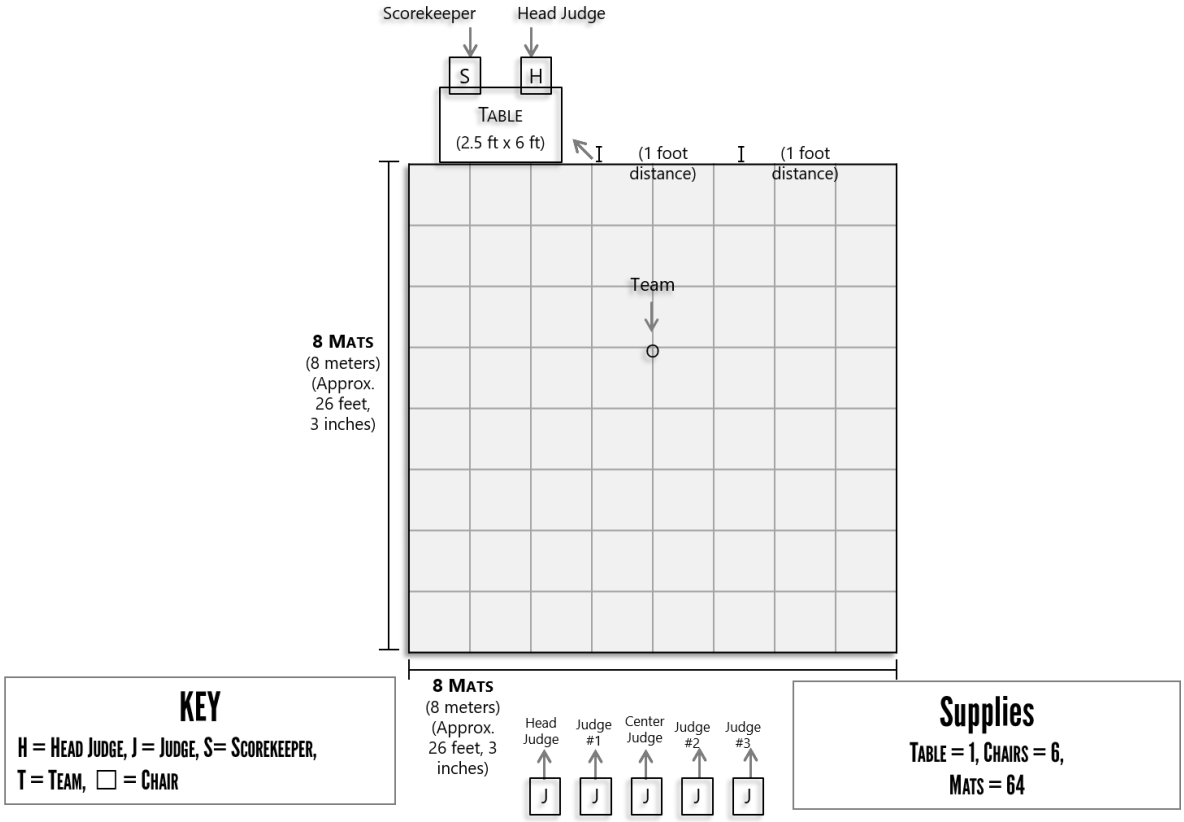
7. Deductions
   A. Participant crosses outside of the 8-meter x 8-meter ring (.3-point deduction for each occurrence). Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the footsteps out of bounds it will be considered out of bounds and result in a deduction.
   B. Participant exceeds the 90-second time limit (.3-point deduction)
   C. Unsportsmanlike conduct (1 point deduction)
   D. Restarting the poomsae: The athlete may choose to stop their performance and restart their poomsae. The clock will continue to run and by restarting the poomsae, the athlete will automatically receive a .6 deduction from each referee on top of their regular score.
   E. All deductions will be applied at the end of the performance to the final score.

   F. Tiebreaker
      - In the case of a tie, the participant with the higher presentation score will be selected as the winner. If there is still a tie, the highest and lowest scores (originally excluded) will be added back to the total score to determine the winner. If there is still a tie, In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – participants will perform the poomsae one (1) additional time. Judges will re-

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score.

TTF -- TEAM TRADITIONAL FORMS (POOMSAE)
(3-10 Participants. No Age Requirements. All Belts)
(Each team must select a team captain and team name.) Maximum Points = 10 Points



1. There must be between three (3) to ten (10) participants registered to make up a Team Traditional Forms Group. Teams can be made up of the same gender or mixed gender. There are no age or belt restrictions.
2. Each team should perform the one (1) poomsae for the LOWEST belt rank in the chart above. For example, the team has 3 members: two are 1st Dan Black Belts, and the third member is a 1st Geup. The entire team should perform Taegeuk Pal Jang (8), NOT Koryo.
3. There will be five (5) judges. Each judge will score the participant based on the below. The highest and lowest scores will be excluded. The average of the remaining 3 scores will be the final score. In the event of there being only three (3) judges, the highest and lowest scores will not be excluded, and instead the final score will be the average of all 3 scores.
4. Competition time limit: 90 seconds maximum
5. The following will complete each team's score:

Points	Grading Criteria	Grading Criteria Details	Points
4.0	Accuracy	Basic Taekwondo movements and balance	4.0
6.0	Presentation	Speed and power	2.0
		Harmony: Tempo, rhythm, power and natural flow of movements	2.0
		Expression of energy	2.0

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A. Accuracy (4.0 points):

I. Basic Taekwondo movements according to Kukkiwon guidelines
   a. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)
   b. Accuracy of Each Hand Technique – In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place
   c. Accuracy of Each Kicking Technique - correct form, height, and power of kick

II. Balance
   a. Properly shifting weight when connecting movements
   b. Correct weight distribution and balance in stances
   c. How the participant performs movements without losing balance when applying power to the target of the strike.

B. Presentation (6.0 points):

I. Speed and Power (2.0 points)
   a. Poomsae should be performed using the power from your lower body and core to create strong and quick movements. The movements should flow together without any pausing.

II. Harmony (2.0 points)
   a. Sturdiness and Gentleness
      i. Poomsae should be performed with strong balance. The power of each block, strike, or kick should be powerful, quick, and natural/relaxed.
   b. Tempo and rhythm
      i. Speed/tempo/flow
      ii. Overall timing and synchronization of hands/feet/kihap(s)
      iii. Overall timing and synchronization with team

III. Expression of Energy (2.0 points)
   a. Kihap – confidence
   b. Attitude and Etiquette – as soon as the Participant's name is called to enter the ring for your competition.
   c. Eye Control - correct direction to "look", correct eye position as well as where eyes are focused
   d. Volume of Movement – Height of kick(s) – generally higher is better although some forms specify the target height on some kicks (Example: Koryo specifies that the side kick should be knee height). Strength/power/presentation of blocks and strikes.

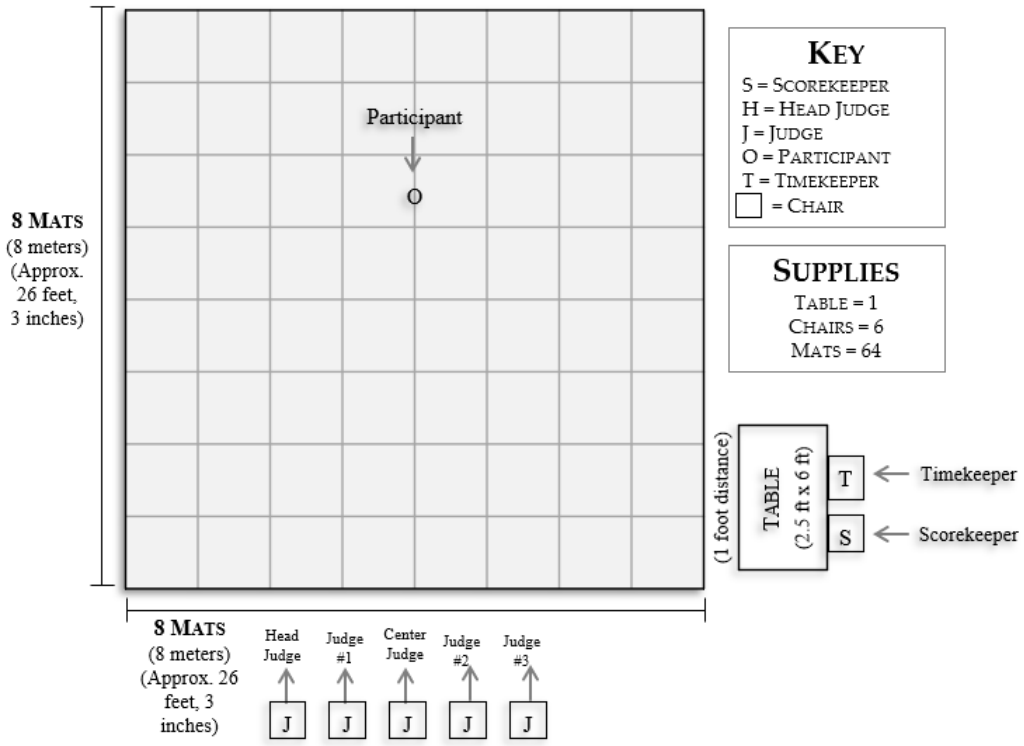
NOTE: In general, each participant's uniform should be clean and pressed, and the belt should be tied correctly. How the belt is tied, and the uniform will not be considered in any score.

6. Deductions
   A. Participant crosses outside of the 8-meter x 8-meter ring (.3-point deduction for each occurrence). Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the footsteps out of bounds it will be considered out of bounds and result in a deduction.
   B. Participant exceeds the 90-second time limit (.3-point deduction)
   C. Unsportsmanlike conduct (1 point deduction)
   D. All deductions will be applied at the end of the performance to the final score.

7. Tiebreaker
   a. In the case of a tie, the participant with the higher expressivity score will be selected as the winner. If there is still a tie, the highest and lowest scores (originally excluded) will be added back to the total score to determine the winner. If there is still a tie, In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – participants will perform the poomsae one (1) additional time. Judges will re-score.

