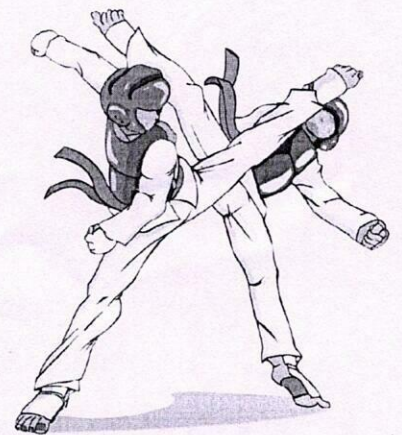
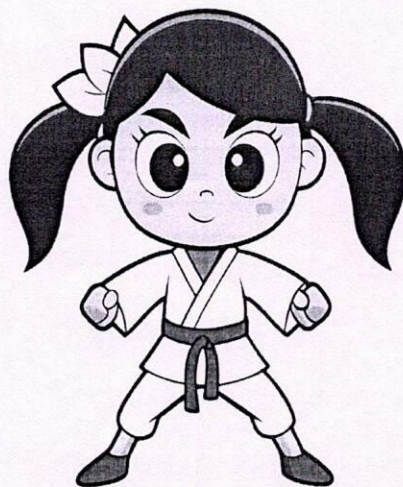
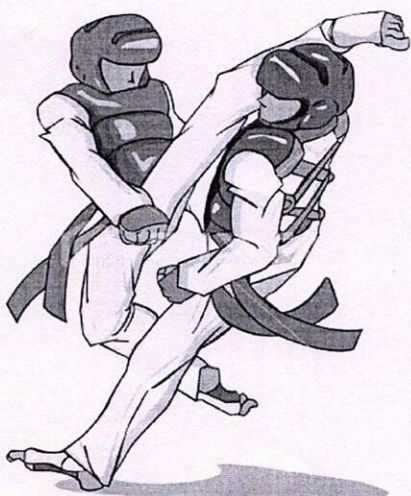
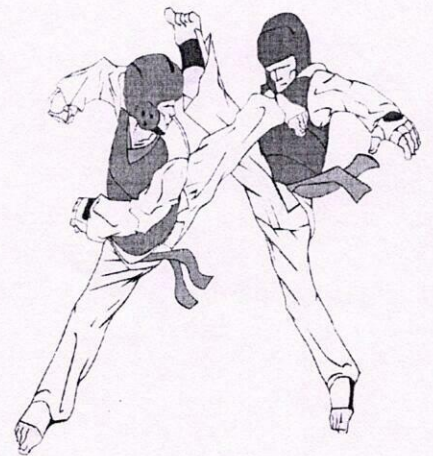
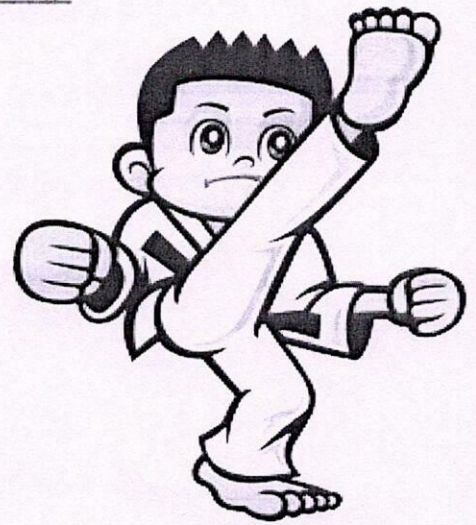
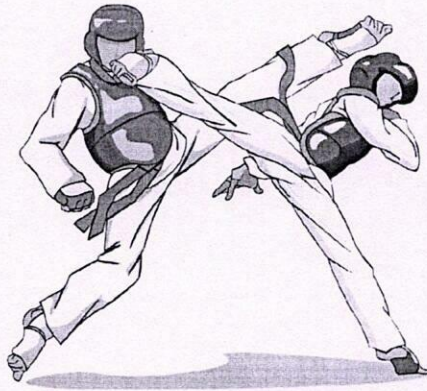
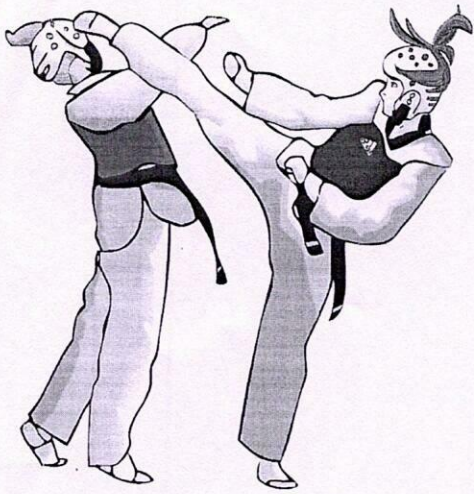


Taekwondo Skill Test Guide
MP State Taekwondo Academy



• Chapter 1: Taekwondo-Specific Skill Tests

- Dollyeo chagi (10 Seconds)
- Standing Knee High/Lift Test (30 Seconds)
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Taekwondo Skill Test Guide

Chapter 1: Taekwondo Skill Tests

Introduction

Skill tests in Taekwondo help assess an athlete's speed, endurance, strength, flexibility, balance, and tactical abilities. These standardized tests provide insights into an athlete's strengths and areas for improvement. This book outlines key Taekwondo skill tests, their objectives, protocols, and scoring criteria.

