



Group Competition:

The Group Competition portion will be a choreographed team performance, which will showcase each school's abilities and breadth. One team only shall represent each school during a 4-5 minute presentation of techniques taught at that respective institution. The only necessary content to be incorporated is five self-defense techniques, which can be worked in however the team sees fit. The remainder of the performance is up to the discretion of the competitors. Scoring will be performed by judges, who will be looking for specific criteria, outlined on the following page. In the case of a team's performance lasting 5 minutes 30 seconds, judges will step in and force the team to stop and enforce a point deduction. Each team should ideally consist of at least 10 people. If less than ten, points will be deducted, however there is no maximum number of participants per team.

Group Division:

Scoring Criteria:

- Group Member Score: 3 points possible**
 - If group has at least ten participants, receive 3 points out of 3
 - If 9 participants, receive 2 points out of 3
 - If 8, receive 1 point out of 3
 - If 7 or less, receive 0 points out of 3
- Time Score: 2 points possible**
 - If group performance lasts between 4-5 minutes, receive 2 points out of 2
 - If 10 seconds under or over this range, receive 1 point out of 2
 - If 20 seconds under or over this range, receive 0 points out of 2
- Respect and Etiquette Score: 3 points possible**
 - Uniforms must be either entirely black or entirely white, belts may be any color (worth 1 point)
 - Kneel and bow to judges properly (worth 1 point)
 - Displaying humility (worth 1 point)
- Stamina Score: 2 points possible**
 - Loud and consistent ki-yaps (worth 1 point)
 - Crispness of competitors' motions throughout competition (worth 1 point)
- Performance Points: 40 points possible**
 - Consistency of competitors' motions and visibility of techniques (10 points)
 - Creativity/Presentation of self defense (10 points)
 - Creativity/Visual appeal of falling techniques (10 points)
 - Smooth and harmonious motions of the entire team (10 points)

Total Possible: 50 points

In the case of a tie:

- The school who brought the largest team will be declared the winner
- If a tie remains, the team which displays the most professionalism will be declared the winner
- If a tie still remains, the following categories will be assessed until a winner has been determined:
Respect and Etiquette Score, Stamina Score.

Individual Competitions:

The Individual Competitions will provide an opportunity for competitors to select strengths and interests of their own and test their abilities against fellow HKD practitioners. Each participant will have the option to compete in **two** individual events (regardless of participation in the group event). The options for individual competitions are as follows: Self Defense, Precision Kicking Techniques, High Cat-fall, Long Cat-fall, and Free Sparring. Guidelines for each respective competition are as follows.

Self Defense (Hoshin-Dobeop):

The individual Self Defense competition involves pairs performing choreographed self-defense techniques of the competitors' choosing. There are two large brackets of this individual event: "Co-ed / Male Only" and "Female only". Once the bracket has been determined, pairs can choose which of the HKD techniques to perform. The performance should consist of 6 unique techniques, with one partner attacking for three consecutive techniques (and the defender utilizing any three defensive techniques), followed by the reverse (with the new defender utilizing any three defensive techniques). The performance should be as close to 2 minutes in length as possible. Divisions are as follows:

- a. **Team 1:** Co-ed or Male Only; Average age of pair is 14 or less
- b. **Team 2:** Co-ed or Male Only; Average age of pair is over 14
- c. **Team 3:** Female Only; Average age of pair is 14 or less
- d. **Team 4:** Female Only; Average age of pair is over 14

Teams competing in the self-defense competition may choose one of two pre determined combinations of techniques to demonstrate.

Category A:

- i. Defense against a wrist grab
- ii. Defense against a punch
- iii. Defense against a weapon

Category B:

- i. Defense against a clothing grab
- ii. Defense against a kick
- iii. Defense against a weapon

Each partner will perform one of each of indicated techniques, for a total of six techniques per team. Both members must select the same category of techniques to perform (either A or B).

Self Defense Scoring

- **Time Requirement Score (2 points possible)**
 - 2 points will be deducted if the pair goes over the 2 minute allotment by 30 seconds
- **Etiquette Score (3 points possible)**
 - Uniform must be either entirely black or entirely white (1 point)
 - Respect must be shown to everyone (1 point)
 - Standing bow to the judges (1 point)
- **Stamina Score (5 points possible)**
 - Ki-yap projection
 - Consistency and Crispness of techniques
- **Performance Score (40 points possible)**
 - Consistency of competitors' motions and visibility of techniques (10 points)
 - Creativity/Presentation of self defense (10 points)
 - Creativity/Visual appeal of falling techniques (10 points)
 - Smooth and harmonious motions of the pair (10 points)

50 Points possible

Precision Kicking (Sujok-Dobeop)

This event is intended to test competitors' control and mastery over kicking techniques. Kicks will be judged based on: balance, stamina, accuracy, speed and power.

