

IHC Open European Hapkido Championships

English Regulations

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1. Tournament

1.1 Preamble

The International Hapkido Cooperation e.V. organizes the (Open) IHC European Hapkido Championships every two years. These style independent Championships aims on optimizing communication and cooperation of all Hapkido in Europe and shall deepen the relationship of Hapkido or other Martial Arts Masters and their students.

Competitors from all European countries can compete with others in cooperative and fair competitions to represent Hapkido or other martial arts.

For that, we greatly invite all Hapkido or Martial Arts Clubs, Unions and Schools all over Europe.

All masters are invited to send their best starters as representor of their club to the IHC (Open) European Hapkido Championships.

The participants of the IHC (Open) European Hapkido Championships undertake to compete in a sporty and fair competition

All roles written in this document are to be understood gender-neutral in order to reduce the effort of differentiation in this document.

1.2 Tributes

The winner of a class is entitled "Hapkido and by their participation accept the regulations and the judges' tribunal.European Champion" or "Hapkido Youth European Champion". The first three finishes will be honored with cups or medailles. Each participant will receive a certificate or other participation memento

1.3 Competition Mat

It is recommended to use a two-piece mat surface for the competitions:

- An inner surface of 6 x 6 meters.
- A first outer differently colored ring (to the inner surface) of 8 x 8 meters.

Furthermore, based on the number of participants and the possibilities, there should be a second and third mat surface of the same design and an extra preparation area.

It must be ensured, as far as possible, that the competitions and the preparations for the participants, mat referees and Head referees, as well as spectators, can be carried out free of injuries.

1.4 Organisation

The tournament has different levels of organization that are relevant to the participants.

In addition to the various leadership positions, there are also supporting helpers (volunteers) who work on the Tournament. These are not discussed here.

1.4.1 Head of tournament

The tournament has announced a Tournament head referee nominated by the IHC cooperative to all participants prior to the start of the tournament.

1. The Tournament Referee is in charge of Tournament Management. This has the highest position in the tournament.
2. The Tournament management has a casting vote in disputes or objections submitted by the mat head referees.
3. The Tournament Head Referee initiates mat head referees and mat referees.
4. It must be ensured that the composition of referees on the mat is a competition category and does not interchange it unless the circumstances so require.

1.4.2 Tournament management

The tournament management consists of the Tournament Head Referee and a minimum of two mat head Referees. There must be an odd number of umpires so that there is always a majority vote. The tournament management will be nominated by the organization before the start of the matches and will be announced to all participants. The Tournament management of the tournament is the highest body of the tournament and ultimately decides on disputes or objections. Decisions are taken by simple majority.

1.4.3 Head of mat

The mat head referee is drawn up per category/class. His duties are:

1. He is head of the mat of his category/class.
2. He has one vote in case of dispute within Tournament management
3. He himself is a judge for direct decisions for the class he leads.
4. If applicable, the mat head referee will award specific penalty points for the competition category to the participants (e.g. time violation, rule violation, etc.).

The mat head referee is responsible for managing the respective passage of a competition class and the observance and interpretation of the competition rules in case of ambiguity. He decides in the first instance in case of uncertainty. He can interrupt or abort a passage in case of uncontrolled danger.

The mat head referee is responsible for discussion and explanation prior to the start of each competition class and directs the greetings of the Starters and the Referees before the start of the competition.

The mat head referee checks all materials and clothing and can refuse them in case of uncontrollable danger for (these) participants.

All ambiguities and complaints must be immediately recorded by the field secretariat. If no agreement can be reached, the Tournament Head Referee of the tournament will be called in to make a decision within the purview of Tournament management.

1.4.4 The mat head referee

The mat head referee is assisted by at least two mat referees. However, more umpires may be used, with the number of umpires always being odd.

The tasks of the mat head referees are:

1. As the first point of contact for objections, the mat head Referee will handle the objection/dispute and, in the event of disagreement between the parties to the dispute and the mat head Referee, will forward the matter to the Tournament Head Referee for submission to Tournament Management.

