



INTERNATIONAL  
TAEKWON-DO  
FEDERATION

2022

**INTERNATIONAL TAEKWON-DO  
FEDERATION**

**HEADQUARTERS**



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# WORLD CUP, CONTINENTAL AND NATIONAL CHAMPIONSHIPS ITF HQ 2022 SPECIAL TECHNIQUES

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## 4.1.0 INTRODUCTION:

The purpose of this competition is to determine the competitor/team that can, using correct jumping/flying technique with balance and strategy, achieve the most points on performing the three defined techniques. The techniques to be performed would be “Jumping upward front snap kick (twimyo nopi ap cha busigi), jumping turning kick (twimyo dollyo chagi), Flying overhead side piercing kick (twio nomo yop cha jirugi)”.

Prior to being given the opportunity to perform the whole range of techniques and in order to secure an appropriate standard of competition, the competitor for the individual event will be required to attempt a qualifying technique of his/her choosing. This chosen technique will be entered on his/her competition application. The umpire committee will determine the minimum height required to be achieved for qualification.

The strategic component of this event will be brought into the play once competitors have qualified. Competitors may then choose the height of the board (above the minimum set by the umpire committee) that they wish to attempt to hit. Competitors will then perform all techniques sequentially from their assigned station. Each competitor will only be allowed one attempt per technique.

The order of competitors will be decided by randomisation of the competitors/team names using an appropriate lottery system (either electronic or manual).

Main components for each section of the competition:

## 4.1.1 RULES AND PROCEDURE:

### 4.1.2 DIVISIONS

The special technique event can be divided into individual and team events that can be further divided by gender and age group and rank.

Note: This event is only open to competitors over the rank of 5<sup>th</sup> Gup (Blue stripe on green belt in all categories)

Junior is 14-17 years (at date of competition)

Adult 18-35 years (at date of competition)

Senior 36+ years (at date of competition)

See Chart below:

Type of event	Gender	Division and number of members	Jumping upward front snap kick	Jumping turning kick	Flying overhead side piercing kick
Individ	Male	Junior	Y	Y	Y
		Adult	Y	Y	Y
		Senior	Y	Y	Y
	Female	Junior	Y	Y	Y
		Adult	Y	Y	Y
		Senior	Y	Y	Y
Team	Male	Junior x 3	Y	Y	Y
		Adult x 3	Y	Y	Y
		Senior x 3	Y	Y	Y
	Female	Junior x 3	Y	Y	Y
		Adult x3	Y	Y	Y
		Senior x3	Y	Y	Y

Note: the number of team competitors is indicated in the division box

#### Description of techniques

There are 3 techniques for males and females in the remaining individual age/gender divisions to be performed. The detailed description is presented in Table.

No	Technique		Description
	English	Korean	
1	Jumping upward front snap kick	Twimyo nopi ap cha busigi	Performed using the ball of the foot to a target at a height and parallel to the ground.
2	Jumping turning kick	Twimyo dollyo chagi	Performed using the ball of the foot hitting the target at height at a right angle to the target. (note the target will be vertically oriented).
5	Flying overhead side piercing kick	Twio nomo yop cha jirugi	Performed using the footsword to a vertically oriented target after flying over a tape at a set height.

## STARTING HEIGHTS FOR BOARDS

WORLD CUP AND CONTINENTAL/NATIONAL CHAMPIONSHIPS SPECIAL TECHNIQUE BOARD HEIGHTS			
Korean	English	Heights junior and senior (cm)	Heights adults (cm)
Male junior, adult and senior			

Twimyo Nopi Ap Cha Busigi	Jumping upward front snap kick	200	220
Twimyo Dollyo Chagi	Jumping turning kick	180	200
Twio nomo yop cha jirugi	Flying overhead side piercing kick	100	120
Female Junior, adult and senior			
Twimyo Nopi Ap Cha Busigi	Jumping upward front snap kick	190	210
Twimyo Dollyo Chagi	Jumping turning kick	160	180
Twio nomo yop cha jirugi	Flying overhead side piercing kick	90	100

