

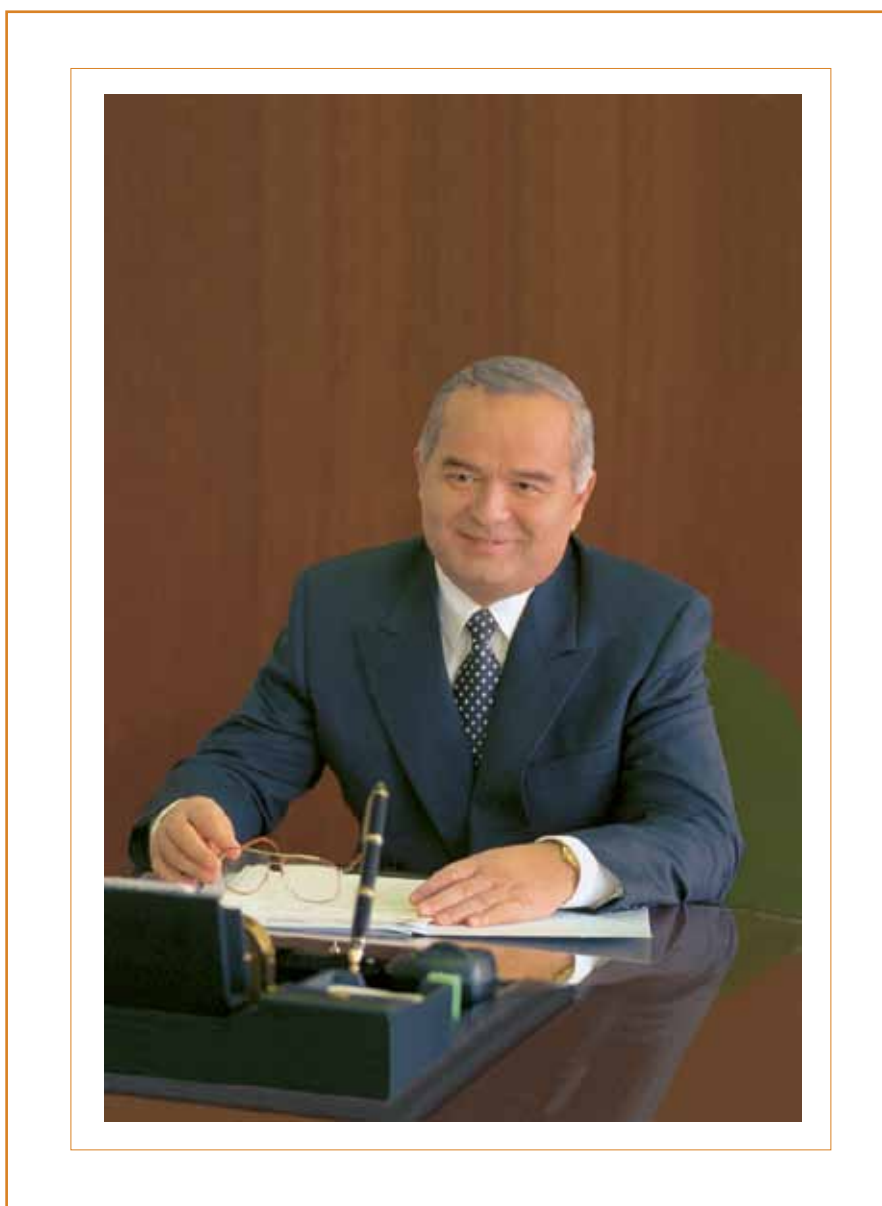


TAEKWONDO DARSLIGI



***FARZANDLARIMIZ BIZDAN KO'RA
KUCHLI, BILIMLI, DONO VA ALBATTA
BAHTLI BO'LISHLARI SHART !***

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**O'ZBEKISTON RESPUBLIKASI PREZIDENTI
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Mamlakatimizda Taekwondoning jadal rivojlanishi munosabati bilan, 1992 yilda O'zbekiston Taekwondo WTF Assotsiatsiyasi tashkil etildi. 2009 yilning Aprel oyida, O'zbekiston Davlat Jismoniy Tarbiya Instituti qoshida Teakwondo WTF ning rasmiy bo'limi tashkil qilindi. Shu yilning o'zida Toshkent shahrida, O'zbekistan Teakwondo Assotsiatsiyasining binosi qurib bitkazildi. Bu binoda sportchilar uchun barcha qulayliklar, jumladan mashg'ulot zali, suzish havzasi, tibbiy xizmat markazi va kichik maydon mavjud.

Shu paytgacha O'zbekiston Taekwondo asotsatsiyasi Taekwondoning milliy ruhi va tehnikasini to'g'ri shakllantirib Taekwondo madaniyati rivojida xizmat qilish uchun bor kuchini bahshida etdi. 2009-yil mart oyida men asotsatsiya prezidenti etib tayinlanganimdan so'ng ham dunyoga mashhur Taekwondo sifatida ko'tarib, rivojlantirish uchun Taekwondoga aloqador texnika tadqiqotiga e'tibor qaratib keldim.

Natijaning biri o'rnida 20 yil ichida "Taekwondo pumse qo'llanma" sini O'zbek tili va Ingliz tilida nashr qilishga erishdik. 2010-yil oktabr oyidan boshlab Dr. Abbos Hamidovich Latipov va Dr. Baek Mun Jong professorning harakatida tayyorlangan "Taekwondo pumse qo'llanma" si Taekwondo bilan shug'ullaniuvchi O'zbek sportchilariga munosib shug'ullanish qo'llanmasi bo'la oladi.

Bu nashr etilgan qo'llanma Taekwondoning asos harakati va suratli tushuntiriluvini aniq moslashtirib faqatgina kitob qilingan pumseni tavsiya qilishga qarab Taekwondo texnikasini aniq shakllantiradi qolaversa, albatta, har qanday pumse musobaqasinig baholash standarti bo'ladi deb umd qilaman.

Kelajakda O'zbekiston Taekwondo Asotsatsiyasi Taekwondo ruhiyati va tehnikasini to'g'ri shakllantirish tadqiqoti hamda ta'lim funksiyasini kuchaytirib O'zbek Taekwondosini dunyoga mashhur qilish yo'lida bor kuchini bahshida qiladi. Xulosa o'rnida nashr jarayonida qatnashgan barchaning mehnati uchun raxmat



Taekwondoning Pumsae yo'nalishi bo'yicha 5-Jahon chempionatining ochilish marosimi



Taekwondoning Pumsae yo'nalishi bo'yicha 5-Jahon chempionatida O'zbekiston taekwondoning o'g'il bolalar guruhi namoyishi



Taekwondoning Pumse yo'nalishi bo'yicha 5-Jahon chempionatining ochilish marosimi



Taekwondoning Pumse yo'nalishi bo'yicha 5-Jahon chempionatida O'zbekiston Taekwondo sportchilarini taqdirlash marosimi



**Taekwondoning Pumse yo'nalishi bo'yicha 5-Jahon chempionati-
da O'zbekiston Taekwondo sportchilarining namoyishi**



**Taekwondoning Pumse yo'nalishi bo'yicha 5-Jahon chempionati-
da O'zbekiston Taekwondo sportchilarining namoyishi**



Taekwondoning Pumse yo'nalishi bo'yicha 5-Jahon chempionatida g'oliblarni taqdirlash marosimi



Taekwondoning Pumse yo'nalishi bo'yicha 5-Jahon chempionatida g'oliblarni taqdirlash marosimi

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TAEKWONDO ETIKETI

Taekvondochilarning ishonch timsoli

1. Men o'z vujudim va qalbimni kuchliligini saqlayman va haqqoniy hayot olib boraman(shaxsiy).
2. Men ota-onam uchun xizmat qilaman va oilamni sevaman(oila).
3. Men barcha insonlarni, ayniqsa mening ustozlarim va kattalarni hurmat qilaman, hamda do'stlarim ishonchini oqlayman (jamiyat).
4. Men qo'shnilarimga yordam beraman, jamoat va vatanim uchun xizmat qilaman (vatan).
5. Men tabiat bilan hamnafas bo'lib yashayman va tinchlik va insoniyat taraqqiyotini targ'ib qilaman (dunyo).

The Creed of Taekwondo Practitioners

1. I will keep both my body and mind strong and lead righteous life (individual).
2. I will serve my parents and love my family (family).
3. I will respect all people especially my teachers and elders and be faithful to my friends (society).
4. I will help my neighbors, volunteer for my community and serve my country (country).
5. I will live in harmony with nature and contribute to the peace and prosperity of mankind (world).



Taekwondo Etiketi

Etiket - boshqa shaxsning shaxsiyatini hurmat qilishini harakatlari orqali ifoda etiladigan, odamzodning yuksak va qimmatbaho odatiy fazilatlaridan biri hisoblanadi. Etiket qoidalari orqali dunyoning har bir chekasidagi butun taekwondno oilasiga bir xilda to'bo'k va belbog'ni bo'g'lab, tik sharaf bilan yuksak xarakterni egasi bo'lishga harakat qilish kerak. Shu orqali bizlar sharqona ananalarga mos etiketning faxrini va taekwondoning natijalarini ko'rishga muvafaq bo'lamiz.

Agar bir shaxsdan boshlab bir necha odamlar to'planadigan guruhni yarata olsa, bu guruh o'z o'zidan tashkilotga aylanadi. Tashkilotda intizom yaxshi o'rnatilgan bo'lsagina tartib ham o'rnatiladi. Ustiga ustak yoshlar to'planadigan joylarda bundan ham yanada ko'roq intizomga e'tibor berish o'z o'zidan ayondir. Ko'payib ketgan yoshlarga rahbarlik qilishda hamma narsadan ham odob-axloq o'rgatish eng muhim omillarda biri hisoblanadi. Odob va axloq etiketni o'rtasidan boshlanadi. Etiket toza qalb va kamtarona madaniyatdir. Shu bilan birga mug'ombirlik va manmalikni chetga surgan holda kamtarlikni saqlashi axloqdan hisoblanadi.

Chiroyli va aniq so'zlashuv madaniyati va muhtasham harakatlari, toza va maromli madaniyati, zamonaviy sog'lom hayot tarzining dono bo'lishi jamiyat hayotining tinch-osoyshta va birdamlikda hayot kechirishning ildizi bo'lishi mumkin.

Etiquette Taekwondo

Etiquette is an expression, through actions, of one's mind respecting the other party's personality, constituting a lofty and valuable basic attitude in a man. The Code of Etiquette established by the Association is aimed at encouraging the Taekwondo-persons to behave themselves like a person of etiquette, always trying hard to cultivate a righteous and decent character in them so that all Taekwondo family throughout the world may follow their examples, in the same dobok (uniform) and belt.

Individuals gathering together make a group or organization. An organization can be maintained by the firmly established discipline. Especially a group of youngsters need far more discipline and order. The youth's overflowing passion can be tempered only through a reinforced moral education, which starts by the training of etiquette. Etiquette should be based on an upright mind and modest attitude. One should get rid of mean attitudes, showing only modest attitudes, which is an important part of etiquette.

Decent and accurate speech, graceful conduct, upright and moderate attitudes, etc. are all the essentials of etiquette deserving a healthy modern life. Etiquette is also the source of maintaining harmony and solidarity for a community life. To that end, the Korea Taekwondo Association felt it necessary to establish the code of etiquettae.

Taekwondo sportchisining egilishi va holati; Taekwondoist's Bow and Upright Posture;

- charyot holatida boshi 45 gradusga egiladi. Bel 15 gradusga egiladi. Oyoqlar yerga kuch bosimi ostida qattiq yopishgan boladi.

- in an attention posture, one bows the head by 45 degrees. The upper body should bend at the waist by about 15 degrees. The back soles of both feet stick together firmly.

Dayan, xona, yerda o'tirgan holatlarda; Bowing while sitting on the floor of dojang, in a room or living room;

- katta odam o'tirgan holatda egilib salom beriladi;
- katta odam kirib kelgan holatda o'z o'rnidan turib egilib salom bergandan so'ng kirib kelgan odamdan so'ng o'tiriladi;
- har qanday holatda yo'l boshlovchi ortidan yurish kerak;
- xonaga kirishdan oldin katta odamdan oldin bir necha qadam oldinga o'tib xonaga kirayotganlarni ko'zdan kechirishi kerak;
- o'tirishdan oldin albatta joylarni ko'zdan kechirib eng qulay joyga o'tkazish kerak;
- majlis davomida ham yordamchi sifatida katta odamdan ko'z uzmay kerak bo'lgan paytda o'z yordamini berishi lozim;
- katta odam o'z fikrlarini izoh qilayotgan paytda etibor bilan eshitib boshqa odamlar ham o'z fikrlarini bildirayotgan paytda etibor berib eshitish lozim.

- if a senior is seated, one should kneel down and bow;
- when a senior enters, one should rise up, showing courtesy by standing upright, and then kneel down to bow before the senior;
- if one is to serve as a member of attendants, he should all the time keep following the senior;
- when entering a room, an attendant guides the senior and stops for a while at the door so that the senior may pass in front of him to step inside, and then immediately follows the senior from behind;
- if the senior is to be seated, the attendant must first watch the place to sit down to ensure the senior will be seated at ease;
- even during a meeting, the attendant should always keep watching the senior from his position to be able to respond quickly to any sign of help by the senior;
- when a senior talks one should take an attitude of listening carefully, let alone paying a careful attention even to a junior's words.

Marosim va lovozimni egallash joylarida; Ceremony and assignment of seats;

- prezident, prezident yordamchisi, rahbar, boshqaruvchi, murrabiy, dan darajasi ketma ketligi bo'yicha joylar tashkillashtiriladi. Va markazdagi joyni eng katta darajali odam egallab o'ng tomonga darajasi bo'yicha ketma ket joylarni egallab keyin chap tarafdagi joylarga o'tqazilishi kerak;
- katta odam yonida o'tiradigan odamning joyi almashtirilsa har doim katta odamning roziligi ostidagina joylarni o'zgartish kerak;
- prezident va boshqaruvchilarni tabrik so'zlariga chairishda albatta ijro qiluvchidan so'ng birinchi bo'lib so'z berilishi kerak;
- marosimni tugatishda albatta katta odamning roziligi bilan tugatish kerak.



- the arrangement of seats will be in the order of the president of Association, vice-president, director general, chief of dojangs (clubs), instructors, the seniority of Dan grades and so on;
- the central seat will be the highest position, its right side for the next higher and then its left side;
- when the Association president and chief of dojang are to deliver a speech, they will have the priority next to the administrator of the ceremony;
- upon conclusion of the ceremony, they will leave the seats, rising up also in the order of seniority.

Ichkilik ichish va tamaki chakish;

Drinking and smoking;

- katta odamdan ichkilikni qabul qilib ozgina egilgan holatda ichish kerak;
 - komadan ortiq ichkilikni ichgan holatda xatoga yo'l qo'ymasdan joyni bo'shatish kerak;
 - kayfiyatining yaxshi yoki yomonligiga qaramasdan nojoyi harakatlardan ehiyot bo'lishi kerak;
 - katta odam oldida tamaki chakayotganda katta odamga behurmatsizlik bo'lmaydigan holatda chakish kerak.
- when a senior offers a glass of wine or liquor, one must receive the glass in a modest attitude and turns the head slightly aside before drinking;
 - if one feels fairly intoxicated, he should leave the seat lest he should make any blunder;
 - one should be careful not to commit any rash acts according to his own mood whether agreeable or disagreeable;
 - when one smokes in front of a senior, he should take care not to offend the senior with an act of insulting.

Murrabiylarning majburiyatlari;

Instructors' attitudes (head of dojang and instructors);

- murrabiy yoki boshqaruvchilar o'z shogirdlarini hurmatiga sazovor bo'ladigan namuna shaxs sifatida namoyon bo'lishi kerak;
- shogird boshqaruvchi yoki murrabiyning so'z va harakatini birma bir kuzatish orqali harakat qilishi sababli maxsus ahamiyatni berish kerak;
- shogirdning oldida boshqa murrabiy yoki hamkasabalar bilan urushmaslik kerak;
- shogird oldida etiketga zid keladigan xati-harakat yoki so'zlashuvni qilmasligi kerak;
- shogirdni har doim ezgu maqsadga yo'naltirib yaxshi namuna bo'lishi kerak;
- murrabiy, boshqaruvchining holati aniq va ravshan bo'lishi kerak;
- shogirdga yolg'on gapirib va asossiz va'dalarni bemaslik kerak;
- shogirdning oldida gap ko'p bolmasligi kerak;
- shogirdning oilaviy muhitini yaxshi tushunib qiyin ahvolga tushib qolgan holatda chin dildan yordam berishi kerak;
- buyruq holda emas balki maslaxat yoki muzokara holda suhbat qilish kerak;
- murrabiyning rasmiy va shaxsiy manfaatlari aniq qilib bo'linishi kerak;
- murrabiy yoki boshqaruvchi dabdabani, roxatni, manmanlikni, meyordan ortiq ichkilikni nazorat qilib mehnatkash hayot tarzini ko'rsatish kerak;
- murrabiy yoki boshqaruvchi jamiyat rivojlanishida oldingi qatordan turib o'z hissasini qo'shishi kerak.
- murrabiy, boshqaruvchilar, yuqori dan darajasi sohiblari, oddiy dan sohiblari va hamma taekwondo sportchilari odob va axloq, jasurlik, adolat, sadoqat, manmanlikni yo'qotib kamtarona xati harakatlari bilan amaliyotda ta'lim va tarbiyasini o'z atrofidan birma bir boshlashi kerak.

- the head of dojang or an instructor must become a model of respectable personality;
- the head of dojang or an instructor must always keep it in mind that every speech and behavior of his is watched closely and imitated by his trainees;
- an instructor should be prudent not to speak ill of or slander his fellow instructors and/or his senior in front of the trainees;
- any speech and behavior not conforming with the code of etiquette should be abstained in front of the trainees;
- the trainees must be infused with a hope, ideal and objective which will be kept in mind all the time;
- the attitudes of the chief and instructors should be always clear and candid;
- any lie or occasional tricks should be avoided;
- an instructor should not be talkative before the trainees;
- the instructor should pay much attention to the status of trainees, homes and their troubles, if any, in order to help them out to improve the situation;
- the instructor should rely more on consulting than on commanding;
- the instructor should draw a line between official and personal affairs;
- head of dojang and instructors should refrain themselves from luxury, vanity, pleasure, gambling, over drink, etc. and show a frugal and industrious life;
- head of dojang and instructors should take the initiative to contribute to the development of community;
- head of dojang, instructor, high Dan graders, Dan holders and all other Taekwondoists should endeavor to practice one by one what they have learned about mental cultivation and attitudes in their daily life; for example, ethical manhood, justice, faith, modesty, no betrayal, etc.

Dayanda;

Norms of conduct at the dojang;

- murrabiy, boshqaruvchi, dan darajasi sohiblari ketma ketlikda so'rashiladi;
- dayan ichida tinchilik va jiddiylik holatini ushlab turish kerak;
- to'bo'kga har doim ahamiyat va ehtiyotlik bilan e'tibor berish kerak;
- to'bo'kni kiygan holatda muhim sabablardan tashqari dayandan chiqmaslikka harakat qilish kerak;
- dayan ichida murrabiy boshqaruvchi, o'zidan katta sportchilarga yoshiga qaramasdan, albatta, hurmat va ehtirom bilan murojaat qilish kerak.
- upon entering the dojang, one must first salute to the national flag (by laying the right hand on the left side of chest) and then to his seniors in the order of the head of dojang, instructor higher Dan holders and so on;
- inside the dojang, one must try to create an atmosphere of quietness and solemnity;
- the dobok (uniform) must be always treated dearly;
- it is advised not to go out of the dojang on dobok except in case of urgency;
- inside the dojang, one must use polite languages toward the head of dojang, instructor and his senior in rank, regardless of their age.

To'bo'kni kiyish;

Wear of the dobok;

- to'bo'k toza va ko'rinishi osoyishta bo'lishi kerak;
- mashg'ulot yoki bellashuv davomida to'bo'k yoyilib ketsa harakatdan to'xtab to'bo'kni qaytadan to'g'ri kiyishi kerak.
- the dobok must be clean and put on neatly during the training;
- if the dobok is disarranged, one must stop his actions and turn around to correct the wear.



Kiyim va uning ko'rinishi; **Dress and looks;**

- kiyim toza bo'lishi kerak;
- tugmacha yoki galstuk yechilib ketmaganligini har vaqt e'tibor berib turish kerak;
- musobaqa, tekshiruv yoki marosimlarga albatta kastyumni kiyib borish kerak;
- sochlar osoyishta taralgan va oyoq kiyim tozaligiga e'tibor berish kerak;
- har doimgi maishiy hayotda ham toza va osoyishta hayot tarzini odatiy qilish kerak;
- tashqi ko'rinish va kiyimda yalqovlik alomati ko'rinishi kerak emas;
- modani chegarasidan chiqib ketmaslik kerak.

- one must always keep himself dressed neatly;
- a special attention must be paid to whether or not the buttons and the necktie are loosened;
- one should be in a full dress when he attends the ceremonies of competition meets, promotion tests and other events;
- neat hair and clean footwear are a must for Taekwondoists;
- one should habituate oneself to a clean and modest life;
- one should ensure that his looks and dress will not show off laziness;
- one should refrain oneself from pursuing the fashion blindly.

Jamiyat va oilada; **In society and at home;**

- maktab, jamiyat, oilada ham jiddiy etiket va to'g'ri muomalada bo'lishi kerak;
- murabbiy va hamkasblarga, o'zidan katta va kichik sportchilarga nisbatan hurmat va ehtiromni ko'rsatish kerak.

- a taekwondoist must try to observe the code of etiquette not only at the dojang but also in school, social meeting and at home;
- a taekwondoist must know how to express the attitudes of etiquette toward his teachers, seniors, colleagues and also his juniors.

