

**KOREAN HEAD-TO-HEAD CHALLENGE**  
**TRADITIONAL FORMS, WEAPONS FORMS, AND BOARD BREAKING**  
**COMPETITION RULES**

**Effective: January 1, 2026**

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## ARTICLE 1.

### INTRODUCTION

The KOREAN HEAD-TO-HEAD CHALLENGE (“KH2HC”) is a traditional forms, weapons forms, and board breaking competition. The traditional forms competition is intended to honor the various forms recognized by Kukkiwon, International Taekwondo Federation (ITF), Tang Soo Do/Moo Duk Kwan/ Soo Bak Do (TSD/MDK/SBD), and American Taekwondo Association (ATA). In addition, the KH2HC competition acknowledges that these forms have evolved over many years and are taught differently among taekwondo schools. Therefore, the competition does not recognize a single “correct” way to perform these forms and allows for variations without penalizing or favoring any competitor. This also applies to the Kukkiwon forms. The criteria for executing forms established by Kukkiwon for Sport Poomsae competition do not affect the judging of Kukkiwon forms for the KH2HC competition. Competitors presenting Kukkiwon forms in the KH2HC competition shall be judged only by the criteria established in these rules and will not be favored nor penalized by their adherence to or deviation from the Sport Poomsae established criteria.

Weapons forms will provide competition utilizing traditional martial arts weapons with traditional martial arts techniques.

Board breaking will provide multiple types of competitions featuring speed, accuracy, and power techniques.

## ARTICLE 2.

### COMPETITION AREA AND JUDGING

1. The Competition Area
  - 1.1. The Contest Area shall measure at least 6m X 6m and have a flat surface without any obstructing projections.
  - 1.2. All mats must provide a safe and secure footing for the competitors.
2. Judging Format and Positions for KH2HC Traditional Forms and Weapons Forms
  - 2.1. Three-Judge Format: Two Judges will sit at the front corners of the ring to the left and to the right of the head table. Judge No. 1 sits in the left corner (viewed from the head table), and Judge No.2 sits in the right corner. The Referee controls the match and will be positioned at the center of the back of the ring while the competitors are performing. The Referee will also act as the third judge for voting.
3. Awards – Each division will determine winners up to the following four places: 1<sup>st</sup> place, 2<sup>nd</sup> place, 3<sup>rd</sup> place, and 3<sup>rd</sup>/4<sup>th</sup> place.

## ARTICLE 3.

### COMPETITORS

1. Uniform for Competitors
  - 1.1. During competition, all competitors must wear a clean and complete (top and bottom) traditional or professional martial arts uniform (Taekwondo, Karate, Kung Fu, etc.), including their appropriate color belt or sash.
    - 1.1.1. Patches, embroidery, logos, team names, country names, competitor names, and stripes are permitted on the uniform if they are not offensive.
    - 1.1.2. Shoes may not be worn.
    - 1.1.3. No tape is allowed on any part of the uniform.
2. Personal Hygiene & Accessories
  - 2.1. All competitors must maintain a high standard of personal hygiene.
3. Any violators of any part of this Article will be required to correct the violation within one minute or shall be subject to disqualification.

