

# 2017 MARTIAL ARTS FESTIVAL

## Competition Events and Rules

### POOMSE (FORMS)

Poomse is a technique system composed in a way to allow the student to practice defense and offense techniques by himself or herself against an imaginary opponent. Students learn poomse step-by-step, graduating at each belt from simple and easy ones to complex and difficult ones. The official Poomse (forms) for the World Class Tae Kwon Do Championship will be those recognized by the World Tae Kwon Do Federation (WTF) and the World Class Tae Kwon Do Association. Poomse will be judged on:

I. Correct and orderly execution of each movement

II. Degree of proficiency:

- A. Beginning and ending at the same spot
- B. Executing powerful and speedy techniques by tensing and relaxing muscles at the proper moment
- C. Mental concentration
- D. Focused eye and head movements
- E. Accurate targets
- F. Inhaling and exhaling at the proper moment
- G. Balance
- H. Rhythm and synchronization of movement

- Poom belts will be considered as black belts for all competition events.
- Acceptable forms for Black Belts will be Koryo, Keumgang, Taebek, Pyungwon, Moo Il Il Jang, Moo Il Ee Jang, and Moo Il Sam Jang. No weapons forms will be permitted
- Generally, you are required to perform the poomse for your particular belt. If you have recently tested and are unsure of your new poomse, you may perform the one for your previous belt.

### FAMILY POOMSE (FAMILY FORMS)

**Teams must have a minimum of 2 and a maximum of 6 competitors in their group. All participants must be related.**

Teams must perform the poomse of the lowest ranking belt in their group. If the lowest belt member has recently tested and is unsure of their new poomse, your group may perform that person's previous belt level form. Forms competitors will be judged on correct movements, balance, speed, power and fluidity of technique both on an individual and group basis, as well as synchronization with your group.

*Note: Teams are allowed variety in their starting positions in Black Belt Team Forms (ex. back to back, triangle, straight line, etc.)*

*Participants may be a member of only one Family Forms team.*

*Black belt family members may compete in family forms.*

### BLACK BELT TEAM POOMSE (FORMS)

**You are required to have 3 competitors in your group. Open to participants of all ages.**

You are required to perform the poomse of the lowest ranking belt in your group. If that person has recently tested and is unsure of their new poomse, your group may perform that person's previous form. Competitors will be judged on correct movements, balance, speed, power and fluidity of technique both on an individual and group basis, as well as synchronization with your group.

*Note: Teams are allowed variety in their starting positions in Black Belt Team Forms (ex. back to back, triangle, straight line, etc.)*

*Participants may be a member of only one Black Belt Team Forms team.*

*Competitors in Black Belt Team forms do not have to be related.*

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### KUMDO (FORMS)

**Competitors must be 2nd Dan and above. Open to participants of all ages.**

**FORM:** Competitors are required to perform the poomse for their particular belt level. Competitors will be judged on stances, cuts, blocks, and movements.

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### BOARD BREAKING

Competitors will be provided with boards and allowed to attempt breaking with techniques that have been approved by their instructors. Competitors will be judged on number of attempts needed to break, accuracy and clarity of technique, speed, power, intensity, and maintaining good balance and poise during and following each technique. The breaking competition will be done as follows:

Little Tigers	1 Station, One Little Tigers' Board
White Belt through Red Stripe	1 Station, One Board
Red Belt through Double Black Stripe	2 Stations, One Board at each
Poom Belt and Black Belt (all Dans)	3 Stations, One Board at each

Students are allowed to perform any technique with which they have received instruction and permission from their instructors. Note: Referees may adjust the performance of any technique as they deem necessary to ensure the safety of the competitors. No speed breaks or power breaks will be allowed.

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### SPARRING

**Competitor must be age 5 and up. No Little Tigers (even if the Little Tiger is 5 or older).**

Sparring competitors must own and wear protective headgear, chest protector, forearm guards, shin pads, mouthpiece and groin cup (for males). Competitors are not required to wear colored headgear; however if a competitor chooses to wear colored headgear, they must have both red and blue headgear at the competition (the color they wear will be determined just prior to their match). The number and duration of rounds will be announced at the tournament.

**Students should be attending sparring class to be properly prepared to compete in this event.**

Only punching and kicking techniques are allowed during competition, and one can only attack the front part of the body. Hits below the beltline are forbidden. The determination of the winner is made by decision by higher points scored by successful hit using both hands and feet. The referee and judges keep the score and the jury decides the winner after confirmation of the referee's declaration of warnings, deduction of points, and the referee's and judges' scorecards. Valid scores are the scored points recognized by a majority of the judges including the referee.

**Valid Score:** The following techniques score **1 point**:

- I. A punch successfully delivered with the fist on the middle part of the chest protector.
- II. A kick successfully given by the foot on the middle part of the chest protector.
- III. An attack successfully made either by the foot or fist on any part of the chest protector, which causes the opponent to fall. However, falling down or losing balance or holding the opponent immediately after delivery of the effective attack by fist or foot does not count as a score.

**For this competition, the following safety rules shall govern AGES 4-8 (all belts), AGES 9-12 (all belts) and AGES 13 and up colored belt sparring matches:**

- The competitor is **NOT** allowed to attempt any kicks to the head area.
- The competitor who executes a technique to the head area (light contact without causing injury) to the head area shall receive a warning (1/2 point deduction).
- The competitor who executes a technique to the head area, which results in a minor injury, shall receive a one-point deduction. The determination of a minor injury will be done at the discretion of the Tournament officials.
- The competitor who executes a kick to the head, which results in the inability of the opponent to continue, shall be disqualified. The jury, referee and judges, after consultation with the tournament physician, if necessary, shall make this determination.

