

# 2019 Taekwon-do One Championship

1. **The title of competition** : 2019 Taekwon-do One Championship
2. **DATE** : 2019. 11 . 24 Sunday (1day)
3. **LOCATION** : Taekwondo-won(Taekwondo hostel) in MUJU
4. **Sponsorship / Management** : INTERNATIONAL TAEKWONDO FEDERATION KOREA, world taekwondo hand technique association(WTHA)
5. **Support** : TAEKWONDO PROMOTION FOUNDATION, INTERNATIONAL TAEKWONDO FEDERATION KOREA, , world taekwondo hand technique association(WTHA)
6. **Opening ceremony** : 2019. November 24th Sunday 9:00 am ~
7. **Reception**
  - A. E-mail : [tkditfkorea@gmail.com](mailto:tkditfkorea@gmail.com)
  - B. period of contact : 2019. September 9th ~October 21th**
  - C. Reception method : E-mail(participating files, hotel booking form, tour participating files, entry fee form) ⇒ deposit fee ⇒ check reception
  - D. Entry fee

pattern /sparring + breaking	pattern / sparring (1 event or 2 events same price)	Breaking (select only 1 event of the list)	Breaking (Add events)
\$130	\$100	\$50	\$30

■ breaking for adults

Age	separation	sub sections	details
adults (breaking individual)	power breaking	fist, knife hand	choose 1 of 2 stuffs
	speed & spinning breaking	fist, knife hand, front kick, side kick, turning kick, reverse hook kick	choose 1 of 6 stuffs

■ breaking for children / youth

Age	separation	sub sections	details
children / youth (breaking individual)	breaking by fist	fist power, fist speed	do two events all
	breaking by knifehand	knife hand power, knifehandspeed	do two events all
	breaking bykick	turning kick, reversehookkick	do two events all

- Account

Bank Name : SHINHAN BANK Bank Address : 20, SEJONG-DAERO 9-GIL, JUNG-GU, SEOUL, SOUTH KOREA

SWIFT CODE : SHBKRRSE

Account Number : 140-01-0836-902

Account Name: INTERNATIONAL TAEKWONDO FEDERATION KOREA(국제태권도연맹 대한민국협회)

**\* Remittance should be made in the name of the representative indicated at the competition application.**

**8. period of cheking reception : 2019. October 22th ~25th**

- Please contact to INTERNATIONAL TAEKWONDO FEDERATION KOREA

☎ Organizing Committee : +82-10-9216-6554

(Yoo Seung hee / Sean Yoo, Secretary general, ITF KOREA )

**\* After reception, competition fee will be never refunded. After Reception confirmation period has elapsed, you cannot file an appeal, such as missing or correcting.**

**9. Representative Meeting**

A. DATE : 2019. November 22th 7:00pm

B. LOCATION : TAEKWONDOWON(Taekwon-do hostel) in MUJU

# Taekwon-do One International Exchange Seminar Technic Of Sparring(ITF/WT Style) & Breaking

1. Date : 2019. 11 . 23 Satday (1day)
2. Location : Taekwondo-won in MUJU
3. Seminar Program

Chapter 1.	Breaking Technic
Chapter 2.	Sparring Technic (ITF Style)
Chapter 3.	Sparring Technic (WT Style)

4. Entry fee

Junior	Adult
\$30	\$50

5. How to receipt : Please select whether or not to participate in the seminar in forms

# Schedule

DATE	DETAILS
November 22th (Friday)	<p>pick up from the airport(Arrival)</p> <p>player Reception</p> <p>check weights</p> <p>coach meeting</p> <p>umpire meeting</p>
November 23th (Saturday)	<p>Taekwondow on sightseeing</p> <p>– 9:00 AM ~12:00PM : Observatory, Museum</p> <p>Taekwon-do seminar(skills exchange WT between ITF)</p> <p>– 1:00 PM ~ 3:00 PM breaking seminar</p> <p>– 3:00 PM ~ 6:00 PM sparring skills exchange seminar</p>
November 24th (Sunday)	<p>Taekwon-do competition (pattern, sparring, breaking)</p>
November 25th (Monday)	<p>tour first day (non-participant : pick up to the airport)</p>
November 26th (Tuesday)	<p>tour second day</p>
November 27th (Wednesday)	<p>pick up in the airport(Departure)</p>

