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WHERE
LEGENDS
COMETO **PLAY!**

Queensland

Pan Pacific Masters Games

Taekwondo

Men & Women

Saturday November 14th & Sunday November 15th

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Schedule

Friday November 13th Schedule

4pm-7pm – Bump In (Venue)

Saturday November 14th Schedule

7am – Officials & Volunteers Arrive

8am – Competitors Arrive

9am – Poomsae Competition Starts

12:30pm – Lunch Break

1:15pm – Competition Resumes

3pm-5pm – Kyorugi Weight In (Venue)

Sunday November 15th Schedule

7am – Officials & Volunteers Arrive

8am – Competitors Arrive

9am – Kyorugi Competition Starts

12:30pm – Lunch Break

1:15pm – Competition Resumes

Event Information

Entries

Entries Open: 3 March 2026

Entries Close: 23 October 2026

Entry Fee

Sport Fee: \$125

Breaking Events: \$6 per board, paid at the time of registration

Competition Enquiries

Pan Pacific Masters Games: info@mastersgames.com.au or + 61 7 5886 9888

Australian Taekwondo Queensland: taekwondo@mastersgames.com.au

***NOTE:** Communications and requests via any other means will not be actioned

Draws

All draws will be published on the Pan Pacs website and emailed to registered coaches. Any requests to change the draw are to be emailed to the Tournament Director by registered coaches **ONLY**.

Coaches are required to review their athletes and confirm that all details including rank (belt level), age, and weight are accurate no later than 5pm AEST on Wednesday November 4th.

Age Divisions

All athletes ages are based on their age as at December 31 2026. Minimum age to compete is 30 years.

Late Entries

Under no circumstances will late entries be accepted.

Coaches

All coaches must register via the Pan Pacs website. Each club must register a sufficient number of coaches to cover all athletes.

Coaches are responsible for collecting their own accreditation from the **Pan Pacs HQ/Hub** prior to the event.

All coaches must wear a minimum of team apparel and closed-in shoes when on court, no doboks, hats, beanies are permitted to be worn on court when coaching.

No coaches are permitted to digitally record courtside or behind the Head of Court table.

Video Review

Video review will be available on all Kyorugi courts, all reviews must comply with current WT Rules.

Membership & Insurance

It is recommended that all participants hold Australian Taekwondo membership. Participants who are not members of Australian Taekwondo are recommended to have their own insurance.

Liability

All participants take part in the tournament at their own risk. The organisers will not be responsible for any damages, injuries/treatment, or loss to individuals or equipment.

All participants are to observe all rules, reasonable decisions and instructions of event organisers, officials and venue staff.

Privacy

Personal details will be collected for the tournament involved.

Participants acknowledge that photographs may be taken during the tournament by the organisers or other persons, and that they may appear in those photographs.

Kyorugi Information

Kyorugi Fight Numbers & Age Divisions

Athletes will be marshalled and taken to court in fight number order.

Age Divisions: 30-40, 41-50, 51-60, 60+

*Note: Age divisions and/or weight divisions may be combined

Weigh-In

Athletes are required enter in the correct weight division at registration.

Weigh-in n allowance will be 0.2kg/200g with a dress code of t-shirt and shorts.

Overweight/underweight athletes will be permitted a second attempt to make weight in the allocated weigh in time. Failure to make weight will result in disqualification with no refund.

Uniform Requirements

Coloured Belts are recommended to wear a White-V neck dobok. Black Belts are required to wear a Black V-neck dobok.

Guard Requirements

All athletes are required to supply and wear their own groin guard (male & female), arm guards, shin guards, hand protectors, electronic foot protectors (KPNP), head guard (non-head kick divisions), and mouth guard (clear or white only). Athletes who have upper and lower braces must wear dual mouth guards.

Electronics – KPNP

KPNP will be used for all Kyorugi divisions. Hagus will be supplied for all athletes; head guards will be provided for athletes in head kick divisions only (non-head kick division athletes must supply their own head guard).

Electronic socks must be purchased before the event, sharing of foot socks is not permitted as it creates time delays.

Misconduct

As per WT rules, Yellow Cards will be enforced by referees for any misconduct by coaches or athletes. All Yellow Cards may be added to the Australian Taekwondo Misconduct Register.

