



Demo Team Competition

Demo Team Competition refers to creatively composing and displaying the designated Taekwondo movements.

1. Competition method : Cut-off
2. Competition time : 5 minutes 30 seconds or less
3. Uniform : Kukkiwon Approved Dobok
4. Number of contestants : 9 to 13 people
5. 5 Categories
 1. Creative Poomsae
 2. Self-Defense
 3. Single jumping breaking
 4. Various target breaking
 5. Spinning breaking (horizontal/vertical turn back)
6. Freestyle Team Breaking
7. Power breaking

Details of the event

1. Creative Poomsae

Creative Poomsae is a newly created Poomsae incorporating various techniques, satisfying the Taekwondo requirements mentioned in the Kukkiwon textbook.

2. Self-Defense

Self-defense refers to martial art to fight the attacker with bare hand and foot of striking, kicking, punching, thrusting, locking, grabbing, and throwing down. These are defensive technique that can be used to dominate an opponent and defend his/her life.

A. The members for Self-Defense technique can be composed freely.

B. The contestants can prepare weapons freely, but the weapons must be imitations.

C. The team shall include at least one female contestant.

3. Single jumping breaking

Breaking many fixed targets with one or more various techniques using the hands and feet



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through a single jump.

(Ex. Scissors Kick - 3 to 5 times, Front Kick in three different levels of height by stepping over a person's back, Roundhouse Kick - 3 steps Jumping Front Kick in three different levels of height, Jumping Side Kick in three different levels of height)

A. The contestant can choose the direction and location to install breaking targets for each technique, but the targets must be placed within the boundary lines.

B. The contestant can decide the height and distance to install breaking targets and will be scored based on his/her set targets.

C. An approach run distance cannot exceed 39ft 4in.

D. Hand technique for breaking cannot exceed two times

E. The referee will score contestants based on the combination of the success and failure of breaking, installation of breaking sets, and the accuracy of technique and program arrangement of technical movements.

4. Various target breaking

Various target breaking is breaking multiple moving or fixed targets in various directions or breaking them at once in a thick layer. (Ex. Multiple direction breaking, Single Line-up Break)

A. The contestant can choose the direction and location to install breaking targets for each technique, but the targets must be placed within the boundary lines.

B. The contestant can decide to install breaking targets, such as height and distance, and will be scored based on his/her set targets.

C. In case of multi-direction breaking, the contestant and his/her assistant shall move continuously to break the targets.

D. The contestant shall break with a hand or a foot, but not with the forehead.

E. The height of the breaking targets must be at least 3ft 3in..

F. The referee will score contestants based on the combination of the success and failure of breaking, installation of breaking targets, accuracy of technique, and the program arrangement level.

5. Spinning Breaking (vertical/horizontal turn break)

A. Vertical turn break

It is a breaking technique by springing into the air with the rotating axis being the waist



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of chest and turning the whole body vertically to strike the target with a foot. This is a breaking technique one can attempt with his/her eyes covered or dashing forward. (Ex. jumping flip kick by stepping on a person's chest, jumping flip drawing kick, jumping flip kick, jumping flip drawing kick blindfolded, jumping flip kick blindfolded, jumping flip kick with an object thrown into the air)

B. Horizontal turn break

Horizontal turn break is breaking the targets by foot with the body spinning horizontally at least once while staying in the air. It can be attempted from a fixed stance without using any assistance or with the eyes covered. Ex. 540°(jumping)

tornado kick blindfolded, 540°(jumping) back whip kick blindfolded, 540°–720°(jumping) tornado kick, 540° Back (jumping) whip kick for one to three steps

C. The contestant can choose the direction and location to install of breaking targets for each technique, but the targets must be placed within the boundary lines.

D. In spinning break, the contestant is required to do each vertical and horizontal turn break.

E. The contestant can decide to install breaking targets, such as height and distance, and will be scored based on his/her set targets.

F. The referee will score contestants based on the combination of the success and failure of breaking, installation of breaking targets, the accuracy and program arrangement of technical movements.

