



# EUROPEAN OPEN HAPKIDO CHAMPIONSHIPS 2011

Saturday 29 October 2011 - Lanaken (Belgium)

## HOSHINSUL for Kubgrades

Selfdefense demonstration competition

### DIVISIONS & CATEGORIES

- Divisions made by **grade**
- Men and women compete in the same category !
- CAT 1 : 8 – 11 years, CAT 2 : 12 – 15 years, CAT 3 : 15 – 18 years, CAT 4 : > 18 years

**When there is only 1 couple in a category, this couple will be placed in a higher category of the same division.**

GRADES	Demonstration of following techniques	Number of techniques
10th - 7th Keub	<b>Son Mok Sul + Ui Bok Sul</b> (defense against wrist grab & clothes)	5
	3 x <b>son mok sul</b> techniques (wrist) <b>NO CROSS or SIDE GRAB !</b> 2 x <b>ui bok sul</b> techniques (clothes) <i>No combinations of techniques allowed !</i>	
6th - 4th Keub	<b>Bhang Kwon Sul</b> (defense against punching)	8
	2 x <b>Chigi</b> (striking) 2 x <b>Keokki</b> (joint locks) 2 x <b>Tonjigi</b> (throwing) 2 x <b>Bal Chagi</b> (kicking)	
3rd - 1st Keub	<b>Bhang Jok Sul</b> (defense against kicking)	8
	<u>Attacking with a yop chagi (side kick)</u> 1 x <b>Chigi</b> (striking) 1 x <b>Keokki</b> (joint locks) 1 x <b>Tonjigi</b> (throwing) 1 x <b>Bal Chagi</b> (kicking)	

Attacking with a chigo chagi (roundhouse kick)

1 x **Chigi** (striking)

1 x **Keokki** (joint locks)

1 x **Tonjigi** (throwing)

1 x **Bal Chagi** (kicking)

Remarks :

- Competing participants : **a couple exists of one attacker and one defender**
- The attacker may not switch his **role** to defender and vice versa !
- The competition **category** is stipulated by the grade of the defender (the one who performs the techniques)
- The partner performing the role of the attacker may have a higher or lower grade than the defender
- **Only single techniques are allowed !** Every single technique can be finished with a punch, strike, kick or a pinching technique (joint lock, armbar, legbar, choke, ...) on the ground

AWARDS:

- There will be a medal for the first 3 competitors of each category or division  
A gold medal for the first place, a silver medal for the second place and a bronze medal for the third place.

EVALUATION :

Participants of the **HOSHINSUL competition** will be evaluated on :

- motion of the initial technique
- the finishing technique
- speed
- power
- kiap

Notice that combinations of techniques will not be awarded !