# Competition summary(pattern)

## A. Participation Contents

- 1) Eligibility : non limited(everyone who wants)
- 2) Participation : Cadets Under 12's / Junior Under 14's / Junior Under 16's / Junior Under 18's / Adult 18 - 35 Years / Senior Over 36 Years
- 3) fee

sector	individual/team	fee
Pattern	individual	

## B. match category

- 1) individual : man/woman 2 each

division	age	eligibility	detail
individual	Junior	Cadets Under 12's (After Y.O.B. 2008)	division man/woman
		Junior Under 14's (Y.O.B. 2007~2006)	
		Junior Under 16's (Y.O.B. 2005~2004)	
		Junior Under 18's (Y.O.B. 2003~2002)	
	Adult	Adult 18 - 35 Years (Y.O.B. 2001~1984)	
Senior	Senior Over 36 Years (Before Y.O.B. 1983)		

## C. Rules

- 1) Contest : tournament in each division
- 2) rules of match : According to ITF official rules.
- 3) time : within 1min 30sec
- 4) uniform : ITF Certified Uniform(do-bok)
- 5) range of pattern in each division
  - a. junior

color belts	designated pattern (primary and final matches are same)	black belts	designated pattern (primary and final matches are same)	details
9~8 class	cheon ji ~ dan gun	1 dan	gwang gae~ gye baek	division male/ female
7~6 class	do san ~ won hyo	2 dan	ui am~go dang	
5~4 class	yul gok ~jung geun	3 dan	sam il ~ choi young	
3~1 class	toe gye~ choong moo	4 dan	yeon gae ~ moon moo	

b. adult and senior

color belts	designated pattern (primary and final matches are same)	details
9~8 class	cheon ji ~ dan gun	division male/female
7~6 class	do san ~ won hyo	
5~4 class	yul gok ~jung geun	
3~1 class	toe gye~ choong moo	
black belts	designated pattern (primary and final matches are same)	details
1 dan	chon ji ~ gye baek	division male/female
2 dan	gwang gae ~ go dang	
3 dan	gwang gae ~choi young	
4 dan	sam il ~ moon moo	
5 dan	yon gae ~ se jong	
6 dan	seo san ~tong il	

D. Scoring

- 1) According to ITF official rules.

# Competition summary(sparring)

## A. Participation Contents

- 1) Eligibility : non limited(everyone who wants)
- 2) Participation : Junior Under 6's / Junior Under 8's / Junior Under 10's / Junior Under 12's / Junior Under 15's / Junior Under 18's / Adult 18 - 35 Years / Senior Over 36 Years
- 3) fee

sector	individual / team	fee
sparring	individual	

## B. match category

- 1) individual

division	age	eligibility	detail	division
individual	junior	kindergarten	Junior Under 6's (After Y.O.B. 2014)	division male/female
		primary school 1st~2ndgrage	Junior Under 8's (Y.O.B. 2013~2012)	
		primary school 3th~4thgragee	Junior Under 10's (Y.O.B. 2011~2010)	
		primary school 5tht~6thgrage	Junior Under 12's (Y.O.B. 2009~2008)	
		middle school students	Junior Under 15's (Y.O.B. 2007~2005)	
		high school students	Junior Under 18's (Y.O.B. 2004~2002)	
	adult	Adult 18 - 35 Years (Y.O.B. 2001~1984)		
	senior	Senior Over 36 Years (Before Y.O.B. 1983)		

### C. rules

1) contest : tournament in each division

2) individual

a. for kindergarten (**Junior Under 6's**) : male/female each 6 sectors

b. primary school 1st~2nd grade (**Junior Under 8's**) : male/female each 6 sectors

sector	kindergarten (Junior Under 6's)		sector	primary school 1st~2nd (Junior Under 8's)	
	Male	Female		Male	Female
Micro	-18kg		Micro	-23kg	-23kg
Light	-21kg		Light	-26kg	-26kg
Welter	-24kg		Welter	-29kg	-29kg
Middle	-27kg		Middle	-32kg	-32kg
Heavy	-30kg		Heavy	-35kg	-35kg
Hyper	30kg+		Hyper	35kg+	35kg+

c. primary school 3th~4th grade(**Junior Under 10's**) : male/female each 6 sectors

d. primary school 5th~6th grade (**Junior Under 12's**) : male/female each 6 sectors