## PROCEDURE

### 4.1.3 PROCEDURE FOR QUALIFICATION FOR INDIVIDUAL COMPETITION

- The competitors' for individual competition will enter on their competition entry form their preferred qualification technique and the heights above the minimum of the other techniques.
- When it is a competitor's turn to qualify they will indicate to the umpire their chosen technique and be directed to the equipment that will be set at the minimum height to qualify using that technique.
- The umpire will then hold a flag in front of the competitor and indicate to the competitor to adopt an L stance guarding block, ready position
- When the competitor has adopted this position the umpire will drop the flag and give the command "Sijak" which will indicate to the competitor that they have 30 seconds to complete their attempt to hit the target following the procedure outlined here.
- The competitor must (compulsory) perform a single measure (but should not touch the target when doing so). This measure need only be a single step forward or may be a full attempt to jump without touching the target, before returning to L stance guarding block
- The competitor must then perform their attempt to hit the target using the appropriate tool and technique as indicated in table2 above.
- Balance must be maintained throughout the execution of the technique and until it is completed including on landing with the competitor returning to an L-stance guarding block following their attempt.

- h. When the attempt has been completed the umpires will indicate that the attempt is valid by raising their flag, if however an umpire considers an infringement has been made they will indicate by extending their flag to their right hand side. If they consider the technique warrants disqualification the umpire will indicate this by lowering their flag.

- i. Competitors may have points deducted for the following infringements

Failing to take a measure	0.5 point
Taking more than one measure additional measure	0.5 point for each additional measure
Not returning to an L-stance guarding block following the measure	0.5point
Loss of balance when performing or following the attempt	0.5point
Not returning to an L-Stance guarding block following the attempt	0.5point
Taking more than 30 seconds for attempt secs over	0.5point for each 5 secs over
Touching the tape when performing flying overhead side piercing kick (two nomo yop cha jirugi)	0.5point.

- j. If one umpire (**following consultation with the Jury President and the other Umpire**) disqualifies the competitor, the competitor is eliminated and will not continue.
- k. A competitor may be disqualified for the following reasons
  - i. Incorrect technique
  - ii. Incorrect tool used
  - iii. Breaking the tape or knocking over the obstacle in jumping side piercing kick.
- l. The reason for disqualification in these cases is that the competitor may gain an advantage by not performing the technique correctly or by using a different tool to that required.
- m. On successful completion of an attempt the umpires will allocate points, with three (3) points should the target move more than 90 degrees from its starting position, two (2) points should the target move between 45-90 degrees from its starting point and one (1) point should the target be touched but not move more than 45 degrees. Any infringement points will then be deducted from the score after discussion between the three umpires to provide the final score for the attempt.
- n. In order to proceed further in the special technique competition competitors must achieve a minimum final score of at least 1.5 points.

#### 4.1.4 PROCEDURE FOR INDIVIDUAL SPECIAL TECHNIQUES AFTER QUALIFICATION

The procedure for competition after qualification is synonymous with the qualification method except that competitors' will have selected the height of the target above or at the minimum for each attempt. This is done at item a) in the procedure and the height of the target attempted is recorded by the umpire.

**Each 5cm above the minimum height will increase the competitors score by one (1) point should they hit the target.**

(This procedure allows competitors to use strategy to improve their scores above the minimum height and allows them to demonstrate their best performance for this event.)

Note: It is not compulsory for the competitor to attempt each technique but the total score for all techniques attempted will be summarized in determining the winner.

Competitors may be randomly assigned to a group and complete the technique designated for the group. As each group completes the technique it moves to the next sequential station until each group has completed all techniques

#### 4.1.5 PROCEDURE IN THE EVENT OF A TIE

In the event that two or more competitors score the same amount the competitors will be asked to select one of the three eligible techniques, they will then be asked to attempt the chosen technique at a height of 5cm higher than their previous height for this technique. The order of competitors will be as previously.

Scores will be applied as per the rules.

This procedure will be repeated until a clear winner is determined.

#### 4.1.6 PROCEDURE FOR TEAM SPECIAL TECHNIQUE

- a) On the entry form for team special competition the team members will indicate the technique they have chosen and the height of boards selected at or above the minimum set by the umpire committee.
- b) On presenting to the competition area, the team competitors will indicate to the umpire their chosen technique and be directed to the special technique equipment for their designated target that will be set at the selected height required for that technique.
- c) Competitors will confirm to the umpire and equipment assistant their chosen height at or above the minimum for the target using verbal commands.
- d) Once all competitors in the team have set the correct height for their target and have adopted an L Stance guarding block the umpires will hold the flag in front of the competitors.
- e) The umpires will then signal when each competitor should start their attempt by dropping their flag. The umpires will perform this sequentially from station one to three or five (depending on the division) as each attempt is completed.
- f) Competitors should follow the same procedure as indicated for individual special technique.



