



**PARA-TAEKWONDO POOMSAE  
SCORING CRITERIA**  
P20 & P30 CLASSES

## **1. Background**

These scoring criteria has been developed for para-taekwondo poomsae competition in WTF recognized poomsae for intellectually disabled athletes (**P20**) and athletes with a neurological impairment (**P30** classes).

The WTF Para-TaekowndoPoomsae Scoring Criteria was developed due to the implications with applying the scoring criteria for able bodied athletes to para-taekwondo poomsae competition.

## **2. Points**

2.1 Scoring for para-taekwondo poomsae competition is divided into two categories:

- A) Accuracy
- B) Presentation

2.2 The maximum points for para-taekwondo poomsae competition is **10.0**. Maximum points for each category as follows:

- A) Accuracy **(6.0)**
- B) Presentation **(4.0)**

## **3. Scoring Criteria**

3.1 Accuracy (**6.0**)

The scoring criteria for Accuracy is divided into the following sub categories:

- A) Basic stance and practicability of movements in Poomsae **(2.0)**
- B) Hand and Foot techniques **(2.0)**
- C) Sequence of movement and Poomse line / Posture / Balance **(2.0)**

3.1.1 Each Accuracy subcategory awards a maximum score of **2.0**

3.1.2 Each Accuracy subcategory has a minimum score of **0.2**

3.2 Presentation (**4.0**)

The scoring criteria for Presentation is divided into the following sub categories:

- A) Power & Speed **(1.0)**
- B) Strength/Speed/Rhythm **(1.0)**
- C) Expression of Energy **(1.0)**
- D) Completion of Poomsae movements **(1.0)**

3.2.1 Each Presentation subcategory awards a maximum score of **1.0**

3.2.2 Each Presentation subcategory has a minimum score of **0.4**

#### **4. Scoring Guideline**

##### **4.1 Accuracy**

Perfect	(2.0 - 1.9)
Excellent	(1.8 - 1.7)
Very Good	(1.6 - 1.5)
Good	(1.4 - 1.3)
Below average	(1.2-1.0)
Poor	(0.8-0.6)
Very Poor	(0.4-0.2)

4.1.1 Each Accuracy subcategory has a minimum score of **0.2**

##### **4.2 Presentation**

Perfect	(1.0)
Excellent	(0.9)
Very Good	(0.8)
Good	(0.7)
Below average	(0.6)
Poor	(0.5)
Very poor	(0.4)

4.2.1 Each Presentation subcategory has a minimum score of **0.4**

## 5. Technical Guideline

### 5.1 Accuracy (6.0)

The Jude should base the scoring in the subcategories on the following:

#### 5.1.1 Stance and Practicability of movements in Poomsae (2.0)

- A) Stance
  - Moa seogi (Close stance): Attention,
  - KibonJoonbiseogin (Parallel Ready stance)
  - Apseogi (Forward stance),
  - Apkubi (Forward inflection stance)
  - Dwikubi (Backward inflection stance),
  - Oreun/Wen seogi (Right/Left hand stance)
  - Koa seogi (Cross stance),
  - Beomseogi (Tiger stance),
  - Moa seogi (Close stance)
  - Juchumseogi (Riding stance),
  - Hakdariseogi (Crane stance),
  - Kyotdariseogi (Assisting stance),
  
- B) Ready stance
  - Naranhiseogi (Parallel ready stance, Kibonjunbiseogi)
  - Tongmilgi ready seogi (Koryopoomsaejunbi)
  - Kyopsonjunbiseogi (Overlapping hands ready stance)
  - Bojumeokjunbiseogi (Assist fist ready stance)
  
- C) Practicability of movements in Poomsae
  - Practicing poomsae is not only for training in the technical systems of offence and defense, but also to obtain control of mind and body.

#### 5.1.2 Hand and Foot techniques (2.0)

- A) Jirugi (Punch)
  - Barojirugi (Punch)
  - Bandaejirugi(Reverse punch)
  - Yopjirugi(Side fist punch),
  
- B) Makki (Block)
  - Area Makki (Low Blocking)
  - MomtongMakki (Body Blocking)
  - OlgulMakki (Face Blocking)
  
- C) Chigi (Striking)
  - ApChigi (Back fist front strike)
  - OlgulbakkatChigi (Back fist face strike)
  - PalkupChigi (Elbow strike)
  - MokChigi (Neck strike)

- D) Tzireugi (Thursting)  
 PyonsonkkeutSewoTzireugi (Open hand fingertips thrust)  
 PyonsonkkeutUpeoTzireugi (Turned over open hand fingertip s thrust)  
 Pyonsonkkeutjeochotzireugi (Upward open hand fingertips thrust)
- E) Chagi (Kick)  
 ApChagi (Front kick)  
 DolyoChagi (Roundhouse kick)  
 YopChagi (Side kick)  
 DwitYopChagi (Reverse side kick)  
 PyojrokChagi (Target kicking)

### 5.1.3 Sequence of movement and Poomsae line / Posture / Balance(2.0)

#### A)Sequence of movement and Poomsae line

Movements carried out in correct order.

Moving in the correct direction e.g. if Poomsae requires competitor to turn 90 degree to the right, 90 degree to the left, go straight on etc

To perform a Poomsae, we have to follow the direction of the movements starting/ending in the correct position.

#### B) Posture

Stances, hand techniques should be executed with correct positioning of feet, hands and arms as well as correct positioning of the body, looking in the right direction according to individual capabilities

#### C) Balance

Without wobbling, shuffling or hesitating. To perform good movement of the Poomsae, balancing is very important to generate power and speed

## 5.2 Presentation (4.0)

### 5.2.1 Power and Speed (1.0)

Ability to perform Poomsae shall be evaluated on whether the movements are performed in accordance with the characteristics of the pertinent movement.

### 5.2.2 Strength/Speed/Rhythm (1.0)

A) Control of power means the strongest power shown at the most critical moment of the movement through speed and softness.

B) Control of speed means an appropriate connection between actions and changes of speed

C) Rhythm means repeated actions according to set rules and length of note, and flow of power.

### 5.2.3 Expression of energy(1.0)

Whether actions are presented with quality and dignity that come from mastering of the energy: size of body action, concentration, courage, sharpness, confidence, etc.

according to the characteristics of actions of Poomsae.

#### 5.2.4 Completion of Poomsae movements (1.0)

The Poomsae should be recognizable as that Poomsae i.e. If we are watching without being told what poomsae it is therefore judges should be able to recognize it.

## 6. Method of Scoring

Refer to the scoring for the two (2) categories and the seven (7) subcategories; there should be a level judgment for each category.

Total score is **10.0** points

Accuracy (**6.0**) (3 subcategories)

- A) Basic stance and practicability of movements in Poomsae (2.0)
- B) Hand and Foot techniques (2.0)
- C) Sequence of Poomse line / Posture / Balance (2.0)

Perfect	Excellent	V. Good	Good	Below Avr	Poor	V. Poor
2.0 - 1.9	1.8 - 1.7	1.6 - 1.5	1.4 - 1.3	1.2 - 1.0	0.8 - 0.6	0.4 - 0.2

Presentation (**4.0**) (4 subcategories)

- A) Power & Speed (1.0)
- B) Strength/Speed/Rhythm (1.0)
- C) Expression of Energy (1.0)
- D) Completion of Poomsae movements (1.0)

Perfect	Excellent	V. Good	Good	Below Avr	Poor	V. Poor
1.0	0.9	0.8	0.7	0.6	0.5	0.4