

KOREAN CHALLENGE

All purchases are final. No refunds. No transfers.



EXPLANATION

This is a three round competition focused on highlighting traditional Korean forms that can trace their backgrounds from International Tae Kwon Do and its offsets, World Taekwondo and its offsets, Mu do Kwon and Tang Soo Do.

UNIFORM REQUIREMENTS

Uniform requirement includes white tie over or pullover dobak with or without any color trim. There are no limits in patches or association logos (i.e. ITF certified uniforms).

JUDGES & SCORING

Judges will be spread out, the center judge in the front and the two corners judges will be in the back two corners.

The judges will be looking at precision, beauty of technique, application of technique, balance, difficulty, focus, body control, consistency of stances, chambers and striking as well as a high focus on kicking precision.

FORMS REQUIREMENTS

- The forms must be done how they were taught and there must be no change in the diagram of the forms (i.e. turning Ge-Baek sideways will not be allowed).
- Sine Wave for ITF forms are not required but will not be deducted for having sine wave.
- No more than four (4) kiyups (long paused yell). Loud breathing is acceptable.
- No stances going below the plane (waist and hips going below the knees).
- The forms must be completed within four minutes once bowed into the ring.

COMPETITION FORMAT

- The competitor will not do a formal introduction but must present the name of their form before starting.
- Competitors can only compete with forms that are on the certified list below, but may choose any of the forms on the list, no matter their rank.
- The first round will be a regularly scored round and the top four highest scoring competitors move into the second round.
- The first place will go head to head against the fourth place and the second place will go head to head with the third place.
- Competitors will do their forms at the same time and the three judges will vote.
- The top two move into the next round and must do a different form in the final round and go head to head again to crown a champion.
- **IMPORTANT** - All competitors should come to the event with at least two forms prepared for competition.

FORMS LIST

ITF (International Tae Kwon Do Federation)

Advanced - 1st degree
Hwa-Rang
Choong-Moo
Kwang- Gae
Po-Eun
Ge-Baek

2nd degree
Eui-Arn
Choon-jang
Ko-Dang
Juche

3rd degree
Sam-IL
Yoo-Sin
Choi-Yong

4th degree
Yon-Gae
Ul-Ji
Moon-Moo

5th degree
So-San
Se-Jong

6th degree
Tong-IL

WT (World Tae Kwon Do)

Advanced - 1st degree
Pal-Gwe 6-8
Taeguik 6-8
Koryo

2nd degree form
Keumgang

3rd degree form
Taebaek

4th degree
Pyongwon

5th degree
Sip Jin

6th degree
Jitae

7th degree
Chonkwon

8th degree
Hansu

9th degree
Ilyeo

Moo Duk Kwon or Tang Soo Do

Advanced - 1st degree
Pyung-An/Pinan 4-5
Passai(Bassai) Dai
Passai(Bassai) So
Jin Do

2nd degree
Ro-Hai

3rd degree
Kong San Kun Dai
King San Kun So

4th Degree
Wan Shu

5th Degree
Ji-On

6th Degree
O Sip Sa Bo

7th Degree
Sei-Shan

8th Degree
Sip Soo (Jit Te)