

Schulung Poomsae WettkampfregeIn

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Poomsae WettkampfregeIn

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Vorstellung

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WhatsApp Gruppen

- Poomsase Österreich:
[https://chat.whatsapp.com/HnMANhIpKklGM
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AkBNiulGc)
- Kampfrichter:innen Ö
[https://chat.whatsapp.com/De0IzJObZsR9nzM
LwN7rju](https://chat.whatsapp.com/De0IzJObZsR9nzM
LwN7rju)

Downloads

- WT Regeln:
<https://www.worldtaekwondo.org/inside/documents/rar/list?levelCode=RR&categoryCd=PO&pageIndex=1&pageRowSize=5&listRowSize=20&csrf=b2dadf1d-0a53-4806-a9fa-315e774f5fa3&q=&subCategoryCd=&subTitleList=CURRENT&f=1>
- Kampfrichter Ordnung:
https://www.otdv.at/?jet_download=7b166ddd00a0cdbbf0d6a0f768efc1646b0b1886

Ablauf heute

- Standard Poomsae
- Freestyle
- Para Poomsae



Was kann ich tun?

- Sportler*in muss bekannt werden
- Online Turniere martial.events
- Details sind wichtig für Trainer*innen
 - BLZ Trainings
 - Bei Ö Team Trainings als Trainer*in zusehen

Inspection Poomsae

Inspection: Taping

- All taping in visible Area : According to player's skin color
 - Maximum two layers
 - Must approved by the OC medical staff before inspection.
- Example

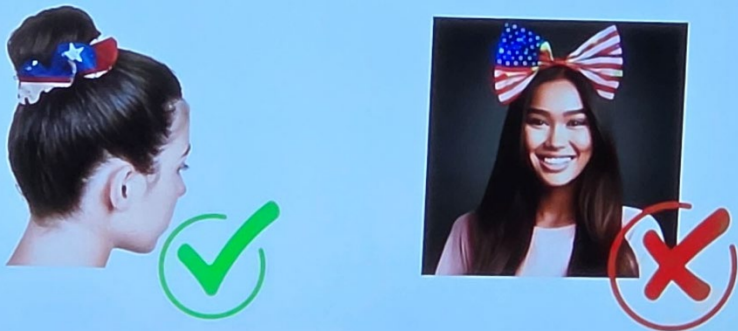


Inspection: Jewelry & bracelet

- Absolutely NO piercing on face area.
- Jewelry / bracelet Example:



Inspection: Hair band



Inspection: Hairpin

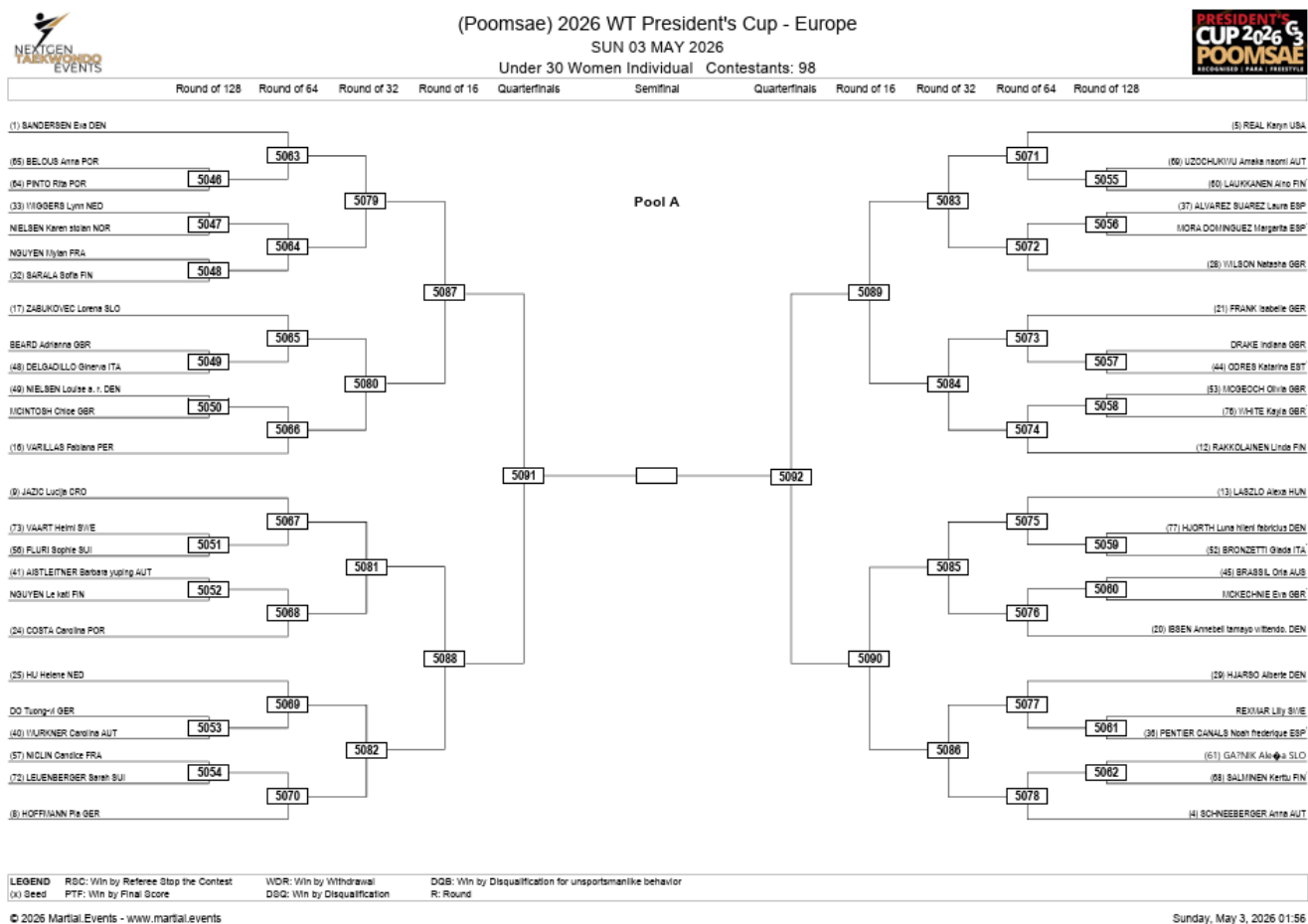
- Hair pin must be no longer than 2 inches and must ensure it stays securely in place during poomsae to guarantee safety.