So'zlashish vaqtida; **During conversations;**

- o'tirgan holatda so'zlashayotgan paytda nozik va maromda so'zlashish kerak;
- so'zlashuv madaniyatiga rioya qilish kerak;
- so'zlashuvni kulib turgan holatda qarama qarshi odamga noqulaylik tug'dirmaydigan qilib so'zlashish kerak;
- so'zlashuvni qarama qarshi odam onson tushunadigan darajada sekin va maromli qilib gapirish kerak;
- so'zlashuvning mazmuni qiziqarli bo'ladigan darajada orasida kichik hazillarni qo'shib gapirish lozim;
- so'zlashuv davomida tupurmaslikka harakat qilish kerak;
- qarama qarshi odamning unvoniga ahamiyat berib so'zlashish kerak;
- qarama qarshi odamning gaplarini oxirgacha eshitgandan keyingina o'z fikr va mulohazalarini bildirishi kerak;
- qarama qarshi odamning gaplari tugamaguncha to'xtatish mumkin emas;
- qarama qarshi odamga ahamiyatsizlik bilan yaqqol tikilib qarash mumkin emas;

- katta odam ham o'z o'rnida qarama qarshisidagi odamga behosdan turtib yoki teyib ketmaslikka e'tibor berishi kerak.

- one must take a polite attitude with the chest opened while sitting face to face with the other party for a dialogue;
- one should choose refined words in conversation;
- one should show a smiling look in convention, heeding not to displease the other party;
- one should talk logically and calmly in a low tone as much as the other party can hear;
- the topic must be something attracting the other party's interest, occasionally inserting humors and wits;
- one should refrain from using inadequate foreign words;
- one should take precaution not to make the spit scattered around while talking;
- one should be especially careful in calling the other party's social title;
- it is important first to listen carefully to the other party's opinion and then put forth his own opinion and insistence after a prudent consideration;
- it is undesirable to interrupt the other party while talking. One should avoid staring the other party in a look of disdain;
- even a senior should be careful not to tap the other party or touch the latter's body or make excessive hand signs during a convention.

Qo'ng'iroq; Telephone call;

- qo'ng'iroq qilgan odam birinchi o'zining ism sharifini aytib o'tgandan so'ng u odamning ism sharifini so'rashi kerak;
- qo'ng'iroq qabul qilganda ham birinchi o'z ism sharifini aytib o'tgandan so'ng nima sababdan telefon qilayotganligini so'rash kerak;
- so'zlashuvni qisqa va aniq qilish kerak;
- muhim masalalarni so'zlashuv davomida yozib borish kerak.

- when one makes a telephone call, he should address himself first and then confirm the other party who is calling;
- receiving a telephone call, one should respond immediately by declaring his position and name and then ask who is wanted;
- a telephone conversation should be brief and accurate;
- one should be habituated to make notes of important points during the telephone conversation.

Tashriflar; Paying a visit;

- tashrif buyurishdan oldin katta yoki kichikligini hisobga olmasdan oldindan habar berish kerak;
- mumkin bo'lsa yakshanba yoki undan tashqari boshqa dam olish kunlari, erta tong, kechki tun, tushlik vaqti va ma'qul bo'lmagan holatlarda tashrif qilmaslik ma'quldir;
- tashrif uyushtirganda ishni tezroq tugatib ketish kerak. Agarda band yoki kasallik alomatlari ko'rinsa yanada tezroq tashrifni tugatish kerak.

- an advance notice is necessary before paying a visit to others, regardless of the other party's position, high or low;
- except for unavoidable circumstances, one should refrain from fixing the time of visit for Sunday or other public holidays, early morning, late at night, or meal time. One had better avoid a bad weather on the day of visit;
- one should finish his business briefly during the visit and leave soon. If the visited looks busy or uncomfortable, the visitor had better leave the place as soon as possible without bothering him further.



Ovqatlanish;

At table;

- stolga o'tirayotgan paytda yelkani tik holatda ushlab turish kerak;
- ovqatlanayotgan paytda kamroq gapirishga harakat qilsih kerak;
- katta odam ovqatlanishni boshlagandan keyingina ovqatlanishni boshlash mumkin;
- mehmoning yoshi teng bo'lsa va mehmonga nisbattan samimiylikni ko'rsatish kerak;
- ovqat yeyotganda suv ichayotganda ovoz chiqmaslikka harakat qilish kerak;
- ovqatlanayotgan paytda og'iz bo'shlig'i ko'rinmaydigan qilib ovqatlanish kerak;
- ovqatlanish davomida joyidan turmaslikka harakat qilish kerak;
- ovqatlanishni boshqa odamlar bilan tugatib birgalikda turishga harakat qilish kerak.

- one should keep the body upright while sitting at table;
- one should refrain from talking while taking a meal, if possible;
- one should commence eating after a senior has begun eating;
- even among friends, the visitor should be treated with etiquette;
- one should refrain from making a noisy sound while picking up a spoon, drinking or chewing the food;
- one should avoid keeping the mouth opened to be seen eating by others;
- one may not leave the table during the meal;
- one should wait at table, if possible, until the time of ending the meal by other party.

Jamiyatda;

At social occasions;

- boshqa bir odamni tanishtirayotgan payta birinchi katta odamning ruxsatini olib va undan keyin odamni tanishtirish kerak;
- tanishtirayotgan odam haqida uzoq gapirish mumkin emas;
- agar sizga tanishtirayotgan bo'lsa u odam haqidagi gaplar tugagandan so'ng gapirishni boshlashingiz mumkin;
- qo'l berib so'rashishda katta odam yoki sizdan yoshi katta odam qo'lini uzatgandan keyingina qo'l berib so'rashishingiz mumkin;
- erkak ayol bilan qo'l berib so'rashmoqchi bo'lsa ayollning istakiga qo'yib berish kerak;
- qo'l bilan so'rashishni uzoq va qattiq qilish mumkin emas.

- in introducing a junior, it is advised to sound the senior's readiness in advance;
- a third party who is going to introduce a person to another should not be talkative;
- the one who is to be introduced must wait before speaking out until the introducer's remarks finish;
- one may shake hands only when an elder or a senior shows first his willingness to do so;
- between a male and a female, a handshake depends entirely on the willingness of the female side;
- in shaking hands a tight grip should be avoided.

Avtomabilda;

At the time of getting on a car;

- avtomobilga o'tirayotgan paytda, haydovchining orqa tarafi ikkinchi joy bo'lib, qarama-qarshi tarafi birinchi joy va o'rta undan keying joy haydovchining oldi esa oxirgi joy hisoblanadi. Agarda avtomobil

shaxsiy bo'ladigan bo'lsa haydovchi oldidagi joy birinchi joy hisoblanadi;

- avtomobilga o'tirayotgan zahoti katta odam birinchi o'tirishga ijozat berib, avtomobildan tushayotgan zahoti esa aksincha birinchi tushib katta odamga yordam berish kerak.

- in a car, a senior will be seated on the back and opposite side of the chauffeur's seat, the second senior just behind the chauffer's, the third in between then the last in seniority just beside the chauffeur. In case of an owner driver, the seat beside the driver has the first priority for a senior;

- at the time of getting on a car, an attendant must help the senior enter the car first, and, at the destination, also attend the senior by getting off first this time.

Yo'l boshchilik qilayotganda;

During an attendance;

- katta odamga yo'l boshchilik qilayotgan paytda ozgina yelka egilgan hollatda oldinroqda yurish kerak.

- in guiding a senior, one should precede a step forward with a humble attitude.

PUMSE QOIDALARI



Pumse

musobaqasi qoidalari va sharhlari

Poomsae

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Pumse musobaqasi qoidalari va sharhlari

Poomsae competition rules & interpretation

1-bo'lim. Maqsad

Article 1. Purpose

Bu qoidalar Jahon Taekwondo Assotsiatsiyasi, Mintaqaviy federatsiyalar va har bir a'zo mamlakat asotsiatsiyalari tomonidan uyushtiriladigan barcha Pumse musobaqalari hech qanday tushunmovchiliklarsiz va odilona o'tkazilishini maqsad qilib oladi.

(sharh)

Taekwondo pumse musobaqasini butun dunyo bo'ylab birdamlik bilan uyushtirish maqsadida musobaqa o'tkazilgandagi barcha vaziyatlar aynan shu qoidalarga asoslangan holda hal qilinadi va olib boriladi. Asosiy qoidalarga zid ravishda o'tkazilgan har qanday musobaqa taekwondo pumse musobaqasi deb tan olinmaydi.

The purpose of the Poomsae Competition Rules is to fairly and smoothly manage all matters pertaining to Poomsae competitions at all levels promoted and/or organized by the World Taekwondo Federation, and its Continental Unions and member National Associations, ensuring the application of standardized rules.

(Interpretation)

The objective of Article 1 is to ensure the standardization of all taekwondo poomsae competitions worldwide. Any competition not following the fundamental principles of these rules cannot be recognized as a taekwondo Poomsae competition.

2-bo'lim. Qo'llanilish doirasi

Article 2. Application

Bu qoidalar Jahon Taekwondo Assotsiatsiyasi, Mintaqaviy federatsiyalar va har bir a'zo mamlakat asotsiatsiyalari tomonidan uyushtirilgan barcha pumse musobaqalarida qo'llaniladi. Lekin, bir mamlakat asotsiatsiyasi bu qoidalarning ma'lum qismiga o'zgartirishlar kiritmoqchi bo'lsa, Jahon Taekwondo Assotsiatsiyasi buni ma'qullashi kerak bo'ladi.

Izoh(1)

Ma'qullash:

O'zgartirishlar kiritishni xohlovchi tashkilot Jahon Taekwondo Assotsiatsiyasining ma'qullovni talab qilganda eng kamida musobaqadan 1 oy oldin ruxsat olishi zarur bo'ladi.

Izoh(2)

O'zgartirish doirasi bo'limlarni o'zgartirish, referilar sonini qisqartirish yoki ko'paytirish, musobaqa inspektori, kotibi, tibbiy xodim va boshqa hodimlarni joylarini o'zgartirish kabi so'rovlar har sabab ko'rsatilgan holda ham o'zgartirilmaydi.

The Competition Rules shall apply to all Poomsae competitions promoted and/or organized by the WTF, each Continental Union and each member National Association. However, any member National Association wishing to modify some part of the Competition Rules must first gain the approval of the WTF.

(Explanation #1)

Amendment approval:

Any organization desiring to make a change in some portion of the existing rules must submit to the WTF the contents of the desired amendment along with the reasons for the desired change. Approval for any change in these rules must be received from WTF one month prior to the scheduled competition.

(Explanation #2)

Change in category, increase or decrease in the number of International Poomsae Referees, change of the courtside position of the inspector, recorder and/or commission doctor, etc., are subjects which may be included in the category of Poomsae competition aspects which may be modified after first gaining the approval of the WTF. However, such germane matters as scoring are not to be changed under any circumstances whatsoever.

3-bo`lim. Musobaqa maydoni

Article 3. Competition Area

Musobaqa joyi sport arenasi ichida joylashgan 12 m X 12 m hajmdagi yuzaga ega bo`lib, hech qanday tashqi ta`sir ko`rsatilmaydigan balandlikda joylashgan bo`lishi lozim va uning yuzasi egiluvchan mat yoki taxtadan qilinadi. Hamda u vaziyatga qarab 0.5m – 0.6m gacha balandlikda o`rnatilishi mumkin. U xavfsizlikni hisobga olingan holda 30 gradus qiyalikkacha o`rnatilishi lozim.

(sharh)

Musobaqa maydonini o`rnatish jarayonida hakamlarni hisobga olgan holda ular uchun joyini balandroq bo`lishini ta`minlash lozim.

The Competition Area shall comprise of the Contest Area measuring 12m×12m in metric system and have a flat surface without any obstructing projections. The Contest Area shall be covered with an elastic mat or wooden floor, and may be installed on a platform 0.5m-0.6m high from the base, if necessary. The outer part of the Boundary Line shall be inclined at a gradient of less than 30 degrees for the safety of the contestants.

(Interpretation)

In the case of using a platform, the platform must be wider than the competition area, in consideration of the positions of the judges.

1. Musobaqa joyini farqlanishi:

1. Demarcation of the Contest Area:

1. 12 m×12 m kattalikka ega bo`lgan joyi musobaqa maydoni deyish mumkin.
2. Musobaqa maydoni taxta poldan tashkil topgan holda uni farqlash maqsadida 5 sm qalinlikdagi oq rangdagi chegara chizig`l chizilgan holdagina uni musobaqa maydoni deb farqlanadi.

1. The 12m×12m area shall be called the Contest Area.
2. The demarcation of the Contest Area shall be distinguished by a white line with 5cm wide in case of wooden competition area.

2. Joylarni aniqlash:

2. Indication of Positions:

1. Hakamlar joylari: 7 kishidan iborat hakamlarni sportchilarning old taraflarida 4kishi, orqa qismida 3 kishi ko`rinishida joylashtirilib, musobaqa maydoni va hakamlar joylari orasidagi masofa 1m va ular orasidagi o`zaro masofa 2 m bo`ladi. Yaqinda joylashgan chegara chizig`i birinchi chegara chizig`i deb atalib, undan so`ng mos ravishda soat yo`nalishida 2, 3, 4 – chegara chiziq`lari joylashgan. Hakamlar joylashinuv ketma-ketligi birinchi chegara chizig`i chap tarafidan soat tomonga birinchi hakam joylashgan. 5 ta hakamlik tizimida sportchilarga to`g`ri rima-to`g`ri 3 ta hakam va sportchilar ortida 2 ta hakam joylashadi. 7 ta hakamlik holatda ham joylashinuv shunga o`xshash bo`ladi.
2. Referi joylashinuvi: Referi - birinchi hakamning yon tarafida joylashadi.
3. Sportchilar joyi: musobaqa maydoni markazida uchinchi chegara chizig`idan 2 m orqada joylashadilar.
4. Kotibning joyi: Markazdan 3 m uzoqlikda o`ng tarafda joylashadi.



5. Musobaqa ko'rdinatorlari joylashuvi: birinchi va to'rtinchi chegara chiziqlari orasida burchakdan 1m uzoqlikda musobaqa maydoni tashqarisida joylashadi.
 6. Sportchilar kutish va murabbiylar joyi: 3 va 4 chiqizlar oralig'ida maydon burchagidan 3 m tashqarida joylashadi.
 7. Nazorat stendi joylashuvi: Sport kompleksi sharoitlaridan kelib chiqqan holda o'rnatilib, kirish qismida joylashadi.
1. Position of the Judges: Seven judges shall sit 1m away from the Contest Area and 2m inbetween each other, with four judges facing the contestants and three facing the back of the contestants. The boundary line adjacent to the four judges shall be deemed boundary line #1, followed by, clockwise, boundary lines #2, #3, and #4. Judges are positioned clockwise from the left of the boundary line #1. In the case of a five-judge system, three judges shall be positioned facing the contestants and the other two facing the back of the contestants; in the same order of the seven-judge system.
 2. The position of the Referee: The Referee shall be positioned beside Judge No. 1.
 3. The positions of the contestants: Contestants shall be positioned at 2m back from the center of the Contest Area, toward boundary line #3.
 4. The Position of the recorder's desk: It shall be positioned at 3m from the Referee on the right side.
 5. The Position of the competition coordinators: Competition coordinators shall be positioned outside the Contest Area, 1m away from the corner between boundary lines #1 and #4.
 6. The Position of standby contestants and coaches: Standby contestants and coaches shall be positioned outside the Contest Area, 3m away from the corner between boundary lines #3 and #4.
 7. The Position of inspection desk: Inspection desk shall be positioned at the entrance of Contest Area outside the corner of boundary lines #3 and #4, in consideration of the facilities of the field of play.

izoh-(1)

Mat: Xalqaro Taekvondo federatsiyasi tomonidan uyishtirilayotgan Pumse musobaqalarida faqatgina rasmiy tasdiqlangan matlarga ishlatiladi.

izoh-(2)

Rang: matning rangi kuchli akslanuvchi bo'lmazligi va zaldagi muhlislar ko'rish qobiliyatlariga zarar yetkazmaydigan bo'lishi zarur. Sportchilar toboklari va musobaqa maydonining ranglari o'zaro mos tushishiga ahamiyat berilishi zarur.

izoh-(3)

Nazorat stendi: nazorat stendida nazoratchi qatnashuvchi sportchilarning toboglari talablarga javob berishi, ularga toboglarning to'g'ri kelishini hamda keraksiz narsalar mavjud yoki yo'qligini tekshiradi.

izoh-(4)

Musobaqa maydonchasi: quyidagi rasmdagidek qurilishi lozim.

(Explanation #1)

Elastic mat: Only WTF-approved mats shall be used at WTF-sanctioned Poomsae Championships.

(Explanation #2)

Color: The color scheme of the mat's surface must not give off a harsh reflection, or be tiring to the contestants' or spectators' eyesight. The color scheme must also be appropriately matched to the overall look of the venue.

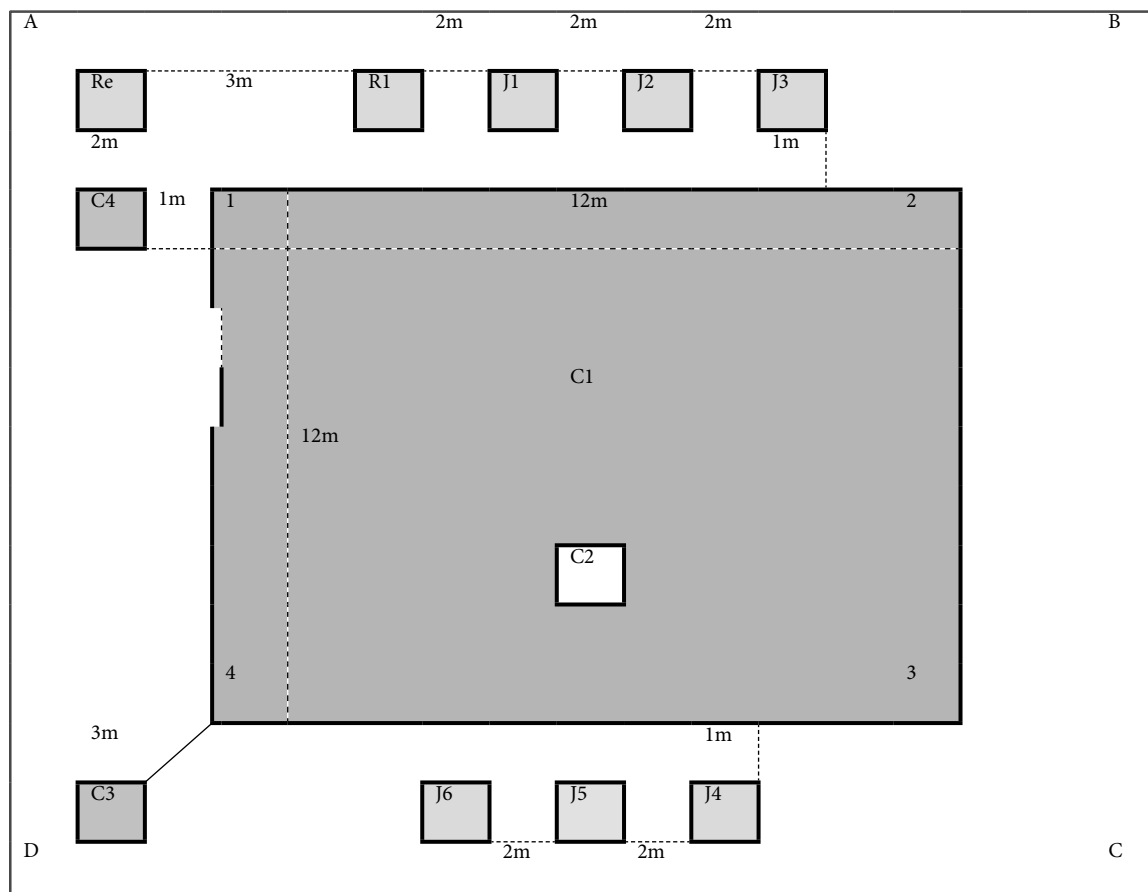
(Explanation #3)

Inspection Desk: At the inspection desk, the inspector checks whether uniforms worn by the contestants are approved by the WTF, and whether they fit the contestant properly. A contestant will be required to change the uniform if it is found to be inappropriate.

(Explanation #4)

Competition platform: The platform shall be built according to the following diagram.

Diagram 1. Field of Play



Rec: Kotib
Rec: Recorder.

R 1: Referi
R 1: Referee.

J1, 2, 3, 4, 5, 6: Hakam
J1, 2, 3, 4, 5, 6: Judge

No. 1,2,3,4,5,6. C1: Musobaqa maydonchasi.
No. 1,2,3,4,5,6. C1: Competition Area.

C2: Sportchilar.
C2: Contestants.

C3: Sportchilar kutish va murabbiylar joyi.
C3: Standby contestants and coach.

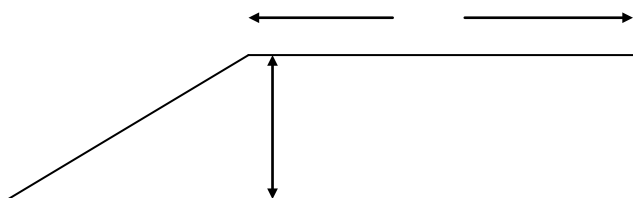
C4: Musobaqa kordinatori.
C4: Competition coordinator.

