

Patterns by Rank

Each competitor will perform a designated and optional pattern each round.

I Dan	II Dan	III Dan
Choong-Moo Kwang-Gae Po-Eun Ge-Baek	Ge-Beak Eui-Am Choong-Jang Ko-Dang	Ko-Dang Sam-Il Yoo-Sin Choi-Yong
IV Dan	V Dan	VI Dan
Choi-Yong Ul-Ji Yong-Gae Moon-Moo	Moon-Moo Se-Jong So-San	Se-Jong So-San Tong-Il



Evaluation Criteria

Patterns are judged based on three elements:

1. Rhythm
2. Technical Content
3. Power

Judges score each element for each pattern on a scale from 0 to 5 points. The maximum number of points competitors can obtain in one pattern is 15, and in one match, 30. The competitor with the most points, after performing the two patterns, wins the match.



Rhythm

Rhythm refers to the pace at which the athlete transitions from one movement to another. Rhythm must be consistent throughout the pattern, except for movements that are performed at a different motion.

Common rhythm errors include:

- Performing motions incorrectly
- Exaggerating the pause in between movements (i.e., doing the pattern photographically)
- Holding kick for extended periods



Technical Content

Technical Content refers to the correct movement execution according to pattern indications. Technical content includes:

- **Breath Control:** Proper breathing and exhaling abruptly at the critical moment or accompanying the moment when performing a slow motion.
- **Balance:** Proper shifting of the body mass during the execution of the moment and perfect balance on kicks or techniques performed standing on one leg.
- **Diagram:** Proper performing of the pattern, including correct stances, heights, hand positions, etc.



Power

Power refers to the correct use of use of sine wave by:

1. Relaxing the body
2. Raising the body to accumulate power
3. Accelerating the body
4. Tensing the body at the critical moment of the movement

A Taekwondo athlete in a white uniform with a black belt is performing a pattern in a competition arena. The athlete is in a dynamic pose, with one arm extended forward and the other bent. In the background, other athletes and spectators are visible, along with an American flag.

Common Pattern Mistakes

- **Minor Mistakes** (-1 point)
 - Following the movement with the sight
 - Changing aspects in the execution of the moment, such as the heights of hands when crossing
 - Performing the pattern photographically
- **Moderate Mistake** (-2 points)
 - Holding kicks excessively
 - Making Improper stances (lengths, width, body mass distribution)
 - Changing motions
 - Losing balance without falling
 - Yelling the incorrect pattern name
 - Not yelling the Kihaps.

Common Pattern Mistakes (cont.)



- **Severe Mistakes** (-3 points)
 - Changing a movement or a stance for another
 - Stopping or not starting the pattern for less than three seconds
 - Performing the wrong Jumbi
- **Disqualifying mistakes** (0 points awarded for the pattern)
 - Committing two or more severe mistakes in a pattern
 - Stopping or not starting the pattern for three seconds or more
 - Falling



Sparring Competition

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Divisions

For sparring competition, athletes are separated by sex, age, and weight.

Sex	Age	Weight
Male Female	Pre-Juniors Juniors Adults Seniors	Micro
		Light
		Welter
		Middle
		Heavy
		Hyper

At the Team USA Selection Event, some divisions will be merged to give athletes more competition opportunities.



