

***I attended the***

***and I made the following friends!***

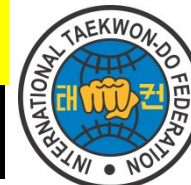
***Name:*** \_\_\_\_\_

***Centre:*** \_\_\_\_\_

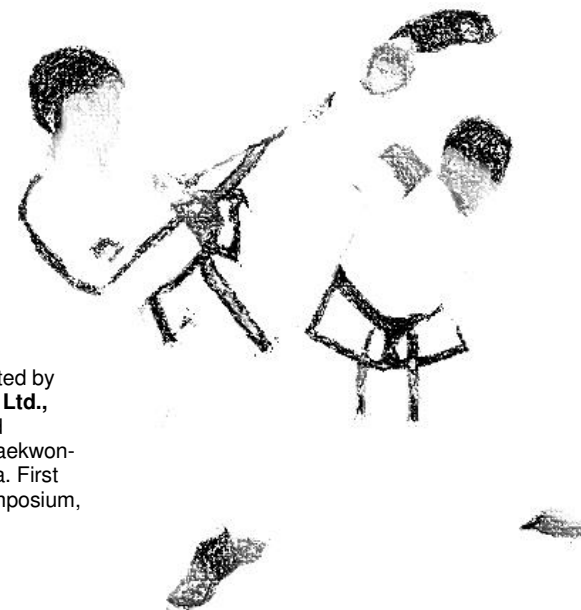
***Date:*** \_\_\_\_\_

Re-Introducing

**ITF TAEKWON-DO**



An information booklet presented by the **I.T.F. Singapore Alliance Ltd.**, an Associate Governing Board affiliated to the International Taekwon-Do Federation, Vienna, Austria. First published for the Sparring Symposium, 3 June 2017



I.T.F. Taekwon-Do sparring, or *Matsogi* (맞서기), literally translated as “to retaliate”), is one of the five components of the composition of Taekwon-Do, purposed towards training the physical application of attack and defence techniques gained from patterns and fundamental exercises against actual moving opponents in different circumstances. It serves to train the fighting spirit, courage, sight, and strategy, in addition to reaction and resilience of participants.

Sparring is categorised into pre-arranged, semi-free, free, foot technique, model and pre-arranged free sparring in the Encyclopedia of Taekwon-Do for the purposes of an artful, methodological and gradual introduction to free sparring, in the same manner as a student would practise the filling in of short sentences, before writing his or her own composition.

In ITF Taekwon-Do Sparring matches are semi-contact, which entails that attacks score points when it is 2 cm away from the target (that is, when the gear comes into contact with the opponent. This booklet serves to provide basic information of the rules and methodology for your education and enjoyment of this art.

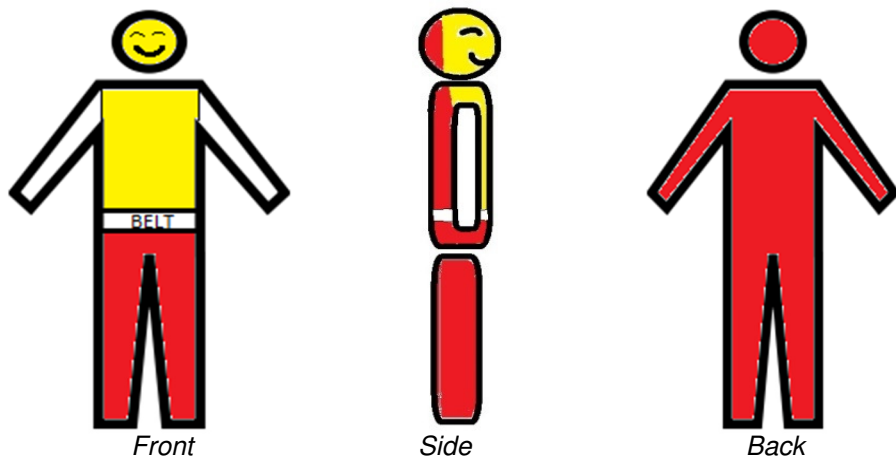
## Weight Categories

Age/ Weight	Weight in Kilograms						
Junior Male (14-15 years old)	-- 45	-- 50	-- 55	-- 60	-- 65	-- 70	+ 70
Junior Male (16-17 years old)	-- 45	-- 51	-- 57	-- 63	-- 69	-- 75	+ 75
Junior Female (14-15 years old)	-- 40	-- 45	-- 50	-- 55	-- 60	-- 65	+ 65
Junior Female (16-17 years old)	-- 40	-- 46	-- 52	-- 58	-- 64	-- 70	+ 70
Adult Male	-- 52	-- 58	-- 64	-- 71	-- 78	-- 85	-- 92 + 92
Adult Female	-- 47	-- 52	-- 57	-- 62	-- 67	-- 72	-- 77 + 77
Silver Class Male (40 – 49 years old)	-- 64	-- 73	-- 80	-- 90	+ 90		
Gold Class Male (50 – 59 years old)	-- 66	-- 80	+ 80				
Silver Class Female (40 – 49 years old)	-- 54	-- 61	-- 68	-- 75	+ 75		
Gold Class Female (50 – 59 years old)	-- 60	-- 75	+ 75				

## Gear



## Target Area



- You may only score on the yellow highlighted areas.
- Hitting the red highlighted areas is a foul.
- Hitting the arms is not a foul, however, no points are awarded **unless** the arms are in contact with the body.

