What is Taekwondo?

Taekwondo is one of the most systematic and scientific Korean traditional martial arts, that teaches more than physical fighting skills. It is a discipline that shows ways of enhancing our spirit and life through training our body and mind. Today, it has become a global sport practiced by 60 million people, which has gained an international reputation, and stands among the official games in the Olympics.

The meaning of the word "Tae" "Kwon" "Do." It is composed of three parts as shown in the English spelling, though it is one word in Korean. "Tae" means "foot,"; "Kwon" means "fist"; and "Do" means the "way" or "discipline." If we put these three parts together, we can see two important concepts behind "Tae Kwon Do".

Taekwondo has been developing with the 5000-year long history of Korea, being called by several different names in the course. In Korea, Taekwondo began as a defence martial art called "Subak" or "Taekkyon," and developed as a way of training body and mind in the ancient kingdom of Koguryo, under the name of "Sunbae." In the Shilla period, it had become the backbone of Hwarangdo that aimed at producing leaders of the country

1909 saw the Japanese invade Korea, occupying the country for 36 years and a ban the on the practice of all military arts for native Koreans by the Japanese resident general. This caused underground factions to travel to remote Buddhist temples to study the martial arts. Others left Korea to work and study in China and even Japan where they practiced their native fighting arts.

In Korea, Subak/ Taek Kyon was kept alive through the efforts of a number of masters of the Korean fighting arts.

The underground nature of the martial arts in Korea changed with the official introduction of Judo, Karate and Kung-fu in 1934 and the next two years saw a dramatic increase in interest in the martial arts throughout the country. Korea's liberation in 1945 saw its own fighting arts finally taking root and growing. For many years, a variety of Korean martial art styles existed throughout the country, varying according to the amount of influence each master had absorbed from Chinese and Japanese styles and the extent to which the native Subak/Taek Kyon had been modified over the years.

In Yong Chun, Seoul, 1945 saw the opening of the first Kwan (school) to teach a native Korean style of martial art. This dojang (gym) was named the Chung Do Kwan.

The Moo Duk Kwan and Yun Moo Kwan opened in 1946; the Chang Moo Kwan and Chi Do Kwan were founded over the next few years.

On April 11, 1955, a meeting convened to unify the various styles (Kwan's) for the mutual benefit of all schools and two years later the name Taek Kyon was once again changed, this time to Tae Kwon Do. This name accurately describes the nature of the arts use of hand and foot techniques, and bears resemblance to Taek Kyon. Tae Kwon Do has been the recognised name ever since. Most of the Kwan's merged under this common name

Taekwondo today is similar to the martial arts in other Oriental countries and shares some features with them, because in the course of its evolution it has gained many different styles that existed in the martial arts of the countries surrounding Korea, like Japan and China

But Taekwondo is very different from many such oriental martial arts. First, physically it is very dynamic with active movements that include a mirage of foot skills. Second, the principle physical movements are in simpatico with that of the mind and life as a whole. Third, it possesses dynamic poses from another perspective.

Taekwondo can be characterized by unity: the unity of body, mind, and life, and the unity of the pose ["poomsae"] and confrontation, and cracking down. When you do Taekwondo, you should make your mind peaceful and synchronize your mind with your movements, and extend this harmony to your life and society. This is how in Taekwondo the principle of physical movements, the principle of mind training, and the principle of life become one and the same. On the other hand, the right poomsae lead to the right confrontation, which will eventually produce great destructive power.

Taekwondo is a way of life, much like having a job, raising a family, fighting for a cause. What makes Taekwondo different from these is that it is an activity for survival in extremely antagonistic situations. One must always overcome the enemy that is trying to cause harm. But simply winning a fight is not
enough to guarantee one's safety, because the enemy may recuperate and attack again. Moreover, there may be many other enemies than the one that was just defeated. One cannot ever feel safe unless one gains permanent peace. To attain this permanent or lasting peace, one needs unity. This is what Taekwondo aim for. Otherwise Taekwondo would be no different from any other street-fighting skills.

Taekwondo pursues harmonious growth and improvements of life through its unique activities. This is why one could say Taekwondo is a way of life. To ultimately enable ourselves to lead more valuable lives, we would do well by finding the guiding principles deeply hidden in Taekwondo.

About UTA Taekwondo
The World Taekwondo Federation (WTF) is the governing body for Taekwondo, with over 175 member nations. The Kukkiwon is The World Taekwondo Headquarters and the only official organisation authorised to issue Dan (Black Belt) certification. The British Taekwondo Control Board (BTCB) is the national governing body for WTF Taekwondo in UK. All recognised WTF Taekwondo groups in the UK must be registered with the BTCB.

The United Taekwondo Association (UTA), which UTA Northern Ireland is a part, is a group member of the BTCB. The UTA NI was established over 25 years ago. Chairman and Chief Instructor of the UTA in the UK is 8th Dan Grand Master T W Shin, who trained under 9th Dan Grand Master Kim Soon Bae. Grand Master Shin has established UTA status through maintaining a high standard of Taekwondo practice in the UK.

To be successful in Taekwondo requires patience, self-discipline, and serious dedicated training. The UTA NI offers a carefully planned syllabus teaching effective self-defence, strength development, cardiovascular fitness, flexibility, and Olympic style fighting techniques, through a combination of mental and physical training.

Within UTA NI the underlying philosophies are never forgotten and through Etiquette, Modesty, Self-Control, Perseverance and Indomitable Spirit, the association continues to grow.

Benefits of Taekwondo training
Physical Benefits
Improved Reflexes and Coordination increases your performance in all Physical activities
Increased Strength and Stamina boost your energy so you feel great all day long
Increased Flexibility and Weight Control, for better overall fitness.
Great Cardiovascular Work Out keeps you in good shape physically.

Mental Benefits
Improved Concentration for better work and study habits.
Stress Reduction & Increased Levels of Relaxation for a longer, healthier Life
The Peace of Mind that comes from knowing that you are able to Protect Yourself & Your Family
Increased Self Confidence & Self Discipline to develop a positive attitude toward life!

Taekwondo Etiquette
Never Misuse the Art
No student can change schools without the prior permission from both instructors concerned
Be loyal to your instructor. Loyalty is an important part of Taekwondo philosophy
Remain courteous and modest at all times, including behaviour outside the Dojang
Always be helpful to students of more junior Grade and be prepared to pass on knowledge you have attained
Observe the Tenets of Taekwondo, Etiquette, Modesty, Perseverance, Self Control, and Indomitable Spirit

Conduct in the Dojang
No Smoking, eating, or wearing of jewellery in the Dojang
Taekwondo suits must be washed and ironed with only UTA/WTF approved badges. Belt must be properly tied.
Ensure toe and finger Nails are cut to prevent injury.
Upon entering and leaving the Dojang bow to the flags
At the Beginning and end of training sessions bow to the instructor and most senior Black belt
If you approach the instructor bow before speaking
Address the instructor by Sir or Miss
When a student arrives late they should wait until recognised by the instructor before joining the class. 
When a student wishes to leave the hall (except in emergency) it is good manners to gain permission first. 
If a Master instructor enters the hall, the instructor on the floor or highest ranking student should call the class to attention and bow.

**Ranking system**
There are 10 grades between first starting Taekwondo and achieving black belt (1st Dan). These Levels are known as Kup Grades. You work from 10th Kup (white belt) to 1st Kup (red belt with black tag), 1st Kup being the highest before Black belt. There are five coloured belts and then black belt. In between each full coloured belt there are coloured tags. Each belt signifies the knowledge and understanding of the taekwondo practitioner at that time during his/her Taekwondo career.

<table>
<thead>
<tr>
<th>Belt</th>
<th>Kup Grade</th>
<th>Belt &amp; Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>10th Kup</td>
<td>White Belt</td>
</tr>
<tr>
<td></td>
<td>9th Kup</td>
<td></td>
</tr>
<tr>
<td>Yellow</td>
<td>8th Kup</td>
<td>Signifies the earth from which a plant sprouts and takes root as the foundations of Taekwondo are being laid</td>
</tr>
<tr>
<td>Yellow</td>
<td>7th Kup</td>
<td></td>
</tr>
<tr>
<td>Green</td>
<td>6th Kup</td>
<td>Signifies the plants growth as Taekwondo skills begin to develop</td>
</tr>
<tr>
<td>Green</td>
<td>5th Kup</td>
<td></td>
</tr>
<tr>
<td>Blue</td>
<td>4th Kup</td>
<td>Signifies the heaven towards which the plant matures into a towering tree as training in Taekwondo progresses</td>
</tr>
<tr>
<td>Blue</td>
<td>3rd Kup</td>
<td></td>
</tr>
<tr>
<td>Red</td>
<td>2nd Kup</td>
<td>Signifies danger cautioning the student to exercise control and warning opponents to stay away</td>
</tr>
<tr>
<td>Red</td>
<td>1st Kup</td>
<td></td>
</tr>
<tr>
<td>Black</td>
<td>1st Dan - 9th Dan</td>
<td>Black Belt</td>
</tr>
</tbody>
</table>

**Disciplines**
You will experience these disciplines in Taekwondo classes.

**Basic Techniques**
All Martial arts include basic techniques and WTF Taekwondo is no exception, these form the basis and platform for progression in standard and for up-grading and through the belt ranking. Taekwondo kicking techniques are the most prominent with basic and the more difficult flying and spinning kicks. Taekwondo also teaches defence with blocking techniques and offensive punching striking and thrusting actions performed in various stances and directions, these are the basic techniques and the foundation stone that the practitioner builds on to progress in Taekwondo.

**Set Sparring**
Set Sparring is the traditional way which you learn how to apply taekwondo techniques to self defence.

**Three Step Set Sparring (Sambon Kyorugi)**
Three step set sparring teaches the student many things including proper distance control, correct facing,
forearm conditioning, correct blocking, control of stance, counter attacks ad timing.

The attacker will start with right leg behind in long stance, low block. He will then step forward three times with a punch. The defender will block three times then counter attack.

**One Step Sparring** (*Hanbon Kyorugi*)
This form of sparring is completely different from free sparring. Sweeping techniques, arm locks, joint breaking techniques are all practiced. Distance, control and timing are of the utmost importance.

Attacker starts right leg back long stance low block and attacks once with the right. Once the student has defended with his technique the attack is then repeated with the left.

During one step students will be able to put into practice techniques learned during their technical training sessions.

**Pad work**
Practiced with both hand and foot techniques, Taekwondo pad drills are an excellent form of training which helps develop good technique, timing, speed and stamina. Drills increase in complexity as the student advances through the grades.