sector	primary school 3th~4th (Junior Under 10's)		sector	primary school 5th~6th (Junior Under 12's)	
	Male	Female		Male	Female
Micro	-28kg	-28kg	Micro	-35kg	-30kg
Light	-31kg	-31kg	Light	-40kg	-35kg
Welter	-34kg	-34kg	Welter	-45kg	-40kg
Middle	-38kg	-38kg	Middle	-50kg	-45kg
Heavy	-42kg	-42kg	Heavy	-55kg	-50kg
Hyper	42kg+	42kg+	Hyper	55kg+	50kg+



e. middle school student (**Junior Under 15's**) : male/female each 6 sectors

f. high school student (**Junior Under 18's**) : male/female each 6 sectors

sector	middle school student (Junior Under 15's)		sector	high school student (Junior Under 18's)	
	Male	Female		Male	Female
Micro	-50kg	-45kg	Micro	-50kg	-45kg
Light	-55kg	-50kg	Light	-55kg	-50kg
Welter	-60kg	-55kg	Welter	-60kg	-55kg
Middle	-65kg	-60kg	Middle	-65kg	-60kg
Heavy	-70kg	-65kg	Heavy	-70kg	-65kg
Hyper	70kg+	65kg+	Hyper	70kg+	65kg+

● Can be divided by grades through a representative meeting

g. adult (**Adult 18 – 35 Years**) : each 6 categories male/female

h. senior (**Senior Over 36 Years**) : each 6 categories male/female

sector	adult (Adult 18 – 35 Years)		sector	senior (Senior Over 36 Years)	
	Male	Female		Male	Female
Micro	-58kg	-50kg	Micro	-58kg	-50kg
Light	-64kg	-55kg	Light	-64kg	-55kg
Welter	-70kg	-60kg	Welter	-70kg	-60kg
Middle	-76kg	-65kg	Middle	-76kg	-65kg
Heavy	-82kg	-70kg	Heavy	-82kg	-70kg
Hyper	82kg+	70kg+	Hyper	82kg+	70kg+

● Can be divided by grades through a representative meeting

#### **D. rules**

- 1) according to ITF official rule
- 2) player must wear ITF certified gears
- 3) Bringing individual gears participants (gloves, instep protectors, cups[testicle protetors, mouthpieces)
- 4) Headgear and shin guards are optional.

#### **E. Time**

- 1) 1 min 30 sec 2 rounds, break 30 sec
- 2) In case of a tie after the second round, there is no limit on the number of overtimes after a break of 30 seconds.

#### **F. Scoring**

- 1) According to ITF official rule.

#### **G. Uniform**

- 1) ITF certified uniform(do-bok)

#### **H. check weights**

- 1) date : 19:00 ~ 21:00 on the day before the match for athletes on that day.

2) location : To be announced (somewhere in taekwondowon)

3) When checking weight, only men wear panties and women wear only panties and bra. However, you can do it naked if you want.

4)At the time of checking, the athlete must present the student identification card, resident registration card, or passport to the detention member.

5) There may be one time and one more time may be added within the time limit.

# Competition summary(breaking) for children/youth

## 1. events

### -1. power (2 categories)

**fist & knife hand** : A match in which the number of defeats is measured by breaking with a fist or knife hand vertically




### -2. speed (4 categories)

**knife hand, fist, turning kick, reverse hook kick** : Breaking horizontally and measuring by distance

## 2. match

- individual division 4 person - 1 group (In principle, group games are not divided - color belt / black belt[poom])
- If the number of participants is small, combine and proceed
- depending on the number of participants, they may be grouped with the same gym(do-jang)

## 3. breaking categories

division	event		grade(in school)	details
individual	power		fist & knife hand	kindergarten primary school middle school high school (all grade)
	speed		fist & knife hand	kindergarten primary school middle school high school (all grade)
	speed spin		turning kick & reverse hook kick	primary school 5th grade ~ high school

#### 4. uniform

- a. allowing each martial arts uniform
- b. can be wear a uniform with your named of gym(do-jang)
- c. do not wear earrings, watches, rings, necklaces, etc. be wear only uniform(do-bok)
- d. games are not divided – color belt / black belt[poom])

#### 5. awarding

- a. Participation medals will be awarded for each event and listing will be given for each ranking.
- b. The Finals will be conducted immediately without a preliminary round and elected 1 to 3 by group.
- c. 1st. 2nd. 3rd winners will be presented with an award and a medal each.