Divisions Information

Senior Male (18yrs+)

	0	54.1	58.1	63.1	68.1	74.1	80.1	87.1+
Not Exceeding (kgs)	54	58	63	68	74	80	87	

Senior Female (18yrs+)

	0	46.1	49.1	53.1	57.1	62.1	67.1	73.1+
Not Exceeding (kgs)	46	49	53	57	62	67	73	

Round Times

Age Division	Coloured Belts	Black Belts
Senior 18yrs+	3 x 1.5min	3 x 2min

Head Kicks

Age Division	Yellow	Blue	Red	Black
Senior 18yrs+	No	Yes	Yes	Yes

Para Kyorugi Information

Age Divisions: 30-40, 41-50, 51-60, 60+

Events Contested: K41 & K44

Belt Levels: Blue, Red and Black

*Note: Age divisions and/or weight divisions may be combined

The matches in the K40 Sport classes will be held in single elimination tournament system. The duration of the contest shall be best of three (3) rounds format.

In the event that there is an uncontested para-athlete, the Kyorugi Coordinator and athlete's coach will do their best to organise a suitable and experienced opponent to perform a match play using the Match Play Risk Assessment form and following the AT Match Play Policy.

The WT Para Taekwondo Competition Rules as of 2nd May, 2023 will be implemented for the Para Taekwondo competitions of the K40 Sport Classes.

Classification Information

Athletes competing for the first time do not need to have an official classification status to compete at a club or state level competition, however they must engage in the process to begin classification.

An official classification status will be required prior to competing at their second state level competition, and also when competing at any National or International Para Taekwondo event.

If an athlete has undergone an official classification and has received a 'not eligible' status, they will be unable to compete in any level of Para Taekwondo event.

Further information regarding Classifications and Sport Classes can be obtained at [Para-Taekwondo - Australian Taekwondo \(austkd.com.au\)](https://www.austkd.com.au/para-tkd)

Athletes with a physical impairment (K41, K44) can begin the process of classification through Australian Taekwondo [Physical Impairment - Australian Taekwondo \(austkd.com.au\)](https://www.austkd.com.au/physical-impairment)

If you have any questions regarding the different sports classes and/or classification please contact: para-tkd@austkd.com.au

Divisions Information

Senior Male (30yrs+)

Not Exceeding (kgs)	58	63	70	80	80+
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Senior Female (30yrs+)

Not Exceeding (kgs)	47	52	57	65	65+
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Poomsae Information

Poomsae Method of Competition

Divisions will be marshalled and taken to court to compete. The method of competition will be Cut-off for all divisions (one singular round).

Uniform Requirements

Coloured Belts are recommended to wear a White-V neck dobok. Black Belts are required to wear a Black Y-neck WT dobok or Black-V neck dobok.

Individual Poomsae

Age Divisions: 30-40, 41-50, 51-60, 61-65, Over 65 (66+)

Belt Colour	Designated Poomsae
Yellow	Taegeuk 1 & 2
Blue	Taegeuk 3 & 4
Red	Taegeuk 6 & 7
1 st /2 nd Dan	Taegeuk 8 & Koryo
3 rd /4 th Dan	Keumgang & Taebaek
5 th /6 th Dan	Pyongwon & Sipjin
7 th Dan & above	Jitae & Chonkwon

Pairs & Teams Poomsae

Pairs and Teams must be of the same age division and compete in the division of the highest ranked member.

Pairs Poomsae:

Team Size – 2 members (any gender combination)

Team Poomsae:

Team Size – 3-8 members (any gender combination)

Belt Colour	Designated Poomsae
Yellow	Taegeuk 1 or 2
Blue	Taegeuk 3 or 4
Red	Taegeuk 6 or 7
Black	Taegeuk 8 or WT Black Belt Poomsae

Freestyle Poomsae

Events: Individual, Pairs & Teams

Age Divisions: 30-40, 41-50, 51-60, 61-65, Over 65 (66+)

Belt Levels: All

Poomsae Duration: 90-100 seconds

Freestyle Music

Music is to have no lyrics, be a duration of 90-100 seconds and have an audible beep at the start. Music is to be handed in to the Tournament Director on a USB in a clearly marked bag by 8:30am.

