



# Arteca's Martial Arts

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## ARTECA'S MARTIAL ARTS TOURNAMENT PREPARATION

### *Introduction for Hyung (Weapons and Open hand).*

1. The student's presentation will start when they enter the tournament floor (sit quietly). The student will be allowed to perform the form required for the rank they are in or the rank they are working towards.
2. The student will be placed near rings (squares marked off on the floor) according to the student's age, sex, and rank.
3. There will be one Black Belt in charge of the ring, supported by other Black Belts. There will also be a score/time keeper.
4. The student will be asked to sit at the edge of a ring. Someone will call out the names. They may start by calling a name, telling that person to come forward and also call out another person's name (telling them they are "on deck" or "next up").
5. An example of how to report to the judges:
6. When the student's name is called: stand, call out loud "YES SIR or MA'AM and bow!

Move quickly to the edge of the ring and bow (feet together).

After the bow, go before the judges and bow again. Then, come to Choon Bee Ja Sah.

Tell the judges:

Judges, My Name is \_\_\_\_\_(your Name).

I train at Arteca's Martial Arts.

My Instructor is Master Arteca.

The hyung I would like to perform is \_\_\_\_\_ (name of Form).

With your permission, may I begin?

7. Upon the center judge's permission to begin, quickly move back to your starting position without turning your back on the judges. Take a deep breath, relax, say the name of the hyung in a loud clear voice and then begin.

Judges will look for:

- *Timing*: proper rhythm; correct speed (not too fast or too slow); smooth (not waiting to do the next move because you don't remember, hesitating is not good)
- *Proper Stances*: low and controlled (not falling down or wiggling); in the correct stance; shoulders in the proper position for the stance

- *Power and Balance*
- *Focus*: movement of eyes and head; strikes or kicks are on target
- *Ki Hap* (yell, loud and focused)
- *Concentration* (determined look)

### ***Tournament Sparing***

1. Safety: All participants will be required to wear safety equipment. Males will be required to wear cups and it is recommended for females. All students will wear a mouthpiece, hands, foot and head gear. Do not count on borrowing gear at the tournament.
2. The student will sit at the edge of the ring until your name is called and you are paired up with someone. Then they will be asked to come to the center of the ring, bow to the center judge and then to each other. The center judge will step between the two competitors then ask are the corner judges and scorekeeper ready. The center judge will then step back while saying *Shi Jak*, which means begin. The term *Jung Ji* will be used by the center judge to stop a match when a point has been scored or a warning is issued. After time has expired the center judge will say *Ko Mahn* which means the match is over. The center judge will say *kyung yet* (bow) to each other, then bow to the center judge and the center judge will hold the winner's hand up and say winner.
3. Tips:
  - Keep your hands up at all times!
  - You won't have much time, so do not wait too long to try to score points.
  - Remember if you block a technique, execute a technique immediately after. For example, if you block a front kick, immediately perform a reverse punch.
  - Always execute a minimum of three techniques just in case you miss one.
  - Do not try to kick high if unable to kick comfortably.
  - Ki Hap on every technique, especially on the last technique. If the student appears to get the technique in and he/she Ki Haps loud, the judges will believe they were on target and the student might get the point.

### ***Sparing operation:***

- Elimination 2 minute rounds
  - First one to 3 points is the winner
  - Time is up - Most person with the most total points is the winner.
- Overtime - First point is winner

### ***Target Area for Valid Points:***

The front and sides of the body above the belt for hand and foot techniques.

NO CONTACT TO THE HEAD – Controlled to the body, no contact is required!

- Hand Techniques: Body only. Reverse punch, side punch and front hand lunge punch are the only allowable techniques for scoring.

- Foot Techniques: Any kicking technique above the belt level.
- Illegal Techniques: Boxing jab, uppercut and cross punch are not allowed. Illegal offensive techniques using head, elbows, back fist, back wrist, fingers, spear hand, ridge hand, knee, toes, and knife hand are not allowed.

### *Warnings*

Unintentional and not too serious offense, a “caution will be made (judges will hold a discussion). Warnings will be called for the following prohibited techniques and contacts:

- Throwing
- Sweeping
- Attempting face contact
- Stalling
- Grabbing/holding
- Pushing techniques
- Deliberately attacking an unauthorized vital area
- Pretending pain or injury
- Escaping sparing by showing back to opponent
- Others – using illegal techniques and targets
- Running out of the ring

Two warnings to any competitor (not just the same technique) will result in a point deduction from their score.

A competitor MUST be disqualified if they meet the criteria for the 3-strike rule, which are three warnings.

### *Penalty – Automatic One (1) Point Deduction*

1. Attacking fallen opponent
2. Contacting the opponent’s face with fist
3. Intentional attack after declaration of “Jung Ji” (stop)
4. Attempting use of an unauthorized technique (butting, kneeling, biting, gouging, etc.)
5. Two (2) warnings will result in one (1) point deduction
6. One (1) penalty will result in one (1) point deduction

### *Automatic Disqualifications*

1. Any three (3) penalty points
2. Injuring the opponent’s face using hand or fist attack
3. Injuring the opponent’s face by a malicious attack
4. Any excessive contact as determined by the referee and judges
5. Misconduct against the referee or judge
6. Conduct unbecoming to the Tang Soo Do spirit

### *Handling Injury*

When a contestant is not able to continue the match due to injury, the other contestant should return to the starting position in the ring, turn their back and humbly kneel and bow their head. If the judges determine that the uninjured contestant is responsible for the injury, he/she may be disqualified.