

Sports Sparring Coaching Seminar - November 2010

How to manage the taekwondo competition match within the boundaries of the WTF competition rules.

Relationship of referees, judges, coaches and players:

Analogy:

Invite the players and coaches to draw a picture in their mind of what they think of referees and judges. Then ask them to relate it – about 3 views will do. Note the views and give an assurance that their views will be different by the end of this session.

Then the referee presenter can tell them what the referees think of a player and of a coach.

But in reality, the relationship should be:

The player is the student who has been studying very hard (*training*) for an exam. He is taught (*coached*) by his teacher (*coach*) on all the strategies, tactics and skills necessary to perform well at the exam (*match*). He is helped in the classes (training) by his tutors (*trainers*), and supervised by the senior teachers (coaches) and the principal (*head coach*). The exam (*match*) is conducted and observed by the invigilators and supervisors (*referees*) and the papers (*points scores*) marked by the examiner (*judges*), and the management of the exam (*match play*) by the exam supervisors (*referees*).

So you're all here to prepare for your tests and prepare for your exams. The next final exam is the [target match or target competition]. So study hard.

Just as you would prepare for your exam, you would also want to know how the examiner would be marking you. If you want high marks, you prepare your answers according to how you would want to prepare your answers to how the examiner would want your answers to look like, and to have eg length of answer, correctness of answer, short answer or long answers or direct answers – multiple choice included. Sharp, clear answers or ambiguous answers or answers that go around the bush and get nowhere. Your choice.

Just as you would prepare yourself in your training, work hard and work on those strategies and tactics and skills that would deliver you the point scores you need to win your matches, or match management that would gain you less point deductions or best to gain some respect from the referee. Know in advance what the examiner wants, and you will make your training more effective. Know in advance what the referees and the judges want and how they score and how they manage a match or what they look out for, then you make your preparation more effective.

Methods of scoring:

Objectives:

Player: To score more points than the opponent to win the match.

Coach: To plan strategy for his player so that he-she can score the points required to win the match.

Judge: To confirm points as they are being scored by any player.

Referee: To manage the game so that it presents an environment for active match play and opportunities for a high scoring game.

Tip: Understand and be aware of point scoring principles, point variability, reaction timings and judgmental variations of judges.

Practice exercise on scoring bats to demonstrate variability, reaction timing and judgmental variations. There is no known or conclusive standardised judgement across a mix of judges, excepting that we try to reduce variability as much as we can, and come to common understanding and interpretation of a point score or not a point score.

The scoring area on the body is any coloured part of the hogu including the back parts, excepting the spine-line.

The scoring area on the face is any part of the head from the neck up to the top of the head and back, or simply any part of the head, including the neck and the throat.

Execute your skills in such a way that the scores are and can be judged as objectively as possible – this will make the points unquestionably THERE – no arguments. On the other hand if your point scoring skills are not too clearly defined, it would depend on a large extent on the subjectivity judgement of the referees and the judges whether that point is to be scored or not scored. In this instance your point score becomes that of chance and probability.

Present your kicks and your point scores the way the judges like to see them and you would have a much better chance of the kicks being scored.

1. Clear sharp kicks that impact with clear sound emission, or clear displacement of body mass at the point of impact are easier to pick and score, such as;
 - Roundhouse kicks, sharp and clear and sound emitted – hit is on the hogu (body protective guard) right-on without any obstruction or barrier in front of it, no block, no arms etc etc.
 - Back kicks, clear and some body mass displacement (at point of impact), sound is generally not used. Jumping back kick included. A 20% bent leg is acceptable as long as some body mass displacement can be determined by the judges.
 - Spinning kicks, any clear hit that touches the head (even without power) is considered as points scores +3 points.
 - Axe kicks, clear hits on the face will score; (including the neck and the throat – anywhere ABOVE the collar bone is classified as the head. Hits on the shoulder does not score, as this is not a designated scoring area (not head, not body; the shoulder is not classified as part of the hogu scoring area.
 - Push kicks are harder to score. For a push kick to be scored, you need to make sure there is “impact” at the point of contact – ie impact that can be determinable as a powerful kick. A push kick that just land on the hogu with no abrupt impact or body mass displacement is not likely to be scored.

