



2019 Colorado State Championship March 9th, 2019 Tournament Information



ORDER OF EVENTS

8:00 a.m. – Opening Ceremonies

8:30 a.m. – Umpires Meeting/ Competitors Rules Meeting

8:45 a.m. – Competition Begins

RULES As set forth in the YOM CHI Tournament Rule Book

EVENTS White belts through and including **5th Degree** Black belts

PATTERNS may only be one of the 24 Ch'ang-Hon patterns. Color belt patterns will be performed individually for a score. Black belts will be head-to-head competition performing one mandatory, then one pattern of their choice. Black belts must be able to perform all the patterns up to one rank below theirs. I.e., if you are a II Dan, the judges may call any pattern up to Ge-Baek for the mandatory part of the round. Mandatory patterns will be chosen from a random draw.

OPEN PATTERNS may be any pattern from any style.

GRADING CRITERIA FOR ALL PATTERNS will be as follows: 1.) Technical Accuracy 2.) Demonstrate balance and grace. 3.) Demonstrate consistently good stances. 4.) Movements should demonstrate power. 5.) Blocks/attacks should be executed at appropriate level. 6.) Blocks/attacks should be focused and executed on the appropriate vertical body line. 7.) Start and stop on the same stop. 8.) Demonstrate proper sine wave motion. 9.) Demonstrate proper breathing.

SPARRING will be one two minute continuous round. The ring will be run using YCTA rules, and the contact will be controlled. Both competitors must wear head gear, foot pads, hand pads, males must wear cups. Head gear is mandatory for all ranks. **Sweeps will be allowed at red and black belt levels (Boot to Boot or Heel to Heel only).** For all rings, one foot completely outside of the out-of-bounds line will be considered out.

BREAKING is open to all ranks ages 13 and older. There will be one hand and one power foot break. Color Belts will be breaking re breakables with hands and feet. Black belts will be breaking re breakables with their feet and cement tiles with their hand, (juniors will be using re breakables). All hand breaks will be on the floor on cinderblocks. After the holder has been set, you will be allowed 30 seconds to complete your break. Only one attempt will be allowed. **No measuring will be allowed/no practice/no touch. Any measure will be considered your break. The breaker does not need to finish in an L stance with a guarding block.** All broken boards will be 1 point per board. ½ a point will be awarded for a cracked board or if the board breaks by the judge's hands. 1 extra point will be awarded for a clean break. The competitor's score will be a combination of both their hand and foot break score. Hand techniques will consist of: Downward (knife hand, reverse knife hand, back fist, or punch). Foot techniques will consist of: Front kick, turning kick, or turning side kick rear leg (one motion). No modified side kicks will be allowed.

All breaking competitors will have the ability to break at any time during the day. A breaking station will be manned by judges at all times. Sparring and Patterns divisions will not be interrupted or postponed for competitors wishing to break at that time. Competitors are still responsible to show up at their sparring and patterns ring, when called, ready to compete. The closing of breaking divisions (Junior and Adult) will be announced ½ hour prior to the end of the competition. It is the competitors' responsibility to not wait until the end of the day to break, and to insure there is not a conflict with other events they are competing in. Students not attempting their break prior to the announced closing time will be disqualified.

Break Fast Team Breaking (New This Year) a three-competitor team of any rank. Any hand and foot break listed in individual breaking in a two-minute time frame. The team will use 10 green re-breakable boards at the hand and foot breaking stations. All three members of the team will rotate in the same order for the full two minutes. The breaks will rotate between hand and foot. Team members put their boards together and help their teammates set up the next break. The total of clean broken boards will be the scored. The event will start at 10:30am.

SPEED KICKING is open to 12 years old and younger. The score will be the number of kicks done in one minute. For the kick to be counted: the foot must show proper form and touch the floor before the next kick.

GRAND CHAMPIONS There will be one adult male, one adult female, one junior, and one children's grand champion awarded. **You can not be disqualified or withdraw from any event and win Grand Champion.** Each gold medal will count as 3 points; each silver medal will count as 2 points, and each bronze medal will count as 1 point toward Grand Champion. The medal points will then be multiplied by the number of rounds it took to earn the medal in that division and then added to the individual's total. The competitor with the most points wins.

Grand Champion must compete in at least three events: Sparring, Patterns or Open Patterns, and Breaking or Speed Kicking! For participants that are competing in both patterns events the event that they wish to be counted for Grand Champion consideration must be identified on Registration form.

CHILDREN EVENTS -12 and below

- Color Belt Patterns
- Black Belt Patterns
- Open Patterns
- Color Belt Sparring
- Black Belt Sparring
- Color Belt kicking
- Black belt Kicking

CHILDREN GRAND CHAMPION AWARD (Based on Sparring, Patterns, or Open Patterns, & Speed Kicking)

JUNIOR EVENTS - 13 to 16 years old

- Color Belt Patterns
- Black Belt Patterns
- Open Patterns
- Color Belt Sparring
- Black Belt Sparring

JUNIOR GRAND CHAMPION AWARD (Based on: Sparring, Patterns, or Open Patterns, & Breaking)

ADULT EVENTS - 17 years and older

- Colored Belt Patterns
- Black Belt Patterns
- Open Patterns
- Color Belt Sparring
- Black Belt Sparring

ADULT GRAND CHAMPION AWARD (Based on: Sparring, Patterns, or Open Patterns, & Breaking)

Break Fast awards will not be part of the calculations for Grand Champion.

If you require assistance with travel accommodations please contact: desimoneangelo1@msn.com

For more information go to: www.yomchi.org, www.facebook.com/groups/YomChiTaekwondo/
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