



DAEHANMINGUK HAPKIDO EUROPE CHAMPIONSHIP RULES

NAK BOP

Rolling & Falling competition

VALID FROM 1.1.2017 ONWARDS

DAEHANMINGUK HAPKIDO EUROPE

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General Information

- Keubgrades and Dangrades performing in separated divisions.
- Obstacle falling techniques have to be executed with special safety pads to measure distance or height! The main goal of the NAK BOP is landing safely!
- All techniques have to be performed individually on the competition mats
- Men & women in separated categories! Exception in category 9 - 13 years

Divisions and Categories

KEUBGRADES (starting from 8 th KEUB – yellow belt)		
AGE	GENDER	
9 – 13 years	Female & Male	
14 – 17 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 **NAK BOP competition** will be evaluated on:

height and length during the obstacle NAK BOP:

Jump distance measurement

The contestant runs down a runway and needs to start the leap before stepping past the foul line. The first body part to touch the ground determines the measurement point up to which the jump distance is measured, starting from the foul line. While performing the leap, the contestant also needs to perform a dive roll (i.e., an initial diving motion resulting in a forward roll executed on the ground).

Jump height measurement

A horizontal bar is placed at a height initially stated by the contestant. The contestant then jumps over the bar, performing a dive roll (i.e., an initial diving motion resulting in a forward roll executed on the ground). Only jumps during which the bar does not fall down are considered successful.

In each of the two disciplines, the contestant has three attempts. The best result in both disciplines namely, the highest jump height and the longest jump distance are added up and considered in the ranking.

Competition Rules for:

NAK BOP (Rolling & Falling competition) valid from 1.1.2017 onwards

Techniques for Keubgrades & Danggrades

Following techniques must be performed:

- Chang haemul nak bop (rolling over an obstacle far (distance))
- Wolchang nak bop (rolling over an obstacle (high))

All techniques have to be performed individually on the competition mats