In case of unclear, dangerous or other interruptible situations, the mat chief referee calls the mat referees together to confer. A further decision must be made based on the meeting.

1.4.5 Mat referee

The mat referee will be set up by the tournament head referee.

The tasks are:

1. Rating of the participants regarding category specific criteria.
2. The rating is without any preferences from clubs, gender, religion, race e.g. but only regarding category specific criteria.

1.4.6 Raising an objection

Appeal against certain assessments or changes mentioned under 1.4.7 is possible under the following conditions:

1. The term for a direct appeal to a competition category is set for the duration of the category + 1 hour after its end. After that, no further objection can be made. An appeal will initially be formally submitted to the responsible mat head referee of the responsible category.
2. If the objection is made after the end of a competition category, the mat head referee is obliged to report the objection to the Tournament head Referee.
3. The Tournament head Referee will refer the objection to Tournament Management for a decision. This decision is irrevocable.

This decision will be communicated to the competition secretariat and the submitting party.

1.4.7 Exceptions and deviations to assemble classes

Due to the experience of various events of this kind, it is possible that categories would be cancelled due to a low number of participants. In order to give all participants the possibility to start and to present their abilities, the combination of similar or even opening of new competition categories can be made. In order to make the competitions exciting and challenging for everyone, it is possible to make certain changes regarding the rating, which should, however, be transparent and comprehensible to all.

Exceptions or deviations regarding the rating guidelines of a competition / a competition category, a combination of competition categories or re-opening are possible under the following conditions:

1. The changes must be communicated to all mat head referees and participants before the starting the respective competition category and competition, if necessary also via the present associate representative.
2. The decision to make this change must be confirmed by a majority decision of the tournament management.

1.5 Rating

1.5.1 Rating Self-Defense, Single Form/Hyong, Show, Longstick, Sword, Weaponform/Hyung

The competition is judged by three to Five referees, but always an odd number. The rating is open. The mat referees are spread around the mat.

From one mat Head referee and four mat referees the highest and lowest grades are canceled. The rating scale ranges from 6.0 to 10.0 in 0.1 point increments. 6.0 is the lowest, 10.0 the highest rating.

If there is a tie in the final, the participants start again. If there are two participants in the jump-off, the mat head referee is judged by a hand signal. If there are more than two participants, the scores will be decided again. In the pool system both tied participants enter the final, if the number of participants allows this.

If competitions with multiple passes are performed, the points will be added.

1.5.2 Penalties

A) Leaving the mat

When leaving the mat is the touching of the surrounding hall floor. For leaving the mat, 1.0 points are deducted from the overall grade by the Head referee.

B) Timing

For exceeding, falling short of a time by more than 7 seconds is deducted by the head referee 1.0 point from the overall grade. The time counts from the first to the last movement / technique of the participants.

C) Cancellation

For a clearly recognizable aborted form/hyong, 1.0 points are deducted from the overall grade by the head of the board.

D) Endangering

If and when a participant endangers others by their behavior, decides by the respective appointed mat head referee. Disqualification or deduction between 1.0 and 5.0 is possible.

1.5.3 Rating – Long Jump

The competition will be judged by one mat head referee and two mat referees. These check for trespassing, crossing the target range and neatly rolling.

1.5.4 Rating – Breaking contest

The competition is conducted and judged by a mat head referee, a timekeeper and an observer. A successful break test counts as soon as a board breaks completely in the air, not on the ground.

1.5.5 Rating – Fighting

The mat court for the competition category "fight" of a mat consists of the mat head referee and at least three mat referees. It is supported by the timekeeper, scorer (s) and list leaders.

Scoring criterias

3 Points	Fixing on the ground (By Throwing)
2 Points	Kick to head or a Turning kick to the body
1 Point	Straight kick to the body or fist to the body or head
0 Points	Mutual Hits without superiority or simultaneous Hits
-1 Point	Prohibited actions (accidents will not be punished) Are explained in more detail in the chapter fight.

The evaluation is done via an open flag signal, which is shown for up to two seconds. The score counts as soon as at least two flags for the same event are shown at the same time.

