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Taekwondo is a martial art developed in Korea which debuted at the Olympics at the Seoul 1988 Games.

It's one of 5 the Olympic sports that have mainly been dominated by Asian nations, but recent Games have witnessed exciting shifts and upsets.

The 5 universality of the sport is no longer in question with taekwondo athletes, or taekwondoin, from Cote d'Ivoire to Jordan clinching 5 historic gold medals at Rio 2016, and team Great Britain showing talent is abundant in Europe.

There are several taekwondo styles.

World 5 Taekwondo oversees the Kukkiwon-defined style of taekwondo that is commonly referred to as Olympic taekwondo.

Olympic taekwondo allows the use of 5 a very small number of the total number of techniques.

From the basics to the equipment, here's a rundown of taekwondo 5 rules, scoring and the different belts.

Action at a World Taekwondo championships.

Equipment and facilities Taekwondo is a combat sport between two 5 fighters in the same weight category.

The centre of the competition area is octagonal-shaped and measures 8m in diameter.

Contestants must wear 5 a dobok or a white competition uniform.

Additionally, they must have a trunk protector, head protector and, for male athletes, a 5 groin guard that is worn under the dobok.

The taekwondoin must also be equipped with forearm and shin guards, gloves, sensing 5 socks, and a mouth guard before entering the competition area.

Head protection is usually firmly tucked under left arms when entering 5 into the competition area and is worn when instructed by the referee.

Athletes fully kitted during a taekwondo match.

Belts Taekwondo athletes 5 also tie a coloured belt around their waist.

The colour signifies the competitors' ranks in their sport.

The belts range from white 5 to black belts.

The belt system is divided into 10 grades, or gup, and nine degrees (dan).

Grades start from white for 5 beginners, through to yellow, green, blue, red and the highest is black.

The black-belt holders, who are the most experienced, are 5 further graded as 'dan' from the first degree up until the ultimate ninth level.

Taekwondo practitioners wearing different-coloured belts

The basic rules 5 - foot and fist The rules of taekwondo as outlined by World Taekwondo require a standing bow to the referee, 5 followed by a bow to the opponent, before matches.

All matches last over three rounds of two minutes each, with a 5 one-minute break between rounds.

Taekwondo athletes bow to each before a match at the Rio 2016 Olympic Games

Taekwondo aptly means 'the 5 way of the foot and fist', to correspond with the blows and kicks that score points.

The objective of each competitor 5 is to score points by landing blows and kicks on their opponent's torso or head or to win by knockout.

Blows 5 must be delivered through a straight punching technique using the knuckle part of a tightly clenched fist.

The kicks that count 5 are those delivered using any part of the foot below the ankle bone.

Scoring Scoring of a valid point or points 5 is determined primarily using the electronic scoring system installed in the head or trunk protectors, known as the Protector and 5 Scoring Systems (PSS).

Points awarded for punching techniques and additional points awarded for turning kicks are scored by judges using manual 5 scoring devices.

The valid points are: One point for a valid punch to the trunk protector

Two Points for a valid kick 5 to the trunk protector

Four points for a valid turning kick to the trunk protector

Three points for a valid kick to 5 the head

Five points for a valid turning kick to the head

One point awarded for every penalty (known as gam-jeom) given 5 against the opponent Taekwondo explained

Penalties and prohibited acts The only penalty in taekwondo is a gam-jeom.

A gam-jeom is declared when an 5 athlete punches to the face, or punches or kicks below the waist.

Also not allowed is attacking an opponent with the 5 knee or the head.

Athletes are penalised if they use their leg to block or kick their opponent's leg to prevent 5 a kicking attack, have their leg in the air for more than three seconds to impede an opponent's potential attacking 5 movements, or if a kick is adjudged to have been aiming for below the waist.

Taekwondo athletes lose points for crossing the 5 boundary line with both feet, falling to the ground, avoiding or delaying the match, and for pushing or grabbing their 5 opponents.

Falling to the ground is penalised in taekwondo.

Contestants also have to watch out how they deliver their kicks to the 5 trunk PSS, as one can lose a point for attacking with the side or bottom of the foot while the 5 knee is pointed out in clinch position.

Attacking a fallen opponent is also prohibited.

Any misconduct or unsportsmanlike behaviour of the contestant 5 or their coach can cost a point.

Key decisions Golden Point Round [GDP]: For drawn matches, the contestants go for a 5 golden point round.

This is sudden death as the first to score wins.

An athlete can be awarded the match if their 5 opponent picks up two penalties in the golden round.

If a match goes to golden point, all scores awarded during the 5 first three rounds are not considered.

Win by superiority [SUP]: If neither of the contestants has scored two points after the 5 golden round, the winner shall be decided by superiority based on the contestant who received a point by a punch 5 in the golden round, or the contestant who got a higher number of hits registered by the PSS during the 5 golden round or the one who won more rounds in first three rounds.

If the athletes were tied on points the 5 one who received fewer penalties during all four rounds wins the match, and if they were tied on penalties the 5 referee and judges shall determine superiority based on the content of the golden round.

Point Gap [PTG]: A win by point 5 gap is when there is a 20-points difference between two athletes at the end of the second round and/or at 5 any time during the final round.

Referee Stops Contest [RSC]: The referee can stop the match if the contestant has been 5 knocked down by an opponent's legitimate technique and cannot continue the match, or to protect a contestant's safety.

The medical commission 5 can also call off a match due to a contestant's injury.

A Referee can stop a contest off if an athlete 5 is injured.

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Subject: como sacar dinheiro sportingbet

Keywords: como sacar dinheiro sportingbet

Update: 2024/6/30 9:32:21