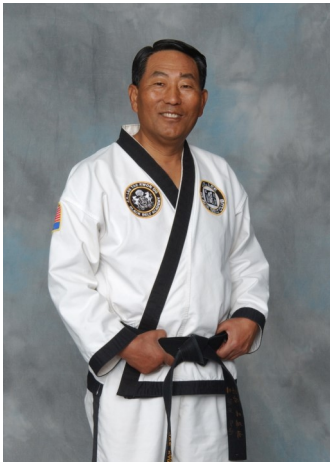


J.K. Lee Tournament Rules



Dear Tournament Participants and Spectators,

It is my honor to welcome you to the annual Great Midwest Championship sponsored by J.K. Lee Black Belt Academy. As Grandmaster of J.K. Lee Black Belt Academy, I am pleased by the quality of students who attend our tournaments. Children and adults alike come together in the spirit of healthy and friendly competition. Competitors support one another and reach within themselves for the best they have.

The tournament represents much of the heart and meaning of the martial arts. Students must train hard and regularly to prepare for competition and take their training and concentrate their skills for that single moment. Competitors learn to graciously and courageously accept the outcome, win or lose, big trophy or no trophy. Through tournament competition, adults and children experience the joy of

achievement striving to do their very best. It is all a part of growing as a martial artist. As you perform your best, and watch the best perform, have fun and good luck!

Pil-sung!

Grandmaster Jae Kyu Lee and Staff

Schedule of Events

7:00a - Set Up

8:00a - Black Belt Meeting

(meeting is mandatory for all black belts including competitors and judges for the AM session)

8:15a - Black Belt Forms

9:15a - Black Belt Sparring

10:15a - Black Belt Breaking

11:15a - Lunch Break & Afternoon Judges meeting

12:00p - Family Forms - all ranks, all ages

12:15p - Color Belt competitors arrive unless Family Forms Competitors (Arrive 11:15AM)

12:30p - Demonstration including Grand Champion Forms and Breaking

1:30p - Color Belt Forms and Breaking (youngest to oldest)

3:30p - Color Belt Sparring

4:15p - Black Belt Sparring Grand Champion Finals

All times are tentative and will change according to the number of competitors

Competitors of all age and rank divisions will be called from lowest to highest rank.

All divisions will be announced over the PA system before they are scheduled to compete.

Leaving the tournament before completing all events is not recommended. Competitors are highly encouraged to bring a lunch. Concessions may be available on site.

Competition Divisions

BELT SYSTEM USED

1. White
2. Gold
3. Purple
4. High Purple
5. Green
6. High Green
7. Brown
8. High Brown
9. Red
10. High Red
11. Black

If your belt system differs from this, please check with the tournament director to place your student or child in a level that appropriately corresponds with the tournament belt ranking system.

AGE LEVELS

Ages 10 and younger will be divided by age.

11-12 yrs

13-15 yrs Juniors

16-30 yrs Women Division

16-30 yrs Men Division

31-44 yrs Seniors M/F (A)

45 yrs up Seniors M/F (B)

COMPETITION LEVELS

These levels may compete together.

All levels are subject to change according to the number of competitors in a division and the discretion of the tournament director.

The tournament director will divide the competitors based on the competitor age and competition level.

If there are any questions about a competitors placement, please talk to the tournament director immediately.

1. White and Gold
2. Purple and High Purple
3. Green and High Green
4. Brown and High Brown
5. Red and High Red
6. Black Belts

Forms Competition

RULES AND SCORING

- If needed, competitors may have a second chance to demonstrate their traditional form, but there will be a half point deduction for demonstrating the form a second time.
- Competitors will be judged on technique, power, balance, speed and spirit.
- Points will be given on a 10 point scale with a minimum of 5 points.

FAMILY FORMS

- The family will perform at the same time with movements synchronized.
- Divisions will be determined by the lowest ranking and youngest member of the family group.
- The form that the family group competes with will be the highest form of the lowest ranking member of their family.
- Belt Divisions will follow ranking on the registration form but may change at the discretion of the tournament director.

Example: Gold belt 4 year old, Green belt 10 year old, High green 38 year old, Brown 39 year old:

Compete in the 4-6/ Gold belt division doing the Gold belt form

Example: Black belt 14 year old, Green belt 48 year old: Compete in the 13+/Green belt division doing Green belt form

WINNING

- First, Second and Third place trophies will be awarded to the top three individual competitors.
- In the event of a tie, the two tied competitors will do their form again and the winner will be decided by a majority vote from the judges.

