



# Northern Area Inter School Championship



## Competition & Competitor Information.

### **Patterns (Tul):**

Individuals will perform an optional & designated pattern.

A pyramid system will be used for the matches.

### **Sparring (Matsogi):**

All Competitors both Junior & Senior, must wear headguards this is compulsory.

A pyramid system will be used for the matches.

Juniors aged under 13 years old will not be permitted to punch to the head.

Juniors: Eliminator rounds will be one (1) round one & a half minutes (1:30) duration

Finals will be one (1) round of two minutes (2) duration (Colour belts)

Black belts two (2) rounds X two minute (2) duration

Seniors: Eliminator rounds will be one (1) round of two (2) minutes duration

Finals will be one (1) round of two minutes (2) duration (Colour belts)

### **Power (Waeryok):**

Seniors Only

Minimum One (1) white board: White belt – Yellow belt

Minimum Two (2) white boards: Green belt – Red belt

Techniques :

Options: One Hand & One Foot Only

Hand: Front Elbow / Side Fist Strike / Knife hand Strike

Foot: Side Kick / Turning Kick / Back Kick

### **Special Technique (Tugki):**

Flying side kick

Juniors: Minimum distance four (4) foot at a height of two (2) feet, with run up to a hand held target

Seniors: Minimum distance six (6) foot, one (1) white board from parallel stance, board to be held in holder



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### **Black Belt Senior Competitors:**

This will be done as a demonstration event numbers permitting.

### **Patterns (Tul):**

Team event, minimum number 3 -5 competitors, this may be mixed male / female.

Ideally one team per school unless numbers permit further teams, any pattern may be used.

### **Sparring (Matsogi):**

Team event, names will be drawn from any school to make up teams minimum 4 in a team

One (1) round of two (2) minutes duration

### **Power (Waeryok):**

Techniques:

Hand: Forefist Punch / Knife hand Strike

Foot: Side Kick / Turning Kick / Reverse Turning Kick

This may be undertaken as Individual Schools or Sparring Teams

One (1) inch pieces of wood will be used, the individual performing the technique may decide how many boards to break minimum one (1) to five (5) per technique. One (1) point will be awarded to each board broken