

FREESTYLE POOMSAE

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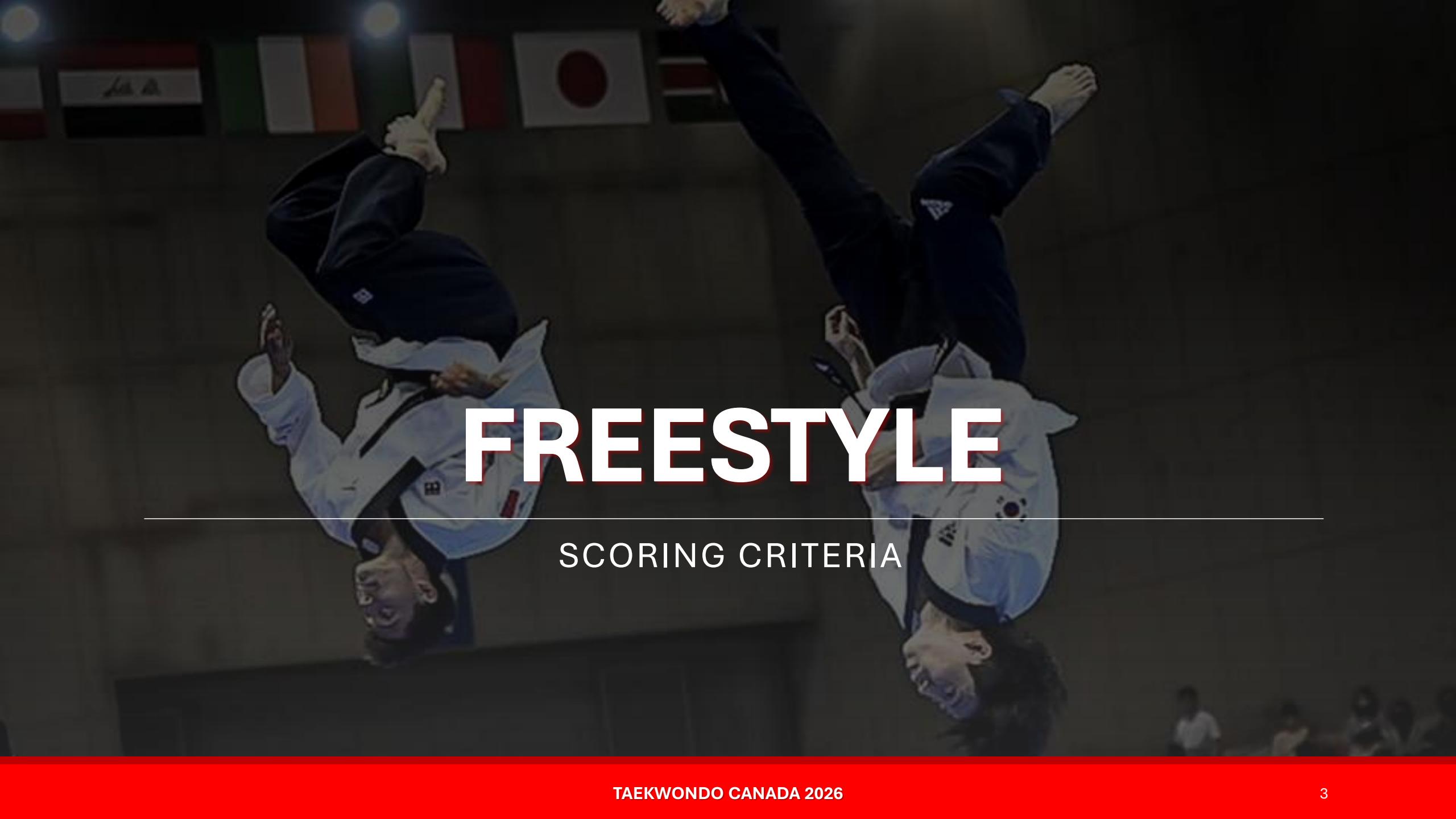


PURPOSE

The purpose of this presentation is to explain the competition criteria in Freestyle.

The rules and interpretation of June 14, 2024, remain in effect. However, some clarifications have been made, and I simply want to ensure, through this Zoom session, that we all have the same understanding of the rules.