6. Freestyle Team Breaking

It is a newly reformed breaking technique in which groups use Taekwondo techniques, and refers to the technique in which targets are broken through high-level technical movements using various types of assisted break and freestyle break.

A. The team can choose the direction and location to install breaking targets, but the targets must be placed within the boundary lines.

B. Groups must demonstrate break up to a total of 10 targets via a member formation.

C. The breaking techniques can be chosen freely, but the difficulty and the originality of the technique and composition will affect the scoring.



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D. The referee will score contestants based on a combination of the success or failure of breaking, the difficulty and creativeness of technical composition, and degree of completion.

E. The last break of the freestyle break must be a break using new techniques, and if the new technique break is impossible, contestants must demonstrate the highest level break they can.

7. Program arrangement

This refers to a storytelling performance after setting a theme.

8. Power breaking

It refers to a technique in which four contestants each use different hand techniques (fist, knife hand, back fist, reverse knife hand, hammer fist) and foot techniques (back kick, back whip kick) to break the set targets with downward punch or kick.

A. The number of provided breaking targets is 20. The four contestants break with different hand techniques (3 times) and foot techniques (1 time).

B. Each contestant can compose freely the number of targets and a breaking technique. It will be awarded with 0.5 point per one broken target.

Common Compulsory regulations

1. The team shall include at least one female among the 9–13 contestants.

2. The performance music file must be submitted at the place and time designated by Organization Committee.

3. All breaking targets shall be authorized by the Organization Committee, and power breaking targets shall be limited to 20, and all-round breaking targets shall be limited to 40.

4. Single jumping breaking, various target breaking, spinning, and creative breaking shall be conducted by each contestant. A female contestant shall conduct at least one of the abovementioned breaking techniques.

5. Horizontal and Vertical turn break shall be executed subsequently.

6. Breaking is conducted only once in all breaking events.

7. Firecrackers or real weapons shall not be used.

8. The contestant can perform assisted breaking for the program arrangement (Story).

However, there are no technical points awarded for this, and points are deducted upon failure to break



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Marking Criteria

1. The total points are 100 including the evaluated score in accordance with each event Marking Criteria.

A. Creative Poomsae (20 points) : Accuracy(10 points), Program arrangement(10 points)

B. Self-Defense technique (15 points) : Accuracy(5 points), Program arrangement(10 points)

C. Single jumping breaking (10 points) : Accuracy(5 points), Program arrangement(5 points)

D. Various target breaking (10 points) : Accuracy(5 points), Program arrangement(5 points)

E. Spin breaking (10 points) : Accuracy(5 points), Program arrangement(5 points)

F. Freestyle Team Breaking (20 points) : Accuracy(10 points), Program arrangement(10 points)

G. Performance quality(5points) : Artistic value (story)

H. Power breaking (10 points): 0.5 point is awarded for each broken target.

2. Team Competition Score Chart

· Category Classification Score

· Creative Poomsae

· Self-defense Techniques

· Single jumping breaking

· Various target breaking

· Spin Breaking

· Freestyle Team Breaking

1. Creative Poomsae (20 points)

A. Accuracy (10 points)

It is awarded with 1 to 10 points through the judgement of a mistake's extent in the items required for accuracy in basic movements and Poomsae.

1) Mistakes in the accuracy required entry

Stance position: Apgubi (Forward stance), Dwitgubi (Back stance), Beom-seogi (Tiger stance) etc. all kinds of stance



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Hand technique :(Block, Punch, Striking, etc. all kinds of hand techniques.) Failure to abide by the basic movement regulations in the Kukkiwon textbook and eyes not heading for the processing direction.

- 2) Accuracy and the performing of designated technique movements are subject to evaluation.
B. Program arrangement (10 points)

It is awarded with 1.0 to 10 points through the judgement of Program arrangement and creativeness in the entire Creative Poomsae. Speed and power, sturdiness and gentleness, tempo, rhythm, balance, and expressivity of energy are the same as the presentation (expressivity) of items in the Authorized Poomsae.