Tip: Train to hit with clear sharp techniques. Slight movement forward may help make other player “displace body mass”, as he beckons back. Timing of

the kick is very important as well, eg when your kick lands, there is nothing in between your kick and the opponent's arm in the way.

2. Roundhouse kicks score more frequently than other kicks, back kick is next followed by spinning kicks, then other kicks. Some regions, eg the Europeans and the Pan Am judges tend to be more lenient on "impact scaling" and can score more than the Asian region or Australian judges. European judges also tend to be kinder on back kicks than other regions. Reason for this is that each region has a different "benchmark" opinion of a score. Eg in Asia, there is tendency that the Korean, Iranian and Chinese Taipei players kick so hard and so clearly that they become the benchmarks.

Tip: Train to use all types of kicks. Utilise kicks to suit the mix of judges on the floor in the particular match. Try to survey the judges and understand where they come from, which may give you a guide as to the preferences for types of kicks that score more than other types of kicks.

3. Avoid loose play and "uncontrolled exchanges". These kicks are difficult for judges to score, and are often missed. Besides it looks messy.

Tip: If there is no purpose in the exchange, it is better to "play out" the scene or create another match play scene. Rest if need be and let the referee break the "clench" and re-start.

4. Match winners use more attacking kicks (57% for men and 53% for women) that scores more often than those winners who use the counter attacking kicks. This statistic was compiled from results of the Sydney 2000 Olympics.
 - First up and clear attacking kicks are easier for judges to score.
 - Single kicks – clear and precise
 - Multiple kicks – clear, but be aware that if there are too many or these kicks are unclear, some of the primary or secondary kicks may be missed, eg in a double multiple kick scenario, the first kick may be scored and not the second kick or worse still your kick is not scored while the opponent's single kick is scored. If you need to do multiple kicks, train to kick harder and clearer on the last kick. Sometimes judges mis-judge the speed of kicks and often can clearly see the last kick but not the first or especially the in-between kicks (to have sufficient power). Emphasize the last kick, it may help.
 - Extremely fast counter attacking kicks and very clear impact kicks are easy for judges to "see" (determine it has sufficient power) and score. These scores become so objective that there is beyond reasonable doubt that they are point scores. The judges love these type of kicking scores – it makes their jobs that much easier.

Tip: Better to have a repertoire of attacking kicks than counter attacking kicks. And for those counter attacking type players, try to train your kicks for fast explosive counter kicks that are timed sufficiently right. Best to use single counter kicks or if you want to use multiple counter kicks, emphasise the last kick.

5. Majority of points are scored in the 3rd round. Statistical analysis of the Sydney 2000 Olympics has revealed the scoring profile as 31% in the 1st round, 33.5% in the 2nd round and 35.5% in the 3rd round. This is studied across the board for all winners.

Tip: There is generally more action towards the end of match plays as the match nears the end and players "chase" points more than earlier rounds. Train for endurance and fitness that allows for strength to kick and score in

later rounds. Also train to score more in the 1st round, and thus allowing the 2nd and 3rd rounds to be less stressful.

6. Do not “fall down” or loose balance and fall in any circumstance during your matches.
- After scoring your point, the point could be disallowed if you are unlucky or you may be lucky and only get warned by the referee, this includes having one hand on the floor, even to correct your balance. You can be penalised if you do not make any attempt to correct balance and not fall.
- Even though the rule interpretation has changed where in the act of “fighting engagement”, and you fall down, the referee does not penalise you. Better be safe than sorry, because referees will penalise you if you make no attempt to balance at all.
- If you are on the receiving end of a kick, this could be viewed as a knock down and you could “inadvertently” give the point away as the judge may see that you have been hit by a strong kick, hence why you are ‘knocked down’. It is perception and in a split second, it may go against you, so try “never” to go down.

Tip: Train to balance even if caught unbalanced, either from a hit or from losing balance. Do not fall down under any circumstance if you can help it, unless the fall is uncontrollable, eg slippery floor. Train to balance from any situation, train to balance from awkward kicks or awkward landings.

