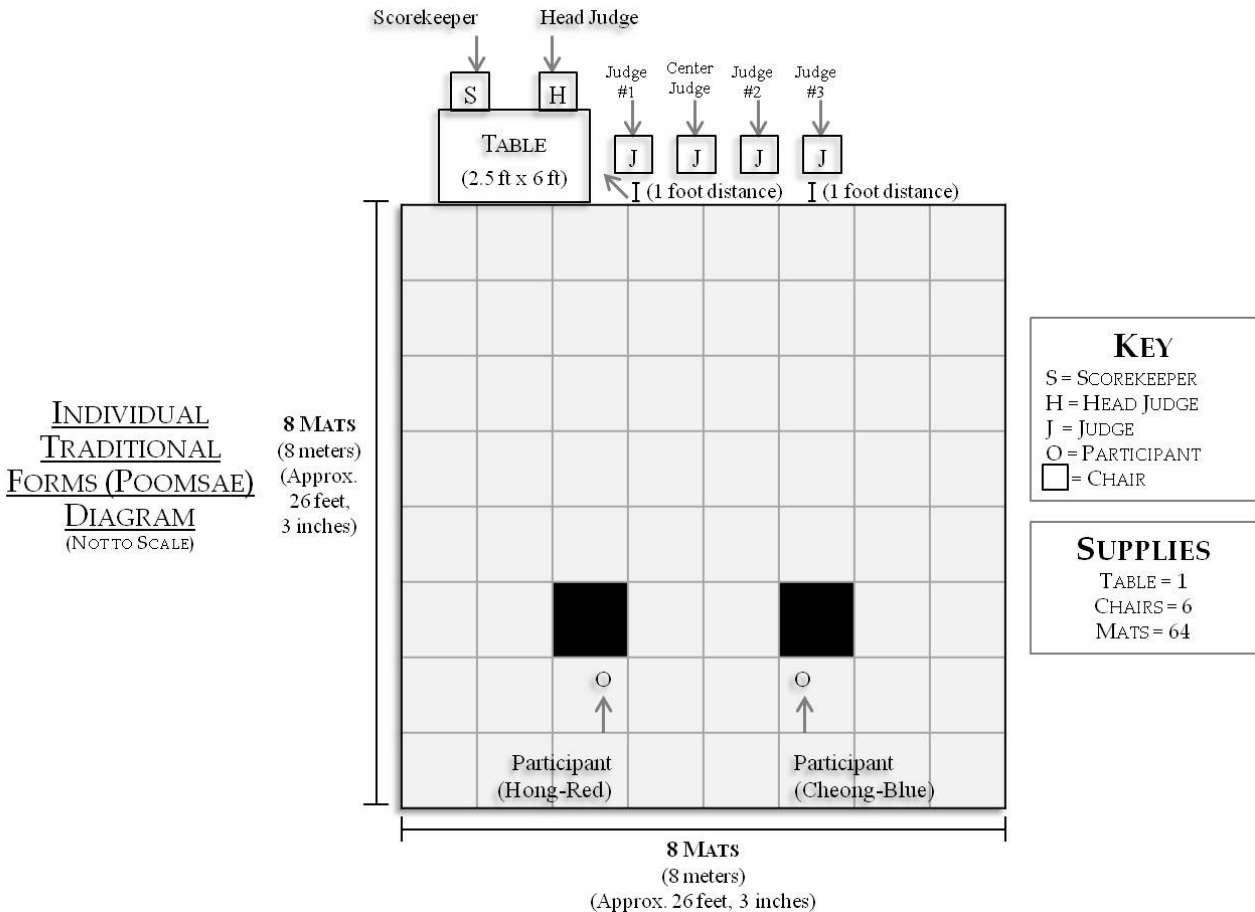


# INDIVIDUAL TRADITIONAL FORMS (POOMSAE)

(1 PARTICIPANT ONLY. NO AGE REQUIREMENT. ALL BELTS)

**Maximum Points = 90 points**



1. Base Points - Each participant always begins with 50 points.
2. The following will complete each participant's score:
  - a. Correct Execution of Each Technique (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 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 Kicking Technique - correct form, height, and power of kick
    - iv. Speed and Power of Each Individual Technique
  - b. Taekwondo Spirit (10 points)
    - i. Kihap
    - ii. Attitude – confidence, assertiveness
    - iii. Etiquette – proper respect
  - c. Accurate Sequence of Movements (10 points)

- i. Correct order of techniques for each poomsae, including correct stances, blocks and strikes (For example, NOT scoring only if the forward stance was correct, but determining if it was a forward stance when it was supposed to be a back stance.)
  - d. Presentation (10 points)
    - i. Speed/Tempo/Flow
    - ii. Eye Control - correct direction to “look,” correct eye position as well as where eyes are focused
- 3. Deductions
  - a. Participant crosses outside of the 8 meter x 8 meter ring (1 point deduction)
  - b. Participant exceeds the 90-second time limit (1 point deduction)
  - c. Unsportsmanlike conduct (1 point deduction)