For the 11 and under age group (both male and female divisions): competitors' kicking progression will be as follows:

- a. Low, middle, high spinning back kick (to be done nonstop) followed by a step-change into a 360°- jump spinning back kick. Every kick is executed with the same foot.

For all other age groups (both male and female divisions): competitors' kicking progression will be as follows:

- a. Low, middle, high spinning back kick (to be done nonstop) followed by a step-change into a 360°- jump spinning back kick. Every kick is executed with the same foot.
- b. Any additional three kicks, without targets. For these kicks, judges will be scoring the criteria mentioned above as well as difficulty.

***Age Divisions:** 12-14, 15-19, 20+

Falling (Nakbeop)

This event tests competitors' ability to clear either tall or long objects while landing gracefully. There will be two separate competitions under the heading of "Falling", but each one counts as one of the Individual Events.

DISCLAIMER: Reckless jumps with no concern for landing technique will result in disqualification.

1. **High Cat-fall:** competitors will be attempting to clear a horizontal bar, starting low and progressively gaining height. With each successful jump, a competitor will continue to the next level (+2 inches each round). If the bar is dislodged, the competitor is eliminated. Starting heights and age groups are as follows:

Age Group	Starting Height (in)
11 and under	24
12-14	36
15-19	48
20 +	48

2. **Long Cat-fall:** competitors will be clearing boxes for length. With each successful jump, the length of the boxes will increase until the jumper cannot safely complete the fall (+1 foot each round). Starting lengths and age groups are as follows:

Age Group	Starting Length (ft)
11 and under	3
12-14	4
15-19	7
20 +	7

Free-Sparring (Gyeoki-Dobeop):

Classifications for competition are as follows:

- Beginner: 10-6 Gup
- Advanced: 5-1 Gup
- Black Belt

Awarding

First through third place finishers in each class will be awarded medals and certificate of merit.

Timing

- Each match for ages 12 and under will consist of 2 one-minute rounds, with a 30-second break in between.
- Each match over the age of 12, will consist of 2 two-minute rounds with a 30-second break in between.

Required Gear

- Competitors will provide their own gear.
- ALL OF THE FOLLOWING MUST BE WORN TO COMPETE: chest protector, headgear, groin protector mouth guard, shin / instep guards, and hand pads.

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Free Sparring Guidelines:

Striking	<p>Hand Techniques: a severe blow must be delivered to the opponent's padded solar plexus</p> <ul style="list-style-type: none"> ▶ No hand striking to face (from collar bone to the top of the head) ▶ No elbow attacks are allowed. ▶ No spinning back fist is allowed. <p>Kicking Techniques: any part of the opponent's upper body may be kicked with the exception of the (unpadded) back.</p> <ul style="list-style-type: none"> ▶ No kicking below the belt (with the exception of a scissor take-down and / or low spinning-heel sweep). ▶ No knee attacks are allowed. ▶ The kicker must remain the aggressor throughout execution of the technique. ▶ Regardless of accuracy, if a kick does not have adequate power, no points will be awarded.
Points Obtained By Competitor (+1+2+3 points)	<p>Point Scoring System (<i>Punching & Kicking</i>):</p> <ul style="list-style-type: none"> ▶ Basic (non-turning) kicks or punching to the body is + 1, if down +2, Total =3. ▶ Basic (non-turning) to face is +2, if down +2, Total =4. ▶ Any turning kick to the body is +2, and if down, +2 Total =4. ▶ Any turning kick to the face is +3, if down +2, Total =5. ● 2 points are awarded when opponent is DOWN (1 hand or 1 knee touching the ground). <p>Point Scoring System (<i>Stand Up Grappling</i>):</p> <ul style="list-style-type: none"> ▶ Joint Manipulation Techniques (1 point): these techniques can be used to take an opponent down (to an unbalanced position) or as a joint lock as long as the aggressor maintains control. ▶ Throwing Techniques (2 points): any technique resulting in the opponent falling off balance and lifting either one or both feet while maintaining control. ▶ Counter-Kicks with Sweeps or Takedown (2 points). ▶ Scissor Kick Takedown (2 point): Technique must be executed between knee and waist Area and opponent must fall to the back. ▶ Two Hand Low Spinning Sweep Kick (2 point): Technique must be executed between back of heel and back of knee. Opponent must fall to the ground. ▶ No slamming, suplex, shoot-ins or tackling are allowed. ▶ The aggressor must be in control of the throw, takedown and sweep throughout execution. ▶ The fighter has 3 seconds to throw, takedown or sweep the opponent. ▶ Usage of low sweeps will be restricted to twice per round. (3rd sweep = warning; 4th sweep = 1 point deduction.)
Deduction Of Points (-1 points) Gam Jum	<ul style="list-style-type: none"> ● Striking a fallen competitor: once the opponent is thrown or falls down, aggressor must not attack until he/she is standing. ● Slamming techniques. ● Front and back suplex (over the back) throws. ● Chokes ● Head butts ● Groin strikes ● Knee strikes ● Continuing after the referee signals to stop. ● Intentional striking to the back or neck. ● Intentionally stepping out of the ring with both feet during the match. ● Hand strikes to the head or neck are prohibited. ● Interrupting the progress of the match on the part of a contestant or a coach.

