

Condensed rules – the essentials

Entry is open to all AHA members from Yellow Belt to 3rd degree black belt inclusive, with the exception of the Falling event which, for safety reasons, is open to members Green Belt and up only.

The aim of the Challenge is to promote a club spirit and enable association members to meet and participate with people from other dojangs. It is a social event where participants can learn by observing others and experience the thrill of competition without being dependant on the outcome of the day. In other words, it's FUN! All students are encouraged to participate. The day should be very enjoyable and hopefully in preparing yourselves for the event your overall Hapkido will improve greatly.

Please do not be concerned about it being too competitive or about getting injured. In the 25+ years that I have been involved with our Hapkido competitions I can only recall one injury that required hospital treatment. First aid at our tournaments usually involves nothing more than applying a few bandaids and a couple of ice packs (and those mostly to minor bruises and strains). Our competitions, and the many open tournaments Ron and I have attended with our students are *nothing* like what you might have seen in some martial arts movies (e.g. The Karate Kid movies) – no light up signboards flashing competitors' names and/or photos, no screaming crowds – just supportive families and friends who attend – and NO vicious contact or 'grudge' matches. Our tournaments are friendly and not much different to the training and sparring you do in your own dojangs.

Prizes are awarded for 1st, 2nd and 3rd place in each event plus you get a point for each event you enter - just for competing - so why not give it a go?

General Rules

Persons wishing to enter the challenge must be current members of the AHA.

Suitable martial art shoes may be worn - i.e. no 'hard' or 'sharp' edges, laces at the top of the shoe only – no lacing over the toes or instep).

Contestants must wear a neat uniform, have clean hands and feet and trimmed nails to avoid injury. Long finger- or toenails are not permitted.

Watches, jewellery and inappropriate footwear are not permitted in the competition areas. If a competitor needs to wear spectacles these should be held firmly in place by some form of strap around the back of the head (suitable neoprene rubber straps can be purchased from many optometrists for a few dollars). Any item of jewellery that cannot be removed must be taped over to protect against injury, both for the wearer and other competitors. Rings with raised settings MUST be removed - if it cannot be removed alternatives should be discussed with the tournament organisers PRIOR to competing.

Overview of Events, Divisions and Rules

The Challenge offers competitors four events:

- Patterns and Self-defence drills
- Falling (long cat rolls)
- Self-defence routines; and
- Sparring.

Patterns and Self-defence drills

Open to yellow belts and up to 3rd dans. Contestants must do pattern/drill from their last grading (previous belt level), i.e.:

Competitor belt level	Pattern/drill to be performed
-----------------------	-------------------------------

Yellow belt	Yellow tip drill
Green tip	Yellow belt pattern
Green belt	Green tip drill
Blue tip	Green belt pattern
Blue belt	Blue tip drill
Red tip	Blue belt pattern
Red belt	Red tip drill
Black tip	Red belt pattern
1 st dan	Black tip drill (Note: <u>not</u> the Eagle pattern)
2 nd dan	1st dan pole pattern
3 rd dan	2nd dan pole pattern

Breakfalling (flying cat rolls)

Open to green belts and up to 3rd dans in Junior (Green belt to Blue belt), Senior (Red tip to Black tip) and Black belt Divisions, each of which is divided into males and females.

Each of these divisions is then further divided, usually into 4 subdivisions, viz:

Subdivision	Starting distance*	Maximum distance*
1. Peewees (under 11's)	2	4
2. Under 14's	2	8
3. Women	2	8
4. Men	3	10

*these distances are measured in kick shields

If numbers permit extra subdivisions may be added (e.g. separating the children further by age). This will be confirmed on the day.

Self Defence routines

Open to yellow belts and up to 3rd dan.

Self defence teams must consist of either **2 or 3 persons** – NO MORE.

Each competitor may be entered in one (1) self-defence team only.

These routines are always interesting and entertaining and greatly improve participants' self defence skills. Routines may be a maximum of 45 seconds' duration and should depict a realistic and reasonable (depending on age and belt level) Self Defence scenario. The divisions for this event are as follows:

Children (under 16 years of age)	Adults (16 years of age and over)
Junior (Yellow belt to Blue-tip)	Junior (Yellow belt to Blue-tip)
Senior (Blue belt to Black-tip)	Senior (Blue belt to Black-tip)
Black belt (1 st , 2 nd and 3 rd Dans)	Black belt (1 st , 2 nd and 3 rd Dans)

If a self defence team is made up of competitors from different belt divisions the team will be entered into the division of the most senior competitor, e.g. if the most senior competitor in a team is a red belt the team will be entered into the Senior division, if the most senior competitor in a team is a 1st dan the team will be entered into the Black belt division.

If a self defence team is made up of adult and child competitors, the team will be entered in the appropriate belt level adult division, unless the adult is acting as an ATTACKER ONLY.

If you wish to compete in the Self Defence routines event you will need to provide the names of your self defence team mate/s when you register for the Challenge.

Sparring

Open to yellow belts and up to 3rd dans. There are 4 divisions:

- Novice (Yellow belt and Green tip)
- Junior (Green belt to Blue belt)
- Senior (Red tip to Black-tip)
- Black belt (1st, 2nd and 3rd Dans)

Males and females compete separately. The above grade divisions will be further divided into age and weight subdivisions as numbers make possible e.g.:

- a. Peewees - under 12 years (<27kg)
- b. Under 15 years (<55kg)
- c. Under 18 years
- d. Women
- e. Lightweight men (<65kg)
- f. Middleweight men (65-75kg)
- g. Heavyweight men (>75kg)

These subdivisions are estimates only. The actual age and weight subdivisions will be decided after registrations close and depend on the actual age and weight distribution of the competitors.

In the Novice division NO contact is permitted, while in the Junior belt division only *very* light controlled contact (“touch” contact) is permitted. All sparring bouts are strictly controlled by our black belt referees.