7. Keep the arms clear of the body when blocking, otherwise a point could be scored on you on the arm which is close to the body because it could be considered as a partial hit on the body and a point is scored. (Note some of the “fast twitched” judges could score this quickly). Of course there are moves to try and reduce this, but take your chances if it goes your way, and if you’re on the receiving end, accept it with grace. Kicks on the arm should not score, unless there is beyond reasonable doubt that the kick DID land on the body protective guard with sufficient coverage that the judges could determine as a score. This is an area that the referee education committee and the referee hierarchy IS trying very very hard to eliminate. Believe me it is difficult to eradicate. This is one reason why the sport has gone for electronic hogu scoring systems, and in the PSS systems, you don’t see kicks to the arms score because there is no electronic contact and therefore no signal for the point to register.

Tip: Block with arms clearly away from the body. Learn to avoid attacks without having to block, eg evasive movements, this requires a lot of training and excellent footwork. Good players do not block with their arms close to their bodies. Eliminate or minimise the chances for those kicks to be scored on you, by blocking away from the body, or evade the kick by excellent body positing and movement.

8. Errors of factual judgement on the part of the judges (did not see or deemed indeterminable):
- Kicks that land simultaneously from both players could favour the blue player more than the red player, due to there being more right handed judges (statistically profiled that the favoured right thumb or forefinger is quicker and preferential to the non favoured thumb or forefinger – therefore there is a higher chance that the blue point button is favoured more than the left point button). Therefore if you’re the red player, be aware and use different strategy if this occurred during your fights, eg position yourself to the right of the line of sight of the judges or line up closer to the line of sight of the judges.
 - Slipping and falling down from a kick could be seen as a knock down kick, therefore avoid “falling” at all times if you can control it.

- Head kicks that land on the face rather than the head guard, unless it is very clearly determined, could be missed, eg kicks that land on the chin during exchanges. Kicks directly hitting the face eg from axe kicks are easy enough to be clearly seen. Better to aim for the head guard as this is much clearer to “see” and determine contact.
- Sharp clear head movements to avoid a kick if not sufficiently fast enough or far enough from the head kick could be viewed as head mass displacement, and 3 points could result against you. Therefore try to evade faster – easy to say, but requires training and skill ability.
- Judges may press the body point button instead of the head 3 point button. Fortunately, the referees and judges can correct this mistake if it happened. If it didn't then use the video replay appeal process.
- Judges do not “see” (literally) the kick landing on the scoring area. This could result in NO points being awarded. This is what we call the blind spot. Fortunately the view is now that if the judges is 100 % certain that the point is scored from a kick, even though he did not have a direct line of sight, he could score the point if in his mind, there is beyond reasonable doubt that the kick had landed, eg the body position and the arm positions indicated there is no way the kick had landed on the arm but only on the protective guard. Anyhow, if there is any doubt at all this kick in the blind spot line of sight will not be scored.

Remember judges only have a ONE split second to “see the kick land”, make the assessment and then to confirm the point (press the button) or not confirm the point or miss the point altogether.

Tip: Don't say, you can't help it, be aware of this and learn to reduce habitual actions such as the above to reduce the chances of errors of judgement on the part of the judges. Nobody is perfect, errors can be made – just remember the 1 second split decision making process. Play the match clearly and score freely and clearly.

9. Judges positions for 3 judge format (contest floor space environment):
 - a. Judge #1 generally is the closest to the match play action and can generally “see” the scores quickest. (5 m distance to centre point)
However if the match play is towards the bottom half of the court, then judge #1 is the furthest judge to “see” the point scored.
 - b. Judge #2 and #3 are generally the furthest from the match play and by positioning generally is not as quick to hit the button as judge #1. (7 m distance to view the point score).
 - c. However if the match play is towards the bottom half of the court, then judges #2 and #3 are the closest to the match play, and they can “sight” the score more quickly.
 - d. Generally best match play positions that are more likely to be scored are those that are closest to 2 of the judges or within direct line of sight of 2 judges. Coaches note (not in direct line of sight of the coaches).
 - e. Try to match play away from the top corners, as a referee I personally prefer to stay in these top corners to encourage players not to enter that zone. These zones are either blind zones or too far away to be 100% conclusive on points being scored, except for judge #1, or that the reaction times are slower than 1 second not so much by judges fault but more so by the tyranny of “distance” (10m from one corner judge and 14m distance from the other corner judge).
 - f. Judges like to “monitor” their scoring performance to gauge variability and tries to compare with the other judges, and correct or make adjustments to their scoring profile as the match progressed. Judge position #1, is generally the

worst placed if, as in Australia at the moment, there is only one monitor displaying the scores. Internationally there are at least 2 monitors used.