Regarding the recognized poomsae, there are no real changes. After we have answered your questions about Freestyle, and if there is still time, we can answer your questions about the recognized poomsae.



FREESTYLE

SCORING CRITERIA

Competition Format

Control Table

R 1 2 3

Cut-Off System - FreeStyle

- Maximum of 2 rounds : Semi-Final & Final
- 9 or more competitors : Semi-Final
- 8 or fewer competitors : Final

10m x 10m Freestyle
12m x 12m Freestyle
Mixed Team

6 5 4

CC

Competition
Coordinator

Music and Choreography

- Tournament Committee delegate will review and approve the music
- Music and choreography shall be the choice of the contestant
 - Music shall not contain any political, social or religious content
 - Music must be without lyrics/human words
 - Weapon sounds during the music
 - If the music does not comply with the above, the contestant loses by DSQ
- Nature or animal sounds are permitted

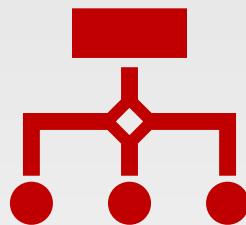
Timekeeping for Freestyle Poomsae

- Start the timer when the music begins after the coordinator says: joon-bi
- Stop the timer when the music finishes or when the contestant completes their last movement, whichever is later
- A major deduction (-0.3) shall be given if the time is less than 90 seconds or exceeds 100 seconds

Freestyle Poomsae :
Individual, Pair and
Mixed Team :
90 to 100 seconds

Scoring Criteria (10 pts)

A) Technical skills (6.0 pts)



- Points are awarded based on the level of performance.
 - 0 may be given for invalid movements. Examples: kick below the belt during jumping turning kick Acrobatic kicks and during consecutive sparring kicks
- Deductions are taken from
 - Excessively repeated techniques (-0.3 each; e.g. more than 3 acrobatic kicks) Sub-Total score for technical skills



B) Presentation (4.0 Pts)

The points are given for how well the performance connects with the music, the flow of movements, and the overall artistry.

A) Technical Skills (6.0 pts)

The technical skills are divided into 6 sub-categories

Mandatory Foot techniques	<ol style="list-style-type: none">1. Jumping Side Kick2. Multiple kicks in a jump3. Gradient of spins in a spin Kick4. Consecutive sparring kicks5. Acrobatic Kicking Technique
	<ol style="list-style-type: none">6. Basic Movements and Practicability

A1. Jumping Side Kick



Base Score – Jumping Side Kick								Body height (Waist to collar bone)	Face height (Collar Bone to eyebrow)	Over Face (Above eyebrow)
0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.1	0.2	0.3
	Mastery of the Performance – basic score according to the balance and accuracy of the execution, time in the air (hang time) and quality of the leg tuck (lower leg position).								Add 0.1, 0.2 or 0.3 points to the given basic score, according to the height of the jumping side kick	

- Must have 80% knee extension, otherwise score 0
- Must be at least belt height, otherwise score 0

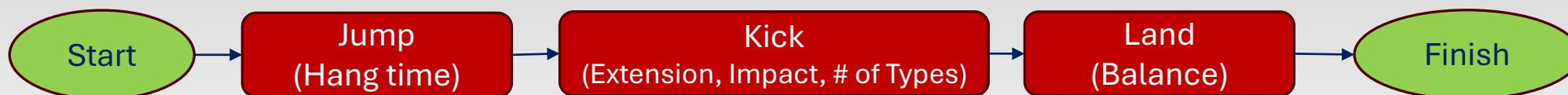
A1. Jumping Side Kick - Requirements

When performed kicking horizontally :

- The height of the kicking foot is taken as the height of the kicking leg
- Balance, accuracy, longer time in the air (hang time), all contribute to the base score. For the quality of the leg tuck (bottom leg) is not good, you penalize in the presentation (Harmony)
- 4 or more steps on landing is -0.3 from Base score.
- **All members of the pair or mixed team :**
 - Must perform jumping side kick at the same time, otherwise score 0.
 - Score the competitor performing the highest value technique for this Technical skill.
 - If the side kicks is in 2 different direction, it's accepted, but you penalize in the section 'Harmony'. (Difficulty to see both together)



A2. Multiple Kicks in the Jump



Base Score – Multiple kicks in the jump								3 kicks any type	4 kicks any type	5 kicks any type
0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.1	0.2	0.3
	Mastery of the Performance – basic score according to the height, balance and accuracy of the execution. Each Kick should be executed with powerful impact and retracted promptly.								Add 0.1, 0.2 or 0.3 points to the given base score, according to the number of kicks. The more types, the higher the presentation (creativity)	

- At least 3 kicks, otherwise score 0.