Flag signals

3 Points	No Flag but only by decision of the Head referee
2 Points	Flag vertically above the head
1 Point	Flag horizontally to the side
-1 Point	Flag to the side down
0 Points	Flags cross over in front of the body
X	Flags crossed over the head, break

The mat head referee directs the fight, but doesn't score except for a regular takedown/throwing Technik. The mat referees are distributed around the mat and evaluates the fight.

The scorer stands behind the timekeeper and list leader and interprets the flag signals.

A fight is over as soon as one of the following conditions occurs:

1. One of the fighters leads with six points difference
2. A competitor receives the third minus point and is disqualified
3. The fight time has passed
4. One of the competitors gives up

At equal points is fought for half an minute break for another minute. If the points are equal again, the first hit (Golden Point) decides a third round of combat. The fighter with the highest score wins, if task or disqualification does not oppose.

1.6 Disclaimer

The International Hapkido Cooperation and the Organizer shall not be liable for any injury or accident unless there is a written commitment from the Organizer regarding financial liability of the promised amount. Each participant is responsible for any action that directly or indirectly leads to an accident or damage.

1.7 Data Security

The data of the participants, in particular name, Kup degree, age, association affiliation and evaluation results are used by the IHC and the aligning association exclusively for the organization and organization of the European championship. The starter lists with placement and score will be published afterwards and possibly stored permanently. The intermediate scores will be deleted no later than 90 days after completion of the championship. The data will only be passed on to third parties, if this is necessary for the above mentioned purposes and a sufficient level of data protection is guaranteed. The responsible bodies can be found in the respective call for tenders.

At the championship, the IHC and the organizer will create pictures for the purpose of reporting, documentation and press. These are published in the press, on the websites, in print media and social media.

By signing up for a competition category and participating in it, Entrants agree that pictures of you will be made in the context of the Contest and may also be published.

2. Fighting

2.1 Fighting – Contest and Mode

It is fought in Semi contact with protective equipment with punches, kicks and throws standing against each other. The fight time is adults/seniors: 2 x 1.5 minutes and Youth: 2 x 1 minute. Every Fight has 30 seconds break between the 2 rounds.

Adults/seniors are allowed to have semi contact on the torso and to have light contact kicks and punches on the head

Youth are allowed to have semi contact on the torso but not to kick or punch on the head

Up to five participants will be started in the pool system (Everyone against each). With six starters, the double-knockout system (https://de.wikipedia.org/wiki/Double_knock-out) starts. Starting with seventeen players, pools of up to sixteen players will be formed, who will compete against each other in a final round.

2.2 Fighting – Requirements

Semi contact means that a point is scored by a an explosive controlled contact made on the partner/opponent and this on a realistic basis on an allowable hit area. This hit must be controlled and must not be able to injure the opponent in the struck body area.

Permissible hit area or hits are injury-free hits to the head and upper body, above the belt line, whereby the belt is worn "normally" high. A violation of this requirement decides the head referee. It may only be attacked with the padded surfaces of the protective equipment.

Foot sweeps are exclusively to be executed so that they are not suitable to injure the opponent, so from the back or maximum laterally against the calves or thighs. Throws must be carried out in a controlled manner. Following a pitch, the fight will be resumed in the booth from the middle of the mat. It must not be kicked or hit on the ground.

The semi contact protective equipment consists minimal of head protection, mouthguard, hand protection, groin guard and foot protection. (see the Appendix for more information and examples). The head protection is mandatory for adults/seniors (18+) and personal choice for youth (14 - 17 years). hey must be made of soft material and must not contain hard elements.

The padding of the protective equipment must have a significantly dampening effect. So-called MMA gloves are prohibited. The equipment must be clean and not dangerous to the other competitor. Heel, foot and closed fist incl. Thumb, and toes must be clearly covered by the protective equipment.

The protective equipment is checked and approved by the head referee. Without this release, the participant is not allowed to start.