Tip: Play the match “closest” to at least 2 of the judges, but essentially try to match play so all 3 judges are in best position to award points – (around the middle of the court). Referees will try to position themselves so that they can encourage players to match play in the central zone as much as possible.

10. When you are a judge, you look at both players, generally when you're a coach or a player, there is tendency to focus more on your own player and there is tendency to view single dimensionally on your own player rather than the overall view of both players' methods of scoring. Therefore some players or coaches or even supporters view only their players' scoring point methods and not the other player's points, and this can lead “seeing” only one sided scores. Understand their strategy and devise your strategies to counter back

Tip: Try to focus on self (your own player) as well as the other players' scoring methods and their strategies.

11. Trademark players and judge's expectations. Established players or known players or even players from certain countries have a tendency to be “more noticeable” due in part to known technical skills or match play tactics and strategies used by them or players from their countries. The better skilled the player the more “noticeable” the player. Conversely this also included their misdemeanours as well as their good excellent behaviours. Make no mistakes, Referees and judges, like any other normal person; prefer to deal with better behaved players and coaches than they do with rowdy, rude or unpleasant players or coaches.

Tip: Establish good rapport with referees and judges, and establish good behavioural traits. This may add a little bit of “like-able-ness” to yourself and could make it easier on the referee and judges.

12. Sudden death / golden point. Judges are all focussed on one thing only and that is to award the point as quickly as they see it and as quickly as they can, and this means there will be very little time to make any assessments. This also means that once a point is up, there is no recrimination to disallow that point once scored. Judges are all eyes. Sudden death is exactly that, first come first served.

Tip-1: Go for it. Attack is probably quicker to score than a counter attack, unless you're confident that you could get it before they get theirs first. Go for basic kicks, nothing fancy, straight in.

Tip-2: The strategy since mid 2005 has changed somewhat. Players and coaches are now more geared to wait for a player's first move (or 1st mistake) and use counter attacking to score that point. If you choose this strategy, then just wait for that 1st move or mistake and kick as fast as you can and hope you score.

Tip-3: In recent times, players are starting to use head kicks or punches to score in the sudden death round. Because players are concentrating so intensely on the body kicks (1 point), that their defence for the head kicks are compromised. So if you can kick high with ease, go for it.

Tip-4: As above, players are so intense in concentrating on defence or attack on the body kick, that they may not be guarding their frontal areas from a frontal attack; in this case you may try to launch a straight line punch to the frontal body protector.

13. Referees and judges are rotated in their order of positioning on the court in a sequential order. You get the referee and-or the judge as they go through their rotations. Sometimes, especially in a final or a very controversial match, referees and judges are allocated in accordance to their experience in handling the important match or in accordance to balance the mix to avoid any misconceptions or perceptions of any bias towards either player or state.

Tip: Accept the referee or the judge for who they are. The referees and judges all have a common objective which is to encourage the players for an exciting match play to score as many points as they can, and the referee is there to enforce the rules within the spirit of taekwondo match play. You cannot choose your referee or choose your judge. In so doing, your actions could be considered as bias already.

VIDEO REPLAY:

This is a privilege given for coaches to appeal for a point; against a point or to again penalty against the opponent or have a penalty rescinded for your player. Use it wisely because you have only one quota chance in a match.

You can appeal for the video replay for any error of judgement situations. So you MUST know and understand the rules, otherwise you may be up against it. Any appeals that do not align with the competition rules will simply be taken away and you lose your quota.

You can appeal for any points scored or not scored and these are limited to the 3 point head kick, the additional point for a turning kick and the body kick (if non protective scoring system (PSS) employed. If the PSS is used you cannot appeal for video replay. Neither can you appeal for or against a body punch point.

