

# Five Rules to Know TAEKWONDO



## Scoring

Points are awarded for accurate and controlled kicks and punches to the opponent's torso and head. A basic kick to the torso scores 2 points, a turning kick to the torso scores 4 points, and a kick to the head scores 3 points, with additional points for spinning techniques.

## Allowed Techniques

Only kicks and punches are permitted, with kicks being the primary scoring method, especially for the head.

## Protective Gear

Athletes must wear protective equipment, including a head protector, trunk protector, forearm guards, shin guards, gloves, sensing socks, and a mouthguard, to ensure safety during matches.

## Match Duration

Matches consist of three 2-minute rounds with 1-minute breaks. A sudden-death round may be added if scores are tied.

## Penalties

Illegal actions, such as low blows, stepping out of bounds, or excessive force, lead to point deductions or disqualification.