Injury break: Should a participant bleed out of a situation, but the fight generally continues, then the head referee can order an injury break in which the bleeding participant can be taken care of. If the injury is not resolved within one minute, so far as the fighter can continue the fight, then the head referee has to decide on the termination of the fight and determine a result.

2.3 Fighting – Competition Classes

This competition is open from the age of 14 years. The competition classes are divided into Youth and Adult classes, Kup, Dan, gender and weight, as far as possible. The weight will be determined on the day of the competition. All participants are only fully clothed, weighed without competition equipment.

Youth 14 – 17 years

Female

The classification will take place on the day of the competition on the basis of the assessment of meaningful groupings by the tournament court.

Male

The classification will take place on the day of the competition on the basis of the assessment of meaningful groupings by the tournament court.

Adults 18 +

Female

The classification will take place on the day of the competition on the basis of the assessment of meaningful groupings by the tournament court.

Male

The classification will take place on the day of the competition on the basis of the assessment of meaningful groupings by the tournament court.

2.4 Fighting – Penalties

Forbidden actions are penalized with a minus point over the flag system.

Forbidden Actions:

- attacks on eyes, ears and joints
- exaggerated hardness
- deliberate infringement of the other competitor
- unsporting behaviour
- Choke
- holding and hitting
- Attacks on non-permitted hit areas

The head referee can pronounce a warning. This is punished with a minus point.

Three minuses lead to combat disqualification.

In the second combat disqualification, the fighter will be disqualified from all combat classes.

3. Self-Defence

3.1 Self Defence – Competition & Modus

The participant shows self-defense techniques against various attacks of his training partner in one go. Each technique is shown once per run. Each race class requires different types of attacks. Weapons are only allowed if required for the class. The organizer decides how many runs there are.

The mode of the competition will be determined by the organizer at the latest just before the start of the class. Example: Preliminary Round + Final Round, e.g.

3.2 Self Defence – Requirements

This competition takes place without music and in the Dobok of their own style.

All weapons and everyday objects known in Hapkido are allowed as weapons. Only training weapons / imitations may be used. Defective or sharp weapons are not allowed.

Weapons must not endanger anyone through improper use. They are allowed to roll / slip off the mat as much as possible. If there is a risk, the decision may be taken by the head referee.

3.3 Self Defence – Competition Classes

This competition is open from 12 years. The age of the training partner is not relevant. For the training partner no rating or award ceremony takes place.

It is not differentiated by gender, so Male and Female compete together.

Youth, 12-17 years

Class SD-Y-C	10.-5. Kup	m,f	6 Techniques without weapons
Class SD-Y-B	3.- 4. Kup	m,f	6 Techniques without weapons
Class SD-Y-A	1.- 2. Kup	m,f	8 Techniques, 2 of it against weapons

Adults, 18 +

Class SD-A-C	10.-5. Kup	m,f	6 Techniques without weapons
Class SD-A-B	3.- 4. Kup	m,f	6 Techniques without weapons
Class SD-A-A	1.- 2. Kup	m,f	8 Techniques, 2 of it against weapons
Class SD-A-Dan	1.- 10. Dan	m,f	10 Techniques, 4 of it against weapons
Class SV-A-Dan	40 Years +	m,f	10 Techniques, 4 of it against weapons

3.4 Self Defence – Rating Criterias

- 1 Comply with Hapkido or other common Martial Arts principles
- 2 Realistic execution of attack and defense
- 3 Functioning technique
- 4 speed, balance and breathing technique
- 5 timing
- 6 Technological completion and protection of opponents and weapons
- 7 Proportionality between attack and defense
- 8 charisma, harmony and power

4. Long Jump

4.1 Long Jump – Competition and Mode

The contest will be roughly outlined as follows:

