

# Taekwondo

(Offline & Online Format)

## 1. Introduction and Vision

The Taekwondo Competition under the Modern Pythian Games is designed to promote global cultural harmony through martial arts. This event celebrates athletic discipline, artistic expression, and inclusive participation. Taekwondo, originally a Korean martial art, is now practiced globally and goes by different names in different regions. The Modern Pythian Games embrace this diversity and aim to create a platform for all practitioners—general and disabled—to showcase their skills and win recognition through Gold, Silver, and Bronze medals.

## 2. International Naming and Variations

Though known globally as Taekwondo, it may be referred to by different or adapted names in various countries:

- Russia: Тхэквондо (Tkhekvondo)
- Korea: 태권도 (Taekwondo)
- Japan: テコンドー (Tekondō)
- China: 跆拳道 (Tái quán dào)
- France: Taekwondo
- Spain: Taekwondo

All styles recognized under the umbrella of Taekwondo (such as WT, ITF, ATA) may be included if aligned with competition standards.

## 3. Description of the Game

Taekwondo is a Korean martial art characterized by head-height kicks, jumping and spinning kicks, fast kicking techniques, and artistic forms (poomsae). The sport consists of two main formats:

- Sparring (Kyorugi): Two participants compete against each other to score points using permitted techniques.
- Forms (Poomsae): Participants demonstrate a pre-set sequence of movements to showcase technique, balance, and grace.

## 4. Modes of Competition

### Offline Mode

- Conducted at the official Pythian Games venue.
- Participants compete live before a physical panel of judges.
- Sparring is done using certified safety gear.
- Poomsae is performed in a designated performance area.

### Online Mode

- Conducted via live or recorded video submission.
- Sparring: Shadow sparring or one-sided technique demonstration.
- Poomsae: Performed in front of a camera in a well-lit, clean space with proper angle.
- Submissions evaluated by a jury through video review or live Zoom sessions.

## 5. Categories of Participation

Competitions are open to the following divisions:

### 1. General Participants

- Male
- Female

### 2. Disabled / Para Participants

- Para-Taekwondo (Recognized classes including limb impairment, visual impairment, etc.)

### Age Categories

- Sub Junior (8–12 years)
- Junior (13–17 years)
- Senior (18–40 years)
- Veterans (41 years and above)

## 6. Registration Process

- All participants must register through the official Modern Pythian Games portal.
- Documents required: ID proof, age certificate, medical fitness certificate, disability certificate (for para category).
- Mode of participation (online or offline) must be specified at registration.
- Entry fee applies per category.

## 7. Eligibility Criteria

- Open to all nationalities and skill levels.
- Participants must belong to a recognized school or federation of Taekwondo.
- Para participants must have valid classification from a medical professional or official sports body.

## 8. Dress Code

- General Competitors: White or official colored dobok (Taekwondo uniform) with appropriate belt.
- Para Competitors: Adapted uniforms allowed as per need.
- Protective gear for sparring: Headgear, chest guard, shin guards, gloves, groin guard, and mouthguard.
- No jewelry or sharp objects allowed during performance.

## 9. How the Game is Played

### Sparring (Kyorugi)

- Point-based match with kicks and punches to the permitted target zones.
- Each round is 2 minutes (may vary based on age).
- Victory by highest score, knockout, or opponent disqualification.

### Forms (Poomsae)

- Performance of set sequences judged for precision, balance, rhythm, power, and expression.
- Performed solo or as a team.
- Judged on both technical and artistic criteria.

## 10. Jury Panel

### Structure

- Each match/performance is judged by 3–5 jury members.
- At least one jury member must be a certified international Taekwondo judge.
- Online evaluations done by video judges trained in remote assessment.

## 11. Scoring and Winning Criteria

### Sparring

- Points awarded as follows (general overview):
  - Punch to chest: 1 point
  - Kick to chest: 2 points
  - Spinning kick to chest: 4 points
  - Kick to head: 3 points
  - Spinning kick to head: 5 points
- Penalties (Gam-jeom) are given for infractions such as pushing, stepping out, or falling.

### Poomsae

- Technical (4.0): Accuracy of movements, stances, balance.
- Presentation (6.0): Speed, power, rhythm, energy.
- Total: 10-point system.
- Deductions for stumbles, incorrect sequences, or lack of focus.

## 12. Medals and Recognition

- Gold, Silver, and Bronze medals awarded in each category (per age and ability).
- Online and Offline medalists recognized separately.
- Participation certificates for all valid entries.
- Special Jury Mention for exceptional artistry or resilience.

## 13. Other Rules and Regulations

- No discrimination on the basis of gender, region, disability, language, or affiliation.
- All disputes must be raised within 30 minutes of result announcement.
- Video proof will be reviewed in case of online dispute claims.
- Coaches are not allowed to influence judges.
- Respectful conduct is mandatory from all participants and spectators.
- Doping or use of performance-enhancing substances is strictly prohibited.
- Any false documentation will result in immediate disqualification.

## 14. Transparency and Ethics

- All events are recorded and archived.
- Jury declaration and participant scores are displayed post-judgment.
- Independent observers may be appointed to monitor fairness.
- Randomized draw system used for match fixtures in offline mode.
- Online events include timestamp validation to prevent manipulation.