## ARTICLE 4.

## CLASSIFICATION OF COMPETITION

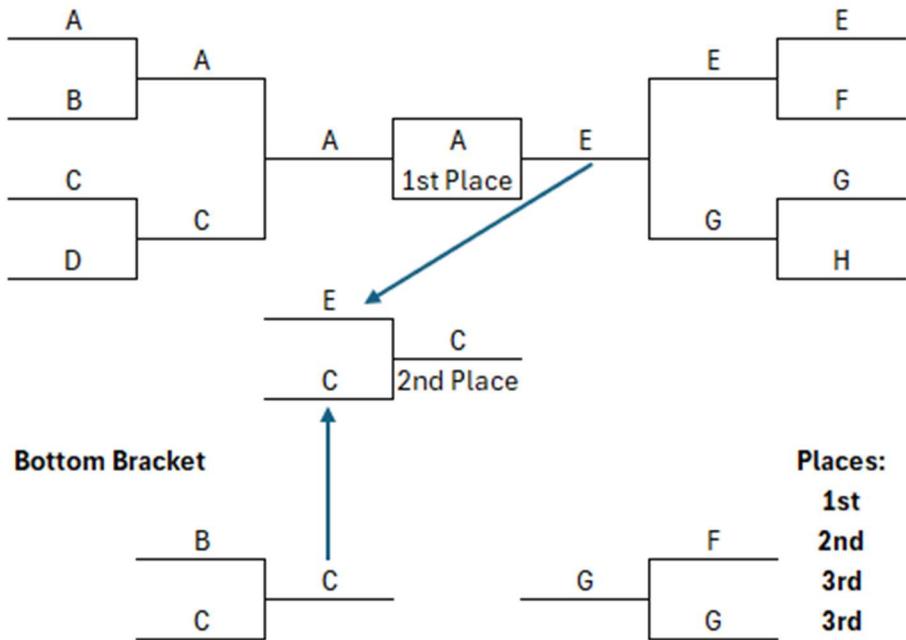
1. Competitors are divided into divisions based on the following criteria:
  - 1.1. Age
  - 1.2. Gender
  - 1.3. Rank (color or black belt)
    - 1.3.1. Color Belts:
      - 1.3.1.1. Novice – White, Yellow, and Orange belts (8<sup>th</sup>, 7<sup>th</sup>, and 6<sup>th</sup> Geup)
      - 1.3.1.2. Intermediate – Blue, Green, and Purple belts (5<sup>th</sup>, 4<sup>th</sup>, and 3<sup>rd</sup> Geup)
      - 1.3.1.3. Advanced – Brown and Red belts (2<sup>nd</sup> and 1<sup>st</sup> Geup)
    - 1.3.2. Black Belts: All Dan ranks, including Poom belts for junior Black belts.
  - 1.4. A Tournament Director has the discretion to combine ages or genders at their local tournament to allow competitors an opportunity to compete.
  2. Recognized Competition for KH2HC Traditional Forms, Weapons Forms, and Board Breaking:
    - 2.1. Male Individual
    - 2.2. Female Individual
    - 2.3. Teams (Traditional Forms only) - All teams consist of 3 competitors. A competitor may only compete in one Team.
      - 2.3.1. Black Belt Team – Adult (18+)
      - 2.3.2. Black Belt Team – Youth (5-17)
      - 2.3.3. Mixed Belt/Age Team – Can be any combination of ages and belt ranks
      - 2.3.4. Teams may consist of all males, all females, or a combination of males and females.
  3. Events - KH2HC Traditional Forms events:
    - 3.1. Traditional Forms – ITF: Competitors in this event may only select forms from the ITF column of the Recognized Traditional Forms list, subject to their Rank Limitations (see Article 6).
    - 3.2. Traditional Forms – KUKKIWON: Competitors in this event may only select forms from the KUKKIWON column of the Recognized Traditional Forms list, subject to their Rank Limitations (see Article 6).
    - 3.3. Traditional Forms – TSD/MDK/SBD: Competitors in this event may only select forms from the TSD/MDK/SBD column of the Recognized Traditional Forms list, subject to their Rank Limitations (see Article 6).
    - 3.4. Traditional Forms – Combined: Competitors in this event may select forms from any of the columns of the Recognized Traditional Forms list, subject to their Rank Limitations (see Article 6).
  4. Events – Traditional Board Breaking:
    - 4.1. Repetitive Timed Breaking:
      - 4.1.1. Spin Hook Kick
      - 4.1.2. Side Kick
      - 4.1.3. Hand Breaking (Feeder System)
    - 4.2. Power Breaking:
      - 4.2.1. Knife Hand
      - 4.2.2. Fist/Punch
      - 4.2.3. Side Kick
      - 4.2.4. Spin Back Kick