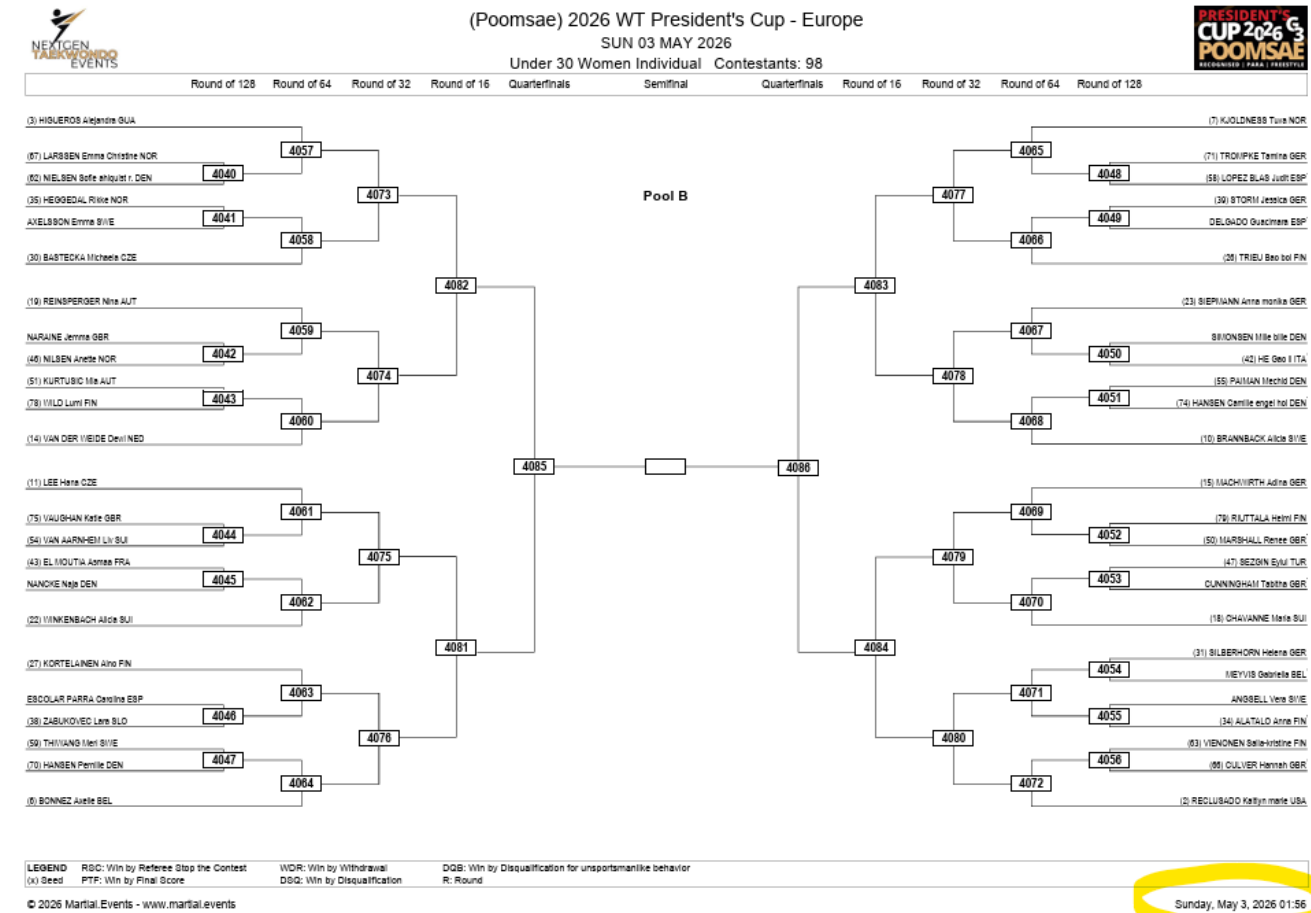
Modus

- Anmelden bei Simply Compete
 - GAL Karte Notwendig
 - Pro Verein Admin (leider macht das nicht jeder Verein); Vereinsadmin braucht GAL, GOL!
 - Aufpassen dass Turniere vor Nennschluss aufgrund der Teilnehmeranzahl schließen
- Registrierung am Tag vor der Meisterschaft
- Draw kommt in der Nacht
- 2 Tage wie AOP oder 1 Tag wie London
- Sportler*in Inspection
- Wettkampffläche 2 Fights vorher, kein Aufwärmen auf der Fläche
- Side by side vs. Cut off oder Kombination aus beidem
- Weltrangliste nur für unter 30 und unter 40 weiblich, männlich

President Cup Poomsae London 2026



President Cup Poomsae Londen 2026



President's Cup Poomsae 2026



Judge Paper



Judge's Score Sheet

Contest No.	Court

Category	Sub-Category	Score Allocation																Score
Accuracy (4.0)	Accuracy in basic Movement	4.0 (deduct -0.1, -0.3)																
	Accuracy in individual Movement of the Poomsae																	
	Balance																	
Presentation (6.0)	Power & Speed	2.0	1.9	1.8	1.7	1.6	1.5	1.4	1.3	1.2	1.1	1.0	0.9	0.8	0.7	0.6	0.5	
	Coordination of rhythm & Tempo and Softness & Power	2.0	1.9	1.8	1.7	1.6	1.5	1.4	1.3	1.2	1.1	1.0	0.9	0.8	0.7	0.6	0.5	
	Expression of Energy	2.0	1.9	1.8	1.7	1.6	1.5	1.4	1.3	1.2	1.1	1.0	0.9	0.8	0.7	0.6	0.5	
		Total Score (10.0)																