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IFCWO – INDIVIDUAL CREATIVE FORMS (POOMSAE) WITHOUT WEAPONS
(1 Participant. No Age Requirements. All Belts)
Maximum Points = 10 Points



6. There will be five (5) judges. Each judge will score the participant based on the below. The highest and lowest scores will be excluded. The average of the remaining 3 scores will be the final score. In the event of there being only three (3) judges, the highest and lowest scores will not be excluded, and instead the final score will be the average of all 3 scores.

    1. Competition time limit: 90 seconds maximum

    2. Compulsory Techniques:
        A. Execution of the *minimum* number of kicks (additional types and number of kicks are allowed):
            a. 2 Front Snap Kicks (any variation of Front Snap Kicks, Ap Chagi)
            b. 2 Roundhouse Kicks (any variation of Roundhouse Kicks, Ap Dollyo Chagi)
            c. 2 Side Kicks (any variation of Side Kicks, Yeop Chagi)

    3. Music is HIGHLY ENCOURAGED and must be uploaded on the participant registration site no later than Wed 11/4/26 at 11:59 AM. (Please bring a backup file on a music player or USB drive.) All music must be suitable for a family environment, with no explicit lyrics.
        A. The time clock starts when referees calls “sijak”. The time clock ends when music ends and performance is over.

    4. Props are allowed and must be appropriate for a family environment. (For example, a hat is allowed. NO weapons are allowed.) Breaking boards ARE considered a prop and are acceptable. Board fragments ARE allowed. ALL props must be provided by the participant and cannot pose a safety risk to the participant or the audience. Absolutely NO Pyrotechnics, fireworks (including poppers), or flame breaks. Confetti, glitter, or similar products are prohibited. Chairs and trampolines are prohibited. Flowers and fruit are acceptable.

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5. The following will complete each participant's score:

Grading Criteria	Grading Criteria Details	Points
Accuracy (4.0)	Accuracy of basic Taekwondo movements	2.0
	Compulsory techniques	2.0
Program arrangement (6.0)	Speed and power	2.0
	Harmony: Tempo, rhythm, power and natural flow of movements	2.0
	Creativity	2.0

A. Accuracy (4.0 points):

I. Accuracy of Basic Taekwondo movements according to Kukkiwon guidelines (2.0)
   a. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)
   b. Accuracy of Each Hand Technique – In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place

II. Compulsory Techniques (2.0)
   a. Execution of the *minimum* number of kicks (additional types and number of kicks are allowed):
      i. 2 Front Snap Kicks (any variation of Front Snap Kicks, Ap Chagi)
      ii. 2 Roundhouse Kicks (any variation of Roundhouse Kicks, Ap Dollyo Chagi)
      iii. 2 Side Kicks (any variation of Side Kicks, Yeop Chagi)
   b. Execution of Each Kicking Technique
      i. Participant fails to perform required techniques (.3-point deduction for each kick omitted). For example, 1 Front Snap Kick instead of 2 (.3-point deduction) No Front Snap Kicks (.6-point deduction)

B. Program Arrangement (6.0 points):

I. Speed and Power (2.0 points)
   a. Poomsae should be performed using the power from your lower body and core to create strong and quick movements. The movements should flow together without any pausing

II. Harmony (2.0 points)
   a. Sturdiness and Gentleness
   b. Poomsae should be performed with strong balance. The power of each block, strike, or kick should be powerful, quick, and natural/relaxed.
   c. Tempo and rhythm
   d. Speed/tempo/flow
   e. Overall timing and synchronization of hands/feet/kihap(s)

III. Creativity (2.0 points)
   a. Composition of choreography
   b. Creativity of entire routine
   c. Degree of Difficulty

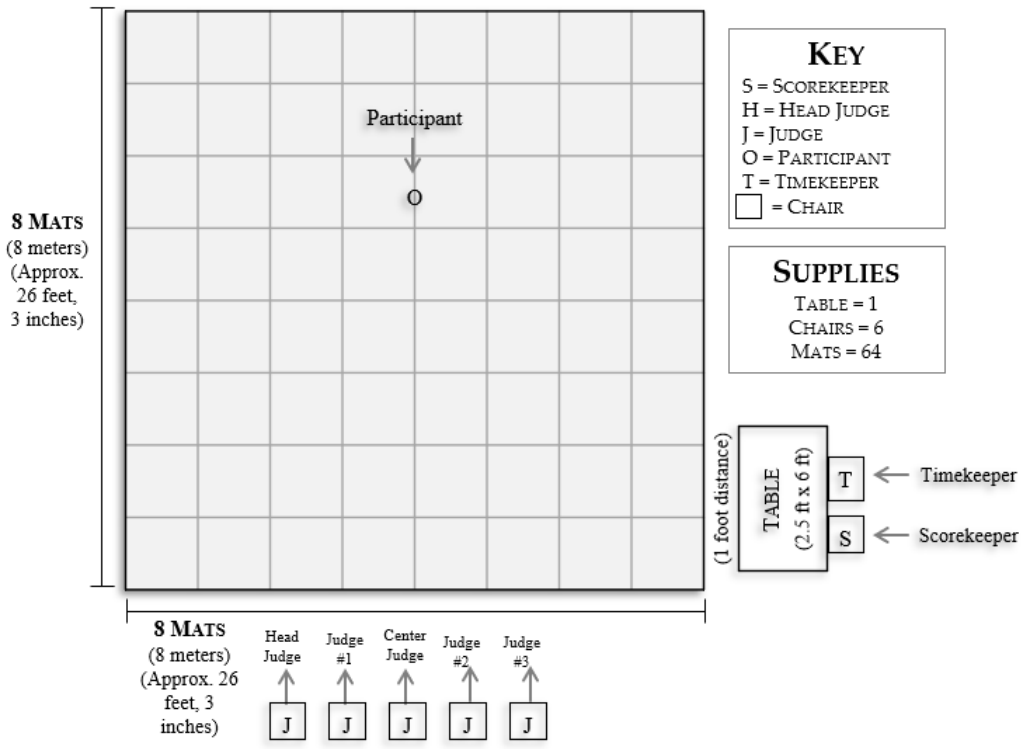
6. Deductions
   A. Participant crosses outside of the 8-meter x 8-meter ring (.3-point deduction for each occurrence). Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the footsteps out of bounds it will be considered out of bounds and result in a deduction.
   B. Participant exceeds the 90-second time limit (.3-point deduction)
   C. Unsportsmanlike conduct (1 point deduction)
   D. Only participants can be in the ring during the competition. Any non-participant that enters the ring to be a part of the performance to help hold a prop or other action is prohibited. (1 point deduction for each occurrence)
   E. All deductions will be applied at the end of the performance to the final score.

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7. Tiebreaker
   A. In the case of a tie, the participant with the higher program arrangement score will be selected as the winner. If there is still a tie, the highest and lowest scores (originally excluded) will be added back to the total score to determine the winner.
   B. If there is still a tie, In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – participants will perform the poomsae one (1) additional time. Judges will re-score.

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ICFWW – INDIVIDUAL CREATIVE FORMS (POOMSAE) WITH WEAPONS
(1 Participant. No Age Requirements. All Belts)
Maximum Points = 90 Points



1. There will be five (5) judges. Each judge will score the participant based on the below. The highest and lowest scores will be excluded. The average of the remaining 3 scores will be the final score. In the event of there being only three (3) judges, the highest and lowest scores will not be excluded, and instead the final score will be the average of all 3 scores.

    1. Competition time limit: 90 seconds maximum

    2. Compulsory Techniques:
        a. Execution of the *minimum* number of kicks (additional types and number of kicks are allowed):
            1. 2 Front Snap Kicks (any variation of Front Snap Kicks, Ap Chagi)
            2. 2 Roundhouse Kicks (any variation of Roundhouse Kicks, Ap Dollyo Chagi)
            3. 2 Side Kicks (any variation of Side Kicks, Yeop Chagi)

    3. Music is HIGHLY ENCOURAGED and must be uploaded on the participant registration site no later than Wed 11/4/26 at 11:59 AM. (Please bring a backup file on a music player or USB drive.) All music must be suitable for a family environment, with no explicit lyrics.
        a. The time clock starts when referees calls “sijak”. The time clock ends when music ends and performance is over.

    4. Props are allowed and must be appropriate for a family environment. (For example, a hat is allowed.) Breaking boards ARE considered a prop and are acceptable. Board fragments ARE allowed. ALL props must be provided by the participant and cannot pose a safety risk to the participant or the audience. Absolutely NO Pyrotechnics,

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fireworks (including poppers), or flame breaks. Confetti, glitter or similar products are prohibited. Chairs and trampolines are prohibited. Flowers and fruit are acceptable.

5. Only martial arts weapons are allowed. Any weapon blade must be dull and approved by the Organizing Committee. All weapons will be checked by the organizing committee at participant badge pickup. All weapons that are approved will be marked by the organizing committee.

6. The following will complete each participant's score:

Grading Criteria	Grading Criteria Details	Points
Accuracy (4.0)	Accuracy of basic Taekwondo movements	2.0
	Compulsory techniques	2.0
Program arrangement (6.0)	Weapons	2.0
	Harmony: Tempo, rhythm, power and natural flow of movements	2.0
	Creativity	2.0

A. Accuracy (4.0 points):

I. Accuracy of Basic Taekwondo movements according to Kukkiwon guidelines (2.0)
   a. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)
   b. Accuracy of Each Hand Technique – In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place

II. Compulsory Techniques (2.0)
   a. Execution of the *minimum* number of kicks (additional types and number of kicks are allowed):
      i. 2 Front Snap Kicks (any variation of Front Snap Kicks, Ap Chagi)
      ii. 2 Roundhouse Kicks (any variation of Roundhouse Kicks, Ap Dollyo Chagi)
      iii. 2 Side Kicks (any variation of Side Kicks, Yeop Chagi)
   b. Execution of Each Kicking Technique
   c. Participant fails to perform required techniques (.3-point deduction for each kick omitted). For example, 1 Front Snap Kick instead of 2 (.3-point deduction) No Front Snap Kicks (.6-point deduction)

B. Program Arrangement (6.0 points):

I. Weapons (2.0 points)
   a. Execution of use of weapon(s)
   b. Creativity of use of weapon(s)
   c. Consider applicability of actions with the weapon's intended use and look for miscues such as unintentionally fumbling or dropping the weapon.
   d. Fumbling or unintentionally dropping the weapon(s) .3 deduction

II. Harmony (2.0 points)
   a. Sturdiness and Gentleness
   b. Poomsae should be performed with strong balance. The power of each block, strike, or kick should be powerful, quick, and natural/relaxed.

