

Taekwondo (Male)

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

Taekwondo (Female)

Skills (60%): Results in each item 15% + Quality of skill in each item 5%				Attendance & Participation	Written Exam	Total																																				
Exam Item	40s Turning Kick	Board Breaking	Poomsae	20%	20%	100%																																				
Content	Kick the target using ‘Turning kick’ with one leg in first 20 sec, switch to the other leg in the remaining 20 sec. The target is set in waist level.	Use ‘Punch’, ‘Snap Kick’, ‘Side Kick’, ‘Turning Kick’ and ‘Cutdown’ to break boards. There will be 3 trials for each motion. Break at 1 st trial: 3 pt Break at 2 nd trial: 2 pt Break at 3 rd trial: 1 pt Fail to break within 3 trials: 0 pt *The thickness of the boards is 8mm.	Accuracy: <u>8 pt</u> i)Details of poomsae (4 pt) ii) Basic movements and balance (4 pt) Presentation: 12 pt i) Speed and power (6 pt) ii) Rhythm and Expression of energy (6pt)																																							
	<table><tr><th>Hits</th><th>Pt</th><th>Hits</th><th>Pt</th></tr><tr><td>80</td><td>15</td><td>46</td><td>7</td></tr><tr><td>75</td><td>14</td><td>42</td><td>6</td></tr><tr><td>70</td><td>13</td><td>38</td><td>5</td></tr><tr><td>66</td><td>12</td><td>34</td><td>4</td></tr><tr><td>62</td><td>11</td><td>30</td><td>3</td></tr><tr><td>58</td><td>10</td><td>26</td><td>2</td></tr><tr><td>54</td><td>9</td><td>24</td><td>1</td></tr><tr><td>50</td><td>8</td><td></td><td></td></tr></table>	Hits	Pt	Hits	Pt	80	15	46	7	75	14	42	6	70	13	38	5	66	12	34	4	62	11	30	3	58	10	26	2	54	9	24	1	50	8							
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