#### 6. etc.

- a. No entry is allowed on the field except for two team leaders (masters[gwan-jang and instructor[sa-beom]).
- b. The organizer will join the accident insurance in case of injury to the athletes participating in the competition.
  - Participants in the competition have agreed to log group injury insurance.
  - Participants agree to use personal (credit) information for the purpose of signing, maintaining, and managing a group injury insurance contract.
  - Please write your name and social security number correctly.(You may be penalized for accident insurance)
- c. If misses the meeting, it is decided by the organizing committee.
- d. Matters not included in the Regulations will be decided by the Organizing Committee.
- e. The Organizing Committee will send an SMS to the delegates about the schedule and the main points of the contest, please write your mobile phone numbers correctly. (We are not responsible for any disadvantages caused by missing or incorrect contact information.)
- f. Please download details after joining the band.

**\* A) period of reception : 2019. September 2nd ~ 30th**

**B) period of checking and correction : 2019. October 14th ~16th**

## 7. breaking tools

\*kindergarten ~ primary school(3 categories)

events		kindergarten (Junior Under 6's)	primary(1.2) (Junior Under 8's)	primary(3.4) (Junior Under 10's)	primary(5.6) (Junior Under 12's)
power	fist	breaking pad(song-pan) (400mm*140mm*20mm)	breaking pad(song-pan) (400mm*140mm*20mm)	breaking pad(song-pan) (400mm*140mm*20mm)	breaking pad(song-pan) (400mm*140mm*20mm)
	knife hand	breaking pad(song-pan) (400mm*140mm*20mm)	breaking pad(song-pan) (400mm*140mm*20mm)	breaking pad(song-pan) (400mm*140mm*20mm)	breaking pad(song-pan) (400mm*140mm*20mm)
speed & spin	fist	breaking pad(song-pan) (400mm*140mm*20mm)	breaking pad(song-pan) (400mm*140mm*20mm)	breaking pad(song-pan) (400mm*140mm*20mm)	breaking pad(song-pan) (400mm*140mm*20mm)
	knife hand	breaking pad(song-pan) (400mm*140mm*20mm)	breaking pad(song-pan) (400mm*140mm*20mm)	breaking pad(song-pan) (400mm*140mm*20mm)	breaking pad(song-pan) (400mm*140mm*20mm)
	turning kick	*	*	*	breaking pad(song-pan) (400mm*140mm*20mm)
	reverse hook kick	*	*	*	breaking pad(song-pan) (400mm*140mm*20mm)

events		middle school student (Junior Under 15's)	high school student (Junior Under 18's)
power	fist	breaking pad(song-pan)(400mm*140mm*20mm)	breaking pad(song-pan)(400mm*140mm*20mm)
	knife hand		
speed & spin	fist		
	knife hand		
	turning kick		
	reverse hook kick		

● middle school student ~ high school student

## 8. numbers of breaking (do final matches immediately without preliminary)

\*kindergarten ~ primary school(3 categories)

events		kindergarten (Junior Under 6's)	primary(1.2) (Junior Under 8's)	primary(3.4) (Junior Under 10's)	primary(5.6) (Junior Under 12's)
<b>You can increase the more numbers of pads by your choice.</b>					
power	fist	1 stuff	over 2 stuffs	over 3 stuffs	over 4 stuffs
	knife hand				
speed & spin	fist	1 stuff	1 stuff	2 stuffs	2 stuffs
	knife hand	1 stuff	1 stuff	2 stuffs	2 stuffs
	turning kick	*	*	*	1 stuff
	reverse hook kick	*	*	*	1 stuff

\*middle school ~ high school

events		middle school 1.(male) (Junior Under 15's)	2.(female)	high school 1.(male) (Junior Under 18's)	2.(female)
power	fist	numbers of pads (everyone is the same)			
	knife hand				
speed& spin	fist	1.(3 stuffs) 2.(2 stuffs)		1.(4 stuffs) 2.( 3 stuffs)	
	knife hand				
	turning kick (툷)	1 stuff		1 stuff	
	reverse hook kick				

### 9. rule

1) power breaking (using pins between breaking pads) , knife hand breaking

**1 Kindergarten and primary school students will complete the set number of break to determine the ranking.**

2 Middle school students and above players will apply for a buyout at the discretion of their (or master/instructor) prior to the event.