Any of the kyong-go or gamjeom penalties can be appealed for or against.

Tip-1: Know the rules well, so you know what you can appeal and what you cannot appeal.

Tip-2: Make sure you explain very concisely to the referee what you are appealing for or against. If the referee gets it wrong or interpret the wrong message from you, the decision may be compromised. Because there is no way of knowing what was actually said to the Review Jury, the scenario may be not what you intended. Therefore be very concise and use verbal as well as gestures to make your appeal.

Tip-3: Use your quota wisely. Do not appeal if you are not 110% SURE of the action or the outcome. Do not appeal if your player is clearly in front on points. Do not appeal too early in the match as you may really need it when it really counts towards the end of the match, eg from the middle of the 3rd round. Sometimes whether to lodge or not lodge an appeal is a strategy in itself.

The player usually knows if they had connected or had been connected with a legal hit. Work on some kind of signal that is an indication of an appeal or not an appeal, because now there is a rule that can cause the referee to penalise the player if he asks the coach to appeal.

Tip-4: Do not make a song and dance if the appeal went against you. There is no avenue for further appeal or protest. At the worst you may get penalised for unruly behaviour.

PROHIBITED ACTS:

Objectives:

Player: Play the match in accordance to the rules. But, in reality, stretch the limit with the referee, try out to see where you and how far you can stretch and not get penalised.

Coach: Play the match in accordance to the rules. But, in reality, initiate strategy plans to gain advantage to score points, and if that means to outmuscle or use tactics that border on prohibitive acts, try it and see how far you can get away with it.

Referee: Manage each match play in accordance to the rules. But, in reality, referees generally want to have exciting match plays where there are action and technical exchanges. Of course they do not want to see any prohibited acts being committed, but players and coaches always try something. And referees understand that players and coaches will always try to stretch the limit and see how far they can get away with before they are “punished”.

Where there is fair match play, referees will enjoy their refereeing and “allow” small infringements in the spirit of an exciting match play. Of course obvious and downright intentional prohibited acts will be punished.

The new view is now to encourage match play as much as possible and encourage giving verbal warnings once first before giving a kyong-go unless intentional misdemeanours are committed. The repeat infringement will be punished. This way, the player or coach cannot complain and say “What was that for?” there was fore warning, and besides the referee feels more comfortable giving a kyong-go after the player had been first warned verbally. Of course if the action is definitely intentional or deliberate, then the kyong-go or gamjeom must be given immediately.

Tip: Always listen to the referee; if he continually warns you about anything, take heed and do not repeat, else you could be penalised.

KYONG-GO penalties:

Types of prohibitive acts and examples – use the DVD to illustrate or use role play actions to illustrate the examples below:

1. Evading by turning the back to the opponent

Running (fast retreating or stepping) away after a kick, with the back showing, to avoid an attack.

Stepping away with the back turned, either after an attack or simply just backing away.

Crouching or bending down to avoid an attack

Tip: Try to be in the frontal or side on positions, without any sign of backing off (as opposed to tactical moves going backwards – but watch out for avoiding the match situations).

2. Falling down

Intentionally falling down (running backwards and fall; falling after a kick, just falling without any intent to balance)

Touching the floor with the hand to avoid an attack or adding support or prevent falling down

Touching the floor with the hand to assist with an attacking move (eg spinning kicks).

Intentional falling down after an attack or during an exchange of techniques (no attempt to correct balance)

Falling down from an opponent's defence (body clash or kicking clash)

Slipping on the floor (no penalty, as can be deemed to be beyond self control)

Non intentional fall during an exchange of techniques (no penalty, as can be deemed as accidental).

If you kick and fall without any intention to correct the fall, this could be seen by the referee as falling down and either penalise you with kyong-go or just give you a verbal warning if you are lucky.

Tip: Avoid any falling down situations where controllable. Always be in a position to be able to attack or counter attack.