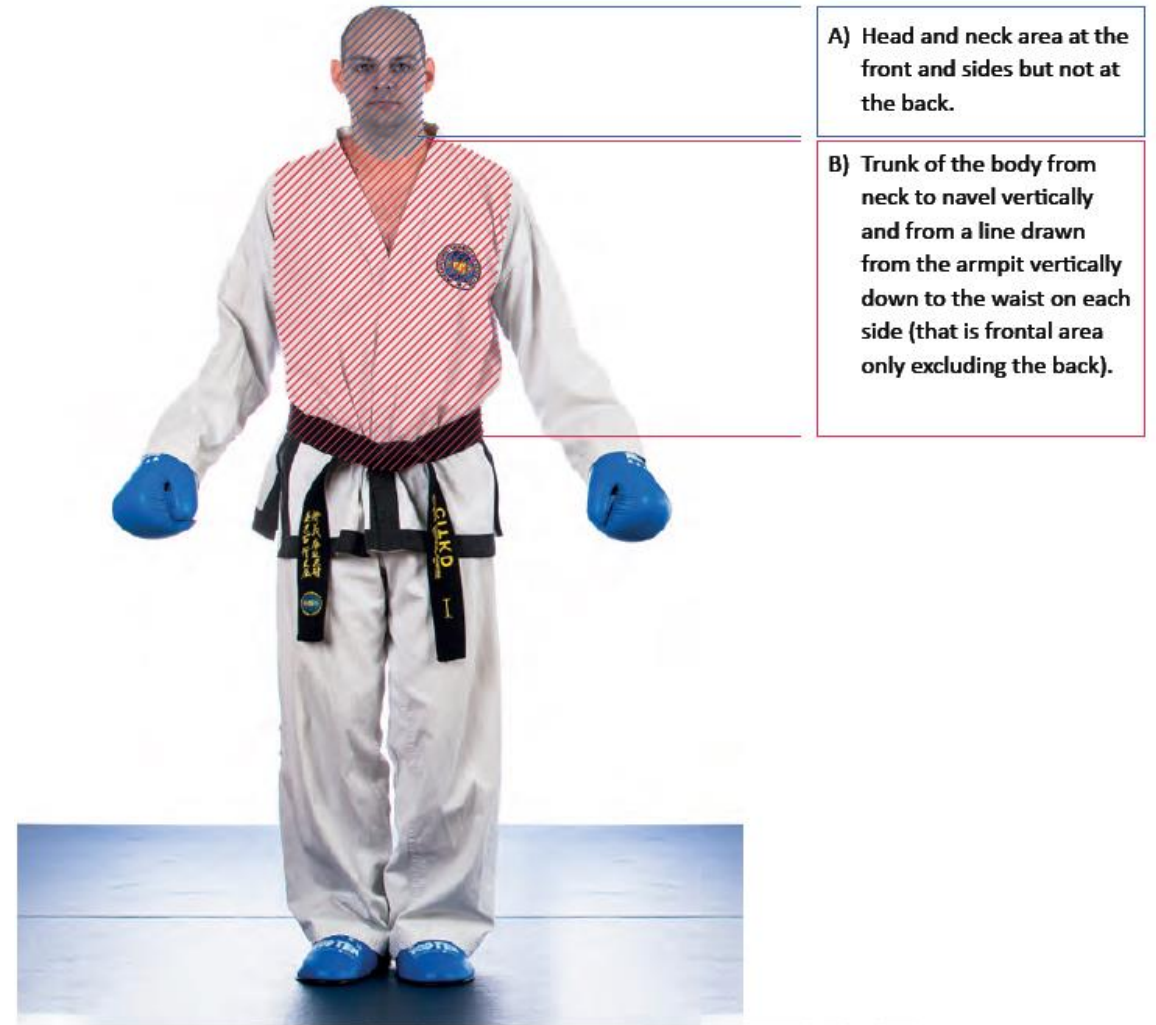


Sparring Rules

- All sparring matches consist of two 2-minute rounds with 1-minute rest in between rounds.
 - Rounds for pre-juniors and senior divisions will be 1.5 minutes.
- The athlete with the most points after the two rounds wins.
 - Points, warnings, and minus points accumulate during both rounds.
- In case of a tie, there will be an extra 1-minute round.
 - Points, warnings, and minus points reset at this point.
- In case of a second tie, athletes will fight until one scores a point, accumulates three warnings, or receives a minus point

Sparring Scoring Sections

- High Section
 - Head and neck area at the front and sides, but not at the back.
- Middle Section
 - Trunk of the body from neck to navel vertically, and from the line drawn from the armpit vertically down to the waist on each side (i.e., frontal area, and not the back).





Sparring Scoring System

- **1 Point**
 - Hand technique to the high and middle sections
 - Jumping hand technique to the middle section
 - Kick to the middle section
- **2 Points**
 - Jumping hand technique to the high section
 - Kick to the high section
 - Jumping kick to the middle section
- **3 Points**
 - Jumping kick to the high section

Warnings

- Hitting an illegal target
- Stepping out of the ring with both feet
- Falling (any part of the body other than the feet touching the ground)
- Holding, grabbing, or pushing
- Sweeping legs
- Avoiding sparring
- Turning the back towards the opponent
- Faking an injury
- Celebrating points



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Minus Point

- Losing one's temper
- Biting or scratching
- Hitting the opponent with the knee, elbow, or head
- *Receiving an 8-second safety count and continuing the match

*Note: Updated rules communicated by the ITF on November 17, 2025.