A2. Multiple kicks in the air - Requirements

- Front kick, Roundhouse, Side kick, or any combination kicks. (Scissor kick : 2 kicks)
- Kicks **below the belt height** are not considered for scoring.
- Kicks with **less than 80% knee extension of flexion** are not considered for scoring.
- Higher base technical score shall be given to :
 - High level performance
 - Better balance and landing
 - Powerful impact and retracted promptly
- Higher presentation score shall be given for more types and higher number of kicks.
- **At least one member** of the pair and mixed team must perform this criteria.

A3. Gradient of spins in a spin kick



Base Score – Gradient of spins in a spin kick (360° and more)								360°	540°	720° or more
0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.1	0.2	0.3
	Mastery of the Performance – Basic score according to the balance, height, and accuracy of the execution. Score based on the gradient of spins and height of the kick in a spinning kick.								Add 0.1, 0.2 or 0.3 points to the given basic score according to the gradient of turn in a spinning kick	

- Kicks must be above belt, otherwise score 0.
- At least 360° kick, otherwise score 0
- Must complete kicking before landing, otherwise score 0

A3. Gradient of spins in a spin kick- Requirements

- Competitors may perform this technique 2 or more times in the same sequence, you score the best one. All Spin kicks performed out of sequence score as part of Creativeness in Presentation.
- Higher gradient kicks techniques will result high presentation (creativity)
 - Example : Perfect 900° or 1080° kick
- Height of kick :
 - **In Individual & Pair** : Any spinning kicks that targets **below the waist** will receive a **0 Score**
 - **In Mixed Team**, any members kick **below the waist**, no **Bonus Score**.
- Loss of balance will result in up to 0.3 deduction from base score.
- **At least one member** of the pair and mixed team must perform this component

A4. Consecutive sparring Kicks



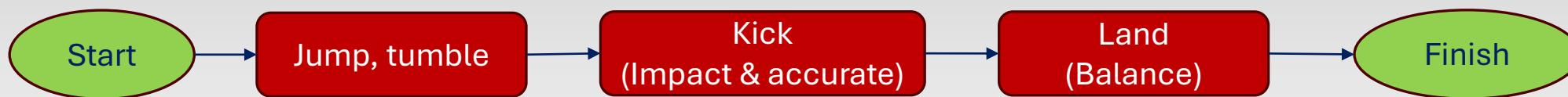
Base Score – Consecutive sparring kicks (7-10)								Low Level	Mid Level	High Level
0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.1	0.2	0.3
	Mastery of the Performance – Basic score according to the realistic level, height, balance, impact and accuracy of the execution.							Add 0.1, 0.2 or 0.3 points to the given skill level according to the performance of more complex and aggressive combinations with increased energy of consecutive sparring kicks		

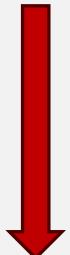
- At least 7 (10 max) consecutive sparring kicks, otherwise, score 0
- At least 3 bounces in same place (no switch, no move forward or backward or sideways) before execution of consecutive sparring kicks, otherwise score 0

A4. Consecutive Sparring kicks - Requirements

- Score based on performance level of the consecutive sparring kicks, considering diversity of techniques, variety of targets (body and higher) and combinations (attack, counter, footwork, punches...) of technique.
- Kicks must be above the belt to be counted. 1 kick below is ok more than 2/7 techniques will be score 0
- Double kicks count as 1 kick; Triple kicks or more count as 2 kicks, Only sparring techniques should be performed, such as those used in sparring matches.
- Using any other techniques as part of the consecutive sparring kicks will result in a score of 0.
 - Performing an acrobatic kick during consecutive sparring kicks.
 - Finishing the consecutive sparring kicks (after 7 kicks) with a spin kick (maximum 540°) is allowed.
- More speed, more types of kicks, and continuous movement will result higher base score and presentation.
- At least one member (the same until the end) of the pair and mixed team must perform consecutive sparring kicks.**

