



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



PAL CHAGI – KICKING COMPETITION

Categories

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

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

KICKING TECHNIQUES ON THE COMPETITION

Category 1-3:

First: single kicks. The kicks have to be performed starting at fighting stance. Every kick has to be performed with the right and the left leg, in the air, without using a partner.

1. Dwi kumchi cha naerigi (heel kick downwards to high section - across from left and right)
2. An dari chagi (inside crescent kick)
3. Bakat dari chagi (outside crescent kick)
4. Chigo chagi (roundhouse kick on head)
5. Yop chagi (side kick middle section or higher)

Secondly: jumping kicks: starting position: fighting position, short running, to target must be presented. The target of the competitor's own head height should be.

1. Idan ap csagi (jumping front kick to head)
2. Idan yop csagi (jumping side kick to head)
3. Idan csigo csagi (jumping roundhouse kick to head)

Category 4-9:

First: single kicks. The kicks have to be performed starting at fighting stance. Every kick has to be performed with the right and the left leg, in the air, without using a partner.

1. Dwi kumchi cha naerigi (heel kick downwards to high section - across from left and right)
2. An dari chagi (inside crescent kick)
3. Bakat dari chagi (outside crescent kick)
4. Chigo chagi (roundhouse kick on head)
5. Yop chagi (side kick middle section or higher)
6. Dwikumchi cha doligi (horizontal heel kick middle section/head)

Secondly: jumping kicks: starting position: fighting position, short running, to target must be presented. The target of the competitor's own head height should be.

1. Idan ap csagi (jumping front kick to head)
2. Idan yop csagi (jumping side kick to head)
3. Idan csigo csagi (jumping roundhouse kick to head)

Categorie 10-11:

First: double kicks. The kicks have to be performed starting at fighting stance. Every kick has to be performed with the right and the left leg, in the air, without using a partner. The foot of the kicking leg may not touch the ground.

1. Ahn dari chagi + Pakat dari chagi (inside crescent kick +outside crescent kick)
2. Ap csagi hadan + dvikumcsi csa nerigi (front kick to low section + heel kick downwards to high section- across from left and right)
3. An dari csagi + jop csagi (inside crescent kick + side kick to head)
4. Detwebo chigo chagi + csigo csagi sangdan (roundhouse kick to thigh + roundhouse kic to head)
5. Yop csagi hadan + Yop csagi sangdan (side kick to knee + side kick to head)

Secondly: special kicks. The kicks have to be performed starting at fighting stance to target. Every kick has to be performed with the better leg of the competitor(only one side), to the target.

1. Hadan chigo chagi + Hadan dora chagi (low, squat roundhouse kick on lower leg + low back squat turning roundhouse kick on lower leg, only one side)
2. Pjong tschase dora tschagi (base stance, upward jumping back roundhouse heel kick – only with one leg, that works better for the Competitor – base stance: legs appr.shoulder wide apart, no small jumpings before the jump)
3. Yangbal moa ap csagi (jump front kick with two feet together)

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:

- motion of technique
- speed, power, dynamics
- height of kick
- balance
- kiap

(not enough the high kicking, a nice kick but it was slow, fast - strong - dynamic - should be high, both for basic or advanced, or the double kicks. The double kicks, both of which should be a strong kick!)