



2nd Open Hungarian Hapkido Championship 19. May 2012. - Budapest



NAK BOP - ROLLING AND FALLING

Categories - If there are too few competitors in one category, the category will be combined with others!

1. category: 5-7 years 10-9kup (beginners - boys-girls together)
2. category: 8-11 years - 10 9kup (beginners - boys-girls together)
3. category: 12-14 years – 10-9kup (beginners - boys-girls together)
4. category: 15-17 years boys – 10-9kup (beginners - boys-girls together)
5. category: 18 year ≤ boys – 10-9kup (beginners boys-girls together)
6. category: 18 year ≤ girls – 10-9kup (beginners - boys-girls together)
7. category: 5-7 years 8-1kup (boys-girls together)
8. category: 8-11 years 8-1kup (boys-girls together)
9. category: 12-14 years 8-1kup(boys-girls together)
10. category: 15-17 years 8-1kup(boys-girls together)
11. category: 18 year ≤ boys 8-1kup
12. category 18 year ≤ girls 8-1kup
13. category: < 18 year dan girls-boys together
14. category: 18 year ≤ dan – girls
15. category: 18 year ≤ dan – boys

Following techniques must be performed:

1. Chon bang nak bop: *front falling*
2. Hu bang nak bop: *backwards falling*
3. Chuk bang nak bop: *sideways falling (right and then left side)*
4. Kong jong hwe chon nak bop: *spinning falling*
5. Chang haemul nak bop: *rolling over an obstacle far (distance)*
6. Wolchang nak bop: *rolling over an obstacle (high)*

All techniques must be performed individually on the competition mats. Depending on the number of Participants, 2 or 3 Competitors will perform at the same time, and the winner goes to the next round.

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