3. Crossing the boundary line

Crossing the boundary line intentionally

Both contestants crossing the boundary line (both get kyong-go, so players take note not to cross the boundary line even if you're chasing the other player out)

Crossing the boundary line during exchange does not help if both your feet are outside the boundary line. The rule is very clear, 2 feet out and you're penalised

Crossing the line by pushing or kicking (pusher gets kyong-go)

Hogging the boundary line (asks for trouble – a good referee will try to manoeuvre you out of this situation, but best rely on yourself, that way you can manage it, else if you cross the boundary line with both feet, you could get penalised by kyong-go).

Kicked out of boundary line (point is scored and you may also get a kyong-go), so best stay away from boundary line if possible.

Tip: Plan your strategy to play within the 8m x 8m contest area, and try to only use the safety zone ie beyond the 8m line as tactical zones only, but truly try to stay away from this line where possible.

4. Avoiding or delaying the match

Delaying time intentionally (eg moving around, eg towards end of round or match to protect the point, stalling with no intention to fight). This also includes the player asking the referee to stop the match to adjust the position of protective equipment or asking the coach to appeal for video replay.

Both contestants avoiding the match, eg just bouncing away with no intention to engage in technical exchange (kyong-go to the one more defensive or to both)

Stepping back frequently (be aware of this as some players use this as a tactical move, but watch for referees who give you a verbal warning, then it is a sign not to do it again)

Match play is important and points can only be scored if there is technical exchange. Referees now will only give you 5 seconds before he will call the signal to "fight". Once this is called, you have only 10 seconds to show you are trying to engage in fighting before would give an official kyong-go to the more defensive player – and hope it is not you – sometime sit is a lottery as to who gets it. So that you are not the unlucky one to be penalised, I recommend that you make tactical moves to go forward close to the end of that 10-second time limit; even a fake forward attack and legally clinch the other player.

Tip: When "encouraged by the referee to "fight", try to activate some intention to engage in technical exchange. Be aware that if you are too impulsive and attack

without thought of strategy, you may be caught with a counter attacking motion against you (worst point scored on you). Make sure you have a strategy for your action. Make some forward attacking move before the 10-second time limit, even to press forward and clench (but not hold).

5. Grabbing, Holding or Pushing the opponent

Grabbing the dobok uniform or hogu – including hanging onto it or pulling it (watch the blind sides – referees are alert to such tactics)

Pushing with the body, or with the shoulders or the hands or the fists (unless in attacking mode). Fist punches, done singularly or as a double fist punch are allowable as long as the action is that of an attacking punch; otherwise it could be seen as a clenched fist push and therefore deemed as a pushing action and punishable. (as a guide, if the action is quick and snappy, it is an attack, if it is prolonged or extended, it is a push).

Push and kick, Grab and kick, Hold and kick; or conversely kick and push, kick and grab, kick and hold – referees are getting tougher here and are constantly told to give kyong-go freely or joo-eui first, then kyong-go when the infringement is repeated.

Pushing the opponent out of the boundary line is punishable by kyong-go.

Tip: Be alert to any verbal or physical actions of the referee; he is there to try and discourage you from committing the grab or push or holding prohibitive acts. The referee would generally motion you not to do it first, and then probably give you an official joo-eui (verbal warning); the next infringing offence will result in kyong-go. If warned, just refrain from committing any grab, push or hold. Listen to the referee and follow his commands.

Best to have your fist clenched and not open because an open palm does get looked at as being an attempt to push or an impression and inclination to hold or grab.

6. Attacking below the waist

Injury can be sustained from any attack below the waist

Stomping the foot, including stepping on the foot to prevent movement to advantage an attacking move or prevent opponent from attacking or counter attacking

Intentional attacking below the waist eg kick the thighs; kick the knee or the leg, kicking the groin, kicking the hip, kicking the buttocks. All these are aimed at damaging the opponent or to soften him up.

Intentional kick to the groin (usually from a first-up kick)

Non intentional kick to the groin or to any part of the body below the waist (no penalty). However, joo-eui's (verbal warning) can be given first to prevent any further accidental or unintentional kicks; of course a repeating offence will be punished by kyong-go.

Tip; Low kicks are undesirable and can be viewed as unsportsmanlike or the player lack of skills, or it could be viewed by the referee as a tactic to hurt or 'soften up' the opponent. Be aware the referee is alert to these tactics, and you could be warned or punished with kyong-go.