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Free Sparring Guidelines:

Warning (-.5 points) Kyung Ko	<p>* The center judge will make a judgement call and caution the competitor before issuing a warning.</p> <ul style="list-style-type: none"> ● Shoot-ins or tackling. ● Grabbing the sparring equipment. ● Faking injury. ● Intentionally turning your back to your opponent. ● Unintentionally stepping out of the ring. ● Arguing with the referee. ● Showing unsportsmanlike conduct. ● Failure to fight/aggressiveness. <p style="margin-left: 20px;">After 5 seconds = 1 minute division After 10 seconds = 2 minute division</p>
Disqualification	<p>* Penal Provisions are classified into warnings, deduction of points, and losing the competition based on a disqualification.</p> <ul style="list-style-type: none"> ● If a warning for a specific action is repeated, the third repeated action will result in the deduction of one full point. A fourth repeated action will result in disqualification. <ul style="list-style-type: none"> ● Profane or abusive language . ● Intentional strikes to the opponent’s knee or elbow/hand strikes to the opponent’s head, face or neck will result in disqualification. ● Intentional strikes to the opponent’s knee ● Intentional kicking below the belt ● Any aggression against center judges, corner judge, score keepers and time keeper. ● 6 warnings for any combination of actions will result in disqualification ● 3 deduction points will result in disqualification
Competition Scoring	<ul style="list-style-type: none"> ● Warnings and deductions will be accumulative ● A caution will not result in an immediate deduction, nor will it play a role in determining the outcome of the match. ● Points scored in the round should be immediately marked by the referee and displayed promptly ● At least 2/3 referees/judges must be in agreement in order for points to count
Winning By Superiority	<ul style="list-style-type: none"> ● In the case that the competition ends in a tie BUT there is clearly superior fighter, that competitor will be declared the winner. ● In the case that the competition ends in a tie, and there is NOT a clearly superior fighter, then deductions will be removed, and the higher scoring fighter will be declared the winner. ● In the case that a tie remains, a 30 second sudden death match will determine the winner. ● If after the sudden death round, a tie remains, the lighter of the two fighter will be declared the winner.
Miscellaneous	<ul style="list-style-type: none"> ● If the competition is interrupted, the timer will stop. ● However, if the competition is interrupted due to the prohibited action of a competitor, that individual will automatically lose. ● Medical attention within one minute will be acceptable. ● If a competitor chooses not to compete, he/she will automatically lose. ● If the competition is interrupted due to an accident, the winner will be decided based on points scored ● Only one coach per competitor will be allowed to stand ringside.

Junior's Safety (13 & Under) everything is the same except as noted below:

<p>Points</p>	<ul style="list-style-type: none"> • 1 point for all attacks to body and low sweeps 모든 몸통 및 하단공격은 1점 • 2 points take down 기술로 인한 다운 2점 득점 • 2 points all downs 발차기로 인한 다운 2점 득점 • Head kicking must be LIGHT, and will only be awarded 1 point. 가벼운 머리 공격 1점 득점
<p>Warning</p>	<ul style="list-style-type: none"> • Any attack to the neck, back, knees 1회 목, 다리(정면) 공격시 경고 • HARD contact to head 강한 머리 공격 경고
<p>Deductions</p>	<ul style="list-style-type: none"> • Same as adult divisions 위와 같은(성인)
<p>Disqualifying</p>	<ul style="list-style-type: none"> • Bleeding opponent or intentional injury 상대에게 심각한 부상, 피를 내게하는 공격시 실격 패 • Medical issue, or any issue take longer than limited time 어떤 이유로든 1분이상의 시간을 사 용했을 경우

**Division Age of 6 to 13 Years Old
(Beginner, Advanced, & Black Belt 3 Divisions)**

Age	Rank (Kup)	Male Weight	Female Weight	Others
6-7	Beginner (10th Kup -6th Kup) Advanced (5th Kup -1st Kup)	Under 40 40.1-52 52.1-65 65.1-77 77.1-89 Over 80	Under 40 40.1-52 52.1-65 65.1-77 77.1-89 Over 80	It is possible to combine age, weight, and ranks if we have fewer competitors.
8-9	Beginner (10th Kup -6th Kup) Advanced (5th Kup -1st Kup)	Under 55 55.1-67 67.1-80 80.1-90 90.10105 Over 105	Under 55 55.1-67 67.1-80 80.1-90 90.10105 Over 105	
10-11	Beginner (10th Kup -6th Kup) Advanced (5th Kup -1st Kup)	Under 65 65.1-78 78.1-90 90.1-103 103.1-115 Over 115	Under 65 65.1-78 78.1-90 90.1-103 103.1-115 Over 115	
12-13	Beginner (10th Kup -6th Kup) Advanced (5th Kup -1st Kup)	Under 75 75.1-87 87.1-100 100.1-115 115.1-130 Over 130	Under 75 75.1-87 87.1-100 100.1-115 115.1-130 Over 130	

