Taekwondo (Male)

Skills (54%): Results in each item 15% + Quality of skill in each item 3%								Written	Total
Exam Item	40s Turning Kick				Board Breaking	Poomsae	Participation	Exam	1 Otal
							26%	20%	100%
Content	Kick the target using				Use 'Punch', 'Snap Kick', 'Side Kick',	Demonstrate the			
	'Turning kick' with one leg				'Turning Kick' and 'Axe Kick' to break	flow of 'Pattern I'.			
	in first 20 sec, switch to the				boards.				
	other leg in the remaining					Accuracy: 8 pt			
	20 sec. The target is set in				There will be 3 trials for each motion.	i)Details of poomsae			
	waist l	level.			Break at 1st trial: 3 pt	(4 pt)			
	Hits	Pt	Hits	Pt	Break at 2 nd trial: 2 pt	ii) Basic movements			
	90	15	56	7	Break at 3 rd trial: 1 pt	and balance (4 pt)			
	85	14	52	6	Fail to break within 3 trials: 0 pt				
	80	13	48	5	*The thickness of the boards is 10mm.	Presentation: 10 pt			
	76	12	44	4		i) Speed and power			
	72 68	11	40 37	3 2		(5 pt)			
	64	9	34	1		ii) Rhythm and			
	60	8	J.			Expression of			
						energy (5pt)			
	3pt: stud	lent can	demonst	rate the s	kill very smoothly and meet the skill requirements.	-	-		
Skill point	2pt: stud	lent can	demonst	rate the s	kill smoothly and meet some of the skill requirements.				
	1pt: stud	lent can	not demo	nstrate th	ne skill smoothly and cannot meet the skill requirements.				
No. of Trial	1				1	1	-		

Taekwondo (Female)

Skills (54%): Results in each item 15% + Quality of skill in each item 3%								Written	Total
Exam Item	40s Turning Kick			<u>ick</u>	Board Breaking	Poomsae	Participation 26%	Exam 20%	100%
Content	Kick the target using				Use 'Punch', 'Snap Kick', 'Side Kick',	Accuracy: 8 pt	2070	2070	10070
	'Turning kick' with one leg				'Turning Kick' and 'Cutdown' to break	i)Details of poomsae			
	in first 20 sec, switch to the				boards.	(4 pt)			
	other leg in the remaining					ii) Basic movements			
	20 sec. The target is set in				There will be 3 trials for each motion.	and balance (4 pt)			
	waist level.				Break at 1 st trial: 3 pt				
	Hits	Pt	Hits	Pt	Break at 2 nd trial: 2 pt	Presentation: 10 pt			
	80	15	46	7	Break at 3 rd trial: 1 pt	i) Speed and power			
	75	14	42	6	Fail to break within 3 trials: 0 pt	(5 pt)			
	70	13	38	5	*The thickness of the boards is 8mm.	ii) Rhythm and			
	66	12	34	4		Expression of			
	62 58	11	30	2		energy (5pt)			
	54	9	24	1					
	50	8							
Skill point	3pt: stuc	dent can	demonst	rate the s	skill very smoothly and meet the skill requirements.	-			
	2pt: stuc	lent can	demonst	rate the s	skill smoothly and meet some of the skill requirements.				
	1pt: stuc	dent can	not demo	nstrate tl	ne skill smoothly and cannot meet the skill requirements.				
No. of Trial	1				1	1			