



EUROPEAN OPEN HAPKIDO CHAMPIONSHIPS 2011

Saturday 29 October 2011 - Lanaken (Belgium)

Individual Technical Competitions

NAK BOP – falling & rolling competition						
KEUBGRADES from 9th till 1st Keub					DANGRADES	
9 – 13 years	14 – 18 years		> 18 years		ALL AGES	
Men & Women	Men	Women	Men	Women	Men	Women
PAL CHAGI - kicking competition						
KEUBGRADES from 8th Keub					DANGRADES	
9 – 13 years	14 – 18 years		> 18 years		ALL AGES	
Men & Women	Men	Women	Men	Women	Men & women	
KYOKPA – breaking competition						
KEUBGRADES & DANGRADES starting from 6th Keub						
Men & women of all ages !						

Partner Competitions

HOSHINSUL – selfdefense demonstration competition			
KEUBGRADES			DANGRADES
10th - 7th Keub	6th - 4th Keub	3rd - 1st Keub	1st – 3rd Dan
Men & women	Men & women	Men & women	Men & women
CAT 1 : 8 – 11 years CAT 2 : 12 – 15 years CAT 3 : 15 – 18 years CAT 4 : > 18 years	CAT 1 : 8 – 11 years CAT 2 : 12 – 15 years CAT 3 : 15 – 18 years CAT 4 : > 18 years	CAT 1 : 8 – 11 years CAT 2 : 12 – 15 years CAT 3 : 15 – 18 years CAT 4 : > 18 years	CAT 1 : < 18 years CAT 2 : > 18 years
SHOW competition			
KEUBGRADES & DANGRADES starting from 6th Keub			
Men & women of all ages !			