Judge's Name : _____

Judge's Nation : _____ Signature : _____



Accuracy

- Accuracy is 4.0 points (40% of total score)
- Details of scoring criteria
 - Accuracy in individual movements
 - Balance in the execution of techniques
- Scored real time for every individual movement while the competitor performs Poomsae
- Starts at the Joon-bi command and ends by the Baro movement

Accuracy Deductions

- 0.1 for **minor mistakes**
 - Small mistakes in individual movements and Balance
 - Correct technique performed incorrectly
 - Every minor mistake is a deduction
 - No limit for deductions for the same mistake
- 0.3 for **major mistakes**
 - Big mistakes in individual movements and balance (e.g. Keumgang)
 - Wrong technique

Accuracy - Minor Deduction (-0.1)- Examples

- Incorrect execution of motion, but still the designated technique
- Strikes or blocks not aligned with the expected target height (groin, solar plexus, or philtrum)
- Failure to cross the body's center line when blocking (e.g. momtong anmakki)
- Using the wrong part of the foot while kicking
- Vertical Apchagi- looking straight forward instead of looking at the kicking target.
- Slight loss of balance affecting accuracy
- Incorrect thumb placement
- Incorrect Foot angle in stances
- Fingers closed around tip of elbow during elbow strikes
- Failure to maintain a closed fist throughout the execution of the technique.

Accuracy - Major Deduction (-0.3) - Example

- All referees must see and record major deductions!
- Incorrect technique, omitted technique, or extra technique
 - Omitted kihap, or kihap performed at the incorrect movement
 - Omitted stomping, or stomping at the incorrect movement
- Significant loss of balance that impacts accuracy
- Supporting the pelvis with open hand to achieve higher kicks
- Hesitation, pause or interruption for four(4) or more movements during performance

Notes

- No deductions for ending position differs from the starting position

Accuracy - Major Deduction (cont'd)

- Looking in the wrong direction
 - Eyes not looking at same direction of movement (e.g. Taeguk 7 Jang, Keumgang)
- Eyes not looking at the same direction when kicking - Example (front kick)
 - Vertical Apchagi & looking down = -0.3 (looking straight forward = -0.1)
 - Lifting the chin too high during the Vertical Kick (head up) no deduction in Accuracy, but lower score in presentation, in the category of Expression of Energy.
- *Article 16 – Accuracy (Clarification): In case of multiple deduction cases within a single poomsae (major or minor), apply only one (1) Gamjeom total for the stance, in addition to any separate time or boundary deductions. Interpretation Alex: pro Technik kann nur ein Fehler gedrückt werden*
- *In cases where deduction cases occur consecutively on two different techniques or connecting techniques, two (2) deductions shall be applied.*

Accuracy - Procedural Major Deductions

- Referee must declare the following deductions before publishing the final score:
- Both feet crossing the boundary line (-0.3)
- Exceeding the time limit (-0.3)
 - These should be determined by the recorders' table
 - Referee must bring any such violations to recorder's attention
 - These deductions are taken off from the final score
- Restart (-0.6) – Any method other than Side-by-Side
 - Reset accuracy score before restarting, then take -0.6 off from accuracy
 - After restarting, accuracy score should start with 3.4 (depending on scoring system, deduction is done manually or automatically by the scoring system)
 - Recorder must resume the timer, do not reset the timer to 90 seconds
 - Side-by-side method: No restart, players may “self-correct” (more details later under Referee Procedures)

