



## Polish Cheezic Tang Soo Do Federation

proudly presents the

### I-st Open Polish Tang Soo Do Championships Puławy February 24 2008

#### GENERAL INFORMATION:

Director:

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#### Date & Location:

Puławy 24 February 2008

Miejski Ośrodek Sportu i Rekreacji (Partyzantow st.) - [www.mosir.pulawy.pl](http://www.mosir.pulawy.pl)

#### Registration before:

February 18 2008, e-mail only: [markos@tangsoodo.pl](mailto:markos@tangsoodo.pl)

#### Divisions:

- 1) Sparring Semi-Contact (Point Fight) - for contestants over 12 y
- 2) Sparring Light-kick - for contestants over 15 y
- 3) Sparring for children Touch Contact - under 12 y
- 4) Traditional Forms - no age limit
- 5) Weapons - Forms - no age limit
- 6) Breaking wood board - no age limit
- 7) Special techniques - - kopnięcie dosiężne - no limit outreach

#### RULES:

##### 1) Sparring semi-contact rules

Since this is a light-contact tournament

The bout will be attended by 1 referee and 3 side judges.

Two rounds, 90 seconds each with 30 sec. interval between

Permitted target areas -semi contact

Head: Front, Back & Side

Torso: Front and Side

#### Permitted techniques

**Hands:** Boxing Punches (hook, punch and job, NO chop!), Jumping Punches, back fist and spinning back fist.

**Kicks:** Front, Side, Back, Hook (Sole of Foot only), Crescent, Axe (Sole of Foot only), Roundhouse, and Jumps & Spins.

#### Prohibited target areas:

- top of the shoulders

- any side of the neck

- below the waist

#### POINTS EVALUATION

- hand techniques - 1 point

- kick on body - 2 points
- kick on head - 3 points

### **Coaches**

Each fighter may have one coach on his / her COMPETITION AREA.

The coach must not step onto the COMPETITION AREA during the round.

All towels, water bottles, buckets and the like must be removed from the floor before the round begins.

A coach who violates the rule, may receive a warning and his contestant can be disqualified by the referee for the coach's wrong behavior.

### **Awarding the fight**

- The winner of a semi contact bout is the one who has more points at the end of the fight.
- The first competitor to win a majority of 10 points is the winner.

The area should be between 6 x 6, and 8x 8 meters

Every competitor MUST supply their own safety equipment. Hand, Foot and Head Gear is compulsory for all.

### **FIGHTER'S EQUIPMENT:**

- head guard;
- mouth guard;
- gloves 10 oz (for children - touch contact 6 oz).
- shin guard;
- groin guard;
- foot pads;
- females must wear breast protectors
- foot pads must cover entire foot, toes and heel completely;
- fighter's gloves must be of flexible material with thumbs attached
- groin guards & shin pads must be worn under the trousers
- gum guards must be of soft material and properly fitted.

Competitors may not wear any jewelry or objects that may cause injury to the opponent.

Safety equipment is to have no buckles, straps or tape that may cause injury.

No tatty, broken or of bad quality equipment will be accepted.

### **PENALTIES**

If a referee thinks a disqualification is necessary, he / she must consult the decision with all the judges to assure that a proper procedure is being performed.

Gross and serious rule violations may be handled with a penalty point or disqualification.

### **Warnings**

Two official warnings throughout - point for opponent.

### **Criteria of warnings**

- unclean fighting style
- a fighter who does not follow the referee's orders, violates regulations, demonstrates unfair behaviour, or commits offenses.
- using artificial means of avoiding fighting such as falling down to avoid attacks.
- leaving the fighting area.
- constant clinching
- constant ducking, or turning of the face and or back.
- too few foot techniques.
- excessive contact.
- excessive violence.
- heavy knock down.
- any other violation of rules
- refusing to withdraw upon the command "Break".

## **2) Sparring Low Kick LIGHT - for contestants over 15 y**

### **FIGHTING RULES**

The bout will be attended by 1 referee and 3 side judges.

1. Competitors must present themselves to the referee / side judge in order to have their safety equipment checked
2. Fighters must remove all jewellery.
3. After inspection, competitors will take up their fighting positions and wait for the command "Fight"
4. Two rounds, 90 seconds each with 30 sec. interval between.
5. Round time can only be stopped by the referee on the command "Break"
6. The referee will then give the command "Fight" and the contestants may resume their match.
7. If one or both of the competitors leave the fighting area, the referee announces "Break" and instructs both fighters to return on their fighting positions - then continue the match after the command, "Fight".
8. If the referee should see a competitor violating the rules, or intending to execute a prohibited action, he / she must stop the contest immediately and give a warning to the competitor.
9. Competitors may have one coach in their corner during the fight.
10. A competitor may request the referee to stop the time in order to adjust his / her safety equipment. The referee is under no obligation to do so if he / she feels that it will disadvantage the other fighter in any way.

