



Forms

September 29-30, 2023

Smithfield Recreation & Aquatics Center
and
Smithfield High School

*600 & 700 M Durwood Stephenson Prwy
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Forms – Poomsae

Global Open Kukkiwon Cup welcomes Para athletes in all areas of competition and will provide a separate division.

Key points

Traditional (Recognized Kukkiwon Forms)

- Individual
- Team

Creative (Free style)

- Individual with or Without Weapon
- Team with or without weapon

Weapons

- Sword (Kum)
- Long staff (Jang bong)
- Nunchaku (E-Dan bong)

Woods, Bamboo, Plastic, and light metal materials are allowed.

Scoring

World Class Poomsae and Festive Poomsae will both use WT's World Beach Taekwondo Championships style of judging.

Individual competitors will perform their Poomsae simultaneously and the judges will select the winner (left or right competitor) using a red or blue flag, after they finish performing their Poomsae. Groups will perform separately but the judging method will be same as individual.

However, the scoring method of all Poomsae competitions is the equivalent of WT Taekwondo. Just the way Judges use red and blue flags to determine the winner.

Bracketing

Festive Poomsae

Brackets will be limited to a maximum of 4 competitors

World Class Poomsae

Brackets will be limited to a maximum of 16 competitors

Traditional Poomsae-Form (*Designated)

All ages, All belts

*Must perform the designated Poomsaes only

Rank (Poomsae)	Age (Division)							
	3-6 (Peewee)	7-9 (Child)	10-12 (Preteen)	13-17 (Teen)	18-30 (Adult)	31-45 (Senior)	46-54 (Executive)	55+ (Platinum)
None - 9th Geup (Basic form/Dojang)	V	V	V	V	V	V	V	V
7th - 8th Geup (Taegeuk 1 or 2)	V	V	V	V	V	V	V	V
5th - 6th Geup (Taegeuk 3 or 4)	V	V	V	V	V	V	V	V
3rd - 4th Geup (Taegeuk 5 or 6)	V	V	V	V	V	V	V	V
1st - 2nd Geup/ Deputy (Bo-dan) (Taegeuk 7 or 8)	V	V	V	V	V	V	V	V
1st Poom/Dan (Koryu)	V	V	V	V	V	V	V	V
2nd Poom/Dan (Keumgang)		V	V	V	V	V	V	V
3rd Poom/Dan (Taebaek)		V	V	V	V	V	V	V
4th Poom/Dan (Pyongwon)				V	V	V	V	V
5th Dan (Sipjin)					V	V	V	V
6th Dan (Jitae)					V	V	V	V
7th Dan (Chunkwon)						V	V	V
8th Dan (Hansoo)						V	V	V
9th Dan (Ilyeo)							V	V

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Individual Traditional Forms (Poomsae)

1. The judges will select the winner using a red or blue flag.
2. Judging criteria
 - a. Correct Execution of Each Technique
 - i. Posture - correct stances (For example, is it a correct forward stance - is it too long or too wide)?
 - ii. Accuracy of Each Hand Technique – In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place.
 - iii. Accuracy of Each Kicking Technique - correct form, height and power of kick
 - iv. Speed and Power of Each Individual Technique
 - b. Taekwondo Spirit
 - i. Kihap – confidence
 - ii. Attitude and Etiquette – proper respect as soon as the participant’s name is officially called to perform
 - c. Accurate Sequence of Movements
 - i. Correct poomsae based on Participant’s registered rank. If a participant performs the wrong poomsae according to the registered rank (Example: 1st Guep performs 1st Dan Poomsae Koryo), participant will automatically receive a score of 5 for Accurate Sequence of Movements but will NOT be disqualified.
 - ii. Correct order of techniques for each poomsae, including correct stances, blocks and strikes (For example, NOT scoring only if the forward stance was correct, but determining if it was a forward stance when it was supposed to be a back stance.)
 - d. Presentation
 - i. Speed/Tempo/Flow
 - ii. Eye Control - correct direction to “look”, correct eye position as well as where eyes are focused
3. Disqualification
 - a. Participant exceeds the 90-second time limit
 - b. Unsportsmanlike conduct
4. Tiebreaker

In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – participants will perform poomsae one additional time. Judges will rescore. If there is still a tie, there will be two 1st places awarded.

