

# POOMSE (FORMS) COMPETITION

## "THE ART OF TAEKWONDO"

One of the primary goals of martial arts training is the perfection of the self. The practice of poomse (forms) enables the student to hone important hand and foot techniques in a pattern simulating battle and thus bringing essential application and meaning to its movements. In this way, forms represent the essence of the martial arts. One must practice them with great concentration, commitment, and sincerity. A properly performed poomse is aesthetically beautiful and reflects the mental discipline and self-mastery of our art.



*All forms are welcome at this competition. Competitors will be judged on concentration, confidence, flexibility, balance, and proper execution of techniques.*

### Scoring

1. The referee and judges shall award a score, on a scale of five to ten, ten being the highest, to the contestant using hand signals
2. The highest and lowest scores will be dropped from the total computation. In case of tie, however, all scores will be computed to break the tie.
3. If only three judges are used, all scores will be computed

### Merits

Judges and referee will award scores on the basis of the following merits:

1. Correct and orderly execution of each movement.
2. Degree of proficiency which will be judged on the basis of:
  - a. Beginning and ending the Poomase at the same spot;
  - b. Executing powerful and speedy techniques by tensing and relaxing muscles at the proper moment;
  - c. Mental concentration;
  - d. Focused eye and head movement;
  - e. Accurate targets;
  - f. Inhaling and exhaling at the proper moment;
  - g. Balance;
  - h. Rhythm;
  - i. Synchronization of entire body movements;
  - j. Taekwondoistic attitude.

# KYUK-PA (BREAKING) COMPETITION

Breaking competitors will be judged on difficulty, technique, and presentation of the performance. If the break is executed on the first attempt, then the score will be higher than the second attempt, etc.

*A Maximum of three techniques with a Maximum of one board per technique is allowed for all color belts and Black Belt children under the age of 14. Black Belts age 14 and older are allowed maximum of three techniques and may use multiple boards for each technique.*

**Difficulty of Technique will be based on the following order of superiority:**

1. Hand Technique (least difficult)
2. Standing kick technique
3. Jump kick technique
4. Kicking technique with spinning motion
5. Jump kick with spinning motion
6. Multiple break jump kick
7. Multiple break spinning jump kick



**Difficulty of Breaking will also be based on the number of Boards.**

1. Number of boards held at one time (Black belt division only)
2. Total number of boards in performance

**Technique will be based on Accuracy, Speed, and Power.**

1. Accuracy:  
Breaking at the first attempt is superior to breaking at the second attempt, and breaking at the center of the board is superior to breaking off-center.
2. Speed:  
Suspended holding is superior to fixed holding, and a competitor who executes more techniques in less time is superior to a competitor who executes fewer techniques in a longer time.
3. Power:  
Higher number of boards broken is superior to the lower number of boards broken. (Applies only to Black Belt division only)

**Presentation is based on Balance, Rhythm, and Manner:**

Competitor balance, rhythm, and good manner from entrance to the completion of the performance is superior to the competitor without balance, rhythm, and good manner.