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c. Tempo and rhythm
d. Speed/tempo/flow.
e. Overall timing and synchronization of hands/feet/kihap(s)

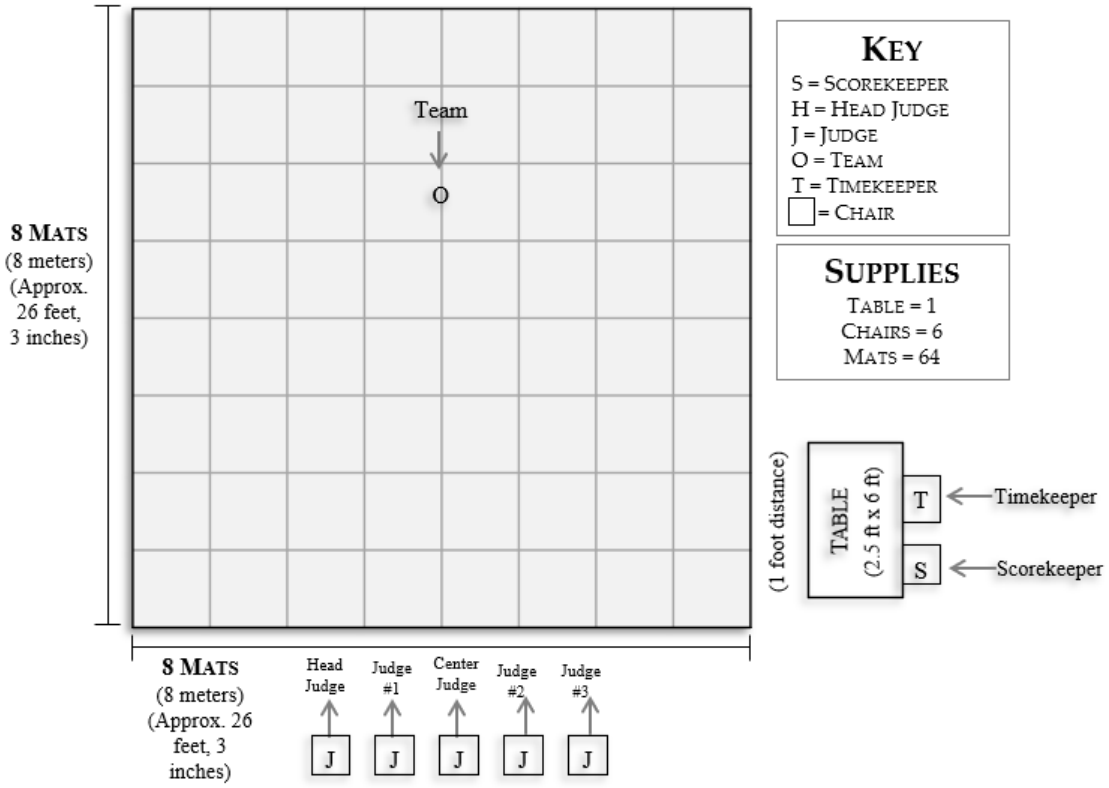
III. Creativity (2.0 points)
a. Composition of choreography
b. Creativity of entire routine
c. Degree of Difficulty

7. Deductions
   a. Participant crosses outside of the 8-meter x 8-meter ring (.3-point deduction for each occurrence). Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the footsteps out of bounds it will be considered out of bounds and result in a deduction.
   b. Participant exceeds the 90-second time limit (.3-point deduction)
   c. Unsportsmanlike conduct (1 point deduction)
   d. Only participants can be in the ring during the competition. Any non-participant that enters the ring to be a part of the performance to help hold a prop or other action is prohibited. (1 point deduction for each occurrence)
   e. All deductions will be applied at the end of the performance to the final score.

8. Tiebreaker
   a. In the case of a tie, the participant with the higher program arrangement score will be selected as the winner. If there is still a tie, the highest and lowest scores (originally excluded) will be added back to the total score to determine the winner.
   b. If there is still a tie, In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – participants will perform the poomsae one (1) additional time. Judges will re-score.

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TCFWO -- TEAM CREATIVE FORMS (POOMSAE) WITHOUT WEAPONS
(2-10 Participants. No Age Requirements. All Belts)
(Each team must select a team captain and team name.) Maximum Points = 10 Points



1. There will be five (5) judges. Each judge will score the participant based on the below. The highest and lowest scores will be excluded. The average of the remaining 3 scores will be the final score. In the event of there being only three (3) judges, the highest and lowest scores will not be excluded, and instead the final score will be the average of all 3 scores.

    1. Competition time limit: 90 seconds maximum

    2. Compulsory Techniques:
        A. Execution of the *minimum* number of kicks (additional types and number of kicks are allowed):
            I. 2 Front Snap Kicks (any variation of Front Snap Kicks, Ap Chagi)
            II. 2 Roundhouse Kicks (any variation of Roundhouse Kicks, Ap Dollyo Chagi)
            III. 2 Side Kicks (any variation of Side Kicks, Yeop Chagi)

    3. Music is HIGHLY ENCOURAGED and must be uploaded on the participant registration site no later than Wed 11/4/26 at 11:59 AM. (Please bring a backup file on a music player or USB drive.) All music must be suitable for a family environment, no explicit lyrics.
        A. The time clock starts when referees calls “sijak”. The time clock ends when music ends and performance is over.

    4. Props are allowed and must be appropriate for a family environment. (For example, a hat is allowed. NO weapons are allowed.) Breaking boards ARE considered a prop and are acceptable. Board fragments ARE allowed. ALL props must be provided by the participant and cannot pose a safety risk to the participant or the audience. Absolutely NO Pyrotechnics, fireworks (including poppers), or flame breaks. Confetti, glitter or similar products

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are prohibited. Chairs and trampolines are prohibited. Flowers and fruit are acceptable.

5. The following will complete each participant's score:

Grading Criteria	Grading Criteria Details	Points
Accuracy (4.0)	Accuracy of basic Taekwondo movements	2.0
	Compulsory techniques	2.0
Program arrangement (6.0)	Speed and Power	2.0
	Harmony: Tempo, rhythm, power and natural flow of movements	2.0
	Creativity	2.0

A. Accuracy (4.0 points):

a. Accuracy of Basic Taekwondo movements according to Kukkiwon guidelines (2.0)
   i. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)
   ii. Accuracy of Each Hand Technique – In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place

b. Compulsory Techniques (2.0)
   i. Execution of the *minimum* number of kicks (additional types and number of kicks are allowed):
      1. 2 Front Snap Kicks (any variation of Front Snap Kicks, Ap Chagi)
      2. 2 Roundhouse Kicks (any variation of Roundhouse Kicks, Ap Dollyo Chagi)
      3. 2 Side Kicks (any variation of Side Kicks, Yeop Chagi)
   ii. Execution of Each Kicking Technique
   iii. Each member of the team must perform the above required minimum number of kicks.
   iv. Participant fails to perform required techniques (.3-point deduction for each kick omitted). For example, 1 Front Snap Kick instead of 2 (.3-point deduction) No Front Snap Kicks (.6-point deduction)

B. Program Arrangement (6.0 points):

II. Speed and Power (2.0 points)
   a. Poomsae should be performed using the power from your lower body and core to create strong and quick movements. The movements should flow together without any pausing.

III. Harmony
   a. Sturdiness and Gentleness
   a. Poomsae should be performed with strong balance. The power of each block, strike, or kick should be powerful, quick, and natural/relaxed.
   b. Tempo and rhythm
   a. Speed/tempo/flow
   b. Overall timing and synchronization of hands/feet/kihap(s)
   c. Team synchronization
   d. Movements should be executed by each team member at the same time. However, team members may be facing different directions. Unintentional

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movements out of synchronization with other team members will result in a lower score. Intentional movements out of synchronization (for example, an "echo" movement) will NOT result in a lower score.

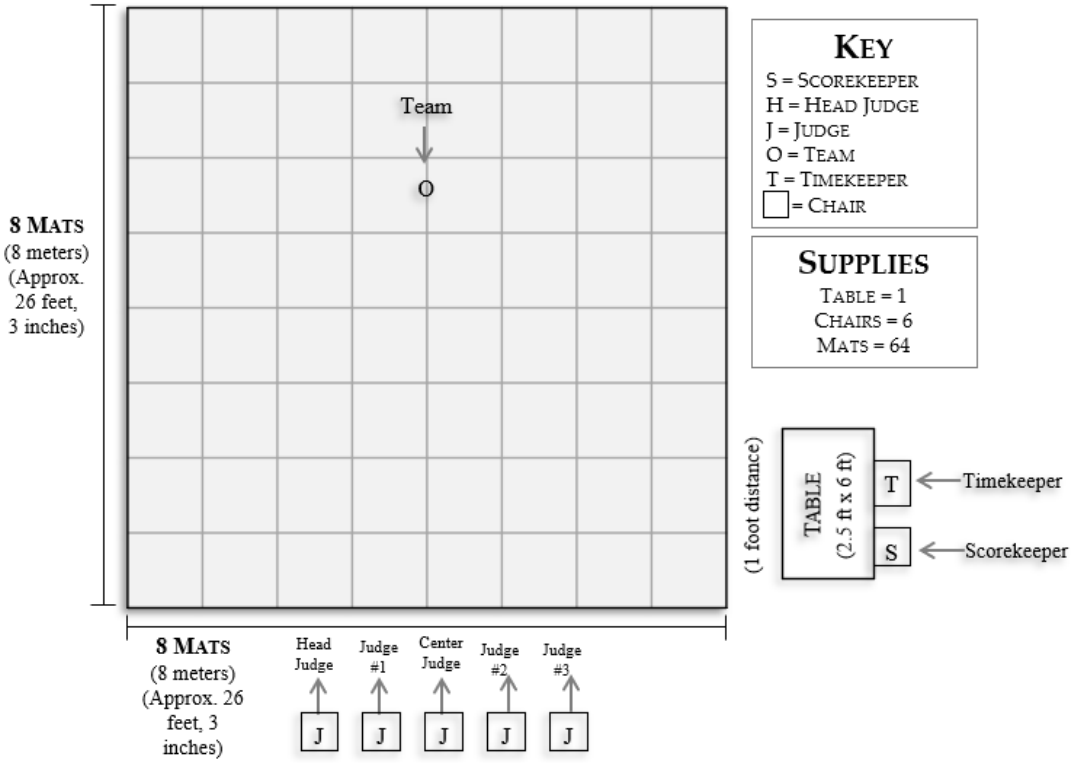
IV. Creativity (2.0 points)
   a. Composition of choreography
   b. Creativity of entire routine
   c. Degree of Difficulty

6. Deductions
   A. Participant crosses outside of the 8-meter x 8-meter ring (.3-point deduction for each occurrence). Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the footsteps out of bounds it will be considered out of bounds and result in a deduction.
   B. Participant exceeds the 90-second time limit (.3-point deduction)
   C. Unsportsmanlike conduct (1 point deduction)
   D. Participant fails to perform required techniques (.5-point deduction for each kick omitted)
   E. For example, 1 Front Snap Kick instead of 2 (.5-point deduction) No Front Snap Kicks (1 point deduction)
   F. Only participants can be in the ring during the competition. Any non-participant that enters the ring to be a part of the performance to help hold a prop or other action is prohibited (.3-point deduction)
   G. All deductions will be applied at the end of the performance to the final score.