1. Dollyeo chagi(10 Seconds)

Objective: To measure the speed and efficiency of roundhouse kicks within a limited time frame, testing an athlete's kicking agility and control.

Test Protocol:

- The athlete stands in a fighting stance.
- Kicks must be executed as Dollyeo chagi (Roundhouse Kicks).
- Both legs must be used alternately.
- A valid kick must reach at least waist level.
- Kicks must be fully chambered and extended.
- A coach or judge counts valid kicks within 10 seconds.

Scoring System (Kicks in 10 seconds):

Category	Score 1	Score 2	Score 3	Score 4
Male (18+)	10-15	16-22	23-30	31+

2. Standing Knee High/Lift (30 Seconds)

Objective: To measure knee lift speed and endurance, which are essential for executing fast and controlled kicks in Taekwondo.

Test Protocol:

- The athlete must continuously lift their knees to waist level.
- The movement must be controlled and continuous without pauses.
- Judges ensure knee height is maintained and count valid lifts.

Scoring System (Repetitions in 30 seconds):

Category	Score 1	Score 2	Score 3	Score 4
Male (-58kg)	30-40	41-55	56-70	71+
Male (58-68kg)	28-38	39-53	54-68	69+
Male (68-80kg)	25-35	36-50	51-65	66+
Male (80+kg)	22-32	33-45	46-60	61+
Female (-49kg)	28-38	39-50	51-65	66+
Female (49-57kg)	25-35	36-48	49-60	61+
Female (57-67kg)	22-32	33-45	46-58	59+
Female (67+kg)	20-30	31-42	43-55	56+

3. Parambal Both-Side Kicking (60 Seconds)

Objective: To evaluate kicking endurance, power, and consistency over a prolonged period.

Test Protocol:

- Kicks must be alternating Parambal Kicks.
- The test follows a pyramidal intensity structure:
 - First 10 seconds: Moderate speed
 - Next 20 seconds: Maximum speed effort
 - Last 30 seconds: Maintain controlled endurance pace
- Kicks must reach at least waist level.
- Judges count valid kicks only (full extension, no half kicks).

Scoring System (Kicks in 60 seconds):

Category	Score 1	Score 2	Score 3	Score 4
Male (-58kg)	40-60	61-80	81-100	101+
Male (58-68kg)	38-58	59-78	79-98	99+
Male (68-80kg)	35-55	56-75	76-95	96+
Male (80+kg)	30-50	51-70	71-90	91+
Female (-49kg)	38-55	56-75	76-95	96+
Female (49-57kg)	35-50	51-70	71-90	91+
Female (57-67kg)	32-48	49-68	69-88	89+
Female (67+kg)	30-45	46-65	66-85	86+

4. Single-Leg Dollyeo chagi Face Level (30 Seconds)

Objective: To assess balance, flexibility, and endurance by executing repeated high-level kicks with a single leg.

Test Protocol:

- Only one leg is used for the entire 30-second duration (either left or right).
- Kicks must be Dollyeo chagi (Roundhouse Kicks) directed at face/head level.
- Kicks must be fully extended with proper chambering and retraction.
- Athletes must maintain balance—hopping, pauses, or touching the ground results in deductions.

Scoring System (Kicks in 30 seconds):

Category	Score 1	Score 2	Score 3	Score 4
Male (-58kg)	18-28	29-38	39-50	51+
Male (58-68kg)	16-26	27-36	37-48	49+
Male (68-80kg)	14-24	25-34	35-45	46+
Male (80+kg)	12-22	23-32	33-42	43+
Female (-49kg)	16-26	27-36	37-48	49+
Female (49-57kg)	14-24	25-34	35-45	46+
Female (57-67kg)	12-22	23-32	33-42	43+
Female (67+kg)	10-20	21-30	31-40	41+

5. Sparring Bout

Objective: To evaluate overall Taekwondo combat skills, including technical execution, tactical awareness, physical conditioning, scoring ability, fighting spirit, and rule compliance.

Scoring System (% Effort in a Match):

Score	1	2	3	4
% of Efforts	40-50%	51-59%	60-70%	71-98%


6. Taekwondo Basic Step Audible

Objective: To evaluate footwork movement and agility in Taekwondo.

Test Protocol:

- The subject stands in the ready position just outside the marking area.
- On the command "Go," the subject follows a footwork pattern given by the tester (e.g., 1-3, 2-4, 4-3, etc.).
- The test continues for 1 minute.
- Judges count correct foot movements.

Correct step	Point
40 & more	4
30-39	3
20-29	2
10-19	1



"These skill tests offer a comprehensive assessment of a Taekwondo athlete's speed, endurance, balance, flexibility, and fighting ability. Regular evaluation using these tests can help improve overall performance and ensure readiness for competition"



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