Accuracy - Slow Movements (In cases of 5-8 seconds)

Poomsae	Stance	Movement	English
Taegeuk 6	Naranhi Seogi	Arae hechomakki	Two-fist downwards spreading block
Taegeuk 7	Moa Seogi	Bojumeok joonbi	Clasped-hand salute
Koryo	Naranhi Seogi	Tongmilgi	Face pushing
Keumgang	Naranhi seogi	Arae hechomakki	Two-fist downwards spreading block
Shipjin	Naranhi Seogi	Hwangsomakki	Bull block
	Dwitgubi to Apkubi	Opening fist hand into pyosonkkeut opeotzireugi	Palm down spearhand thrust
	Apkubi	Bawimilgi	Boulder pushing
Jitae	Dwikubi	Momtong Bakkatmakki	
	Apkubi	Olgulmakki	
Chonkwon	Dwitgubi	Sonnal wesanteulmakki	Knife hand half mountain block
	Beomseogi	Taesanmilgi	Great mountain pushing

Accuracy - In cases of 5-8 seconds- (recommend 8 sec) better presentation scores

Poomsae	Stance	Movement	English
Taegeuk 8	Apkubi	Dangkyo teokjireugi	Pulling uppercut (count when fist at ribs)
Koryo	Moa Seogi	Mejumeok arae pyojeokchigi	Hammerfist low target strike
Keumgang	Hakdari Seogi	Keumgang makki	Diamond block
Pyongwon	Naranhi Seogi	Sonnal Arae Hechomakki and Tongmilgi	Two-knifehand down spreading block
Shipjin	Juchumseogi and -standing up	Sonnal Momtong Hechomakki Sonnal Area Hechomakki+(closed fists)Keula Oliigi	Two-knifehand down spreading block
Jitae	Apkubi	Olgulmakki and Momtong Barojireugi	
Chonkwon	Moa Seogi	Kyopson Junbiseogi - Nalgaepyogi	Open spreading hands
	Apkubi	Dangkyo hansonnal makki (4s) Montong barojireugi (4s)	As clenching a fist, twisting the wrist and a step forward to Momtong Barojireugi in Apkubi

Presentation- Arrow

- Presentation is 6.0 points (60% of total score)
- Presentation is scored based on the overall quality and performance of the Poomsae

What are the differences between Presentation and Accuracy? +, -

- Accuracy starts at a perfect 4.0 score and judges deduct
- Presentation points are given by the judges
 - Referee will give higher presentation score for better performances or give lower presentation score for worse performances

This is true for Recognized Poomsae and Freestyle Poomsae

Presentation Categories

- Presentation scores have three categories
 - Speed and Power (2.0)
 - Rhythm and Tempo (2.0)
 - Expression of Energy (2.0)
- The scoring guidelines for each presentation category ranges from 0.5 to 2.0 and are divided as follows (minimum score is 0.5)

Chart is for reference only

VERY POOR	POOR	AVERAGE	GOOD	VERY GOOD	EXCELLENT	PERFECT
0.5 to 0.7	0.8 to 1.0	1.1 to 1.3	1.4 to 1.5	1.6 to 1.7	1.8 to 1.9	2.0

Speed and Power

Individual techniques are performed with power and maximum efficiency of the entire body.

Low presentation score

- Too relaxed, no acceleration
- Too much acceleration, never relax
- Does not use entire body together (uses only arm or leg muscles)
- Too little or too much movement
- Timed movements are performed too quickly or slowly
(e.g. 3s for 5-8s movement)

High presentation score

- Relax and explode
- Use of entire body, especially core
- Precise amount of movement
- Timed movements are performed with correct timing
- Realistic striking or kicking

Rhythm and Tempo

The techniques are timed according to the contestant's size and body shape to perform realistic fighting movements.