1, 2, 3, 4: chegara chizig`i
Boundary Line No. 1,2,3,4

A, B, C, D: xavfsizlik joyi

Musobaqa maydoni (2-rasm)

Diagram 2. Competition Platform



4-Bo`lim. Sportchi

Article 4. Contestant

1. Sportchilarni saralash:

1. Qualifications of contestants:

1. O`z sharafini himoya qilayotgan mamlakat fuqarosi bo`lishligi
2. O`z mamlakati Milliy Taekwondo Assotsatsiyasi tomonidan tavsiya etilishi
3. Jahon Taekwondo Federatsiyasi yoki Kukkiwon tomonidan taqdim etilgan Poom yoki Dan sertifikatining mavjudligi
4. 17 yoshdan kichiklar guruhi (14 yoshdan 17 yoshgacha)
5. 29 yoshdan kichiklar guruhi (18 yoshdan 29 yoshgacha)
6. 39 yoshdan kichiklar guruhi (30 yoshdan 39 yoshgacha)
7. 49 yoshdan kichiklar guruhi (40 yoshdan 49 yoshgacha)
8. 59 yoshdan kichiklar guruhi (50 yoshdan 59 yoshgacha)
9. 60 yoshdan kattalar guruhi

1. Holder of the nationality of the participating team
2. One recommended by the National Taekwondo Association
3. Holder of Taekwondo Poom, Dan certificate issued by WTF or Kukkiwon
4. Under 17 Division (14-17 years old)
5. Under 29 Division (18-29 years old)
6. Under 39 Division (30-39 years old)
7. Under 49 Division (40-49 years old)
8. Under 59 Division (50-59 years old)
9. Over 60 Division (60 years old or higher)

(sharh)

Barcha yosh guruhidagi musobaqalarda qatnashuvchilar yoshlari musobaqa tashkillashtirilgan vaqt-dagi yilga nisbatan olinmaydi. Masalan, 17 yoshdan kichiklar guruhidagi sportchilar yoshlari 14 yoshdan 17 yoshgacha bo`lishi kerak. Agar Pumse musobaqasi 2011-yil 29-iyulida o`tkaziladigan bo`lsa, qatnashchilar 1994-yil 1-yanvardan 1997-yil 31-dekabrgacha tug`ilgan bo`lishlari lozim.

(Interpretation)

The age limits for the each division division is based on the year, not on the date, when the Championships are held. For example, in the under 17 division contestants shall be between 14 and 17 year old. In this regard, if the Junior Poomsae Championships are held on 29 July 2011, contestants born between 1 January 1994 and 31 December 1997 are eligible to participate.

2. Sportchilar kiyimlari:

2. Contestants' Uniforms:

1. Jahon Taekvondo Federatsiyasi tomonidan uyushtirilgan Pumse musobaqalarida Jahon Taekvondo federatsiyasi tomonidan tasdiqlangan Toboglarni kiyish mumkin.

1. Contestants shall wear only WTF-approved uniforms at WTF-sanctioned Poomsae Championships.

3. Tibbiy tekshiruv:

3. Medical control:

1. Jahon taekvondo Federatsiyasi tomonidan uyushtirilgan musobaqalarda federatsiya tomonidan taqiqlab qo`yilgan har qanday dorilarni qabul qilishga ruxsat berilmaydi.

2. Jahon Taekvondo federatsiyasi vaziyatga qarab dorilarni qabul qilinganligi yoki qabul qilinmaganligini tekshiradi. Taqiqlangan vositalar qo`llanilganligi aniqlangan holatda bu ish jazolash komite-tiga uzatilib, o`sha vaziyatdagi g`alabadan mahrum qilinadi va g`alaba undan keyingi sportchiga beriladi.

3. Musobaqa tashkiliy qo`mitasi tibbiy ko`rik o`tkazish uchun barcha tayyorgarlikni amalga oshirishlari zarur.

4. Taqiqlangan vositalar Jahon Taekvondo Federatsiyasi Anti doping qoidalariga asoslanadi.

1. At taekwondo events promoted or sanctioned by the WTF, any use or administration of drugs or chemical substances described in the WTF Anti-Doping Rules is prohibited

2. The WTF may carry out all medical testing deemed necessary to ascertain if a contestant has committed a breach of the WTF Anti-Doping Rules, and any winner who refuses to undergo this testing or who proves to have committed such a breach shall be removed from the final standings. In this regard, the contestant next in line in the competition standings shall be declared the new winner

3. The Organizing Committee shall be liable for arrangements to carry out medical testing

4. All details regarding doping matters shall be handled according to the WTF Anti-Doping Rules

5-bo`lim. Musobaqalar turlari

Article 5. Classifications of Competition

Jins va yosh jihatdan to`g`ri kelgan sportchilar musobaqada qatnashishlari mumkin.

Contestants may compete in more than one category of competition unless he or she is limited by gender or age.

1. Belgilangan pumse musobaqasi.

1. Recognized Poomsae Competition.

2. Erkin yo`nalishdagi pumse musobaqasi:

2. Free style Poomsae Competition:

1. Erkaklar yakkalik. 2. Ayollar yakkalik. 3. Juftlik. 4. Aralash jamoa (5 ta jamoa a`zolaridan tashkil topib, 2 ta erkak va 2 ta ayol sportchidan ko`p bo`lgan a`zoldardan tashkil topadi).

1. Men's Individual. 2. Women's Individual. 3. Pair. 4. Mixed team (composition of 5 members including more than 2 males and 2 females).



6-bo`lim. Jins va yoshga qarab guruhlarga ajratish

Article 6. Divisions by Gender and Age

1. Belgilangan pumse musobaqasi:

1. Recognized Poomsae Competition:

1. Erkaklar, ayollar va aralash, hamda yoshga asosan ajratiladi.
2. Jamoaviy baxslarda Pum va Danning ahamiyati yo`q.
3. Jins bo`yicha quyidagicha ajratiladi;

1. Men, women and mixed divisions shall be divided according to age.
2. There is no specific limitation to Poom/Dan for team competition.
3. Male and female divisions shall be classified as follows;

Klassifikatsiya Division		17 yoshdan kichik Under 17	29 yoshdan kichik Under 29	39 yoshdan kichik Under 39	49 yoshdan kichik Under 49	59 yoshdan kichik Under 59	60 yoshdan katta Over 60
Yosh Age		14-17 yosh 14-17 years old	18-29 yosh 18-29 years old	30-39 yosh 30-39 years old	40-49 yosh 40-49 years old	50-59 yosh 50-59 years old	60 yoshdan yuqori 60 years old or higher
Yakkalik Individual	Erkak Male	1	1	1	1	1	
	Ayol Female	1	1	1	1	1	
Klassifikatsiya Division		29 yoshdan kichik Under 29		30 yoshdan katta Over 30			
Yosh Age		14 -29 yoshlilar 14-29 years old		30yoshdan yuqori 30 years old or higher			
Juftlik Pair		2		2			
Jamoaviy Team	Erkak Male	3		3			
	Ayol Female	3		3			

2. Erkin yo`nalishdagi pumse musobaqasi:

2. Free style Poomsae Competition:

1. Bunda qatnashchining yoshiga oid cheklovlar yo`q.
1. There is no restriction in age of participant.

7-bo`lim. Musobaqa tizimlari

Article 7. Methods of Competition

1. Jahon Taekvondo Federatsiyasi tomonidan tasdiqlangan barcha xalqaro Pumse musobaqalarida eng kamida 4 mamlakatdan qatnashchilar va musobaqaning har bir turida 4 guruhdan kam bo`lmagan qatnashchilar bo`lgan taqdirdagina musobaqa sifatida tan olinadi.

1. All international-level competitions recognized by the WTF shall be formed with the participation of at least four (4) countries with no fewer than four (4) contestants in each division.

2. Musobaqa tizimlari quyidagicha klassifikatsiyalanadi:

2. The systems of competition are divided as follows:

1. Yakkalik chiqib ketish musobaqa tizimi.
2. Davra musobaqa tizimi.
3. Cut off tizimi.
4. Aralash(yoki kombinatsion) tizim (ixtiyoriy)
Cut off tizimi+ Chiqib ketish musobaqa tizimi.

1. Single elimination tournament system.
2. Round robin system.
3. Cut off System.
4. Combination System (Optional)
Cut Off system + Elimination tournaments system.

Eslatma: musobaqani o`tkazish uslubi texnik delegatlar tomonidan belgilanadi va musobaqa yo`riqnomasida ko`rsatiladi.

Remark: Methods of competition shall be decided by technical delegate and shall be stated at outline of championships prior to championships.

3. Final bosqichi.

3. Final round.

Barcha musobaqalarda final bahsida 2 ta Pumse ko`rsatiladi.

Two poomsae must be performed for all the final competitions.

Izoh-(1)

Cut off tizimida dastlabki bosqich, yarim final, final bosqichlariga bo`linadi

Izoh-(2)

Cut off tizimi dastlabki bosqichi: 20 va undan ortiq sportchilar qatnashsalar musobaqa turli maydonchalarda guruhlarga ajratilgan holda saralash bosqichidan boshlanadi. Sportchilar ikkita belgilangan majburiy pumseni ko`rsatishadi va ularning yarmi jamg`argan ballari bo`yicha yarim finalga chiqariladi. Saralash bosqichida har bir guruh turli hakamlar tomonidan boshqarilishi mumkin. Agar sportchilar soni toq bo`lsa, sportchilar soni juftga keltiriladi. Masalan, bir guruhda 13 ta sportchi bo`lsa, ularning soni 14 ta deb olinadi va 7 sportchi yarim finalga saralanadi.

Izoh-(3)

Cut off tizimida yarim final: 9 tadan 19 tagacha sportchi qatnashganda musobaqa yarim final bosqichidan boshlanadi. Sportchilar ikkita belgilangan majburiy pumseni ko`rsatishadi va ulardan 8 tasi jamg`argan ballari bo`yicha finalga yo`l oladi.



Izoh-(4)

Cut off tizimi finali: 8 va undan kam bo'lgan sportchilar qatnashganda musobaqa final bosqichidan boshlanadi. Sportchilar ikkita belgilangan majburiy pumseni ko'rsatishadi va ulardan eng yaxshi 4 ta sportchi/ juftlik/ jamoa to'plagan ballariga mos ravishda taqdirlanadi. 3 va 4-o'rinlar bronza medallari bilan taqdirlanadilar.

Izoh-(5)

Chiqib ketish musobaqa tizimida raqib qur'a tashlash bilan tanlanadi.

(Explanation #1)

The cut-off system shall comprise the preliminary, semi-final and final rounds.

(Explanation #2)

Cut off system preliminary: When 20 or more contestants are participating; competition shall start from preliminary round with division of groups at different courts. Contestants shall perform the two assigned compulsory Pomsae, and half of them from each group. Shall be advance to semi-final based on their points. In preliminary round, each group might be judged by different group of judges. If number of contestants is odd, then rounding the number of contestants in group, then regards 13 contestants as 14 contestants, and 7 contestants shall be advanced to semi-final.

(Explanation #3)

Cut off system Semi-final: When 9 to 19 contestants are participating: competition shall start fro semi-final round, Contestants shall perform the two assigned compulsory poomsae, and, 8 of them shall be advanced to final based on their points.

(Explanation #4)

Cut off system Final: When 8 or fewer contestants are participating; competition shall start from final round. Contestants shall perform the two assigned compulsory Pomsae, and, the top four contestants / pair / team shall be awarded prizes based on their points. 3rd and 4th places are awarded with bronze medals.

(Explanation #5)

In elimination tournament system, the opponent, shall be decided at drawing of lots.

8-bo`lim. Rasmiy tan olingan Pumse (birinchi va ikkinchi majburiy pumselar)

Article 8. Recognized Poomsae (1st and 2nd Compulsory Poomsae)

Musobaqa Competition	Klassifikatsiya Division	Majburiy Pumse Compulsory Poomsae
Yakkalik Individual	17yoshdan kichik Under 17	Taegeuk 4, 5, 6, 7, 8 jang, Koryo , Keumgang, Taeback
	29 yoshdan kichik Under 29	Taegeuk 6, 7, 8 jang, Koryo , Keumgang, Taeback, Pyongwon, Sipjin
	39 yoshdan kichik Under 39	
	49 yoshdan kichik Under 49	Taegeuk 8 jang, Koryo , Keumgang, Taeback, Pyongwon, Sipjin, Jitae, Chonkwon
	59 yoshdan kichik Under 59	Koryo , Keumgang, Taeback, Pyongwon, Sipjin, Jitae, Chonkwon, hansu
	60 yoshdan katta Over 60	
Juftlik Pair	29 yoshdan kichik Under 29	Taegeuk 6, 7, 8 jang, Koryo , Keumgang, Taeback, Pyongwon, Sipjin
	30 yoshdan katta Over 30	Taegeuk 8 jang, Koryo , Keumgang, Taeback, Pyongwon, Sipjin, Jitae, Chonkwon
Jamoaviy Team	29 yoshdan kichik Under 29	Taegeuk 6, 7, 8 jang, Koryo , Keumgang, Taeback, Pyongwon, Sipjin
	30 yoshdan katta Over 30	Taegeuk 8 jang, Koryo , Keumgang, Taeback, Pyongwon, Sipjin, Jitae, Chonkwon

9-bo`lim. Erkin uslubdagi Pumse musobaqasi

Article 9. Free style Poomsae

1. Erkin uslub Pumse musiqa va xareografiya bilan uyg'unlashgan taekwondo texnikasiga asoslangan.
1. Free style poomsae is the performance based on taekwondo techniques with composition of music and choreography.

2. Erkin uslubdagi Pumse tashkil etish:

2. Composition of Free Style Poomsae:

1. Yeon-mu chizig'i sportchi tomonidan tanlanadi.
2. Pumlari soni: har bir kompozitsiya 20tadan 24 tagacha pumni o'z ichiga olishi kerak. (1 ta pum kompozitsiyasi 5 ta harakatdan ko'p bo'lmasligi lozim).
3. Texnika: har bir chiqishning 60% ni oyoq texnikasi va 40% qo'l texnikasidan tashkil topishi kerak.
4. Musiqa va xareografiya sportchi tomonidan tanlanadi.



1. Yeon-mu line shall be choice of contestant.
2. Number of Poom: Each performance shall be composite of 20 to 24 poom. (composition of 1 poom shall be no more than 5 motions).
3. Technique: Each performance shall be composite of 60% foot techniques and 40% hand techniques.
4. Music&Choreography shall be choice of contestant.

Eslatma: taekvondo texnikasida oid bo'lgan bo'lmagan harakatlar bajarilishi kerak. Agar sportchi erkin uslubdagi pumse harakatlar rejasini taqdim etsa, Taekvondo texnikalari WTF Pumse qo'mitasi tomonidan aniqlanadi.

Remark: Performed Techniques must be within boundary of Taekwondo. Taekwondo techniques shall be determined by WTF Poomsae Committee, when contestant submits performance plan of free style poomsae.

10-bo`lim. Musobaqa vaqti

Article 10. Duration of Contest

1. Toifalar bo'yicha musobaqa davomiyligi:

1. Duration of Contest by Division:

1. Belgilangan pumse: yakkalik, juftlik va jamoaviy musobaqalar 30 soniyadan 90 soniyagacha.
 2. Erkin yo'nalishdagi pumse: yakkalik, juftlik va aralash jamoaviy musobaqalar 60 soniyadan 70 soniyagacha.
 3. Birinchi va ikkinchi pumse orasidagi kutish vaqti 30 dan 60 soniyagacha.
1. Recognized Poomsae: Individual, Pair and Team competitions from 30 seconds to 90 seconds.
 2. Free style Poomsae: Individual, Pair and Mixed Team competitions from 60 seconds to 70 seconds.
 3. The waiting period between 1st poomsae and 2nd poomsae is 30 to 60 seconds.

(sharh)

Birinchi va ikkinchi pumse orasidagi kutish vaqti musobaqa kordinatori natijalarni e'lon qilgandan so'ng boshlanadi.

(Interpretation)

The starting of waiting period between 1st poomsae and 2nd poomsae shall be activated after the competition coordinator has declared a decision.

11-bo`lim. Qur'a tashlash

Article 11. Drawing of Lots

1. Musobaqaning birinchi kunidan bir kun oldin Xalqaro Taekvondo Federatsiyasi rasmiy vakillari, texnik xodimlari va har bir mamlakat vakillari qatnashuvida qar'a tashlanadi.

1. The drawing of lots shall be conducted one day prior to the first competition day in the presence of WTF officials including the WTF technical Delegate and representatives of the participating nations.

2. Marosimda qatnashmagan mamlakatlar vakillari yig'ilishdagi ovoz berish huquqlari Pumse komissiya rahbariga o'tadi va qabul qilingan qarorlarga rioya qiladi.

2. Officials for the drawing of lots shall be designated to draw lots on behalf of the officials of participating nations not present at the session.

3. Qur'a bo'yicha o'zgartirishlar yig'ilish rahbari qaroriga asosan kiritilishi mumkin.

3. The order of the draw may be changed according to the decision of the Head of Team meeting.

4. Aralash (yoki kombinatsion) tizimda chiqib ketish musobaqa tizimi uchun qur'a tashlash cut off musobaqa bosqichi yakunlangandan so'ng WTF texnik delegatlarini o'z ichiga olgan WTF rasmiylari va musobaqa aloqador mamlakatlar ishtirokida musobaqa tashkillashtirilayotgan joyda o'tkazilishi kerak.

4. the drawing of lots for elimination tournament in combination system shall be conducted after completion of cut off competition stage in the presence of WTF officials including the WTF technical delegate and representatives of the pertinent participating nations at the competition venue.

5. Qur'a tashlash uslubi texnik delegatlar tomonidan hal qilinadi.

5. The method of drawing shall be decided by technical delegate.

12-bo'lim. Taqiqlar va jazolar

Article 12. Prohibited Acts/Penalties

1. Taqiqlar boyicha jazolar qarorlar Referi tomonidan qabul qilinadi.

1. Penalties for any prohibited act shall be declared by the Referee.

2. Jazolar bo'yicha nizom "Gam-jeom" bilan qat'iy belgilanadi.

2. Penalties are defined as "Gam-jeom" (deduction of points by penalties).

3. Quyidagi taqiqlar "gam-jeom" hisoblanadi:

3. "Gam-jeom" shall be declared on the following prohibited acts:

1. Sportchi va murabbiy tomonidan nomuvofiq so'z yoki harakatlar kuzatilganda.
2. Hakamlar hukmiga muvofiq sportchi yoki murabbiy taekvondochi sifatida qilishi noto'g'ri bo'lgan vaziyat.
3. Musobaqa davomida hakam va musobaqa tashkilotchilariga halaqit beruvchi harakatlar.

1. Uttering undesirable remarks or any misconduct on the part of a contestant or a coach.
2. According to judgment of the referee, a coach an amateur contestant or tae kwondo practitioners should have the manner and respect the code of conduct.
3. Athletes or coaches should not interrupt or stand in the way of the competition coordinators in the midst of the coordination activity during the competitions.

4. 2 marta hakam tomonidan jazolangan ("Gam-jeom" olsa) taqdirda sportchiga nisbatan penalty bo'yicha mag'lubiyat qo'llaniladi.

4. Should a contestant be assessed two (2) deductions, the referee shall declare the contestant a loser on penalties.
(sharh)

2 marta "Gam-jeom" olgan sportchi penalty bo'yicha mag'lubiyatga uchraydi. Bu yerda "Gam-jeom" aniqlik, amalga oshirilishdagi xatolar emas, sport intizomni buzish uchun jazoni anglatadi.

(Interpretation)

Should a contestant accumulate two "Gam-jeom" (deductions of points by penalties), the Referee shall declare that the contestant lost on penalties. "Gam-jeom," as defined in this Article, refers to deduction of points due to behaviors that disrespect the spirit of sport, rather than due to judges' scoring in terms of accuracy and presentation.

13-bo`lim. Musobaqa jarayoni

Article 13. Procedures of contest

1. Sportchilarni taklif qilish.

Musobaqa vaqtidan 30 daqiqa oldin ishtirokchilar ismlari uch marta sportchilar mashg`ulot zalida e`lon qilinishi kerak. Musobaqa ko`rdinatorining "Chool-jeon" buyrug`idan so`ng maydonga chiqmagan har qanday sportchi musobaqadan bosh tortgan hisoblanib, unga mag`lubiyat yoziladi.

1. Call for contestants.

Thirty minutes prior to the scheduled start of the contest, the names of the contestants' shall be announced three times to contestants training area. Any contestant who fails to appear in the Contest Area after "chool-jeon" command of the competition coordinator shall be regarded as having withdrawn from and forfeited the match.

2. Sportchi tanasi va kiyimni tekshirish.

Maydonga taklif qilingan sportchi tekshiruv joyida tekshiruvchi tomonidan tekshirilishi zarur bo`lib, sportchi maydonga raqib hamda tomoshabinlarda nafratni uyg`otuvchi yoki zarar yetkazuvchi buyumlarni olib chiqishi mumkin emas.

2. Physical inspection and uniform inspection.

After being called, the contestants shall undergo a physical inspection and a uniform inspection at the specified inspection desk by an inspector designated by the WTF. The contestant shall not show any signs of aversion, and shall not bear any object which may cause harm to the other contestant.

3. Sportchining kirib kelishi.

Tekshiruv nihoyasiga yetkandan so`ng sportchi bir murabbiy bilan belgilan kutish xonasiga kiradi.

3. Entering the Contest Area.

Following the inspection, the contestant shall enter the contestant waiting area with one coach.

4. Musobaqaning borishi ketma-ketligi:

4. Pre-contest and post-contest procedures:

1. Sportchi ko`rdinatorning "Chool-jeon", "Cha ryeot", "Kyeong ye", "Joon-bi" va "Shi-jak" degan ko`rsatmasiga asosan boshlanadi.
2. Sportchi har bir Pumseni yakunlangandan so`ng belgilangan joyda ko`rdinatorning "Paro"(to`xta), "Charyot"(diqqat), "Kyongrye"(ta`zim) so`ng ta`zim qilib, to`g`ri turgan holda ko`rdinatorning "Pyo-chul" musobaqa natijalarini e`lon qilguniga qadar kutishi kerak.
3. G`olib referi tomonidan hakamlarning qaroriga asosan e`lon qilinadi.
4. Sportchilarning chiqib ketishlari.
 1. The contest shall begin with the declaration of "Chool-jeon", "Cha ryeot", "Kyeong ye", "Joon-bi" and "Shi-jak" by the competition coordinator.
 2. After the end of the Poomsae, the contestants shall stand in their respective positions and make a standing bow at the coordinator's command of "Ba-ro (stop), Cha-ryeot (Attention), Kyeong-rye (Bow)." Contestants shall wait until the coordinator's declaration of "pyo-chul".
 3. The referee shall declare the winner according to the results of the judges.
 4. Contestant's exit.