Compulsory Stances:

1. Dwitgubi (Back Stance)
2. Hakdari Seogi (Crane Stance)
3. Beom Seogi (Cat/Tiger Stance)

Compulsory Elements	Element Information
Jumping Side Kick	Flyside Kick
Multiple Kicks in a Jump	Aerial jump front kicks Minimum of 3 kicks to achieve the baseline score Must show 80% kick extension in each kick
Gradients of a Spin in Spin Kicks	Minimum of 360° spin in the air Greater gradient of spin will score higher
Kyorugi Style Consecutive Kicks	Sparring styles kicking sequence 7-10 kicks must be performed 3-5 bounces in a fighting stance must be completed before the sequence starts
Acrobatic Kicking Techniques	Acrobatic action must contain a minimum of 3 kicks to 80% extension NB: any acrobatic action will be considered for the baseline score regardless of kicks

Para Poomsae Information

Age Divisions: 30-40, 41-50, 51-60, 60+

Belt Levels: Yellow, Blue, Red and Black

Classification Information

Athletes competing for the first time do not need to have an official classification status to compete at a club or state level competition, however they must engage in the process to begin classification.

Evidence of an athlete's official national classification status must be submitted to Australian Taekwondo prior to competing at their second state level competition and competing at any National event. Submission of evidence to: para-tkd@austkd.com.au

An athlete wishing to compete at International WT Para Taekwondo events will need to undergo international classification by World Taekwondo. An official WT international classification status supersedes an official national classification status.

If an athlete has undergone an official classification and has received a 'not eligible' status, they will be unable to compete in any level of Para Taekwondo event.

Further information regarding Classifications and Sport Classes can be obtained at [Australian Taekwondo Website - Para Taekwondo](#)

If you have any questions regarding the different sports classes and/or classification please contact: para-tkd@austkd.com.au

Competition Rules

Athletes may perform two patterns of their own choice.

Judging will be subjective using appropriately qualified judges who will give consideration to the performance on the day and the degree of difficulty, based on the severity and type of impairment.

At club, state and national level competitions, para-athletes may elect a level of assistance with performing the Poomsae.

- **No assistance** - Para athlete independently performs poomsae
- **Medium level assistance** - Coach prompts para-athlete throughout the performance
- **High level assistance** - Athlete assistant on court performing poomsae with para-athlete

Please note that the level of assistance elected will be reflected in the scores of the relevant Presentation category. I.e. a high level of assistance will coincide with lower scores in the relevant Presentation category.

WT Para Taekwondo Poomsae Competition Rules effective as of 30 September 2024 [World Para Taekwondo Poomsae Competition Rules 20240930 - World Para Taekwondo Poomsae Competition Rules 20240930.pdf](#)

WT Para-Taekwondo and Deaf-Taekwondo Classification Rules and Regulations, in force as of 24 August 2023 - [click here to view](#)

Para Poomsae Divisions

Divisions to be contested:

- **P10** – vision impairment (P11, P12)
- **P20** – intellectual impairment (P21, P22, P23)
- **P30** – neurological impairment (P31, P32, P33, P34, P35)
- **P40** – physical impairment (P41, P42, P43, P44, P45)
- **P50** – assistive technology (P51, P52, P53)
- **P60** – hearing impairment (P61)
- **P70** – short stature (P72)

Individual Poomsae – Designated Poomsae

Belt Colour	Designated Poomsae
Yellow	Choice of Poomsae 1 & Choice of Poomsae 2
Blue	Choice of Poomsae 1 & Choice of Poomsae 2
Red	Choice of Poomsae 1 & Choice of Poomsae 2
Black	Choice of Poomsae 1 & Choice of Poomsae 2

Pairs & Teams Poomsae

Gender & Team Size: Pairs - 2 athletes, mixed or same gender, Teams - 3 athletes, mixed or same gender

Belt Colour	Designated Poomsae
Open	Choice of Poomsae 1 & Choice of Poomsae 2

Self Defence Information

Self Defence Method of Competition

Divisions will be marshalled and taken to court to compete. The method of competition will be Cut-off for all divisions (one singular round).

Permitted Techniques

Self Defence refers to defending against an attacker with bare hands and feet for striking, kicking, punching, locking, grabbing, and throwing.