**Semi free sparring**
This type of sparring gives beginners the chance to practice basic kicking techniques whilst facing an opponent. Intermediate and advanced students use it for stamina, timing as well as for training their techniques.

Both students begin with right leg back in Kyorugi stance. When the command is given one for the student kicks and immediately after the other this is continues.

When used for stamina exercise each kick should counter the previous. This can start with only one kick at a time from each student, leading on to two kicks for two and on to three kicks attack one counter then repeated by other student.

**Free Sparring** (*Kyorugi*)
Free sparring is basically putting into practice what has been learned so far. There is no pre-warning of attack. If practiced without protective equipment being worn, the emphasis should be on control and technique. Full contact sparring is allowed where adequate protection is worn and should take place under supervision of qualified instructor.

**Self defence** (*Hosinsul*)
Hosinsul (self defence) is one of the main reasons for taekwondo training; it could be seen as an essential requirement in today’s more violent society. Although taekwondo is a "self defence" the sport side focuses on scoring points to the body and head only. In real life (street) application. Hosinsul is a mixture of all kinds of techniques, which you learn during your taekwondo training, including kicking and striking techniques to vital target areas, ground defence, grab release techniques as well as defending against armed attackers etc

Self defence is something that cannot be practised alone. You will need a partner. You will learn how to react quickly and use the correct effective technique.

**Stepping Techniques**
The ability to step smoothly and with speed is the utmost importance to be able to control the distance between yourself and your opponent. Therefore competition training involves practising a lot of stepping techniques. This also enables a student to develop good stamina and improve balance.

**WTF Competition Kyorugi (Sparring)**
With WTF Taekwondo as an Olympic sport, a lot more emphasis has been placed on competition Taekwondo. Competitors (players) wear a body protector, head guard, groin guard, shin guards and arm guards. WTF Taekwondo is full contact sparring. Points are scored by full contact punches to the body, a kick to the body or a kick to the head.

Matches are judged by a head of court, referee and corner judges.
Training for competition is different from traditional Taekwondo therefore separate classes are held for these who which to take up the challenge to compete in the sport side of the art. To be a Taekwondo champion takes extensive training and lots of hard work.

The most important fact about Taekwondo is that it is both a superior art of self-defence and a technique of mental discipline. It gives its practitioners self-confidence, self-respect, self-discipline, and coordination. These mental characteristics along with an improved physical ability are beneficial to the mental wellbeing of individuals. With its practical means of self-defence and its complete regimen of physical conditioning Taekwondo offers a total fitness program integrating mind, body, and spirit.

**WTF Poomsae**

**What is poomsae?**
Poomsae is the Korean equivalent of Kata in Japanese karate. Poomsae (pattern) is a series of fundamental movements, mainly defence and attack, set in a logical sequence to deal with one or more imaginary opponents. Patterns are an indication of a student’s progress. A barometer in evaluating an individual’s technique.

**Why do we perform Poomsae?**
Poomsae are practised to improve Taekwondo techniques. When practising students develop flexibility of movement, master body shifting, improves sparring techniques, balance and breathe control. Poomsae enable students to acquire techniques, which can not be obtained from other forms of training. Within the Taekwondo Training syllabus there are basic, Taeguk and Dan Grade Poomsae. Each Grade has a new one to learn, practice and master before moving to the next level.

**When Performing poomsae the following points should be considered during its Presentation**

- **Skill**
  - Accuracy of range/ volume of movements
  - Balance
  - Speed and power
  - Expression
  - Strength/speed/rhythm
  - Expression of energy, KI

**Completion of poomsae can be achieved through hard training following these 5 steps:**

**Pattern**
The first step of training poomsae is to learn the pattern. Concentration of spirit, eyes, angles of movements must be emphasized in addition to the accuracy of actions.

**Significance**
In the next step, the emphasis must be laid on the balance, strength and weakness, low or high speed, respiration and poomsae line. The significance of movements, connection of poomsae and the complete poomsae must be learned correctly.

**Practical Use**
One must adapt what he has learned to his practical use, finding out the practicability.

**Self Style**
One must evaluate his findings about the effectiveness of what he has learned, comparing with his bodily structure, speed, strength, muscle strength, impulsive power, points of emphasis in training, etc., and moderate the techniques into his own style.

**Completion**
One achieves a synthetic accomplishment of poomsae training by mastering the art of Taekwondo techniques including Taekwondo spirit.

**Kup Poomsae**

<table>
<thead>
<tr>
<th>Basic Pattern 01</th>
<th>Basic Pattern 02</th>
</tr>
</thead>
<tbody>
<tr>
<td>Giboneil</td>
<td>Sajigjuligi</td>
</tr>
</tbody>
</table>
TaeGuk Poomsae

Meaning of Taeguk
Taeguk is the origin of all things in the universe.
Tae - means Enormity or Vastness
Guk - means Eternity

"Taeguk represents the most profound oriental philosophy from which oriental philosophical views on the world, cosmos and life are derived. Taeguk has no form, no beginning, and no ending yet everything comes from Taeguk. Taeguk is something that contains the essence of everything.

<table>
<thead>
<tr>
<th>No.</th>
<th>Name</th>
<th>No. of Movements</th>
<th>Pattern Represents</th>
<th>Korean Symbol</th>
<th>Poomsae Line</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>TaeGuk II Jang</td>
<td>18</td>
<td>Heaven &amp; Light</td>
<td>Keon</td>
<td>🌉</td>
</tr>
<tr>
<td>2</td>
<td>TaeGuk Ee Jang</td>
<td>18</td>
<td>Joyfulness</td>
<td>Tae</td>
<td>🌈</td>
</tr>
<tr>
<td>3</td>
<td>TaeGuk Sam Jang</td>
<td>20</td>
<td>Fire &amp; Sun</td>
<td>Ri</td>
<td>🌋</td>
</tr>
<tr>
<td>4</td>
<td>TaeGuk Sah Jang</td>
<td>20</td>
<td>Thunder</td>
<td>Jin</td>
<td>⚡</td>
</tr>
<tr>
<td>5</td>
<td>TaeGuk Oh Jang</td>
<td>20</td>
<td>Wind</td>
<td>Seon</td>
<td>🎫</td>
</tr>
<tr>
<td>6</td>
<td>TaeGuk Yuk Jang</td>
<td>23</td>
<td>Water</td>
<td>Gam</td>
<td>🌊</td>
</tr>
<tr>
<td>7</td>
<td>TaeGuk Chil Jang</td>
<td>25</td>
<td>Mountain</td>
<td>Gan</td>
<td>🌋</td>
</tr>
<tr>
<td>8</td>
<td>TaeGuk Pal Jang</td>
<td>24</td>
<td>Earth</td>
<td>Gon</td>
<td>🌍</td>
</tr>
</tbody>
</table>

Dan Grade Poomsae

Poomsae

Koryo (30 movements)
Koryo poomsae symbolises "Seonbae" which means "Learned man" characterised by a strong martial sprit. Koryo is the name of an ancient Korean Dynasty (AD 918to 1392). The English word Korea is derived from Koryo. Koryos legacy to the Korean people is very significant as they successfully defeated and thus defended Korea against the attacking aggression of the Mongolian Empire, who was sweeping the known world at the time. Consequently every movement of the pattern should demonstrate the conviction shown by the Korea people in their struggle with the Mongolians.
**Keumgang (27 movements Diamond)**

The word Keumgang means that which is too strong to be broken. The pattern is named after nature’s strongest substance, diamond. Korea’s most beautiful mountain is also called Keumgang and it is regarded as the centre of national sprit. The spirit of the mightiest warrior “Keumgang Yoksa”, named by Buddha, should be shown when performing Poomsae Keumgang.

**Taebeak (26 movements Mountain)**

The mythological story about the founding of Korea says that about 4,300 years ago the legendary Tangun founded the nation in Taebeak. Teabeak means “Bright Mountain”. The line of the Poomsae is a Chinese character symbolising the bridge between Heaven and Earth, a nation founded by the order of heaven.

**Pyongwon (21 movements Plain)**

The word Pyongwon means plain. A plain is the source of life for all creatures. The Poomsae Pyongwon is based on the idea of peace and struggle resulting from the principles of origin and use. The line of the pattern represents the origin and transformation of the plain.

**Sipjin (28 movements Decimal)**

The name Sipjin is derived from the number ten and longevity. It advocates there are 10 creatures of long life, namely, sun, moon, mountain, water, stone, pine tree, herb of eternal youth, tortoise, deer and crane. The line of the poomsae is the Chinese symbol meaning 10, signifying the infinite numbering of the decimal system and ceaseless development. Stability is sought in every movement of this poomsae.

**Jitae (28 movements)**

The word "Jitae" means a man standing on the ground with two feet, looking over the sky. A man on the earth represents the way of struggling for human life, such as kicking, trading and jumping on the ground. Therefore, the poomsae symbolizes various aspects occurring in the course of human being’s struggle for existence. The new techniques introduced in this poomsae are han-son-nal-olgul-makki, keumkang-momtong-jireugi, and me-jumeok-yop-pyojeok-chigi only, and the poomsae line signified a man standing on earth to spring up toward the heaven.

**Chonkwon (26 movements the Heaven’s Great Mighty)**

The word "Chonkwon" means the Heaven’s Great Mighty, which is the origin of all the creature and itself the cosmos. Its infinite competence signifies the creation, change and completion. Human beings have
used the name of Heaven for all principal earthly shapes and meanings because they felt afraid of the Heaven's mighty. Over 4,000 years ago, the founder of the Korean people, “Hwanin” meant the heavenly King. He settled down in the “heavenly” town as the capital near the heavenly sea and heavenly mountain, where the Han people as the heavenly race gave birth to the proper through and action from which Taekwondo was originated. The poomsae Chunkwon is based on such sublime history and thoughts.

The new techniques introduced in this poomsae are nalgae-pyogi (wing opening), bam-jumeok-sosum-chigi (knuckle protruding fist springing chigi), hwidullo-makki (swinging makki), hwidullo-jabadangkigi (swinging and drawing), keumgang-yop-jireugi, taesan-milgi, etc., and a crouched walking manner.

The characteristics of movements are large actions and arm sections forming gentle curves, thus symbolizing the greatness of Chunkwon thought. The poomsae line “T” symbolizes a man coming down from the heaven, submitting to the will of Heaven, being endowed power by the Heaven and worshiping the Heaven, which means the oneness between the Heaven and a human being.