Disqualification

- Misbehaving or ignoring the Umpire's directions
- Being under the influence of alcohol or drugs
- Hitting a fallen opponent
- Accumulating three minus points during a match





Knockout

- Knockouts are valid in adult and senior divisions
- When a competitor applies a technique to a legal target and the other competitor cannot continue, they will win the match by knockout.
- To avoid a knockout, competitors must be able to continue fighting within 8 seconds of being hit. The umpire will conduct an 8-second safety count. *If the competitor can continue, they will be given a minus point.

*Note: Updated rules communicated by the ITF on November 17, 2024.

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Power Breaking Competition

Power Breaking Techniques

TECHNIQUE	JUNIOR		ADULT & SENIOR	
	Male	Female	Male	Female
Side Kick	5 boards	5 boards	7 boards	5 boards
Knife Hand	3 boards	3 boards	5 boards	3 boards
Turning Kick	4 boards	4 boards	5 boards	4 boards
Fore Fist Punch	N/A	N/A	5 boards	1 board*
Reverse Turning Kick	3 boards	1 board*	5 boards	2 board*

*Note: Updated rules communicated by the ITF on December 15, 2024.

Power Breaking Rules

- Only junior, adult, and senior athletes participate in power breaking competitions.
 - Seniors compete with adults
 - Pre-juniors are not allowed to compete
- Athletes are allowed **one** measuring attempt and **one** breaking attempt.
- Athletes will follow this procedure for power breaking:
 - Setting the height for each techniques – Competitors are not allowed to touch the boards at this point and must be able to indicate their preferred height referencing their body.
 - Bowing to the officials
 - Doing a guarding stance
 - Measuring without touching the board
 - Breaking the boards
- Athletes are awarded two points for a broken board and one point for half-broken boards.
- Athletes must always keep one foot on the ground for the technique to be valid.



Power Breaking Rules (cont.)

Judges will void a breaking attempt if:

- The technical execution is not correct, meaning that the initial posture, slide (since jumping is not allowed) and balance must be correct and should be kept throughout the execution of the technique
- The attacking tool is incorrect
- If the competitor touches or hits the board holder



Specialty Breaking Competition



Specialty Breaking Techniques

TECHNIQUE	JUNIOR		ADULT & SENIOR	
	Male	Female	Male	Female
Jump Front Kick	260 cm. 8 ft. 6.4 in.	200 cm. 6 ft. 6.7 in.	280 cm. 9 ft. 2.2 in.	220 cm. 7 ft. 2.6 in.
Jump Turning Kick	230 cm. 7 ft. 6.5 in.	200 cm. 6 ft. 6.7 in.	250 cm. 8 ft. 2.4 in.	220 cm. 7 ft. 2.6 in.
Jump 180 Reverse Turning Kick	220 cm. 7 ft. 2.6 in.	180 cm.* 5 ft. 10.9 in.	240 cm. 7 ft. 10.5 in.	200 cm.* 6 ft. 6.7 in.
360 Jump Spinning Back Kick	220 cm. 7 ft. 2.6 in.	180 cm.* 5 ft. 10.9 in.	240 cm. 7 ft. 10.5 in.	200 cm.* 6 ft. 6.7 in.
Flying Side Kick	300 cm. 9 ft. 10.1 in.	180 cm. 5 ft. 10.9 in.	320 cm. 10 ft. 6 in.	180 cm. 5 ft. 10.9 in.

*Note: Updated rules communicated by the ITF on December 15, 2024.

Specialty Breaking Rules

- Only junior, adult, and senior athletes participate in Specialty breaking competitions.
 - Seniors compete with adults
 - Pre-juniors are not allowed to compete
- Athletes are allowed **one** measuring attempt and **one** breaking attempt.
- Athletes will follow this procedure for power breaking:
 - Bowing to the officials
 - Doing a guarding stance
 - Measuring distance without kicking
 - Breaking the boards
- Athletes are awarded two points for a broken board and one point for touching the board, as long as they kick with the proper tool.
- Athletes must land on their feet and recover their balance for the technique to be valid – they do not need to land in a guarding stance.



Specialty Breaking Rules (cont.)

Judges will void a breaking attempt if:

- The technical execution is incorrect, that is, initial posture and balance must be maintained throughout the execution
- The attacking tool is modified
- The competitor touches or hits the obstacles or board holders
 - For flying side kick, the competitor must surpass the obstacles with both feet.
- Falling down, meaning that any part of the body, other than the feet, touches the ground

