



DAEHANMINGUK HAPKIDO EUROPE CHAMPIONSHIP RULES

BAL CHAGI

Kicking competition

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General Information

- **Minimum grade** for the competition is **8th Keub**.
- **Keubgrades** and **Dangrades** performing in **separated** divisions.
- **Female** and Male **performing** in separated categories. Exception in category 9-14 years and in the category of the Dangrades.
- When there is only **one competitor** in a category, this competitor will be placed in a **higher category**.

Divisions and Categories

KEUBGRADES (starting from 8 th KEUB – yellow belt)		
AGE	GENDER	
< 14 years	Female & Male	
14 – 18 years	Female	Male
> 18 years	Female	Male
DANGRADES		
All Ages	Female & Male	

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
- A bronze medal for the third place

Evaluation

Participants of the BAL CHAGI competition will be evaluated on:

- Motion of the technique
- Speed
- Power
- Height of the kick
- Balance
- Kihap

Techniques for Keubgrades

Keubgrades have to perform:

Dan shik bal chagi (Single kicks):

The first six kicks have to be performed starting at fighting stance. Every kick has to be performed with the right and the left leg. The kicks have to be performed without using a partner holding a target. (= Kicking in the air)

1. **Dwikumchi cha olligi** (*raising heel kick with straight leg*)
2. **An dari chagi** (*inside crescent kick*)
3. **Bakat dari chagi** (*outside crescent kick*)
4. **Chigo chagi** (*roundhouse kick*)
5. **Yop chagi** (*side kick*)
6. **Dwikumchi dollyo chagi** (*hooking kick with leg straight*)

Teuk soo pal chagi (special kicking techniques):

The following jump kicks have to be executed while hitting a target (coaching mitt) starting from a fighting stance. These kicks have to be executed with only one leg. The target will be held at the height of the competitor.

1. **Jump ap chagi** (*jumping front kick*)
2. **Jump yop chagi** (*jumping side kick*)
3. **Jump chigo chagi** (*jumping roundhouse kick*)

Techniques for Dangrades

Dangrades have to perform the **Han bal bok shik bal chagi** & the **teuk soo bal chagi**.

Han bal bok shik bal chagi (combination kicking techniques with one leg):

These kicking techniques have to be executed starting from a fighting position and only with one leg (left or right). During the performing of a combination technique the foot of the kicking leg may not touch the floor. The kicks have to be performed without using a partner holding a target. (= Kicking in the air)

1. **Ap chagi hadan + ap chagi sangdan**
(front kick to low section + front kick to high section)
2. **Ap chagi hadan + chigo chagi sangdan**
(front kick to low section + roundhouse kick to high section)
3. **Ap chagi hadan + dwi kumchi cha naerigi**
(front kick to low section + heel kick downwards to high section)
4. **An dari cha nokki + chungdan yop chagi**
(press or push kick to low section + sidekick to mid-section)
5. **Hadan chigo chagi + sangdan chigo chagi**
(roundhouse kick to low section + roundhouse kick to high section)
6. **Ap ap chagi + dwi dwit chagi**
(front kick + back kick)

Teuk soo pal chagi (special kicking techniques):

The following jump kicks have to be executed while hitting a target (coaching mitt) starting from a fighting stance. These kicks have to be executed with only one leg. The target will be held at the height of the competitor.

1. **Yangbal moa ap chagi**
(*jump front kick with two feet together*)
2. **Yangbal bollyeo chagi**
(*jump front kick with two feet in a split*)
3. **Dubal moa yop chagi**
(*jump side kick with two feet*)
4. **Jump dwidora chagi**
(*back spinning heel kick with step motion*)