**Hansu (27 movements Water)**

The word “Hansu” means water is the source of substance preserving the life and growing all the creatures. Hansu symbolizes birth of a life and growth, strength & weakness, magnanimity & harmony, and adaptability. Especially, “han” has the various meanings, namely, the name of a country, numerousness, largeness, evenness, length and even the heaven and the root of evening, among others. Above all, the above significances, is the background of organizing this poomsae.

The new techniques introduced in this poomsae are son-nal-deung-momtong-hecho-makki, me-jumeok-yang-yopkuri (both flanks)-chigi, kodureo-khaljaebi, an-palmok-arae-pyojeok-makki, son-nal-keumgang-makki, etc., and also modum-bal as a stance.

Actions should be practiced softly like water but continuously like a drop of water gathering to make an ocean. The poomsae line symbolizes the Chinese letter that means water.

**Meaning of Ilyeo (23 movements Oneness)**

Ilyeo means the thought of a great Buddhist priest of Silla Dynasty, Saint Wonhyo, which is characterized by the philosophy of oneness of mind [spirit] and body [material]. It teaches that a point, a line or a circle ends up all in one. Therefore, the poomsae Ilyeo represents the harmonization of spirit and body, which is the essence of martial art, after a long training of various types of techniques and spiritual cultivation for completion of Taekwondo practice.

The new techniques introduced in this poomsae are son-nal-olgul-makki, wesanteul-yop-chagi, du-son-pyo (two opened hands)-bitureo-jabadangkigi (twisting and pulling), twio-yop-chagi and the first stance of ogeum (knee back)-hakdari-seogi. Jumbi-seogi is the bo-jumeok-moa-seogi (wrapped-up fist moa-seogi), in which, as the last step of poomsae training, two wrapped-up fists are placed in front of the chin, which has the significance of unification and moderation, so
that the spiritual energy can flow freely into the body as well as the
two hands. The line of poomsae symbolizes the Buddhist mark
(swastika), in commemoration of saint Wonhyo, which means a state
of perfect selflessness in Buddhism where origin, substance and
service come into congruity.

**Grading Etiquette**
During the grading the examiner will observe and mark the etiquette of the students. The points that the
examiner will be looking at are listed through the next section.

**Clothing/Appearance**
White belts (10th kups) may be excused from wearing a Taekwondo suit. They should however endeavour
to wear a plain, preferably white, tee shirt and jog bottoms. All other grades shall wear a suit.
Taekwondo suits must be washed and ironed with only UTA/WTF approved badges. The belt must be
properly tied.
Only ladies may wear a T-shirt under their uniform that must be white in colour.
All removable jewellery must be removed and nails cut to prevent injury.

**Dojang Etiquette during Grading**
Persons waiting to be called up must sit or stretch quietly.
When called by name the person should respond with a loud "Sir" to the examiner and run to a designated
spot and stand in attention stance.
When the person's name is asked for he/she should respond with his/her name and grade and finish with
"Sir".
The person should only change stance when told to do so.
When asked to approach the table the person should stand in attention stance and finish any answer to
the examiner with "Sir".

**Destruction etiquette**
Adjust wood to desired position/height.
Bow to wood holders and to examiner.
Adjust position/practice kicks (maximum two times).
The person should single his intention to attempt the break by adopting a sparring stance and shouting
(Ki-kap).
The break should be attempted and on completion the examiner should be bowed to.

**Marking System**

<table>
<thead>
<tr>
<th>Over all Marks</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>50% or Below</td>
<td>Fail</td>
</tr>
<tr>
<td>51% to 64%</td>
<td>Low/ Weak Level Pass</td>
</tr>
<tr>
<td>65% to 75%</td>
<td>Ordinary/Satisfactory Level Pass</td>
</tr>
<tr>
<td>76% to 100%</td>
<td>Advanced Level Pass</td>
</tr>
</tbody>
</table>

**Kup Grading: Scoring**

<table>
<thead>
<tr>
<th>Grading Topic Stances</th>
<th>Approach</th>
<th>Aspects being scored</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stances 10%</td>
<td>A good solid stance making a hand technique more powerful. Hand techniques should coincide with the stances.</td>
<td>1. Correct foot angles</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2. Correct knee angles</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3. Sliding across floor not slapping feet on the ground.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4. Eye alignment correct</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5. Balance</td>
</tr>
</tbody>
</table>
Hand Techniques 10%

Techniques moving up and down the Dojang.

Freestyle blocks/kicks for 6th kup+ should include techniques from their highest poomsae.

Do not perform routines.

Do not perform techniques beyond your grade.

Breathing

Do not hold your breath when doing a technique, but do not make sounds on techniques other than Ki-up.

Spirit (be “switched” on)

Kicking Techniques 10%

Techniques moving up and down the Dojang.

Freestyle blocks/kicks for 6th kup+ should include traditional techniques: jumping kicks.

Fighting an imaginary opponent up the mats.

Use of bit chagi’s should be limited.

Being able to perform advance techniques and not being able to perform basic kicks correctly will be penalized.

Smoothness

The kick movements should be smooth and well blended from start to finish.

- initiation,
  extension,
  retraction and
  return to original stance

Balance

Kicks must be balanced. Both sides must be of satisfactory standard.

Accuracy

Accuracy of techniques to correct vital point level.

Correct foot position

Relaxed

Relaxed movements having power and speed.

1. Focus of sight on imaginary opponent (6th kup+).
2. Spirit (switched on)
3. Ki-ap / Breathing
4. Continuous balance during movements
5. High and low speed techniques
6. Exactness of techniques
7. Accuracy of techniques to vital target areas
8. Correct muscle tone for maximum power (7th kup+, 16yrs+)
9. Flexibility of the body
10. Volume of movement of technique.
11. Technique coinciding with stance
12. Eye alignment correct
13. Body angles correct
1. Focus of sight on imaginary opponent (6th kup+).
2. Fighting spirit
3. Ki-ap / Breathing
4. Continuous balance during movements
5. Exactness of techniques
6. Correct muscle tone for maximum power (7th kup+, 16yrs+)
7. Flexibility of the body
8. Fluid movement of the body
9. Striking with correct foot position
10. Eye alignment correct.
**Poomsae 10%**

A good solid stance making a hand technique more powerful. Hand/foot techniques should coincide with the stances.

**Breathing**

Do not hold your breath when doing a technique, but do not make sounds on techniques other than Ki-up.

**Spirit (be "switched" on)**

**Smoothness**

The kick movements should be smooth and well blended from start to finish.
- initiation, extension, retraction and return to stance

**Balance**

Continuous balance during movements

**Accuracy**

Accuracy of techniques to correct vital target areas.

**Exactness of techniques**

---

**3 step / 1 step self defence 10%**

3 step and 1 step

This is Technique nil self Defense, there for all the aspects of hand techniques, stances and kicking techniques are required

Good solid stances, good hand techniques and good kicking techniques to the correct targets with focus and power. Poor techniques will lose marks.

---

1. Focus on opponent
2. Spirit (switched on)
3. Ki-ap / Breathing
4. Continuous balance during movements
5. Exactness of techniques
6. Accuracy of techniques to vital targets
7. Correct muscle tone for maximum power (7th kup +, 16yrs+)
8. Flexibility of the body
10. Technique coinciding with stance
11. Eye alignment correct
12. Fluid movement of the Body
13. Blocking/ Striking with correct hand/ foot position
**Semi-free sparring** 5%

Not to be considered as drills but as controlled free-sparring.

Good use of stepping techniques to avoid kicks. A lot of marks are lost in the semi-free sparring because students just stand flat footed or just 'plod' backwards.

Semi-free sparring is a chance to demonstrate sparring techniques (speed, agility, good combinations, good stepping and movement, quick reaction, etc.) without the opponent counter attacking with contact.

Senior Grades and Dan grades may be asked to perform 1 to 1 Jump kicks and double techniques. Stepping, movement, speed, agility and reaction are also needed here.

---

**WTF free sparring** 10%

Show up-to-date tactics and techniques.

Sparring must show good control of techniques.

Those who show lack of concern for their partner’s welfare in sparring or self-defence will fail.

Full contact will not be allowed.

Inappropriate ‘fancy kicks’ are not expected. Competition techniques bit chagi; back kick, axe kick, and double kicks from higher grades are to be used, particularly from 6th kup+.

---

1. Focus of sight on imaginary opponent (6th kup +).
2. Fighting spirit Ki-ap / Breathing
3. Continuous balance during movements
4. Exactness of techniques
5. Correct muscle tone for maximum power (7th kup +, 16yrs+)
6. Flexibility of the body
7. Fluid movement of the body
8. Striking with correct foot position
9. Eye alignment correct.

1. Focus of sight and shows a level of fighting spirit.
2. Correct stance. (foot/ body alignment correct) Moving on toes/shimmies/alert.
3. Applies sensible attack techniques to make a controlled point.
4. Continuous balance during movements
5. Has sufficient leg power/speed/quickness to make a point.
6. Use of Ki-up
7. Has an evasive defense plus applying the closing-in technique to stop.
8. Counters (including moving 45o deg angles, closing down tech).
9. Shows an awareness of tactics (eg. how to cope with and aggressive fighter and could explain them if asked. (Adjustment of techniques)
**Stepping 10%**

Moving forward and backward against an imaginary opponent in a sparring style manner when moving up and down Dojang.

Use of stepping during Sparring and semi free sparring

Bursts of steps, as in sparring, and not one long continuous constant speed across mats.

Use of feints to be included.

**Honsinsul 10%**

Techniques must be effective in defending the attack and some form of counter attack is applied. If a bad foot position leads to weak, ineffectual techniques then they will lose marks. Students are being marked on their ability to defend themselves, using Taekwondo techniques.

A good solid stance making a hand/foot technique more powerful is required. Hand/foot techniques should coincide with the stances.

Spirit (be “switched” on)

**Accuracy**

Accuracy of techniques to correct vital target area.

**Correct foot/ hand position of strike/ kick**

**Balance**

Continuous balance during movements

Return to defensive position after counter has been delivered (Kyorugi stance)

1. Focus on imaginary opponent/ opponent
2. Spirit
3. Ki-ap
4. Continuous balance during movements
5. Maintains a correct sparring stance
6. Eye alignment
7. Speed
8. Relaxed Fluid movement of the body

1. Skilful application of foot and hand techniques
2. Taekwondo based techniques
3. Slow deliberate techniques to show defence.
4. Controlled techniques
5. Focus on appropriate vital target areas.
6. Spirit
7. Continuous balance during movements
8. Reaction to the attack.
9. Positioning after counter attack has had effect.
Destruction / Power test 5%
This is a demonstration of technique and power; however the most important thing is the correctness of technique being displayed. It is not a real concern if the board does not break, as long as the correct technique, approach and a determined spirit has been displayed.

