

# Taekwondo United National

## Weapons Competition Requirements

**Uniforms:** Competitors may wear the *TU traditional dobok*, or *Specialty Weapons uniforms*.

**Weapons Divisions:** Competitors will be divided into competition divisions by rank, age, and/or skill level (beginner, intermediate, or advance). Any combination of these criteria may be used to make these divisions.

**BEGINNER:** any competitor with weapon training for 1 year or less.

**INTERMEDIATE:** any competitor with weapon training 1-2 years.

**ADVANCED:** any competitor with weapon training for more than 2 years.

### **Weapons Competition Scoring & Time Limits:**

Traditional weapon competition procedures will be consistent with traditional form procedures with following additions:

#### **SCORING:**

- Weapons Competition scoring will be consistent with Traditional Form Scoring: 6.0 -10.0 with ¼ points – 7.0 being average. Judges will **NOT** give a score of 5.0 for “incomplete form” as everyone is doing a “Freestyle” form.
- If the weapon is DROPPED there will be ONE (1) POINT **DEDUCTION** from TOTAL score. Two ways to recover weapon: (1) “Traditional Recovery” - drop to one knee and pickup weapon with both hands (2) “Awesome Recovery” – use movements that recover the weapon in a manner that looks “planned”.
- If the weapon is BROKEN, competitor has 30 seconds to replace the weapon and continue from that point in time and place in freestyle. If unable to replace the weapon, Competitor will be considered “DISQUALIFIED”.
- A competitor is considered to be active in competition from the time they are bowed in to do their presentation until the “Bah-roh” command is given to return the competitor to their ready position. Any weapon drops between those two actions will impact the score given by the judges.

#### **TIME LIMITS:**

- **Beginner and Intermediate weapon competition: 60 SECONDS –**

The time-keeper of the ring will start the clock at the command of the center judge and will call out “Time” when **60 seconds** has expired (*at which time the competitor must stop performing immediately*).

- **Advanced weapon competition: 90 SECONDS –**

The time-keeper of the ring will start the clock at the command of the center judge and will call out “Time” when **90 Seconds** has expired (*at which time the competitor must stop performing immediately*).

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## **BEGINNER & INTERMEDIATE:**

- There are no incomplete traditional weapon forms since they are free-style forms.
- There will be no penalty for a Beginning or Intermediate weapons form that is less than 30 seconds.
- No part of the presentation that **exceeds** 60 seconds will be considered when the judges give scores, even a weapon that is dropped.

## **ADVANCED:**

- There will be no penalty for an Advanced weapons form that is less than 90 seconds.
- No part of the presentation that **exceeds** 90 seconds will be considered when the judges give scores, even a weapon that is dropped.

## **Acceptable Weapons for Competition**

The competitor must confer with their instructor concerning the weapon they will use in competition.

***ONLY use of safety or demonstration weapons for traditional weapons competition is acceptable. NO SHARP EDGES OR POINTS! (Bo staff and Cane are the exception.)***

## **BEGINNER & INTERMEDIATE RULES & GUIDELINES**

### **Content of BEGINNER & INTERMEDIATE “Free-Style” Form**

- The competitor will demonstrate a “free-style” routine of his/her own creation that has a maximum duration of 60 seconds.
- Their **entire** free style form must be **weapons oriented**; which means, any acrobatics (*cartwheels, shoulder rolls, advanced kicks*) must be kept to a MINIMUM (10-20%).
- Traditional kicks are welcome; however, this is a WEAPON competition, therefore, the weapon must be the **MAJORITY** of the form.
- The routine must be approved by the competitor's instructor prior to competition; therefore, it is vital that the competitor consult his/her instructor as to the presentation. It is the Instructors' and School Owners' responsibility to know ALL rules and guidelines concerning Weapons Competition.
- **Music**: ***The use of music is optional*** If music is used it must be in good taste. The audio devices used **must be** supplied by the competitor and they must have someone to operate the device. *No additional time will be allowed for setup due to audio malfunction*

### **Judging Criteria for BEGINNER & INTERMEDIATE Weapon Forms – 60 seconds**

Judges will score the entire performance of the form. Judges will NOT ask competitors to repeat their form, as there are no incomplete traditional weapon forms since it is a "free style" form.

