2024 Massachusetts Cup Taekwondo Championship

Individual Poomsae Score Sheet

Category (Official Poomsae)	Sub-Category	Score Allocation (pts)						Score
Accuracy (정확성) **4.0 pts**	Accuracy in Basic Movement & Individual Movements of the Poomsae (기본 동작 및 품새 정확성)	**2.0**	**1.8**	**1.6**	**1.4**	**1.2**	**1**	
	Balance & Stance (균형)	**2.0**	**1.8**	**1.6**	**1.4**	**1.2**	**1**	
Presentation (표현성) **6.0 pts**	Power & Speed 속도와 힘 (파워)	**2.0**	**1.8**	**1.6**	**1.4**	**1.2**	**1**	
	Coordination of Rhythm & Tempo and softness (강유-완급-리듬)	**2.0**	**1.8**	**1.6**	**1.4**	**1.2**	**1**	
	Expression of Ki (Confidence) (기의 표현 & 자신감)	**2.0**	**1.8**	**1.6**	**1.4**	**1.2**	**1**	
Total (총점)	(10 pts Max):	Total Score (총점)						

Pair & Team Poomsae Score Sheet

Category (Official Poomsae)	Sub-Category	Score Allocation (pts)						Score
Accuracy (정확성) **4.0 pts**	Accuracy in Basic Movement & Individual Movements of the Poomsae (기본 동작 및 품새 정확성)	**2.0**	**1.8**	**1.6**	**1.4**	**1.2**	**1**	
	Balance & Stance (균형)	**2.0**	**1.8**	**1.6**	**1.4**	**1.2**	**1**	
Presentation (표현성) **6.0 pts**	Power & Speed 속도와 힘 (파워)	**1.0**	**0.8**	**0.6**	**0.4**	**0.2**	**0.1**	
	Coordination of Rhythm & Tempo and softness (강유-완급-리듬)	**1.0**	**0.8**	**0.6**	**0.4**	**0.2**	**0.1**	
	Expression of Ki (Confidence) (기의 표현 & 자신감)	**1.0**	**0.8**	**0.6**	**0.4**	**0.2**	**0.1**	
	Harmony for Pair and Team Poomsae (일체성)	**3.0**	**2.7**	**2.4**	**2.1**	**1.8**	**1.5**	
Total (총점)	(10 pts Max):	Total Score (총점)						

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Individual Breaking Score Sheet

Category (Breaking)	Sub-Category	Score Allocation (pts)						Score
Accuracy (정확성) **10.0 pts**	Accuracy in Breaking Movement (Every time, miss the board -0.5pts) (격파 정확성)	**10**	**9.5**	**9.0**	**8.5**	**8.0**	**7.5**	
		7.0	**6.5**	**6.0**	**5.5**	**5.0**		
Mastery (숙련성) **10.0 pts**	Technique Level **(Add up all stations)** A. Spinning + (0.5pts) B. Jumping + (0.5pts) C. Jumping and Spinning + (1pt)	**10**	**9.5**	**9.0**	**8.5**	**8.0**	**7.5**	
		7.0 **Beginner Base**	**6.5**	**6.0**	**5.5**	**5.0** **Rest Base**		
Presentation (표현성) **10.0 pts**	Expression of Good Manner and discipline & routine (기품과 과정)	**5.0**	**4.0**	**3.0**	**2.0**	**1.0**	**0.5**	
	Expression of Confidence (자신감)	**5.0**	**4.0**	**3.0**	**2.0**	**1.0**	**0.5**	
Total (총점)	(30 pts Max):	Total Score (총점)						