

Chapter 5: Tournament Tips

A. Guidelines for Sparring

1. See Chapter 11 entitled, "General Rules and Regulations for Tang Soo Do Contact Point Sparring".
2. The focus of tournament competition is to show the judges superior techniques not necessarily beat your opponent. The skilled competitor deliveries clean techniques in proper stances with an appropriate "Shout" to an opponent and also demonstrating clean blocks of opponent's attacks.

B. Guidelines for Breaking

1. Work on breaks that would show the judges something they may not immediately see about you. If you are big... do breaks that show speed. If you are not big... try to show breaks that show strength, but at all times show perfect Tang Soo Do technique and form in your break.
2. The judges are looking for execution of solid Martial Art technique, knowledge of proper set-up of boards and holders, speed of total performance, difficulty factor for rank and body structure.
3. Tell a story about your break. Don't just break boards make up a self defense situation against multiple opponents?
4. Set-up very quickly, explain the situation/story to judges and break quickly.
5. Competitors will use #3 pine or better for breaking. Wood Only.
6. Boards Sizes:
 - a. 8 years old and up must use boards sized 1" x 12" x 8"
 - b. under 8 years old can use boards sized 1" x 12" x 6"
7. All Gups are given 2 opportunities to break (same amount boards and technique) a 3rd attempt with fewer boards and/or lower difficulty factor is permitted
8. Black Belts must be successful on the first attempt to be considered for a medal.
9. All competitors must "Shout" before their break attempt as a courtesy to the holders.
10. A 2 or 3 station break is required of all competitors
 - a. Use different striking surfaces (foot, elbow, head, hand, etc) at each station
 - b. Maximum 1 Board per Station – under 13
 - c. Maximum 2 Boards per break – 13-15 years old
 - d. Maximum 3 Boards per break – 16-18 years old
 - e. Unlimited Boards per break – 19+ years
11. Technical Scoring Guidelines:
 - a. Starting on a 8 point system deduct the following:
 - i. Deduct 1 point for an easy breaks compared to size and rank
 - ii. Deduct 2 points for 1st miss
 - iii. Deduct 1 point for each additional miss

- b. Up to two (2) style points can be awarded based on the following:
 - I. **P**ower
 - II. **P**recise technique
 - III. **P**resentation
 - IV. **P**ersonal interpretation
- c. Competitor is disqualified for not breaking in the required attempts at any station and can not be awarded a medal unless all participates did not make their breaks.

C. Guidelines for Forms

- 1. Forms competition is not a dance or ballet it is a story of self-defense situation. The judges want to see great stances, power in blocking and striking techniques precise separate movements with focus and correct breathing.
- 2. Music and props are not permitted
- 3. Technical Scoring Guidelines:
 - a. A whole point should be deducted for:
 - I. Performing a lower Form than required for Rank.
 - II. Restarting form
 - III. Sequence error
 - IV. Wrong Stance
 - V. Wrong Hand or Foot technique
 - VI. Missed Kee-up
 - b. A half point should be deducted for:
 - I. Poor or weak Stance and techniques
 - II. Misplaced or weak Kee-up
 - c. Up to 2 style points can be awarded based on the following:
 - I. **P**ower
 - II. **P**recise elements
 - III. **P**resence
 - IV. **P**reservation of historic elements
 - V. **P**ersonal interpretation