## ARTICLE 5.

## METHODS OF COMPETITION

1. KH2HC Traditional Forms and Weapons Forms competitions will be held using one of the following bracketed systems:
  - 1.1. Single elimination tournament format:
    - 1.1.1. In the single elimination tournament, a competitor is eliminated from the competition after one loss.
  - 1.2. Double elimination tournament format:
    - 1.2.1. In the double elimination tournament, a competitor is eliminated from the competition after two losses.
  - 1.3. Single elimination plus repechage tournament format:
    - 1.3.1. The single-elimination plus repechage format is designed to identify the true first and second-place competitors.
    - 1.3.2. The top portion of the bracket is completed before beginning the bottom portion of the bracket.
    - 1.3.3. The top portion of the bracket will determine the first-place winner of the division.
    - 1.3.4. The bottom portion of the bracket is used to determine who will compete against the loser of the top bracket for second and third place.
    - 1.3.5. The bottom of the bracket is determined by selecting the competitors who lost to either of the two competitors who competed in the finals of the top bracket.
    - 1.3.6. Single elimination plus repechage illustration:

### Top Bracket



- In the illustration, competitor "C" advances to the match against "E" for second place because "C" lost to the first-place winner "A". Since competitor "G" lost to the loser of the top bracket finals, competitor "G" does not advance and receives the other 3<sup>rd</sup> place position.
2. KH2HC Traditional Board Breaking is a scored system and all competitors in the division will attempt their breaks first and the winners are determined by their respective scores.

## ARTICLE 6.

## RECOGNIZED TRADITIONAL FORMS

Rank	ITF	KUKKIWON	TSD/MDK/SBD	ATA
<b><u>Color Belts</u></b>	Chon - Ji Dan - Gun Do-San Won - Hyo Yul-Gok Joong Gun Toi Gye Hwa Rang Choong Moo Kwang Gae	Pal-Gwe 1 – 8 Taeguk 1 – 8	Ki-Cho (KiBon) 1 - 5 Pinan/Pyung-An 1 - 5 Song Moo 1 – 2 Bassai Dai Bassai So	Song-Ahm 1-5 Wha 1-2 Choong Jung 1-2
<b><u>1<sup>st</sup> Dan Black Belt and Above</u></b>	Po Eun Ge Baek Eui Am Choong Jang Ko Dang Juche Sam Il Yoo-Sin Choi Yong Yon Gae Ul Ji Moon Moo So-San Se-Jong Tong Il	Koryo Kumgang Taebaek Pyongwon Sip Jin Jitae Cheonkwon Hansu Illyeo	Naihanchi Cho Dan Naihanchi Ee Dan Naihanchi Sam Dan Jin Do Lo-Hai/Ro-Hai Kong Sang Koon Dai Kong Sang Koon So Sip Soo Wang Shu Ji-On Sei Shan O Sip Sa Bo Hwa Sun	Shim Jun Jung Yul Chung San Sok Bong Chung Hae Jhang Soo Chul Joon Jeong Seung Un Nam

## Rank Limitations:

- Color belts may only select forms from the Color Belts row above.
- Black belts may select forms from the Color Belts or Black Belt rows above.

## ARTICLE 7.

## JUDGING THE COMPETITION - TRADITIONAL FORMS

1. The two competitors for each match will present their form at the same time. Neither competitor may begin their form a second time unless both competitors were unable to complete their form the first time.
2. Upon completion of their forms, the two Judges and the Referee will vote for the winner of the match. The winner is the competitor who receives two or more votes.
3. Judging Criteria:
  - 3.1. KH2HC Traditional Forms competition recognizes that the forms in the Recognized Traditional Forms list have evolved over many years from their original version, and not all schools teach these forms the same way. As a result, the KH2HC Traditional Forms competition does not determine a “correct” way in which these forms must be presented. This competition is based on competitors effectively demonstrating the essence of classic martial arts movements and traditional techniques. The judging criteria, in order of importance, are:
    - 3.1.1. Technique: Proper and consistent stances, targets, hand placements, strikes, and kicks;
    - 3.1.2. Power: Techniques executed powerfully and with purpose;
    - 3.1.3. Focus: Attention and concentration throughout the form; and
    - 3.1.4. Presentation: How attractively the form was presented, including the rhythm and pace of the form, balance, as well as the grace demonstrated by the competitor.
  - 3.2. Techniques not permitted: The following movements are not permitted and will cause the competitor to lose the match:
    - 3.2.1. Spin more than 360 degrees;
    - 3.2.2. An inversion where the body is overturned more than parallel to the floor;
    - 3.2.3. More than two kicks with the same leg without putting the foot down in between;
    - 3.2.4. Flips (either front or back);
    - 3.2.5. Cartwheels;
    - 3.2.6. Splits (front or side leg); or
    - 3.2.7. Any other gymnastic movements or demonstrations of extreme agility or flexibility that the Judges believe are inappropriate. Forward rolls are an acceptable Traditional Forms technique.

