

## **Recommendations for Poomsae Competition in Alberta**

Over the summer of 2011, the Alberta Taekwondo Association approved a Poomsae Development Committee whose purpose was to develop sport Poomsae in Alberta.

There are inherent problems when dealing with changes to a common standard in sport competition:

- 1. Not everyone knows the new standards (the proper definitions for each technique).**

Coaches and athletes who know and train according the new set of standards have a sizeable advantage over those who do not. Informing the athlete base, the masters and instructors of these athletes (essentially the ATA membership) of changes to poomsae competition is paramount in developing a successful program that is in line with the WTF Poomsae Competition Rules.

Poomsae competition at local Alberta tournaments have been based entirely on movements (pooms) learned within each dojang. Whether these schools have adopted the new standards as required for WTF Poomsae competition is based on each individual master. The hope is that all potential Poomsae athletes learn, practice and perform poomsae as required for sport Poomsae.

- 2. Different Dojangs are teaching Poomsaes according to Dan rank.**

All Poomsae athletes must know all of their Compulsory 1 and Compulsory 2 Poomsaes. This is currently not the case at local competitions. Most dojangs teach Poomsae according to Dan ranking, instead of age.

- 3. Many referees are not up to date on standards, and also have not learned all of the Poomsaes they are required to judge.**

Developing competent referees is also challenging. Referees must know and learn the Poomsae standards so that they can accurately evaluate a competitor.

Since we are in a transitional stage, any local competitions that will be conducting Poomsae competitions according to the WTF guidelines will see many of these challenges come to light. In order to ensure fair competition, the first few tournaments (Tiger, Whitecourt, and possibly DK Chun) should adopt the **Round Robin** and **Single Elimination** method of competition with the goal to move to the **Cutoff System** as competitors learn their required poomsaes and the new standards. This will ensure efficient use of time, as the **Cutoff System** for Poomsae competition is very time and resource intensive. Individuals compete one at a time, and seven judges are required for each poomsae ring. The World Poomsae Championship uses this system and is also expected at Canadian Nationals.

In order to develop strong Poomsae athletes, the Poomsae Development Committee suggests the following changes to current local and Provincial competitions.

### I. WTF Poomsae Divisions

For black belt individual Poomsae competition, WTF Poomsae Divisions should be used. These divisions are not Dan / Poom rank based, they are age based. Eventually, junior and senior pairs, junior and senior team poomsae divisions should also be considered.

구분 Division		17세 이하 Under 17	29세 이하 Under 29	39세 이하 Under 39	49세 이하 Under 49	59세 이하 Under 59	59세 초과 Over 59
나이 Age		14세-17세 14-17 years old	18세-29세 18-29 years old	30세-39세 30-39 years old	40세-49세 40-49 years old	50세-59세 50-59 years old	59세 초과 60 years old or higher
개인 Individual	남자 Male	1	1	1	1	1	1
	여자 Female	1	1	1	1	1	1
구분 Division		29세 이하 Under 29		29세 초과 Over 29			
나이 Age		14세-29세 14-29 years old		30세를 포함하여 그 이상의 나이 30 years old or higher			
복식 Pair		2		2			
Team	남자 Male	3		3			
	여자 Female	3		3			

### II. Compulsory Poomsae List

Division	Compulsory 1	Compulsory 2
14 to 17	Taegeuk 4 Taegeuk 5 Taegeuk 6 Taegeuk 7	Taegeuk 8 Koryo Keumgang Taebaek
18 to 29, 30 to 39, Under 29 Pairs, Under 29 Team	Taegeuk 6 Taegeuk 7 Taegeuk 8 Koryo	Keumgang Taebaek Pyongwon Shipjin

40 to 49, Over 29 Pairs, Over 29 Team	Taegeuk 8 Koryo Keumgang Taebaek	Pyongwon Shipjin Jitae Chongkwon
50 to 59, over 59	Koryo Keumgang Taebaek Pyongwon	Shipjin Jitae Chongkwon Hansu

### III. Round Robin and Single Elimination Poomsae

Since this is the first year that we are implementing sport poomsae under WTF Poomsae Competition guidelines, we may run into some challenges regarding poomsae competition as indicated above. To make sure that all athletes are still welcome to compete, Round Robin and Single Elimination should be used.

WTF Poomsae Competition Rules allow for Round Robin and Single Elimination style of competition. Two competitors line up in the competition area and one is wearing a red ribbon (hong) and the other a blue ribbon (chong). Both would normally perform the same poomsae. Since not all competitors will know all the required Poomsaes, competitors **may choose** which Poomsae they will perform from Compulsory 1 or 2. Eventually, as athletes become familiar with the poomsaes from Compulsory 1 and 2, set Poomsaes should be announced ahead of time for each round of Single Elimination, or Round Robin.

With age divisions of 40 and up, some very senior level Poomsaes are required. With new black belts in this age category any Poomsae from Taegeuk 4 up until the final Compulsory 2 Poomsae can be selected.

Referees will have a chance to observe many higher level poomsaes and become familiar with them.

The winner will be selected based on points, and winner declared (Chong or Hong Seung). In Single Elimination, the competitor moves up the tree, and in the case of a round robin chart, winner is marked.

### IV. Cutoff System:

The cutoff system is the recommended system for Poomsae competition. The cutoff system is described in the WTF Poomsae Guidelines with the following suggested modifications for Alberta athletes:

- A. Preliminaries will only be held if there are more than 8 competitors in a division with one Compulsory 1 poomsae.
- B. Semi Finals consist of the top 8 competitors (Not the top half) and will perform one Compulsory 1 poomsae, and one Compulsory 2 poomsae.
- C. Finals will consist of the top 4 competitors (Instead of top 8) and will perform two of the three remaining Compulsory 2 poomsaes.
- D. All Required Poomsaes will be announced ahead of time (amount of time to be decided by tournament host) to allow competitors to practice.

This will ensure that our athletes are still required to perform and know all of the required compulsory 1 and 2 poomsaes.

As stated previously, this method is very time consuming, but it is the fairest and most accurate method of assessing skill and performance in Poomsae.

#### V. For Junior B and C athletes:

Since there are no international Poomsae events for this age category we suggest to use the same compulsory poomsaes as Junior Division athletes (Junior A). If time permits, poomsae competition should be done the same way as Junior A (14 to 17).