All judges will consider the following criteria:

- **Use of Time: Time Limit – 60 SECONDS** (*awareness of time and stopping immediate upon “time” being called.*)
- **Overall control of the weapon** (*deductions for drops, mishandling, etc.*).
- **Difficulty** (*more difficult maneuvers deserve more recognition*).

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- **Originality** (*is the competitor being creative*).
- **Presentation** (*was the display exciting and fun*).
- **Practical application** of the weapon.
- **Stances, timing and rhythm of the form.**

## ADVANCED RULES & GUIDELINES

### Judging Criteria for ADVANCED Weapon Forms – 90 seconds

Judges will score the entire performance of the form. Judges will NOT ask competitors to repeat their form, as there are no incomplete traditional weapon forms since it is a "free style" form.

All judges will consider the following criteria:

- **Use of Time: Time Limit – 90 seconds** (*awareness of time and stopping immediate upon "time" being called.*).
- **Overall control of the weapon** (*deductions for drops, mishandling, etc.*).
  - **Fluid handling of the weapon:** Look for smooth exchanges and transitions from one move into the next.
  - **Equal precision of the left and right sides of the body:** Look for a balance of technique quality from both sides
  - **Consistency of technique:** Look for equal speed and direction of the weapon.
- **Difficulty** (*more difficult maneuvers deserve more recognition*).
- **Originality** (*is the competitor being creative*).
- **Music: The use of music is optional.** If music is used it must be in good taste. The audio devices used **must be** supplied by the competitor and they must have someone to operate the device. *No additional time will be allowed for setup due to audio malfunction*
- **Presentation** (*was the display exciting and fun*).
- **Eye Contact**
- **Intensity**
- **Practical application** of the weapon.
  - **Accurate, effective strikes**
- **Proper Stances, Hand/Foot/Weapon timing and rhythm of the form.**
- **The Attitude** of the competitor.

**CRITERIA:** *This is not intended to be a specific order of importance but rather a guide for the judge to compare one presentation against another.*

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## Board Breaking Challenge

Board Breaking Challenge is open to all Competitors. The Challenge consist of 5 breaks:

### Colored Belts

1. Hand technique\*
2. Hand technique\*
3. Standing Kick
4. Jump Kick
5. Spin Kick

### Black Belts

1. Hand technique\*
2. Hand technique\*
3. Spin Kick
4. Jump Kick
5. 360-degree Kick

\*2 different Hand Techniques required. **Board holders will be placed on the floor so techniques will be in a downward motion.**

Techniques are limited to

### Hand

1. Palmheel
2. Hammerfist
3. Elbow strike

### Kick

1. Round Kick
2. Front Kick
3. Side Kick

Competitors will be given 1 attempt to break each station, and after the attempts are complete the competitor will be scored or graded upon the number of successful breaks. Competitor will be allowed 1 retry in order to better their medal results. (max. of 6 total attempts for the 5 breaks stations)

- Gold Medal - 5 successful breaks
- Silver Medal - 4 successful breaks
- Bronze Medal - 3 successful breaks

All attempts will made on re-breakable boards with the follow age and board combinations:

### Female

- 5 & 6 years old White board
- 7 & 8 years old Yellow board
- 9 & 10 years old Orange board
- 11 -13 years old Orange/Green board
- 14+ years old Green board

3<sup>rd</sup> degree & above

- 16 & 17 years old Blue board
- 18+ years old Brown board

### Male

- 5 & 6 years old White board
- 7 & 8 years old Yellow board
- 9 & 10 years old Orange board
- 11 & 12 years old Orange/Green board
- 13 &14 years old Green board
- 15+ years old Blue board

3<sup>rd</sup> degree & above

- 16 & 17 years old Brown board
- 18+ years old Black board

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## Demo Team Requirements for National Events

### Team Requirements

**Number of Competitors:** Teams must consist of at least **6** members and a maximum of **20** members being any age, any rank, male or female or any combination.