## ARTICLE 8.

## COMPETITION PROCEDURES – TRADITIONAL FORMS

1. Before starting the competition: The Referee will meet with the competitors at the back of the ring, bow in the division, and confirm each competitor is presenting a form that is approved for their rank and the event.
2. Calling the Competitors: The Referee stands in the middle of the ring, facing the head table, and calls the competitors to their mark. The Referee will first call the Blue Competitor by saying “Blue”, while pointing at their designated mark. The Blue Competitor will advance to their mark and introduce themselves and their form to the Judges. The Referee will then call the Red Competitor by saying “Red”, while pointing at their designated mark. The Red Competitor will advance to their mark and introduce themselves and their form to the Judges. The Referee directs the competitors to face each other and make a standing bow by declaring “Bow” and using the appropriate hand signals. The Referee then directs the competitors to take their position on the floor.
3. Starting the Match: While exiting to the back of the ring, the Referee announces “Ready”, and when the Referee is at their position, announces “Begin”.
4. Ending the Match: After the competitors have completed their forms, they must return to the “Ready” position to indicate that they have completed their form. The Referee then walks back to the center of the ring, faces the head table, and calls the competitors to their mark by saying “Blue” and “Red”, while pointing at their designated marks. The Referee directs the competitors to face each other and make a

standing bow by declaring “Bow” and using the appropriate hand signals. Keeping their palms down and fingers touching, the Referee announces “Judges, Call” at which point the Judges indicate their vote by raising the flag with the color of the competitor for whom they are voting. At the same time, the Referee votes for a competitor by raising the arm nearest to the competitor they are voting for (right for Blue or left for Red).

5. Awarding the Winner: Still standing between the two competitors and facing the head table, the Referee will drop both hands to their side, raise the right arm with the closed fist to the sternum, continuing to raise the right arm in a knife hand up at a 45-degree angle with the palm facing upward and declare “Blue Winner” if Blue is the winner. If Red is the winner, follow the same procedure with the left hand and declare “Red Winner”. The Referee then dismisses the competitors from the ring.
6. Steps 2-5 above are repeated for each of the subsequent matches until the division is completed.
7. Alternative: In the event the ring size is too small for both competitors to perform at the same time, the Tournament Director may choose to have each competitor perform on their own, and the procedure will be as follows. After the two competitors bow, the Red Competitor will exit the ring, and the Blue Competitor will present their form. When they are finished, the Blue Competitor will exit the ring, and the Red Competitor will reenter the ring and present their form. Once both competitors have presented their form, the Blue Competitor will reenter the ring, and the Referee will follow the same procedure for bowing, calling for votes, and declaring the winner.

## ARTICLE 9.

### TEAMS TRADITIONAL FORMS COMPETITION

1. Teams Traditional Forms follow the same rules and procedures with the following modifications:
  - 1.1. Judging Criteria: The judging criteria are the same as the individual competition (Article 7, Section 3), with the addition of judging how the Team presents their form as a unit. Team members are not required to present their form in sync with each other.
  - 1.2. Approved Forms:
    - 1.2.1. Teams may choose forms from any of the columns in the Recognized Traditional Forms list.
    - 1.2.2. Black belt teams may perform any form in the Recognized Traditional Forms list.
    - 1.2.3. Mixed Teams may perform any form up to and including the rank of the most senior member of the Team.
  - 1.3. Procedures of the Contest:
    - 1.3.1. Same as for individual competition; however, the competition will be conducted using two rings side-by-side, with Judges 1 and 2 seated at the front and between the two rings.
    - 1.3.2. Alternative: At the Tournament Director’s discretion, one ring may be used, and the procedure will be as follows. The two Teams will not present their forms in the ring simultaneously. After the two Teams bow, the Red Team will exit the ring, and the Blue Team will present their form. When they are finished, the Blue Team will exit the ring, and the Red Team will reenter the ring and present their form. Once both Teams have presented their form, the Blue Team will reenter the ring, and the Referee will follow the same procedure for bowing, calling for votes, and declaring the winner.

