



# Rule Book

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# Hyung Competition

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## Format:

There will be 3 or 5 judges for each form contest. Each judge will issue points according to the scoring system outlined below. Two people will perform concurrently and each be issued their score. In case of a tie, the competitors will perform a different form.

If a competitor makes a mistake during his/her performance, the head referee should:

1. Give the competitor one more chance to perform the Hyung.
2. Each judge will deduct 0.10 point from the score.
3. If a competitor makes another mistake, the head referee will assist the competitor to a successful finish. No additional deductions will be given.

If there is a tie score, the judges should:

1. Ask the competitors to demonstrate a second Hyung. If a competitor is not prepared to perform a different form, he/she is automatically dropped to the next place.
2. If there still remains a tie, the competitors perform a hyung of their choice and the judges will choose a winner by a show of hands.

## Scoring

1. Gup Members 7.0-7.9 with a 7.5 average score.
2. Dan Members: 8.0-8.9 with a 8.5 average score.
3. Ko Dan Ja Members: 9.0-9.9 with a 9.5 average score.

**Note:** A score of a perfect 10 should not be given to competitors, in keeping with our philosophy.

## APPROVED HYUNG:

- |             |                  |                 |
|-------------|------------------|-----------------|
| ▪ Ki Cho    | ▪ Bassai Dae     | ▪ Wang Shu      |
| ▪ Pyung Ahn | ▪ Jin Do         | ▪ Ji On         |
| ▪ Chil Sung | ▪ Lo Hai         | ▪ O Sip Sa Bo   |
| ▪ Naihanji  | ▪ Sip Soo        | ▪ Hwa Sun       |
| ▪ Yuk Ro    | ▪ Kong Sang Koon | ▪ Ship Dan Kuhm |

**Note:** Other hyung may be approved on a case-by-case basis so long as the hyung is connected to the Moo Duk Kwan history such as E Sip Sa Bo, Bassai So, and others.



## CRITERIA FOR JUDGING

Judges shall score a hyung based on the Elements of Hyung outlined by Moo Duk Kwan founder Hwang Kee's Volume I text:

1. Proper Hyung Sequence (while being sensitive to differences between schools)
2. Power Control
3. Tension and Relaxation
4. Speed and Rhythm Control
5. Direction of Movement
6. Spirit or Attitude
7. Proper Power of Technique
8. Understanding Hyung Technique
9. Distinctive Features of the Hyung
10. Perfect Finish
11. Precision of Movements
12. Intentness

## Kyuk Pa – Breaking Competition

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### Format

All competitors, one-by-one, will break rebreakable boards set on cinder blocks with a kwon do (hammer or knife fist), beginning with the easiest board and moving to the most difficult board. Then we move up the ladder again, with the hardest board, plus the second board.

. Competitors who successfully break will move on to the next round and attempt to break a more difficult board. This process will repeat until a winner is decided.

### Bowing Process

Competitors will face the judge and assistants and bow before and after the competition. Bowing is not necessary before and after each break. Competitors should maintain decorum during the competition process.

### Deciding a Winner

The winner is decided during the final round when only one competitor successfully breaks. If two competitors successfully break their board, then they will attempt to break a more difficult



board in the next round. If both competitors are unsuccessful in a round, then the competitors will attempt to break an easier board. This process will continue until only one competitor is successful in the final round. Second and third place will be determined in the same fashion.

## Safety Equipment

Competitors may choose to wear a foam sparring glove to protect from injury during the breaking competition.

# TRADITIONAL POINT SPARRING

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Point Sparring competition is a light-contact event. To ensure the safety of each competitor, all sparring participants must wear the following: headgear, mouthpiece, groin cup (men) & hand pads. Foot and shin pads are acceptable. Fingernails and toenails should be cut to assure no cutting or scratching will occur due to jagged or long nails. No jewelry can be worn during free sparring.

Sparring will follow double elimination rules where a competitor ceases to be eligible to win upon losing *two* matches. All competitors begin in the winners bracket until they lose their first match. They then move to the consolation bracket and continue sparring until they lose their second match. The winners of the winners bracket and consolation bracket spar for the championship. In the event that the loser of the final match has only one loss, a second sparring match occurs because at that point, both competitors have a single loss. A champion is declared once only one person has one or fewer losses.

