



FREE STYLE POOMSAE SELECTION PROCEDURES
2013 NATIONAL POOMSAE TEAM
May 6, 2013

I. QUALIFICATION

Open Qualification

USA Taekwondo will conduct a selection process that is open to all USA Taekwondo (USAT) members who meet the age and eligibility requirements for the following Free Style Poomsae division(s):

Individual Male	One member, male, age 15 and up (calendar year)
Individual Female	One member, female, age 15 and up (calendar year)
Pair	Two members (one male, one female) age 15 and up (calendar year)
Mixed Team	Five members (with at least two males and two females) age 15 and up (calendar year)

Additionally, the following requirements must be met for an athlete to be eligible to join the 2013 National Poomsae Team:

1. Athlete is a holder of the nationality of the United States of America.
2. Athlete is a holder of Taekwondo Dan or Poom certificate issued by the Kukkiwon.
3. Athlete is a member of USA Taekwondo in good standing.
4. Athlete is at least 15 years of age by December 31, 2013.
5. Must have a valid United States passport

Performance Waivers

Any individual, pair, or team who successfully medaled (1st-4th place) at the 7th WTF World Taekwondo Poomsae Championships (Tunja, Colombia, December 6-9, 2012) will receive a performance waiver from Phase 2 and automatically advance to Phase 3 as long as their poomsae passes the approval process in Phase 1. All contestants must submit a poomsae that passes US Team guidelines as outlined in Phase 1.

All members in a pair or team must be the same as the pair or team that medaled to receive a performance waiver. No substitutions will be allowed.

If a division has a performance waiver contestant, Phase 2 will still select four other contestants out of the applicants and Phase 3 for that division will have a total of five contestants.

II. SELECTION PROCESS

PHASE 1
Free Style Poomsae Video Submission

Any individual, pair, or team who meet the eligibility requirements set forth within the selection procedures may submit a free style poomsae video to USAT. All submissions must meet the free style poomsae technical criteria (see attached). The videos submitted will be reviewed by the U.S. National Poomsae Team Coaches and Referees to determine if the poomsae meets US Team guidelines for free style poomsae.

The U.S. National Poomsae Team Coaches and USAT Poomsae Referees participating in this selection will include: Ibrahim Chishti, Muhammad Chishti, Raymond Hsu, Jimmy Kim and Victoria Serbin. If any of the contestants are directly affiliated by club with any of the U.S. National Poomsae Team Coaches and Referees named above, those coaches or referees shall recuse themselves from the entire selection process for that division, and they may be replaced by another coach or referee.

The submission deadline for Phase 1 is June 1, 2013.

All athletes whose submissions meet the US Team criteria for free style poomsae as determined solely by the U.S. National Poomsae Team coaching staff shall advance to Phase 2, **Free Style Finalist Selection Vote, June 3, 2013.**

Athletes will be notified within two business days if their submission is approved (through to Phase 2) or rejected. Athletes may re-submit a revised video up to three times so long as the submission deadline has not passed. Each athlete, pair, or team may submit only one entry for final consideration in phase 2 (an athlete may not submit multiple poomsae to be voted on). Each individual athlete may only compete as part of one pair or one team and may not be a part of multiple pairs or team submitting.



PHASE 2
Free Style Finalist Selection Vote – June 3, 2013

A panel consisting of no fewer than three (3) U.S. National Poomsae Team coaches and referees (from those named in Phase 1) will vote for their top four submissions.

In each category, the contestants who earned enough votes to be in the top four will earn a spot in Phase 3, **Free Style Poomsae Selection Camp** at the Junior and Senior National Championships (Chicago, IL, July 2-9, 2013)

In the event of a tie for the final spot, the U.S. National Poomsae Team head coach (Jimmy Kim) will break the tie with one extra vote.

The top 4 will be announced via e-mail to all applicants no later than June 10, 2013, as well as posted on the USA-Taekwondo website soon after.