## ARTICLE 10.

### TRADITIONAL WEAPONS FORMS COMPETITION

1. Traditional Weapons Forms follow the same rules and procedures with the following modifications:
  - 1.1. Judging Criteria: The judging criteria are the same as the Traditional Forms competition (Article 7, Section 3), with the following changes:
    - 1.1.1. Weapon must be a traditional martial arts weapon but cannot have a live blade. The Chief Referee may disqualify any weapon they believe is unsafe.

- 1.1.2. The weapon must always remain in contact with the body during the form (no releases).
- 1.1.3. 90-second time limit.
- 1.1.4. Competitors are not permitted to switch weapons during the form.
- 1.1.5. If one competitor drops their weapon (or drops their weapon more times than their opponent), that competitor will lose the match.

1.2. Procedures of the Contest:

- 1.2.1. Same as for individual Traditional Forms competition; however, the competition will be conducted using two rings side-by-side, with Judges 1 and 2 seated at the front and between the two rings.
- 1.2.2. Alternative: At the Tournament Director's discretion, one ring may be used, and the procedure will be as follows. The two competitors will not present their forms in the ring simultaneously. After the two competitors bow, the Red Competitor will exit the ring, and the Blue Competitor will present their form. When they are finished, the Blue Competitor will exit the ring, and the Red Competitor will reenter the ring and present their form. Once both competitors have presented their form, the Blue Competitor will reenter the ring, and the Referee will follow the same procedure for bowing, calling for votes, and declaring the winner.

## ARTICLE 11.

## TRADITIONAL BOARD BREAKING COMPETITION

1. Boards:
  - 1.1. All boards must be purchased at the venue. No outside boards will be permitted.
- 1.2. Board sizes for competition:
  - 1.2.1. 13 and under – 8 or 9 mm
  - 1.2.2. 14 and older – 11mm
2. Competitors must provide their own individuals to serve as board holders or feeders.
3. In the event of a tie for first, second, or third place, the Tournament Director may choose:
  - 3.1. To have the competitors purchase additional boards and have the tied competitors break again to determine the place winner; or
  - 3.2. Award both competitors the same place.
4. Styles of competition:
  - 4.1. Repetitive Timed Breaking:
    - 4.1.1. Single-board break per strike, total of 10 boards.
    - 4.1.2. Except for Hand Breaking with Feeder System:
      - 4.1.2.1. These are timed events with the winner determined by the fastest time to break all 10 boards. Second fastest time will win second place, and so on.
      - 4.1.2.2. A 0.5 second penalty is added for every board the board holder breaks before the competitor's strike as determined by the Referee (with input from the Judge(s) if requested).
      - 4.1.2.3. A competitor may have up to two board holders and two people handing boards (total of four people).
    - 4.1.3. Events:
      - 4.1.3.1. Spin Hook Kick – Only spinning hook kick is allowed.
      - 4.1.3.2. Side Kick – Only side kick is allowed.
      - 4.1.3.3. Hand Breaking (Feeder System):
        - 4.1.3.3.1. Allowed hand techniques: Hammer, Knife, Palm, or Fist/Punch.
        - 4.1.3.3.2. Boards are fed through a feeder system provided by the Tournament Director. An unbroken board that has passed through the feeder system must remain unbroken to determine the score.
        - 4.1.3.3.3. Winners are determined first by the number of boards broken. When the number of boards broken is tied, then the fastest time will win.

4.1.3.3.4. If multiple boards are broken with one strike as determined by the Referee (with input from the Judge(s) if requested), the entire break will be disqualified.