3 Using part of the fist(jeong-kwon), When it will be fist power breaking. but, kindergarten and primary school students 1st, 2nd grade students can use hammer fist(me-jumeok)

4 in principle, Middle school students and above players, a completely crushed person is more advantageous, The same number breaks, the higher number wins.

ex) 5 stuffs completely crushed, six stuffs-5 crushed(not completely), 5 stuffs completely wins

event	age	1st	2nd	3rd
fist power knife hand power	kindergarten (male, female) <b>(Junior Under 6's)</b>	1st time 1 stuff crushed completely	2nd time 1 stuff crushed completely	2nd time failure
	<b>primary(1.2)</b> <b>(Junior Under 8's)</b>	1st time 2 stuffs crushed completely	2nd time 2 stuffs crushed completely	2nd time failure
	<b>primary(3.4)</b> <b>(Junior Under 10's)</b>	1st time 3 stuffs crushed completely	2nd time 3 stuffs crushed completely	2nd time failure
	<b>primary(5,6)</b> <b>(Junior Under 12's)</b>	1st time 4 stuffs crushed completely	2nd time 4 stuffs crushed completely	2nd time failure

2) speed fist , knife hand breaking

- kindergarten , primary 1st, 2nd grade =1 stuff , primary 3th, 4th grade=2 stuffs  
primary 5th, 6th grade = 3 stuffs

- \* middle school students male=3 stuffs, female = 2 stuffs ,
- \* high school students male=4 stuffs female=3 stuffs, breaking
- \* in principle, must crushed the specified number of pads completely
- \* The player with the less moving breaking sub-protect device is the winner.
- \* If everyone can't crushed completely, play again.
- \* In the fist speed match, use the roll-up fist.

- \* In the knife hand speed match, spread end of your hand

### 3) reverse hook kick , turning kick

- \* in the spinning breaking match, everyone only needs to crush 1 stuff.
- \* in principle, hoe-chuk(reverse hook kick) is using part of sole or heels, turning kick is using part of instep or front of foot.
- \* in principle, must crush the specified number of pads completely
- \* The player with the less moving breaking sub-protect device is the winner.

### 4) etc

- \* Breaking matches may be changed at the Representatives' Meeting. However, non-participants at the Representatives' Meeting cannot appeal.
- \* Please contact Taekwondowon in Muju for accommodation.
- \*All breaking matches will not be disqualified.(except middle/high schools and adult, senior), the goal of all matches, lift cadets' morale.

### 5) Appeals

- \*An appeals shall be made by a person registered as a representative..
- \* If there is any objection to the award, the forms, fees, and evidence must be submitted within 10 minutes of the end of the match. The appeals committee will complete the results within one hour.
- \* An appeals fees is US\$500(₩500,000).
- \* Deliberations shall be made by a majority vote of the majority present. but, In case of a tie vote, the chairman decides.
- \* Members may call the umpires involved in the match if it necessary.
- \*If the deliberations are confirmed by mistake, they are referred to the penalty committee.
- \*The appeals committee's decision is final and no one can appeal.

# Details (children / youth)

event		grade	breaking pad	
vertically breaking power		fist & knife hand	kindergarten primary school middle school high school (all grade)	
vertically breaking power (Explanation)	breaking vertically of using fist or knife hand to breaking pad(song-pan) (400mm*140mm*20mm)			
Horizontally breaking speed		fist & knife hand	kindergarten primary school middle school high school (all grade)	
Horizontally breaking speed (Explanation)	breaking Horizontally of using fist or knife hand to breaking pad(song-pan) (400mm*140mm*20mm). The player with the less moving breaking sub-protect device is the winner.			
speed spinning breaking		turning kick & reverse hook kick	primary school 5th grade ~ high school	
speed spinning breaking (Explanation)	breaking to breaking pad(song-pan) (400mm*140mm*20mm). by reverse hook kick (sole or heel) or by turning kick(instep of foot or front of foot) player who spin wagon with breaking pads less is the winner.			