1. The participants will start separately after youth and adults.
2. Further subdivisions are made after M and F.
3. The subdivision into classes takes place on-site by the referee to provide the participants with a good mix of challenge and fairness.
4. The participants must complete a successively increasing width without errors.
5. The size of the participant is deducted from his bounded width and gives the scoring range.
6. Whoever completes the highest scoring error free in his class, wins.
7. A valid jump is one who does not cross the jump mark and lands with a flying role (no free roll) within the marked limits (through mats).
8. An invalid jump is deducted once from the remaining attempts.
9. Invalid jumps are:
 - i. Violation of the jump mark at jump start
 - ii. No role over a shoulder on landing without one hand touching the mat first.
 - iii. Flip-flops are invalid.
10. Count the width of the first hand that makes contact with the ground.
11. If two or more participants reach the same rank, the participant with the lower grade wins. In other cases, there is a draw and both participants has to jump again.
12. Each participant has three attempts in total and the best jump counts.
13. Each participant has a test jump without scoring free.
14. Anyone who endangers themselves or others in the role of a rider can be excluded by the referee from further participation in this competition.

4.2 Long Jump – Requirements

This competition takes place without music and in the Dobok of their own style.

The jump is marked by two different colored mats.

The landing zone consists of gymnastics mats, which are superimposed in one another. The width is marked by a belt or stripe

4.3 Long Jump – Competition Classes

This competition is open from 12 years and Male and Female are separated

Youth, 12 – 17 years and Adults from 18 +

The classes are build on site.

4.4 Long Jump – Rating Criteria

If the participant lands without injury, without endangering himself or others and above all without errors, then the distance is measured from jump mark to the width of the first rising hand. The participant with the greatest distance wins his competition.

5. Show

5.1 Show – Competition and Mode

A team of at least two (2) and maximum six (6) participants will show a creative Martial arts show with elements of traditional Martial arts in the foreground. Training weapons, everyday objects and music are allowed. Shape sync is also possible. The time from at least 45 seconds to a maximum of three (3) minutes must be respected.

Music and form should form a unity.

The starting places are drawn.

5.2 Show – Requirements

From a Dobok can be omitted to demonstrate Hapkido or other Martial Arts in everyday life.

A maximum of +/- 7 seconds may be deviated from the time limit

Only training weapons may be used. Defective or sharp weapons / objects are not allowed.

Weapons and objects must not endanger anyone through improper use. They are allowed to roll / slip off the mat as much as possible. If necessary, the referee decides on a violation of this point.

The mat may be deliberately left inside and in relation to the form, this must be stated beforehand.

5.3 Show – Competition Classes

This competition is open from 12 years. The team is judged and honored. The winning teams receive a Trophy.

There is only one competition class for all Hapkido. Male and Female compete together.

Class SHOW m,f

5.4 Show – Rating Criteria

- 1 amusement value based on martial arts aspects
- 2 Mastery of body and weapons
- 3 difficulty and complexity
- 4 Synchronicity within the team, timing
- 5 Synchronicity with the music, timing
- 6 Difficulty
- 7 length of the show
- 8 Innovation, imagination, creativity, variety of techniques
- 9 Radiance, harmony and power

6. Weapon Form/Hyong

6.1 Weapon Form/Hyong – Competitions and Mode

A participant shows a shape with one or more traditional Martial arts weapons. Here, the mastery and handling of the weapon is in the foreground.

The mode of the competition will be determined by the organizer at the latest just before the start of the class.

6.2 Weapon Form/Hyong – Requirements

The form is shown in Dobok's own style. Music is not allowed.

Sword and long stick start in their own class and are not allowed here.

Traditional weapons are e.g. Short stick, middle stick, crutch stick, compartments, belt, rope. Tai Chi swords also fall into this class.

Damaged weapons are not allowed. Likewise, sharp weapons are prohibited.

The weapon must not endanger anyone by improper use. For black belts the loss of the weapon is considered a crash. Students (C/B/A Classes) are allowed to continue their form once.

6.3 Weapon Form/Hyong – Competition and Classes

This competition is open from 14 years. The competition classes are not differentiated by age.

In this class neither long stick nor sword forms are allowed!