- The match is officiated by one referee and four corner judges.
- Red and Blue Flags are used to signify each contestant in the ring.
- Each match is two minutes.
- Target Areas: Front portion of the body (above the belt and the face, from the top of the forehead down and from the ears forward (back of the head and top of the head are illegal target areas). Scoring on the line of any boundary area is considered a fair score.

## Match Organization

One match consists of one two-minute round. The contestant who is awarded the most points after two minutes will be declared winner of the match (unless there is a disqualification). If at the end of two minutes there is a tie, the match will continue until the next point is awarded.



## Participant Requirements

### Do Bahk

Officials and contestants will wear traditional Tang Soo Do (Soo Bahk Do) Do Bahk, patches, and belt. No jewelry will be worn during Ja Yu Dae Ryun.

### Protective gear

Headgear, hand pads, mouth guards, and protective groin cups for males are mandatory. Use red headgear for the Red contestant and blue headgear for the Blue contestant, if available. Shin/instep/foot pads and arm guards are allowed.

### Grooming

Fingernails and toenails will be cut to prevent cutting or scratching.

### Center Referee

The Center Referee is a judge positioned within the ring. Their responsibilities include maintaining safety and Moo Do protocol (including spectator deportment); coordinating ring officials and contestants; arbitrating unforeseen circumstances; ensuring ring officials know the Ja Yu Dae Ryun rules and which competitor is Red and which is Blue; making and counting calls.

### Corner Judges

Judges will be positioned one at each corner outside of the ring and their responsibilities include assisting the Center Referee, Timekeeper and Scorekeeper; and making calls.

### Scorekeeper

The Scorekeeper will be positioned along either the east or west outside of the ring. Their responsibilities include: organizing and maintaining ring bracket charts; identifying competitors for each match and for on-deck status; tracking and tallying rounds, scoring, and warnings; and reporting results to the Center Referee and tournament organizers.

### Timekeeper

The Timekeeper will be positioned alongside the Scorekeeper. Their responsibilities include assisting the Scorekeeper and keeping time for each round.

### Scoring a Point

In order to score a point, 3 feet must be in the ring—two feet in the ring from the attacker scoring the point and at least one foot in the ring from the defender.



- All basic hand and foot techniques to the allowable target areas are 1 point.
- Any spinning or jumping kick (trailing leg above opponent's knee) is worth 2 points. A sidestep or a defensive Kyo Cha Rip Jaseh (cross-legged stance) with a counter attack is 2 points.
- A jump spinning technique with the base leg above the opponent's belt is 3 points.
- Sweeps and other takedowns are not allowed.
- Grabbing?

## Contact

- Light contact to the body and the side of the head is acceptable if it is a light touch.
- A point can be awarded without making contact as long as the weapon is in line with the target and is within a reasonable distance. Age and rank ability should be factored into the reasonableness of the distance.
- Spin kicks can score a point if the weapon passes in front or over the top of the head within a reasonable distance and the defender makes no reasonable attempt to evade or block the technique.
- No contact is permitted to the face.
- A contact warning is issued for excessive contact to the side of the head or body. Excessive contact is anything beyond a light touch (imagine kissing your Grandma on the cheek as light contact). Any rocking of the head or body is considered excessive contact.
- A contact warning is issued for any contact to the face.
- A contact warning may not be issued if the defender runs into the attack and the attacker makes a reasonable effort to pull back on the attack.

## Contact Warning With Disqualification Criteria

Disqualification may be called when there is egregious contact; contact that causes bleeding, heavy swelling, or "knocking the wind out" of the other contestant; contact to the face or body that renders a contestant unconscious or unable to continue; intentional contact; or acts that are meant to do harm.

## Procedures

At any time during the match the Center Referee may call out and assign a Technical Warning or a Technical Warning With Disqualification. If necessary during a round, the Center Referee will signal to stop the Ja Yu Dae Ryun and clock. The Center Referee will assign a Technical Warning by holding out their left or right hand (to indicate which contestant) pointed level to the side for a Technical Warning, or pointed down at a 45-degree angle for a Technical Warning With Disqualification. The Center Referee will immediately explain to the ring the Technical Warning.



## Technical Warning Criteria

Technical Warnings may be called for techniques delivered to an illegal area; holding the other contestant for more than two seconds; blocking techniques that are excessively harsh; excessive clashing; tackling, tripping, sweeping or throwing; intentional traveling out of the ring; intentional falling down or dropping to the floor; intentional turning one's back to avoid being hit in a legal target area; language and actions not in keeping with Moo Do discipline.

