

POOMSE

Scoring Criteria

1. Correct and orderly execution of each movement
2. Degree of proficiency, which will be judged on the basis of:
 - Beginning and ending at the same spot
 - Powerful and speedy technique by tensing and relaxing muscles at proper moment
 - Mental concentration
 - Focused eye and head movements
 - Accurate targets
 - Inhaling and exhaling at the proper moment
 - Balance
 - Rhythm
 - Synchronization of entire body movements
 - Taekwondoistic attitude

SPARRING

Kyung-go (1/2 point penalty)

- Crossing boundary line
- Evading by turning the back
- Falling down
- Avoiding the match (stalling)
- Grabbing, holding, pushing
- Attacking below the waist
- Pretending injury
- Butting/attacking with knee
- Hitting the opponent's face with the hand
- Uttering undesirable remarks or any misconduct on the part of a contestant or coach
- Lifting the knee to a valid attack or impede the progress of an attack

Gam-jeom (1 point penalty)

- Attacking the opponent after "Kal-yeo"
- Attacking a fallen opponent
- Throwing down the opponent by grabbing or hooking the attacking foot in the air or by pushing the opponent with the hand
- Intentionally attacking the opponents face with the hand
- A coach or contestant interrupting the progress of the match.
- Violent or extreme remarks or behavior on the part of a coach or player