(sharh)

Musobaqa olib borish mohiyati.

(Interpretation)

Method of competition procedure.

Izoh-(1)

Sportchining kutishi: sportchi tekshiruv tugaganidan so'ng sportchilar uchun kutish joyida turadi.

(Explanation #1)

Standby: Contestants are to wait at the contestants' waiting area for their physical and uniform inspections.

Izoh-(2)

Taklif qilish: musobaqa kordinatorining taklifiga asosan sportchi kutish zalida kutib turadi.

(Explanation #2)

Call: Contestants are to wait at the contestants' waiting area for the competition coordinator's call.

Izoh-(3)

Kirish: ko'rdinatorning "Juljeon" buyrug'iga asosan kirish amalga oshiriladi.

(Explanation #3)

Enter: Contestants shall enter upon the competition coordinator's command of "Chool jeon".

Izoh-(4)

Maydonga chiqish:

- cut-off tizimi: Sportchilar musobaqa ko'rdinatorining "Charyeot" va "Kyeongrye" buyrug'iga asosan ta'zim qiladilar;

- chiqib ketish musobaqa tizimi: yakkalik musobaqalarda Chung va Hong birga kirib keladi. "Kyeongrye" dan so'ng Chung va Hong ikkisi pumseni bir vaqtda amalga oshiradi. Juftlik va jamoaviy musobaqalarda Chung jamoasi (juftlik) va Hong jamoasi (juftlik) birga kirib keladi. "Kyeongrye" dan so'ng, Hong jamoasi (juftlik) chiqib ketadi va Chung jamoasi (juftlik) birinchi namoyish ko'rsatadi.

(Explanation #4)

- Cut-off system: Contestants shall face each other and make a standing bow at the competition coordinator's command of "Cha Rueot" and "Kyeong rye."

- Elimination Tournament: in individual competition, the Chung and Hong enter together. After "Kyeongrye", both Chung and Hong perform pomsae at same time. In pair and team competitions, the Chung team (pair) and the Hong team (pair) enter together. After "Kyeongrye", the Hong team (pair) exits and the Chung team (pair) performs first.

Izoh-(5)

Namoyishni boshlash: musobaqa ko'rdinatori "Junbi", "shijak" buyrug'iga asosan o'z chiqishini boshlaydi.

(Explanation #5)

Beginning of the Demonstration: The demonstration begins when the competition coordinator announces "ready (joon-bee)" and "go (shi-jak)."

Izoh-(6)

Chiqishni yakunlash:

- cut-off tizimi: namoyish yakunlangandan so'ng musobaqa ko'rdinatorining "Paro" buyrug'iga asosan to'g'ri turib oladi;

- Elimination musobaqa tizimi: ko'k jamoa sportchisi birinchi bo'lib o'z namoyishini ko'rsatadi. Qizil jamoa vakili o'z chiqishini tugatgandan so'ng ikki sportchi ham birgalikda turadilar.

(Explanation #6)

Completion of demonstration:

- Cut-off process: Contestants shall be in a stand-by position when the demonstration ends with the competition coordinator commanding "Back to ready (bah-roh)."

- Elimination tournament process: The blue team contestant demonstrates first. After the red team contestant completes his/her demonstration, both contestants be in a stand-by position together.



Izoh-(7)

Baholash:

- elektron baholash qurilmasi ishlatilganda: hakamlar umumiy baholarni aniqlaganlaridan so`ng elektron tabloga baholarni kirgazardilar;
- baholash byulleteni: Hakamlar umumiy baholarni aniqlaganlaridan so`ng baholarni byulletenga yozadilar.

(Explanation #7)

- When using the electronic scoring device: The judges enter the score into the electronic scoring device after confirming the total score.
- When using the scoring ballot: The judges write the score after confirming the total score.

Izoh-(8)

Ko`rsatish:

- elektron baholash qurilmasi ishlatilganda: hakamlar tomonidan kiritilgan umumiy natijalar tabloda avtomatik ravishda ko`rsatiladi;
- baholash byulleteni: hakamlar byulletenni kotibga bergandan so`ng kotib umumiy baholarni e`lon qiladi.

(Explanation #8)

- When using the electronic scoring device: The total score entered by the judges appear on the public display board.
- When using the ballot: After the judges' ballots are recorded, the score keeper announces the final result.

Izoh-(9)

Sportchilarni chiqib ketishi: sportchi musobaqa kordinatorining "Charyot"(diqqat), "Kyongre"(ta'zim) buyruqlariga asosan chiqib ketadi.

(Explanation #9)

Retirement of the contestants: After the standing salute following the competition coordinator's commands of "attention (cha-ryuh)" and "bow (kyung-rae)," the contestant exits on the "exit (tuae-jahng)" command.

14-bo`lim. Musobaqa Ko`rdinatori

Article 14. Competition Coordinator

1. Saralash:

1. Qualifications:

1. WTF yoki Kukkiwon Dan sohiblari, taekwondo bo`yicha yuqori bilimlarga ega bo`lgan shaxslar jahon Taekwondo federatsiyasi tomonidan tasdiqlangandan so`ng tashkiliy qo`mita tomonidan tayinlanadi.
1. The Organizing Committee shall nominate WTF-approved competition coordinators who are WTF or Kukkiwon Dan holders and experts in taekwondo.

2. Vazifa va tarkib:

2. Duties:

1. 2 kishi ko`rdinator sifatida tayinlanashi mumkin.
2. Ko`rdinator: Kordinator sportchilarni tekshiruvdan o`tkazib, ularni zalga olib kiradi. Hamda bel-lashuv yaxshi o`tishini ta'minlash maqsadida referiga yordam beradi.
1. Two coordinators can be nominated.
2. Two competition coordinators shall verify the contestants' identities and allow contestants in and out of the venue, and shall assist the refereeing officials to ensure the unimpeded progress of the competition.

(sharh)

Ko'rdinator musobaqa haqida umumiy bilimlarni egallashi lozim.

(Interpretation)

The competition coordinator has to receive intensive preliminary training in relation to the tournament.

15-bo'lim. Baholash mezonlari

Article 15. Scoring Criteria

Baholash mezonlari Jahon taekvondo Federatsiyasi qoidalariga asoslanadi.

Scoring shall be made in accordance with the rules of the WTF.

1. Belgilangan pumse (10.0):

1. Recognized Poomsae (10.0):

1. Anqlik (4.0);
a) asosiy harakatlarning aniqliligi. b) muvozanat. c) har bir Pumsening qismlari aniqliligi.
 2. Namoyish (6.0);
a) tezlik va kuch. b) kuch/tezlik/ritm. c) kuchni namoyon qilish.
- * Batafsil baholash mezonini umumiy baholash tizimiga asoslanadi.
3. Belgilangan pumseda ballarni taqsimlash;

1. Accuracy (4.0);
a) Accuracy of basic movements. b) Balance. c) Accuracy of details of each Poomsae.
 2. Presentation (6.0);
a) speed and power. b) Strength/speed/rhythm. c) Expression of energy.
- * Detailed scoring criteria are stipulated in attached Scoring Criteria.
3. Allotted Scoring Chart for Recognized Poomsae;

Baholash mezonlari Scoring criteria	Baholash mezonlari izohi Details of Scoring Criteria	Ball Point
Anqlik (4.0) Accuracy (4.0)	Har bir Pumsening qismlari aniqliligi Accuracy of details of each Poomsae	4.0
	Asosiy harakatlar va muvozanatni o'z ichiga olgan boshqa aniqliklar Other accuracy including basic movements & balance	
Namoyish (6.0) Presentation (6.0)	Tezlik va kuch Speed and power	2.0
	kuch/tezlik/ritm Strength/speed/rhythm	2.0
	Kuchni namoyon qilish Expression of energy	2.0

2. Erkin yo'nalishdagi pumse(10.0):

2. Free style Poomsae (10.0):

1. Texnik mahorat (6.0);
a) oyoq texnikasi murakkablik darajasi. b) harakatlar aniqliligi. c) pumsening to'liqlilik darajasi.
2. Namoyish (4.0);
a) yaratuvchanlik. b) garmoniya. c) kuchni namoyon qilish. d) musiqa va xareografiya.



1. Technical skills (6.0);
 - a) Level of difficulty of foot techniques. b) Accuracy of movements. c) Degree of completion of poomsae.
2. Presentation (4.0);
 - a) Creativity. b) Harmony. c) Expression of energy. d) Music & choreography.

Izoh: oyoqda zarba turlarida oyoq texnikasining murakkablik darajalari WTF Pumsae qo'mitasi tomonidan har yili e'lon qilinishi kerak.

Remark: the types of kick in level of difficulty of foot techniques shall be designated by WTF Pomsae Committee in every year.

Erkin yo'nalishdagi pumseda ballarni taqsimlash Allotted Scoring Chart for Free Style Pomsae

Baholash mezon Scoring criteria	Baholash mezon izohi Details of Scoring Criteria		Ball Point
Texnik mahorat (6.0) Technical Skills (6.0)	Oyoq texnikasining murakkablik darajasi (3.0) Level of difficulty of foot techniques (3.0)	Sakrash balandligi Height of jump	3.0
		Sakrab tepishlar soni Number of jumping kicks	
		Aylanish darajasi Gradient of turn	
		To'xtovsiz tepishlar soni Number of consecutive kicks	
	Haraktlar aniqliligi (1.5) Accuracy of movements (1.5)	Akrobatik harakatlar Acrobatic actions	1.5
		Asosiy harakatlar Basic movements	
	Pumsening to'liqlilik darajasi (1.5) Degree of completion of poomsae (1.5)	Belgilangan texnik harakat Designated technical movement	1.5
Amaliylik darajasi Practicability			
Namoyish (4.0) Presentation (4.0)	Hujum va himoyaviy harakatlar uyg'unligi Connectivity between offensive and defensive movements	4.0	
	Yaratuvchanlik Creativity		
	Garmoniya Harmony		
	Kuchni namoyon qilish Expression of energy		
Musiq va xareografiya Music & choreography		10.0	
Eng katta ball (10.0) Maximum points (10.0)			

16-bo`lim. Baholash uslublari

Article 16. Methods of scoring

1. Belgilangan Pumse:

1. Recognized Poomsae:

1. Umumiy ball 10.0 ni tashkil etadi.
2. Aniqlik;
 - a) asosiy ball 4.0.
 - b) asosiy harakatlar va mos Pumsening aniqlilik talablari bo`yicha katta bo`lmagan xatoliklarga yo`l qo`yildi deb topilganda har bir vaziyatda 0.1 ball olib tashlanadi.
 - c) asosiy harakatlar va mos Pumse harakatlarinig aniqlilik talablari bo`yicha katta bo`lmagan xatoliklardan ko`ra kattaroq yaqqol xato deb topilganda har bir vaziyatda 0.3 ball olib tashlanadi.
1. Total score is 10.0.
2. Accuracy;
 - a) Basic score 4.0
 - b) 0.1 point shall be deducted each time a contestant does not perform the basic movements or the pertinent Poomsae accurately.
 - c) 0.3 point will be deducted each time a contestant makes mistakes that are considered as more serious than in the previous case on basic movements or the pertinent Poomsae.

Izoh-(1)

Harakat aniqliligidagi kichik xatoliklar har biri uchun 0.1 ball olib tashlash: agar oyoqlardan birining holati (Ap-gubi, Dwit-kubi, Beom-seogi va boshqa barcha turish holatlari) va qo`l harakatlari (makki, Jireugi, chigi va qo`lning barcha boshqa harakatlari) "Kukkiwon Taekwondo" o`quv qo`llanmasida tushuntirilganidek amalga oshirilmasa 0.1 ball olib tashlanadi.

Izoh- (2)

Aniqlilikdagi jiddiy xatolik: agar harakatlar "Kukkiwon Taekwondo" o`quv qo`llanmasiga kiritilmagan harakatlar yoki xato harakatlar bajarilsa 0.3 ball olib tashlanishi kerak.

(Misol) 1. Arae Makki harakati Olgul Makki harakati o`rniga bajarilsa. 2. Juchum-Seogi o`rniga Dwit-gubi bajarilsa. 3. Kihap bajarilmasa. 4. Harakatlar davomida vaqtinchalik to`xtab qolish (keying harakatni 3 soniya yoki undan ko`p vaqt davomida sedan chiqarib qo`yish). 5. Ko`z harakat bajarilayotgan tarafda bo`lmasa; 6. Hakdari-Seogi vaqtida ko`tarilgan oyoq yerga tegsa.

(Explanation #1)

Deduction of 0.1 point per small mistake in accurate performance: 0.1 point shall be deducted whenever any of the foot postures (Ap-kubi, Dwit-kubi, Beom-seogi and all the other the standing movements) or hand movements (makki, jireugi, chigi and all the other hand movements) is not performed as explained in the Kukkiwon Taekwondo Textbook.

(Explanation #2)

Serious mistake in accuracy: 0.3 points shall be deducted when actions not included in the Kukkiwon Taekwondo Textbook or a wrong action is performed.

(Example) 1. Eolgul makki is performed instead of Arae makki. 2. Dwit-gubi is performed instead of juchum-seogi. 3. Kihap (yelling) is not made. 4. Temporary stop during movements (forgetting the next movement for three seconds or longer). 5. Eyesight does not follow the side to which actions are made. 6. When the raised foot touches the ground in performing Hakdari-Seogi.



3. Namoyish; a) Asosiy ball 6.0.

Izoh – (3)

Namoyish: Namoyish uchun jarima ballari harakat paytidagi barcha kichik va jiddiy xatoliklar uchun berilmaydi. Namoyish uchun jarima ballari Pumsening umumiy bajarilishi uchun beriladi.

- Tezlik va kuch uchun 2.0 ball.
- Kuch, tezlik va ritmi boshqarish uchun 2.0 ball.
- Kuchni namoyon etish uchun 2.0 ball.

3. Presentation; a) Basic score 6.0.

(Explanation #3) Presentation

Deduction of point in presentation shall not be made for every small or serious mistake during the performance. Deduction of point in presentation shall be made for the overall performance of Poomsae

- 2.0 points for speed and power.
- 2.0 points for control of power, speed and rhythm.
- 2.0 points for expression of energy.

Izoh-(4)

Tezlik va kuch (2.0 ball):

Pumseni namoyish etish qobiliyati harakatlar texnikasi qanchalik o'sha harakatga mos kelishi orqali baholanishi kerak. Masalan, Jireugi, Chagi va boshqalar kabi hujum harakatlari texnikasi yaxshi amalga oshirilganini, sekin boshlanib, tezlik va tana kuch ishlatilishining yaxshi muvozanati yaxshi ekanligi va maxsus harakatlar sekin-tez amalga oshirilganligi va boshqalar baholanadi.

(Misol) 1. Agar harakatlarning boshlanishida ko'p kuch sarflanib namoyishning eng muhim vaqtida harakatlar sustlashib qolsa jarima ballariga sabab bo'ladi. 2. Agar ko'p kuch sarflanish bilan amalga oshirilgan bir harakat keyingi harakatga ham ta'sir o'tkazib, u harakat uchun bunday kuch zarur emasligi hisobga olinsa jarima ballari beriladi.

(Explanation #4)

Ability to perform Poomsae shall be evaluated on whether the movements are performed in accordance with the characteristics of the pertinent movement, for example, whether attacking techniques like Jireugi, chagi, etc. are best performed, whether the movement is presented with a soft start and with a perfect balance between speed and power utilizing the body weight at the maximum, and whether a special movement is performed slowly intentionally etc.

(Example) 1. Deduction of point shall be made if too much strength is revealed in the beginning of the movements as it slows down the movements at the most important point of the movements. 2. Deduction of point shall be made if one exaggerates a movement to propel the next movement or utilizes the reaction of the body to express power.

Izoh – (5)

Kuchni boshqarish, tezlik va ritm (2.0 ball)

Kuchni boshqarish deganda tezlik va astalik orqali eng kritik paytdagi harakatlardagi o'z kuchini ko'rsatish tushuniladi. Tezlikni boshqarish harakatlar va tezlik o'zgarishi orasidagi aloqadorlikni bir-biriga mosligini anglatadi. Ritm deganda qoidalarga asosan harakatlarni qaytarilishi va ovoznining uzunligi hamda kuch oqimini anglatadi.

(Misol) 1. Harakatni ijro etish boshlanishidan ko'p kuch sarflanishi harakatlarni qo'pollashtiradi. Agar tezlik, kuch va ritm namoyishning bshidan oxirigacha o'zgarishsiz bo'lsa jarima ballari beriladi. 2. Agar qattiq zarbalar badanni bo'sh qo'ymasdan bajarilsa ballar kamaytiriladi: harakatlarni kuch bilan boshlash tezlanishni qiyinlashtiradi, shu tariqa harakatning asosiy nuqtasida sekinlashiga olib keladi.

(Explanation #5) Control of power, speed and rhythm (score 2.0)

Control of power means the strongest power shown at the most critical moment of the movement through speed and softness. Control of speed means an appropriate connection between actions and changes of speed. Rhythm means repeated actions according to set rules and length of note, and flow of power.

(Example) 1. Too much power makes the movement look stiff from the start. Points shall be deducted if the speed, power and rhythm are presented with no changes from the start to the end of the lines of movements. 2. Points shall be deducted in case of stiff actions coming from stiff body: A strong start makes it difficult to accelerate, thus slowing down the action at the critical point of movements

Izoh – (6) Kuchni ifoda qilish (2.0)

- pumse harakatlari xususiyatlariga qarab yaxshi bajarilgan harakatlarning kattaligi, fikrni bir joyga jamlay olish, energiya, tezlik, ishonch bilan bajarilganligi inobatga olinadi.

- sportchining ko'rinishi va psixologiyasiga mos ravishda Pumse harakatlarining umumiy ko'rinishini ko'rsatadigan ko'z holati, Kihap (ovoz), joylashinuv, kiyim, ishonch kabilar baholanadi.

(Misol) 1. Agar harakatlar yorqin bo'lmasa, harakatlarni bog'lanishi sportchining psixik holatini namoyon eta olmasa, harakatlar bir maromda (ritmda) bajarilib, sifatsiz bo'lsa va ko'zning holati, kihap, ishonch va boshqalar yaxshi namoyon qilinmasa.

(Explanation #6)

Whether actions are presented with quality and dignity that come from mastering of the energy: size of body action, concentration, courage, sharpness, confidence, etc. according to the characteristics of actions of Poomsae.

Eyesight, kihap (yelling), attitude, costume, confidence, etc. all through the actions of Poomsae based on the performer's physique and characteristics shall be evaluated.

(Example) 1. Points shall be deducted if actions are not vivid, connecting actions are not big enough for the performer's physique, performance is made in the same rhythm all the time without quality and dignity, and eyesight, kihap, confidence, etc. are not expressed perfectly.

2. Erkin uslubdagi pumse:

2. Free style Poomsae:

1. Texnik qobiliyat;

a. Oyoq texnikasi murakkablik darajasi : 5 ta hlatda 0 dan 3.0 ballgacha qo'shilishi mumkin.

a-1. Sakrash balandligi: turgan joyida sakrash va yordamchi sakrashning balandligiga qarab ballar qo'shilishi mumkin.

a-2. Sakragan holatdagi oyoq zarbalari soni: sakragan holatda havoda oyoq zarbalari soniga qarab qo'shilishi mumkin.

a-3. Aylanish burchagi: Ballar aylanishlar darajasiga qarab qo'shilishi mumkin (masalan, 180° dan ko'p, 360 °dan ko'p, 540 °dan ko'p, 720 °dan ko'p).

a-4. Ketma-ket oyoq zarbalari soni: bir-biriga ulangan oyoq zarbalari soniga qarab ball qo'shilishi mumkin. Ketma-ket oyoq zarbalari soni 5 tagacha chegaralangan.

a-5. Akrobatik harakatlar: gimnastik va boshqa harakatlarga asoslangan akrobatik harakatlarning qiyinlik darajasiga qarab ball qo'shilishi mumkin.

b. Harakatlarning aniqliligi: bu joylashinuv va muvozanatni anglatadi. Bunda taekvondodagi asosiy harakatlar va belgilangan taekvondo texnik harakatlarini aniqliligiga qarab 0 dan 1.5 ballgacha qo'shilishi mumkin.

c. Pumseni yakunlanganlik darajasi: 0 dan 1.5 ballgacha qo'shilishi mumkin. Pumsening amaliyligi va hujum hamda himoyaviy harakatlar orasidagi moslik erkin ko'rinishdagi pumseda umumiy hisoblanishi kerak.

2. Namoyish uchun erkin ko'rinishdagi Pumsening umumiy bajarilishi uchun 0 dan 4.0 gacha ball qo'shilishi mumkin;

a. Yaratuvchanlik: Pumsen to'ldiruvchi harakatlar va harakatlardagi yaratuvchanlik uchun ball qo'shilishi mumkin.



b. Mutanosiblik: umumiy Pumsening turli belgilari orasidagi mutanosiblik (masalan, musiqa, raqs mahorati va bezak) uchun ball qoʻshilishi mumkin. Juftlik yoki jamoaviy bahslarda sportchilar oʻrtasidagi mutanosiblik (masalan, bir xillik) ham inobatga olinadi.

c. Kuchni namoyon qilish: belgilangan Pumse musobaqasida kuchni namoyon qilish uchun ball baholash mezonlariga asosan beriladi.

d. Musiqa va xareografiya: Pumsening umumiy harakatlari bilan musiqa va xareografik harakatlar qanchalik bir-biriga mosligiga qarab ball beriladi.