Classes

Class WH-C/B	10. – 3. Kup	m.f
Class WH-A	2. – 1. Kup	m.f
Class WH-DAN	1. – 10. Dan	m,f

6.4 Weapon Form/Hyong – Rating Criterias

- 1 Comply with Hapkido principles
- 2 Mastery of the weapon, precision and handling
- 3 Observe the shape (in the case of a standard shape) and realistic, practical movements of the weapon
- 4 Difficulty & Complexity
- 5 Speed, balance and breathing technique
- 6 Radiance, harmony and power
- 7 Length of presentation

6.4.1 Weapon Form/Hyong – Penalties

For the loss of the weapon or a reboot 1.0 point deducted by the Head referee, depending on how dangerous the weapon is dropped.

7. Single Form/Hyong

7.1 Single Form/Hyong – Competition and Mode

The participant shows a weaponless form against one or more imaginary opponents. He uses traditional hapkido elements such as punches, kicks and blocks.

The mode of the competition will be determined by the organizer at the latest just before the start of the class.

7.2 Single Form/Hyong – Requirements

The form is shown in Dobok's own style.

The shape must last at least 30 seconds and must not exceed 60 seconds.

Weapons or music are not allowed.

7.3 Single Form/Hyong – Competition Classes

This competition is open from 12 years. Possibly, classes are differentiated locally to create a fair and challenging competition. Male and Female compete together

Classes

Youth 12 – 17 years

Class SH-Y-C/B/A	10.- 1. Kup	m,f
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Adults 18 +

Class SH-A-C/B/A	10.-1. Kup	m.f
Class SH-A-DAN	1. 10. Dan	m,f

7.4 Single Form/Hyong – Rating Criteria

- 1 Comply with Hapkido principles
- 2 Realistic, workable techniques
- 3 Difficulty & Complexity
- 4 speed, balance and breathing technique
- 5 charisma, harmony and power
- 6 Length of the form

8. Longstick

8.1 Longstick – Competition and Mode

A participant shows a shape with a long stick. Here, the mastery and handling of the weapon is in the foreground.

The mode of the competition will be determined by the organizer at the latest just before the start of the class.

8.2 Longstick – Requirements

The form is shown in Dobok's own style.

Music or multiple weapons are not allowed.

Only wooden or rattan training weapons may be used. The length of the long stick should be about 180cm or your own body height. Damaged weapons are not allowed.

The weapon must not endanger anyone by improper use.

For Black Belts the loss of the weapon is considered a crash. Students are allowed to continue their form once.

8.3 Longstick – Competition and Classes

This competition is open from 14 years.

Youth 14 – 17 years

Class LS-Y-C/B/A	10. – 1. Kup	m,f
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Adults, 18 +

Class LS-A-C/B	10. – 3. Kup	m.f
Class LS-A-A	2. – 1. Kup	m.f
Class LS-A-DAN	1. – 10. Dan	m.f

8.4 Longstick – Rating Criteria

- 1 Comply with Hapkido principles
- 2 Mastery of the weapon, precision and handling
- 3 Observe the shape (in the case of a standard shape) and realistic, practical movements of the weapon
- 4 Difficulty & complexity e.g. by changing hands, rotations, changes in length
- 5 Speed, balance and breathing technique
- 6 Radiance, harmony and power
- 7 Length of presentation

8.4.1 Longstick – Penalties

For the loss of the weapon or a restart, the referee subtracts 1.0 points.

9. Sword

9.1 Sword – Competition & Mode

A participant shows a shape with a metal or wooden sword. Here, the mastery and handling as a weapon in the foreground. In the 18 + Dan class, 0.5 points will be deducted for using a non sharp/blunt sword. The mode of the competition will be determined by the organizer at the latest just before the start of the class.

9.2 Sword – Requirements

The form is shown in Dobok's own style.

The Metal sword must be at least 89 cm long

Music or multiple weapons are not allowed.

Damaged weapons are not allowed.

The weapon must not endanger anyone by improper use.

All materials that are customary for swords and practice swords are allowed.

9.3 Sword – Competitions Classes

This competition is open to all Black Belts. Male and Female compete together.