**For this competition, the following safety rules shall govern AGE 13 AND UP poom/black belt sparring matches:**

- The competitor is allowed to attempt kicks to the headgear area, however, absolute control must be exercised or the appropriate penalty shall be invoked.
- The competitor who executes a successful technique to the headgear area (light contact without injury) shall be awarded one point.
- The competitor who executes a technique to the face or neck, which results in a minor injury, shall receive a one-point deduction. The determination of a minor injury will be done at the discretion of the Tournament officials.
- The competitor who executes a kick to the head, which results in the inability of the opponent to continue, shall be disqualified. The jury, referee and judges, after consultation with the tournament physician, if necessary, shall make this determination.

**NOTE:** Inability to continue because of fright, crying or loss of will does not constitute grounds for disqualification of the attacker. Where one opponent is clearly superior, the referee can stop the match to confer with the judges, and ask the jury to declare a mismatch. The jury can confer with the competitor's coach to stop or continue, or make the judgment based on observations of the match to insure the competitor's safety before awarding the (mismatch) decision.

**Superiority:** In the event of a tie score, determination of the winner is made by the rules of superiority. The victory will be awarded to the competitor who utilized more kicks, advanced techniques and was more aggressive.

**Warnings and Deductions** - The referee declares a foul when the following prohibited acts are committed:

Warnings (Kyong Go - 1/2 point)

- I. Holding the opponent
- II. Escaping from fighting by showing your back to your opponent
- III. Moving out of the contest boundary line on purpose
- IV. Attacking with knees, elbows or other unauthorized implements
- V. Throwing the opponent down
- VI. Pretending injury
- VII. Moving around continuously (stalling)
- VIII. Attacking the private parts/unauthorized area
- IX. Pushing the opponent's face with body or hand
- X. Falling down on purpose (to avoid attack)
- XI. Attacking opponent's face with fist (light touch)
- XII. Uttering undesirable remarks and misconduct by contestant or coach

Deductions (Gam Jeum -1 point)

- I. Attacking the fallen opponent
- II. Injuring the opponent's face by fist or foot attack
- III. Butting
- IV. Intentional attack after the referee's declaration of "Kalyeo" (break)
- V. Uttering of violent and undesirable remarks or serious unsportsmanlike conduct by contestant or coach

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## Important Information about the Competition Events

- 1. Eligibility:** Students of all ages may compete in Forms, Breaking, Family Forms, and Kumdo. Students ages 5 through 13 may compete in sparring (see below).
  - **Sparring:** Competitor must be age 5 and up. No White Belts or Little Tigers (even if the competitor is 5 or older).
  - **Family Forms:** All persons competing in Family Forms must be related. Minimum of 2 and a maximum of 6 members to a team. Open to students of all ages.
  - **Black Belt Team Forms:** All teams must consist of exactly 3 competitors. Competitors do NOT have to be related. Open to students of all ages.
  - **Kumdo Forms:** Competitors must be current 2nd Dan or above students. Open to students of all ages.
- 2. Registration:** Registration forms are available at the school. **The registration deadline is Wednesday, May 31st, but early registration is strongly encouraged.** Applications received after May 31st will be charged an additional \$10 dollar late registration fee. No applications will be accepted after June 5th. Completed applications with registration fees should be turned in to your instructors. Applications may be emailed by May 31st to info@buffalotkd.com. To avoid late registration, please have all mailed applications postmarked by May 25th.
- 3. Competitor ID Cards:** Competitors are encouraged to pick up their IDs at their schools on Friday, June 10th, after 4:00PM (out of town competitors will pick up their IDs Saturday morning at the event.). Those competitors who are unable to pick them up on Friday may get them at the festival site (Hamburg Fairgrounds- 5600 McKinley Parkway, Hamburg, NY 14075) on Saturday morning.

**AWARDS:** Most divisions will have 4 competitors / teams. Divisions may be separated by age, belt, weight, and gender, as the tournament committee deems necessary for fair competition. There will be a 1st place, 2nd place and multiple 3rd places trophies awarded. For form and breaking, there will be a single performance, except in the case of a tie. Competitors who tie for a trophy will repeat their performance (except if there is a tie for third places). For sparring, the winners of the first two matches will compete for 1st and 2nd places; the remaining two competitors of the first matches will both receive third place. Awards will be presented throughout the day as divisions are completed. Competitors will also receive a certificate.



**COACHING:** The goal of this tournament is to provide students with competition experience in a friendly environment. Many of the instructors will be responsible for officiating and directing the competition. As a result, competitors may be coached by their teammates and senior belts or parents. Please note that coaches are not necessary during forms and breaking competition. The instructors will be administering these events directly and will provide assistance and instruction as needed.



**SPECTATORS & TICKETS:** The arena has bleacher style seating for all spectators. There will be no charge for admission. Please note that spectators will not be allowed on the competition floor.



**VIDEOS AND CAMERAS:** Video and picture taking are allowed; however, they must be taken from the bleachers and awards stands area only.



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## Schedule of Events:

- 8:30 - 9:00    Doors open  
Competitors pick up ID badges (if not previously picked up at the school)
- 9:00 - 11:30    AGES 4 THROUGH 8  
*Forms (until completion)*  
*Board Breaking including Little Tigers (until completion)*  
*Sparring (until completion)*
- 11:30 - 12:30 Half-Time Show**
- 12:30 – 1:30    *Black Belt Team Forms (until completion)*  
*Family Forms (until completion)*  
*Kumdo Forms (until completion)*
- 1:30 – 3:30    AGES 9 THROUGH 12  
*Forms (until completion)*  
*Board Breaking (until completion)*  
*Sparring (until completion)*
- 3:30 – 5:30    AGES 13 AND UP  
*Forms (until completion)*  
*Board Breaking (until completion)*  
*Sparring (until completion)*