### **Awarding points**

A score occurs when a clean, proper technique strikes a permitted target area with speed, focus, balance and controlled power.

Each effective technique must be taken down either by means of a "clicker" or on the back of the scorecard.

The officials must see the technique actually strike the target.

If a fighter executes a jumping technique, he / she must land in the fighting area in order to achieve a score. The fighter should also be balanced when landing with no part of his body other than his feet touching the floor.

All techniques are to be executed with controlled power. Any technique simply brushing, touching or pushing an opponent will be disallowed.

Contact is to be well controlled and light.

### **Permitted techniques**

Kicks: Front, Side, Back, Hook (Sole of Foot only), Crescent, Axe (Sole of Foot only), Roundhouse, Jumps & Spins, Low Kicks, use of the Shin in Low Kicks.

Hands: All Boxing Punches, Jumping Punches, and Ridge Hand. No reverse Ridge hand, Chops or spinning back fist).

### **Points evaluation**

- Hand Technique and kick "low kick" - 1 point
- Kick to Body - 2 points
- Kick to Head - 3 points

### **Warnings**

Two official warnings throughout - point for opponent.

### **Criteria of warnings**

- unclean fighting style
- a fighter who does not follow the referee's orders, violates regulations, demonstrates unfair behaviour, or commits offenses.
- using artificial means of avoiding fighting such as falling down to avoid attacks.
- leaving the fighting area.
- constant clinching
- constant ducking, or turning of the face and or back.
- too few foot techniques.
- excessive contact.
- excessive violence
- heavy knock down.
- any other violation of rules
- refusing to withdraw upon the command "Break".

## **3) Touch Contact - sparring for children, under 12 yr .**

### **Points evaluation**

- Hand technique to body - 1 point
- Kick to body - 1 points
- Kick to head - 1 points

### **Prohibited target areas:**

- all hand technique to head
- top of the shoulders
- any side of the neck
- below the waist

- Sparring time is 90 seconds or 5 points
- The winner is the one who has more points.
- Each valid technique is one point.
- Maximum point score is 5, so when a competitor has scored 5 points within the 90 seconds, he or she will be declared a winner.
- Facial contact or point scoring will not be allowed.
- Facial surface between the eyes, nose and chin, the so-called danger triangle is not a scoring area.
- The other areas of the head except the back and top is a scoring area.
- No kicking below the waist will be allowed. NO low kicks.

#### 4) Traditional Forms – no age limit

Traditional TSD forms. Competitors may display any Traditional Forms.

##### Judgement criteria

- Correct sequence of techniques.
- Power control.
- Speed and rhythm control.
- Correct movements direction.
- Head and eyes movement.
- Positions.
- Movements coordination.
- Balance, strength and endurance.
- Correct breathing.

#### 5) Weapons forms

Each athlete is responsible for the perfect state of his or her weapon, which is individual and which cannot be exchanged during the competition. The chief referee can ask to inspect the competitor's weapon if he wishes to do so. No cutting blades can be used.

##### Judgement criteria

- Correct sequence of techniques.
- Power control.
- Speed and rhythm control.
- Correct movements direction.
- Head and eyes movement.
- Positions.
- Movements coordination.
- Balance, strength and endurance.
- Correct breathing.

#### Ad. 6 techniques breaking boards

- **Each technique has to be performed with “kiap”**
- Only wood breaking will be allowed. No concrete or glass, etc.
- Every competitor will be given a maximum of two attempts on performing his or her break. No third trial will be allowed. After a second attempt, points HAVE TO BE deducted from the total points. A second attempt also means the same break sequence. Even if this means more stations (see program below). Touching the boards after they have been set up will be considered as one try!

##### Size boards:

- boys 12 years and girls 13 years:
  - Minimum size of boards - 25 x 25 x 1 cm
- Girls 12-17 years up and boys to 13-17 years old
  - Minimum size of boards - 25 x 25 x 1,5 cm

c) Man 17 years and older  
- Minimum size of boards - 25 x 25 x 2 cm

women 17 years and older  
- Minimum size of boards - 25 x 25 x 1,5 cm

**Stations:**

may do one (1), two (2) or three (3) stations / one, two or three breaks

**7) Special techniques – E Dan Ahp Cha Gi**

A competitor performs a front kick jump e dan ahp cha gi. Each contestant has two trials. The trial is credited if the competitor touches the target and after landing keeps the ballance. Contestants classification is settled according to height. The winner is the one that performs the highest kick.

**Cost:**

10 euro for all divisions!!

**Tang Soo!**

**Kyo Sa Nim Marcin Kostyra**