7. Tiebreaker
   A. In the case of a tie, the participant with the higher program arrangement score will be selected as the winner. If there is still a tie, the highest and lowest scores (originally excluded) will be added back to the total score to determine the winner.
   B. If there is still a tie, In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – participants will perform the poomsae one (1) additional time. Judges will re-score.

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TCFWW -- TEAM CREATIVE FORMS (POOMSAE) WITH WEAPONS
(2-10 Participants. No Age Requirements. All Belts)
(Each team must select a team captain and team name.) Maximum Points = 10 Points



1. There will be five (5) judges. Each judge will score the participant based on the below. The highest and lowest scores will be excluded. The average of the remaining 3 scores will be the final score. In the event of there being only three (3) judges, the highest and lowest scores will not be excluded, and instead the final score will be the average of all 3 scores.

2. Competition time limit: 90 seconds maximum

3. Compulsory Techniques:
   a. Execution of the *minimum* number of kicks (additional types and number of kicks are allowed):
      i. 2 Front Snap Kicks (any variation of Front Snap Kicks, Ap Chagi)
      ii. 2 Roundhouse Kicks (any variation of Roundhouse Kicks, Ap Dollyo Chagi)
      iii. 2 Side Kicks (any variation of Side Kicks, Yeop Chagi)

4. Music is HIGHLY ENCOURAGED and must be uploaded on the participant registration site no later than Wed 11/4/26 at 11:59 AM. (Please bring a backup file on a music player or USB drive.) All music must be suitable for a family environment, with no explicit lyrics.
   a. The time clock starts when referees calls “sijak”. The time clock ends when music ends and performance is over.

5. Props are allowed and must be appropriate for a family environment. (For example, a hat is allowed.) Breaking boards ARE considered a prop and are acceptable. Board fragments ARE allowed. ALL props must be provided by the participant and cannot pose a safety risk to the participant or the audience. Absolutely NO Pyrotechnics, fireworks (including poppers), or flame breaks. Confetti, glitter or similar products are prohibited. Chairs and trampolines are prohibited. Flowers and fruit are acceptable.

6. Only martial arts weapons are allowed. Any weapon blade must be dull and approved by the Organizing

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Committee. All weapons will be checked by the organizing committee at participant badge pickup. All weapons that are approved will be marked by the organizing committee.

7. The following will complete each participant's score:

Grading Criteria	Grading Criteria Details	Points
Accuracy (4.0)	Accuracy of basic Taekwondo movements	2.0
	Compulsory techniques	2.0
Program arrangement (6.0)	Weapons	2.0
	Harmony: Tempo, rhythm, power and natural flow of movements	2.0
	Creativity	2.0

A. Accuracy (4.0 points):

a. Accuracy of Basic Taekwondo movements according to Kukkiwon guidelines (2.0)
   i. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)
   ii. Accuracy of Each Hand Technique – In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place

b. Compulsory Techniques (2.0)
   i. Execution of the *minimum* number of kicks (additional types and number of kicks are allowed):
      1. 2 Front Snap Kicks (any variation of Front Snap Kicks, Ap Chagi)
      2. 2 Roundhouse Kicks (any variation of Roundhouse Kicks, Ap Dollyo Chagi)
      3. 2 Side Kicks (any variation of Side Kicks, Yeop Chagi)
   ii. Execution of Each Kicking Technique
   iii. Each member of the team must perform the above required minimum number of kicks.
   iv. Participant fails to perform required techniques (.3-point deduction for each kick omitted). For example, 1 Front Snap Kick instead of 2 (.3-point deduction) No Front Snap Kicks (.6-point deduction)

B. Program Arrangement (6.0 points):

a. Weapons (2.0 points)
   i. Execution of use of weapon(s)
   ii. Creativity of use of weapon(s)
   iii. Consider applicability of actions with the weapon's intended use and look for miscues such as unintentionally fumbling or dropping the weapon. However, obvious disarms, such as during a self- defense routine, will not be penalized.
   iv. Fumbling or unintentionally dropping the weapon(s) .3 deduction

b. Harmony
   i. Sturdiness and Gentleness
      1. Poomsae should be performed with strong balance. The power of each block, strike, or kick should be powerful, quick, and natural/relaxed.
   ii. Tempo and rhythm

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1. Speed/tempo/flow
2. Overall timing and synchronization of hands/feet/kihap(s)

iii. Team synchronization

iv. Movements should be executed by each team member at the same time. However, team members may be facing different directions. Unintentional movements out of synchronization with other team members will result in a lower score. Intentional movements out of synchronization (for example, an "echo" movement) will NOT result in a lower score.

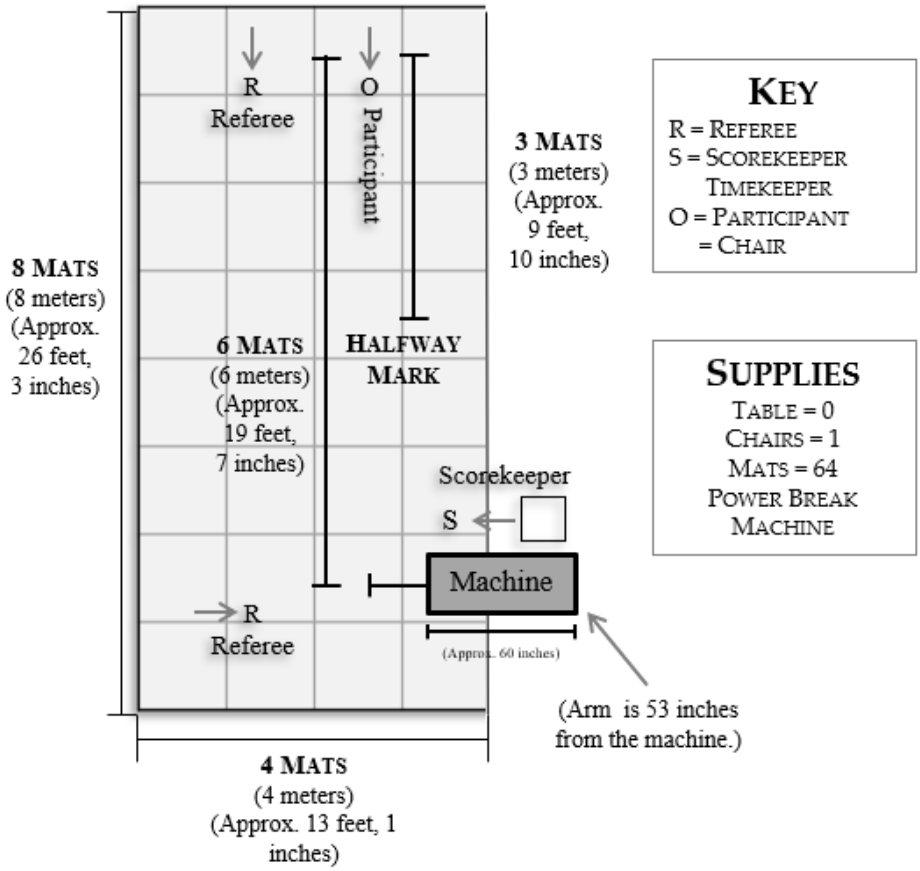
c. Creativity (2.0 points)
   i. Composition of choreography
   ii. Creativity of entire routine
   iii. Degree of Difficulty

8. Deductions
   a. Participant crosses outside of the 8-meter x 8-meter ring (.3-point deduction for each occurrence). Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the footsteps out of bounds it will be considered out of bounds and result in a deduction.
   b. Participant exceeds the 90-second time limit (.3-point deduction)
   c. Unsportsmanlike conduct (1 point deduction)
   d. Participant fails to perform required techniques (.5-point deduction for each kick omitted)
   e. For example, 1 Front Snap Kick instead of 2 (.5-point deduction) No Front Snap Kicks (1 point deduction)
   f. Only participants can be in the ring during the competition. Any non-participant that enters the ring to be a part of the performance to help hold a prop or other action is prohibited (.3-point deduction)

9. Tiebreaker
   a. In the case of a tie, the participant with the higher program arrangement score will be selected as the winner. If there is still a tie, the highest and lowest scores (originally excluded) will be added back to the total score to determine the winner.
   b. If there is still a tie, In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – participants will perform the poomsae one (1) additional time. Judges will re-score.

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IJH -- INDIVIDUAL JUMPING HIGH KICK
(1 Participant. MINIMUM AGE OF 8. All Belts)



1. Each participant has a maximum of 30 seconds to attempt to break the board with a Running Jumping Front Snap Kick.

2. Each participant has only one attempt to break the board for each round.

3. Each attempt to break the board has a maximum time of 30 seconds.

4. Participants may not cover the breaking foot with any bandages, tape or any other material. The referee must approve any injuries that may need to be covered.

5. The running distance is approximately 6 meters, and the starting board height will be determined by the referee.

6. The order of participants (who breaks first) will be determined by height. The shortest participant will attempt to break first.

