



Coordinator Commands

Recognized Poomsae
FreeStyle Poomsae



Update : June 2026



Purpose

This document is intended to help referees, coaches and athletes during a Poomsae competition according to the different systems used.

Questions ?

Please send them by email : referee@taekwondo-canada.com

Warning

This presentation represents the situation as of the end of May 2026. It is possible that the WT's interpretations may change in the coming months. If this occurs, you will be notified as soon as possible.



Coordinator Commands

Recognized Poomsae



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Single Elimination One by one



First Poomsae (Chung)
Chung, Hong , Chool-jeon (LH)
Cha-ryeot (LH)
Kyeong-rye (LH)
Hong , Tuae-jang (LH)
Joon-bi (RH)
Shi-jak (RH)
Ba-ro
Shi-o
Tuae-jang (LH)

First Poomsae (Hong)
Hong , Chool-jeon (LH)
Cha-ryeot (LH)
Joon-bi (RH)
Shi-jak (RH)
Ba-ro
Shi-o
Tuae-jang (LH)
Pyo-chul (RH)

Second Poomsae (Chung)
Chung , Chool-jeon (LH)
Cha-ryeot (LH)
Joon-bi (RH)
Shi-jak (RH)
Ba-ro
Shi-o
Tuae-jang (LH)

Second Poomsae (Hong) & Declaration of Winner
Hong , Chool-jeon (LH)
Cha-ryeot (LH)
Joon-bi (RH)
Shi-jak (RH)
Ba-ro
Shi-o
Chung , Chool-jeon (LH)
Cha-ryeot (LH)
Kyeong-rye (LH)
Pyo-chul (RH)
walk between players
Chung-Seung/ Hong-Seung (RH/LH)
Tuae-Jang (RH-LH)



Single Elimination Side by Side



First Poomsae Bow-in

Chung, Hong, Chool-jeon (LH)

Cha-ryeot (LH)

Kyeong-rye (LH)

Joon-bi (RH)

Shi-jak (RH)

Ba-ro

Shi-o

Pyo-chul (RH) ⁽¹⁾

Tuae-jang (LH) ⁽¹⁾

(1) Competition organizers can change the order of this sequence.

Second Poomsae Declare Winner

Chung, Hong, Chool-jeon (LH)

Cha-ryeot (LH)

Joon-bi (RH)

Shi-jak (RH)

Ba-ro

Shi-o

Cha-ryeot (LH)

Kyeong-rye (LH)

Pyo-chul (RH)

Walk between competitors

Cha-ryeot (LH)

Kyeong-rye (LH)

Face forward hand signal

Chung-Seung/Hong-Seung

Tuae-Jang





Cutoff System



First Poomsae
Chool-jeon (LH)
Cha-ryeot (LH)
Kyeong-rye (LH)
Joon-bi (RH)
Shi-jak (RH)
Ba-ro
Shi-o
Pyo-chul (RH) ⁽¹⁾
Tuae-jang (LH) ⁽¹⁾

Second Poomsae
Chool-jeon (LH)
Cha-ryeot (LH)
Joon-bi (RH)
Shi-jak (RH)
Ba-ro
Shi-o
Cha-ryeot (LH)
Kyeong-rye (LH)
Pyo-chul (RH) ⁽¹⁾
Tuae-jang (LH) ⁽¹⁾

(1) Competition organizers can change the order of this sequence.



Competitor Withdraw Procedure



Single Elimination
Chung, Hong , Chool-jeon (LH)
Cha-ryeot (LH)
Kyeong-rye (LH)
Pyo-chul (RH) Walk Between players
Chung-Seung / Hong -Seung

Cutoff System
Chool-jeon (LH)
Cha-ryeot (LH)
Kyeong-rye (LH)
Pyo-chul (RH)
Tuae-Jang (LH)



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FreeStyle Competition



Coordinator	Recorder	Action
Chool-jeon (LH)		Competitor enters to starting position
Cha-ryeot (LH)		Competitor bows
Kyeong-rye (LH)		
Joon-bi (RH)		Competitor gets ready with any motion
	Starts music & clock	Competitor begins performance
	Stops competition timer	Later of (1) music finish or (2) last motion
Ba-ro		Competitor returns to ready stance
Shi-o		Competitor relaxes
Cha-ryeot (LH)		Competitor bows
Kyeong-rye (LH)		
Tuae-jang (LH)		Competitor exits the competition area
Pyo-chul (RH)	Publishes score	