

Competition Rules

BREAKING

1. **White – Orange Belts:** (2 or more boards) Technique: Front Kick and competitor's choice of one additional technique.
2. **Green – Blue Belts:** (2 or more boards) Technique: Roundhouse Kick and competitor's choice of one additional technique.
3. **Brown – Red:** (3 or more boards) Technique: Back Kick, 360 Roundhouse Kick, and one additional competitor's choice.
4. **Red and Higher:** (5 or more boards) Techniques: Jumping Front Kick and two additional techniques of the competitor's choice.
**** Scoring based on a successful attempt, speed, and demonstration of spirit ****
**** 1-point deduction will be given for a missed attempt ****
**** 1/2 inch board and one inch board are the same points ****

FORMS

1. Judging based on accuracy, stance, demonstration of spirit, and power

HAI DONG GUMDO (SWORDS)

1. **White – Orange Belts:** (Sang Soo Gum Bup 1 and one additional form)
2. **Green – Blue:** (Sang Soo Gum Bup 5 and one additional form)
3. **Brown – Red:** (Sang Soo Gum Bup 7 and one additional form)
4. **Higher than Red:** (Sang Soo Gum Bup 10 and additional form)
5. **Black Belt:** (Yedo 1 and one additional form-1st Dan)
(Bon guk 1 and one additional form-2nd Dan)

HAI DONG GUMDO CUTTING (BAEGI) ** Ages 13 and up**

1. Bamboo Cutting (One to Three bamboos)
2. Rice Mat (One to Three mats)
**** Own rice mat, pre-order bamboo or bring your own, we provide holders ****

STAFF FORMS

1. Judging based on accuracy, stance, demonstration of spirit, and power

NUNCHUCKS FORMS

1. Judging based on accuracy, stance, demonstration of spirit, and power

SPARRING

1. **White Belt:** *One Round / 3-points declares winner (2-minutes)
2. **Yellow Belt and Higher** *USTU Competition Rules (1-minute 2 rounds)
(No face contact)
3. **Black Belt** *USTU Competition Rules (1-minute 2 rounds)
(No face contact, controlled head contact will be permitted)

All Color Belt: a one-point deduction will occur for intentional head contact

GRAND CHAMPIONSHIP

1. **Forms :** One Color Belt/One Black Belt
2. **Hai Dong Gumdo Form:** One Black Belt
3. **Sparring:** One Black Belt
4. **Breaking:** One Color Belt
5. **Demo Team:** 5 min. length-each minute over 1 point deduction
(All competitors on winning team will receive trophy)

**** No Hai Dong Gumdo cutting grand championship****