7. Pretending injury

Exaggerating pain (play acting a pain area, tactical show of false weakness or tactical play acting to try and gain kyong-go to the opponent after a soft hit to an illegal or non permitted area).

Pretending to have received a blow to illegal parts or non permitted area of the of the body eg groin, punch to face, arm, parts of the body below the waist, etc

Pretending to have any injury (play acting a pain area to gain sympathy or gain a resting period)

Referees are very alert to these tactics and you can get warned (verbal warning) and any repeat offence will get a kyong-go.

Tip: Referees are aware that some players are good actors, or that players could use this as a tactic to create an impression of injury to psychologically 'soften up' or getting the opponent to "lower his guard". Referees respect the tough player rather than the softie player.

8. Head butting or attacking with the knee

Head butting is unsportsmanlike in taekwondo, so any head butting action is punishable by kyong-go. However accidental head butting is not punishable but can be cautioned by joo-eui, and repeated infringement is punishable.

Kneeing the opponent in the groin or body, leg, arm or face regions is punishable by kyong-go

Tip: When you play close up, be aware of the probability to head butt (generally a sign of anger or uncontrolled behaviour). Kneeing is undesirable for taekwondo. Be aware when using close up fighting tactics or strategies that the knee does not attack. Taekwondo is not Muay Thai.

9. Hitting the opponent's face with the hand

Hitting the opponent's face intentionally with the hand, or arm, or elbow

Hitting the face during an exchange of techniques (unintentional so no penalty, but note serious injury and lack of caution).

Hitting the face due to carelessness of the opponent (no penalty if minor), however, if serious injury and due to lack of caution on the part of the attacker, this can be punishable by kyong-go or gamjeom penalty).

Tip: Any punch or attack with the hand is undesirable and does not score on the face, so it is illogical to attack with the hand to the face unless it is intended to cause some damage, slow down or just a sign of frustration to lash out. Referees are aware of such tactical strategies. Worst, if the intention becomes a serious injury and there is possibility of losing the match with deduction point when the opponent unable to continue, this is not worth the misdemeanour.

10. Uttering undesirable remarks or any misconduct on the part of the coach or contestant

Unsportsmanlike actions (eg throwing down head guards, swearing, loud talking, objectionable actions verbal or physical, refusing to obey referee's commands, chatting back by the player or the coach, coach misbehaviour, remonstrations, adjusting shin pads unreasonably, requesting for time out, etc

Interruption of the match on the part of the coach or player (wasting time, coach stepping in, coach or player argument with referee or judges,

Refusing to follow the referee's command or direction

Tip: Play the game hard, but play it admirably and with good taekwondo spirit. Try to contain your anger and frustrations. It takes a good player to be able to withhold his frustrations and anger; you will be respected more with good attributes than with bad behaviour.

11. Lifting the knee to block or impede a kicking attack is prohibited

This action is considered unsportsmanlike and can be penalised with kyong-go. The rationale of this rule is based on safety and the potential to cause injury to the attacker's foot or shin while in the act of a kicking attack. This action can also be interpreted as an impeding act to prevent kicking attacks which is an unsavoury or negative part of the sport.

Steven Lopez was penalised with kyong-go for lifting the knee to impede the other player and this in the end caused him to lose a point due to penalties and losing his match in the Beijing Olympics. It is claimed that if the penalty was not given, Steven would have won the gold medal at the Beijing Olympics.

Tip: Play the game sportingly, refrain from any lifting knee action either to block or impeded an attack, listen to the referee if you are cautioned.

GAMJEOM penalties:

Types of prohibitive acts and examples – use the DVD to illustrate or use role play actions to illustrate the examples below:

1. Attacking the opponent after kalyeo

Player who ignores the call of kalyeo and continues to attack is punished with gamjeom. Sometimes, due to loud cheering and noise made by the spectators, it could be possible that the players cannot hear the call of kalyeo. In this case it is up to the discretion of the referee, in his opinion, if the call of kalyeo is fair and heard by the players.

Tip: Always be attentive to the referee's voice command and watch his hand signals or hand motions when he breaks the match play and you must act accordingly, ie break.