# Competition summary(breaking) for adults/seniors

## A. events

1) individual : 2 events 14 categories

a) power breaking : fist in each weights class, knife hand in each weights class

① over 90 kg : 忠義(충의) choong-ui class (loyalty)

② under 90 kg : 孝義(효의)급 hyo-ui class (filial piety)

③ under 80 kg : 禮義(예의)급 ye-ui class (courtesy)



④ under 70 kg : 信義(신의)급 shin-ui class (faith/trust)

**\* Women power breaking matches unite without dividing weight class**

b) speed breaking : fist, knife hand, front kick, side kick, reverse hook kick, 540 degrees reverse hook kick

**540 degrees reverse hook kick matches use of breaking pad(song-pan)**

## B. breaking pad and tools

event	type and standard	tools
 power	fist	power tools
	knife hand	
 speed	fist	removable type speed tools
	knife hand	
	front kick	
	side kick	
	reverse hook kick	breaking block(400mm*140mm*20mm)
540 degrees reverse hook kick	<b>breaking pad(song-pan)</b> <b>(400mm*140mm*20mm)</b>	

**\* All pads and tools shall be manufactured according to the standard and form prescribed by the Organizing Committee.**

C. contest (award)

a. individual

- 1) The Finals will be conducted immediately without a preliminary round and elected 1st to 3rd.
- 2) 1st. 2nd. 3rd winners will be presented with an award and a medal each

b. women individual

- 1) The Finals will be conducted immediately without a preliminary round and elected 1st to 3rd.
- 2) 1st. 2nd. 3rd winners will be presented with an award and a medal each

4. rule

a. individual

1) power breaking

a) fist power breaking

(1) regulations on duty

- (a) All pads and tools shall be manufactured according to the standard and form prescribed by the Organizing Committee.
- (b) players will apply for numbers of breaking pad at the discretion of the prior to the event.
- (c) players may place a headquarters-supplied protection on the breaking pad(or objection) to prevent injury.
- (d) use of fist in the fist power breaking match
- (e) in principle, you can only 1 hit, after yelling(meaning of start breaking), complete crushing with 30 seconds

(2) skills

- (a) use of right(jeong gwon)/set-up fist in the fist power breaking match

(3) penalty

- (a) The penalty declaration is made by the chief umpire
- (b) Penalties include Caution, Warning, and Disqualification.
  - ① one time caution deducts 0.5 points (1 caution = -0.5 points)
  - ② two time cautions are same as one time warning.
  - ③ one time warning is Invalidates 1 stuff breaking pad

(B) Receive caution and warning if you:

- ① when someone breaks, interrupts with words
- ② during the match, interrupts with the umpires and the coordinators

(C) receive disqualification if you :

- ① in case of breaking with parts except designated part of body

- ② in case of before and after breaking, touch breaking pads or tools
- ③ in case of if you cheat
- ④ in case of behave in bad manners of martial artist

(4) judgment

(a) in principle, must crushed the specified number of pads completely, same breaking completely, the player who breaks more is the winner. player who breaks more completely wins

(b) Older player wins when judgment is difficult in each weight class and player who breaks more completely wins, when judgment is difficult and higher grade(class / dan) player wins, when judgment is difficult

## B) knife hand power breaking

(1) regulations on duty

- (a) All pads and tools shall be manufactured according to the standard and form prescribed by the Organizing Committee.
- (b) players will apply for numbers of breaking pad at the discretion of the prior to the event.
- (c) players may place a headquarters-supplied protection on the breaking pad(or objection) to prevent injury.
- (d) use of knife hand(in principle, spread end of your hand) in the knife hand power breaking match
- (e) in principle, you can only 1 hit, after yelling(meaning of start breaking), complete crushing with 30 seconds

(2) skills

- (a) use of knife hand in knife hand power breaking match

(3) penalty

- (a) The penalty declaration is made by the chief umpire
- (b) Penalties include Caution, Warning, and Disqualification.
  - ① one time caution deducts 0.5 points (1 caution = -0.5 points)
  - ② two time cautions are same as one time warning.

③ one time warning is Invalidates 1 stuff breaking pad

(B) Receive caution and warning if you:

- ① when someone breaks, interrupts with words
- ② during the match, interrupts with the umpires and the coordinators

(C) receive disqualification if you :

- ① in case of breaking with parts except designated part of body
- ② in case of before and after breaking, touch breaking pads or tools
- ③ in case of if you cheat
- ④ in case of behave in bad manners of martial artist

(4) judgment

(a) in principle, must crushed the specified number of pads completely, same breaking completely, the player who breaks more is the winner. player who breaks more completely wins

(b) Older player wins when judgment is difficult in each weight class and player who breaks more completely wins, when judgment is difficult and higher grade(class / dan) player wins, when judgment is difficult

## 2) speed breaking

### A) fist speed breaking

(1) regulations on duty

(a) All pads and tools shall be manufactured according to the standard and form prescribed by the Organizing Committee.

