



DAEHANMINGUK HAPKIDO EUROPE CHAMPIONSHIP RULES

HOSHINSUL

Self-defense demonstration competition

VALID FROM 1.1.2017 ONWARDS

DAEHANMINGUK HAPKIDO EUROPE

www.korea-hapkido.eu
office@korea-hapkido.eu

Table of Contents

General Information.....	2
Divisions and Categories.....	2
Awards.....	2
Evaluation	2
Techniques for Keubgrades.....	3
10 th – 7 th KEUB.....	3
6 th – 4 th KEUB.....	3
3 rd – 1 st KEUB.....	3
Techniques for Dangrades.....	4

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

KEUBGRADES			
Age	Grade		
8 – 11 years	10 th – 7 th KEUB	6 th – 4 th KEUB	3 rd – 1 st KEUB
12 – 14 years			
15 – 18 years			
> 18 years			
DANGRADES			
< 18 years	All Dangrades		
> 18 years	All Dangrades		

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!

Competition Rules for:

HOSHINSUL (Self-defense demonstration competition) valid from 1.1.2017 onwards

Page 2

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)