

# Traditional



Head to Head Traditional Forms  
Hanmadang Style Board Breaking



# Taekwondo

# Head to Head Forms

## Head-to-Head: Traditional ITF

- Approved forms are listed in Appendix A – Traditional Taekwondo Patterns.
- Side-by-side, head-to-head performance format.
- Brazilian Repechage bracket system (see Appendix C).
- Open to all ages and all belt levels.
- Judging criteria (in order of importance): Technique, Power, Focus, Rhythm, Grace, and Beauty.
- No changes, enhancements, or modifications to forms are allowed. (See Appendix B for details.)



# Head to Head Forms

## ▶▶ Head-to-Head: Traditional Kukkiwon

(Traditional standards only—Sport Poomsae rules do NOT apply)

- Approved forms are listed in Appendix A – Traditional Taekwondo Patterns.
- Side-by-side, head-to-head format.
- Brazilian Repechage bracket system (see Appendix C).
- Open to all ages and all belt levels.
- Judging criteria (in order of importance): Technique, Power, Focus, Rhythm, Grace, and Beauty.
- No form modifications or enhancements permitted. (See Appendix B.)



# Head to Head Forms

## Head-to-Head: Traditional TSD-MDK

- Approved Tang Soo Do – Moo Duk Kwan forms are listed in Appendix A – Traditional Taekwondo Patterns
- Head-to-head side-by-side competition.
- Brazilian Repechage bracket format (see Appendix C).
- Open to all ages and all belt levels.
- Judging criteria (in order of importance): Technique, Power, Focus, Rhythm, Grace, and Beauty.
- No form modifications or enhancements allowed. (See Appendix B.)

(



# Head to Head Forms

## Head-to-Head: Traditional Combined Style

- Approved ITF, Kukkiwon, and TSD–MDK forms are listed in Appendix A.
- All traditional styles compete together in the same division.
- Side-by-side, head-to-head competition.
- Brazilian Repechage bracket system (see Appendix C).
- Open to all ages and all belt levels.
- Judging criteria (in order of importance): Technique, Power, Focus, Rhythm, Grace, and Beauty.
- No form modification or enhancement allowed. (See Appendix B.)



# Head to Head Forms

## Head-to-Head: Traditional Weapons

- Single Elimination Format: No live blades will be allowed
- Weapons are subject to inspection by Chief Referee, and may be prohibited if deemed unsafe.
- Weapon must stay in contact with the body at all times.
- Inverted aerial maneuvers are not allowed; rolls on the ground are allowed; cartwheels are not allowed.
- 90 second time limit
- Competitor may not switch weapons during the weapon form.
- Approved weapons for this event are Kamas, Sword, Sai, Tonfa, Staff, Nunchaku, Knife, Polearm, Eku, Cane, Fan, Escrima .
- Side-by-side, head-to-head competition.
- Open to all ages and all belt levels.
- Judging criteria (in order of importance): Technique, Power, Focus, Rhythm, Grace, and Beauty.



# Hanmadang Traditional Taekwondo Board Breaking



## Board Thickness

- Ages 13 and under: 8 mm boards
- Ages 14 and older: 11 mm boards

## General Rules for Repetitive Timed Breaking

- A 0.5-second penalty is added for every board the coach breaks before the athlete's strike.
- In hand-breaking feeder events:
  - Athletes who break all boards automatically rank above those who miss boards.
  - Among athletes who miss boards, ranking is determined first by number of boards broken, then by fastest time.



# Hanmadang Repetitive Breaking

## Repetitive Timed Spin Hook Kick Breaking

- Single-board break per strike, total of 10 boards.
- Only Spinning Hook Kick is allowed.
- Timed event: fastest competitor to break 10 boards wins.
- Awards: Gold (1st), Silver (2nd), Two Bronzes (3rd & 4th).

## Repetitive Timed Side Kick Breaking

- Single-board break per strike, total of 10 boards.
- Only Side Kick is allowed.
- Timed event with the same medal structure as above.

## Repetitive Timed Hand Breaking (Feeder System)

- Single-board break per strike, total of 10 boards.
- Allowed hand techniques: Hammer, Knife, Ridge, Palm, or Fist/Punch.
- Boards are fed through a feeder system provided by the event staff.
- Same timing and medal format as above (two bronzes).





# Hanmadang Power Breaking

## All power events:

- Single break attempt.
  - 90-second setup time.
  - One breaking station per competitor.
  - Spacers are required and provided.
  - Board holders must follow the required instructions.
  - Winner is determined by number of boards broken
- 
- The winner is determined by the number of boards broken. If two competitors break the same number of boards, the highest percentage of breakage will be used to determine the winner.
    - Ties are resolved through a break-off.