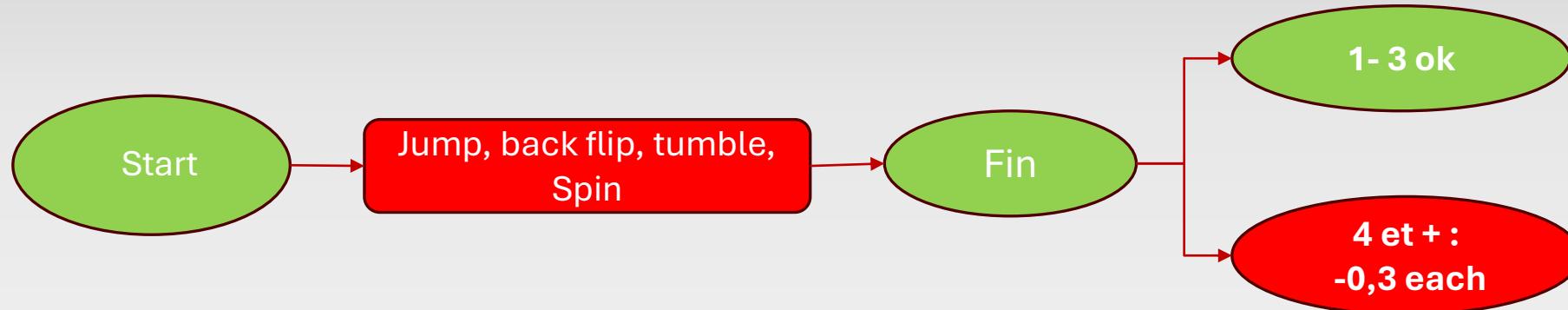
A5. Acrobatic Kicking Combination



Base Score – Performance level of acrobatic Kicking technique								Low level	Mid Level	High Level
0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.1	0.2	0.3
	Mastery of the Performance – Basic score according to the balance, quality of landing, motion variation in the air, 80% knee extension and accuracy of the execution							Add 0.1, 0.2 or 0.3 points to the given basic score according to the degree of difficulty of acrobatic performance (e.g. flip forwards, backwards or sideways)		

- Must have at least one taekwondo kick (80% knee extension), otherwise score is 0
- Kicks are not performed in the air with both hands off the ground, score is 0

A5. Acrobatic Kicking Technique - Requirements



- The whole performance should only include 3 acrobatic combinations, otherwise deduction of 0,3 pts.
- Any acrobatic action without a kick only out of sequence will result -0,3 deduction each time.
- One acrobatic combination means one set of different techniques executed within an overall acrobatic flow. If one team member starts a combination before the other member finished theirs, that is considered as only one combination.
- **At least one member** of the pair and mixed team must perform acrobatic action.

A5. Acrobatic Kicking Technique – Scoring Guidelines

- If same combination is repeated in this segment, presentation will be scored lower.
- Acrobatic is not about how many kicks an athlete can perform in the air; it is about the level of technique they perform
- When all technical sequences are done, extra acrobatic with kicks will be considered at presentation.
- Before music starts, if athletes perform acrobatic but fail, no deduction
- Long pause (more than 3 steps) before acrobatic techniques will result in lower presentation (creativity)
- Poor landing will result in lower base score
- In Pair, any boosting, lifting, step up, or other assistance will result in 0 point.
- An acrobatic technique is defined as any spin where the head dips

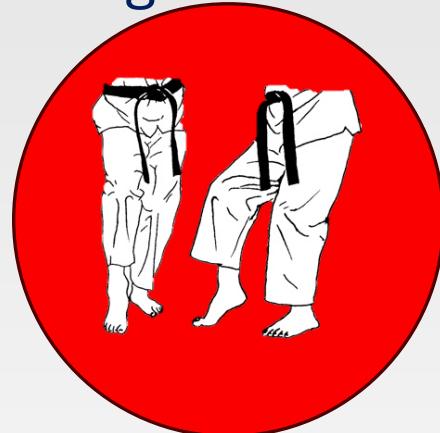
6. Freestyle Basic Movements

- Accuracy of the basic movements, techniques and stances are scored in this section
- Performance containing practical techniques and a balanced combination of offensive and defensive movements
- Practical arrangement and meaningful transition between attack and defense techniques with good balance
- Execution of “Kihap” and stomping is optional
- The dance movements are not allowed (clap our hands).