## Technical Warning With Disqualification

Disqualification may be called when a contestant shows a blatant disregard for safety, disrespect toward officials, contestants, or spectators; and actions that conflict with Moo Do discipline and the Five Moo Do Values.

## Disqualification

A contestant will be disqualified if they receive any of the following: one Contact Warning With Disqualification; two Contact Warnings; one Technical Warning With Disqualification; three Technical Warnings and one Contact Warning; or four Technical Warnings.

## Judges Actions

- When the center referee stops the match once a call is communicated, each judge casts a vote.
- There must be a majority of votes with a minimum of two to award a point.
- A Red or White Flag will signify one point for that contestant.
- A "No See" (crossed flags in front of the corner judge's eyes) is excluded from the vote.
- A "No Point" (crossed flags towards the ground) takes away one Red and one White Flag.
- A contact warning must be confirmed by two votes.
- Two contact warnings, causing bleeding or bruising requires immediate disqualification.
- A "No Point" decision will be determined in the following scenario:  
2 Judges call "Red Point," 1 Judge calls "White Point," 1 Judge calls "No See," 1 Judge calls "No Point"
- 1 Judge calls "Red Point," 4 Judges call "No See"
- If there is a tie at the end of the two-minute match, the competitor that scores the next point will be declared the winner of the match (sudden win rule).

## Ring Procedures



## Entering the Ring

The first contestant called is the Red contestant, is the senior contestant by definition, and will stand to the west. Upon hearing their names called, both contestants will center themselves outside the north edge of the ring, simultaneously bow to the ring, proceed to the center of the ring, and bow to the Center Referee.

## Starting Ceremony

The Center Referee will give the signals to face the Head Table and bow; then for the contestants to realign towards ring south and bow to the Center Referee. The Center Referee will attach the red ribbon on the back of the Red contestant, then give signals for the contestants to bow to each other, and to go to Jhoon Bee Jaseh.

## Starting and Restarting a Round

To start or restart a round the Center Referee will signal the contestants to go to Dae Ryun Jaseh, and will step between them with their right foot forward and right hand extended. At the start of Round 1 or after an extended delay only, the Center Referee will ask if the judges, contestants, and Timekeeper are ready. When ready, the Center Referee will start Ja Yu Dae Ryun by simultaneously stepping back, pulling their right hand back, and speaking out "Shi Jak!" At this signal the Timekeeper will start the clock.

## Moving inside the Ring

During a round each contestant can move about the ring as long as they keep at least one foot within the ring. In order to score a point, 3 feet must be in the ring – two feet in the ring from the attacker scoring the point and at least one foot in the ring from the defender. The Center Referee can move about the ring area while the other ring officials remain in place.

## Ending or Stopping a Round

"Gu Man!" is the verbal signal for contestants to stop Ja Yu Dae Ryun in a round. At this signal the Timekeeper will stop the clock. Both contestants must immediately halt any offensive technique, return to their starting positions, and stand at attention facing each other. This signal will be given by the Timekeeper at the end of a round's time, or by any judge calling a warning. The Center Referee may also give a simultaneous physical signal, as appropriate. The Center Referee will tally the necessary calls beginning with warning calls followed by winner of round calls, and make all determinations before restarting a round, starting the next round, or ending the match.

## Ending Ceremony

After the last round and tallying is complete, the Center Referee will signal the contestants to bow to each other and turn towards the south. The Center Referee will stand between both



contestants and signal a realignment towards the Head Table, hold each contestant by the wrist, raise the hand of the winner, release the wrists, signal to bow to the Head Table, signal for the contestants to realign toward ring south and to bow to the Center Referee.

### Leaving the Ring

Both contestants will simultaneously proceed backwards until outside of ring north, bow to the ring, raise their right fists and speak out “Soo Bahk!” or “Tang Soo!” turn towards each other, shake hands, then proceed to their off-ring positions.

## Continuous Sparring

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[We will not hold Continuous Sparring in 2022]

### Introduction

The Five Moo Do Values – History, Tradition, Philosophy, Discipline/Respect, and Technique – serve as the foundation of Tang Soo Do (Soo Bahk Do) Moo Duk Kwan and separate it from other sports mentalities. Continuous sparring is based on these Five Moo Do Values. This unique approach to competitive sparring allows the membership to embrace the Five Moo Do Values and improve the quality of sparring, which will better reflect the founder's vision.