## Power Knife Hand Break (Downward Strike)

- Technique: Knife Hand, downward strike.

## Power Fist/Punch Break (Downward Strike)

- Technique: Fist/Punch, downward strike.

## Power Side Kick Break (Step or Skip)

- Technique: Side Kick, horizontal strike.

## Power Spin Back Kick Break (Must spin)

- Technique: Spinning Back Kick, horizontal strike.

# Traditional Taekwondo Appendix A.

## Legal Forms/Patterns for Competition

•Novice, Intermediate and Advanced rank competitors may do ANY Form/Pattern listed for any of their previous Ranks as well as their current Rank.

•1<sup>st</sup> Dan competitors may do ANY Form/Pattern listed for Advanced or 1<sup>st</sup> Dan Ranks

•2<sup>nd</sup> Dan through 9<sup>th</sup> Dan competitors may do ANY Black Belt Form/Pattern listed for ANY Dan rank up to and including their current rank.

(Ex. A 3<sup>rd</sup> Dan competitor could legally do ANY of the 1<sup>st</sup> Dan, 2<sup>nd</sup> Dan, or 3<sup>rd</sup> Dan Forms/Patterns listed for those Ranks.)

Traditional Taekwondo	Forms Origin	Forms Origin	Forms Origin
Belt Rank	ITF	Kukkiwon	TSD - MDK
<b>Novice</b> White, Yellow Orange	Chon-Ji Dan-Gun Do-San	Pal Gwe 1-2 Taeguek 1-2	Ki-Cho (KiBon) 1-3 Pyung-An/Pinan 1
<b>Intermediate</b> Green, Purple Blue	Won-Hyo Yul Gok Joong-Gun	Pal Gwe 2-6 Taeguek 2-6	Ki-Cho (Ki Bon) 3-5 Pyung-An/Pinan 1-4
<b>Advanced</b> Red, Brown	Hwa-Rang Choong-Moo	Pal Gwe 6-8 Taeguek 6-8	Pyung-An/Pinan 4-5 Passaai (Bassai) Dai Passaai (Bassai) So
<b><u>1st Dan</u></b>	Kwang-Gae Po-Eun Ge-Baek	Koryo	Passaai (Bassai) Dai Passaai (Bassai) So Jin Do
<b><u>2nd Dan</u></b>	Eui-Am Choon-Jang Ko-Dang Juche	Keumgang	Ro-Hai
<b><u>3rd Dan</u></b>	Sam-Il Yoo-Sin Choi-Yong	Taebaek	Kong San Kun Dai Kong San Kun So
<b><u>4th Dan</u></b>	Yon-Gae Ul-Ji Moon-Moo	Pyongwon	Wan Shu
<b><u>5th Dan</u></b>	So-San Se-Jong	Sip Jin	Ji-On
<b><u>6th Dan</u></b>	Tong-Il	Jitae	O Sip Sa Bo
<b><u>7th Dan</u></b>		Chonkwon	Sei-Shan
<b><u>8th Dan</u></b>		Hansu	Sip Soo (Jit Te)
<b><u>9th Dan</u></b>		Ilyeo	

# Traditional Taekwondo

## Appendix B.

### Forms Modification & Enhancement

Forms/Patterns Can Not Be Enhanced. When a change to a recognizable form/pattern compromises the integrity of the form for competitive purposes to impact the score of the form due to the change, it has been enhanced. This may be 1) adding or changing techniques that enhance the visual aesthetics of the form/pattern or 2) removing kicks or difficult techniques when they are an integral part of the recognized form/pattern.

**Example:** Executing an inside block instead of an outside block is not an enhancement to the form. Executing a jumping/turning crescent kick instead of a front snap kick would be an enhancement. A crescent kick instead of a stomp would not be an enhancement as they can be very similar in execution. Removing a section of a form because of its difficulty and a competitor's inability to perform that technique would be an enhancement.

**Example:** A novice belt leaves out a section of a form and it is evident from their rhythm and focus they forgot that section of the form. This isn't an enhancement but would be as though the competitor didn't complete the form and the judges should judge accordingly.

**Example:** Holding a chamber or a technique at an angle that isn't consistent with the current WT Sport Poomsae rules IS NOT an enhancement. Nor is a ki-hap that is in addition to or in a different place than current WT Sport Poomsae rules.

# Traditional Taekwondo Appendix C.

## Brazilian Repechage Example 16 Player Bracket

