



WT Poomsae Free Style Competition Guideline

1. Composition of Free Style Poomsae
 - 1.1. Yeon-mu line shall choice of contestant.
 - 1.2. Music & choreography shall be choice of a contestant. However, it should not contain any political, social and religious contents.
 - 1.3. Performed techniques must be within boundary of Taekwondo.

2. Division
 - 2.1. Individual : Male / Female
 - 2.2. Pair
 - 2.3. Mixed Team: Composition of 5 members including more than 2 males and females

3. Uniform of the participant
 - 3.1. Participant shall wear WT-recognized Poomsae competition uniform.

4. Duration of Contest
 - 4.1. Individual, Pair and Team competition from 60 seconds to 70 seconds.

5. Scoring Criteria
 - 5.1. Scoring shall be made in accordance with the rules of the WT.
 - 5.2. The types of foot techniques designated by WT Poomsae Committee for Taipei 2018 WT Poomsae Championships are as follows;
 - 5.2.1. Heights of jump – Side kick (**in case of pair and team division, entire team members must perform this technique**)
 - 5.2.2. Number of kicks in a jump – **Front kick (at least one member of the team must perform this technique)**
 - 5.2.3. Gradient of spins in a spin kick - **Spinning hook kick or turning kick (at least one member of the team must perform this technique)**
 - 5.2.4. Performance level of consecutive kicks – **Kyorugi style kick (at least one member of the team must perform this technique) *3~5 bouncing steps in a spot is mandatory before executing the Kyorugi style kicks.**
 - 5.2.5. Acrobatic actions – **Any acrobatic action performance with kick(s). (at least one member of the team must perform this technique)**
 - 5.3. Point shall be awarded only if athletes perform the techniques in the above order (Article 5.2).
 - 5.4. Each foot technique shall be up to five run-up.
 - 5.5. One of the following stances must be included in the performance at least once
 - Dwitkubi (Backward inflection stance), Beom-seogi (Tiger stance), Hakdari-seogi (Crane stance)

6. Timeline

Action	Date	Remarks
To submit performance plan	November 5, 2018	To be submitted to WT Sport & Event Management Department at sport@worldtaekwondo.org
To submit performance music	November 12-14, 2018	Accreditation center