Black Belt Competition

BLACK BELT FORMS

Black Belts must compete with the traditional list of ITF or WTF forms suitable for the competitor's rank and standing. The following list are forms that will be recognized and judged for Black Belt competition:

Forms Division Ages		<u>1st Dan</u>	<u>3rd Dan</u>	<u>5th Dan +</u>
<u>Men</u>	<u>Women</u>	Koryo Kwang-Gae Po-Eun Ge-Baek	Taebaek Sam-Il Yoo Sin Choi Yong	Please See Tournament Director
7-10yr	7-10yr			
11-12	11-12			
13-15	13-15			
16-30	16-30			
31-44	31-44			
45+	45+			

First Place winners in these twelve divisions will compete in the Grand Championship round.

<u>2nd Dan</u>	<u>4th Dan</u>
Keumgang Eui-Am Choong-Jang Kodan	Pyongwon Yon-Gae Ul-Ji Moon-Moo

BLACK BELT BREAKING

All competitors will compete in the divisions listed on the right.

Black Belt competitors must submit the Black Belt Breaking Worksheet by midnight on Saturday, March 23. Breaking must be submitted through the submission email found on the tournament website. **Forms will not be accepted at Tournament.** The worksheet is available online. Please check with your instructor or the Tournament Director if you have questions. <https://jkleblackbelt.com/main/cpt-events/tournament/>

Scoring: Break on fist attempt= full credit, second attempt= half credit, no break= no credit.

1st place winners in those divisions will compete in the Grand Champion round.

12 and under will compete for the Junior Champion in Breaking trophy.

13 and older will compete for the Grand Champion in Breaking trophy.

Direct any questions to the Tournament Director.

These divisions are eligible for the Grand Championship round.

Breaking Division Ages

<u>Men</u>	<u>Women</u>
13-15	13-15
16-30	16-30
31-44	31-44
45+	45+

These divisions are eligible for the Junior Championship round.

Breaking Division Ages

<u>Boys</u>	<u>Girls</u>
<9	<9
9-10	9-10
11-12	11-12

BLACK BELT SPARRING

Black Belts who wish to compete in sparring must attend the Black Belt meeting at 8:00am.

Black belts will spar using the point system.

Black Belts require more significant body contact than the color belts to score.
Head safety rules will be enforced. (see pg 5)

Depending on the number of competitors, there may be a Men's and Women's Grand Champion Round.

- 1) Men 16 to 39 years old
- 2) Women 16 to 39 years old
- 3) Senior Men 40+
- 4) Senior Women 40+

Breaking Competition

BOARDS

- White to high green belts break 2 boards.
- Brown to high red belts break 3 boards.
- All black belts break 5 boards.

Sizes

3-8 Years	4"wide 1/2" thick	\$2.00/ea
9-12 Years	5"wide x 1" thick	\$3.00/ea
13-15 & Adult Women's	8" x 1"	\$3.00/ea
Adult Men's	10" wide x 1"thick	\$3.00/ea

SCORING AND WINNING

- Competitors will be judged on power, balance, accuracy, technique, spirit and difficulty of their break.
- Points will be given on a 10 point scale with a minimum of 5 points.
- First, Second, and Third place trophies will be awarded to the top three competitors.
- All Black Belts qualifying for Grand Championship round must do the same breaks they used during qualifying round.
- Grand Championship participants must purchase boards for that round.
- All competitors will be given 30 seconds to set up their board breaking routine.
- Competitors will only be given two chances to break their boards.
- When registering you will purchase a board voucher and pick up your boards at the tournament.

Only Boards purchased at the Tournament will be accepted.

Sparring Competition

RULES AND SCORING

Rules

- Free sparring will consist of point sparring.
- A fist to the trunk is given **one** point.
- A front facing kick (e.g.—front, side, roundhouse with front or back leg) to the body is given **two points**.
- A turning kick to the chest guard (e.g.—turning back, reverse round, back-swing) is given **four points**.
- A front facing kick to the head gear is given **three** points.
- A turning kick to the head gear is given **five** points.
- A **one point** penalty will be given to opponent for each Gam-jeom called.
- A competitor wins if they have the most points at the end of the round or if a competitor has an 8 point advantage.
- A list is on page 5.

