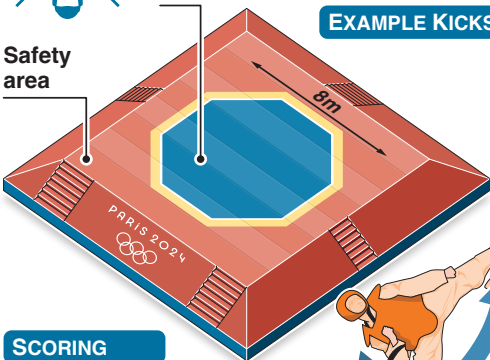




Contest area: Changed from square to octagon for 2016 Rio Olympics. New form stops defensive action in corners

Axe kick: Straight leg descends on head

Safety area



- Punch to body
- Kick to body
- Kick to head
- Spinning kick to body
- Spinning kick to head
- Penalty

1pt
2pt
3pt
4pt
5pt
1pt

Headgear: Sensor system, debuted at 2016 Rio Olympics, records valid hits to body

Hogu: Sensor-equipped chest protector

Panipak Wongpattanakit
(THA, in blue), winner
of women's 49kg
Taekwondo category
at Tokyo 2020 Olympics

Source: IOC

Socks: Sensor-equipped

Spinning hook:
Body rotates
before kick
is released

Dobok:
Loose-
fitting
trousers
and jacket

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