Some one who uses the correct and well preformed technique, will not be disadvantaged if they do not break the board over a student who breaks the board, but does not do perform correctly with Technique nil Accuracy.

Knowledge 5%
Written exam, Before or After Practical exam
Makes up 5% of the over all score of the Grading.

Etiquette 5%
Showing tenets:
1. Standing properly to attention.
2. Bowing properly at the appropriate places,
3. Having a clean, well presented appearance, properly tied belt.
4. Adhering to the tenets of Taekwondo
5. Spirit
6. Maintaining etiquette throughout
7. Showing respect to fellow students

1. Etiquette (bowing to examiners/board holders)
2. Stance
3. Body distance / position to target
4. Accuracy of Technique
5. Exactness of techniques - Correct leg/hand movement
6. Correct contact of foot/hand part with target
7. Determined spirit / ki-ap
8. Retrieval of leg/arm
9. Fluid movement of the body
10. Return to stance
11. Continuous balance during movements
12. Bowing to examiners

Basic Taekwondo Stances

Attention Stance (Charyot/ Moa Seogi)

Parallel Stance (Narani Seogi)

Both feet touching, weight should spread equally between the feet.
One and ½ step / pace

Feet should be parallel, One foot Distance between the feet. Weight spread equally

Long Stance (Ap Koobi Seogi)

One foot distance between the feet, front foot steps forward one and ½ steps/ pace, front Knee is bent until you can just see the toes and the shin runs vertical between the angel and knee. Rear foot turns out at a 30° degree angle, rear leg should be straight. Balance should be divided equally between feet, weight should be forward by 2/3

During a blocking technique the angle of the body should be at 30° degrees.

Walking Stance (Ap Seogi)
Front foot steps forward one step/pace, Rear foot turns out at a 30° degree angle, and both legs should be straight. Balance and weight should be divided equally between the feet. During a blocking technique the angle of the body should be at 30° degrees.

Horse Riding Stance (Joochum Seogi)

Step out the left leg by two feet distance, keep the feet parallel and bend the legs to 120° degrees. The weight and balance should be spread equally.

Back Stance (Dwi Koobi Seogi)
Front foot steps forward one step/pace, Rear foot turns out at a 90° degree angle, and both legs should be at 120° degrees. Balance and weight should be 70% on the rear leg and 30% on the forward leg. During a blocking technique the angle of the body should be at 30° degrees.

Tiger Stance (Beom Seogi)

Front foot steps forward, heal to toe. Rise onto the ball of the forward foot, the rear foot turns out at a 30° degree angle. Both legs should bend and the balance and weight should be at 90% on the rear leg and 10% on the forward leg. During a blocking technique the angle of the body should be at 30° degrees.

Left Stance (Wen Seogi)
Left foot steps out one step/pace, right foot turns out at a 90° degree angle, and both legs should be straight. Balance and weight should be divided equally between feet.

During a blocking technique the angle of the body should be at 30° degrees.

Right Stance (Oreun Seogi)

Right foot steps out one step/pace, left foot turns out at a 90° degree angle, and both legs should be straight. Balance and weight should be divided equally between feet.

During a blocking technique the angle of the body should be at 30° degrees.
Three Step Set Sparring \textit{(Sambon Kyorugi)}

**Number 1**

\textbf{Attacker}

a. Ready stance (Jumbi)

b. Steps right leg back long stance low section block. Ki-Kap
d. On the defenders Ki-kap steps forward middle punch right fist
f. Step forward long stance middle section punch left fist
h. Step forward long stance middle section punch right fist

\textbf{Defender}

a. Ready stance (Jumbi)
c. Ki-kap (to start attack)
e. Defender. Step back right foot into long stance execute a thumb

\textbf{Number 2}

\textbf{Attacker}

a. Ready stance (Jumbi)

b. Steps right leg back long stance low section block. Ki-Kap
d. On the defenders Ki-kap steps forward middle punch right fist
f. Step forward long stance middle section punch left fist
h. Step forward long stance middle section punch right fist

\textbf{Defender}

a. Ready stance (Jumbi)
c. Ki-kap (to start attack)
e. Defender. Step back left foot into back stance execute a inward

\textbf{Number 3}

\textbf{Attacker}

a. Ready stance (Jumbi)

b. Steps right leg back long stance low section block. Ki-Kap
d. On the defenders Ki-kap steps forward middle punch right fist
f. Step forward long stance middle section punch left fist
h. Step forward long stance middle section punch right fist

\textbf{Defender}

a. Ready stance (Jumbi)
c. Ki-kap (to start attack)
e. Defender. Step back left foot into back stance execute a finger

\textbf{Number 4}

\textbf{Attacker}

a. Ready stance (Jumbi)

b. Steps right leg back long stance low section block. Ki-Kap
d. On the defenders Ki-kap steps forward middle punch right fist
f. Step forward long stance middle section punch left fist
h. Step forward long stance middle section punch right fist

\textbf{Defender}

a. Ready stance (Jumbi)
c. Ki-kap (to start attack)
e. Defender. Step back left foot into back stance execute a finger
Number 4

Attacker
a. Ready stance (Jumbi)

b. Steps right leg back long stance low section block. Ki-Kap

d. On the defenders Ki-kap steps forward middle punch right fist

f. Step forward long stance middle section punch left fist

h. Step forward long stance middle section punch right fist

Defender
a. Ready stance (Jumbi)

c. Ki- kap (to start attack)

e. Defender. Step back left foot into back stance execute a finger side knife hand middle section block right arm
g. Defender. Step back right foot into back stance execute a finger side knife hand middle section block left arm

i. Defender. Step back left foot into back stance execute a finger side knife hand middle section block right arm

j. Remain in back stance and counter with a right knife hand strike to the floating ribs of the opponent Ki-kap

Number 5

Attacker
a. Ready stance (Jumbi)

b. Steps right leg back long stance low section block. Ki-Kap

d. On the defenders Ki-kap steps forward middle punch right fist

f. Step forward long stance middle section punch left fist

h. Step forward long stance middle section punch right fist

Defender
a. Ready stance (Jumbi)

c. Ki- kap (to start attack)

e. Defender. Step back left foot into back stance execute a finger side knife hand middle section block right arm
g. Defender. Step back right foot into back stance execute a finger side knife hand middle section block left arm

i. Defender. Step back left foot into back stance execute a finger side knife hand middle section block right arm

j. Step right foot to 45 deg to the side into horse riding stance, execute a finger side middle section block with the left arm and at the same time counter with a right punch to the face Ki-kap

Number 6

Attacker
a. Ready stance (Jumbi)

b. Steps right leg back long stance low section block. Ki-Kap

d. On the defenders Ki-kap steps forward middle punch right fist

f. Step forward long stance middle section punch left fist

h. Step forward long stance middle section punch right fist

Defender
a. Ready stance (Jumbi)

c. Ki- kap (to start attack)

e. Defender. Step back right foot into back stance execute a finger side middle section block left arm
g. Defender. Step back left foot into back stance execute a finger side middle section block right arm

i. Defender. Step right foot to 45 deg to the side into horse riding stance, execute a finger side middle section block with the left arm and at the same time counter with a right inward knife hand strike to the neck Ki-yap
Number 7

**Attacker**

a. Ready stance (Jumbi)

b. Steps right leg back long stance low section block. Ki-Kap

d. On the defenders Ki-kap steps forward middle punch right fist

f. Step forward long stance middle section punch left fist

h. Step forward long stance middle section punch right fist

**Defender**

a. Ready stance (Jumbi)

c. Ki-kap (to start attack)

e. Defender. Step back right foot into back stance execute a finger side middle section block left arm

g. Defender. Step back left foot into back stance execute a finger side middle section block right arm

i. Defender. Step right foot to 45 deg to the side into sparring stance, execute a front kick with back leg (right) land in long stance and execute a double punch, right fist high section followed by left fist middle section Ki-kap

Number 8

**Attacker**

a. Ready stance (Jumbi)

b. Steps right leg back long stance low section block. Ki-Kap

d. On the defenders Ki-kap steps forward middle punch right fist

f. Step forward long stance middle section punch left fist

h. Step forward long stance middle section punch right fist

**Defender**

a. Ready stance (Jumbi)

c. Ki-kap (to start attack)

e. Defender. Step back right foot into back stance execute a finger side Knife hand middle section block left arm

g. Defender. Step back left foot into back stance execute a finger side knife hand middle section block right arm

i. Defender. Step right foot to 45 deg to the side into sparring stance, execute a side kick with back leg (right) land in long stance and execute a back fist to the face of the opponent Ki-kap

Number 9

**Attacker**

a. Ready stance (Jumbi)

b. Steps right leg back long stance low section block. Ki-Kap

d. On the defenders Ki-kap steps forward middle punch right fist

f. Step forward long stance middle section punch left fist

h. Step forward long stance middle section punch right fist

**Defender**

a. Ready stance (Jumbi)

c. Ki-kap (to start attack)

e. Defender. Step back left foot into back stance execute a middle section palm block right arm

g. Defender. Step back right foot into back stance execute a middle section palm block left arm

i. Defender. Step back left foot into back stance execute a middle section palm block right arm

j. Back step in to horse ridding stance and counter with a left elbow strike to the middle section, pivoting on the left foot move into long stance 90 deg to opponent and
Number 10
Attacker
a. Ready stance (Jumbi)

b. Steps right leg back long stance low section block. Ki-Kap
d. On the defenders Ki-kap steps forward middle punch right fist
f. Step forward long stance middle section punch left fist
h. Step forward long stance middle section punch right fist

Defender
a. Ready stance (Jumbi)
c. Ki-kap (to start attack)
e. Defender. Step back right foot into back stance execute a middle section palm block left arm
g. Defender. Step back left foot into back stance execute a middle section palm block right arm
i. Defender. Step back right foot into back stance execute a middle section palm block right arm

j. Defender executes a middle section turning kick with back leg (right), lands in long stance. Steps up and executes a downward right handed hammer strike to the opponents shoulder. Ki-kap

Number 11
Attacker
a. Ready stance (Jumbi)

b. Steps right leg back long stance low section block. Ki-Kap
d. On the defenders Ki-kap steps forward middle punch right fist
f. Step forward long stance middle section punch left fist
h. Step forward long stance middle section punch right fist