PHASE 3
Free Style Poomsae Selection Camp – July 8, 2013, Chicago, IL

The top four contestants in each category, as selected in Phase 2, will attend the Free Style Poomsae Selection Camp and perform their Free Style poomsae in front of the U.S. National Poomsae Team coaching staff. Each contestant will receive feedback by the coaching staff.

A panel consisting of no fewer than three (3) U.S. National Poomsae Team coaches and/or referees (from those named in Phase 1) will rank the contestants in order from 1st to 4th place. Points will be awarded as follows:

1 st Place Vote:	10 points
2 nd Place Vote:	5 points
3 rd Place Vote:	3 points
4 th Place Vote:	1 point

In the event of a tie for first place, the contestant with the most 1st place votes will win. If the scores are still tied after the first tiebreaker, the contestant with the most 2nd place votes will win. If the scores are still tied after the second tiebreaker, the U.S. National Poomsae Team head coach (Jimmy Kim) will break the tie with one extra vote.

The winning contestant from each division earns a spot on the 2013 U.S. National Poomsae Team, which will compete at the 8th WTF World Taekwondo Poomsae Championships (Bali, Indonesia, October 31 – November 4, 2013).

III. ATHLETE RESPONSIBILITIES

Travel & Competition Expenses

All athletes named to the 2013 National Poomsae Team shall be responsible for all travel expenses, registration fees, team uniforms and apparel associated with their participation in the 2013 World Poomsae Championships.

Notification of Participation & Replacements

All 2013 National Poomsae Team free style division members must make clear their intention of participating in the 8th WTF World Taekwondo Poomsae Championships no later than August 31, 2013. At that time, complete registration information including copies of passports and Kukkiwon certificates must be submitted. If the 1st place contestant from Phase 3 is unwilling or unable to participate or provide necessary registration information, the 2nd place contestant will be offered the spot as an alternate. If the 2nd place contestant is unwilling or unable to participate, the U.S. National Poomsae Team coaching staff may choose to select the 3rd place finisher to compete, or leave the spot unrepresented. Failure to declare willingness to participate by August 31, 2013 may result in the alternate being named to the team, or having the spot left unrepresented.

World Championships Schedule

All 2013 National Poomsae Team members are required to arrive at the 8th WTF World Taekwondo Poomsae Championships (Bali, Indonesia, October 31 – November 4, 2013) no later than October 28, 2013 (three (3) days prior to the start of competition) in order to participate in the training sessions and registration.

IV. U.S. NATIONAL POOMSAE TEAM FREE STYLE TECHNICAL GUIDELINES

Free style poomsae is based on Taekwondo techniques, with the addition of music and choreography. For all divisions, the following guidelines apply:

- Yeon-mu line (i.e., the progress line of the poomsae) shall be the choice of the team. You may define a different starting and finishing point.
- Each performance shall be composed of approximately 20 to 24 poom (each poom shall be no more than 5 movements).
- The following stances must be included in the performance at least once:
 - Dwikkubi (Backward inflection stance)
 - Beom-seogi (Tiger stance)
 - Hakdari-seogi (Crane stance)
- Each foot technique shall have less than a 3 step run-up.
- Music and choreography shall be the choice of the contestant. Music is required.
- The performance must be limited to a 10m x 10m competition area.
- Total time of 60 to 70 seconds.

V. U.S. FREE STYLE POOMSAE MANDATORY TECHNIQUES

In order to remain competitive in international competition, the following techniques are mandatory according to the division listed below. Additionally, all techniques must be performed in the order they are listed below:

Technique & Measurement	Individual Female	Individual Male	Pair	Team
1. Jumping Side Kick (height of kick)	Face Level (Philtrum)	Face Level (Philtrum)	Face Level (Philtrum)	Face Level (Philtrum)
2. Multi-Kick Jumping Front Kick (Number of kicks)	2 Kicks (double kick)	3 Kicks (triple kick)	3 Kicks (triple kick)	3 Kicks (triple kick)
3. Spinning Kick (Degree of Gradient)	360	720	720	720
4. Sparring Kicks (Number of kicks)	5-7	5-7	5-7	5-7
5. Acrobatic Action (Difficulty & Motion)	1 action of at least Easy Difficulty	2 actions with at least 1 Hard Difficulty	2 actions with at least 1 Hard Difficulty	2 actions with at least 1 Hard Difficulty