2. Self-Defense (15 points) A. Accuracy(5 points)

It is awarded with 1 to 5 points through the judgement of accuracy and practicality of techniques in technical movements. B. Program arrangement(10 points)

It is awarded with 1 to 10 points through the program arrangement in the entire self-defense technique event. Speed and power, sturdiness and gentleness, tempo, rhythm, balance, and expressivity of energy. It is awarded through an actual execution of the speed, power, sturdiness and gentleness, tempo, rhythm, balance, and expressivity of energy.

* Program arrangement: Speed and power, sturdiness and gentleness, tempo, rhythm, balance, and expressivity of energy. It is awarded through an actual execution of the speed, power, sturdiness and gentleness, tempo, rhythm, balance, and expressivity of energy.

3. All-round breaking(30 points)

All-round breaking {Single jumping breaking(10 points), various target breaking(10 points), and spinning breaking(10 points)} will be judged in accordance with "Article 38 All-Round Breaking."

- A. Accuracy (5 points)

1) Number of broken targets : 2.0 points deduction per unbroken target

2) Landing: Unbalanced landing after a break or technical skill presentation will incur a 1.0 point deduction. When a hand touches the ground during landing, it will incur a 3.0 point deduction (only one hand is allowed). When the contestant falls down or a body part above the knees touch the ground, it will incur a 5.0 point deduction.



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B. Program arrangement (5 points)

1) Skill : Level of difficulty while performing techniques (The higher and the wider the turning angle is, the higher point is awarded.) 2) Expressivity : Evaluate and grade the level of accurate and stable technical expression while remaining in the air

3) Creativeness : Scoring is done in accordance with the degree of the performing diverse set composition and new techniques for breaking.

4. Freestyle Team Breaking (20 points)

A. Accuracy (10 points)

1) Number of broken targets: 2.0 point deduction per unbroken target

2) Landing: Unbalanced landing after a break or technical skill presentation will incur a 1.0 point deduction. When a hand touches the ground during landing, it will incur a 3.0 point deduction (only one hand is allowed). When the contestant falls down or a body parts above the knees touch the ground, it will incur a 5.0 point deduction.

B. Program arrangement (10 points)

1) Skill : Level of difficulty while performing techniques (The higher and the wider the turning angle is, the higher point is awarded.)

2) Expressivity: Evaluate and grade the level of accurate and stable technical expression while remaining in the air

3) Creativeness: Scoring is done in accordance with the degree of the performing diverse set composition and new techniques for breaking.

5. Performance quality (5 points)

Evaluate the performance quality (story telling) to give a score. 6. Power Breaking(10 points)

0.5 point is awarded for each broken target.

10 Penalty{deduction("Gam-jeom"), and disqualification("Sil-gyouk")}

1. Penalties are given by the chief referee.

2. The penalties are deduction ("Gam-jeom"), and disqualification("Sil-gyouk") and

One deduction is equal to a 1.0 point deduction.

3. Deduction

A. Conducting undesirable acts

B. Disturbing the referee or the staffs to proceed during the competition



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C. If the contestant exceed the competition time, 3.0 points shall be deducted per 10 seconds from the final score.

D. If the number of contestants does not meet the required limit, 10 points will be deducted per person.

E. If fireworks or actual weapons are used, 3.0 points will be deducted.

F. If the performance theme offends any government or religion, 10 points will be deducted.

G. The penalty regulations is applied to all events.

4. Penalty points shall be deducted from the participant's total score.

5. Disqualification

A. Entering the contest in the name of others

B. Cheating so that the breaking targets provided by the Organization Committee break easily

11 Replacing Contestants

1. In the team competition, it is possible to replace one registered substitute. 2. Substitutes are limited to two people (one male and one female) other than

9-13 registered contestants. Substitutes must register themselves as Substitutes in their application forms. However, in the international division, there is no gender restriction for the Substitutes.

3. The substitute may be used as following reasons. However, the substitute contestant must be of the same gender as the one he/she is replacing.

A. If the contestant is injured during the event.

B. When the participant is injured after submitting the Application Form,

he/she shall submit the doctor's note to the Organization Committee. 12 Decision of contest

The decision of the contest shall be made in accordance with the Referee Decision and Publication.