HOSHINSUL

Self-defense demonstration competition

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General Information

- Divisions made by grade
- Female and Male compete in the same category
- When there is only one competitor in a category, this competitor will be placed in a higher category.
- 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.

Divisions and Categories

<table>
<thead>
<tr>
<th>Age</th>
<th>Grade</th>
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<tbody>
<tr>
<td>8 – 11 years</td>
<td>10th – 7th KEUB</td>
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<tr>
<td>12 – 14 years</td>
<td>6th – 4th KEUB</td>
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<tr>
<td>15 – 18 years</td>
<td>3rd – 1st KEUB</td>
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<tr>
<td>&gt; 18 years</td>
<td>All Dangrades</td>
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</tbody>
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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 HOSHINSUL competition will be evaluated on:

- Motion of the initial technique
- Finishing technique
- Power
- Speed
- Kihap

Notice that combinations of techniques will not be awarded!
Techniques for Keubgrades

10th – 7th KEUB
Demonstration of following techniques:

Son Mok Sul + Ui Bok Sul (defense against wrist grab & clothes)
  • 3x **son mok sul** techniques (wrist) – NO CROSS or SIDE GRAB!
  • 2x **ui bok sul** techniques (clothes)

Number of techniques: 5

6th – 4th KEUB
Demonstration of following techniques:

Bhang Kwon Sul (defense against punching)
  • 2x **Chigi** (striking)
  • 2x **Keokki** (joint locks)
  • 2x **Tonjigi** (throwing)
  • 2x **Bal Chagi** (Kicking)

Number of techniques: 8

3rd – 1st KEUB
Demonstration of following techniques:

Bhang Jok Sul (defense against kicking)
Attacking with a **yop chagi** (side kick):
  • 1x **Chigi** (striking)
  • 1x **Keokki** (joint locks)
  • 1x **Tonjigi** (throwing)
  • 1x **Bal Chagi** (kicking)

Attacking with a **chigo chagi** (roundhouse kick):
  • 1x **Chigi** (striking)
  • 1x **Keokki** (joint locks)
  • 1x **Tonjigi** (throwing)
  • 1x **Bal Chagi** (kicking)

Number of techniques: 8
Techniques for Dangrades

Dangrades have to demonstrate the following techniques:

**Bhang Kom Sul (defense against 5 different knife attacks):**

- **Strike to the lower section** (abdomen)
  - 1x technique of your choice (Chigi, Keokki, Tonjigi or Chagi)
- **Strike from outside to inside**
  - 1x technique of your choice (Chigi, Keokki, Tonjigi or Chagi)
- **Strike from inside to outside**
  - 1x technique of your choice (Chigi, Keokki, Tonjigi or Chagi)
- **Strike downwards**
  - 1x technique of your choice (Chigi, Keokki, Tonjigi or Chagi)
- **Combination of strikes**
  - 1x technique of your choice (Chigi, Keokki, Tonjigi or Chagi)

**Dan Bong Sul (defense with short stick):**

- **Defense against punch to the head**
  - 1x technique of your choice (Keokki or Tonjigi)
- **Defense against side kick**
  - 1x technique of your choice (Keokki or Tonjigi)
- **Defense against grabbing the wrist who holds the dan bong**
  - 1x technique of your choice (Keokki or Tonjigi)