Self Defence Requirements

Athletes should note the following requirements:

- Theme of self defence can be chosen freely
- Use of sound effects is not allowed
- Expressing the divided movements is not allowed
- The routine must not be comical
- Exaggerated movements and overuse of violence are not allowed
- Items used in the presentation do not impact the scoring

Technical Breaking Information

Age Divisions: 30-40, 51-60, 61+

Belt Levels: Blue, Red and Black Belts

*Note: Divisions are age only

Technical Breaking Information

Athletes should note the following:

- Two attempts per board
- No points are awarded if the board does not break
- No padding is to be worn on hands or feet
- Boards cannot be doubled up
- A different technique is to be performed for each break

Kick Technique	Points
Standing/stepping Kick (e.g. front kick, axe kick, stepping side kick)	5
Jumping Kick (must break when off ground – e.g. jumping front kick, flying side kick, jumping roundhouse kick)	6
Turning Kick (e.g. turning side kick or spinning heel kick)	7
Jumping Turning Kick on the spot (e.g. jump spinning kick from a stationary position)	8
Sliding Forward/Jumping with a Turning Kick (e.g. jumping spinning kick or jump turning side kick with a moving start)	9
Jumping using both feet at the same time (e.g. two feet at the same time jump front kick)	10
Bonus for 360+ spin	540 = +10, 720 +10
Bonus for multiple airborne combo	2 = 2, 3 = 6, 4 = 8

Hand Technique	Points
Hammer Fist/Standard Punch	2
“One Inch” Punch	3
Back Fist	3
Palm Heel Strike	3
Elbow Strike (either direction)	3
Ridge Hand (thumb side of the hand)	4
Knife Hand (palm up or down – strike with little finger side)	4
Flat Punch	5
Spear Hand (finger tips)	10
Thumb	10
Bonus for spinning start	1

Combinations	Points
Foot and hand combination	+3 per technique

Combination of techniques (e.g. 2 hand/2 feet)
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+10 per technique

Power Breaking Information

Age Divisions: 30-40, 51-60, 61+

Belt Levels: Red and Black Belts

*Note: Divisions are age only

Technique Rules

Only one attempt to break is permitted and one foot must remain in contact with the ground at all times.

Males may choose to break with a closed fist (punch) or a knife hand. Females must break with an open hand technique (palm heel or knife hand).

Breaking will be performed on a provided power breaking stand and will have a maximum of 20 seconds to perform their break after the start command.

The time to stack the boards must not exceed one minute and the width of the target cannot be adjusted randomly.

No padding is to be worn in hands. Protective material may be placed on the breaking target and will be provided by the Organising Committee.

Parts of the hand used for breaking techniques:

- Fist breaking (punch) must be performed with the front two knuckles in a closed fist
- Open palm breaking must be performed with the lower palm of the open hand (the palm heel)
- Knife hand breaking must be performed with the section between the side of the first knuckle of little finger and the side of the wrist – no part of the fingers or wrist can touch the board at the point of breaking contact

Athletes may use the application technique which is to lift the front stepping foot off the ground.

Each broken board will score 1 point.

Penalties – Warnings, Deductions & Disqualifications

Penalties given by the referees are classified as warnings and deductions, and will be deducted from the total score:

- One warning penalty is a 0.5-point deduction
- Two warning penalty is a 1-point deduction
- One deduction penalty is a 1-point deduction

Warnings and deductions (equal to 0.5-point deduction, equal to 1-point deduction if deliberate)

- Deliberate verbal attacks or movements, disturbing another contestant's routine
- Interfering with the referees during the contest
- Damaging the breaking target before completing the break

- Exceeding the time limit to set up the board (additional 0.5-point deduction per 5 second intervals exceeded)

Disqualifications

- When any part of the body above the knee touches the ground after breaking (knee on the ground is acceptable)
- Break is attempted twice
- If the wrist has been used when performing a knife hand or palm strike break
- If a fist is half clenched or a hammer fist has been used when performing a fist break
- If a break is conducted in an unfair manner

Declaration of Winner

The winner will be the athlete who scores the highest total score from the number of broken boards less any deductions.

In the event of a tie after the deduction of points, the winner will be the athlete who requested and attempted to break more boards.

If the above methods are unable to determine the winner, the winner will be the athlete who weighs less – weigh-in will need to be performed under Kyorugi competition weigh in standards.