7. Participants must break the board to advance to the next round. Board must be broken by an upward kicking technique to be considered a successful break. If the board was not broken by an upward kicking technique but broken when it hits the ground, it is considered NO BREAK. If it is unclear if the board is broken after the attempt, the referee will shake a board that is not clearly broken one (1) time. After the shake of the board the referee will determine if it counts as a broken board.

8. Once the participant passes the designated halfway mark, an attempt is counted upon approach. (For example, once the participant crosses the designated halfway mark, they may not return to the starting position to attempt to break again.)

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9. After each round, the board height will be raised incrementally at the referee's discretion, we will not measure.

10. The participant breaking the highest board will be declared the winner.

11. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded), the height will be raised until a participant FAILS to break the board. (If all participants fail to break the board, then 1st place will be awarded to the SHORTEST participant.)

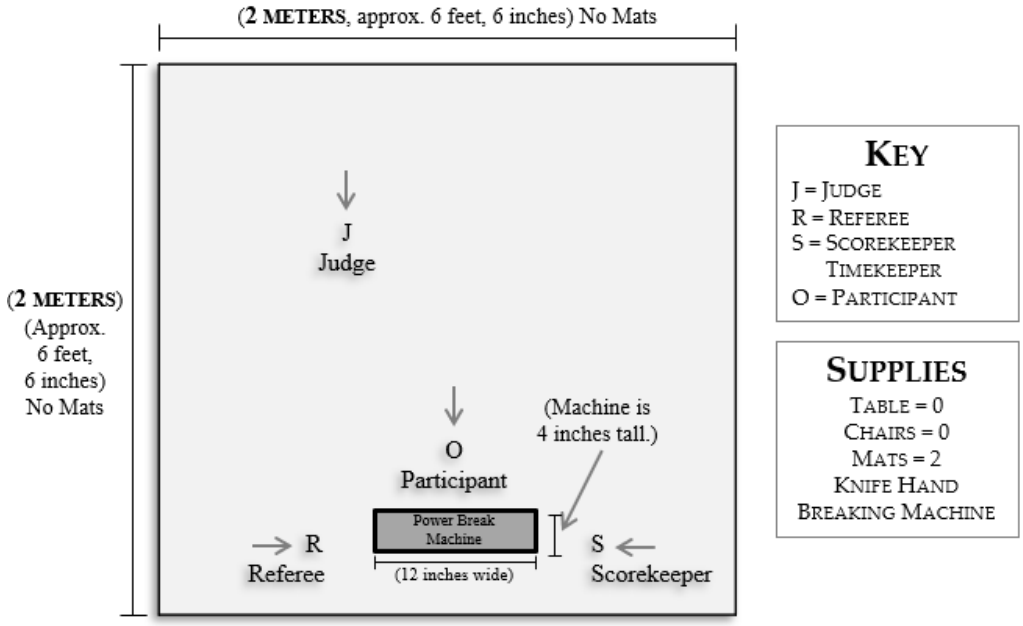
12. Once a winner is determined the 1st place winner the competition is over. The first-place winner is NOT allowed to keep breaking until he or she fails. The ONLY exception is for the black belt divisions, both male and female, 1st dan and above. Only in these divisions, the 1st place winner will be given the opportunity to attempt to set the Masters Challenge record. The participants will be given the opportunity to attempt to set the Masters Challenge Record until they fail. For example, if the record is 10 ft, the participant successfully breaks the records at 10 ft 4 inches. The participant can attempt 10 ft 6 inches to set a higher record until he or she fails. Setting a personal record does NOT qualify and the participant will NOT be given an additional opportunity to break.

13. If any part of the body touches the floor besides the feet, it is considered NO BREAK

14. If participant exceeds the 30 second maximum time limit for the attempt, it is considered NO BREAK.

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IPKH -- INDIVIDUAL POWER BREAKING KNIFE HAND (DOWNWARD)
(1 Participant. MINIMUM AGE OF 13. All Belts)



1. Each participant will have one attempt to break with a Knife Hand Strike in an area approximately 2 meters x 2 meters. The floor will NOT be matted. This board breaking event will incur an additional flat fee of $10. Each board breaking event incurs this fee.

2. The participant will attempt to break 3/4 -inch pine boards with no spacers. The dimensions of the boards are 8 inches x 11 inches and ¾ inch thick. Boards may not be taped together. Athletes CANNOT sort through the boards to select boards. The referee will hand each participant their requested number of boards. If there is an egregious defect (staple in the board, pre-existing damage, etc.) a board can be switched. This exchange of a defective board is at the discretion of the referee.

3. All boards will be placed on a board holding stand, which is 4 inches tall from the floor. The board holding stand will be placed directly on the floor.

4. The participant is allowed 60 seconds to set up and place the board(s) on the holding stand. A referee or organizing committee member may be available to help set up the boards. However, the participant must be the final person to touch/setup the boards.

5. The width of the board holding stand will be at the participant's discretion.

6. Once the referee declares "Si Jak" (begin), the participant may not touch the boards to readjust or measure. Any touch of the boards will be considered the one (1) and only attempt. The participant's break must be done within 30 seconds.

7. The participant must use the side of the palm (from the side of the first knuckle of the little finger to the front side of the wrist) for Knife Hand. Fingers can be bent; however, the hand cannot be closed in a fist position.

8. Participants may not cover the breaking hand with any bandages, tape or any other material. The referee must approve any injuries that may need to be covered.
9. Each participant must PRIVATELY state the number of boards he or she will attempt to break with the referee prior to the start of the division.

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10. The participant who breaks the most boards will be declared the winner. After the attempt the referee will shake a board(s) that are not clearly broken one (1) time. After the shake of the board(s) the referee will determine if it counts as a broken board.

11. If two or more participants break the same number of boards, the participant who attempted to break the greatest number of boards will receive a higher score. (For example, Participant #1 attempts to break 5 boards and only 4 boards break. Participant #2 attempts to break 4 boards and succeeds in breaking 4. Therefore, Participant #1 will receive the higher final position within the division, because they attempted to break more boards)

12. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded), there will be 1 overtime round. (Add 1 additional board). If there is overtime, both participants will be required to use the same breaking machine (in overtime only) to attempt the board break.

13. If there is still a tie at the end of the overtime round, the winner will be declared by body weight. (The lightest person will be declared the winner.) A scale will be provided at the event. A tie in an overtime situation can be any of the following:

    a. Participants both break the same number of boards
    b. Participants both cannot break any of the boards

14. During overtime – if both participants attempt to break the same number of boards but neither participant breaks ALL of the attempted boards, the participant who breaks more boards will be declared the winner. (For example, Participant #1 attempts to break 5 boards and only 4 boards break. Participant #2 attempts to break 5 boards and only 3 boards break. Therefore, Participant #1 will receive the higher final position within the division, because he or she broke more boards)

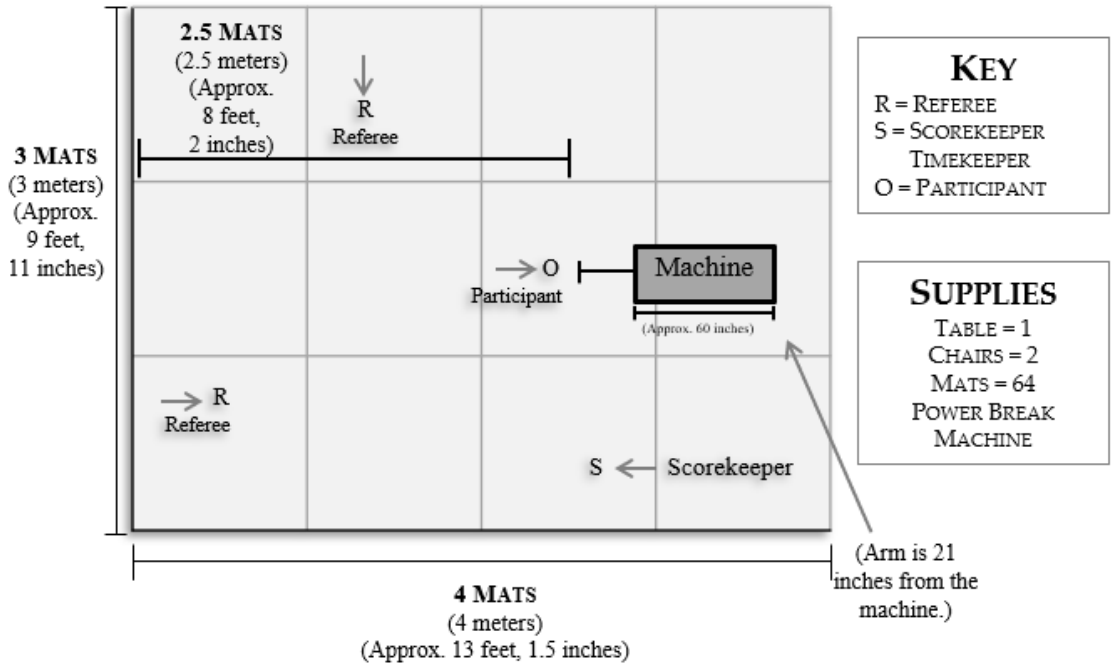
15. If both participants do NOT break the boards but it still results technically to overtime, one additional board will NOT be added. In this situation, the participants will either both attempt the same number of boards OR 1 board will be removed. For example, Participant #1 attempts to break 5 boards and breaks no boards. Participant #2 attempts to break 5 boards and breaks no boards. This is technically a tie. Rather than adding 1 board and both Participant #1 and Participant #2 attempt to break 6 boards, the Participants will either each attempt to break 5 boards again or each attempt to break 4 boards. This decision will be at the discretion of the referee.

16. Deductions
    a. Participant crosses outside of the 2-meter x 2-meter ring (1 board deduction). Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the footsteps out of bounds it will be considered out of bounds.
    b. Participant disobeys the referee's instructions (1 board deduction)
    c. Participant exceeds the 30-second time limit (1 board deduction)
    d. Participant breaks boards prior to the referee says "Sijak" (start). (1 board deduction)
    e. Unsportsmanlike conduct (1 board deduction for each occurrence)
    (For example, trying to distract the other participants, not showing respect to others, etc.)