Defender
a. Ready stance (Jumbi)
c. Ki-kap (to start attack)
e. Defender. Step back right foot into back stance execute a middle section palm block left arm
g. Defender. Step back left foot into back stance execute a middle section palm block right arm
i. Defender. Step back right foot into back stance execute a middle section palm block right arm

j. Defender executes a middle section turning kick with back leg (right), lands in long stance. Steps up and executes a downward right handed hammer strike to the opponents shoulder. Ki-kap

Number 12
Attacker
a. Ready stance (Jumbi)

b. Steps right leg back long stance low section block. Ki-Kap
d. On the defenders Ki-kap steps forward middle punch right fist
f. Step forward long stance middle section punch left fist
h. Step forward long stance middle section punch right fist

Defender
a. Ready stance (Jumbi)
c. Ki-kap (to start attack)
e. Defender. Step back right foot into back stance execute a middle section palm block left arm
g. Defender. Step back left foot into back stance execute a middle section palm block right arm
i. Defender. Step back right foot into back stance execute a middle section palm block right arm

j. Remain in back stance and execute a left hand grasping technique to the opponents attacking arm, twist the attacker downward and execute a front kick to the face with left foot. Ki-kap
right fist side Knife hand middle section block left arm
j. Defender Grasp the attackers arm with the left hand, change into long stance and execute an arc hand strike to the neck, followed by a right leg sweep. Apply arm lock in long stance and counter punch with right fist. Ki-kap

Knowledge

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<th>10th Kup (White Belt) - 9th Kup (Yellow Tag)</th>
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<td>Meaning of Taekwondo</td>
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<td>Country of origin</td>
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<td>Meaning of WTF</td>
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<tr>
<td>Meaning of TANI</td>
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<td>Meaning of UTA</td>
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</table>

Name in English:
Stances
Kicks
Blocks

Tenets of Taekwondo: Etiquette, Modesty, Perseverance, Self Control, Indomitable Spirit

Count 1 - 10 in Korean:
(1) Hanna
(2) Dool
(3) Set
(4) Net
(5) Dasut,
(6) Yausut
(7) Ilgope
(8) Yaudul
(9) Ahop
(10) Yaul

President of WTF: Dr Chungwon Choue
Headquarters of WTF: Kuk Ki Won
Kukkiwon was build in: 1972
Show how to make: Fist
knife hand

International Taekwondo Oath
As a student of Taekwondo
I shall never misuse Taekwondo
I shall observe the tenets of Taekwondo
I shall respect my instructor and seniors
I shall be a champion of freedom and justice
I shall build a more peaceful world
**KNOWLEDGE**

Korean for:

<table>
<thead>
<tr>
<th>Stance</th>
<th>Seogi</th>
<th>High section block</th>
<th>Eogool Makki</th>
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<tbody>
<tr>
<td>Long stance</td>
<td>Apkooobi Seogi</td>
<td>Thumb side forearm block</td>
<td>An Palmok Makki</td>
</tr>
<tr>
<td>Walking stance</td>
<td>Ap Seogi</td>
<td>Finger side forearm block</td>
<td>Bakat Palmok Makki</td>
</tr>
<tr>
<td>Back stance</td>
<td>Dwikoobi Seogi</td>
<td>Stabbing block</td>
<td>An Makki</td>
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<tr>
<td>Horse stance</td>
<td>Joochum Seogi</td>
<td>Knife hand block</td>
<td>Sonnal Makki</td>
</tr>
<tr>
<td>Attention stance</td>
<td>Charyot Seogi</td>
<td></td>
<td>Chigi</td>
</tr>
<tr>
<td>Bow</td>
<td>Kyong Ye</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ready stance</td>
<td>Junbi</td>
<td>Strike</td>
<td>Deung Jeomok</td>
</tr>
<tr>
<td>Low section</td>
<td>Arae</td>
<td>Punch</td>
<td>Sonnal Chigi</td>
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<tr>
<td>Middle section</td>
<td>Momtong</td>
<td>Back fist strike</td>
<td>Chagi</td>
</tr>
<tr>
<td>High section</td>
<td>Eogool</td>
<td>Knife hand strike</td>
<td>Ap Chagi</td>
</tr>
<tr>
<td>Block</td>
<td>Makki</td>
<td>Kick</td>
<td>Yop Chagi</td>
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<tr>
<td>Low section block</td>
<td>Arae Makki</td>
<td>Front kick</td>
<td>Dolyo Chagi</td>
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<tr>
<td>Middle section block</td>
<td>Momtong Makki</td>
<td>Side kick</td>
<td>Dwi Chagi</td>
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<table>
<thead>
<tr>
<th>Heaven and Light, 18 moves</th>
<th>Turning kick</th>
<th>Back kick</th>
<th>Chigo Chagi</th>
</tr>
</thead>
</table>

Meaning of Taeguk 1 (IL Jang) and number of movements -

**Heaven and Light 18 Movements**

Meaning of white belt

*Meaning of white belt* – signifies innocence as that of the beginning student who has no previous knowledge of Taekwondo.

---

**8th Kup (Yellow Belt) - 7th Kup (Green Tag)**

Korean for:

<table>
<thead>
<tr>
<th>Uniform</th>
<th>Dobok</th>
<th>Reverse knife hand block</th>
<th>Sonnal Deung Makki</th>
</tr>
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<tbody>
<tr>
<td>Training hall</td>
<td>Dojang</td>
<td>Palm strike</td>
<td>Batang Son Chigi</td>
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<tr>
<td>Belt</td>
<td>Tee</td>
<td>Neck strike</td>
<td>Mok Chigi</td>
</tr>
<tr>
<td>Instructor</td>
<td>Sa Boem Nim</td>
<td>Back fist strike</td>
<td>Deung Jeomok Chigi</td>
</tr>
<tr>
<td>Pattern</td>
<td>Poomsae</td>
<td>Back side kick</td>
<td>Dwi Yop Chagi</td>
</tr>
<tr>
<td>Start</td>
<td>Shijak</td>
<td>Inward Crescent kick</td>
<td>An Bandal Chagi</td>
</tr>
<tr>
<td>Stop</td>
<td>Geuman</td>
<td>Outward Crescent kick</td>
<td>Bakat Bandal Chagi</td>
</tr>
<tr>
<td>Turn around</td>
<td>Dwiro Dorra</td>
<td>kick</td>
<td>Ap Oligi Chagi</td>
</tr>
<tr>
<td>Block</td>
<td>Makki</td>
<td>Rising kick</td>
<td>Godero Makki</td>
</tr>
</tbody>
</table>

| Guarding block | Palm block | Batang Son Makki |

Meaning of Taeguk 2: (Ee Jang) - *Joyfulness, 18 movements*

Meaning of Yellow Belt

*Meaning of Yellow Belt* – Signifies the earth from which a plant sprouts and takes root as the foundations of Taekwondo are being laid

**UTA OATH**

As a member of Taekwondo, I do solemnly pledge to abide by the rules and regulations of the United Taekwondo Association. To strive always to be modest, courteous and respectful to all members, in particular to my seniors. To put the art into use only for self-defence, or in defence of the weak, and never to abuse my knowledge of the art.
United Taekwondo Association Northern Ireland

7th Kup (Green Tag) - 6th Kup (Green Belt)

Korean for:
Pattern
Sparring
Breaking
Master
Flag
Return to start
X block
Down ward block
Up ward block
Strikes
Poomsae
Gyorugi
Kyukpa
Kwan Chang Nim
Kook Gie
Baro
Eotgorea makki
Neryo makki
Chukyo makki
Chigi

Hammer fist strike
Elbow strike
Thrust
Finger tip strike
Ridge hand strike
360 deg. turning kick
Jump kick
Reverse crescent kick
Reverse turning kick
Scissor kick
Mei jeomok chigi
Palkop chigi
Chirugi
Pyonsonkeut chirugi
Sonnel deung chigi
Umdum dollyo chagi
Twieo chagi
Bandae bandal chagi
Bandae Dolyo Chagi
Gawi chagi

Meaning of Taeguk : (Sam Jang)
Fire and Sun, 20 movements

Meaning of Green Belt: Signifies the plants growth as Taekwondo skills begin to develop.

6th Kup (Green Belt) - 5th Kup (Blue Tag)

Korean for:
Right
Left
High target
Middle target
Body protector
Break
Continue
Blocks
Wedging block
Side block
Strikes
Oreun
Wen
Injun
Myongchi
Hogoo
Galyo
Keysork
Makki
Hechyo makki
Yop makki
Chigi

Kicks
Double kick
Knee kick
Hook kick
Parts of the body:
Fist
Knife hand
Reverse knife hand
Arm
Elbow
Leg
Chagi
Doobal dangseong chagi
Meorup chagi
Hooryo chagi

Parts of the body:
Jeomok
Sonnel
Sonnel deung
Pal
Palkoop
Dari

Meaning of IOC
International Olympic Committee

Meaning of Taeguk 4 (Sah Jang) and number of movements -
Meaning of Taeguk 4 (Sah Jang) - Thunder, 20 movements
United Taekwondo Association Northern Ireland

**5th Kup (Blue Tag) – 4th Kup (Blue Belt)**

<table>
<thead>
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<th>Korean for:</th>
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<th>Theory of power:</th>
<th>Force = mass x acceleration</th>
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<tr>
<td>Sparring</td>
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<td>Tiger stance</td>
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</tr>
</tbody>
</table>

| Strikes   | Chigi             |                 |                             |
| Side punch | Yop jirugi        |                 |                             |
| Chin strike | Teok chigi       |                 |                             |

| Parts of the body: | Parts of the body: |                 |                             |
| Fore fist | Ap jeomok         |                 |                             |
| Ball of foot | Apchook           |                 |                             |
| Knife edge of foot | Balnal            |                 |                             |
| Bottom of heel | Dwi chook         |                 |                             |

Meaning of blue belt: Signifies the heaven towards which the plant matures into a towering tree as training in Taekwondo progresses.