## I.T.F. SINGAPORE ALLIANCE LTD.

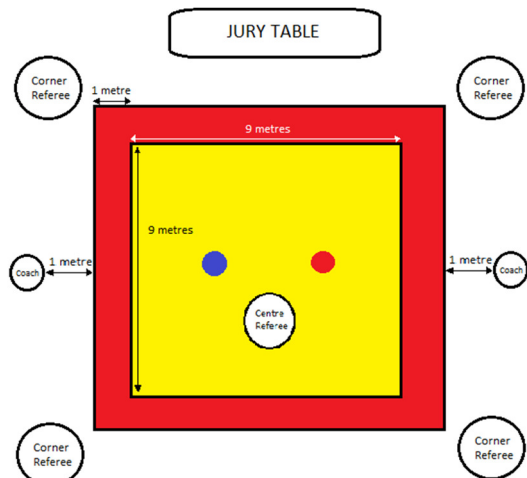
## SPARRING SCORING FORM

RING NO:

JURY PRESIDENT:

RED	SUB-TOTAL	Points	SUB-TOTAL	BLUE
		1		
		2		
		3		
		4		
		5		
		! WARNING		
		-1 POINT		
		TOTAL		
UMPIRE: _____ CHAIR NO. _____				
DEGREE: _____ SIGNATURE. _____				

## Set-up



## Duration

### Junior & Adult

2 rounds of 2 minutes

### Veteran

2 rounds of 1.5 minutes

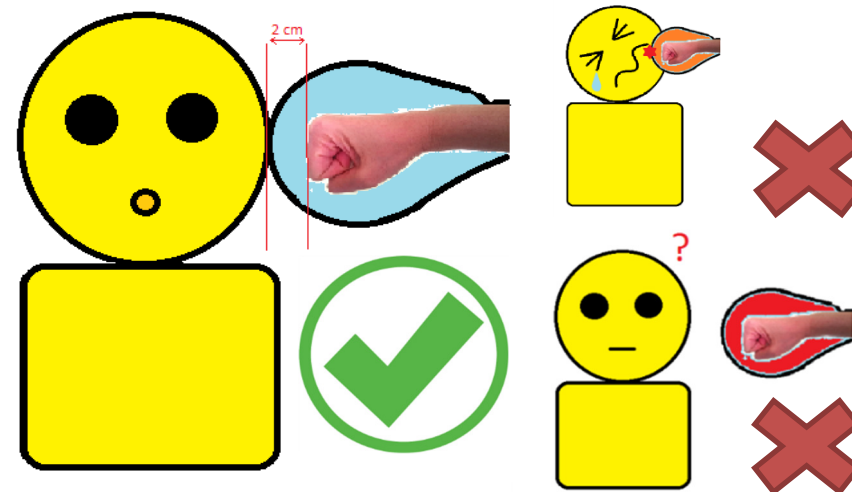
**Break between rounds**

1 minute



## Semi-Contact

Attacks are valid when stopped 2 cm away from the target.



**5 points**

• Midair kick (360° or more) to high section

**4 points**

• Midair kick (180°) directed to high section  
• Midair kick (360° or more) to mid section

**3 points**

• Flying kick directed to high section  
• Midair kick (180°) to mid section  
• Midair hand attack (180° or more) directed to high section

**-2**

for failure to perform Midair kick (180°) to mid section in time of attack / defence or with contact with opponent

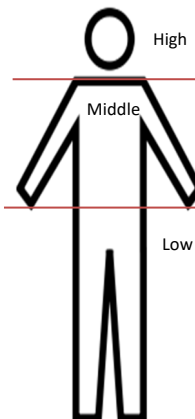
**2 points**

• Foot attack directed to high section  
• Hand attack directed to the high section with both feet off the ground  
• Flying foot attack directed to mid section

**1 point**

• Hand attack directed to mid or high section  
• Foot attack directed to mid section  
• Perfect defence