**Division Age of 14 to 15 Years Old
(Beginner, Advanced, & Black Belt 3 Divisions)**

Male Division	Weight Category	Female Division	Others
Under 99.2 lb Under 45kg	Fin	Under 92.5 lb Under 42kg	It is possible to combine age, weight, and ranks if we have fewer competitors.
99.3-110.2 50kg	Fly	92.6-99 45kg	
110.3-121.2 55kg	Bantam	99.1-105 47.5kg	
121.2-132.2 60kg	Feather	105.1-112 51kg	
132.3-143.3 65kg	Light	112.1-119 54kg	
143.4-154.3 70kg	Welter	119.1-127 57.5kg	
154.4-165.3 75kg	Middle	127.1-139 63kg	
165.4-176.3 80kg	Heavy	139.1-150 68kg	
Over 176.4 Over 85kg	Supper Heavy	Over 150.1 Over 68kg	

**Division Age of 16 to 17 Years Old
(Beginner, Advanced, & Black Belt 3 Divisions)**

Male Division	Weight Category	Female Division	Others
Under 99.2 lb Under 45kg	Fin	Under 92.5 Under 42kg	It is possible to combine age, weight, and ranks it we have fewer competitors.
99.3-110.2 50kg	Fly	92.6-99 45kg	
110.3-121.2 55kg	Bantam	99.1-105 47.5kg	
121.2-132.2 60kg	Feather	105.1-112 51kg	
132.3-143.3 65kg	Light	112.1-119 54kg	
143.4-154.3 70kg	Welter	119.1-127 57.5kg	
154.4-165.3 75kg	Middle	127.1-139 63kg	
165.4-176.3 80kg	Heavy	139.1-150 68kg	
Over 176.4 Over 85kg	Supper Heavy	Over 150.1 Over 68kg	

**Division Age of 18 to 24 Years Old
(Beginner, Advanced, & Black Belt 3 Divisions)**

Male Division	Weight Category	Female Division	Others
Under 121.2 lb Under 55kg	Fin	Under 99.2 lb Under 45kg	It is possible to combine age, weight, and ranks it we have fewer competitors.
121.3-132.7 60kg	Fly	99.3-110.2 50kg	
132.8-143.3 65kg	Bantam	110.3-121.2 55kg	
143.4-154.3 70kg	Feather	132.3-132.2 60kg	
154.3-165.3 75kg	Light	132.3-143.3 65kg	
165.4-176.3 80kg	Welter	143.4-154.3 70kg	
176.4-187.3 85kg	Middle	154.4-165.3 75kg	
Over 187.4 Over 90kg	Heavy	Over 165.4 Over 75kg	

**Division Age of 25 to 35 Years Old
(Beginner, Advanced, & Black Belt 3 Divisions)**

Male Division	Weight Category	Female Division	Others
Under 132.2 lb Under 60kg	Fin	Under 110.3 lb Under 50kg	It is possible to combine age, weight, and ranks if we have fewer competitors.
132.2-143.3 65kg	Fly	110.4-116.8 53kg	
143.3-154.3 70kg	Bantam	116.9-123.4 56kg	
154.3-165.3 75kg	Feather	123.5-132.2 60kg	
165.3-176.3 80kg	Light	132.3-141 64kg	
176.4-187.3 85kg	Welter	141.1-152.1 69kg	
187.4-198.4 90kg	Middle	152.2-160.9 73kg	
Over 198.4 Over 95kg	Heavy	Over 161 Over 73kg	

**Division For Age of 36 & Up
(Beginner, Advanced, & Black Belt 3 Divisions)**

Male Division	Weight Category	Female Division	Others
Under 132.2 lb Under 60kg	Fin	Under 110.3 lb Under 50kg	It is possible to combine age, weight, and ranks if we have fewer competitors.
132.2-143.3 65kg	Fly	110.4-116.8 53kg	
143.3-154.3 70kg	Bantam	116.9-123.4 56kg	
154.3-165.3 75kg	Feather	123.5-132.2 60kg	
165.3-176.3 80kg	Light	132.3-141 64kg	
176.4-187.3 85kg	Welter	141.1-152.1 69kg	
187.4-198.4 90kg	Middle	152.2-160.9 73kg	
Over 198.4 Over 95kg	Heavy	Over 161 Over 73kg	