(b) number of breaking pads : male 5 stuffs, female 3 stuffs

(c) players may place a headquarters-supplied protection on the breaking pad(or objection) to prevent injury.

(d) The fingers should be rolled based on the definition of the using parts in the fist speed breaking match

(e) in principle, you can only 1 hit, after yelling(meaning of start breaking), complete crushing with 30 seconds

(2) skills

(a) use of fist in fist speed breaking match.

(b) when strike breaking pads, you have to strike it in the direction it's pushed, only hit the designated part

(3) penalty

(a) The penalty declaration is made by the chief umpire

(b) Penalties include Caution, Warning, and Disqualification.

① one time caution deducts 0.5 points (1 caution = -0.5 points)

② two time cautions are same as one time warning.

③ one time warning is adds pushing 10cm

(B) Receive caution and warning if you:

① when someone breaks, interrupts with words

② during the match, interrupts with the umpires and the coordinators

(C) receive disqualification if you :

① in case of breaking with parts except designated part of body

② in case of before and after breaking, touch breaking pads or tools

③ in case of if you cheat

④ in case of behave in bad manners of martial artist

(4) judgment

(a) in principle, player who push wagon with breaking pads less is the winner.

(b) Older player wins when judgment is difficult in each weight class  
and higher grade(class / dan) player wins, when judgment is difficult

## B) knife hand speed breaking

(1) regulations on duty

(a) All pads and tools shall be manufactured according to the standard and form prescribed by the Organizing Committee.

(b) number of breaking pads : male 5 stuffs, female 3 stuffs

(c) players may place a headquarters-supplied protection on the breaking pad(or objection) to prevent injury.

(d) use of knife hand(in principle, spread end of your hand) in the knife hand speed breaking match

(e) in principle, you can only 1 hit, after yelling(meaning of start breaking), complete crushing with 30 seconds

(2) skills

(a) use of knife hand in fist speed breaking match.

(b) when strike breaking pads, you have to strike it in the direction it's pushed, only hit the designated part

(3) penalty

(a) The penalty declaration is made by the chief umpire

(b) Penalties include Caution, Warning, and Disqualification.

① one time caution deducts 0.5 points (1 caution = -0.5 points)

② two time cautions are same as one time warning.

③ one time warning is adds pushing 10cm

(B) Receive caution and warning if you:

①when someone breaks, interrupts with words

② during the match, interrupts with the umpires and the coordinators

(C) receive disqualification if you :

① in case of breaking with parts except designated part of body

② in case of before and after breaking, touch breaking pads or tools

③ in case of if you cheat

④ in case of behave in bad manners of martial artist

(4) judgment

(a) in principle, player who push wagon with breaking pads less is the winner.

(b) Older player wins when judgment is difficult in each weight class and higher grade(class / dan) player wins, when judgment is difficult

## C) front kick speed breaking (Apcha busugi)

(1) regulations on duty

(a) All pads and tools shall be manufactured according to the standard and form prescribed by the Organizing Committee.

(b) number of breaking pads : male 5 stuffs, female 3 stuffs

(c)players may place a headquarters-supplied protection on the breaking pad(or objection) to prevent injury.

(d) using part of body based on the definition of the using parts in the front kick speed breaking match

(e) in principle, you can only 1 hit, after yelling(meaning of start breaking), complete crushing with 30 seconds

(2) skills

(a) use of front of foot in front kick speed breaking match.

(b) when strike breaking pads, you have to strike it in the direction it's pushed, only hit the designated part

(3) penalty

(a) The penalty declaration is made by the chief umpire

(b) Penalties include Caution, Warning, and Disqualification.

① one time caution deducts 0.5 points (1 caution = -0.5 points)

② two time cautions are same as one time warning.

③ one time warning is adds pushing 10cm

(B) Receive caution and warning if you:

① when someone breaks, interrupts with words

② during the match, interrupts with the umpires and the coordinators

(C) receive disqualification if you :

① in case of breaking with parts except designated part of body

② in case of before and after breaking, touch breaking pads or tools

③ in case of if you cheat

④ in case of behave in bad manners of martial artist

(4) judgment

(a) in principle, player who push wagon with breaking pads less is the winner.