- g) As per individual competition, scores will be allocated according to the number of points gained after deduction points for rule infractions. This will be displayed after all competitors from a team have completed their attempts. **(NB: Each 5cm above the minimum height will increase the competitors score by one (1) point should they hit the target.)**

#### 4.1.7 PROCEDURE IN THE EVENT OF A TIE IN TEAM EVENT

In the event that two or more teams score the same amount the team will be asked to select one of the three eligible techniques, the same competitor who performed that technique previously will then be asked to attempt the chosen technique at a height of 5cm higher than their previous height for this technique. The order of team competitors will be as previously.

Scores will be applied as per the rules.

This procedure will be repeated until a clear winner is determined.

#### 4.1.8 EQUIPMENT

- a. The target should be 30x30 cm in size and covered with a soft surface and must be set in an appropriate holder that will allow stability of the target as well as safety of the competitors.
- b. It is recommended that the holders are made of solid materials with cushioned areas around the extending arm to the target so that it covers the metal parts of the equipment.
- c. Heights should be adjustable to the nearest cm as indicated by the competitor.
- d. Holders should allow the target to be positioned horizontally or vertically.
- e. Holders should be set up sequentially with sufficient distance on either side of holders such that it will allow competitors good access to the machine and it is away from any wall or obstacle.
- f. All holders should be placed on and surrounded by rubber matting such that the entire running and landing area is covered.
- g. Targets should be spring loaded at the attachment point to the holder such that when struck they can move readily more than 90 degrees.
- h. Two umpires will observe carefully the angle at which a target moves when struck by the competitor.
- i. Scores for competitors will be shown on a two sided flip chart by the umpire indicating the final score for each attempt.

## 4.1.9 JUDGES PROTOCOL

### 4.2.0 INDIVIDUAL

For Qualification

- a. The Jury panel will consist of a Jury President and one assistant, three equipment assistants and two experienced knowledgeable umpires.
- b. Umpires and equipment assistants will line up facing the Jury President table and will bow to the Jury President on the command of the lead umpire and then move to the special technique area.
- c. Umpires will have a list of competitors and will identify the competitor by examining their entry card that will be provided to the jury table and confirming the technique they have chosen to use for qualification and the height of the target or obstacle to be presented, on their arrival at the breaking area.
- d. Once the target is ready, one umpire will hold a flag in front of the competitor and command the competitor to adopt an L stance guarding block.
- e. When the competitor adopts the stance the umpire will drop the flag saying Sijak and the other umpire starts the stopwatch.
- f. The competitor then has 30 seconds to make their measure that need only be a single step forward or may be a full attempt to jump without touching the target (one only or points will be deducted), return to L stance guarding block, make their attempt to hit the target and return to an L stance guarding block, at which point the umpire will stop the timer.
- g. During this time the umpires will watch for both disqualification and minus point infringements.

**Minus points are applied according to the following schedule:**

- |   |              |
|---|--------------|
| ● Failing to take a measure   | 0.5 point    |
| ● Taking more than one measure<br>for each additional measure                                       | 0.5 point    |
| ● Not returning to an L-stance guarding block following the measure                                 | 0.5point     |
| ● Loss of balance when performing or following the attempt  | 0.5point     |
| ● Not returning to an L-Stance guarding block following the attempt                                 | 0.5point     |
| ● Taking more than 30 seconds for attempt<br>each 5 secs over                                       | 0.5point for |
| ● Touching the tape when performing flying overhead side piercing kick (two nomo<br>yop cha jirugi) | 0.5point.    |

**Disqualification is applied for:**

- Incorrect technique
  - Incorrect tool used
  - Breaking the tape or knocking over the obstacle in jumping side piercing kick.
- h. Once the attempt is completed the umpires will indicate on a count of three a successful attempt by raising their flags, an infringement by extending the flag to their right hand side

and a disqualification by lowering their flag toward the ground. Only one umpire (**following consultation with the Jury President and the other Umpire**) is required to indicate a disqualification.