1. Technical skills;

a. Level of difficulty of foot techniques: Points may be added from 0 up to 3.0 in total in five evaluation areas.

a-1. Height of jump: Points may be added based on the height of jump at the same position and assisted jump.

a-2. No. of jumping kicks: Points shall be added based on the number of jumping kicks in the air.

a-3. Gradient of turn: points may be added based on the no. of turn (more than 180 degrees, more than 360 degrees, more than 540 degrees and more than 720 degrees, for example)

a-4. No. of consecutive kicks: Points may be added based on the number of connected kicks. The number of consecutive kicks shall be limited to five (5).

a-5. Acrobatic actions: Points may be added based on the technical difficulty of all acrobatic actions performed in gymnastics, etc.

b. Accuracy of movements: this means posture and balance. Points may be added from 0 up to 1.5 for accuracy in basic movements of taekwondo and designated technical movement of taekwondo.

c. Degree of completion of Poomsae: Points may be added from 0 up to 1.5. Whether practicality of Poomsae and connection between attacks and defenses are in perfect harmony shall be evaluated in general performance of the free-style Poomsae.

2. Presentation Points may be added from 0 up to 4.0 based on the general performance of the free-style Poomsae;

a. Creativeness: Points may be added based on the creativeness of actions and components of Poomsae.

b. harmony: Points may be added based on the harmony between different components in general Poomsae (music, choreography and attire for example). Harmony between performers (unity, for example) shall be also evaluated in case of team and pair contest.

c. Expression of energy: Points may be added in accordance with the evaluation standart in expression of energy in recognized Poomsae.

d. Music and choreography: Points may be added on how the music and the choreography go well with each other in general performance of Poomsae.

3. Jarima ballarini ayirish:

3. Deduction of points:

1. Belgilangan vaqtdan oʻtib ketish yoki erta tugatish uchun umumiy balldan 0.5 ball olib tashlanadi.

2. Namoyish paytida maydoncha chegara chizigʻidan oʻtib ketilganda umumiy balldan 0.3 ball olib tashlanadi.

1. 0.3 points shall be deducted from the final score in case performance is finished earlier or later than the set contest time..

2. 0.3 points shall be deducted from the final score in case the athlete crosses the border during performance

4. Ballarni hisoblash:

4. Score calculation:

1. Aniqlik (belgilangan Pumse uchun) va texnik mahorat (erkin yoʻnalishdagi Pumse uchun) namoyishdan alohida ravishda baholanadi.

2. Umumiy ball aniqlilik (belgilangan Pumse uchun) yoki texnik mahorat (erkin uslubdagi Pumse) uchun berilgan eng yuqori va eng past ballarni hisobga olmasdan umumiy ballar yigʻindisining oʻrtachasi sifatida belgilanadi.

3. Musobaqa vaqtidagi barcha jarima ballari umumiy balldan ayriladi.

1. Accuracy (for recognized Poomsae) or technical skills (for free-style Poomsae) shall be scored separately from presentation.
2. Final score shall be the average point of the total summed up except the highest and lowest points in respective points for accuracy (for recognized Poomsae) or technical skills (for free-style Poomsae) and presentation.
3. All penalties accumulated during the competition shall be taken into account and deducted from the final score.

17-bo`lim. Baholarni e`lon qilish

Article 17. Publication of scoring

1. Yakuniy ball hakamning oxirgi hisob kitoblarini yakunlagandan so`ng tezda e`lon qilinishi lozim.

1. The final score shall be announced immediately after collating the judges' total scores.

2. Elektron hisob yuritish qurilmasi ishlatilganda:

2. In case of using electronic scoring instruments:

1. Hakam Pumse namoyishi yakunlangandan so`ng electron qurilmaga ballarni kiritadi va ballar avtomatik ravishda namoyon bo`ladi.
2. Eng past va eng yuqori ballar avtomatik ravishda olib tashlanib, umumiy ball (o`rtacha ball) va individual ballar avtomatik ravishda monitorda namoyon bo`ladi.

1. Judges shall input points in the electronic scoring instruments after the performance of Poomsae, and total points shall be automatically displayed on the monitors.
2. The final score (average point) and the individual scores shall be displayed on the monitor following the automatic deletion of the highest and lowest scores among the judges.

3. Ballarni qo`lda hisoblash holatida:

3. In case of manual scoring:

1. Pumse yakunlangandan so`ng Ko`rdinator hakamdan ballarni olib umumiy ballni hisoblab musobaqa kotibiga eltib beradi.
2. Kotib eng past va eng yuqori ballarni ayirib o`rtacha ballni hisoblaydi va referiga ballarni taqdim qiladi va referi ballarni e`lon qiladi.

1. The coordinator shall collect each scoring sheet and convey the results to the recorder immediately after completion of the Poomsae.
2. The recorder shall report the final score to the Referee, following the deletion of the highest and lowest scores, and announce the final score or have the final score displayed.

18-bo`lim. G`olibni aniqlash

Article 18. Decision and Declaration of Winner

1. Umumiy ballari eng ko`p bo`lgan sportchi g`alaba qozonadi.

1. The winner shall be the contestant who is awarded more points in total.

2. Agar ballar bir xil bo`lsa namoyish mahorati bo`yicha yuqori ball to`plagan sportchi g`alaba qozonadi. Agarda bunda ham ballar bir xil bo`lsa umumiy ball ko`p to`plagan sportchi g`alaba qozonadi. Agarda yana ballar bir xil bo`lsa qo`shimcha bahs g`olibni aniqlaydi. Referi yana bir qo`shimcha Pumse ko`rsatishni hal qiladi.



2. In case of a tied score, the winner shall be the contestant who is awarded more points in presentation. In case the score are still tied, the who has higher total points is the winner. If it's still tied then a rematch shall be conducted to determine the winner. The referee will decide on the Poomsae to be assessed.

3. Qo`shimcha chiqishda bir Pumse namoyish qilinadi va unga oldingi ballar ta`sir o`tkazmaydi.

3. The rematch will feature one compulsory Poomsae. The previous score will not affect the score from the rematch.

4. Qo`shimcha pumsedan so`ng ham ballar bir xil bo`lib qolsa, namoyish mahorati bo`yicha eng past va eng yuqori ballarni ham hisobga olgan holda kim yuqori ball to`plagan bo`lsa, o`sha sportchi g`alaba qozonadi.

4. In case of a tied score after the rematch, the winner shall be the contestant who is awarded more points in total, including the highest and lowest scores that were not included in collection of scores.

5. Musobaqa natijasi:

5. Decisions:

1. Ochkolar bo`yicha g`alaba.
2. Referining to`xtatish qaroriga muvofiq g`alaba.
3. Raqibning bosh tortishi bo`yicha g`alaba.
4. Raqibni diskvalifikatsiya qilish bilan g`alaba.
5. Raqibning jarimalari bo`yicha g`alaba.

1. Win by score.
2. Win by Referee Stop the Contest (RSC).
3. Win by withdrawal of opponent.
4. Win by disqualification of opponent.
5. Win by opponent's penalties.

Izoh-(1)

Ochkolar bo`yicha g`alaba:

Musobaqada eng ko`p ball to`plagan sportchi g`alaba qozonadi.

(Explanation #1)

Win by score:

The winner is determined by having the higher total points.

Izoh-(2)

Referining to`xtatish qaroriga muvofiq g`alaba:

Referining qarori hamda vrachning sportchi musobaqani davom ettira olmaydi deb xulosa qilsa hamda o`zini tiklashga ajratilgan vaqt 1 daqiqadan ortsa, yoki sportchi referining musobaqani davom ettirish to`g`risidagi buyrug`iga bo`ysunmaganda g`alaba e`lon qilinadi.

(Explanation #2)

Referee's stopping of the Contest:

In the event that the referee or commission doctor determines that a contestant is unable to continue, even after (1) a minute of recovery period, (2) or a contestant disregards the referee's command to continue, the referee shall declare the contest stopped and the opposing contestant shall be declared the winner.

izoh-(3)

Raqibning bosh tortishi bo`yicha g`alaba:

Raqibning musobaqani davom ettirishidan bosh tortishi orqali g`alaba. (a) Sportchi jarohat va boshqa sabablar yoki o`z xohishi bilan musobaqani davom ettirishdan bosh tortganda (b) Murabbiy o`zining sportchisi ortiq musobaqani davom ettira olmaydi deb topib musobaqan to`xtatishni aytganda.

(Explanation #3)

Win by withdrawal of opponent:

The winner is determined by the withdrawal of the opponent. (a) When a contestant withdraws from the match due to injury or other reasons. (b) When a coach throws a towel into the court to signify forfeiture of the match.

Izoh-(4)

Raqibni diskvalifikatsiya qilish bilan g'alaba:

Agar musobaqa boshlanishiga qadar sportchi o'zining sportchi maqomini yoqotsa uning raqibi g'olib deb topiladi.

(Explanation #4)

Win by disqualification of opponent:

Should a contestant lose his or her contestant status before the competition begins, the opposing contestant shall be declared the winner.

Izoh-(5)

Raqibning jarimalari bo'yicha g'alaba:

12.3 badda ko'rsatib o'tilgan qoidalar bo'yicha ikki marotaba "Gamjeom" olgan sportchining raqibi g'alaba qozongan hisoblanadi.

(Explanation #5)

Win by opponent's penalties:

In the event that a contestant accumulates two "Gam-jeom" (deduction of points by penalties), as prescribed in Article 12.3, the opponent shall be declared the winner.

19-bo'lim. Musobaqa oralig'idagi to'xtalishlar

Article 19. Procedures for Suspending Contest

Musobaqa davomida to'xtalish yuz bergan holatlar quyidagicha tartibga solinadi;

When a contest is to be stopped during the competition, the referee shall take the measures prescribed in this Article;

1. Musobaqa to'xtaganda referining buyrug'iga binoan kotib o'sha paytda vaqtni to'xtatadi. Shunda musobaqa ko'rdinatori musobaqa to'xtatish sababini aniqlaydi.

1. At the time of suspending the match, the referee shall order the recorders to suspend timekeeping. At this time, the competition coordinator is to examine the reason(s) for the stoppage of the competition.

2. Sortchi shaxsan o'zi sababli musobaqa to'xtatilganda Belgilangan Pumse uchun 90 sekund yoki Erkin uslubdagi Pumse uchun 70 sekund davomida musobaqani davom ettira olishini ko'rsata olmasa g'alaba uning raqibiga beriladi. Agar musobaqa sportchiga aloqador bo'lmagan sabablar bilan to'xtatilganda muammo hal qilinadi va sportchiga yana bir imkoniyat beriladi.

2. In the case whereby a contest is stopped due to problems related to a contestant, and should a contestant not demonstrate the will to continue the contest within 90 seconds for Recognized Poomsae or 70 seconds for Free Style Poomsae, the referee shall declare the opposing contestant as the winner. In the case whereby the stoppage of a contest is not related to the contestants, the problem shall be resolved quickly and another chance of performance shall be given to pertinent contestants.

3. Bundan boshqa muammolar hakamlar, Pumse qo'mitasi vakillari, musobaqa tashkilotchilari o'rtasidagi majlisga asosan yechiladi.

3. All the other problems that may arise shall be resolved through the meeting of the judges of the pertinent competition, Poomsae Committee chairperson, and the Competition Supervisory Board members



20-bo`lim.Referilar

Article 20. Refereeing Officials

1. Saralash;

1. Qualifications;

1. Jahon Taekvondo Federatsiyasi tomonidan taqdim etilgan xalqaro pumse referisi sertifikatiga egalari.
2. Referi: 1 darajali Xalqaro Pumse Referisi sertifikatiga sohibi.

1. Judges: Holder of an International Poomsae Referee Certificate registered by the WTF.
2. Referee: Holder of 1st class International Poomsae Referee Certificate registered by the WTF.

2. Vazifalar:

2. Duties:

1. Referi;
 - Sportchining Pumesini baholaydi.
 - Musobaqani g`olibi, "Gamjeom"(jarima bo`yicha mag`lubiyat) kabilarni e`lon qiladi. Barcha qarorlarni tekshirgandan so`ng e`lon qiladi.
 - Referi hakamlarning fikriga muhtojlik sezsa musobaqa vaqtida ularni yig`ishi mumkin.

1. Referee;
 - The Referee shall document all valid points.
 - The referee shall declare the winner and issue "Gam-jeom" (deduction of points by penalties). The referee shall declare only after the judges' decision has been confirmed.
 - The referee is permitted to summon the judges during the competition, if the need arises.

2. Hakamlar;
 - Sportchining Pumesini baholaydi.
 - Referi hakamlardan so`raganda o`z fikrlarini bildirish.

2. Judges;
 - The judges shall document all valid points.
 - The judges shall state their opinions forthrightly when requested to do so by the referee.

3. Hakamlarning klassifikatsiyalanishi:

3. Classification of refereeing officials:

1. Xalqaro Pumse hakamlari va Xalqaro Taekvondo Federatsiyasi yoki Kukkiwon Dan darajalari tartibga soluvchi qoidalarga tayangan holda hakamlar quyidagicha darajalarga ajratiladi;
 - - 1A: 1-daraja yoki 1-darajaga ko`tarilish davrida bo`lgan WTF yoki Kukkiwonning 8 yoki 9 dan sohiblari.
 - - 1B: 1-daraja yoki 1-darajaga ko`tarilish davrida bo`lgan WTF yoki Kukkiwonning 7 yoki 6 dan sohiblari.
 - - 1C: 1-daraja yoki 1-darajaga ko`tarilish davrida bo`lgan WTF yoki Kukkiwonning 5 yoki 4 dan sohiblari.
 - - 2A: 2-daraja yoki 2-darajaga ko`tarilish davrida bo`lgan WTF yoki Kukkiwonning 9 yoki 8 dan sohiblari.
 - - 2B: 2-daraja yoki 2-darajaga ko`tarilish davrida bo`lgan WTF yoki Kukkiwonning 7 yoki 6 dan sohiblari.
 - - 2C: 2-daraja yoki 2-darajaga ko`tarilish davrida bo`lgan WTF yoki Kukkiwonning 5 yoki 4 dan sohiblari.

- - 3A: 3-darajada davrida boʻlgan yoki Xalqaro Pumse referisi nomzodi boʻlgan WTF yoki Kukkiwonning 9 yoki 8 dan sohiblari.
 - - 3B: 3-darajada davrida boʻlgan yoki Xalqaro Pumse referisi nomzodi boʻlgan WTF yoki Kukkiwonning 7 yoki 6 dan sohiblari.
 - - 3C: 3-darajada davrida boʻlgan yoki Xalqaro Pumse referisi nomzodi boʻlgan WTF yoki Kukkiwonning 5 yoki 4 dan sohiblari.
1. Based on promotion article of the regulations on the administration of the international poomsae referees and Dan grade of World Taekwondo Federation or Kukkiwon, refereeing officials shall be classified into the following categories;
 - - 1A: Holder of 9th or 8th dan of either WTF or kukkiwon at the time of 1st class promotion or during 1st class period.
 - - 1B: Holder of 7th or 6th dan of either WTF or kukkiwon at the time of 1st class promotion or during 1st class period.
 - - 1C: Holder of 5th or 4th dan of either WTF or kukkiwon at the time of 1st class promotion or during 1st class period.
 - - 2A: Holder of 9th or 8th dan of either WTF or kukkiwon at the time of 2nd class promotion or during 2nd class period.
 - - 2B: Holder of 7th or 6th dan of either WTF or kukkiwon at the time of 2nd class promotion or during 2nd class period.
 - - 2C: Holder of 5th or 4th dan of either WTF or kukkiwon at the time of 2nd class promotion or during 2nd class period.
 - - 3A: Holder of 9th or 8th dan of either WTF or kukkiwon at the time of application of international poomsae referee or during 3rd class period.
 - - 3B: Holder of 7th or 6th dan of either WTF or kukkiwon at the time of application of international poomsae referee or during 3rd class period.
 - - 3C: Holder of 5th or 4th dan of either WTF or kukkiwon at the time of application of international poomsae referee or during 3rd class period.

4. Kiyim:

4. Uniform of the refereeing officials:

1. Hakamlar WTF tomonidan belgilangan tarzda kiyinishi lozim.
2. Hakamlarda musobaqaga xalaqit berishi mumkin boʻlgan buyumlar boʻlmasligi kerak.

1. Refereeing officials shall wear uniforms designated by the WTF.
2. Refereeing officials shall not carry or take any materials to the arena that might interfere with the contest.

(sharh)

Hakamlar taqsimlanishida xatolik boʻlsa yoki ular tomonidan tuzatilishi qiyin boʻlgan xatoliklarga yoʻl qoʻyilganda musobaqa boshqaruvchilari texnik vakillardan uni almashtirishni soʻrashlari mumkin.

(Interpretation)

The Chairman of the Competition Supervisory Board may request that the Technical Delegate replace refereeing officials in the event that refereeing officials have been improperly assigned, or when it is judged by the Competition Supervisory Board that any of the assigned refereeing officials have unfairly conducted the contest or made unreasonable mistakes.

21-boʻlim. Kotib

Article 21. Recorder

1. Kotib vaqt, toʻxtalishlar vaqtini hisoblash, umumiy ballarini hisoblash, yozish va eʼlon qilish bilan shugʻullanadi.

1. The recorder shall time the contest, including suspended time during the contest. The recorder shall also calculate, record and announce or display the total score.



22-bo`lim. Hakamlar tarkibi va bo`linishi

Article 22. Formation and assignment of refereeing officials

1. Hakamlar tarkibi quyidagicha:

1. Composition of refereeing officials:

1. 7 hakam tizimi : referi 1 kishi, hakam 6 kishi.
2. 5 hakam tizim: Referi 1 kishi, hakam 4 kishi

1. Seven-judge system: 1 Referee, 6 Judges.
2. Five-judge system: 1 Referee, 4 Judges.

2. Hakamlarni taqsimlanishi:

2. Assignment of Refereeing officials:

1. Hakamlarni taqsimlash barcha musobaqa jadvali ma'lum bo'lgandan so'ng amalga oshiriladi.
2. Sportchi bilan bir xil millat vakili hakam qilib tayinlana olmaydi. Agar hakamlar yetishmaslik holati kuzatilsa, bu qoida referidan boshqa hakamlar uchun istisno qilinadi.

1. The assignment of the referees and judges shall be made after the contest schedule is fixed.
2. Referees and judges with the same nationality as that of either contestant shall not be assigned to such a contest. However, an exception shall be made for the judges when the number of refereeing officials is insufficient, as the case may be.

23-bo`lim. Qoidalarda to`xtalib o`tilmagan boshqa vaziyatlar

Article 23. Other matters not specified in the Rules

Yuqorida aytib o`tilmagan holatlar yuz berganda ular quyidagicha hal qilinadi:

Matters not specified in the Rules shall be dealt with as follows:

1. Musobaqa tegishli vaziyatlari musobaqa boshqaruv guruhi a'zolari va texnik delegatlarning o'zaro kelishuvi asosida bartaraf etiladi.

1. Matters related to the competition shall be decided through a consensus of the competition supervisory board members and technical delegate.

2. Musobaqa bevosita tegishli bo`lmagan vaziyatlar Pumse qo`mitasi yoki uning vazifasi bajaruvchi boshqa qo`mita tomonidan hal qilinadi.

2. Matters not related to the competition shall be decided by the Poomsae committee or its proxy.

3. Musobaqa tashkilotchilari musobaqa video yozuvi hamda har bir maydonchada videoga olish ji-hozlarini tayyor qiladi.

3. The Organizing Committee shall prepare a video recorder at each court for recording and preservation of the competition.

24-bo`lim. Arz va jazo

Article 24. Arbitration and Sanction

1. Musobaqani tashkillashtirish inspeksiyasi musobaqa boshlanishidan oldin quyidagicha tuziladi:

1. Composition of the Competition Supervisory Board:

1. Saralash: musobaqa inspektorlari taekvondo bo`yicha yuqori malakali va kamida WTF yoki kukkivon 6-Dan sohibi bo`lishi kerak hamda WTF prezidenti tomonidan tavsiya etiladi. Musobaqaning bir texnik delegaati sobiq rasmiy xodim bo`ladi.
2. Tarkib: 7 kishi orasida rahbar 1 kishi va texnik delegati.
3. Tanlash jarayoni: rahbar va boshqa a`zolar WTF boshqaruvchisining tavsiyasi bilan WT prezidenti tomonidan tayinlanadi.

1. Member qualifications: Competition supervisors of the WTF or persons with sufficient taekwondo experience holding at least a 6th WTF or Kukkiwon Dan recommended by the WTF President, Secretary General. One Technical Delegate shall be the ex-officio member.

2. Composition: One Chairman and no more than Seven members plus the Technical Delegate

3. Procedure of Appointment: The Chairman and members of the Competition Supervisory Board shall be appointed by the WTF President on the recommendation of the WTF Secretary General

2. Javobgarlik: musobaqani tashkillashtirish inspeksiyasi talablarga ko`ra qarorlarni o`zgartirish va rasmiy shaxslarga nisbatan choralar ko`rish, bu haqda WTF boshqaruvchilariga axborot berish kabilarni amalga oshiradi hamda musobaqani boshqarish borasida jazo qo`llash qo`mitasi bilan bir o`rinda ish yuritishi mumkin.

2. Responsibility: The Competition Supervisory Board shall make corrections of misjudgments according to their decision regarding protests and take disciplinary action against the officials who committed the misjudgment or other illegal behavior, the results of which shall be notified to the WTF Secretary General. The Competition Supervisory Board shall also be entitled the On-site Sanction Committee concurrently at the competition for the matters in relation to competition management.