Meaning of Taeguk 5 (Oh Jang) and number of movements - *Meaning of Taeguk 5 (Oh Jang)* - Wind, 20 movements

**4th Kup (Blue Belt) – 3rd Kup (Red Tag)**

<table>
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<tbody>
<tr>
<td>About face</td>
<td>Ja wang woo</td>
<td>ETU</td>
<td>IOC</td>
<td>GAISF</td>
<td>CISM</td>
</tr>
<tr>
<td>Point</td>
<td>Deuk jum</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Warming</td>
<td>Kyong go</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Time</td>
<td>Shigan</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>X stance</td>
<td>Koa seogi</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Parallel stance</td>
<td>Narani seogi</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Scissor block</td>
<td>Gawi makki</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Circular block</td>
<td>Dollimyo makki</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Meaning of Taeguk 6 (Yuk Jang) and number of movements - *Meaning of Taeguk 5 (Oh Jang)* - Water, 23 movements

Meaning of Taeguk

Tae – means Enormity or Vastness
Guk means Eternity

Taeguk represents the most profound oriental philosophy from which oriental philosophical views on the world, cosmos and life are derived. Taeguk has no form, no beginning, and no ending yet everything comes from Taeguk. Taeguk is something that contains the essence of everything.

**3rd Kup (Red Tag) – 2nd Kup (Red Belt)**
United Taekwondo Association Northern Ireland

Korean for:

- Parallel stance: Narani seogi
- Easy stance: Pyeoni seogi
- Crane stance: Hakari seogi
- Closed stance: Moa seogi
- Scissor block: Gawi makki
- Circular block: Dollimyo makki
- Back of the heel: Dwicumchi
- Top of foot: Baldeung
- Inside edge: Balnaldeung
- Bottom of foot: Balbadak

Meaning of Taeguk 7 (Chil Jang) and number of movements -

Mountain, 25 movements

What is poomsae?

Poomsae (pattern) is a series of fundamental movements, mainly defence and attack, set in a logical sequence to deal with one or more imaginary opponents. Patterns are an indication of a student’s progress. A barometer in evaluating individual’s techniques.

The IOC Recognised Taekwondo as an Olympic in: 1980, Paris
Taekwondo was introduced to the Olympic program as an Demonstration sport in 1988, Soul Korea

2nd Kup (Red Belt) – 1st Kup (Black Tag)

| KNOWLEDGE |
|---|---|
| **Korean for:** | **Knowledge of weight divisions** |
| Diamond block | Keumgang makki |
| Mountain block | Santeul makki |
| Half mountain block | Wessanteul makki |
| Single knuckle fist | Bam jeomeok |
| Covered fist | Bo jeomok |
| Cat. | Male | Female |
| Fin | -54 | -47 |
| Fly | -58 | -51 |
| Ban | -62 | -55 |
| Feather | -67 | -59 |
| Light | -72 | -63 |
| Welter | -78 | -67 |
| Middle. | -84 | -72 |
| Heavy | +84 | +72 |

Meaning of Taeguk 8 (Pal Jang) and number of movements -

Earth, 24 movements

QUALIFICATIONS

A minimum of 6 months training since 2nd Kup grading. Training a minimum of 2-3 times per week.
Trained at 100% of Master Training Seminars and 80% of Official Technical Training classes.
Level C Referee Qualification.
Correct Attitude + Etiquette.
Demonstration of full support to Club, UTA + UTA NI.

1st Kup (Black Tag) – 1st Dan (Black Belt)

Black Belt Written test on all Knowledge from 10th Kup to 1st Dan
United Taekwondo Association Northern Ireland

Korean For.

<table>
<thead>
<tr>
<th>Movement</th>
<th>Left stance</th>
<th>Right stance</th>
<th>Covered fist</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bam Jeomeok Chigi</td>
<td>Pushing hands ready</td>
<td>Overlapped hands ready</td>
<td></td>
</tr>
<tr>
<td>Gawisonkeut Chirugi</td>
<td>stance</td>
<td>stance</td>
<td></td>
</tr>
<tr>
<td>Bo Jeomok</td>
<td>Relax</td>
<td>Relax</td>
<td></td>
</tr>
<tr>
<td>Ogeum Seogi</td>
<td>Dismiss</td>
<td>Dismiss</td>
<td></td>
</tr>
<tr>
<td>Oreun Seogi</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Meaning of Koryo:

(30 movements)
Koryo poomsae symbolises "Seonbae" which means "Learned man" characterised by a strong martial spirit. Koryo is the name of an ancient Korean Dynasty (AD 918 to 1392). The English word Korea is derived from Koryo. Koryos legacy to the Korean people is very significant as they successfully defeated and thus defended Korea against the attacking aggression of the Mongolian Empire, who was sweeping the known world at the time. Consequently every movement of the pattern should demonstrate the conviction shown by the Korea people in their struggle with the Mongolians.

Meaning of Black belt:

Opposite to White, therefore, signifies the maturity and proficiency in Taekwondo. Also indicates the wearer's imperviousness to darkens and fear.

Complete understanding of WTF Refereeing Rules + Signals.

Knowledge of Olympic weight divisions

QUALIFICATIONS

A minimum of 6 Months training since 1st Kup Grading.
Hold Current UTA membership
Have had 12 months continuous membership
Training a minimum of 2 – 3 sessions per Week.
Trained at 100% of Master training seminars.
Trained at 80% of official technical training classes.
Level C Referee Qualification.
Tenets of Taekwondo displayed throughout training Taekwondo.
Demonstration of full support to club, UTA + UTA NI
Recommended by Instructor.
Recommended by Area Chief Instructor.

1st Dan/ Poom (Black Belt) – 2nd Dan/ Poom (Black Belt)

Black Belt Written test on all Knowledge from 10th Kup to 1st Dan

Meaning of Keumgang

(27 movements Diamond)

The word Keumgang means that which is too strong to be broken. The pattern is named after nature’s strongest substance, diamond. Korea’s most beautiful mountain is also called Keumgang and it is regarded as the centre of national spirit. The spirit of the mightiest warrior "Keumgang Yoksa", named by Buddha, should be shown when performing Poomsae Keumgang.

Meaning of Taebeak.

(26 movements Mountain)

The mythological story about the founding of Korea says that about 4,300 years ago the legendary Tangun founded the nation in Taebeak. Taebeak means “Bright Mountain”. The line of the Poomsae is a Chinese character symbolising the bridge between Heaven and Earth, a nation founded by the order of heaven.
Meaning of Black belt: Opposite to White, therefore, signifies the maturity and proficiency in Taekwondo. Also indicates the wearer's imperviousness to darkens and fear.

Complete understanding of WTF Refereeing Rules + Signals.

Knowledge of weight divisions

Knowledge of Poomsae divisions

QUALIFICATIONS

A minimum of 2 Years training since 1st Dan / Poom Grading.
Training a minimum of 2 - 3 sessions’ per. Week. Verified by club Instructor.
Trained at 100% of Master training seminars.
Trained at 80% of official technical training classes.
Hold current membership.
Have had 2 years continuous UTA Membership.
First Aid Course. (18 +)
Level C Referee Qualification. (18+)
Tenets of Taekwondo displayed through out training in Taekwondo.
Kui-Ki-Won Certificate for 1st Dan
Demonstration of full support to club, UTA + UTA NI (By Attending UTA UK events +UTA NI events).
Recommended by Instructor.
Recommended by Area Chief Instructor.

2nd Dan/ Poom (Black Belt) – 3rd Dan/ Poom (Black Belt)

Black Belt Written test on all Knowledge from 10th Kup to 2nd Dan

Korean for:
Flat fist strike Pyonjumeok
Knuckle protruding fist Bamjumeok

Meaning of Keumgang

(27 movements Diamond)
The word Keumgang means that which is too strong to be broken. The pattern is named after nature's strongest substance, diamond. Korea's most beautiful mountain is also called Keumgang and it is regarded as the centre of national spirit. The spirit of the mightiest warrior "Keumgang Yoksa", named by Buddha, should be shown when performing Poomsae Keumgang.

Meaning of Taebeak.

(26 movements Mountain )
The mythological story about the founding of Korea says that about 4,300 years ago the legendary Tangun founded the nation in Taebeak. Taebeak means "Bright Mountain". The line of the Poomsae is a Chinese character symbolising the bridge between Heaven and Earth, a nation founded by the order of heaven.

Meaning of Pyongwon.

(21 movements Plain).
The word Pyongwon means plain. A plain is the source of life for all creatures. The Poomsae Pyongwon is based on the idea of peace and struggle resulting from the principles of origin and use. The line of the pattern represents the origin and transformation of the plain.

Meaning of Black belt: Opposite to White, therefore, signifies the maturity and proficiency in Taekwondo. Also indicates the wearer's imperviousness to darkens and fear.
Complete understanding of WTF Refereeing Rules + Signals.

Knowledge of weight divisions

Knowledge of Poomsae divisions

QUALIFICATIONS

A minimum of 3 Years training since 2nd Dan / Poom Grading.
Training a minimum of 2 - 3 sessions’ per. Week. Verified by club Instructor.
Trained at 100% of Master training seminars.
Trained at 80% of official technical training classes.
Hold current membership.
Have had 2 years continuous UTA Membership.
First Aid Course. (18 +)
Level B Referee Qualification. (18+)
Tenets of Taekwondo displayed through out training in Taekwondo.
Kui-Ki-Won Certificate for 2nd Dan
Demonstration of full support to club, UTA + UTA NI (By Attending UTA UK events +UTA NI events).
Recommended by Instructor.
Recommended by Area Chief Instructor.

3rd Dan/ Poom (Black Belt) – 4th Dan (Black Belt)

KNOWLEDGE

Black Belt Written test on all Knowledge from 10th Kup to 3rd Dan

Korean for:

Pincers fist strike Jipkejumeok.
Scissor finger strike Kawisonkeut.
Single finger tip strike Hansonkkuet.
Combined two finger strike Moundusonkkeut.

Meaning of Pyongwon.

The word Pyongwon means plain.
A plain is the source of life for all creatures. The Poomsae Pyongwon is based on the idea of peace and struggle resulting from the principles of origin and use. The line of the pattern represents the origin and transformation of the plain.

Meaning of Sipjin:

(28 movements Decimal)
The name Sipjin is derived from the number ten and longevity. It advocates there are 10 creatures of long life, namely, sun, moon, mountain, water, stone, pine tree, herb of eternal youth, tortoise, deer and crane. The line of the poomsae is the Chinese symbol meaning 10, signifying the infinite numbering of the decimal system and ceaseless development. Stability is sought in every movement of this poomsae

Meaning of Black belt :

Opposite to White, therefore, signifies the maturity and proficiency in Taekwondo. Also indicates the wearer’s imperviousness to darkens and fear

Complete understanding of WTF Refereeing Rules + Signals.