While maintaining Moo Do discipline, Ja Yu Dae Ryun partners should use a wide array of historical techniques (History); display advanced Soo Bahk Do techniques (Tradition); embody the principles of Um and Yang with effective Ja Yu Dae Ryun (Philosophy); use defense with offense (Discipline/Respect); and demonstrate proper use of chain of command (Technique).

Sparring will follow double elimination rules where a competitor ceases to be eligible to win upon losing *two* matches. All competitors begin in the winners bracket until they lose their first match. They then move to the consolation bracket and continue sparring until they lose their second match. The winners of the winners bracket and consolation bracket spar for the championship. In the event that the loser of the final match has only one loss, a second sparring match occurs because at that point, both competitors have a single loss. A champion is declared once only one person has one or fewer losses.

### Match Organization

One match consists of five 20-second rounds. The contestant who wins 3 or more rounds will be declared winner of the match (unless there is a disqualification). Contestants will complete five rounds (unless there is a disqualification), regardless of the score in rounds.

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## Participant Requirements

### Do Bahk

Officials and contestants will wear traditional Tang Soo Do (Soo Bahk Do) Do Bahk, patches, and belt. No jewelry will be worn during Ja Yu Dae Ryun.

### Protective gear

Headgear, hand pads, mouth guards, and protective groin cups for males are mandatory. Use red headgear for the Red contestant and blue headgear for the Blue contestant, if available. Shin/instep pads (that do not cover feet) and arm guards are allowed.

### Grooming

Fingernails and toenails will be cut to prevent cutting or scratching.

## Ring Officials and Their Responsibilities

### Center Referee

The Center Referee is a judge positioned within the ring. Their responsibilities include maintaining safety and Moo Do protocol (including spectator deportment); coordinating ring officials and contestants; arbitrating unforeseen circumstances; ensuring ring officials know the Ja Yu Dae Ryun rules and which competitor is Red and which is Blue; making and counting calls.

### Corner Judges

Judges will be positioned one at each corner outside of the ring and their responsibilities include assisting the Center Referee, Timekeeper and Scorekeeper; and making calls.

### Scorekeeper

The Scorekeeper will be positioned along either the east or west outside of the ring. Their responsibilities include: organizing and maintaining ring bracket charts; identifying competitors for each match and for on-deck status; tracking and tallying rounds, scoring, and warnings; and reporting results to the Center Referee and tournament organizers.

### Timekeeper

The Timekeeper will be positioned alongside the Scorekeeper. Their responsibilities include assisting the Scorekeeper and keeping time for each round.

## Scoring Procedures



## Flags and Hands

For all judges, the left hand represents the Red competitor and the right hand represents the Blue competitor. Corner Judges will augment this by holding a red flag in their left hand and a blue flag in their right hand. For safety reasons, the Center Referee does not use flags.

## Winner of Round Calls

At the end of each round, the Center Referee will ask for all judges to simultaneously make a Winner of Round call. Each judge will make a call by raising their left or right hand/flag vertically to designate the Red or Blue contestant. Ties will not be issued.

## Round Winner

The contestant with three or more Winner of Round calls will be the winner of that round. Each match will always include 5 rounds in keeping with the Founder's philosophy of "Always finish[ing] what you start."

## Scoring Criteria

Contestants will be judged on how well they demonstrate the Five Moo Do Values with effective Ja Yu Dae Ryun. Each Moo Do Value will be weighted equally:

### History

Demonstrating History includes proper usage of techniques. This includes signature techniques found in Soo Bahk Do, the *Moo Yei Do Bo Tong Ji* text, and traditional Tang Soo Do. Contestants should also maintain proper Moo Do ceremony throughout a match.

### Tradition

Demonstrating Tradition includes displaying properly executed advanced advanced techniques such as jumping and spinning. Proper use of Ki Hop is important.

### Philosophy

Demonstrating Philosophy includes demonstrating proper transitions between offense and defense. Blocks should be defensive and yielding in nature. Offense should have real intent. Footwork is important, especially lateral movement combined with a counter attack.

### Discipline/Respect

Demonstrating Discipline/Respect includes using proper ceremony throughout a match; maintaining Moo Do Shim Gung; showing respect to both seniors and juniors; using weapon to target accuracy, distance control, and effective timing; showing respect for partner's ability by



defending with the intent to stay out of harm's way; avoiding clashes; displaying the ability to move off the line in defense; and executing effective/accepting blocks.

