

EVOLUTION OF POOMSAE COMPETITIONS - TSTA

By Kim Davis

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PURPOSE:

The purpose of this essay is to clarify the Poomsae competition divisions to help athletes, coaches, and instructors know which division is appropriate for the specific athlete, how poomsae is selected for various divisions, AND scoring methods for each.

HISTORICAL COMPARISON POOMSAE TO KYORUGI:

Poomsae competitions have evolved in a similar way to Kyorugi competitions. In the early to mid 2000's, Kyorugi Black Belt competition had 2 terms emerge: Grassroots and World Class Divisions. Poomsae competition has also evolved over time, yet the naming convention clouds the types of competition, where the naming convention held on to "Traditional Poomsae" versus "Sport Poomsae". TSTA is now labeling these divisions as "Grassroots Poomsae" (formerly Traditional Poomsae) and "Sport Poomsae".

Kyorugi Grassroot vs World Class Highlights:

The table below highlights the similarities and main differences between these 2 divisions.

	GRASSROOT KYORUGI	WORLD CLASS KYORUGI
SIMILARITIES	<ul style="list-style-type: none">• Use USAT Kyorugi Rules• Same rank and age divisions	
DIFFERENCES	<ul style="list-style-type: none">• Black Belt missed their State Qualifier and needed to place in USAT National Grassroot Division to participate in "World Class Kyorugi". (Grassroot division was held 1 day prior to same World Class division.)• Black Belt with less ring experience, like a recently promoted Black Belt OR a Junior moving up to Senior division.• A recreation experience Black Belt wanting additional experience outside their state.• A Black Belt athlete simply wanted to participate, yet	<ul style="list-style-type: none">• Black Belt athletes are seeded.• Attempting to gain high enough placement to qualify for USAT Team Trials or Fight Off for USA Team consideration.• Gain high enough competitive standing to earn a training opportunity with USAT Coaching and/or Team training.• Preliminary rounds may be limited to 2 rounds and duration 1.5 to 2 minutes in length.• Semi Final and Final may be 3 rounds and duration 1.5 to 2 minutes in length.

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	<p>knew they didn't train at the same level as the typical World Class Kyorugi athlete that may be on the current USA TKD Team.</p> <ul style="list-style-type: none"> • Number of rounds and duration of rounds may be less than World Class Kyorugi divisions (example; 2 rounds at 1 minute each preliminary through finals). 	
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Grassroots (formerly Traditional) vs Sport Poomsae Divisions:

The table highlights the similarities and differences between these 2 divisions.

	GRASSROOTS POOMSAE	SPORT POOMSAE
SIMILARTIES	<ul style="list-style-type: none"> • Poomsae to perform is from the same list recognized by WT (World Taekwondo) and USAT. • The scoring method used today is the same for both types of poomsae competition in TSTA events. • Each poomsae is performed in the same way. <ul style="list-style-type: none"> ○ Taeguek 1 through 8 ○ Black Belt Poomsae: Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, & Hansu 	
DIFFERENCES	<ul style="list-style-type: none"> • Athletes complete the recognized poomsae for THEIR belt rank. • Typically, the poomsae is the 1 completed during their testing at their school to achieve their belt rank. • 1 poomsae is demonstrated in a modified cut off system. • In the past, flip cards were held up to indicate the judges scores, where the card displayed a total number from 0 to 10.0. • Starting in 2019, to develop and prepare poomsae athletes 	<ul style="list-style-type: none"> • Athletes complete the Designated Poomsae selected at random for the competition. • Color belts will be responsible for knowing 2 or more Taeguek forms depending upon their color belt rank. • Color belts may have both a preliminary and final round, where the poomsae is different in each round. • Black belts will be responsible for the poomsae indicated by

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	<p>for sport pomsae AND provide similar scoring method, the judges total score is up to 4.0 points for accuracy and 6.0 points for presentation.</p> <ul style="list-style-type: none">• Some athletes do not wish to perform randomly selected pomsae that varies from competition to competition, or the athlete may not be ready to do so; hence, the athlete has the opportunity to gain experience prior to entering Sport Pomsae competitively.	<p>their AGE, where their knowledge of 8 pomsae is required.</p> <ul style="list-style-type: none">• 11 years & younger potentially have 2 rounds: preliminary & final.• 12 years & older potentially have 3 rounds: preliminary, semifinal, & finals.• Preliminary & semifinal rounds involve 1 pomsae, where each round is a different pomsae.• Final round is comprised of 2 pomsae.• The Designated Pomsae sheet for an event is posted in advance to allow athletes the opportunity to practice the pomsae selected for their division.• The total possible score in Sport Pomsae is 10.0 points, where up to 4.0 points is for Accuracy portion and up to 6.0 points is for Presentation portion.
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TSTA POOMSAE COMPETITION TODAY:

The bottom line is the Grassroots Pomsae Divisions allow athletes the opportunity to experience similar competition rules AND scoring methods to prepare for future entry in Sport Pomsae Divisions. Providing a similar platform helps to develop FUTURE Pomsae Black Belt Athletes for the national and international competitions. Some athletes may not have the desire to compete at USAT Nationals or WT International sport pomsae competitions; hence, providing Grassroots Pomsae Divisions gives them the opportunity to participate in competitions locally in Texas.

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An excellent resource for the poomsae selected for the various divisions can be found in the USAT Poomsae Rules located on the USAT website. The USAT Poomsae Rules only addresses Sport Poomsae, not Traditional or Grassroot Poomsae.

TSTA is again providing both a developmental path for less experienced poomsae athletes and give each poomsae athlete the opportunity to participate in our Taekwondo sport.