2. Attacking the fallen opponent

This is an act of bad sportsmanship. The attacker's action will not be tolerated and will be punished by gamjeom, even if the action is one of intimidation. It is the intent of the act that matters because it portrays bad sportsmanship. The action if delivered could cause serious injury to the player on the floor.

Tip: Play the game with taekwondo spirit of good sportsmanship, and do not attack or make any intimidating attacking gesture on or to the fallen opponent.

3. Throwing down the opponent by grappling the opponent's attacking foot in the air with the arm or by pushing the opponent with the hand, including any throwing action.

Grabbing and throwing the player over the shoulder, over the body or even over the legs.

Grabbing the opponent's kicking foot and throwing by pushing or pulling action (sideways or forwards)

If the opponent's foot landed on the shoulder, the player moves forward or lifting his body upwards to throw or cause the opponent to be thrown backwards.

Tip: Throwing is unsportsmanlike and is undesirable. Play the game with good taekwondo spirit. Refrain from any throwing action.

4. Intentionally attacking the opponent's face with the hand

Any attack that has intent to hurt or cause damage is not tolerated by the referee and will be punished with gamjeom. This will include any act or intimidation or intent to attack even when missing the target.

Any unintentional hit to the face by the hand that caused serious damage due to lack of caution can be punishable by gamjeom, it is the referee's opinion to determine if there is any lack of caution. Any non serious injury, if determined by the referee to be lack of caution on the part of the player can be punishable by either gamjeom (intentional) or by kyong-go (non intentional)

Tip: There is no advantage in attacking the face area by the hand, so refrain from it and not be in the unfortunate situation when you could be punished with a gamjeom and lose a point.

5. Interrupting the progress of the match on the part of a contestant or a coach

When a coach leaves his mark and creating a disturbance

When a coach goes around the competition area remonstrating over a decision or point scored against or point not scored

When a coach or player threatens a judge or the referee or the coach or player remonstrating and protesting the authority or decision made by the referee or judges; eg disputing a point score or prohibitive act decision.

When a coach or player protests in any illegal way.

Tip: Play the game with good taekwondo spirit, remonstrating only shows the negative side of the coach or player. There is a sensible way to protest, so use it and not go about this way and be punished with a deduction point – remember it is the player who suffers more, not the coach. Most times a calm method of raising attention is better than unduly negative bad behaviour.

6. Violent or extreme remarks or behaviour on the part of a contestant or a coach

Gesturing by the opponent with a bad manner eg raised fists, bad or foul language.

Undesirable act of coaching, eg shouting, raised voices, thumping the chest,

Contestant protesting against the referee's decision, eg refusal to accept decision, raising the hands in protest, refusal to obey command by referee to continue or to refrain from bad behaviour.

Undesirable act of contestant in the progress of the match, eg throw down or throw away or kick away the head guard, sitting down on the floor and refusing to continue the match.

Encouraging the spectators to protest with the coach or the player, either to show disdain for a point score or no point score or whatever. Eg moving around the contest area motioning for the crowd to support his protests.

Damaging (or throwing or kicking) the chair, the bucket, or other implements, etc by the coach or player. Tantrums are not sportsmanlike, so is punishable by gamjeom.

Any behaviour deemed to be unsportsmanlike and against the good spirit of taekwondo and fair play by the player or by the coach.

Any intimidating actions, verbal, verbal language, hand gestures or any physical gesturing of the body to show discontent or unruly behaviour is punishable by gamjeom.

Tip: Play the game hard, play the game passionately, but there is no place for rowdy, unruly or undesirable manners or undesirable behaviour. There is a place for protest. After all taekwondo martial art spirit is about dignity and honour, so uphold it. Any undesirable actions will be judged accordingly by everybody involved with game, so it

is better to be sensible about it. And to lose a point deduction is not worth the misdemeanour, especially it is the player who would lose the point from the actions of the coach.

Be aware of the extra powers of the Board of Arbitration. They can also act as the Extraordinary Committee of Sanction and can discipline any misbehaviour or misconduct of any player or coach or teams. Similarly any referee or judge found to be biased, discriminatory or undesirable for the good behaviour or image of taekwondo can be punished or counselled or suspended or dismissed. So it goes ALL ways.

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