4.2. Power Breaking:

- 4.2.1. Single break attempt.
- 4.2.2. 90-second setup time.
- 4.2.3. One breaking station per competitor.
- 4.2.4. The Tournament Director will provide:
  - 4.2.4.1. Spacers – required for all power breaks.
  - 4.2.4.2. Stanchions or cinder blocks to support the boards for downward striking breaks.
- 4.2.5. The competitor may provide their own board holding apparatus for the horizontal striking breaks. The Chief Referee may disallow any apparatus they believe is unsafe.
- 4.2.6. Winners are determined first by the number of boards broken as determined by the Referee. If the number of boards broken is the same, the winner will be determined by the highest percentage of boards broken (# boards broken/# boards attempted).
- 4.2.7. Boards may be taped together.
- 4.2.8. To ensure fairness, before starting the competition the Referee will talk to each competitor (individually and away from the other competitors) and ask for the number of boards they will attempt to break. The competitor cannot change the number and must attempt to break all the boards once the number has been given.
- 4.2.9. Events:
  - 4.2.9.1. Knife Hand (Downward Strike)
  - 4.2.9.2. Fist/Punch (Downward Strike)
  - 4.2.9.3. Side Kick (Step or Skip-in, Horizontal Strike)
  - 4.2.9.4. Spin Back Kick (Must spin, Horizontal Strike)

## ARTICLE 12.

## REFEREEING OFFICIALS

1. Qualifications:
  - 1.1. Judges shall be KH2HC qualified Judges.
  - 1.2. Referees shall be KH2HC qualified Referees.
2. Duties:
  - 2.1. Traditional Forms and Weapons Forms:
    - 2.1.1. Referee
      - 2.1.1.1. Ensure all competitors are presenting an approved form based on their rank and the event.
      - 2.1.1.2. Control the entry/exit of the competitors onto and off the ring.
      - 2.1.1.3. Inspect weapons.
      - 2.1.1.4. Call votes from the Judges and announce the winner based on those votes.
      - 2.1.1.5. Announce the match winners.
      - 2.1.1.6. Indicate their vote for the winner by raising the appropriate arm.
    - 2.1.2. Judges
      - 2.1.2.1. Indicate their vote for the winner upon the Referee's command.
      - 2.1.2.2. State their opinion forthrightly when requested to do so by the Referee.
  - 2.2. Traditional Board Breaking:
    - 2.2.1. Referee

- 2.2.1.1. Control the entry/exit of the competitors onto and off the ring.
- 2.2.1.2. Inspect boards and board holding apparatus.
- 2.2.1.3. Verify the number of boards being attempted and determine the number of boards broken.
- 2.2.1.4. Verify times.
- 2.2.1.5. Issue any penalties for improper actions.
- 2.2.1.6. Announce the winners.

2.2.2. Judges

- 2.2.2.1. Act as timekeepers.
- 2.2.2.2. State their opinion forthrightly when requested to do so by the Referee.

3. Uniform of the Refereeing Officials:

- 3.1. Refereeing officials shall wear uniforms designated by the Tournament Director.

4. Refereeing officials shall not carry or take any materials to the ring that might interfere with the contest.

## ARTICLE 13.

## PROTESTS

- 1. A procedure for protest is provided in case there is a clear erroneous decision from the refereeing officials in the identification of the winning competitors, or other administrative errors resulting in the wrong competitor being named as the winner. This also includes the ability to protest that a competitor presented an unapproved form for their rank or event.
  - 1.1. Note that only procedural and administrative errors are subject to protest. Disagreements about the Judges' decisions are not protestable.
- 2. A protest can be made by the coach representing the competitor. The coach must file a written protest with the Chief Referee or Tournament Director along with a \$100 fee (cash only). The coach must indicate their intention to file a protest immediately after the match and before the next match begins. Once the written protest and fee have been received, the Tournament Director or Chief Referee will review the information and, if necessary, consult with the Referee and Judges. Any error in determining the match results will be corrected.

## ARTICLE 14.

## OTHER MATTERS NOT SPECIFIED IN THE RULES

Matters not specified in the Rules shall be decided through a consensus of the Chief Referee and the Tournament Director.