**Team Name:** Teams must choose a name in good taste. Team identity can be as simple as “City, State” Taekwondo Team or “Team Power kick”.

**Team Uniforms:** Competitors may wear the *TU traditional dobok*, or *Specialty Demo Team uniforms*. All members of the team must be wearing the same uniform. If there is someone assisting (for example) Holding boards, this person is considered part of the team and must have a matching uniform. There will be a **one (1)** point deduction if they are not in matching uniforms and or a point deduction for not being part of the team. No mixing of uniforms within any team will be allowed. Prop uniforms are however allowed.

### Competition Rule

#### **Demonstration Material:**

**Forms:** can be traditional TU forms or entirely unique variants (freestyle). This will be a field requirement for the team. Each team **must** complete a routine in the performance consisting of the entire team in unison.

**Music:** *The use of music is optional.* If music is used it must be in good taste. It must be supplied on an I-pod by the performing team, at the appropriate time and properly cued. The audio devices used must be supplied by the competing team and they must have someone to operate the device. (*Some venues will provide sound systems*).

**Weapons:** *The use of weapons is optional.* If weapons are used, the weapons themselves must be in good repair and for demonstration purposes only. **NO SHARP EDGES OR POINTS!**

**Note:** We want to see more Taekwondo than we do weapons demonstration. About 70% TKD and 30% weapons usage.

**Board Breaking:** This will also be a field requirement for the team. You will be judged on the difficulty of the breaks as well as the synchronization of the breaks. If there are any speed breaks, the direction of the breaks must be considered for safety purposes.

**Sparring/self-defense:** This will be a field of requirement for the team. You will be judged on the techniques.

**Time Requirements:** Time requirements for the performance is a maximum of **six (6)** minutes with a minimum of two (2) minutes. The Center Judge will indicate when the official time will begin (*which*

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*will begin after the traditional bow-in of each entire team*). Time will be indicated to the judges by the time keeper. A **one (1)** point deduction will be given to the team that exceeds the 6-minute time limit. If the team exceeds 30 seconds, there will be another **one (1)** point deduction.

**Competition Time:** Competition will begin Friday night after National High Rank Testing.

## Judging Criteria

Special emphasis in this division is placed on team interaction and performance. Forms should include the same moves at the same time (*synchronized*) or in domino fashion (*syncopated*) for at least 75% of the time.

There will be five (5) judges. Each of the judges will be judging the **overall** presentation based on the following criteria:

- **Degree of Difficulty and Originality**
- **Synchronized Movements by all members/ Group Interaction**
- **Movements coincide with Music** (if used)
- **Weapons Usage** (if used)
- **Kicks** (judged on proper foot position, height, focus, balance and power)
- **Hand Techniques** (judged on proper hand position, speed, power, focus and tension)
- **Balance** (during stances, landing from jump kicks or any gymnastic moves)
- **Attitude, Confidence, Eye Contact, Intensity**

The judges will award their scores based on a scoring system, including the following category's - **form, weapons, sparring, board breaks and the overall performance** and how each of the criteria are performed. The high and low scores will be thrown out. The teams with the highest overall score will be the winner. In the event of a tie, the team with the most members involved in the tie will win (*more members are more difficult to synchronize*). If teams have the same number of members, the judges will vote for the outcome. **NOTE: We want equal team participation!!! For example, if you have a member who is exceptional with a bow staff. We don't want it to be the Bow staff SHOW!!! And give high scores based on this part of the performance.**

*Scores will be awarded on a scale based on a 1-5 points system with an overall high score of 50 points.*