

2023 Oregon State Hanmadang

HAPKIDO EVENTS DIVISION-RULES AND DESCRIPTION

• High Fall / Roll

Competitors will attempt to clear a horizontal bar, starting low and progressing in height, landing in a soft clean break fall. With each successful jump the competitor continues to the next round where the bar will be raised 4 inches. If a competitor dislodges the bar or lands in an unsafe manner, they will be permitted to re-attempt the jump. If the competitor dislodges the bar or lands in an unsafe manner on the second attempt they are out. A competitor may make contact with the bar without dislodging it for a successful round. Competition continues until there is only one competitor left.

Ring Size:

- Fall Zone: 3 meters x 6 meters (min)
- Runway: 1 meter x 6 meters (min)

• Long Fall / Roll

Competitors will be attempting to clear low two markers for distance. With each successful jump the distance of the markers will increase by 6"-1 foot until the competitor cannot safely complete the jump without making contact with the markers. If a competitor makes contact with the markers or lands in an unsafe manner, they will be permitted to re-attempt the jump. If the competitor makes contact with the markers or lands in an unsafe manner on the second attempt they are out. Competition continues until there is only one competitor left.

Ring Size:

- Fall Zone: 3 meters x 12 meters
- Runway: 1 meter x 6 meters

• Self-Defense

The self-defense demonstration consists of pairs or groups of competitors (up to 4 persons) performing self-defense techniques of their choosing. The competitors may have all attack/defense techniques be performed by one of the competitors, or they may alternate who attacks and who defends. However, only one competitor will register to receive scoring.

Defense against weapons is also included in this competition without extra credit for the use of weapons.

A time limit applies to all demonstrations. Time begins after the lead competitor addresses the judges and receives permission to begin, or when the second competitor enters the ring. A penalty will be deducted for each 10 second period that a demonstration exceeds the time limit.

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Time Limit:

Youth Divisions: 1 Min

Adult Divisions: 2 Min

Judging

Competitors will be evaluated on artful and effective technique, speed, rooting, and skill. The purpose of this demonstration is to evaluate the competitors' ability to select an appropriate defensive technique for the attack attempted, and to effectively execute the defensive technique so that the attacker is rendered harmless, as well as the safe falling technique. The defender should not use flashy or ostentatious techniques that add nothing to the effectiveness of the defense. Rather, the defender should seek to end the attack using techniques that are practical, efficient and feasible for use in real self-defense situations.

Scoring will be based upon:

1. Accuracy of Techniques. Accurate application of techniques to control opponent(s).
2. Fluidity and effective demonstration of techniques. Creative application of techniques.
3. Balance, Speed and Power. Accurate and quick movements that generate explosive power, while properly maintaining balance during artful demonstration.

A single technique may be continued into a second round of techniques. Acceptable techniques for Hapkido-Self Defense Demonstration Category

1. Wrist Grabs
2. Clothing Grabs
3. Defensive Punching
4. Defensive Kicking
5. Defensive Throwing
6. Attacking Techniques
7. Restraining Techniques
8. Rope/Belt Techniques
9. Sword Techniques
10. Staff Techniques
11. Cane Techniques
12. Special Kicking
13. Falling
14. Sword Techniques
15. Short Stick Techniques
16. Fan Techniques

Ring Size

6 meters x 6 meters