3. Arz qilish jarayoni:

3. Procedure of Protest:

1. Qabul qilingan qarorga norozilik bo`lganda qabul belgilangan arznoma va 200 AQSh dollari miqdorida arz badali bilan musobaqa yakunlangandan song 10 minut ichida taqdim qilishi kerak. Hamda musobaqa inspektorlari 30 daqiqa ichida arz bo`yicha qarorni yakunlaydilar.
2. Musobaqa inspektorlari muhokamasida mazkur mamlakat vakili bo`lmagan inspektorlar qatnashadi va ko`pchilik qarori bilan hal qilinadi.
3. Inspektorlar raisi vaziyatga qarab mazkur musobaqa hakamlarini chaqirib mazkur holat haqida ma`lumot olishlari mumkin.
4. Inspektorlar kengashi qarori eng so`nggi qaror hisoblanadi va bu qarorni hech kim inkor qila olmaydi.

1. In case there is an objection to a referee judgment, an official delegate of the team shall submit a WTF-developed protest sheet, along with the protest fee of US\$200, to the Competition Supervisory Board within 10 minutes after the end of pertinent contest, so as to ensure that a decision on the result may be announced after 30 minutes.

2. Deliberation of a protest by the Comptition Supervisory Board shall be carried out; excluding those members with the same nationalities as the contestants concerned. A majority is required for resolution of the deliberation.

3. In order to ascertain the facts, the members of the Competition Supervisory Board may summon the refereeing officials of the contest concerned and question them.

4. The resolution made by the Competition Supervisory Board shall be final and no further means of appeal is possible.



4. Jazo qo'llash jarayoni:

4. Procedure of Sanction:

1. Murabbiy va sportchiga quyidagi vaziyatlarda WTF prezidenti yoki boshqaruvchilar va texnik vakillar jazolash qo'mitasidan jazo qo'llashni so'rashlari mumkin.
 - a. Musobaqa borishiga halaqit beradigan harakatlar.
 - b. Tomoshabinlarni qo'zg'atish yoki haqiqat bo'lmagan narsalarni tarqatgan holda.
2. Jazolash qo'mitasi jazolashga yetarlicha sabab mavjud deb topsa jazoni belgilagandan keyin buni sport maydonidagilarning barchasiga e'lon qiladi hamda keyinroq WTF boshqaruvchisiga bu qarorni yetkazadi.
3. Jazolash qo'mitasi kerak bo'lganda manfaatdor tomonni chaqirtirishi, vaziyat haqida so'roq qilishi mumkin.

1. The WTF President or Secretary General or, in case of their absence, the Technical Delegate may request the On-site Sanction Committee for deliberation when any of the following behaviors are committed by a coach or a contestant:
 - a. Interfering with the management of contest
 - b. Stirring up the spectators or spreading false rumor
2. If there is justifiable reason to review a case, the On-site Sanction Committee shall deliberate over the matter and take disciplinary action immediately. The result of deliberation shall be announced to the public in the arena and reported to the WTF Secretary General afterwards.
3. In order to ascertain the facts, the On-site Sanction Committee may summon the persons concerned and question them.

(sharh)

Musobaqa inspeksiyasi eng kamida 5 kishidan tashkil topishi mumkin bo'lib, agar 5 kishidan ko'proq bo'lsa toq sonli kishidan iborat bo'lishi lozim.

(Interpretation)

The Competition Supervisory Board shall be composed of at least five eligible members and the number of members must be an odd number if it exceeds five.

izoh-(1)

Bir mamlakat inspektorlaridan tashqari: norozilik bildirgan mamlakat bilan bir millat vakili muhokamada qatnashmaydi. Qolgan vakillarning soni toq sonda bo'lishi lozim. Agarda qo'mita raisi chiqariladigan bo'lsa uning o'rniga qolgan vakillar orasidan vaqtinchalik boshqa rais tayinlanadi.

(Explanation #1)

Members with the same nationalities: Any member of the On-site Sanction Committee that has the same nationality as either the contestant or coach involved shall be excluded from the deliberation. In all cases, the number of committee members shall be an odd number. If the Chairman is the one who is ineligible, a temporary Chairman must be elected by the remaining members.

Izoh-(2)

Musobaqa boshqaruv inspeksiyasi raisi texnik vakillarga hakamlarni almashtirishni so'rab murojaat qilishi mumkin. Texnik vakil boshqaruv inspeksiyasi raisining so'roviga muvofiq hakamlar raisiga hakamlarni almashtirishni buyurishi mumkin.

(Explanation #2)

Replacement of refereeing officials: The Chairman of the Competition Supervisory Board may recommend the Technical Delegate to replace refereeing officials. In this regard, the Technical Delegate may instruct the Referee Chairman to replace the refereeing officials concerned.

Izoh-(3)

Qaror qabul qilish jarayoni: qarorni qabul qilish tartibi quyidagicha;

1. Musobaqa boshqaruv inspeksiyasi norozilik arzi sabablarini ko'rib chiqib, uni ma'qullash mumkin yoki mumkin emas ekanligini hal qiladi.

2. Vaziyatga qarab referi yoki hakamlarning fikrlari eshitiladi va qaror qabul qilinadi.
3. Kerak deb topilganda musobaqa video tasmasi o'rganib chiqiladi.
4. Muhokama yakunlangandan so'ng komissiya yopiq ovoz berish natijalariga asosanib qaror qabul qilinadi.
5. Komissiya raisi arz bo'yicha natijalarni e'lon qiladi.
6. Musobaqa boshqaruv inspeksiyasi qaroriga muvofiq ish yuritiladi.
 - Musobaqa natijalarini e'lon qilishdagi xatolik: ballarni hisoblashda hatoliklarga yo'l qo'yilganda o'sha natija takrorlanadi.

(Explanation #3)

Deliberation procedures: Procedures for deliberation to make a resolution are as follows;

1. After reviewing the reasons for a protest, the Competition Supervisory Board shall first decide whether the protest is "Acceptable" or "Unacceptable" for deliberation.
2. If necessary, the Board can hear opinions from the referee or judges; who to be summoned shall be decided by the Board.
3. The Board shall review the written records on decision of visual recorded data of the competition, etc., if deemed necessary.
4. After deliberation, the Board shall hold a secret ballot to determine a majority decision.
5. The Chairman of the Board shall make a report documenting the outcome of the deliberation and shall make this outcome publicly known.
6. Necessary actions shall be taken according to the decision by the Board.
 - Errors in determining the match results: mistakes in calculation of the match score or misidentifying a contestant shall result in the decision being reversed.

Izoh-(4)

Jazolash qo'mitasi: jazolash qo'mitasining jazo qo'llash tartibi arznoma bo'yicha qaror qabul qilishga mos kelishi kerak va jazo qo'llash bilan bog'liq bo'lgan kichik jihatlar jazolash qoidalariga asoslangan bo'ladi.

(Explanation #4)

On-site Sanction Committee: Deliberation procedure of sanction shall correspond to that of the Competition Supervisory Board, and the details of sanction shall comply with the Regulations on Sanctions.



O'zbekiston Taekwondo prezidenti Parpiyev Botir Rahmatovich va Jahon Taekwondo birlashmasi prezidenti Cho Jong Von hamda O'zbek Taekwondo sportchilari



**TANA VA UNING A`ZOLARINI TUZILISHI
HAMDA
HUJUM VA HIMOYALANISH QISMLARI**

Tana va uning a`zolarini tuzilishi



1. Olgul

1. Face

1. Old qismi
1. Front
2. Yon qismi
2. Side

2. Momtong

2. Trunk

1. Old qismi
1. Front
2. Yon qismi
2. Side

3. Are

3. The lower part of the body

1. Old qism
1. Front
2. Ichki qism, tashqari qism
2. Inside, outside

1. Songmun

1. Top of the head

2. Chondo

2. Forehead skull

3. Kungan

3. Glabella

4. Kanjano'ri

4. Temple

5. Anku

5. Eyeball

6. Anap

6. Intraocular pressure

7. Injun

7. Philtrum

8. To'gu

8. Cheekbone

9. Hago'n

9. Jaw

10. Songpun

10. Neck artery

11. Samirul

11. Chin

12. Mo'kchot

12. Adam's apple

13. Chonchun

13. Lateral neck

14. Pujun

14. Scapula

15. Tanjun

15. Center of the thorax

16. Shung chan

16. Lower end of sternum

17. Byongchi

17. Solar plexus

18. Anha

18. Lower breast rim

19. Hyo byong

19. Breast flank

20. Chongguang

20. Thorax flank

21. To'cho

21. Flank pit of waist

22. Uonsun

22. Outer upper arm

23. Chuchol

23. Elbow

24. Nechogyop

24. Inner wrist

25. Uechogyop

25. Outer wrist

26. Hapko'k

26. Pit of thumb and fist-finger

27. Tanchon

27. Center of abdomen

28. Dangshim

28. Groin

29. Yaguang

29. Inner thigh

30. Po'kto

30. Upper edge of knee

31. Hyangol

31. Shinbone

32. Yongi

32. Center of instep

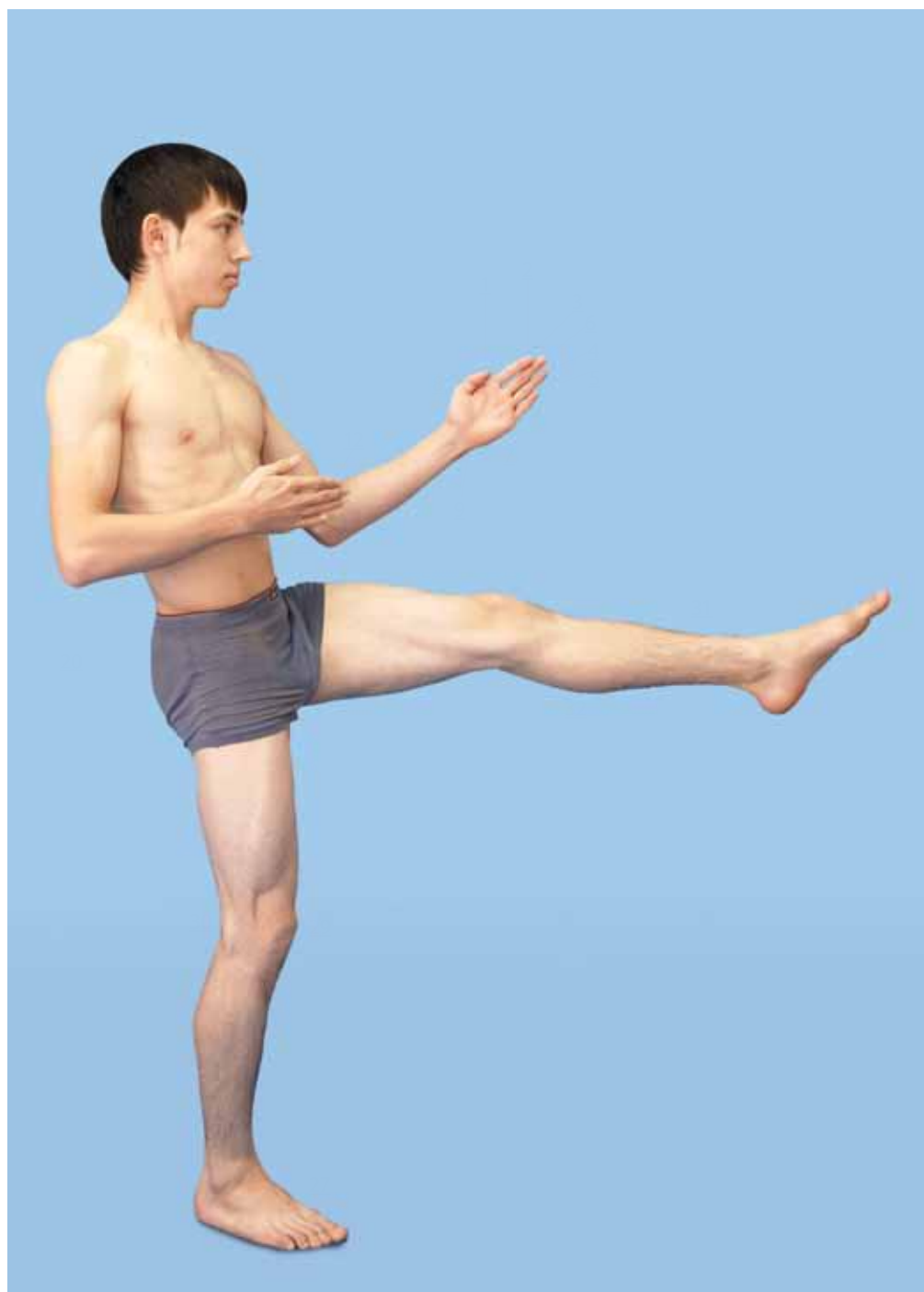
33. Dekua

33. Lower edge of inner ankle

34. Choun

34. Center of outer foot flank

Hujum va himoyalani sh qismlari



22

- | | | | |
|-----------------------|-----------------|-------------------|-----------------|
| 1. Omji sonkarak | 8. Sonnaltin | 15. Sonmo'k | 22. Ti chuk |
| 2. Chipge sonkarak | 9. Patanson | 16. Anpalmok | 23. Pallal |
| 3. Kaunde sonkarak | 10. Chotje madi | 17. Pakkat palmok | 24. Pallal ting |
| 4. Bumyongji sonkarak | 11. Tulje madi | 18. Ting palmok | 25. Palkit |
| 5. Sekke sonkarak | 12. Setje madi | 19. Bit palmok | 26. Palpada |
| 6. Sonkit | 13. Agison | 20. Palkup | 27. Palting |
| 7. Sonnal | 14. Sontin | 21. Ap chuk | 28. Tikumchi |
| | | | 29. Murup |
| | | | 30. Ugum |
| | | | 31. Chongani |
| | | | 32. Chongtanji |



Musht (Jumeok)

Odatda musht deganda birlashgan barmoqlarning siqilgan holati nazarda tutilib, ishlatilinish joyiga qarab uning nomi va ishlatilish uslubi o'zgaradi.

Mushtning o'zgarishida aylangan musht(jeochinjumeok) va turgan musht(sevunjumeok) turlari mavjud. Mushtni yig`ganda raqib yaqinda joylashgan bo`lsa, aylangan musht musht bilan zarba beriladi va uni -zarba deb ataladi. Hamda odatiy zarba va -zarba berilyotganda o`rta masofa nishonga olinayotganda ---musht bilan zarba beriladi va u -zarba deb nomlanadi.

Musht (Jumeok) Taekvondoda musht 4 barmoqni birgalikda kuch bilan birlashtirish bo`lib, ishlatilinish joyi sifatida ko`rsatish barmog`i va o`rta barmoqlarning old qismi bo`lib, bu raqibga zarba berishda ishlatiladi.

Musht

Usually the jumeok (fist) is formed by clenching the fingers and its forms are broken down into 6 main types according to its usage in Taekwondo techniques: jumeok (fist), deungjumeok (fist back fist), mejumeok (hammer fist), sosumjumeok (knuckle protruding fist), pyonjumeok (flat fist) and jipkejumeok (pincers fist).

The jumeok in Taekwondo is a simple form of fist clenching the fingers firmly folding into the palm and only the first finger and middle finger are used for punching.

Mushtni yig`ish usullari

Kaft qismi holati

Barmoqlar uchini yig`ishni boshlash

Barmoqlar uchini yig`ib birinchi barmoq bo`g`inigacha

Tirnoqlarni ko`rinmaslik holatiga qadar bukish

Bosh barmoq bilan ko`rsatkich va o`rta barmoqni yopish

Amalga oshirilish joyi: Ko`rsatkich barmog`i va o`rta barmoqning old

qismi Ishlatilish: Mushtni hosil qilish san`atida ishlatiladi

The way of forming:

Unfolded the palm of the hand

Starting finger-tips to clench

Clenching finger-tips to first finger joints

Covering fingernail invisibly

Clenching pincers and middle fingers with the thumb

Usage: a jumeok is applied to the punch technique.





**O'zbekiston Taekwondo prezidenti Parpiyev Botir Rahmatovich va
O'zbekistondagi Koreya elchisi Chon De Van**

A large, intricate, light blue decorative floral pattern is positioned on the left side of the page, extending from the top to the bottom. It features complex, swirling lines and floral motifs, resembling a stylized mandala or traditional Islamic geometric art.

TAEKWONDODAGI ASOSIY HARAKATLAR

Turish (holat) Seogi (Stance)

Yurmoq (qadam bosmoq) – qadamni bosishda qattiq kuch bilan emas, yengil bosib, oyoqning oldi qismi birinchi yerga tegishi kerak va undan keyin oyoqning orqa qismi yerga tegishi kerak. Aylanish – aylanishning o'qi old o'q bo'la turib belni ishlatgan holda aylanish kerak.

01 Parallel turish Naranhi seogi (Parallel stance)



Harakat qoidasi Movement

1. Ikki oyoq orasida kenglik bir oyoq uzunligidagi kenglik bo'lib, oyoqlarning ichki qismlari parallel ravishda teng bo'lishi kerak.
 2. Ikki oyoqning tizzalari bukilmagan bo'lishi kerak.
1. The breadth of two feet will be one foot wide, the inner sides (Balnaldeung) of both feet paralleling with each other.
 2. Both knees are stretched.

Bahoni pasaytirish holatlari Deduction Factors

1. Oyoq oldi qismi yopiq yoki ochiq bo'lgan holatlarda.
 2. Harakat qoidasiga zid keladigan boshqa harakatlarga.
1. Tip of the feet are closed or open.
 2. Any other movements other than shown above will be factors of deduction.

02 Oldi turish Ap seogi (Forward stance)



Harakat qoidasi Movement

1. Yura turib yurishdan to'xtalgan holatda ikki oyoq orasidagi uzunlik bir qadam uzunligida bo'lishi kerak.
 2. Ikki oyoqning tizzalari bir xilda bukilmagan bo'lishi kerak.
 3. Gavnani tikka ushlab old tomon yo'nalgan tana 30 gradusga burilishi kerak.
1. Just like the stance when stop walking with a toward step. The distance of the two feet is one step long.
 2. The inner sides of two feet must be on a straight line.
 3. The body should be straightened while facing forward. The chest should be turned about 30 degrees. The weight should be supported by both legs evenly.

Bahoni pasaytirish holatlari Deduction Factors

1. Qadam orasidagi uzunlik juda uzun yoki juda qisqa bo'lgan holatda.
 2. Tana orqaga egilib ketgan holatda.
 3. Harakat qoidasiga zid keladigan boshqa harakatlarga.
1. Stride of the step is too long or short.
 2. Body is leaning back.
 3. Any oilier movements other than shown above will be factors or deduction.

03 Oldi bukilgan holatda turish Ap kubi (Forward inflection stance)



Harakat qoidasi Movement

1. Ikki oyoq orasidagi masofa bir yarim qadam bo'lishi kerak. Oldi oyoqning orqa qismi va orqa oyoqning orqa qismi orasi bir oyoq uzunligidagi kenglikda bo'lishi kerak.
 2. Oldi oyoq old yo'nalishga qarab turiladi.
 3. Tanani tik ushlab yerga tepadan qaraganda oldingi tizza va oyoqning tugash qismi bilan mos ravishda pasaytirish kerak.
 4. Orqa oyoqning ichki qismi 30° bo'lishi va orqa oyoqning tizzasni uzatib tananing muvozanatini 2/3 nisbatda oldinga tashlash kerak.
 5. Tanani tik holatda ushlab govdani oldinga qarab 30° atrofida egiladi.
1. The vertical distance between two feet is one and a half step. And the parallel distance between: two feet's tiptoes is one foot.
 2. The tiptoes of front foot place forward.
 3. Lower the knee in order to match your knee and tiptoes when you lock down in a upright standing position.
 4. Keep the back sole turned inward within the angle of 30 degrees and stretch the knee of hind leg and put the balance of your weight toward two-thirds.
 5. Stand upright and twist toward your body at an angle of 30 degrees.

Bahoni pasaytirish holatlari Deduction Factors

1. Ikki oyoq orasidagi masofa kengayib ketib tana muvozanati saqlanmaganda.
 2. Orqa oyoq egilib ketganda.
 3. Orqa oyoq surilib ketganda.
 4. Markaz muvozanati oldinga yoki orqaga siljib ketganda.
1. Between the two feet is too wide so without keep the body balance.
 2. Lift of heel the front foot or bend of back leg.
 3. Back of foot is opened more than 30 degrees.
 4. Center of the balance keep the front part of the body.

04 Orqa bukilgan holatda turish Dwitkubi (Backward inflection stance)



Harakat qoidasi Movement

1. Yopiq holat (oyoqlar yig'ilgan holat) da o'ng oyoq orqa o'qini o'q tomon yo'naltirib old o'qni 90° burchak ostida ochib turish.
 2. O'ng oyoqni 90 gradusga ochib turgan holatda chap oyoqni bir qadam uzunlikda oldinga qadam tashlab, tanani tik holatda ushlab ikki oyoqni egib tana tushiriladi.
 3. Tanani tushiryotganda o'ng oyoq tizzasni o'ng oyoqning oldi qismi yo'nalishida 60-70 gradus yetarlicha egib chap oyoq tizzasni chap oyoqning oldi qismi yo'nalishida 100-110° atrofida ozgina bukiladi. Va ikki tizza 90° bo'lishi kerak.
1. From the moaseogi (Close stance), the fore sole or right foot is opened at angle of 90 degrees pivoting on the back sole.
 2. Then the left foot is put one step forward from the heel of the right foot, making an angle of 10 degrees and the body is lowered by the inflection of two knees.
 3. The inflection of the right foot knee an angle of 60 to 70 degrees between the ground and the shin and the inflection of the left foot knee and angle of 100 to 110 degrees the ground.