Low presentation score

- Poomsae does not look like fighting
- Poor balance
- Too little time between techniques
- Too much time between techniques
- Poor recoil after kicking and punching

High presentation score

- Poomsae looks like realistic fighting
- Good balance
- Each technique is completed
- Techniques flow from one to the next

Expression of Energy & Volume of Movement

The Poomsae is performed with correct volume of movement, focus, intensity, confidence, and dignity.

Low presentation score

- Nervous or scared appearance
- Uniform is dirty or messy when starting
- Eye focus is not correct
- Volume of movement too small or large
- Kihap too long or too short
- Soft kihap (yell), jitzikgi (stomp), or pyojeok-chagi (target strike)
- Poor competition manners
- Supporting the pelvis with the hand to get higher kicks (e.g. Koryeo – Yeopchagi – fist or open hand)

High presentation score

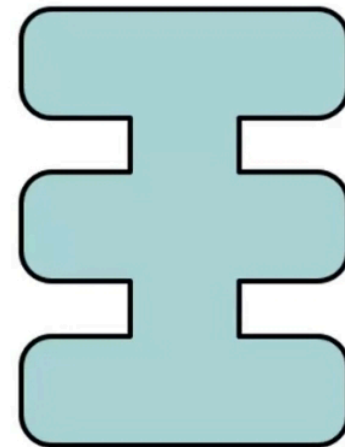
- Confident appearance
- Uniform is clean and neat when starting
- Strong focus
- Correct volume of movement
- Strong kihap, jitzikgi, and pyojeok-chagi
- Kihap is strong and short
- Good competition manners

Poomsae Lines (Sae)

Poomsae are made of segments that follow a line pattern on the floor.

Presentation can be correctly expressed when...

- Techniques in each segment (poom) flow together to demonstrate fighting movements
- Turns between segments are used to improve power, rhythm, and/or expression of energy.



Keypoints Fotos Auszug

- Apchagi
- Yopchagi
- Koryo
- Pyongwon

Freestyle



Para Poomsae



Para Poomsae

Turkish Open 2026

Category	Sub-Category	Score Allocation									Score	
Technical (4.0)		Perfect	Excellent	Very Good	Good	Average	Below Average	Poor	Very Poor	Minimum Score		
	Stance and practicability of movement & Balance	2.0	1.9 - 1.8	1.7 - 1.6	1.5 - 1.4	1.3 - 1.2	1.1 - 1.0	0.9 - 0.8	0.7 - 0.6	0.5		
	Hand & Foot techniques	2.0	1.9 - 1.8	1.7 - 1.6	1.5 - 1.4	1.3 - 1.2	1.1 - 1.0	0.9 - 0.8	0.7 - 0.6	0.5		
	Technical Deduction Points	(- 0.3): Re-start, Move wrong direction, Wrong movements etc.							Deduction Score			
		Final Total Technical Score										
Presentation (6.0)	Memorization of recognized Poomsae	2.0	1.9 - 1.8	1.7 - 1.6	1.5 - 1.4	1.3 - 1.2	1.1 - 1.0	0.9 - 0.8	0.7 - 0.6	0.5		
	Power, Speed, Rhythm, Tempo	2.0	1.9 - 1.8	1.7 - 1.6	1.5 - 1.4	1.3 - 1.2	1.1 - 1.0	0.9 - 0.8	0.7 - 0.6	0.5		
	Expression of Energy / Volume of movement	2.0	1.9 - 1.8	1.7 - 1.6	1.5 - 1.4	1.3 - 1.2	1.1 - 1.0	0.9 - 0.8	0.7 - 0.6	0.5		
									Total Presentation Score			
										Total Score (10.0)		

Deductions (done by Operator): ☐ wrong Poomsae (-0,6) ☐ step out (-0,3) ☐ under/over time (-0,3)

Credits

- Foliensatz Poomsae WT Coach Seminar
19.11.2024
- Foliensatz WT Poomsae Seminar MNA Korea
2025