## Scoring

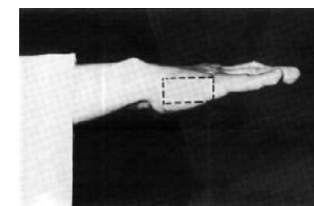


## Commands

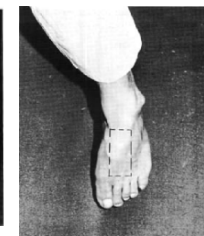
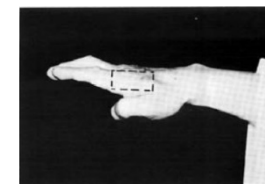
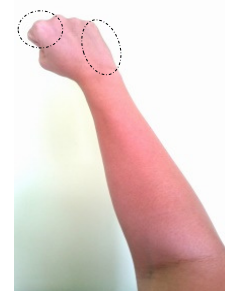
**CHA RYOT:** Attention  
**KYONG YAE:** Bow  
**JA YU MAT SO GI:** Free sparring  
**JUN BI:** Ready  
**SHI JAK:** Begin  
**HE CHYO:** Separate  
**GE SOK:** Continue  
**GU MAN:** End  
**JU UI:** Warning

**GAM JOM:** Deducting points  
**SIL KYOK:** Disqualification  
**HONG:** Red  
**CHONG:** Blue  
**ILHE JON:** 1<sup>st</sup> Round  
**YI HE JON:** 2<sup>nd</sup> Round  
**SAM HE JON:** 3<sup>rd</sup> Round  
**YON JANG JON:** Extension  
**DUK JOM JON:** Gold point bout  
**SUNG:** Winner

## Attacking tools



- ✓ Fore fist
- ✓ Back fist
- ✓ Side fist
- ✓ Knife hand
- ✓ Reverse knife hand
- ✗ Elbow strikes or thrusts not allowed



- ✓ Ball of the foot
- ✓ Foot sword
- ✓ Back heel
- ✓ Instep
- ✓ Sole
- ✗ Knee kicks are not allowed

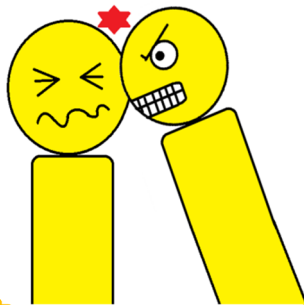
Insulting an opponent in any

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\*\$\_%!@  
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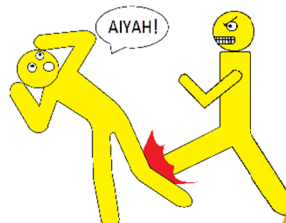
Biting, scratching, clawing



Attacking with Forehead



Intentionally tripping or sweeping



## Yellow Card

- Immediately deduct 1 point
- 3 yellow cards will lead to disqualification

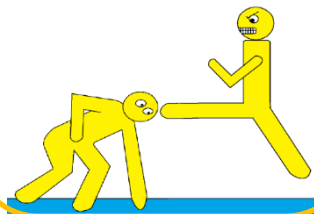
## Red Card (DISQUALIFICATION)

# FOULS

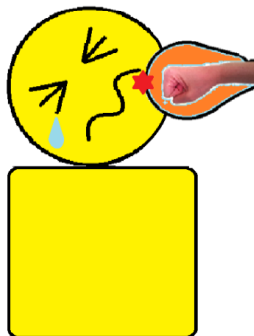
## Warnings

- 1 point is deducted for every 3 warnings
- Will not cause disqualification

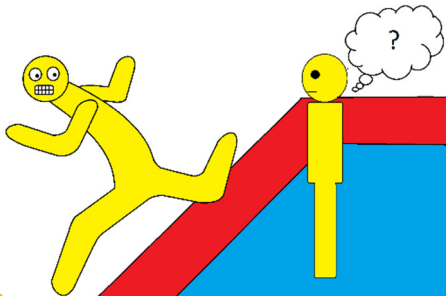
Attacking a fallen opponent or an unready opponent when the referee has already stopped the match



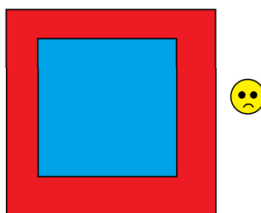
Excessive contact



Deliberately running out of the ring



Stepping out of the ring (both feet)



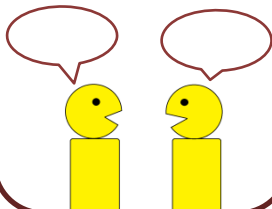
Any part of the body, other than the feet, touching the ground



Pretending to be injured



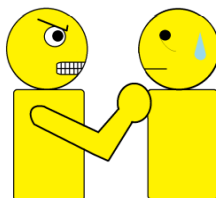
Unnecessary speaking



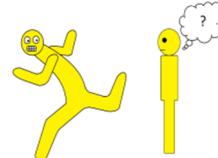
Paying no attention to the centre referee



Grabbing, Holding; Pushing



Intentionally avoiding sparring; Turning the back to avoid combat



More than two punches to the face or any part of the body



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= **Warning**

Attack to an illegal target