Coach's Explanation of Free Style Technique Requirements

Jumping Side Kick

The height of the Jumping Side Kick is calculated as the average height between the kicking foot and the base foot. The target height of the athlete's philtrum is calculated based on the athlete's philtrum position while the athlete is standing. Athletes are encouraged to kick higher than the

philtrum if they can. For pairs and teams, all athletes must perform this technique, but only one is required to kick at the maximum height.

Multi-kick Jumping Front Kick

For this technique, the athlete(s) must execute a set number of front kicks in the air before landing. All kicks must show at least 80% knee extension and be executed no lower than the athlete's belt. Athletes are encouraged to deliver more than the required number of kicks if they can. For pairs and teams, only one athlete is required to perform this technique, however other athletes may deliver a multi-kick jumping front kick with a lower degree of difficulty (for example, four team members may execute a double kick while one member executes a quadruple kick).

Spinning Kick

This technique features a Taekwondo kick with a jump and vertical-axis spin incorporated. Both rear-leg spinning hook kick and front-leg jumping turning roundhouse kick (nada-bon) techniques are considered to be 360 degree techniques. A front leg jumping turning roundhouse kick where the athlete lands with the kicking foot first is considered a 540 degree technique. A rear leg jumping turning spinning hook kick where the athlete spins 360 degrees completely in the air prior to kicking with the rear foot is considered a 720 degree technique. A front leg jumping turning roundhouse kick where the athlete spins in the air twice prior to kicking is considered a 1080 degree technique.

Sparring Kicks

The sparring kicking section of a free style poomsae must be preceded by 3-5 sparring style bouncing steps. Then, the athlete(s) must perform a kicking combination of no fewer than 5 techniques. Double kicks are considered one (1) technique and triple kicks in succession are considered two (2) techniques. Athletes are encouraged to incorporate high level techniques (face level kicks and spinning kicks) in this combination in order to simulate a high-scoring combination in sparring.

Acrobatic Action

Acrobatic actions are required in conjunction with a Taekwondo kick (usually a front kick or roundhouse kick). **Without a Taekwondo kick incorporated, the acrobatic action will not be counted.** Accepted acrobatic actions include:

Easy

- Aerial (cartwheel with no hands touching the ground)
- Other similar acrobatic actions involving cartwheel-like motion

Medium

- Butterfly twist (360 spin while parallel to ground)
- Corkscrew (360 spin + 360 barrel roll while parallel to ground)
- Other similar acrobatic actions involving twists with the body parallel to the ground

Hard

- Flip (front flip or back flip)
- Gainer (backwards somersault while moving forward) or j-step gainer ("kick the moon")
- Other similar acrobatic actions involving full or multiple flips

Athlete(s) may perform more than one acrobatic motion in their free style poomsae. For pairs and teams, only one athlete is required to perform the acrobatic motion (however, it is encouraged for more than one athlete to perform the acrobatic motions in sync).

Encouraged but Non-Required Techniques

Some techniques are not required but are considered good to have in your Free Style Poomsae as they demonstrate higher levels of athleticism and ability. The following techniques are some examples.

Side Kick

A side kick technique is not required but is strongly encouraged in Free Style Poomsae with emphasis being placed on the height and vertical line of the kicking leg. Straight vertical kicks are encouraged. Demonstration of power and control over side kick is also encouraged, such as multiple kicks without putting down the kicking foot and/or slow-extension side kicks.

Slow Extension Kicks

Demonstrating control and flexibility with the ability to deliver a slowly extended kick to full height during Free Style Poomsae is encouraged.

Hand Techniques

Hand techniques, including blocks and strikes, are a perfect time to demonstrate timing with your music. Setting the stage for the rest of your poomsae with opening hand techniques that match hits in your music is encouraged.