

# OMAC Inner School Championships, Referee / Coach Certification and Rank Promotion Test (Optional for pre registration only)

## Time Schedule (Subject to Change)

1. 9am-10am Children Check-in (12 & Under): Referee / Coach Meeting
2. 10am- ?pm Children Competition
3. 1:30pm-2pm Junior (13-17 yrs.) & Adult Check-in
4. 2pm-4pm Junior & Adult Competition

## Categories (All participants under 12 years old, didn't place will receive a spirit award Certificate)

1. Forms, Self Defense, Breaking, Weapons form, Sparring (Medal or Trophy for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> places)
2. Synchronized Form Medal or Trophy for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> places)
3. Team Demo (Medal or Trophy for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> places)
4. Weapons Combatant Sparring (Medal or Trophy for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> places)

## Rank Promotion Test (Optional for only eligible students)

1. All competitors who are eligible for rank test may apply for test in addition to championships
2. Your championship performance will be applied in your test results.
3. Test Application has to turn in with fee 1 week before the event

## Competition Order & Detail Information

1. Forms
  - a. Three Judges system, adding all points
  - b. Minimum points 7.01 Maximum Points 9.99
2. Self Defense (Mandatory 10 techniques) Must include the following:
  - a. 5 own rank techniques (Mandatory)
  - b. 5 Creative techniques (Optional for Brown belt & Up, 13 yrs. & older)
3. Breaking (Must include your own rank technique.)
  - a. 1-3 targets optional for children 6 yrs. & under
  - b. 3 Targets, Purple and under & 12 yrs. old & under
  - c. 3-5 Targets, Brown belt and higher & 13 & Over
  - d. Power Breaking Brown belt and higher, 18 yrs. & older (Boards only)
4. Weapons Form (Same as regular Form)
5. Little tiger (6 & under) may compete with their instructors in Forms (Mooshim), Target Drill (Geukki, Jahjeh), Breaking and Sparring

## General Judging Criteria:

1. Eye Contact
2. Presentation
3. Stances
4. Body Posture
5. Techniques with Hand & Feet Position
6. Speed & Power
7. Timing & Rhythm
8. Balance
9. Expression
10. Ki-aps

## Categories:

1. Form, Self Defense, Breaking, Terminologies (10) – Over all scores in 5 categories
2. Synchronized Form (2 or more person–3 min. max. with music)
3. Team Demo (3-5 person – 5 min. max with music)
4. Weapon Form
5. Weapon Combatants (Sparring)

## Rank Divisions:

1. Beginner (10<sup>th</sup> gup/kyu - 8<sup>th</sup> gup/kyu - White, Yellow, Orange belt)
2. Intermediate (7<sup>th</sup> gup/kyu 5<sup>th</sup> gup/kyu - Lt. Blue, Green, Purple belt)
3. Advanced (4<sup>th</sup> gup/kyu 1<sup>st</sup> gup/kyu - Brown, Red, Navy Blue, Black Stripe belt)
4. Black Belt

## Age Groups:

- |                   |               |   |                        |   |
|-------------------|---------------|---|------------------------|---|
| 1. 6 yrs. & Under | Male & Female | 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> place | 6. 15-17 Male & Female | 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> place               |
| 2. 7-8 yrs        | Male & Female | 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> place | 7. 18-29 Male & Female | 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> place               |
| 3. 9-10           | Male & Female | 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> place | 8. 30-39 Male & Female | 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> place               |
| 4. 11-12          | Male & Female | 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> place | 9. 40 & Better         | Male & Female 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> place |
| 5. 13-14          | Male & Female | 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> place |                        |   |

## Synchronized Form (Mix rank, age, gender) - **\$50.00** Gift Certificate for 1st PI. Winner

- Minimum 2 person in a team
- 2 minutes Maximum time
- Music required

### Divisions for Synchronized Form (Mix rank, age, gender)

- Children under 12 yrs. old team
- Junior 13-17 yrs. old team
- 18 & up adult team
- Family Team
- Club Branch Team

## Team Demo (Mix rank, age, gender) - **\$50.00** Gift Certificate for 1st Place Winner

- 3-5 person team
- 5 min. maximum performance
- Music required

### Team Demo Competition includes:

- Moogongryu Basics (Mooshim, Innae, Geukki, Jahjeh)
- Self Defense/Weapon Self Defense (optional)
- Sparring/Padded Weapon (optional)
- Forms/Weapon form (optional)
- Breaking (Boards Only)

### Sparring:

- 3 Judge System
- Rounds
  - 2 one minutes w/30 second break (Age 12 & Under)
  - 2 one & half minutes rounds w/30 Sec. Break (Age 13-17)
  - 2 two minutes rounds w/30sec break (Age 18 & up)
- Scores: (All controlled techniques)
  - 1) 3 points Kick to the head
  - 2) 2 points Kick to the body
  - 3) 1 point Punch to the body

### Warnings & Disqualification:

- 0.5-point deduction for all warnings
- 1-point deduction Excessive violations
- Disqualification for malicious violations

## Weapons Combatants Sparring (Padded Sword)

- 3 Judges System
- Rounds
  - 2 one minutes w/30 second break (Age 12 & Under)
  - 2 one & half minutes rounds w/30 Sec. Break (Age 13-17)
  - 2 two minutes rounds w/30 second break (Age 18 & up)
- Scores: Full contact with padded weapon (Protective gear required - Head Gear w/face guard)
  - 1) 3 points to the head
  - 2) 2 points to the body
  - 3) 1 point to the arms & legs
  - 4) 0.5-point deduction for all warnings
  - 5) 1-point deduction excessive violations

## Age Groups for Non Weapon Sparring & Weapon Combatant Sparring

1) 6 yrs. & Under	Male & Fem.	Light/Middle/Heavy	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> place
2) 7-8 yrs.	Male & Fem.	Light/Middle/Heavy	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> place
3) 9-10	Male & Fem.	Light/Middle/Heavy	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> place
4) 11-12	Male & Fem.	Light/Middle/Heavy	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> place
5) 13-14	Male & Fem.	Light/Middle/Heavy	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> place
6) 15-17	Male & Fem.	Light/Middle/Heavy	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> place
7) 18-29	Male & Fem.	Light/Middle/Heavy	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> place
8) 30-39	Male & Fem.	Light/Middle/Heavy	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> place
9) 40 & Better	Male & Fem.	Light/Middle/Heavy	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> place

NOTES: Any divisions less than 5 competitors will be combined to next closest division  
There will be a Photo Session for All Participants (Group & Individuals)

