



2011-2012 Poomsae Training Program

Overview

I. Goals:

- To develop poomsae athletes for elite poomsae competition under the WTF poomsae competition guidelines.
- To develop a program that will ensure that elite athletes can continue to improve and learn from other athletes and coaches
- To develop team cohesiveness throughout Alberta
- To develop a program that can grow and evolve according to the needs of the athletes
- To develop teams for various events including mens team, womens team, mixed pairs, etc.

II. Training Schedule

The Poomsae Training program will consist of three basic regions:

A. Northern Alberta

Northern Alberta Training will be conducted by Master Jim Rennie and located at Whitecourt TKD.

B. Central Alberta

Central Alberta Training will be conducted by Master Derek Sadler and located at Precision Martial Arts Academy in Edmonton.

C. Southern Alberta

Southern Alberta Training will be conducted by Master Doug Kim and located at Calgary Taekwondo Academy.

We will try to schedule regional team training once a week for Alberta on non-tournament weekends and team Alberta training at least once a month.

Training schedule for all Team Alberta Poomsae athletes for 2011:

Team Alberta Poomsae Training on Sunday, November 6th, 9 AM to 1 PM at Tiger Taekwondo in Edmonton.

Team Alberta Poomsae Training on Sunday, November 20th, 9 AM to 1 PM at Whitecourt Taekwondo in Whitecourt.

III. Eligible Athletes:

Any Poom or Dan holder that is competing at the Alberta Poomsae Team Trials. Any athlete that will be representing Team Alberta at the National Poomsae Championships.

All Team Alberta Poomsae athletes are required to fill out an application form at any of the team training sessions.

IV. Curriculum:

Learn the scoring system as described by the WTF Poomsae Competition Rules and Interpretations.

A. Accuracy

1. The main curriculum requires athletes to be aware of all of the poomsae standards for their compulsory 1 and compulsory 2 poomsaes.
 - a. Basic Hand techniques and stances to be performed correctly and consistently.
 - b. Understanding definitions of stances (and their korean names).
 - c. Understanding definitions of basic hand techniques (and their korean names).
 - d. Understanding definitions of kicking (and their korean names)

The necessity to understand Korean vocabulary is only present so that anyone who wishes to take a Poomsae course through the WTF, PATU, or Taekwondo Canada will understand better what each technique is. Also, much of the literature regarding WTF Poomsae uses Korean names for each technique. Athletes, coaches and referees would have an advantage knowing the Korean vocabulary for basic techniques, stances and kicks.

2. To understand the common deductions given for each of the Poomsaes
 - a. Major deductions. Under the new rules is a 0.3 point penalty (7.5%) for each occurrence.
 - Not returning to the original spot. Athletes are permitted to finish their poomsae within one their own foot length distance away from their original starting position. Note: There is extra leeway given in returning to the spot concerning Keumgang poomsae (up to 2 feet in front) and Jitae Poomsae (up to 2 feet behind).
 - Incorrect stance. i.e. the wrong stance is seen.
 - Incorrect hand. Correct technique, wrong hand.
 - Incorrect height of technique. Low, middle, high.

- Incorrect technique.
 - Missing or Added motions.
 - Missing or Added kihaps.
 - Missing or Added stomping motions.
 - Incorrect eye alignment.
 - Major loss of balance. Two or more hops to correct balance, or touching down as in hakdari seogi
 - Wrong foot moves during transition. (includes paro).
- b. Minor deductions. Under the new guidelines are a 0.1 point deduction for each occurrence and up to 0.2 maybe deducted per motion (0.1 for upper body error, 0.1 for lower body or stance error).
- General presentation. Including Charyot, Kyung-Net, Dobok length, Belt Length, hair, etc. (these are not accuracy requirements but included so people know that they are marked based on presentation).
 - Pivots on the heel and not the ball of the foot as required.
 - Correct Stance, but incorrect size and shape. Includes position of torso, bend of the legs, weight distribution etc.
 - Timing of hand technique and finished stance not synchronized.
 - Correct Technique, incorrect hand placement. Includes height of technique, left / right alignment, arm angle, belt hand etc.
 - Transitions show center of gravity moving up and down.
 - Transitions show feet sweeping into out.
 - Transitions show dragging of the feet.
 - Counter arm is not used.
 - Bent wrist in hand techniques except palm (batangson) blocks, strikes.
 - Incorrect setup for hand motions.
 - Incorrect hand or fist form.