Team Traditional Forms (Poomsae)

(2-10 Participants. No age requirement. All belts.)
Each team must select a team captain and team name

1. The judges will select the winner using a red or blue flag.

1. The following will complete each team's score:
 - a. Correct Execution of Each Technique
 - i. Posture - correct stances
 - a. (For example, is it a correct forward stance - is it too long or too narrow?)
 - ii. Accuracy of Each Hand Technique – In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place
 - iii. Accuracy of Each Kicking Technique - correct form, height, and power of kick
 - iv. Speed and Power of Each Individual Technique
 - b. Taekwondo Spirit
 - i. Kihap – confidence
 - ii. Attitude and Etiquette – proper respect as soon as the team's name is officially called to perform
 - c. Accurate Sequence of Movements
 - i. Correct poomsae based on lowest team member's registered rank. If team performs the wrong poomsae according to the lowest team member's registered rank.
 - a. (Example: 1 team member is an 8th Guep and team performs 1st Dan Poomsae Koryo)
 - ii. Correct order of techniques for each poomsae, including correct stances, blocks and strikes (For example, NOT scoring only if the forward stance was correct, but determining if it was a forward stance when it was supposed to be a back stance.)
 - d. Presentation
 - i. Speed/Tempo/Flow
 - ii. Eye Control - correct direction to "look", correct eye position as well as where eyes are focused
 - e. Unity of Team Performance
 - i. Team Synchronization - Every movement must be executed by each team member at the same time. However, team members may be facing different directions. Movements out of synchronization with other team members (for example, an "echo" movement) will result in a lower score.

2. Disqualification
 - a. Team exceeds the 90-second time limit
 - b. Unsportsmanlike conduct

3. Tiebreaker

In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – teams will perform poomsae one additional time. Judges will rescore. If there is still a tie, there will be two 1st places awarded.

Individual/Team Creative Forms (W or W/O Weapons)

All ages, 8th Geup and above

Rank	Age (Division)							
	3-6 (Peewee)	7-9 (Child)	10-12 (Preteen)	13-17 (Teen)	18-30 (Adult)	31-45 (Senior)	46-54 (Executive)	55+ (Platinum)
5th - 8 th Geup	V	V	V	V	V	V	V	V
1 st - 4 th Geup/ Deputy (Bo-dan)	V	V	V	V	V	V	V	V
1 st Poom/Dan		V	V	V	V	V	V	V
2 nd Poom/Dan		V	V	V	V	V	V	V
3 rd Poom/Dan			V	V	V	V	V	V
4 th Poom/Dan				V	V	V	V	V
5 th Dan					V	V	V	V
6 th Dan					V	V	V	V
7 th Dan						V	V	V
8 th Dan						V	V	V
9 th Dan							V	V

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Individual Creative Forms (Poomsae) Without Weapons

(No age requirement. 8th Geup & above)