17. No Break (Score of 0)
    a. Participant attempts to break the boards twice
    b. Participant uses any part of the body OTHER than the side of the palm (from the side of the first knuckle of the little finger to the front side of the wrist) for Knife Hand. (EXAMPLE: Participants break boards with the wrist)
    c. After attempting the break, participant falls down after breaking, touching the ground with any part of the body above the knees (The hand that broke the boards IS permitted to touch the ground after the break. In addition, a knee touching the ground is allowed.)
    d. Touching the boards after the referee declares "Si Jak (begin)" is considered your 1 and only attempt. Any other touching of the boards will result in disqualification.

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IPSSK -- INDIVIDUAL POWER BREAKING SKIPPING SIDE KICK
(1 Participant. MINIMUM AGE OF 8. All Belts)



1. Each participant will have one attempt to break with a Skipping Side Kick in an area approximately 1 meter x 3.5 meters. Both of the participant's feet must remain in the area of 1 meter x 3.5 meters. This board breaking event will incur an additional flat fee of $10. Each board breaking event incurs this fee.

2. The participant will attempt to break 3/4 -inch pine boards with no spacers. The dimensions of the boards are 8 inches x 11 inches and ¾ inch thick. Boards may not be taped together. Athletes CANNOT sort through the boards to select boards. The referee will hand each participant their requested number of boards. If there is an egregious defect (staple in the board, pre-existing damage, etc.) a board can be switched. This exchange of a defective board is at the discretion of the referee.

3. Once the referee declares “Si Jak” (begin), the participant may not touch the boards to readjust or measure. Any touch of the boards will be considered the one (1) and only attempt. The participant's break must be done within 30 seconds.

4. The participant must use the heel of the foot/foot blade. The Side Kick can be executed with the front or back foot. A side kick can be executed with a maximum of two (2) steps or a skipping motion. It is considered a successful attempt if the non-breaking leg is off the ground when contacting the board. The middle of the boards must be at least as high as the participant’s waist for Skipping Side Kick breaking.

5. The middle of the boards must be at least as high as the participant’s waist for Skipping Side Kick breaking.

6. Participants may not cover the breaking foot with any bandages, tape or any other material. The referee must approve any injuries that may need to be covered.

7. Each participant must PRIVATELY state the number of boards he or she will attempt to break with the referee prior to the start of the division.

8. The participant who breaks the most boards will be declared the winner. After the attempt the referee will shake a board(s) that are not clearly broken one (1) time. After the shake of the board(s) the referee will determine if

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it will count as a broken board.

9. If two or more participants break the same number of boards, the participant who attempted to break the greatest number of boards will receive a higher score. (For example, Participant #1 attempts to break 5 boards and only 4 boards break. Participant #2 attempts to break 4 boards and succeeds in breaking 4. Therefore, Participant #1 will receive the higher final position within the division, because they attempted to break more boards)

10. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded), there will be 1 overtime round. (Add 1 additional board). If there is overtime, both participants will be required to use the same breaking machine (in overtime only) to attempt the board break.

11. If there is still a tie at the end of the overtime round, the winner will be declared by body weight. (The lightest person will be declared the winner.) A scale will be provided at the event. A tie in an overtime situation can be any of the following:

    a. Participants both break the same number of boards
    b. Participants both cannot break any of the boards

12. During overtime – if both participants attempt to break the same number of boards but neither participant breaks ALL of the attempted boards, the participant who breaks more boards will be declared the winner. (For example, Participant #1 attempts to break 5 boards and only 4 boards break. Participant #2 attempts to break 5 boards and only 3 boards break. Therefore, Participant #1 will receive the higher final position within the division, because he or she broke more boards)

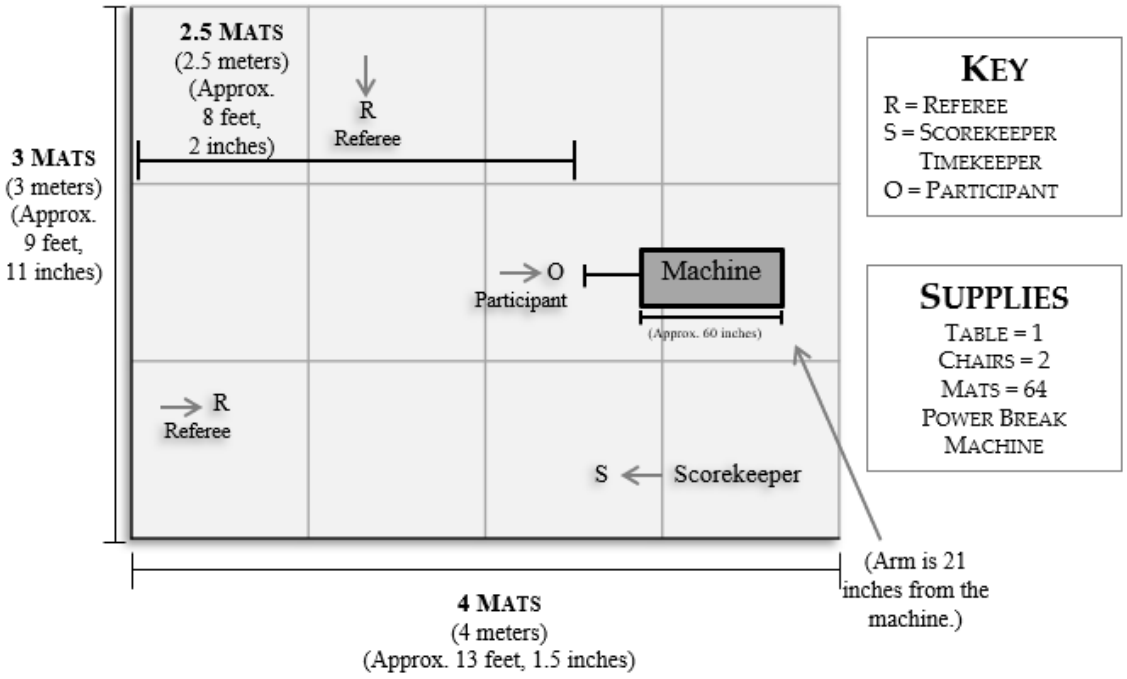
13. If both participants do NOT break the boards but it still results technically to overtime, one additional board will NOT be added. In this situation, the participants will either both attempt the same number of boards OR 1 board will be removed. For example, Participant #1 attempts to break 5 boards and breaks no boards. Participant #2 attempts to break 5 boards and breaks no boards. This is technically a tie. Rather than adding 1 board and both Participant #1 and Participant #2 attempt to break 6 boards, the Participants will either each attempt to break 5 boards again or each attempt to break 4 boards. This decision will be at the discretion of the referee.

14. Deductions
    a. Participant exceeds the 30-second time limit (1 board deduction)
    b. Participant disobeys the referee's instructions (1 board deduction)
    c. Unsportsmanlike conduct (1 board deduction for each occurrence)
    (For example, trying to distract other participants, not showing respect to others, etc.)
    d. Participant breaks boards prior to the referee says "Sijak" (start). (1 board deduction)

15. No Break (Score of 0)
    a. Participant attempts to break the boards twice
    b. Participant uses any part of the body OTHER than the heel of the foot/foot blade. (EXAMPLE: Participants break with the instep)
    c. Participant falls down during the 30-second attempt, touching the ground with any part of the body besides the feet. It is acceptable if the participant falls into the breaking machine or catches his or herself on the breaking machine as long as only the feet touch the ground.
    d. Touching the boards after the referee declares "Si Jak (begin)" is considered your 1 and only attempt. Any other touching of the boards will result in a score of 0 = No break.

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IPBK -- INDIVIDUAL POWER BREAKING TURNING BACK KICK
(1 Participant. MINIMUM AGE OF 8. All Belts)



1. Each participant will have one attempt to break with a Turning Back Kick in an area approximately 1 meter x 3.5 meters. (Taking a step before turning is allowed.) Both of the Participant's feet must remain in the area of 1 meter x 3.5 meters. This board breaking event will incur an additional flat fee of $10. Each board breaking event incurs this fee.

2. The participant will attempt to break 3/4 -inch pine boards with no spacers. The dimensions of the boards are 8 inches x 11 inches and ¾ inch thick. Boards may not be taped together. Athletes CANNOT sort through the boards to select boards. The referee will hand each participant their requested number of boards. If there is an egregious defect (staple in the board, pre-existing damage, etc.) a board can be switched. This exchange of a defective board is at the discretion of the referee.

3. Once the referee declares “Si Jak” (begin), the participant may not touch the boards to readjust or measure. Any touch of the boards will be considered the one (1) and only attempt. The participant's break must be done within 30 seconds.

4. The participant must use the heel of the foot/foot blade. A back kick can be executed with a maximum of two (2) steps or a skipping motion. It is considered a successful attempt if the non-breaking leg is off the ground when contacting the board. The middle of the boards must be at least as high as the participant’s waist for Skipping Side Kick breaking.

5. The middle of the boards must be at least as high as the participant’s waist for Turning Back Kick breaking.

6. Participants may not cover the breaking foot with any bandages, tape or any other material. The referee must approve any injuries that may need to be covered.

7. Each participant must PRIVATELY state the number of boards he or she will attempt to break with the referee prior to the start of the division.

8. The participant who breaks the most boards will be declared the winner. After the attempt the referee will shake a board(s) that are not clearly broken one (1) time. After the shake of the board(s) the referee will determine if

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it will count as a broken board.

9. If two or more participants break the same number of boards, the participant who attempted to break the greatest number of boards will receive a higher score. (For example, Participant #1 attempts to break 5 boards and only 4 boards break. Participant #2 attempts to break 4 boards and succeeds in breaking 4. Therefore, Participant #1 will receive the higher final position within the division, because they attempted to break more boards)

10. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded), there will be 1 overtime round. (Add 1 additional board). If there is overtime, both participants will be required to use the same breaking machine (in overtime only) to attempt the board break.