Bahoni pasaytirish holatlari

Deduction Factors

1. Orqa tizza ochilganda.
2. Tana og'irligi oldinga siljiganda.
3. Dumg'aza sohasi yo'lbars holatiga o'xshagan holatda bo'lib qolsa.
4. Dumg'aza sohasi orqaga tushib ketsa va Yo'lbars holatiga o'xshash holat bo'lganda.
5. Harakat qoidasiga zid keladigan boshqa harakatlarga.
 1. Knee of the back leg is open backwards.
 2. Body weight is leaning forward.
 3. Heel of the front foot is raised.
 4. Hips are pulled back and stance becomes similar to Beomseogi (Tiger stance).
 5. Any other movements other than shown above will be factors of deduction.

05 O'ng (chap) turish holati Ouren (Wen) seogi (Right / Left hand stance)



Harakat qoidasi

Movement

1. Ikki oyoqni parallel holatda qo'yib chap oyoq o'z joyida qoladi, o'ng oyoqning oldi qismi 90° buriladi.
 1. First, take the same pose as the naranhiseogi. and then only the fore sole of right foot 90 degrees right wards, pivoting on the heel.

Bahoni pasaytirish holatlari

Deduction Factors

1. Parallel holatda turganda.
2. Ikki oyoqni birga qo'yganda.
3. Harakat qoidasiga zid keladigan boshqa harakatlarga.
 1. Standing in Naranhi seogi.
 2. Placing feet together.
 3. Any other movements other than shown above will be factors of deduction.



Harakat qoidasi

Movement

1. Ikki oyoqni parallel holatda qo'yib o'ng oyoq o'z joyida qoladi, chap oyoqning oldi qismi 90° buriladi.
 1. First, take the same pose as the naranhi seogi, and then move only the fore sole of left foot 90 degrees left-wards, pivoting on the heel.

Bahoni pasaytirish holatlari

Deduction Factors

1. O'ng oyoq holatida turishdagi bahoni pasaytirish qoidalari bilan bir xil.
2. Harakat qoidasiga zid keladigan boshqa harakatlarga.
 1. Same as the deduction factors of the Oreun seogi.
 2. Any other movements other than shown above will be factors of deduction.

06 Aylana holat (oyoqlar bir-biriga x holaatda turishi) Kkoa seogi (Cross stance)

1) Orqa aylana holat Dwikkoa seogi. Oldinga qarab yaqinlashayotganda yoki harakat qila turib urayotganda ishlatiladi. Dwikkoa seogi (Backward cross stance).



2) Oldi aylana holat Apkkoa seogi. Gavdani yonga harakatlantirayotganda ishlatiladi. Apkkoa seogi (Forward cross stance).



07 Yo'lbars holati Beom seogi (Tiger stance)



Harakat qoidasi Movement

1. Yopiq holatda (oyoqlar yig'ilgan holatda) o'ng oyoq 30° atrofida burchak ostida kengayib turib chap oyoq o'ng oyoqning oxiridan bir tovon uzunlikda bosiladi.
 2. Tana og'irligini orqa oyoqqa tashlab orqa oyoqqa qaraganda tizza bilan tovonning oxiri to'g'ri chiziq ostida bo'lishi kerak.
 3. Qorining pastki qismiga kuch berib badan og'irligini orqa oyoqqa 90-100% tashlash.
 4. ?
1. From the position of Moaseogi, the left foot is put one foot toward. And the right (hind) foot is opening the fore sole 30 degrees on the basis of the back sole.
 2. The weight is entirely supported by the right(hind) foot behind. Place the knee and tiptoes match when you look down.
 3. The left foot in front will keep the ankle stretched so that its tiptoes of the fore sole alone may lightly touch the ground, and the knee will bend down as it is required.
 4. Concentrate the force on the lower abdomen, the weight is supported 100% by the right(hind) foot.

Bahoni pasaytirish holatlari Deduction Factors

1. Tizza ochiq bo'lganda.
 2. Qadam uzunligi juda qisqa yoki juda uzun bo'lganda.
 3. Qorining tepa qismi orqaga ketib qolganda va dumg'aza sohasi juda ko'p orqaga tushib ketganda.
 4. Harakat qoidasiga zid keladigan boshqa harakatlarga.
1. Knees are open.
 2. Stride of the step is too long or snort.
 3. Hips are pulled back or upper body is leaning forward.
 4. Any other movements other than shown above will be factors of deduction.

08 Yopiq holat (oyoqlar yig'ilgan holat) Moa seogi (Close stance)



Harakat qoidasi Movement

1. Ikki oyoqni bir biriga tekkazib turib ikki tizzani tekis ushlab.
1. Stand upright with both inner feet blades attached and stretch both knees.

Bahoni pasaytirish holatlari Deduction Factors

1. Oyoqning old qismi ochiq bo'lganda.
2. Harakat qoidasiga zid keladigan boshqa harakatlarga.
1. Tip of feet are open.
2. Any other movements other than show above will be factors of deduction.

09 Chavandoz holati Juchum seogi (Riding stance)



Harakat qoidasi Movement

1. Ikki oyoq o'rtasidagi uzunlik ikki oyoq uzunligi bilan teng.
2. Oyoqlarning ichki qismi o'zaro tekis bo'lishi kerak.
3. Gavdani tekis ushlab ikki tizza bukiladi. Turgan holatda yerga qaraganda tizza bilan oyoqlarning oxiri bir biriga to'g'ri kelishi kerak.
4. Tizzalar ichkariga tortilgan.
1. Keep the breath of two legs at two foot length.
2. The two soles paralleling with each other
3. Lower the knees as high as they may spying up and down easily, and keep the shin from the front to the knee erect vertically.
4. Concentrating the weight inwardly and frightening the lower abdomen.

Bahoni pasaytirish holatlari Deduction Factors

1. Tizza ochiq yoki yopiq bo'lgan holatda.
2. Oyoqlarning uchi bujmayganda yoki ochiq bo'lganda.
3. Dumg'aza sohasi orqaga tushib ketganda yoki qorining tepa qismi oldinga chiqqanda.
4. Harakat qoidasiga zid keladigan boshqa harakatlarga.
1. Knees are open or closed.
2. Tip of the feet are closed or open.
3. Hips are pulled back or upper body is leaning forward.
4. Any other movements other than show above will be factors of deduction.

10 Laylak turish Hakdari seogi (Crane stance)



Harakat qoidasi Movement

1. Laylak turishning balandligi Chavandoz turishidagi bilan bir xil
2. Ikkinchi oyoq yon qismini tizzani ichki qismigacha ko'tariladi (Tizzani to'g'ri holatga keltirish mumkin emas, oyoq tizzaning ichki qismiga tegziladi)
1. The height of the Crane stance should be same as the Riding stance.
2. The reverse foot blade raise to the inner part of the knee (Do not open the knee, the closing of the knees should be towards the inside of the knee)

Bahoni pasaytirish holatlari Deduction Factors

1. Turish holatida tizza bukilgan holatda
2. Ikkinchi oyoq tizzaga tekkazilmagan holatda
3. Laylak turish harakatlarini atayin sekin amalga oshirilganda
4. Bundan tashqari qoidalarda ko'rsatilmagan harakatlar amalga oshirilganda
1. Keep knee straight for Crane stance.
2. The reverse foot of the Crane stance must not touch the opposite leg.
3. The reverse foot of the Crane stance should be moved swiftly.
4. Any movements other than shown above will be deduction points.

11. Yordamchi holat Kyotdari seogi (Assisting stance)



12. Teskari holat Ogeum seogi (Reverse stance)



To'siq (himoya) Makki (Blok)

01 Pastki to'siq Arae Makki (Low blocking)



Harakat qoidasi

Movement

1. To'siq qo'yadigan musht old oyoqning tos qismidan ikki musht oralig'ida alohida turishi kerak.
2. Qarama qarshi qo'l musht holatida toz yon qismiga joylashtiriladi. (Diqqat) to'siq qiladigan mushtni yelka balandligiga ko'tarib blok qiladigan musht ust qismini qarama qarshi odam yuziga yo'naltiradi.

1. The blocking fist is to be kept apart from the thigh of the fore-leg by the width of two fists.
2. The wrist of the hand will rest on the waist side in the form of bending. (Point of attention) The blocking fist will be lifted up to the shoulder's level and the base part of the fist will face the opposite side of the face. The other hand will be stretched toward the solar plexus in a stare of bent wrist. The elbow of the blocking arm will neither be lifted up nor stuck to the body.

Bahoni pasaytirish holatlari

Deduction Factors

1. To'siq qo'yadigan qo'l tashqarida kelgan holatda.
2. Tortishdan oldin yoki keyin qo'lning bukilganligi.
3. Tanani aylantirgan holda to'siq berish.
4. To'siq beradigan qo'l tizzagacha kelmaganda yoki chiqib ketganda.
5. Himoya qilganda to'siq qo'yadigan qo'l tirsaki qayrilgan holatda.
6. Himoya qiladigan qo'lning tirsagi ko'tarilgan holatda.
7. Harakat qoidasiga zid keladigan boshqa harakatlarga.

1. Blocking arm is coming from outward.
2. Bending the arm before and after pulling.
3. Exaggerated twist of the body.
4. Blocking arm not going all the way to the knee or going over.
5. Bending the elbow of the blocking hand when blocking.
6. Lifting the elbow of the blocking arm.
7. Any other movements other than shown above will be factors of deduction.

02 Tana to'sig'i Momtong Makki (Body blocking)



Harakat qoidasi Movement

1. Hamma tana to'sig'i holatida qo'l tananing markaziga kelish kerak.
 2. Tirsak 90°-120° burchak ostida ochiladi.
 3. To'siq qo'yadigan qo'lning balandligi yelka balandligida bo'ladi.
 4. To'siq qo'yadigan qo'l qayrilmasligi kerak.
 5. Qarama qarshi qo'l musht qilib tosga joylashtirilgan bo'lishi kerak.
1. In all of the torso-inner blocking, the hand and the wrist must be kept at the center of the body.
 2. The elbow is to be kept around 90-120 degrees.
 3. The blocking fist is kept as high as the shoulder.
 4. The blocking wrist should not be bent.
 5. The non-blocking hand should be kept at the side of the waist, in a form of a bent fist.

Bahoni pasaytirish holatlari Deduction Factors

1. To'siq qo'yadigan qo'l tananing markazidan pastroq yoki balandroq bo'lganda.
 2. To'siq berilishi boshlanganda.
 3. Harakat qoidasiga zid keladigan boshqa harakatlarga.
1. Blocking arm going further inside than the center line of the body.
 2. Lifting the elbow of the blocking arm too high or putting the wrist below the shoulder when starting the block.
 3. Any other movements other than shown above will be factors of deduction.

03 Yuz to'sig'i Olgul Makki (Face blocking)



Harakat qoidasi Movement

1. To'siq qo'yadigan qo'lning kaft old suyakalari yuz markazi chizig'idan kelishi kerak.
 2. To'siq qo'yadigan qo'l peshonadan bir musht oralig'ida bo'ladi.
 3. Qarama qarshi qo'l to's yon qismiga joylashtirilgan bo'lishi kerak.
- (Diqqat) to'siq qo'yadigan qo'l yengil musht bilan qarama qarshi qo'lning tirsagiga qaraganda ozgina tashqari tarafga pastdan boshlanib, qarama qarshi qo'l mushti tepaga yo'naltirilgan bo'lib, qarama qarshi odamni yelka balandligidan boshlanadi.
1. The wrist of the blocking arm comes right in front of the center of the face.
 2. The blocking wrist is one fist's distance apart from the forehead.
 3. The other hand's wrist is situated at the waist side.
- (Point of attention) The blocking arm should be kept slightly lower than the outside of the arm's elbow, and the other arm starts from the shoulder's height of the other side, keeping the fist directed upward.

Bahoni pasaytirish holatlari Deduction Factors

1. To'siq qo'yadigan qo'l yuz markaz chizig'idan tashqariga chiqib ketsa yoki peshonaga o'tib ketganda.
 2. To'siq qo'yadigan qo'l haddan tashqari qimirlab ketishi.
 3. Harakat qoidasiga zid keladigan boshqa harakatlarga.
1. Wrist of the blocking arm going out of the center line of the face or going over the forehead.
 2. Lifting the blocking arm with exaggerated swing.
 3. Any other movements other than shown above will be factors of deduction.

04 Tana tashqi to'siq'i (himoya) Momtong Bakkat Makki (Outer body blocking)



Harakat qoidasi Movement

1. To'siq qo'yadigan musht tanaga yo'naltirilib musht ohiri yelka chizig'i bilan mos keladi.
 2. Qarama qarshi qo'l toz yon qismiga joylashtiriladi.
(Diqqat) to'siq qiladigan qo'lni qayiltirilgan musht sifatida qarama qarshi qo'lning tirsakiga qaraganda ozgina pastga (bir musht oralig'ida) qo'yib qarama qarshi qo'l to'siq qo'yadigan qo'l ichki qismidan musht qismi tepaga yo'naltirilgan bo'lib to'siq qo'yadigan qo'lning yelkasidan ozgina pastroq tushirilgan holatda boshlanadi.
1. The blocking fist must be directed toward the body and the end of the fist must be parallel with the shoulder line.
 2. The other hand's wrist should be situated at the waist side, the bottom of the fist kept faced upward.
(Point of attention) The fist of the blocking arm, in form the bending backwards, is kept slightly lower (one fist's distance) than other arm's elbow, and the other arm is kept slightly apart from the blocking arm's shoulder, keeping the fist back directed from the inner side of the blocking arm.

Bahoni pasaytirish holatlari Deduction Factors

1. To'siq qo'yganda to'siq qo'yan qo'l yelka chizig'idan oldin to'xtashi (to'siq harakati juda qisqa).
 2. To'siq berish boshlanganda to'siq beradigan qo'lning tirsaki haddan tashqari baland bo'lsa yoki kaft old suyaklari yelkaga qaraganda pastroq kirganida.
 3. Harakat qoidasiga zid keladigan boshqa harakatlarga.
1. Stopping the block before blocking arm reaches the line of the shoulder. (Motion of the block of too small)
 2. The elbow if the blocking arm too high or putting the wrist below the shoulder when starting block.
 3. Any other movements other than shown above will be factors of deduction.

05 Qo'l yon qismi bilan to'siq qo'yish Sonnal Makki (Hand-blade blocking)



Harakat qoidasi Movement

1. To'siq qo'yadigan sonnal holati yon qism bilan o'zaro mos keladi.
 2. Qo'l uchining balandligi yelka balandligida.
 3. Bilak qayrilmasligi kerak va kaft old tarafga yo'nalgan bo'ladi.
 4. Yordamchi qo'l kafti quyosh chigali yoniga keladi va qo'l yon qismi bilan gavda orasida ozgina (bir kaft oralig'i) saqlanadi.
(Diqqat) to'siq qo'yadigan qo'l kaftini tepaga yo'naltirib qarama-qarshi qo'l kafti orqaga yo'nalgan holatda boshlanadi. Qarama qarshi qo'lning qo'l uchi yelka chizig'iga kelib qo'l tirsagi qayrilgan holatda tushsa to'siq qo'yadigan qo'l uchi bu-run yonidan o'tadi. Yordamchi qo'l byonchi tomon tortiladi.
1. The blocking hand-blade is located a position in parallel with the lateral part of the shoulder.
 2. The finger-tips are kept as high as shoulder.
 3. The wrist should not be bent, the palm facing the front.
 4. The assisting hand should keep its wrist at a position in front of the solar plexus and the hand-blade slightly apart from the body. (The distance should be about half an inch apart.)

Bahoni pasaytirish holatlari

Deduction Factors

(Boshlanishida)

1. Himoyaga qo'yilgan qo'l bosh va yelka oralig'idan o'tib ketganda.
2. Yordamchi qo'l tana balandligidan (bel-yelka) o'tib ketsa.

(To'siq oq'yilganda)

1. Yordamchi qo'l tirsak markaziy chizig'igacha kelmaganda.
2. Himoyaga qo'yilgan va yordamchi qo'l tirsaklari tashqariga chiqib ketganda.
3. Qoidalarda ko'rsatilmagan har qanday boshqa harakatlar uchun baho pasaytiriladi.

(Beginning)

1. Blocking arm going out of the area between head and shoulder.
2. Assisting arm going out of the height of the body(waist-shoulder).

(Blocking)

1. A hand-blade of the assisting arm doesn't reach the center line of the wrist.
2. Elbows of the blocking arm and assisting arm are lifted outward.
3. Any other movements other than shown above will be factors of deduction.

Urish (zarba berish) Jireugi (Punching)

Urish (zarba berish) Jireugi (Punching)

1. Urishni amalga oshirish usullari:

- oddiy urish (Baro Jireugi), qarama qarshi urish (Banda Jireugi), turib urish (Seweo Jireugi), yengil urish (Jeocho Jireugi).

2. Urish maqsadi:

- yuz urish (Olgul Jireugi), gavda urish (Momtong Jireugi), pastki urish (Arae Jireugi).

3. Urish yo'nalishi:

- yon urish (Yop Jireugi), (Neryo Jireugi), aylana urish (Dollyo Jireugi), (Chi Jeruegi).

1. Methods of executing a jireugi

- Baro Jireugi, Banda Jireugi, Seweo Jireugi, Jeochu Jireugi

2. Classification of Jireugi by the target

- Olgul Jireugi, Momtong Jireugi, Arae Jireugi

3. Classification of Jireugi by the direction

- Yop Jireugi, Naeryo Jireugi, Dollyo Jireugi, Chi Jireugi

Urishda (zarba berishda) bahoni tushirish holatlari

1. Urayotgan qo'lning tirsagi ko'tarilib chiqib ketgan holatda.
2. Mushtning kaft usti suyagi qayrilgan holatda.
3. Harakat qoidasiga zid kelgan holat va gavdaning tepa qismiga urgan holatda.
 1. Doing the motion of the punching with lifted elbow.
 2. Wrist of the fist is bent
 3. Punching with preliminary motion or bounce of the upper body.

01 Oddiy urish Baro jireugi (Regular Punch)



Harakat qoidasi Movement

1. Oyoqlar oldga va orqaga kengaytirilgan holda bosilib (old, orqa bukilish farqi yo'q) orqada turgan oyoq tarafdagi musht bilan urish hisoblanadi. (Diqqat) tortiladigan musht uriladigan musht bilan bir xil chiziqdan chiqariladi.

1. When the feet are widely opened fore and back due to the movement of body weight (whether it is apkubi or dwitkubi), a Baro Jireugi is performed by the fist on the side of the back foot. (Point of attention) The pulling fist will be pulled back through the same line with the target of the punching fist.

Bahoni pasaytirish holatlari Deduction Factors

1. Urayotgan mushtning bilagi qayrilgan holatda.
2. Urayotgan mushtning tirsagi qayrilgan holatda.
3. Tayyorgarlik harakatlari bilan yoki sakrash bilan urilgan holatda.
4. Urayotgan qo'lining tirsagi ko'tarilgan holatda.
5. Harakat qoidasiga zid keladigan boshqa harakatlarga.

1. Wrist of the punching arm is bent.
2. Elbow of the punching arm is bent.
3. Punching with preliminary motion or bounce of the upper body.
4. Doing the motion of the punch with lifted elbow.
5. Any other movements other than shown above will be factors of deduction.

02 Qarama qarshi urish Banae Jireugi (Reverse Punch)



Harakat qoidasi Movement

1. Oldinga chiqqan oyoq tarafdagi musht bilan uriladi. (Diqqat) tortiladigan musht uriladigan musht bilan bir xil chiziqdan chiqariladi.

1. A Banae Jireugi is applied by the fist on the fore foot side, in the same situation as the above. (Point of attention) This pulling fist will be pulled back though the same line with the target of the punching fist.

Bahoni pasaytirish holatlari Deduction Factors

1. Urayotgan mushtning bilagi qayrilgan holatda.
2. Urayotgan mushtning tirsagi qayrilgan holatda.
3. Urayotgan qo'lining tirsagi ko'tarilgan holatda.
4. Harakat qoidasiga zid keladigan boshqa harakatlarga.
5. Qoidalarda ko'rsatilmagan har qanday boshqa harakatlar uchun baho pasaytiriladi

1. Wrist of the punching arm is bent.
2. Elbow of the punching arm is bent.
3. Punching with preliminary motion or bounce of the upper body.
4. Doing the motion of the punch with lifted elbow.
5. Any other movements other than shown above will be factors of deduction.

03 Yengil urish Jecho Jireugi (Backward Punch)



Harakat qoidasi Movement

1. Musht aylantirib uriladi. Urganda mucht usti pastka yo'nalib tirsak 120° ichkariga qayriladi.

(e'tibor qaratish kerak bo'lgan jihat) Mushtni orqa qismi oldinga yo'naltiriladi va tirsak beldan tepada joylashgandan so'ng musht yig'ilib zarba beriladi. Mushtni aylanish yo'nalishi odatiy musht zarbasiga qarama-qarshi bo'ladi.

1. A Jireugi is made by the fist bent backward. At the time of punching, the back of the fist faces downward, the elbow being bent at an angle within 120°.

(Point of attention) The back of the fist kept facing upward and the wrist part resting on the waist before a bending-backward Jireugi is made. The direction of the turning fist differs from an ordinary Jireugi.

Bahoni pasaytirish holatlari Deduction Factors

1. Urayotganda musht usti tepaga yo'nalmaganda.
2. Bundan tashqari harakat qoidasiga zid harakatlar.

1. Back of the fist is not facing upward when punching.
2. Any other movements other than shown above will be factors of deduction.

04 Gavdaga urish Momtong Jireugi (Body Punch)



Harakat qoidasi Movement

1. Gavdaga urishning asosiy maqsadi byonchi urish hisoblanadi mushtum to'g'ri chiziq ostida joylashtiriladi.

(Diqqat) – yelkani yengil ochib urayotgan mushtning bilagi bel (tosning tepa qismida) joylashgan bo'lib tirsakni bo'sh holatda tanaga tekaziladi.