If an attempt is successful the umpires will determine the points to be allocated according to the amount of movement of the target. This should be done in consultation with the other umpire to determine the points to be deducted for infringements.

- i. Once the points are calculated the umpire will on a count of three display the score on a flip card and record the score on the scoresheet and indicate whether the competitor has scored sufficient points to qualify for the event. (qualification requires that a score of fifty percent of the total score possible for hitting the target is achieved i.e. 1.5points).

#### After Qualification

- a) Umpires will record the heights chosen by all competitors for each technique prior to them performing any further techniques.
- b) The umpire will then ensure the assistants set up the equipment at the desired height for the competitor for each technique.
- c) Once the target is ready, one umpire will hold a flag in front of the competitor and command the competitor to adopt an L stance guarding block.
- d) When the competitor adopts the stance the umpire will drop the flag saying Sijak and another umpire starts the stopwatch.
- e) The competitor then has 30 seconds to make their measure that need only be a single step forward or may be a full attempt to jump without touching the target (one only or points will be deducted), return to L stance guarding block , make their attempt to hit the target and return to an L stance guarding block, at which point the umpire will stop the timer.
- f) During this time the umpires will watch for both disqualification and minus point infringements.
- g) From this point the same procedure that was used for the qualification event will be followed. (**NB: Each 5cm above the minimum height will increase the competitors score by one (1) point should they hit the target).**)
- h) The Jury President will record all results as they are displayed from the umpires.
- i) Once all attempts have been completed and results compiled the Jury President will display the competitors overall score.
- j) On completion of all competitor's attempts the lead umpire will ensure that equipment assistants and umpires line up facing the Jury President and bow before being dismissed.

#### In the event of a Tie

- a) The umpires will determine from the tied competitors the technique they wish to perform as a tiebreaker.

- b) The Umpire will ensure that the equipment is set 5 cm higher than the last attempt by the competitor on that technique.
- c) The competitor will then follow the procedure as previously and as indicated by the umpire.
- d) The umpire will show the scores after a successful attempt and the winner will be shown after all tied competitors have completed their technique.
- e) In the event of a further tie this procedure will be repeated until a clear winner is determined.

### 4.2.1 TEAM

#### Protocol

- a. The umpire will have a list of teams with competitors names and the technique they will perform indicated on the list.
- b. The umpire will confirm from all competitors the height of the target for each technique and ensure the target is set at the correct height. (note all competitors must confirm the height of their target before any competitor in the team event make their attempt).
- c. Once equipment is set up for all techniques the umpire will indicate to team members to adopt an L stance guarding block .
- d. From here the umpires follow the same procedure used for individual competitors from 4.2.0 d) –i)
- e. On completion of all competitor's attempts the lead umpire will ensure that equipment assistants and umpires line up facing the Jury President and bow before being dismissed.

#### In the event of a Tie

- a) The umpires will determine from the tied teams the single technique they wish to perform as a tiebreaker.
- b) The umpire will ensure that the same competitor who performed that technique previously for that team performs again with the target being set 5 cm higher than the last attempt by the competitor on that technique.
- c) The competitor will then follow the procedure as previously and as indicated by the umpire.
- d) The umpire will show the scores after a successful attempt and the winner will be shown after all tied competitors have completed their technique.
- e) In the event of a further tie this procedure will be repeated until a clear winner is determined.

#### **4.2.2 DIAGRAMMATIC REPRESENTATION OF THE SET UP ETC.**

- a. A diagrammatic representation of the holder should be drawn showing the ability to adjust the holder to a minimum height of 75cm and a maximum height of 2800cm



## 6.1.4 SCORESHEETS

## 6.1.7 Special techniques



NAME	ID NU MBE R	SEL ECT ED QUA LIFI ER	J u m p i n g u p w a r d f r o n t s n a p k i c k h e i g h t	S C O R E	J u m p i n g t u r n i n g k i c k h e i g h t	S C O R E	F l y i n g s p i n n i n g s i d e p i e r c i n g k i c k h e i g h t	S C O R E	J u m p i n g r e v e r s e t u r n i n g k i c k h e i g h t	S C O R E	J u m p i n g u p w a r d s s i d e p i e r c i n g k i c k h e i g h t	SCO RE	Tot al	Extr a	Extr a	Fina l scor e	Plac e
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