

# INTERNATIONAL TANG SOO DO TOURNAMENT

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the Netherlands

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### RULES AND REGULATIONS

#### SPARRING

1. Traditional uniforms must be worn.
2. Proper discipline and respect must be maintained at all times. Any disrespect or improper attitudes will constitute an immediate disqualification.
3. There will be 3 judges in each ring.
4. Match duration is 2 minutes or 5 points difference.
5. When 2 minutes are passed and there is no winner the match goes on in sudden death. This means the first one who scores is the winner. All judges must see the scoring point!

Sparring gear for hands are required for youth. Sparring gear for head, hands and feet are **required** for all adult sparring competitors (14 and older).

#### Illegal Techniques:

- Spinning hand techniques.
- Below the belt kicks or hand techniques.
- No Sweeping
- No grabbing

#### Also Not Allowed:

- Unsportsmanlike conduct such as "Showboating" (i.e. Jumping up and down, raising hand in air)
- Cheering for oneself etc. when a point is scored or thought to be scored.
- Running out of the ring.
- Coaching from the sidelines from parents, instructors, etc.
- Arguing with judges about a call.
- All of the above can result in a warning, loss of point or disqualification!

What's Legal?

Light Body Contact in adult competition (skin touch)

Point/Scoring System:

#### 1 point techniques:

- Chung Kwon Kong Kyuk
- Kap Kwon Kong Kyuk
- Soo Do Chi Gi
- Yuk Soo Do Chi Gi
- Ahp Cha Gi
- Yup Cha Gi
- Dull Ryo Cha Gi
- Bahl Deung Cha Gi
- Peet Cha Gi
- Ahneso Pakhu Ro Cha Gi
- Pahkeso Ahnu Ro Cha Gi
- Yup Hu Ri Gi
- Ne Ryo Cha Gi



## 2 point techniques:

Spinning techniques to head or body

- Dwi Cha Gi
- Dwi Dull Ryo Cha Gi
- Dwi Pandal Cha Gi
- Jumping kicks (non kicking leg must be knee level off the floor).
- Blocking and immediate counter technique

All techniques must be correct and in proper distance (hand 5cm from target, feet 10cm from target)  
No Contact! In the adult competition a skin touch to the body is allowed.

## **BREAKING RULES**

1. Materials for breaking will be wood or special plastic breaking boards (under age of 14) or wood.
2. Competitors must supply their own wood, breaking boards are available.
3. ONLY the competitors and their holders are allowed in the ring.
4. All adult competitors are limited to 3 breaks (stations). The youth is limited to 2 breaks.
5. Two attempts to break will be allowed. This is TOTAL attempts.
6. Ties: Competitors will do one 1 break of their choosing, with one 1 board.
7. Separators are not allowed

Size of the wood:

For 14 yrs and above: 25 x 25 x 1,8cm

Maximum wood size: 30 x 30cm

## **FORMS**

1. Any traditional form of Chil Sung form is allowed
2. The use of music is not allowed.
3. SCORING: lowest score 6 points, highest score 10 points.
4. There are 3 judges in each ring
5. In the event of a tie another form will be requested. If the student is new and only knows one form, he or she can repeat the same form.

## **WEAPON FORMS RULES**

1. Music is not allowed.
2. SCORING: lowest score 6 points, highest score 10 points.
3. There are 3 judges in each ring
4. In the event of a tie, the competitor can do a different form with his/her weapon or do the same form.
5. Weapons allowed: Short Stick, Long Stick, Knife and Sword