(b) Older player wins when judgment is difficult in each weight class and higher grade(class / dan) player wins, when judgment is difficult

D) heel speed breaking (side-kick/yeopcha-zziruki)

(1) regulations on duty

(a) All pads and tools shall be manufactured according to the standard and form prescribed by the Organizing Committee.

(b) number of breaking pads : male 5 stuffs, female 3 stuffs

(c) players may place a headquarters-supplied protection on the breaking pad(or objection) to

prevent injury. but, player doesn't wear any gears on heel or knife foot.

(d) using part of body based on the definition of the using parts in the side kick speed breaking match

(e) in principle, you can only 1 hit, after yelling(meaning of start breaking), complete crushing with 30 seconds

(2) skills

(a) use of heels or knife foot in side kick speed breaking match.

(b) when strike breaking pads, you have to strike it in the direction it's pushed, only hit the designated part

(3) penalty

(a) The penalty declaration is made by the chief umpire

(b) Penalties include Caution, Warning, and Disqualification.

① one time caution deducts 0.5 points (1 caution = -0.5 points)

② two time cautions are same as one time warning.

③ one time warning is adds pushing 10cm

(B) Receive caution and warning if you:

① when someone breaks, interrupts with words

② during the match, interrupts with the umpires and the coordinators

(C) receive disqualification if you :

① in case of breaking with parts except designated part of body

② in case of before and after breaking, touch breaking pads or tools

③ in case of if you cheat

④ in case of behave in bad manners of martial artist

(4) judgment

(a) in principle, player who push wagon with breaking pads less is the winner.

(b) Older player wins when judgment is difficult in each weight class and higher grade(class / dan) player wins, when judgment is difficult

## E) reverse hook kick / 540 degrees reverse hook kick speed breaking

(1) regulations on duty

(a) All pads and tools shall be manufactured according to the standard and form prescribed by the Organizing Committee.

(b) You can only 1 designated breaking pad



(c) players may place a headquarters-supplied protection on the breaking pad (or objection) to prevent injury. but, player doesn't wear any gears on heel.

(d) using part of body based on the definition of the using parts in the reverse hook kick speed breaking match

(e) in principle, you can only 1 hit, after yelling (meaning of start breaking), complete crushing with 30 seconds

## (2) skills

(a) use of reverse hook kick in reverse hook kick speed breaking match.

(b) when strike breaking pads, you have to strike it in the direction it's spinned, only hit the designated part

## (3) penalty

(a) The penalty declaration is made by the chief umpire

(b) Penalties include Caution, Warning, and Disqualification.

① one time caution deducts 0.5 points (1 caution = -0.5 points)

② two time cautions are same as one time warning.

③ one time warning is adds pushing 10cm

## (B) Receive caution and warning if you:

① when someone breaks, interrupts with words

② during the match, interrupts with the umpires and the coordinators

## (C) receive disqualification if you :

① in case of breaking with parts except designated part of body

② in case of before and after breaking, touch breaking pads or tools

③ in case of if you cheat







④ in case of behave in bad manners of martial artist

## (4) judgment

(a) in principle, player who spin wagon with breaking pads less is the winner.

(b) Older player wins when judgment is difficult in each weight class and higher grade (class / dan) player wins, when judgment is difficult

# Details(adults/seniors)

	events	ages	breaking tools
vertically breaking power		adults/seniors	
vertically breaking power (Explanation)	breaking vertically of using fist or knife hand to breaking pad(song-pan) (400mm*140mm*20mm)		
Horizontally breaking speed		adults/seniors	
Horizontally breaking speed (Explanation)	breaking Horizontally of using fist or knife hand or heel or front of foot to breaking pad(song-pan) (400mm*140mm*20mm). The player with the less moving breaking sub-protect device is the winner.		
speed spinning breaking		adults/seniors	
speed spinning breaking (Explanation)	breaking to breaking pad(song-pan) (400mm*140mm*20mm). by reverse hook kick (sole or heel) or by turning kick(instep of foot or front of foot) player who spin wagon with breaking pads less is the winner but, use breaking pad(song-pan) (400mm*140mm*20mm) in 540 degree reverse hook kick speed breaking matches		