- Qo'ltiq yopiq holatda bo'lganda belning kuchini maksimum o'shatgan holda qarama-qarshi mushtni tez ravishda tortib shu vaqtning o'zida to'g'ri chiziq ostida ikki yelka oralig'ining o'rtasi quyosh chigali balandligida uriladi.

- Tortiladigan musht quyosh chigali bilan to'g'ri chiziq ostida tezda tortiladi.

1. The solar plexus is the typical point of attack in Die trunk.

(Point of attention)

- The shoulder are kept widely opened and the wrist of the punching fist will rest on the waist, the? elbow sticking spontaneously to the body.

- The arm-pit is kept closed, the fist of the opposite side is pulled rapidly with the maximum use of the repulsive power of the waist, and at the sane time a punching is directed toward the height of the solar plexus at the right center of the shoulders of both sides.

- The pulling fist is drawn back rapidly in the straight line with the solar plexus.

Bahoni pasaytirish holatlari Deduction Factors

1. Musht maqsadga to'g'ri kelmagan holatda.
2. Belni qayiltirib yoki orqaga yotqizib urganda.
3. Urishning qoidalariga zid kelgan harakatlar.
4. Harakat qoidasiga zid keladigan boshqa harakatlarga.

1. Fist is out of the target.
2. Bending or leaning the back when punching.
3. Transgressing the regulations of Jireugi.
4. Any other movements other than shown above will be factors of deduction.

05 Yuz urish Olgul Jireugi (Face Punch)



Harakat qoidasi Movement

1. Yuzga urishning asosiy maqsadi tepa lab va burun orasidagi botiqcha hisoblanib to'g'ri chiziq ostida musht joylashtiriladi.
(Diqqat) yuzga urish holati gavgaga urish holat bilan bir hil.
1. The groove of the upper lip is the typical target point in the face for Jireugi.
(Point of attention) The way of punching is identical with that of a Momtong Jireugi.

Bahoni pasaytirish holatlari Deduction Factors

1. Gavgaga urishda ko'rsatilgan holatlar bilan bir xil.
2. Harakat qoidasiga zid keladigan boshqa harakatlarga.
1. Same as the deduction factors of the Momtong Jireugi.
2. Any other movements other than shown above will be factors of deduction.

06 Yon urish. Yop Jireugi (Side Punch)



Harakat qoidasi Movement

1. Gavgaga yoniga uriladi.
2. Yonga urishda ham chavandoz holatiga o'xshab oyoqlar oldga yo'naltirilgan bo'ladi.
3. Chavandoz holatida mushtni yonga qarab uradi.
(Diqqat) qarama-qarshi mushtni orqaga tortib shu vaqtning o'zida urmoqchi bo'lgan musht yonga qarab uriladi.
1. One delivers a Jireugi the his or her side.
2. A Yop Jireugi is executed when the two feet's tips are directed toward the front as in a Juchum Seoji stance.
3. The fist makes a Jireugi sideways in a Juchum Seoji stance.
(Point of attention) The fist on the other side which was crossing the trunk if pulled and at the same time, the punching fist makes a Yop Jireugi.

Bahoni pasaytirish holatlari Deduction Factors

1. Harakat qoidasiga zid kelganda.
1. Different from the method of the movement.

Tepish (oyoq bilan zarba berish) Chagi (Kicking)

Tepish (oyoq bilan zarba berish) Chagi (Kicking)

Oyoq bilan tepgan holda qarama qarshi turgan odamni yengish, tepishdan asosiy maqsad hisoblanadi.

A Chagi is a technique to overpower the opponent by making use of the foot manipulated by the motion of leg.

Ruxsat etilgan harakat.

1. Pumseda alohida olingan qoidalar taqiqlamaganda hamma tepishning maqsadi yuzga yo'naltiriladi. Yelka chizig'igacha ruxsat etiladi.
2. Old tepish.

A tolerance limit.

1. If there are no specific regulation in Poomsae, the target of the kick will be face.
2. Ap Chagi will be performed with the ball of the foot and Dollyo Chagi will be performed by ball or instep of the foot.

Tepish harakatining bahosini pasaytirilish holati Deduction Factors

1. Tepishda tizzani bukkanidan so'ng bilgan holatda, to'xtab qolgan holatda.
 2. Tepishni ijobiy holatlari aniq ko'rinishi lozim. Biroq bularni aniq ko'rsatish uchun bilgan holda to'xtash bahoni pasaytirishga olib keladi.
 3. Tepishni amalga oshirayotganda tepayotgan oyoq bilan tananing tepa qismi o'zaro bir burchak ostida mos kelishi kerak. Tananing tepa qismi markazidan og'gan holatlarda baho pasaytiriladi.
1. Points will be deducted for intentional display of the stopping motion of the knee bending when kicking.
 2. Vertex of the kick must be displayed clearly. Points, however, will be deducted for intentionally holding the kick to emphasize the kick.
 3. Kicking leg and upper body should obtain appropriate angles when kicking. Points will be deducted if the upper body drops too low or balance is not kept.

01 Old tepish Ap Chagi (Front Kick)



Harakat qoidasi Movement

1. Tepadigan oyoq bilan tizzani bukib oyoqni ko'tarib ko'krak yaqiniga kelganda bukilgan oyoqni ochib turib oldinga cho'ziladi. Oyoqning harakat orbitasi maqsadga yo'naltirilgan bo'lib, bir chiziq ostida bo'ladi.
 2. Barmoqlarni qayiltirgan holatda tepiladi.
 3. Tepgan oyoq teskari ta'sir ostida tizzani bukib o'z joyiga qayta qo'yiladi.
 4. Agar tayanch turgan oyoq tepishdan oldin yoki tepishdan keyin tizzani buksa, markaz muvozanati yo'qoladi va yiqilish juda oson bo'ladi. Bundan keyingi harakatni amalga oshirish qiyin bo'ladi.
 5. Bosib turgan oyoqning orqa qismini yerdan olib, old qismini o'q bo'ylab, to'pinqni aylanishiga yordam berib, tepgandan so'ng, o'z joyiga qaytadi.
1. First, raise the folded knee of the kicking leg up to breast and immediately push the foot forward, fully stretching the leg. The track of foot must be on a straight line toward the target.
 2. The target must be kicked by the fore sole, the toes bending outward. The groin, lower part of abdomen, solar plexus, chin and so on are the targets.
 3. The kicking foot is drawn back by reaction to its original position. However, the foot may be placed where the attacker can easily make a next movement. If the attacker keeps himself out of balance while he or she executes a kicking or retreating the kicking foot, the Chagi isn't perfect.
 4. The supporting leg on the ground should not stretch the knee fully before or during the kicking because the upright standing is more likely to cause falling down of the attacker of weakening of the kicking force. It is not easy to make next movement.
 5. If the standing leg is supported by the entire sole of foot, the weight is laid on the hip joint and the knee joint, in which case the kicking is less speedy and powerful of impulsive force. Sometimes, the knee joint or the hip joint breaks away. Therefore, it is necessary to lift the heel slightly by stretching the ankle so that the fore sole may pivot at the moment of a kick. However, one should be careful not to stretch the ankle too much, because it would lift up the center of weight.

Bahoni pasaytirish holatlari

Deduction Factors

1. Harakat qoidasiga zid kelganda.
1. Different from the method of the movement.

02 Aylana tepish. Dollyo Chagi (Roundhouse Kick)



Harakat qoidasi

Movement

1. Tayanch oyoqqa gavda og'irligini tashlab turib tepayotgan oyoqning tizzasini bukib gavdani aylantirayotganda bukilgan tizzani ocha turib oyoq gorizantal holda aylanib oyoqning old qismi bilan qarama qarshi turgan odamni tepadi.
 2. Tayanch oyoqni tashqariga bukib oyoqning old qismini o'q bo'ylab badanning aylanishiga yordam berish.
 3. Tepgan oyoq maqsad qilingan joyda to'xtashi kerak.
 4. Aylana tepish Dollyo Chagi, old tepish Ap Chagi va yon tepish Yop Chagi bilan bir xil holda oyoqning orbitasi to'g'ri chiziq ostida harakat qilmaydi. Oyoqni gavda orqasidan, birinchi ko'targan holda aylana turib harakatlanadi.
 5. Aylana tepishni ko'p mashq qilsa, tepgan zahoti oyoq maqsaddan ko'ra o'z-gina tepadan.
1. Putting the weight on the pivoting foot, one turns the body immediately after folding the knee and, as the knee stretches, makes the kicking foot circle horizontally so that the fore sole may kick the target. (The foot back can also be used as the kicking part.)
 2. The supporting leg stretches its ankle and knee to help the fore sole pivot the body easily.
 3. The kicking leg must stop at the time of kicking the target without making a follow through.
 4. Unlike the Ap Chagi or Yop Chagi, the kicking foot does not make a straight line track. The foot is first raised and then begins to move in a circle.
 5. After a hand training, the Dollyo Chagi will be able to make a pounding kick from above the target at the time of kick.

Bahoni pasaytirish holatlari

Deduction Factors

1. Harakat qoidasiga zid kelganda.
1. Any other movements other than shown above will be factors of deduction.

03 Yon tepish Yop Chagi (Side Kick)



Harakat qoidasi

Movement

1. Tepadigan oyoqning tizzasini bukib ko'tara turib gavdani tepadigan oyoqning qarama qarshi tarafga aylantira turib bukilgan tizzani cho'zib oyoqning orqa qismi yoki oyoq yoni bilan tepiladi.
 2. Tepgan zahoti tepayotgan oyoqning tosi oldinga tashlangan holda aylana turib bosh tepayotgan odamga qarab turadi. Shu paytda gavda, tos, oyoq aylana mixga o'xshab gandraylagan holat kelib chiqadi.
 3. Tepgan oyoq qarshi ta'sir ostida oyoqni o'z birlamchi holatga yoki xoxlagan holatiga qaytarib qo'yishi mumkin.
 4. Tayanch oyoq oyoqni ko'targandan boshlab to'piqni yetarlicha ochib oyoqning old qismini faqat yerga bosib turib aylanishni tez qilish uchun yordam beradi, hamda tizza ham ochilib tepilayotgan tarafga harakat kuchini berib tezlikni beradi. Tepgan oyoqni orqaga qaytarganda to'piq va tizza yana bir bor pasaytiriladi.
 5. Yon tepishni tepgan zahoti gavdaning tepa qismi tepilayotgan tarafga teskari tarafga (orqa tarafga) yotqizmaslik kerak. Gavdaning tepa qismini Y harfi ko'rinishida tepilayotgan tarafga tortish nuqtasini haraklantirib harakat kuchini ko'paytiradi. Boshlashda tepishgacha to'g'ri chiziq ostida.
1. As in the Ap Chagi, one lifts up the kicking leg, folding the knee, and then stretches the folded knee as he or she turns the body in the opposite direction to the target and kick the target with the back sole or the blade of foot.
 2. At the moment of the kick, the base of the kicking leg twists at the pelvis in a manner of turning over and the head is raised to keep the eye fixed at the target. At this time, the trunk also twists like a spiral from the shoulder to the pelvis region and the leg.
 3. After the kick, the kicking leg will be drawn back to the original position or where it is intended to placed for next moves.
 4. The other leg supporting the body will assist the kick by pivoting on its fore sole, stretching the ankle and help accelerate the speed of kick by stretching knee simultaneously. At the time of retreating the kicking leg, the supporting leg's ankle and knee will lower again.
 5. At the moment of a Yop Chagi, the upper body should not be left falling in the direction opposite to the target. The upper part of the body must be raised so that the entire body may form a T letter shape, enabling the weight to be converted into impellent force of kick.

Bahoni pasaytirish holatlari

Deduction Factors

1. Harakat qoidasiga zid kelganda.
1. Different from the method of the movement.

Urish (zarba berish-hujum berish) Chigi (Hitting/Strike)

Urish (zarba berish-hujum berish) Chigi (Hitting/Strike)

Tana aylanish kuchini ishlatgan holda qo'l hujumini qilayotganda tirsakni bukkani holda va ochgan holda qo'l yoki mushtning harakati aylanani chizib, qimirlagan holda zarbani amalga oshirishga aytiladi.

If an attack is enacted by the use of spinning force of the body or the fist moves in a circle with the elbow either inflected or intlict impact on a targets.

Hujum qilish harakatida bahoni pasaytiradigan holatlar Deduction Factors

1. Urayotgan qo'l tortayotgan qo'l tashqarisiga chiqib ketganda.
2. Yonga urayotgan holatda tirsak tepa pastga qimirlagan holda.
1. Attacking arm coming outside of the pulling arm.
2. Moving the elbow up and down during the process of striking sideway.

01 Old urish. Ap Chigi (Back Fist Strike)



Harakat qoidasi Movement

1. Musht tepa qismining ko'rsatkich va o'rta barmoqlari ishlatiladi.
2. Uradigan musht tepa qismining bilagi qayrilishi mumkin emas.
3. Musht ustki qismi ishlatiladi.

(Diqqat) uradigan mushtning tepa qismini tepaga yo'naltirib qarama qarshi odam bel (tos) tepasidan boshlab qo'ltig'ini yengil tegib o'tib mushtni ko'tarib lab balandligida mushtni tepa qismi qayiltirilib uriladi.

1. The parts of the pointing finger and middle finger on the back of the fist are used.
2. The wrist on the side of the hitting fist should not be bent.
3. The fist-back fist is used.

(Point of attention) The hitting fist-back fist with its fist-back facing upward is lifted up brushing past arm-pit over the waist on the opposite to make a hitting by bending the fist-back fist at the height of the groove of the upper lip.

Bahoni pasaytirish holatlari Deduction Factors

1. Uradigan qo'l tortiladigan qo'l tashqarisidan boshlanganda.
2. Harakat qoidasiga zid keladigan boshqa harakatlarga.

1. Attacking arm is performed from outside of the pulling arm.
2. Any other movements other than shown above will be factors of deduction.

02 Yuz tashqarisidan urish Olgul Bakkat Chigi (Outward Face Back Fist Strike)



Harakat qoidasi Movement

1. Tashqari himoya Bakkat Makki bilan bir xil harakat amalga oshiriladi, mushtning maqsadi jag' va chakkaga urishdan iboratdir.
2. Lab balandligida musht ko'tariladi va uriladi.

(Diqqat) Old urish (Ap Chigi)dan farqli o'laroq uradigan mushtning tepa qismi qarama-qarshi odamning ko'z balandligidan boshlanib uriladi. Belga tortiladigan-qarama qarshi qo'l, tirsak tashqarisiga gavda yonidan old yo'nalishga aylanani chizganday uriladi. Qarama-qarshi qo'lning mushti uradigan qo'l yelka chizig'idan belga tortiladi.

1. The same way as in the Bakkat-Makki, but the hitting is made against the targets of the lateral jaw and the head temple.
2. The fist-back fist is erected to the height of the groove of the upper lip to deliver a hitting.

(Point of attention) The arm that is hitting is to be raised to the height of the opponents eyes, unlike in the Ap Chigi, make a circular motion from outside the elbow of pulling arm.

Bahoni pasaytirish holatlari Deduction Factors

1. Uradigan qo'l tortiladigan qo'l tashqarisiga chiqqanda.
2. Yonga urayotganda tirsak tepaga qimirlagan holatda
3. Harakat qoidasiga zid keladigan boshqa harakatlarda

1. Attacking arm coming outside of the pulling arm.
2. Moving the elbow up and down during the process of striking sideway.
3. Any other movements other than shown above will be factors of deduction.

03 Tirsak Aylana urish Balkup Dollyo Chagi (Turning Elbow Strike)



Harakat qoidasi Movement

1. Aylana urayotgan tirsakning kaft sirt qismini tepaga yo'naltirib tirsakni maksimum aylantirib yelka oldinga qarab keladi.
 2. Yelka chizig'idan ko'ra tirsak teparoqda joylashadi.
 3. Urayotganda bel ham aylanadi.
1. The back of the hand looks upward and the elbow is turned to the maximum to be located in front of the shoulder.
 2. The elbow is positioned at a point higher than the shoulder line.
 3. The waist is twisted at the time of hitting.

Bahoni pasaytirish holatlari Deduction Factors

1. Bel aylanmay faqat tirsak aylanib organ holatda.
 2. Tirsak yelkaga qaraganda past turgan holatda.
 3. Harakat qoidasiga zid keladigan boshqa harakatlarga.
1. Striking only with elbow without twisting the waist.
 2. Striking elbow is lower than the shoulder.
 3. Any other movements other than shown above will be (actors of deduction).

04 Tirsak yon urish Palkup yop chagi (Side Elbow Strike)



Harakat qoidasi Movement

1. Chavandoz holatida uradigan tirsakning mushti qarama-qarshi odam yelka chizig'igacha kelib qarama-qarshi kaftiga tegib qarama-qarshi qo'l itaradigan kuchni ishlatib tirsakni yonga uradi.
 2. Qarama-qarshi qo'lning qo'l uchi teppaga yo'naltirilgan bo'lib mushtni ushlaydi.
 3. Qarama-qarshi qo'l uradigan tirsak bilan birga ko'krak yonida joylashtiriladi.
1. In a Juchum Seogi stance, the fist of hitting side is brought to the shoulder line on the opposite to touch the opposite hand's palm, and then the elbow makes a lateral hitting, making profit of the power of pushing by the opposite hand.
 2. The finger-tips of the opposite hand look upward and they don't grab the fist.
 3. The opposite hand is positioned in front of the chest on the hitting elbow's side.

Bahoni pasaytirish holatlari Deduction Factors

1. Tirsak yelka chizig'iga yo'naltirilganda.
 2. Harakat qoidasiga zid keladigan boshqa harakatlarga.
1. Elbow facing the line of the shoulder.
 2. Any other movements other than shown above will be factors of deduction.

Sanchish Tzireugi (Thrusting)

Sanchish Tzireugi (Thrusting)

Sanchish Tzireugining uslubi, Jireugi harakat uslubi bilan bir xil lekin, sanchishda harakat musht bilan emas, qo'l uchlari bilan amalga oshiriladi. Bundan tashqari urayotganda barmoqlar ochilganligi sababli, barmoqlarning uzunligi hisobiga urishda katta foyda beradi. Lekin ko'p holda barmoq suyaklari mustahkam bo'lmaganda sinish ehtimoli bor.

Tzireugi technique can be performed in the same way as the Jireugi techniques except that their applied bodily parts are not the fists but the fingertips which are pointed to be enabled to pierce deeper into the target and longer by a finger's length to be able to reach a more distanced target. To the contrary, the finger joints, if they are not hard enough by training, are like to be broken away easily.

01 Ochiq qo'l uchi vertical holatda sanchish Pyonsonkkeut Sewo Tzireug (Open hand fingertips thrust)



Harakat qoidasi Movement

1. Asosan byongchiga uriladi.
2. Qarama-qarshi qo'lining teppa qismi uradigan tirsak tagiga joylashtiriladi.
3. Ochiq qo'l uchi byonchi balandligida tekis sanchiladi.
(Diqqat) qarama-qarshi qo'lni ochib oldinga tekis yozgan holatda tirsakni bukib qo'l uchini teppaga yo'naltirilgandan so'ng kaftga bosib himoya qilinadi.

1. This is mainly at the opponent's solar plexus.
2. The elbow of the hand making a Pyonsonkkeut Tzireugi rests over the hand-back of the hand.
3. The PyonsonkkeutjPalm-fist finger-tips) makes a Tzireugi straight forward in parallel with the height of the solar plexus.

(Point of attention) In a state in which the other hand is unfolded and extended forward, the elbow will tie bent making finger-tips look upward and then a pushing Makki by the palm and a Pyonsonkkeut Tzireugi from the waist are executed simultaneously

Bahoni pasaytirish holatlari

Deduction Factors

1. Harakat qoidasiga zid kelganda.
1. Different from the method of the movement.

02 Ochiq qo'l uchi gorizontal holatda sanchish

Pyonsonkkeut Upeo Tzireugi (Turned Over Open Hand Fingertips Thrust)



Harakat qoidasi Movement

1. Asosan ko'z, bo'yin, quyosh chigaliga sanchiladi. (Diqqat) uradigan qo'l tepa qismi tepaga yo'naltirilgan bo'lib qo'l uchida uriladi.
1. This is mainly used in attacking the opponent's eyes, neck and solar plexus. (Point of attention) Make the back of the thrusting hand face upwards and thrust with the fingertips.

Bahoni pasaytirish holatlari Deduction Factors

1. Harakat qoidasiga zid kelganda.
1. Different from the method of the movement.

03 Ochiq qo'l uchi

Pyonsonkkeut Jecho Tzireugi (Upward Open Hand Fingertips Thrust)



Harakat qoidasi Movement

1. Asosan qovurg'a, quyosh chigali va chovga sanchiladi.
 2. Qo'l uchi pastga kaft qismi tepaga yo'naltiriladi.
 3. Qarama-qarshi qo'l kaft qismi yuz tarafga yo'naltirilgan bo'lib, yelka balandligida ko'tariladi.
- (Diqqat) sanchadigan qo'lni, beldan qo'l yon tepa qismini tepaga yo'naltirib, qarama-qarshi qo'lni oldinga cho'zib qo'l tepa qismini tepaga yo'naltirib almashtirib sanchiladi.

1. This is mainly used in attacking the opponent's ribs, solar plexus, groin, and etc.
 2. The finger-tips will look downward while the palm side will face upward.
 3. The opposite hand, whose base part looks toward the face, is raised up to the level of the shoulder.
- (Point of attention) The hand making Jireugi rests on the waist with its palm facing upward, and opposite hand is extended forward, with its back of the hand looking upward, to deliver Tzireugi alternately together with the before-mentioned.

Bahoni pasaytirish holatlari Deduction Factors

1. Harakat qoidasiga zid kelganda.
1. Different from the method of the movement.

TAEKWONDO PUMSE