## Technique

Demonstrating Technique includes using proper chain of command and Shin Chook with weapon to target accuracy and distance control. It also includes using a variety of effective techniques in response to challenges presented by partner while targeting only acceptable areas (face; sides of the head - with foot techniques only; front and sides of the body above the belt; and, for red belts and above only: sweeps to the back of the ankle areas.) There should be no targeting of illegal areas (including: blind techniques; techniques to top of head, back of head, spine, and below the belt; using an open finger attack to the face area; any technique performed after a ring official signals for Ja Yu Dae Ryun to stop; and any technique performed after partner has fallen to the ground or has two feet out of the ring, or a technique meant to do harm).

## Contact Warnings

### Procedures

At any time during a round any judge may call for a Contact Warning by signaling to stop the Ja Yu Dae Ryun and clock. When the Center Referee asks, each judge will call a Contact Warning by holding out their left or right hand/flag (to indicate which contestant) pointed level to the side for a Contact Warning, pointed down at a 45 degree angle for a Contact Warning With Disqualification, or at their side for no call. The Center Referee will assign a contestant a Contact Warning, or a Contact Warning With Disqualification if there are two confirming calls. The Center Referee will re-start the round for the time remaining, if there is no disqualification.

### Contact Warning Criteria

A Contact Warning may be called for excessive contact as described in the Point Sparring section.

### Contact Warning With Disqualification Criteria

Disqualification may be called when there is egregious contact; contact that causes bleeding, heavy swelling, or "knocking the wind out" of the other contestant; contact to the face or body that renders a contestant unconscious or unable to continue; intentional contact; or acts that are meant to do harm.

## Technical Warnings



## Procedures

At any time during the match the Center Referee may call out and assign a Technical Warning or a Technical Warning With Disqualification. If necessary during a round, the Center Referee will signal to stop the Ja Yu Dae Ryun and clock. The Center Referee will assign a Technical Warning by holding out their left or right hand (to indicate which contestant) pointed level to the side for a Technical Warning, or pointed down at a 45-degree angle for a Technical Warning With Disqualification. The Center Referee will immediately explain to the ring the Technical Warning.

## Technical Warning Criteria

Technical Warnings may be called for techniques delivered to an illegal area; holding the other contestant for more than two seconds; blocking techniques that are excessively harsh; excessive clashing; tackling, tripping (except for sweeps); intentional traveling out of the ring; intentional falling down or dropping to the floor; intentional turning one's back to avoid being hit in a legal target area; language and actions not in keeping with Moo Do discipline.

## Technical Warning With Disqualification

Disqualification may be called when a contestant shows a blatant disregard for safety, disrespect toward officials, contestants, or spectators; and actions that conflict with Moo Do discipline and the Five Moo Do Values.

## Disqualification

A contestant will be disqualified if they receive any of the following: one Contact Warning With Disqualification; two Contact Warnings; one Technical Warning With Disqualification; three Technical Warnings and one Contact Warning; or four Technical Warnings.

## Ring Procedures

### Entering the Ring

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### Starting Ceremony

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will attach the red ribbon on the back of the Red contestant, then give signals for the contestants to bow to each other, and to go to Jhoon Bee Jaseh.

### Starting and Restarting a Round

To start or restart a round the Center Referee will signal the contestants to go to Dae Ryun Jaseh, and will step between them with their right foot forward and right hand extended. At the start of Round 1 or after an extended delay only, the Center Referee will ask if the judges, contestants, and Timekeeper are ready. When ready, the Center Referee will start Ja Yu Dae Ryun by simultaneously stepping back, pulling their right hand back, and speaking out “Shi Jak!” At this signal the Timekeeper will start the clock.

### Moving inside the Ring

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### Ending or Stopping a Round

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### Ending Ceremony

After the last round and tallying is complete, the Center Referee will signal the contestants to bow to each other and turn towards the south. The Center Referee will stand between both contestants and signal a realignment towards the Head Table, hold each contestant by the wrist, raise the hand of the winner, release the wrists, signal to bow to the Head Table, signal for the contestants to realign toward ring south and to bow to the Center Referee.

### Leaving the Ring

Both contestants will simultaneously proceed backwards until outside of ring north, bow to the ring, raise their right fists and speak out “Soo Bahk!” or “Tang Soo!” turn towards each other, shake hands, then proceed to their off-ring positions.

