



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



HOSHINSUL – SELF DEFENSE DEMONSTRATION COMPETITION

Categories

- 1.category: 5-6-7 years (all kup)
- 2.category: 10-9.kup – 8-11 years
- 3.category: 8.kup – 8-11 years
- 4.category: 7-6.kup – 8-11 years
- 5.kategóri: 5-4.kup – 8-11 years
- 6.category: 3-1.kup – 8-11 years
- 7.category: 10-9.kup – 12-14 years
- 8.category: 8.kup – 12-14 years
- 9.category: 7-6.kup – 12-14 years
- 10.kategóri: 5-4.kup – 12-14 years
- 11.category: 3-1.kup – 12-14 years
- 12.category: 10-9.kup – 15-17 years
- 13.category: 8.kup – 15-17 years
- 14.category: 7-6.kup – 15-17 years
- 15.kategóri: 5-4.kup – 15-17 years
- 16.category: 3-1.kup – 15-17 years
- 17.category: 10-9.kup – 18 year ≤
- 18.category: 8.kup – 18 year ≤
- 19.category: 7-6.kup – 18 year ≤
- 20.kategóri: 5-4.kup – 18 year ≤
- 21.category: 3-1.kup – 18 year ≤
- 22.category: dan < 18 year category (girls, boys together)
- 23.category: dan 18 year ≤ category (girls, boys together)

Within the Categories (based on age) there are subcategories according to grades:

	Demonstration of techniques	Number of techniques
	5-7 years és a 10-9. kup	
	Defense against wrist grab – same side 5 defense techniques (wrist, no cross or sidegrab- only same side from front) Defense: 2 strikings, 2 joint locks, 1 throwings	5
	8.kup	
	Defense against wrist grab – same side 5 defense techniques (wrist, no cross or sidegrab- only same side from front) Defense: 1 strikings, 2 joint locks, 2 throwings	5
	7-6. kup	
	Cloth grab from front and behind, defense against holding down 3 attacks from front – 2 attacks from behind - 5 optional techniques (joint lock or throwing)	5

5-4. kup	
<p style="text-align: center;">Defense against punching to head</p> <p>8 defense techniques: 2 striking – 2 joint locks – 2 throwing – 2 kicking</p>	8
3-1. kup	
<p style="text-align: center;">Defense against kicking</p> <p><i>Attacking with yop chagi (side kick):</i> 1 strike – 1 joint lock – 1 throwing – 1 kick</p> <p><i>Attacking with chigo chagi (roundhouse kick):</i> 1 strike – 1 joint lock – 1 throwing – 1 kick</p>	8
Dan grades	
<p style="text-align: center;"><u>Bhang Kom Sul</u> (defense against 5 different knife attacks)</p> <ul style="list-style-type: none"> • Strike to the lower section (abdomen) 1 x technique of your choice (chigi, keokki, tonjigi or chagi) • Strike from outside to inside 1 x technique of your choice (chigi, keokki, tonjigi or chagi) • Strike from inside to outside 1 x technique of your choice (chigi, keokki, tonjigi or chagi) • Strike downwards 1 x technique of your choice (chigi, keokki, tonjigi or chagi) • Combination of strikes 1 x techniques of your choice (chigi, keokki, tonjigi or chagi) <p style="text-align: center;"><u>Dan Bong Sul 3 (defense with short stick)</u></p> <ul style="list-style-type: none"> • 1 Defense against punch to the head 1 x technique of your choice (keokki or tonjigi) • 1 Defense against side kick 1 x technique of your choice (keokki or tonjigi) • 1 Defense against grabbing the wrist who holds the dan bong 1 x technique of your choice (keokki or tonjigi) 	8

Combination of the techniques is NOT allowed! This means, after the defense, only fixing of the attacker is allowed, presentation and combination of more techniques are NOT allowed!

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

If there are less than 3 participants in one Category then the Category will be combined with the Category below (lower keub grade)!

This means the Participants should prepare to perform their own techniques, and also get ready to perform the techniques of the Category below, just in case.

Depending on the number of Participants 2 or 3 couples are competing at the same time and the winner goes to 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 HOSHINSUL competition will be evaluated on :

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

Notice that combinations of techniques will not be awarded !