Common class

Youth 14 – 17 years

Class S-C/B/A 10. – 1. Kup M.F Wooden Sword

Adult 18 +

Class S-C/B/A 10. – 1. Kup M.F Wooden Sword

Class S-DAN 1. – 10. Dan M.F Sharp or Non sharp/Blunt Sword

9.4 Sword – Rating Criteria

- 1 Wooden, sharp or blunt sword (depends on which Class)
- 2 Comply with Hapkido or other common martial arts principles
- 3 Command of the weapon, precision of execution, attitude to the cutting direction
- 4 Observe the form (where applicable) and realistic, practical movements of the weapon
- 5 difficulty & complexity
- 6 speed, balance and breathing technique
- 7 timing
- 8 charisma, harmony and power
- 9 Length of presentation
- 10 weight / material

9.4.1 Sword – Penalties

- 1 The loss of the weapon leads to disqualification
- 2 Own injuries caused by the sword lead to disqualification

10. Breaking Contest

10.1 Breaking Contest – Contest & Modus

The participants show in one run a break test form of several break tests in direct succession, whereby the time is measured over a buzzer. The participant must press the buzzer to start and finish its passage.

It wins who has broken most boards in the shortest time.

In this order is also counted: number of boards before time.

The break tests will continue even if a board should not break.

For Youth the break test takes place on polystyrene boards approx. minimal 28cm x 28 cm x 2 cm
For adults on wooden boards approx. minimal 28 cm x 28 cm x 1.8 cm .

The boards are closed by the mat dish and held free;.

For Youth male and female the polystyrene boards are holding by three fingers.

For or adults male the wooden boards are holding by three fingers. By adult female with 1 hand

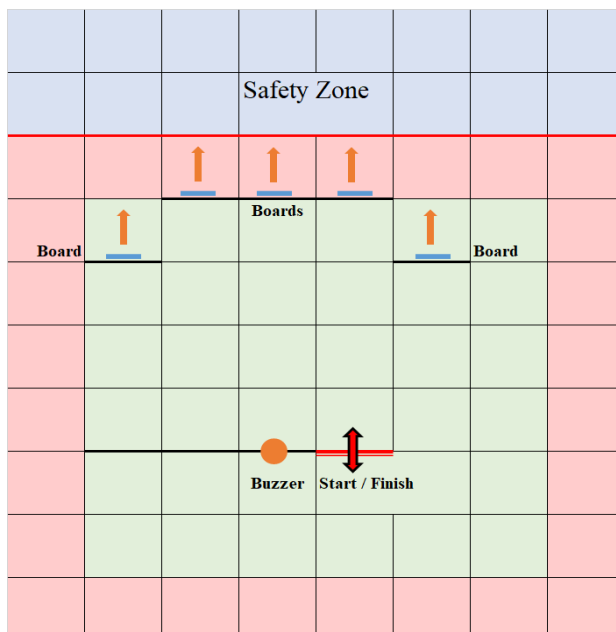
10.2 Breaking Contest – Requirements

The participant has maximum 1 minute to set up his boards and start the competition.

The boards are always positioned as shown below.

The participant can freely choose the height and the order can be determined by the participant himself.

All boards must be kicked or beaten in the direction of the security area. The competition takes place on the mat. This is also a measure of the structure. The board holder is determined by the tournament court and are used for all participant.



- All techniques must be different
- Hands and feet must be used
- The techniques are free to choose
- Everyone may only try once to break the board

10.3 Breaking Contest – competition classes

This competition is open from the age of 12 and is conducted in the Dobok of their own style.

Youth, 12 – 17 years

Class BC-Y-C/B/A m,f

Four fracture tests on 2 cm polystyrene

The classification will take place on the day of the competition on the basis of the assessment of meaningful groupings by the tournament court.

Adults, from 18 +

Class BC-A-C/B/A Male

Four fracture tests on min. 1.8 cm wood

Class BC-A-C/B/A Female

Four fracture tests on min. 1.8 cm wood

Class BF-A-DAN+ Male

Five fracture tests on min. 1.8 cm wood

Class BF-A-DAN+ Female

Five fracture tests on min. 1.8 cm wood