



Northern California Taekwondo Association

Ring Official Training Program

Welcome!

You have just taken the first step towards being a great resource for Taekwondo tournaments in Northern California! Referees and judges are an integral and immensely important component of fair and enjoyable games in our sport and you will be a pillar of this effort by providing respectable, trained and fair judgment of the performance of our athletes. By participating in our referee training program, you will be able to join any NCTA-sanctioned event and be respected as someone who proverbially knows the rules and lays down the law. The outcome is that the participants will feel that you correctly and honestly judged the matches and declared the victor.

You do not need to be an athlete! You may be a parent, a former practitioner or just someone who wants to help. After your first session, you will understand the role you need to play and have all the rules and tools for being a referee. Then, you just need to show up at the games and help out.

You may referee sparring matches (kyorooigi) and/or judge forms (poomsae). You may also be a scorekeeper, timer, computer operator, or corner judge—all of these are essential duties in a well-managed tournament.

How This All Works

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- 1) Sign Up to Help
- 2) Attend the First Training
- 3) Get on Our Mailing List
- 4) Attend Your First Competition
- 5) Continue With Your Training

Your first step is to contact us and tell us that you want to be a referee/judge. The contacts are:

Main contact:

Robert J. Morey
The Napa/Sonoma School of Martial Arts
E: robert@hrksonoma.com
C: 707-225-4829

Secondary contact:

Ed Austin
Community Youth Center
E: eaustin@cycmail.org
C: 925-383-4379

Over time, it is possible that these individuals may no longer be directly involved but they will ensure that your desire to help is forwarded to the correct person. At this point, Robert Morey is managing the list of all referees, their levels of experience and their participation in tournaments. You need to contact Master Morey each time you attend an event or training session so that he can keep the roster updated.

The second step is to attend a first training. This will be an introductory session where we discuss the basics of Poomsae (forms) and Kyorugi (sparring). You will receive a booklet that details the process, penalties and hand signals. Sign up and we will schedule that for you.

The Levels

A referee's proficiency level is measured by the standing they have. There are levels:

- Beginner / D
- C
- B
- A
- R

You need to attend classes, training sessions and referee events at different levels in order to achieve higher levels. All of these participations need to be relayed to Robert Morey or Ed Austin so that they are properly logged.

To hold a D / beginner level:

- Take level 1 class: grassroots poomsae scoring, basic hand signals and commands, penalties, take level 1 written and practical test

To hold a C level:

- Be an official in your category at 5 events

To hold a B level:

- Work 5 additional events and in all positions: center, corner, computer, scorekeeper

- Take level 2 class: scenarios, 8-count, ke-shie, coach protest
- Computer and scorekeeping class
- Take level 2 written and practical test

To hold an A level:

- Work 5 additional events
- Take a level 2 refresher class
- Take a sport poomsae class

To hold an R level:

- Work 5 additional events
- Take a level 2 refresher class
- Take a sport poomsae refresher class
- Take a staging class

Terms/Dictionary:

KYORUGI: sparring. This is where two competitors fight each other in the ring. There are rules about where a competitor may be hit and you will need to consult both the manual provided to you at training and also the rules for the particular tournament you are attending. Typically, there is a meeting of the judges, referees and coaches at each event where the particulars are discussed. It is immensely important that you—the referee who rules the mat—attends this meeting so that you are aware of the rules and idiosyncrasies of this particular event.

POOMSAE: forms. All belt levels in Taekwondo require at least one form (or set of choreographed moves) to be mastered in order to progress to the next belt level. Typically, they are **Tae Geuk** although some schools still teach **Pal Gwe** but, in the NCTA, you will not need to judge these. Also, please note that some schools use different color belts (or in different sequences) and, therefore, the “kup” is the more important part of the nomenclature. They are (from beginner to advanced):

- White belt (9th kup): Poomsae Tae Geuk IL-Jang
- Yellow belt (8th kup): Poomsae Tae Geuk I-Jang
- Orange belt (7th kup): Poomsae Tae Geuk SAM-Jang
- Purple belt (6th kup): Poomsae Tae Geuk SA-Jang
- Green belt (5th kup): Poomsae Tae Geuk O-Jang
- Blue belt (4th kup): Poomsae Tae Geuk YUK-Jang
- Brown belt (3rd kup): Poomsae Tae Geuk CHIL-Jang
- Red belt (2rd kup): Poomsae Tae Geuk PAL-Jang
- Red/black belt (1nd kup): maybe Poomsae Koryo or then PAL-Jang

For black belts, it should be noted that the 1st Dan sometimes includes KORYO although sometimes it includes KEUMGANG.

- Black belt (1st Dan/Poom): Poomsae KORYO
- Black belt (2nd Dan/Poom): Poomsae KEUMGANG
- Black belt (3rd Dan/Poom): Poomsae TAEBAEK
- Black belt (4th Dan/ Poom): Poomsae PYONGWON

- Black belt (5th Dan/Poom): Poomsae SIPJIN
- Black belt (6th Dan/Poom): Poomsae JITAE
- Black belt (7th Dan/Poom): Poomsae CHEONKWON
- Black belt (8th Dan/Poom): Poomsae HANSU