

Taekwondo United National

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.