

Poom/Dan Promotion Test

KUKKIWON, WORLD TAEKWONDO HEADQUARTERS

1. Meaning of Poom/Dan Promotion Test

- 'Inspection in detail' and 'evaluation with consideration' by dictionary
- It can be defined as **a system or an event to make a decision of Poom/Dan promotion** after testing practitioner's Taekwondo skills and behaviors.
- It is one of the most important procedures in Taekwondo

2. Change of Poom/Dan Promotion Test

- Taeguek 1, 2 were officially approved for physical education curriculum of elementary school in 1973
- Taeguek 3,4, 5 for middle school in 1973
- Taeguek 6,7,8 for high school in 1974
- Poom Test was firstly adopted in 1975

3. General Standard of Test

1) Absolute Evaluation

- Be evaluated whether they reach certain level of Poomsae, Kyorugi, and the subjects for the test
- Passing score is at least 60

2) Importance of Judge's Authority

- Test is highly dependent on the Judge
- Judge are holder of Higher Dan rank
- Judge's Authority needs fairness, sincerity, humility and service mind

4. Evaluation of Test

	Poomsae	Kyorugi
Eyes	1. Does it follow the direction and line of Poomsae? 2. Does it look at the virtual target? 3. Does it look straight?	1. Does it look at the opponent? 2. Does it close while attacking or defending? 3. Does it look at the target till the end?
	<Explanation> Spiritual elements such as confidence and faith combined with Physical element like gazing object.	
Shout	1. Does the movement and breath match? 2. Does it keep strong spirit? 3. Does the movement and shout match?	1. Does it overwhelm the opponents? 2. Does it show the act of the counter attack?
	<Explanation> Combined concentration with breath control.	
Speed	1. Does it show smooth movement? 2. Are the recognition of Poom and skills faithful to the basics?	1. Does it have right timing to attack? 2. Does it try to make opponent's weakness?
	<Explanation> Combined ability (agility) to have a chance (time) while attacking and defending and ability to control while moving.	

4. Evaluation of Test

Strength	1. Does it show correct power? (Twist and stopping) 2. Does it show their skills and their experience?	1. Does it show critical attack? 2. Does it try to make opponent's misjudgment?
	<Explanation> Combined instant speed and ability to control the body.	
Flexibility	1. Does it reach to virtual target? 2. Does it know the principles of action and reaction?	1. Does it attack within possible distance? 2. Does it show effective skills?
	<Explanation> Combined accuracy of using skills and flexibility by using whole body.	
Balance	1. Does it show stability of walking, standing, running, and turning movement? 2. Does it have balance while their attacking and defending?	1. Does it fall down after using their skills? 2. Does it know how to make counter attack quickly?
	<Explanation> Relationship between the damage of skills and continuous attack.	

4. Evaluation of Test

<p>Stance</p>	<p>1. Does it show firm mind control from the beginning till the end? 2. Does it show neat uniform and looks?</p>	<p></p>
<p><Explanation> Mind control and physical behavior.</p>		
<p>Variety of Techniques</p>	<p></p>	<p>1. Does it show various techniques while attacking the opponent? 2. Does it use both legs while attacking the opponent?</p>
<p><Explanation> Level of skills and experience</p>		

5. Evaluation of Poomsae

Marks of Poomsae(100)

- 1) Perfection : 50
- 2) Skills : 40
- 3) Dignity : 10

1) Perfection of Poomsae

A) Completion of Poomsae : Poomsae line, any unfinished or eliminated movement, and returning back the spot that the applicant begins.

B) Accuracy of Poomsae : stance with accuracy of body and foot, target of offence and defense, punching, blocking, kicking, other basic movements, bending, stretching, height or low movement.

2) Skills of Poomsae

A) Control of Speed : quick or slow, smooth, controlling speed

B) Balance of Body : smooth or stable balance, non-losing balance with turning body, kicking, stepping, or punching

C) Strength of Power : non-pushing, sharpness, smooth movement, and non-stiff movement

D) Concentration of Energy : abdominal breathing, non-noise, short-loud shouting, looking at the target

3) Dignity of Poomsae

- A) **Etiquette** : rightness and manners
- B) **Behavior** : pride, dignity, acting like Taekwondo master
- C) **Dobok** : clearness, the length of belt, non-too many letters or symbols and proper wearing Dobok

6. Evaluation of Kyorugi

Marks of Kyorugi(100)

- 1) Attack : 30
- 2) Variety of Skills : 40
- 3) Defense : 30

6-1. Consideration on Kyorugi Scoring

- 1) **Eyes** : Looking at the opponent
- 2) **Shouting** : Possible to dominate the opponent
- 3) **Speed** : Must know how to control his/her speed with smoothness
- 4) **Strength** : Must know how to control his/her strength
- 5) **Flexibility** : Must use his/her flexibility while attacking or defending
- 6) **Balance** : Must show smooth and natural movement
- 7) **Variety of Techniques** : Use various skills with attack and defense
- 8) **Distance** : Must know how to control the distance between the opponents

7. Evaluation of Kyuk-Pa test

1) Power Kyuk-Pa

- Hand Kyuk-Pa : Knife hand, Fist
- Foot Kyuk-Pa : Front Kick, Side Kick, Back Kick

2) Special Kyuk-Pa : Hand and foot

8. Evaluation of Essay

A) How to write essay : express your opinion upon the subject so you do not count on standardized rules but need to have proper line-up of contents

B) Caution while writing an essay

- If you have reference on your essay, you should write author's name and published date of bibliography at the end of a paragraph.
- If you use a bibliography, there must be an author's name, published date, title of reference, and publisher at the end of the essay.
- You should summarize the conclusion.

8. Evaluation of Essay

C) Length of Essay : at least 10 pages(A4) with font size 12 and more than 700 letters per page

D) Elements of Evaluation

- Originality : 20
- Suitability : 20
- Logicality : 20
- Practicality : 20
- Context : 20

9. Interview

- Interviewee should answer **politely** and explain with **sufficient knowledge** when interviewer asks a topic for discussion

Q & A

Thank you