Freestyle Mandatory Stances

Beom seogi

Tiger stance



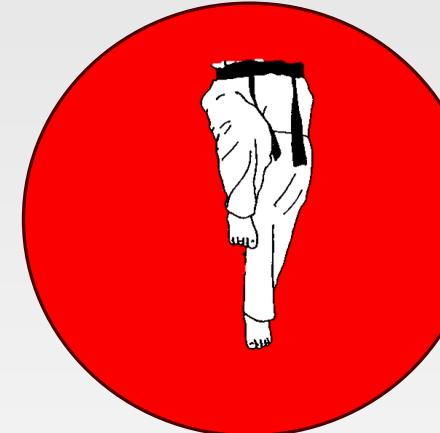
Dwit kubi

Back stance



Hakdari seogi

Crane stance



- -0.3 deduction for each missing stance during the performance
- The stances must be performed clearly and accurately
- For **Pairs & Teams**, the mandatory stances must be performed by all athletes at the same time.

Free Style Technical Skills (6.0 Points)

	Skill	Criteria	When to give 0 Score
1	Jumping Side Kick	The height of the kicking foot	Height is less than belt level Less than 80% knee extension
2	Multiple kicks in the jump	Number of kicks with > 80% extension	Number is less than 3 or Duck feet kicks
3	Jumping turning kick	Gradient of turn	No kick or kick clearly after landing
4	Consecutive sparring kicks	Quality of 7-10 sparring-style kicks	Less than 3 bounces or 7 kicks. More than 5 bounces or 10 kicks.
5	Acrobatic kick	Level of kicks with > 80% extension while inverted	No kick or Duck feet kicks
6	Basic movements	Quality of Taekwondo blocking, striking and kicking	Performance does not include Taekwondo techniques

- Duck feet Kicks (flipper kicks) are always given 0 score. Each kick should be executed with powerful impact and retracted promptly with 80% knee extension.
- Maximum of 1.0 points per skill, minimum of 0.

INDIVIDUAL/PAIR AND TEAMS MEMBERS

#	SKILL	Individual/Pair	Mixed Team
1	Jumping Side kick	All members	All members
2	Multiple kick in the jump	At least one member	At least one member
3	Gradient of spins in spin kick	At least one member	At least one member
4	Consecutive Kicks	At least one member	At least one member
5	Acrobatic Kicks	At least one member	At least one member

B) Freestyle - Presentation (4.0 pts)



Creativeness



Harmony



Expression of energy



Music and Choreography

B1. Creativity – 1 Point

Points may be awarded based on the creativity of the actions and components of the performance.

- Creativity in the **Yeon-mu line, music, choreography and connectivity** between movement sequences
- It is not considered as creative if the performance is a collection from various parts of the recognized poomsae
- Creative integration of TKD basics
- Varied levels, directions, & distributed body usage
- Kicking techniques with long airtime

B2. Harmony – 1 Point

Points may be awarded based on the harmony of the actions and components of the performance

Harmony of music, rhythm and movements: adjust tempo and rhythm of the techniques to the rhythm of the music – e.g. speedy and powerful-explosive execution, or a slow and powerful execution with long respiration and facial expression should be performed with appropriate rhythm of music.

Harmony also means using natural connected movements before or after technical skills

- e.g. demonstrating smooth transition from one skill to another; in contrast, if the contest jumps from one skill to the other without transition or with a big pause between skills, then that shows less harmony.
- No falls or major balance breaks (disrupts harmony)
- Balanced body usage (left/right, hand/foot)

Harmony and synchronicity of performance in pair and team divisions: If a contestant performs technical skills and the other members of the team stand still, then score lower. The other members of the team should continue to perform with appropriate movements.

