



EUROPEAN OPEN HAPKIDO CHAMPIONSHIPS 2011

Saturday 29 October 2011 - Lanaken (Belgium)

NAK BOP

Rolling and falling competition

DIVISIONS & CATEGORIES

- Age divisions (categories) 9 – 13 years, 14 -18 years and > 18 years
- Men & women in separated categories ! Exception in category 9 - 13 years
- Divisions made by **grade**, one division **keubgrades** – one division **dangrades**

When there is only 1 competitor in a category, this competitor will be placed in a higher category

KEUBGRADES

9 – 13 years	MEN & WOMEN	
14 - 18 years	MEN	WOMEN
≥ 18 years	MEN	WOMEN

DANGRADES

MEN (all ages)	WOMEN (all ages)
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Remarks :

- Following techniques must be performed :
 1. **Chon bang nak bop** : *front falling*
 2. **Hu bang nak bop** : *backwards falling*
 3. **Chuk bang nak bop** : *sidewards falling left and right*
 4. **Kong jong hwe chon nak bop** : *spinning falling left and right !*
 5. **Chang haemul nak bop** : *rolling over an obstacle far (distance)*
 6. **Wolchang nak bop** : *rolling over an obstacle (high)*

- All techniques have to be performed individually on the competition mats

Obstacle falling techniques have to be executed with special safety pads to measure distance or height ! The main goal of the NAK BOP is landing safely !

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 **NAK BOP competition** will be evaluated on :

- proper and safe landing during every technique
- power
- height and length during the obstacle nak bop
- kiap