Knowledge of weight divisions

Knowledge of Poomsae divisions

QUALIFICATIONS

30
A minimum of 4 Years continuous training since 3rd Dan / Poom Grading.
Training a minimum of 3 - 4 sessions’ per. Week. Verified by club Instructor.
Trained at 100% of Master training seminars.
Trained at 80% of official technical training classes.
Hold current membership.
Have had 2 years continuous UTA Membership.
Running Registered UTA NI club
First Aid Course. (18+)
Level B Referee Qualification. (18+)
Instructor course
Tenets of Taekwondo displayed through out training in Taekwondo.
Kui-Ki-Won Certificate for 3rd Dan
Demonstration of full support to club, UTA + UTA NI (By Attending UTA UK events + UTA NI events).
Recommended by Instructor.
Recommended by Area Chief Instructor.
Recommended by UTA NI committee

**4th Dan (Black Belt) – 5th Dan Master (Black Belt)**

**KNOWLEDGE**

Black Belt Written test on all Knowledge from 10th Kup to 4th Dan

Thesis consisting of a minimum of ten pages on a given subject. Thesis is to be handed in with Grading Application form.

Meaning of Jitae.  
(28 movements Earth)  
Poomsae Jitae represents various aspects occurring in the course of a human beings struggle for existence. The line of the poomsae symbolises a man standing on the Earth attempting to spring up towards heaven. The key points of this poomsae lie in the movements, which are derived from a strong mind and body.

Meaning of Chonkwon.  
(26 movements Sky.)  
Since ancient times oriental philosophy has if that the sky is the universal ruler and controller of nature. The infinitely vast sky contains the Heavens and is a mysterious and profound concept for man but he respects its size and change of moods. This feeling should be reflected in each movement of the poomsae. The line of the poomsae Chonkwon symbolises a man returning from Heaven and represents the oneness between Heaven and man.

Complete understanding of WTF Refereeing Rules + Signals. For Sparring and Poomsae

**QUALIFICATIONS**

A minimum of 4.5 Years continuous training since 4th Dan Grading.
Training a minimum of 4 session’s per. Week. Verified by Instructor.
Trained at 100% of Master training seminars.
Trained at 80% of official technical training classes.
Hold current membership.
Have had 2 years continuous UTA Membership.
Running Registered UTA NI club
CV of Taekwondo career/ history
First Aid Course. (18+)
Level B Referee Qualification. (18+)
Instructor course
Tenets of Taekwondo displayed through out training in Taekwondo.
Kui-Ki-Won Certificate for 4th Dan
Participate on UTA NI committee
Demonstration of full support to club, UTA + UTA NI (By Attending UTA UK events + UTA NI events).
Recommended by Instructor.
Recommended by Area Chief Instructor.
Recommended by UTA NI committee
Poomsae Competition
For many years sparring has grabbed the interest of Taekwondo players with the desire to compete at the highest level in the Olympic Games. This has proven to be highly beneficial to the development of Taekwondo around the world.
The World Taekwondo Federation has however also recognised that the technical, non-fighting aspect to Taekwondo now needs to be developed to a similar high level. Perfecting movements within traditional patterns or pulling off spectacular movie style kicks will be a challenge and competitive outlet for non-fighters.
Our aim is promote technical competition opportunities to potential players within the UTA NI and to encourage players to enter competition training. The players training within the NI Squad can then compete at open, national and international competitions.
UTA NI can give elite players the opportunities to be selected and compete for the UK, through BTCB NI regional training sessions and BTCB national training sessions.
UTA NI elite players who wish compete for Ireland have the opportunity to get selected and do so, this is through a Memorandum of understanding with the ITU.
UTA NI Poomsae coach runs regular Poomsae training. If you are interested in taking the challenge to compete in poomsae championships speak to your club instructor for the session details.

Poomsae Competition Rules
Competition Area
The Competition Area shall comprise of the Contest Area measuring 12m×12m in metric system and have a flat surface without any obstructing projections. The Contest Area shall be covered with an elastic mat or wooden floor, and may be installed on a platform 0.5m-0.6m high from the base, if necessary. The outer part of the Boundary Line shall be inclined at a gradient of less than 30 degrees for the safety of the contestants.
Collectors’ Uniforms
Collectors shall wear only WTF-approved uniforms at WTF-sanctioned Poomsae Championships.

Classifications of Competition
Collectors may compete in more than one category of competition unless he or she is limited by gender or age.

Men’s Individual
Women’s Individual
Men’s Team
Women’s Team
Pair
Male and female divisions shall be classified as follows:

**Individual Male/ Female**

<table>
<thead>
<tr>
<th>Division</th>
<th>Junior</th>
<th>1st Senior</th>
<th>2nd Senior</th>
<th>1st Master</th>
<th>2nd Master</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>14-18 year</td>
<td>19-30 year</td>
<td>31-40 year</td>
<td>41-50 year</td>
<td>51 years old or higher</td>
</tr>
</tbody>
</table>

**Pair’s**

<table>
<thead>
<tr>
<th>Division</th>
<th>1st</th>
<th>2nd</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>14-35 years old</td>
<td>36 years old or higher</td>
</tr>
<tr>
<td>Pair</td>
<td>One Male &amp; One Female</td>
<td>One Male &amp; One Female</td>
</tr>
</tbody>
</table>

**Team**

<table>
<thead>
<tr>
<th>Division</th>
<th>1st</th>
<th>2nd</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>14-35 years old</td>
<td>36 years old or higher</td>
</tr>
<tr>
<td>Male</td>
<td>3 Male</td>
<td>3 Male</td>
</tr>
<tr>
<td>Female</td>
<td>3 Female</td>
<td>3 Female</td>
</tr>
</tbody>
</table>

**Methods of Competition**
All international-level competitions recognized by the WTF shall be formed with the participation of at least four (4) countries with no fewer than four (4) contestants in each division.
The systems of competition are divided as follows:
Single elimination tournament system
Round robin system
Cut off System

**Final round**
Two poomsae must be performed for all the final competitions.
The cut-off system shall comprise the preliminary, semi-final and final rounds.
Preliminary: Contestants shall perform the 1st compulsory Poomsae, and half of them shall be selected based on their points.
Semi-final: One of the three 2nd compulsory Poomsae shall be performed, and eight contestants shall be selected based on their points.
Final: Contestants are required to perform the remaining two 2nd compulsory Poomsae that were not performed in the previous round. The top three contestants shall be awarded prizes.
In all the tournament processes, including the elimination rounds and the semi-final, one assigned compulsory poomsae will be demonstrated except in the final round and the cut-off processes.
**Recognized Poomsae (1st and 2nd Compulsory Poomsae)**

<table>
<thead>
<tr>
<th>Division</th>
<th>1st Compulsory Poomsae</th>
<th>2nd Compulsory Poomsae</th>
</tr>
</thead>
<tbody>
<tr>
<td>Junior Division (14-18 years old)</td>
<td>Taeguk 4, 5, 6, 7 Jang</td>
<td>Taeguk 8 Jang, Koryo, Keumgang, Taebak</td>
</tr>
<tr>
<td>1st Senior Division (19-30 years old)</td>
<td>Taeguk 6, 7, 8 Jang Koryo</td>
<td>Keumgang, Taeback</td>
</tr>
<tr>
<td>2nd Senior Division (31-40 years old)</td>
<td>Taeguk 8Jang, Koryo, Keumgang, Taeback</td>
<td>Pyongwon, Shipjin, Jitae, Chonkwon</td>
</tr>
<tr>
<td>1st Masters Division (41-50 years old)</td>
<td>Koryo, Keumgang, Taeback Pyongwon</td>
<td>Shipjin, Jitae, Chonkwon</td>
</tr>
<tr>
<td>2nd Masters Division (51 years old or higher)</td>
<td>Koryo, Keumgang, Taeback Pyongwon</td>
<td>Shipjin, Jitae, Chonkwon</td>
</tr>
<tr>
<td>Pair 14-35 years old</td>
<td>Taeguk 6, 7, 8 Jang, Koryo</td>
<td>Keumgang, Taeback, Pyongwon, Shipjin</td>
</tr>
<tr>
<td>36 years old or higher</td>
<td>Taeguk 8 Jang, Koryo, Keumgang, Taeback</td>
<td>Pyongwon, Shipjin, Jitae, Chonkwon</td>
</tr>
<tr>
<td>Team 14-35 years old</td>
<td>Taeguk 6, 7, 8 Jang, Koryo</td>
<td>Keumgang, Taeback, Pyongwon, Shipjin</td>
</tr>
<tr>
<td>36 years old or higher</td>
<td>Taeguk 8 Jang, Koryo, Keumgang, Taeback</td>
<td>Pyougwon, Shipjin, Jitae, Chonkwon</td>
</tr>
</tbody>
</table>

**Duration of Contest**
Duration of Contest by Division
- Individual competition: From 1 minute to 2 minutes
- Team competition: From 1 minute to 2 minutes
- Pair competition: From 1 minute to 2 minutes
The break time during the finals is one minute.

**Scoring Criteria**
Scoring shall be made in accordance with the rules of the WTF.

**Accuracy of Poomsae Technique**
Accuracy of basic movements
Details of each Poomsae

**Presentation**
Skill
Accuracy of range/volume of movements
Balance
Speed and power
Expression
Strength/speed/rhythm
Expression of energy, KI

**Methods of scoring**
Total score is 10.0

**Accuracy**
Basic score 5.0
0.1 point shall be deducted each time a contestant does not perform the basic movements or the pertinent Poomsae accurately.
0.5 point will be deducted each time a contestant makes mistakes that are considered as more serious than in the previous case on basic movements or the pertinent Poomsae.

**Presentation**
Basic score 5.0

Skill
In the skill test, 0.1 point will be deducted each time a contestant does not fulfil the criteria of balance, speed and power use accurately.

In the skill test, 0.5 point will be deducted each time a contestant makes mistakes that are considered as more serious than in the previous case on balance, speed and power use.

Expression
In the expression part, 0.1 point will be deducted each time a contestant does not express the power, speed, rhythm and energy force accurately.

In the expression part, 0.5 point will be deducted each time a contestant makes mistakes that are considered as more serious than in the previous case on the power, speed, rhythm and energy force.

**Deduction of points**
Should a contestant exceed the time limit, 0.5 points shall be deducted from the final score.

Should a contestant cross the boundary line, 0.5 points shall be deducted from the final score.

**Score calculation**
Both accuracy and presentation will be evaluated.

When scores are calculated to get the average of the total scores by different judges, the highest and lowest scores in each of the accuracy and presentation demonstrations shall not be considered.

All penalties accumulated during the competition shall be taken into account and deducted from the final score.