B3. Expression of Energy – 1 Point

Points may be awarded for accurate expression of energy in the performance

- Confident appearance
- Strong focus and concentration
- Great kicks with impact and flexion
- Kihap is strong and short
- Correct volume of movement
- Facial expression
- Good competition manners

B4. Music & Choreography – 1 Point

Points may be awarded based on how the music and choreography contribute to the performance

- **Choreography** is the act of designing sequences of the movements and compositions of the poomsae
- Movements may be characterized by **dynamics**, such as **fast, slow, hard and soft**
- **Fitting of the music** (rhythm, melody and mood) being played to the performance
- **Adaptation** of the music and the choreography to the contents of the poomsae

Deductions

- Music under or overtime OR Both feet out of bounds = - 0.3 Deduction each
- Restarting the poomsae is a -0.6 deduction
- Pausing for 3 or more movements is -0.3 deduction
- Excessively repeated techniques will result in a -0.3 deduction
 - 4 or more acrobatic combinations for each combinations past the 3rd
- Falling is a -0.3 deduction :
- Only one deduction can be given for each movement.

Deductions (cont'd)

Pair & Team

- Each 3rd movement a pair or team fails to synchronize is a -0.3 deduction
 - Failure to synchronize for more than 2 consecutive movements (by mistake or intentionally)
- Holding a teammate while they perform a slow-motion kick is a -0.3 deduction from Total score
- Supporting, Boosting or Piggybacking during Pair : Deduction of 0,3

FREESTYLE - TEAMS

SCORING CRITERIA

Mandatory Board Breaking



Boards shall be pine with the following dimensions: 300 mm in length, 200 mm in thickness



Board holding sticks prepared by teams are allowed for **only the acrobatic board breaking technique.**

Mandatory Board Breaking - Requirements

- **Mixed team only** – Maximum 9 boards
- Mandatory board breaking in the three technical skills categories: no breaking, no additional score
- Holder of the board breaking can only be within the 5 members of the mixed team.
- Boards to be used for freestyle team competition must be contained within the contest area (in bounds)

SKILL	MINIMUM	MAXIMUM
Jumping Side kick	No breaking	No breaking
Multiple kick in the jump	No breaking	No breaking
Jumping Turning Kick	1 board	-
Consecutive Kicks	3 boards	-
Acrobatic Kicks	1 board	3 boards
Total	5 boards	9 boards

Mandatory Board Breaking – Scoring Guidelines

- Unsuccessful board breaking (**touch or no touch**) : Base score only, no additional score
 - Example : A mixed team member misses board while performing a 720° kick above face height with good hang time, good landing and good balance
 - Base score : 0.7
 - Additional score : 0 because of missed board; (would have been 0.3 (720°) if not missed)
- Cheating penalty: e.g. Intentional breaking by board-holder of the board to the path of the kick 0.3 deduction.
 - Additional score: 0 (counted as a missed break)
- Minimum boards criteria – No skill level Score is awarded for not meeting the minimum board break requirement

Support/Boosting & Piggyback Rules

#	Skill	Individual/Pair	Mixed Team
1	Jumping side kick	Not allowed	Not allowed
2	Multiple kicks in the air		Not allowed
3	Jumping turning Kick		Allowed – Piggyback Only
4	Kyorugi-style consecutive kicks		Not allowed
5	Acrobatic Kick		Allowed – All
6	Basic Movements		Not allowed

Free Style – Teams

Support/Boosting

Assisting a team member's jump while performing acrobatic board breaking kick.

Communication among players during performance will result in lower presentation in the harmony category.



Piggyback

Sit (not stand) on a team member's shoulders to hold a board up higher than head level while performing jump spinning kick or acrobatic kicking.



Freestyle Team -Deductions

- **Missing mandatory stances** (Dwit kubi, Hakdari seogi, Beom seogi)
 - **0.3 deduction for each** missed mandatory stance from the Sub-total score of Technical Skills
- If any contestant steps **TWO feet out of bounds**, then a 0.3 deduction is given
- A 0.3 deduction shall be given if the contestant **finishes before 90 seconds** (undertime) **or after 100 seconds** (overtime)

Questions
