

Rules

Breaking Competition

Material

1. Wood, a minimum of 1" x 12", cut to the following minimum lengths
 - a. Children (gup) under 10 years – 6" – maximum 1 board breaks
 - b. Children (gup) 10 through 16 year – 8" – maximum 2 board breaks
 - c. Adults (17 & over) – 10" – competitor's choice on # of boards
 - d. Black Belts, regardless of age, must use 10" minimum – competitor's choice on # of boards
2. If Cinder Blocks are used as supports, competitor must supply a protective covering for the floor

HOLDERS

1. Contestant should provide own holders, volunteers may be recruited from the competition contestants, keeping in mind that adults and/or Black Belts should be used primarily.

Presentation

1. There will be a maximum of 3 techniques to a presentation
2. There will be a maximum three tries per technique for gup students, two tries per technique for Dan members
3. Time limit:
 - a. Set-up 3 minutes
 - b. Presentation 2 minutes

Musical Hyung Competition

1. Individual Competition
2. Competitor may do a Traditional Hyung or Creative Form (of own design)
3. Must be martial art techniques – not a dance routine
4. Set to music
 - a. Competitor responsible for bringing own music and player (CD/boom box/etc) capable of projecting music in the ring. Judges must be able to hear music, but it should not be loud enough to interfere with other rings
5. Time limit: 2 minutes for performance
6. Judging will be based upon overall performance.