11. If there is still a tie at the end of the overtime round, the winner will be declared by body weight. (The lightest person will be declared the winner.) A scale will be provided at the event. A tie in an overtime situation can be any of the following:

    a. Participants both break the same number of boards
    b. Participants both cannot break any of the boards

12. During overtime – if both participants attempt to break the same number of boards but neither participant breaks ALL of the attempted boards, the participant who breaks more boards will be declared the winner. (For example, Participant #1 attempts to break 5 boards and only 4 boards break. Participant #2 attempts to break 5 boards and only 3 boards break. Therefore, Participant #1 will receive the higher final position within the division, because he or she broke more boards)

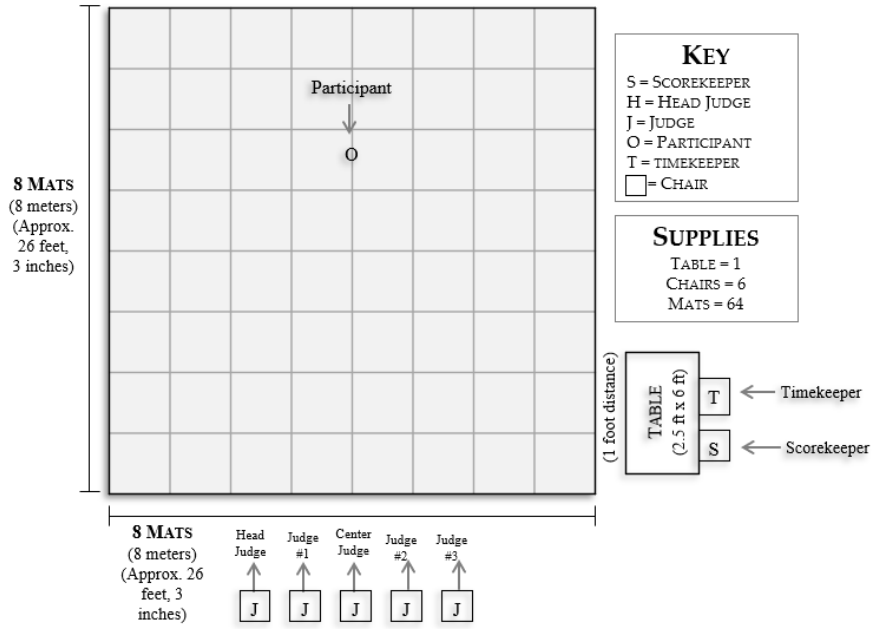
13. If both participants do NOT break the boards but it still results technically to overtime, one additional board will NOT be added. In this situation, the participants will either both attempt the same number of boards OR 1 board will be removed. For example, Participant #1 attempts to break 5 boards and breaks no boards. Participant #2 attempts to break 5 boards and breaks no boards. This is technically a tie. Rather than adding 1 board and both Participant #1 and Participant #2 attempt to break 6 boards, the Participants will either each attempt to break 5 boards again or each attempt to break 4 boards. This decision will be at the discretion of the referee.

14. Deductions
    a. Participant exceeds the 30-second time limit (1 board deduction)
    b. Participant disobeys the referee's instructions (1 board deduction)
    c. Unsportsmanlike conduct (1 board deduction for each occurrence)
       (For example, trying to distract other participants, not showing respect to others, etc.)
    d. Participant breaks boards prior to the referee says "Sijak" (start). (1 board deduction)

15. No Break (Score of 0)
    a. Participants attempts to break the boards twice
    b. Participant uses any part of the body OTHER than the heel of the foot/foot blade. (EXAMPLE: Participants breaks boards with the instep)
    c. Participant falls down during the 30-second attempt, touching the ground with any part of the body besides the feet. It is acceptable if the participant falls into the breaking machine or catches his or herself of the breaking machine as long as only the feet touch the ground.
    d. Touching the boards after the referee declares "Si Jak (begin)" is considered your 1 and only attempt. Any other touching of the boards will result in disqualification.

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ICB -- INDIVIDUAL CREATIVE BREAKING (KYUKPA)
(1 Participant. No Age Requirements. All Belts)
Maximum Points = 10 Points



1. There will be five (5) judges. Each judge will score the participant based on the below. The highest and lowest scores will be excluded. The average of the remaining 3 scores will be the final score. In the event of there being only three (3) judges, the highest and lowest scores will not be excluded, and instead the final score will be the average of all 3 scores.
2. Competition setup time limit: 60 seconds maximum
3. Competition time limit: 60 seconds maximum
4. This board breaking event will incur an additional flat fee of $10. Each board breaking event incurs this fee.
5. At the participant's discretion, he or she will attempt to break a minimum of 1 board and a maximum of 5 boards. (All boards are 1/4-inch pine boards.) Participant is allowed to do multiple boards at 1 station.
6. Participants may not cover any part of the body that will be used for breaking a board with any bandages, tape or any other material. The referee must approve any injuries that may need to be covered.
7. Props CAN be used but boards cannot be altered. (For example, board fragments, confetti, streamers, poppers, powder, etc. cannot be added to the boards) Props are allowed and must be appropriate for a family environment. (For example, a hat is allowed). ALL props must be provided by the participant and cannot pose a safety risk to the participant or the audience. Absolutely NO Pyrotechnics, fireworks (including poppers), or flame breaks. Confetti, glitter, or similar products are prohibited. Chairs and trampolines are prohibited. Flowers and fruit are acceptable. Board stands, blocks, and board holding devices are considered props and CAN be used.
8. Participants are strongly encouraged provide their own holders. Holders will ONLY be allowed on the competition floor during the participant's event. There are no uniform requirements for board holders. (A taekwondo uniform is HIGHLY encouraged. If board holders are NOT in a taekwondo uniform, clothing must be suitable for a family environment.) ONLY martial arts shoes are allowed on the mats.
9. The participant may attempt to break each technique a maximum of 3 times. Broken boards may not be replaced on the 2nd or 3rd attempt. (For example, if a participant does a split kick in the air and only one board breaks, the participant CANNOT replace broken board with a new board on the 2nd or 3rd attempt.)

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10. The following will complete each participant's score:

Grading Criteria	Grading Criteria Details	Points
Accuracy (4.0)	Execution of requirements	2.0
	Landing	2.0
Presentation (6.0)	Skill/Degree of difficulty	2.0
	Speed/Tempo/Flow/Timing	2.0
	Creativity	2.0

11. The following will complete each participant's score:

A. Accuracy (4.0 points)

I. Execution of requirements (2.0 points)
   a. Broke at least 1 board and not more than 5 boards
   b. Not exceeding the maximum number of attempts per break, maximum of 3 attempts
   c. Each attempted board will add 0.4 points to the maximum score. This means breaking all 5 boards will result in the maximum score of 2.0.
   d. All boards must be broken with a Taekwondo technique. EXAMPLE: a participant does a split kick in the air. The athletes mistimes the jump and 1 board is broken by the shoulder instead of by a punch. The board broken by the shoulder will not be counted as a successful broken board.

II. Landing (2.0 points)
   a. Landing with control/balance after all techniques.

III. Accuracy deductions
   a. 0.1 deduction for each unsuccessful attempt to break a board (max 3 attempts per board). There is an additional 0.1 deduction for any unbroken board that was attempted to be broken.
   b. Any unattempted unbroken boards will result in a 0.4 deduction.
   c. Participant exceeds the maximum number of attempts allowed per break, maximum of 3 attempts (.4 point deduction per infraction) EXAMPLE: Participant attempts to break 1 board 4 times = .8 point deduction (0.1 x 3 unsuccessful attempts = 0.3 plus additional .4 point deduction for the 4th failed attempt, plus addition .1 deduction for any unbroken board that was attempted to be broken = .8 point deduction)
   d. Unbalanced landing after a break will result in a .1-point deduction.
   e. When a hand touches the ground during landing it will result in a .2-point deduction.
   f. If a participant falls down or a body part above the knees touches the ground, it will result in a .3 deduction.

B. Presentation (6.0 points)

I. Skill/Degree of difficulty (2.0 points)
   a. Level of difficulty relative to age and belt rank

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II. Speed/Tempo/Flow/Timing (2.0 points)
   a. Speed/Tempo/Flow
   b. Speed and Power of Each Individual Technique
   c. Overall timing and synchronization of hands/feet/kihap(s).

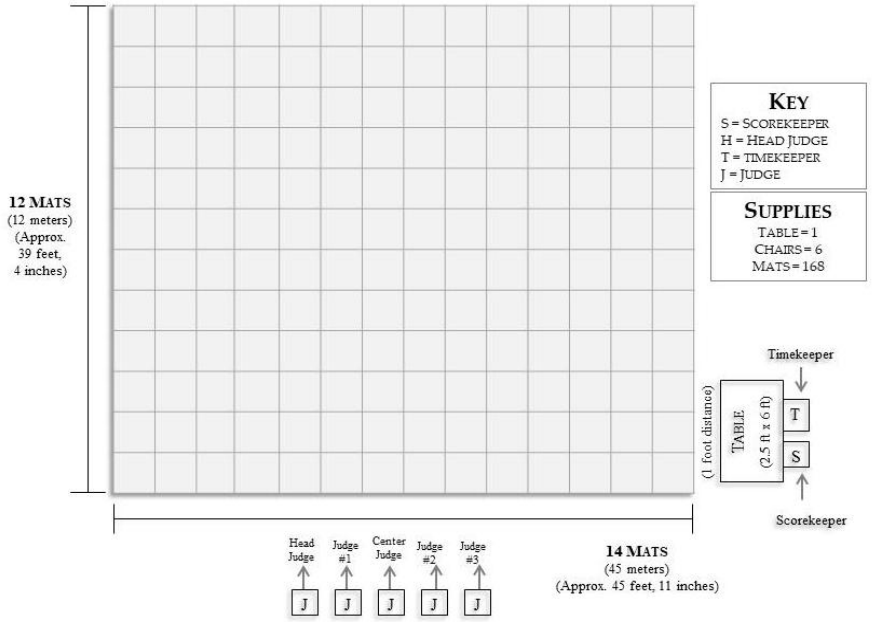
III. Creativity (2.0 points)
   a. Creativity of Performance

12. Deductions
   A. Participant exceeds the 60-second time limit for setup (0.3 deduction for going over time limit). It is the participant's responsibility to ensure that the holders are setup within the 60-second time limit.
   B. Participant exceeds the 60-second time limit (0.3 deduction for going over time limit)
   C. Altering the board in any way (summarized in rule #7) will result in a 1 point deduction for each occurrence.
   D. Participant crosses outside of the 8 meter x 8 meter ring (.3 point deduction for each occurrence). Participant will not receive a deduction if the holder crosses outside of the ring) Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the foot steps out of bounds it will be considered out of bounds and result in a deduction.
   E. Unsportsmanlike conduct (1 point deduction for each occurrence).
   F. Board holders are discouraged from assisting/moving the board to assist the break. A slight movement will NOT result in a deduction. Flagrant or egregious movement of the board to assist the break will result in a 0.3-point deduction for each infraction.
   G. Moving a board holder or board after the referees states “Sijak” (begin) will not result in an immediate deduction but will affect the Presentation.
   H. All deductions will be applied at the end of the performance to the final score.