1. The judges will select the winner using a red or blue flag.
2. Music should not be uploaded to the website, there is no place to upload music. People must bring their own music and own speakers. Contestants can either bring music on a phone and connect it to their own speaker or connect a laptop to a speaker. Either way, the source of the music and sound amplification need to be provided by each contestant.
3. Props are allowed and must be appropriate for a family environment. (For example, a hat is allowed. No weapons are allowed.) Breaking boards ARE considered a prop and are acceptable. Board fragments ARE allowed. ALL props must be provided by the participant.
4. Judging criteria
 - a. Correct Execution of Each Technique
 - i. Posture - correct stances (For example, is it a correct forward stance - is it too long or too wide?)
 - ii. Accuracy of Each Hand Technique – In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place
 - iii. Accuracy of Each Kicking Technique – correct form, height and power of kick
 - iv. Speed and Power of Each Individual Technique
 - b. Taekwondo Spirit
 - i. Kihap – confidence
 - ii. Attitude and Etiquette – proper respect as soon as the Participant’s name is officially called to perform
 - c. Execution of Compulsory Techniques
 - i. Execution of the *minimum* number of kicks (additional types and number of kicks are allowed):
 - ① 2 Front Snap Kicks (any variation of Front Snap Kicks, Ap Chagi)
 - ② 2 Roundhouse Kicks (any variation of Roundhouse Kicks, Dollyo Chagi)
 - ③ 2 Side Kicks (any variation of Side Kicks, Yeop Chagi)
 - ii. Execution of Each Kicking Technique
 - d. Creativity
 - i. Composition of choreography
 - ii. Creativity of entire routine
 - iii. Degree of Difficulty
5. Disqualification
 - a. Participant exceeds the 90 second time limit
 - b. Unsportsmanlike conduct
6. Tiebreaker
 - In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – participants will perform poomsae one additional time. Judges will rescore. If there is still a tie, there will be two 1st places awarded.

Individual Creative Forms (Poomsae) With Weapons

(No age requirement. 8th Geup & above)

2. The judges will select the winner using a red or blue flag.
3. Music should not be uploaded to the website as there is no place to upload music. People must bring their own music and speakers. Contestants can either bring music on a phone and connect it to their own speaker or connect a laptop to a speaker. Either way, the source of the music and sound amplification need to be provided by each contestant.
4. Props are allowed and must be appropriate for a family environment. (For example, a hat is allowed.) Breaking boards ARE considered a prop and are acceptable. Board fragments ARE allowed. ALL props must be provided by the participant.
5. Only martial arts weapons are allowed. Any weapon blade must be dull and approved by the Organizing Committee.
6. Judging criteria
 - a. Correct Execution of Each Technique
 - i. Posture - correct stances (For example, is it a correct forward stance - is it too long or too wide?)
 - ii. Accuracy of Each Hand Technique – In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place
 - iii. Accuracy of Each Kicking Technique – correct form, height and power of kick
 - iv. Speed and Power of Each Individual Technique and Execution of use of Weapon(s)
 - b. Taekwondo Spirit
 - i. Kihap (Yell) – confidence
 - ii. Attitude and Etiquette – proper respect as soon as the Participant’s name is officially called to perform
 - c. Execution of Compulsory Techniques
 - i. Execution of the *minimum* number of kicks (additional types and number of kicks are allowed):
 - ii. 2 Front Snap Kicks (any variation of Front Snap Kicks, Ap Chagi)
 - iii. 2 Roundhouse Kicks (any variation of Roundhouse Kicks, Dollyo Chagi) 2 Side Kicks (any variation of Side Kicks, Yeop Chagi)
 - iv. Execution of Each Kicking Technique
 - d. Creativity
 - i. Composition of choreography
 - ii. Creativity of entire routine
 - iii. Degree of Difficulty
7. Disqualification
 - a. Participant crosses outside of the ring
 - b. Participant exceeds the 90-second time limit
 - c. Unsportsmanlike conduct
8. Tiebreaker

In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – participants will perform poomsae one additional time. Judges will rescore. If there is still a tie, there will be two 1st places awarded.

Team Creative Forms (Poomsae) Without Weapons

(2-10 Participants. No age requirement. 8th Geup & above)

Each team must select a team captain and team name

1. The judges will select the winner using a red or blue flag.

1. Music is **HIGHLY ENCOURAGED**. Music should not be uploaded to the website as there is no place to upload music. People must bring their own music and speakers. Contestants can either bring music on a phone and connect it to their own speaker, or connect a laptop to a speaker. Either way, the source of the music and sound amplification need to be provided by each contestant.

2. Props are allowed and must be appropriate for a family environment. (For example, a hat is allowed. No weapons are allowed.) Breaking boards **ARE** considered a prop and are acceptable. Board fragments **ARE** allowed. **ALL** props must be provided by the participant.

