2023 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**	
Mastery (숙련성) **7.0 pts**	Technique Level **(Add all up from 2 stations)** A. Spinning + (0.5pts) B. Jumping + (0.5pts) C. Jumping and Spinning + (1pt)	**7.0**	**6.5**	**6.0**	**5.5**	**5.0 Base**		
Power Breaking 속도와 힘 (파워) **3.0 pts**	Number of Boards Broken at first attempt (처음 송판 깨진 갯수)	**5B 3.0**	**4B 2.5**	**3B 2.0**	**2B 1.5**	**1B 1.0**	**0B 1.0**	
Presentation (표현성) **10.0 pts**	Expression of Good Manner and discipline (기품)	**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)						