13. Tiebreaker
   A. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – participants will perform breaking routine one additional time. Judges will rescore. If there is still a tie, there will be two 1st places awarded.

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TDR -- Team Demonstration Recreational
(5-40 Team Members, No Age Requirement, All Belts)
(Each team must select a team captain and team name.)
Maximum Points = 70 points



1. Team Demonstration is a fusion of proper Taekwondo techniques in combination with several creative elements which can include music, choreography, and storytelling.
    a. The following components are REQUIRED for each team.
        i. Poomsae (Traditional and/or creative)
        ii. Weapons
        iii. Self Defense (can include weapons) – simulated fighting with 1 or more participants attacking 1 or more participants defending
        iv. Board Breaking
            - Each team must attempt to break exactly 60 ¼-inch pine boards. Each team may determine how to break the 60 ¼-inch boards (can use spacers, holding devices, etc.)
            - Each team must attempt to break exactly 10 ¾-inch pine boards – no fewer or more than 10 ¾-inch boards can be used. Each team may determine how to break the 10 ¾-inch boards (can use spacers, holding devices, etc.) If the chosen technique requires one or more holding devices for downward strikes, these will be provided by the Organizing Committee.
            - 5 spare ¼ inch boards can be brought onto the mat in case boards from the max 60 ¼ inch boards are broken in a transition. These 5 spare ¼ inch boards will be inspected prior to competition and will be marked by black sharpies as the spare. No spare ¾ inch boards can be brought onto the mat.

    NOTE: This event will NOT incur an additional board fee of $10. All boards will be measured and checked to ensure that they are the correct material and size (1/4 inch and ¾ inch).
        - In addition to the above required boards, team can break bricks or other items in accordance with clause 6 below regarding props. These optional breaks/techniques may be included in addition to the above required number of boards.

2. There will be seven (7) judges. Each judge will score the team based on one of the below categories. The 7 judges scores will be totaled. The team with the highest total score will be deemed the winner.

3. Teams have a 2-minute setup time limit prior to their performance.

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4. Teams have a 6-minute performance time limit, NOT including time for set-up.

5. Music is HIGHLY ENCOURAGED and must be uploaded on the participant registration site no later than Wed 11/4/25 at 11:59 AM. (Please bring a backup file on a music player or USB drive.) All music must be suitable for a family environment; no explicit lyrics.

6. Props are allowed and must be appropriate for a family environment. (For example, a hat is allowed). Breaking boards ARE considered a prop and are acceptable. Board fragments ARE allowed. ALL props must be provided by the participant and cannot pose a safety risk to the participant or the audience. Absolutely NO Pyrotechnics, fireworks (including poppers), or flame breaks. Confetti, glitter or similar product is prohibited. Chairs and trampolines are prohibited. Flowers and fruit are acceptable. Board stands, blocks, board holding devices, are considered props and CAN be used.

7. Only martial arts weapons are allowed. Any weapon blade must be dull and approved by the Organizing Committee.

8. The following will complete each team's score:

   a. Unity of Team Performance (10 points)
      i. Degree of difficulty of synchronized parts of performance
      ii. Team Synchronization – Movements should generally be executed by each performing team member at the same time during Team forms portion of performance. However, team members may be facing different directions. Groups of team members may perform distinct actions, but unity within their group should be maintained, transitions should be smooth, over all movements among the groups should be harmonious. Unintentional movements out of synchronization with other team members will results in a lower score. Intentional movements out of synchronization done for creative effect (For example, an "echo" movement) will NOT result in a lower score.
      iii. Minor Deductions (0.10 of point each occurrence) – One team member made a small, but noticeable, out-of-sync movement that, at the judge's discretion, had a detrimental impact on team unity.
      iv. Major Deductions (0.30 of point each occurrence) – One team member made a major, jarring out-of-sync movement, or multiple team members had synchronization issues performing the same movement or short- sequence of movements. EXAMPLE: Turning the wrong way or performing an obviously incorrect technique compared to the rest of the team.

   b. Accuracy and Execution of Techniques – Taekwondo Techniques - (10 Points)
      i. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)
      ii. Accuracy of Each Taekwondo Hand Technique (In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place.)
      iii. Accuracy of Each Taekwondo Kicking Technique – Correct form, height and power of kick.
      iv. Minor Deductions (0.10 of point each occurrence) – One or more team member(s) made a small, but noticeable, incorrect Taekwondo technique
      v. Major Deductions (0.30 of point each occurrence) – grossly incorrect or poor Taekwondo technique (stance, block, kick, etc.) or other major errors such as a total loss of balance resulting in a fall or significant stumble during any Taekwondo or non-Taekwondo action.

   c. Accuracy and Execution of Techniques – Weapons - (10 Points)
      i. Execution of use of weapon(s)
      ii. Creativity of use of weapon(s)
      iii. Consider applicability of actions with the weapon's intended use and look for miscues such as unintentionally fumbling or dropping the weapon. However, obvious disarms, such as during a self-defense routine, will not be penalized.
      iv. Minor Deductions (0.10 of point each occurrence) – incorrect or poor technique while using weapon(s), or other minor errors such as fumbling (but not dropping) a weapon, or slight loss of balance NOT resulting in a fall or significant stumble.
      v. Major Deductions (0.30 of point each occurrence) – grossly incorrect or poor technique while using weapon(s) an unintentionally dropped weapon, or other major errors such as a total loss of balance resulting in a fall or significant stumble during any Taekwondo or non- Taekwondo action.

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d. Accuracy and Execution of Techniques – Board Breaking and Other Breaking - (10 Points)
   i. Each team can attempt to break exactly 60 ¼-inch pine boards. Each team may determine how to break the 60 ¼-inch boards (can use spacers, holding devices, etc.)
   ii. Each team must attempt to break exactly 10 3/4 inch pine boards – no fewer or more than 10 3/4 inch boards can be used. Each team may determine how to break the 10 3/4 inch boards (can use spacers, holding devices, etc.)
   iii. In addition to the above required boards, teams can break brick or other items in accordance with clause 6 above regarding props. These optional breaks may be included in addition to the above required number of boards.
   iv. Degree of Difficulty
      a. Single Jump breaks will result in a higher score. A single jump break is defined as breaking 3 or more fixed targets with one or more various techniques using the hands and feet through a single jump. The greater number of boards broken in a single jump technique will result in a higher score.
      b. Acrobatic Breaking: A breaking technique executed by jumping into the air rotating along the horizontal axis - to strike the target with a foot will result in a higher score.
      c. Rotational Breaking: A breaking technique executed by jumping into the air while rotating along the vertical axis - to strike the target with a foot. A higher degree of rotation (540 degree or 720 degree turn) will result in a higher score.
   v. Creativity of Breaking performance
   vi. Minor Deductions (0.10 of point each occurrence) – missed break. The minor deduction applies to missed boards.

e. Presentation (10 points)
   i. Etiquette – proper respect in response to judges' commands
   ii. Attitude – kihap, confidence, assertiveness, body language
   iii. Tempo/Flow of the performance – Consider the transitions between segments of the performance and whether they flow smoothly, have a good rhythm, and harmony that contributes to the overall performance.
   iv. Speed and Power of Taekwondo Techniques
   v. Eye Control - correct direction to "look", correct eye position as well as where eyes are focused.

f. Creativity (10 points)
   i. Degree of Difficulty of Choreography – consider difficulty of Taekwondo sequences in conjunction with the level of sophistication in musical timing and other thematic elements as well as the degree of team member participation in any given action.
   ii. Degree of Difficulty of breaks, kicks, and tricks – consider height of jumps, number of kicks in a jump, gradient of spins in a spin kick, consecutive kicks, and acrobatics performed in combination with a Taekwondo action such as a break.
   iii. Originality of Composition – consider the creativity of the actions, components, attire, and thematic elements and how they contribute to the overall performance.

g. Expressivity/Taekwondo Spirit (10 points)
   i. Kihap – confidence
   ii. Attitude and Etiquette – as soon as the Team's name is called to enter the ring for your competition.

NOTE: In general, each participant's uniform should be clean and pressed, and the belt should be tied correctly. However, the Organizing Committee understands that this is an "Open" tournament and there are various interpretations/standards for belt tying, etc. that are specific to each martial art school/style. Therefore, how the belt is tied, and the uniform will not be considered in any score. Costumes are acceptable.

9. Procedural Deductions – To be deducted from final score, for procedural or other infractions not specifically covered by judging criteria.
   a. Team exceeds the 120-second time (2 minutes) limit for setup (1 point deduction for every 10 seconds over time limit)
   b. Team exceeds the 6-minute time limit (1 point deduction for every 10 seconds over time limit)

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c. Unsportsmanlike conduct (1 point deduction)
    i. Including but not limited to making undesirable remarks or any misconduct on the part of a participant or coach or interfering with another participant, coach, or official.
d. Team crosses outside of the 12 meter x 12 meter ring (.3 point deduction for each occurrence). Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the foot steps out of bounds it will be considered out of bounds and result in a deduction.
    i. All team members must remain on the mat at all times. Stepping off of the mat will result in a .3 point deduction for each occurrence. Unintentional landing outside of the ring will be considered a deduction (Example: a participant performs a flying side kick, does not control landing and steps outside of the ring)
    ii. All techniques, movements, breaking techniques (including weapons, props, boards, holders, and holding devices) must remain inside of the ring during the demonstration. The only exception is that if a board(s) or prop(s) is broken and pieces go out of the ring there will NOT be any deductions.
e. Too many or too few team members (1 point deduction)

10. Tiebreaker
    a. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded), the winner will be determined by the following:
        i. Add the score of ONLY “Unity of Team Performance” and “Creativity” (Maximum of 20 points). The highest score will be declared the winner.
        ii. If there is still a tie after above scenario “i.” then the Accuracy of Execution of techniques board breaking score will be added with the above two (2) scores (Maximum of 30 points). The highest score will be declared the winner.

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