3. Judging criteria
 - a. Correct Execution of Each Technique
 - i. Posture - correct stances (For example, is it a correct forward stance - is it too long or too wide)
 - ii. Accuracy of Each Hand Technique – In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place
 - iii. Accuracy of Each Kicking Technique – correct form, height and power of kick
 - iv. Speed and Power of Each Individual Technique
 - b. Taekwondo Spirit
 - i. Kihap – confidence
 - ii. Attitude and Etiquette – proper respect as soon as the Team’s name is officially called to perform
 - c. Execution of Compulsory Techniques
 - i. Execution of the *minimum* number of kicks (additional types and number of kicks are allowed):
 - ii. 2 Front Snap Kicks (any variation of Front Snap Kicks, Ap Chagi)
 - iii. 2 Roundhouse Kicks (any variation of Roundhouse Kicks, Ap Dollyo Chagi)
 - iv. 2 Side Kicks (any variation of Side Kicks, Yeop Chagi) ii. Execution of Each Kicking Technique
 - d. Creativity
 - i. Composition of choreography
 - ii. Creativity of entire routine
 - iii. Degree of Difficulty
 - e. Unity of Team Performance
 - i. Team synchronization

Movements should be executed by each team member at the same time. However, team members may be facing different directions. Unintentional movements out of synchronization with other team members will result in a lower score. Intentional movements out of synchronization (for example, an "echo" movement) will **NOT** result in a lower score.

1. Disqualification
 - a. Team member crosses outside of the ring
 - b. Team exceeds the 90-second time limit
 - c. Unsportsmanlike conduct

2. Tiebreaker
 - In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – teams will perform poomsae one additional time. Judges will rescore. If there is still a tie, there will be two 1st places awarded.

Team Creative Forms (Poomsae) With Weapons

(2-10 Participants. No age requirement. 8th Geup & up)

Each team must select a team captain and team name

1. The judges will select the winner using a red or blue flag.
4. Music should not be uploaded because there is no place to upload any music. People must bring their own music players.
5. Props are allowed and must be appropriate for a family environment. (For example, a hat is allowed.) Breaking boards ARE considered a prop and are acceptable. Board fragments ARE allowed. ALL props must be provided by the participant.
6. Only martial arts weapons are allowed. Any weapon blade must be dull and approved by the Organizing Committee.
7. Judging criteria
 - a. Correct Execution of Each Technique
 - i. Posture - correct stances (For example, is it a correct forward stance - is it too long or too wide?)
 - ii. Accuracy of Each Hand Technique – In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place
 - iii. Accuracy of Each Kicking Technique - correct form, height and power of kick
 - iv. Speed and Power of Each Individual Technique v. Use of Weapon(s)
 - b. Taekwondo Spirit
 - i. Kihap – confidence
 - ii. Attitude and Etiquette – proper respect as soon as the Participant’s name is officially called to perform
 - c. Execution of Compulsory Techniques
 - i. 2 Front Snap Kicks (any variation of Front Snap Kicks, Ap Chagi)
 - ii. 2 Roundhouse Kicks (any variation of Roundhouse Kicks, Ap Dollyo Chagi) iii. 2 Side Kicks (any variation of Side Kicks, Yeop Chagi)
 - ***NOTE: These are the MINIMUM number/type of kicks in the Event. Other types and number of kicks are allowed.***
 - d. Creativity
 - i. Originality of Composition
 - ii. Degree of Difficulty
 - e. Unity of Team Performance
 - i. Team Synchronization
 - ii. Movements should be executed by each team member at the same time. However, team members may be facing different directions. Unintentional movements out of synchronization with other team members will result in a lower score. Intentional

movements out of synchronization (for example, an "echo" movement) will NOT result in a lower score.

8. Disqualification
 - a. Team member crosses outside of the ring
 - b. Team exceeds the 90-second time limit
 - c. Unsportsmanlike conduct

9. Tiebreaker
 - a. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – teams will perform poomsae one additional time. Judges will rescore. If there is still a tie, there will be two 1st places awarded.