- Pivots happening in two motions.
- Setup hand must be in the same form as the finished hand. Example middle block cannot start open handed and close to a fist. Counter arm for sonnalmokchigi (knife hand chop) should not start open handed.
- Kicks lack proper range.
- Kicks lack proper foot form.
- Incorrect shoulder / hip alignment during hand or kicking techniques.
- Small setup step (chicken step) for kicks
- Minor loss of balance. Wobbling, small hop to correct balance, includes performing of kicks, crane stance.

B. Presentation Scores

Presentation now represents 60% of the total points possible. The scores are broken down into three categories:

1. Speed and Power

“Ability to perform Poomsae shall be evaluated on whether the movements are performed in accordance with the characteristics of the pertinent movement, for example, whether attacking techniques like Jireugi, Chagi, etc. are best performed, whether the movement is presented with a soft start and with a perfect balance between speed and power utilizing the body weight at the maximum, and whether a special movement is performed slowly intentionally, etc.

(Example 1) Deduction of point shall be made if too much strength is revealed in the beginning of the movements as it slows down the movements at the most important point of the movements.

(Example 2) Deduction of point shall be made if one exaggerates a movement to propel the next movement or utilizes the reaction of the body to express power.”

- WTF Poomsae Revised Rules and Interpretations (October 2011)

Under the new rules, presentation has been changed so that balance, softness, range of motion are all included in this aspect of presentation. Exaggerated body twisting to setup techniques, techniques are started with too much stiffness etc. would be considered deductions.

2. Control of Power, Speed and Rhythm

“(Explanation #5) Control of power, speed and rhythm (score 2.0)

Control of power means the strongest power shown at the most critical moment of the movement through speed and softness.

Control of speed means an appropriate connection between actions and changes of speed

Rhythm means repeated actions according to set rules and length of note, and flow of power. (Example #1) Too much power makes the movement look stiff from the start. Points shall be deducted if the speed, power and rhythm are presented with no changes from the start to the end of the lines of movements.

(Example #2) Points shall be deducted in case of stiff actions coming from stiff body: A strong start makes it difficult to accelerate, thus slowing down the action at the critical point of movements.”

- WTF Poomsae Revised Rules and Interpretations (October 2011)

Control of power and control of speed are demonstrated by good understanding of softness (relaxation / tension) and relaxed to explosive movements. Understanding slow movements, timing and transitions are related to tempo. We will be using the World Poomsae Championships as a guideline to understand tempo and timing.

3. Expression of Energy

“(Explanation #6) Expression of energy (score 2.0)

Whether actions are presented with quality and dignity that come from mastering of the energy: size of body action, concentration, courage, sharpness, confidence, etc. according to the characteristics of actions of Poomsae

Eyesight, kihap (yelling), attitude, costume, confidence, etc. all through the actions of Poomsae based on the performer’s physique and characteristics shall be evaluated.

(Example #1) Points shall be deducted if actions are not vivid, connecting actions are not big enough for the performer’s physique, performance is made in the same rhythm all the time without quality and dignity, and eyesight, kihap, confidence, etc. are not expressed perfectly.”

- WTF Poomsae Revised Rules and Interpretations (October 2011)

Expression of energy includes kihap, balance, posture, and eye intensity. Fluid movements and good concentration are also included in this aspect of presentation.

NOTE: Regarding new presentation scoring guidelines. None of the ATA Poomsae Referees have taken a WTF IR Poomsae refresher course that has given clear instruction on how to score presentation under these new guidelines. Thus there is some ambiguity on how these scores will be given. As we get poomsae IR’s who have taken the course, we will get clearer ideas of how scores will be given or deducted.