**Kyorugi**

**WTF Competition Kyorugi (Sparring)**

With WTF Taekwondo Becoming a full Olympic sport in 2000, a lot more emphasis has been placed on competition Taekwondo. Not all students wish to compete, however, all Taekwondo students should have the basic understanding of the skills required, and the rules of competition Taekwondo.

Training for competition is different from traditional Taekwondo therefore separate classes are held for these who wish to take up the challenge to compete in the sport side of the art.

To be a Taekwondo champion takes extensive training and lots of hard work. Students must be prepared to travel to tournaments whenever possible to gain invaluable competition experience.

Players wear a body protector, head guard, groin guard, shin guards, forearm guards and gum shield. Points are scored by either a full contact punch to the body, kick to the body or a kick to the head.

Competition Taekwondo must be seen purely as the sport side of the art and must not be confused with the traditional Taekwondo; it's a completely different concept and must be approached in a totally different mind set.

UTA NI can give elite players the opportunities to be selected and compete for the UK, through BTCB NI regional training sessions and BTCB national training sessions at Loughborough University.

UTA NI elite players who wish compete for Ireland have the opportunity to get selected and do so, this is through a Memorandum of understanding with the ITU.

The UTA NI through the BTCB (NI) is supporting the establishment of the Commonwealth Taekwondo Union which will allow a NI team in its own right to eventually compete at the world’s second largest event, the Commonwealth Games.

**WTF Competition Rules**

**Competition area**
The Competition Area shall measure 10m x 10m using the metric system. The Competition Area shall have a flat surface without any obstructing projections, and be covered with an elastic mat.

The Competition Area may also be installed on a platform 0.5m / 0.6m high from the base, if necessary, and the outer part of the Boundary Line shall be inclined with a gradient of less than 30 degrees, for the safety of the contestants.
Contestant Uniform and Protective Equipment
The contestant shall wear the trunk protector, head protector, groin guard, forearm guards, shin guards, gloves and a mouthpiece before entering the contest area. The groin guard, forearm guards and shin guards shall be worn beneath the Taekwondo uniform. The contestant shall bring this WTF-approved protective equipment, as well as gloves and the mouthpiece, for his/her personal use. Wearing any item on the head other than the head protector shall not be permitted.

Medical Control
At the Taekwondo events promoted or sanctioned by the WTF, the use or administration of drugs or chemical substances described in the WTF anti-doping by-laws is prohibited. However, IOC doping by-laws shall be applied to the Olympic Games and other multi-sport games.

The WTF may carry out any medical testing deemed necessary to ascertain if a contestant has committed a breach of this rule, and any winner who refuses to undergo this testing or who proves to have committed such a breach shall be removed from the final standings, and the record shall be transferred to the contestant next in line in the competition standings.

Weights are divided into male and female divisions.
Weight divisions are divided as follows;

<table>
<thead>
<tr>
<th>Weight category</th>
<th>Male division</th>
<th>Female division</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fin</td>
<td>Not exceeding 54kg</td>
<td>Not exceeding 47kg</td>
</tr>
<tr>
<td>Fly</td>
<td>Over 54kg &amp; not exceeding 58kg</td>
<td>Over 47kg &amp; not exceeding 51kg</td>
</tr>
<tr>
<td>Bantam</td>
<td>Over 58kg &amp; no exceeding 62kg</td>
<td>Over 51kg &amp; not exceeding 55kg</td>
</tr>
<tr>
<td>Feather</td>
<td>Over 62kg &amp; not exceeding 67kg</td>
<td>Over 55kg &amp; not exceeding 59kg</td>
</tr>
<tr>
<td>Light</td>
<td>Over 67kg &amp; not exceeding 72kg</td>
<td>Over 59kg &amp; not exceeding 63kg</td>
</tr>
<tr>
<td>Welter</td>
<td>Over 72kg &amp; not exceeding 78kg</td>
<td>Over 63kg &amp; not exceeding 67kg</td>
</tr>
<tr>
<td>Middle</td>
<td>Over 78kg &amp; not exceeding 84kg</td>
<td>Over 67kg &amp; not exceeding 72kg</td>
</tr>
<tr>
<td>Heavy</td>
<td>Over 84kg</td>
<td>Over 72kg</td>
</tr>
</tbody>
</table>

Weight divisions for the Olympic Games are divided as follows;

<table>
<thead>
<tr>
<th>Olympic Weight category</th>
<th>Weight category</th>
<th>Female division</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Not exceeding 58kg</td>
<td>Not exceeding 49kg</td>
</tr>
<tr>
<td></td>
<td>Over 58kg &amp; not exceeding 68kg</td>
<td>Over 49kg &amp; not exceeding 57kg</td>
</tr>
<tr>
<td></td>
<td>Over 68kg &amp; not exceeding 80kg</td>
<td>Over 57kg &amp; not exceeding 67kg</td>
</tr>
<tr>
<td></td>
<td>Over 80kg</td>
<td>Over 67kg</td>
</tr>
</tbody>
</table>

Weight divisions for Junior Championships are divided as follows;

<table>
<thead>
<tr>
<th>Weight category</th>
<th>Male division</th>
<th>Female division</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fin</td>
<td>Not exceeding 45kg</td>
<td>Not exceeding 42kg</td>
</tr>
<tr>
<td>Fly</td>
<td>Over 45kg &amp; not exceeding 48kg</td>
<td>Over 42kg &amp; not exceeding 44kg</td>
</tr>
<tr>
<td>Bantam</td>
<td>Over 48kg &amp; not exceeding 51kg</td>
<td>Over 44kg &amp; not exceeding 46kg</td>
</tr>
<tr>
<td>Feather</td>
<td>Over 51kg &amp; not exceeding 55kg</td>
<td>Over 46kg &amp; not exceeding 49kg</td>
</tr>
<tr>
<td>Light</td>
<td>Over 55kg &amp; not exceeding 59kg</td>
<td>Over 49kg &amp; not exceeding 52kg</td>
</tr>
<tr>
<td>Welter</td>
<td>Over 59kg &amp; not exceeding 63kg</td>
<td>Over 52kg &amp; not exceeding 55kg</td>
</tr>
<tr>
<td>Light Middle</td>
<td>Over 63kg &amp; not exceeding 68kg</td>
<td>Over 55kg &amp; not exceeding 59kg</td>
</tr>
<tr>
<td>Middle</td>
<td>Over 68kg &amp; not exceeding 73kg</td>
<td>Over 59kg &amp; not exceeding 63kg</td>
</tr>
<tr>
<td>Light Heavy</td>
<td>Over 73kg &amp; not exceeding 78kg</td>
<td>Over 63kg &amp; not exceeding 68kg</td>
</tr>
<tr>
<td>Heavy</td>
<td>Over 78kg</td>
<td>Over 68kg</td>
</tr>
</tbody>
</table>

Duration of contest
The duration of the contest shall be three rounds of two minutes each, with a one-minute rest period between rounds.
In case of a tie score after the completion of the 3rd round, a 4th round of two minutes will be conducted as the sudden death overtime round, after a one-minute rest period following the 3rd round.

Permitted Techniques and Areas
Permitted Techniques
Fist techniques: Delivering techniques by using the front parts of the forefinger and middle finger of the tightly clenched fist.

Foot techniques
Delivering techniques by using the parts of the foot below the ankle bone.

Permitted Areas
Trunk: Attack by fist and foot techniques on the areas covered by the trunk protector are permitted. However, such attacks shall not be made on the part of the back not covered by the trunk protector.
Face: This area is the face excluding the back of the head, and attack by foot techniques is only permitted

Legal Scoring Areas
Mid-section of the trunk: The part covered by the trunk protector
Face: The whole part of the face including both ears

Points shall be awarded when permitted techniques are delivered accurately and powerfully to the legal scoring areas of the body.

The valid points are divided as follows.
One (1) point for attack on trunk protector
Two (2) points for attack on face.
One (1) additional point shall be awarded in the event that the contestant is knocked down and the referee counts.

Match score shall be the sum of points of the three rounds.

Invalidation of points: When a contestant performs an attack to score through the use of the prohibited acts, the points scored shall be annulled.

**Prohibited Acts and Penalties**

Penalties on any prohibited acts shall be declared by the referee.

Penalties are divided into "Kyong-go" [warning penalty] and "Gam-jeom" [deduction penalty].

Two "Kyong-gos" shall be counted as deduction of one [1] point. However, the odd "Kyong-go" shall not be counted in the grand total.

A "Gam-jeom" shall be counted as minus one [-1] point.

**Prohibited acts: "Kyong-go" penalty**

The following acts shall be classified as prohibited acts, and ‘Kyong-go’ shall be declared.

- a. Crossing the Boundary Line
- b. Evading by turning the back to the opponent
- c. Falling down
- d. Avoiding the match
- e. Grabbing, holding or pushing the opponent
- f. Attacking below the waist
- g. Pretending injury
- h. Butting or attacking with knee
- i. Hitting the opponent’s face with the hand
- j. Uttering undesirable remarks or any misconduct on the part of a contestant or a coach

**Prohibited acts: "Gam-jeom" penalty**

The following acts shall be classified as prohibited acts, and ‘Gam-jeom’ shall de declared.

- a. Attacking the opponent after ‘Kal-yeo’
- b. Attacking the fallen opponent
- c. Throwing down the opponent by grappling the opponent’s attacking foot in the air with the arm or by pushing the opponent with the hand
- d. Intentionally attacking the opponent’s face with the hand
- e. Interrupting the progress of the match on the part of a contestant or a coach
- f. Violent or extreme remarks or behaviour on the part of a contestant or a coach

When a contestant intentionally refuses to comply with the Competition Rules or the referee’s order, the referee may declare the contestant loser by penalty after one (1) minute.

When a contestant receives minus four [-4] points, the referee shall declare him/her loser by penalties. "Kyong-go" and " Gam-jeom" shall be counted in the total score of the three rounds.

**Sudden Death and Decision of Superiority**

In the event of a tied score after the completion of the 4th round, the winner shall be decided by superiority of all refereeing officials. The final decision shall be based on the initiative shown during the 4th round.

**Decisions**

Win by K.O.

Win by Referee Stop Contest [RSC]

Win by score or superiority:

Win by final score

Win by Point Gap When there is a 7-point gap, the match will be stopped and a winner declared.

Win by Point Ceiling When a competitor scores a maximum of 12 points, the match shall be stopped and a winner declared.

Win by withdrawal

Win by disqualification

Win by referee's punitive declaration