Children: No head contact and light head contact safety rules will be enforced. (see pg 5)

Adults: Light contact in order to score. Head contact safety rules will be enforced. (see pg 5)

A list of Penalties are on pg 5

Hand techniques to the head are not allowed.

Open handed techniques, such as knife hand strikes, palm strikes or chops are not allowed.

Sweeping techniques are considered illegal.

No grabbing of any sort is allowed.

Knee and elbow strikes are not allowed.

SAFETY GEAR

All competitors are required to wear:

1. WTF Head Gear
2. WTF Hand Gear (*must cover fist*)
3. Forearm gear
4. Foot Gear (*must cover instep*)
5. Groin Cup
6. Chest Gear
7. Mouth Guard

Black Belts who wish to compete in sparring must attend the Black Belt meeting at 8:00 am.

JUDGING

Judges call a score by yelling "POINT" and raising their flag determining who scored the point.

The **majority** of judges must be in agreement of the point that is called in order for it to be called a scoring point.

The center referee reserves the right to warn and then disqualify a competitor for unsportsmanlike conduct. (e.g. excessive contact or illegal technique).

Sparring Competition cont.

HEAD CONTACT SAFETY RULES

The “head” is defined as “the area of the body above the collar bone,” including the neck. The valid scoring area of the head is the entire head above the bottom line of the head protector.

No Head Contact divisions:

- Ages 7 and under (All belts)
- Ages 8—12 (Color Belts)

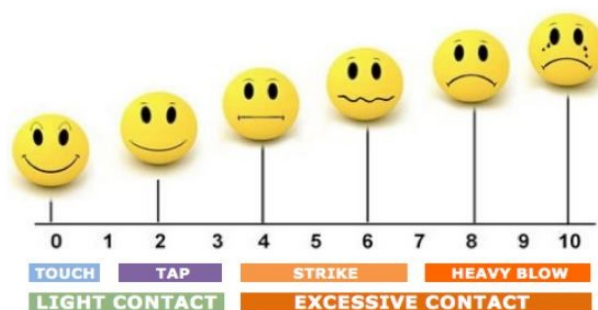
Light Contact divisions:

- Age 8—12 (Black Belts)
- Ages 13—15 (Black Belts and Color Belts)
- Ages 16 + (Black belts and Color Belts)

Light Contact is defined as anything from a touch to a tap—”0.1” to “3” on a scale of 1 to 10 (see chart)

Indications of excessive contact include:

- Abrupt snapping or displacement of the head as a result of the blow
- Abrupt rotation of the head as a result of the blow
- An audible “thump” or sound of the foot contacting the headgear or face.



Failure to follow these safety rules may result in point deductions or disqualification.

List of permitted techniques, scoring areas, and points.

Permitted techniques

Fist technique: A straight punching technique using the knuckle part of a tightly clenched fist.

Foot technique: Delivering techniques using any part of the foot below the ankle bone

Permitted areas—Techniques towards:

Trunk: Attacks by fist and foot techniques on the areas covered by the trunk protector are permitted. However, such attacks shall not be made on any part of the spine.

Head: The area above the collar bone. Only foot techniques are permitted.

Scoring Areas—Techniques touching:

Trunk: The blue or red colored area of the trunk protector

Head: The entire head above the bottom line of the head protector.

Penalties—”Gam-jeom”

A “Gam-jeom” one-point penalty is awarded to the opposing competitor when the following acts occur.

- 1) Excessive contact
- 2) Crossing the Boundary Line (both feet) “out of

bounds”

- 3) Grabbing or pushing the opponent

Grabbing any part of the opponent’s body, uniform or protective equipment with the hands or grabbing the foot or leg or hooking the leg with forearm.

Pushing the opponent out of the boundary line or pushing the opponent in a way that prevents kicking motion or any normal execution of attacking movement.

- 4) Kicking below the waist
- 5) Hitting the opponent’s head with hand
- 6) Blocking with the knee

The valid points are as follows.

One (1) point for a valid punch to the trunk protector with arm at full extension.

Two (2) points for a valid kick to the trunk protector.

Four (4) points for a valid turning kick to the trunk protector.

Three (3) points for a valid kick to the head.

Five (5) points for a valid turning kick to the head. One (1) point awarded for every one “Gam-jeom” given to the opponent contestant