

BST Hanmadang Application

Please print all information. Must be Legible. **DO NOT LEAVE ANY BLANKS!!!**

Last Name:		First Name:	
Street Address:			
City:	State:	Zip:	
Phone #:		Email Address:	
Date of Birth:	Age:	Sex (Circle One): M or F	
Competition Weight in pounds (NO ESTIMATES):		Dan / Gup (Belt Rank):	
Martial Arts Studio Name:			
Instructor/Staff who told you about this event:		Studio Phone #:	

Registration Fee: \$55 for 1 Event, \$10 per Additional Event, + Board Fees
There will be no refunds for missed events.

Please check all that apply:

Additional Info:

Fee Adjustments:

Please check all that apply:	Additional Info:	Fee Adjustments:
<input type="checkbox"/> Demo Team (Must be on Beyond Force or Beyond Spirit)	Team Members: _____	
<input type="checkbox"/> Team Creative Poomsae with Weapons	Team Members: _____	
<input type="checkbox"/> Team Creative Poomsae without Weapons	Team Members: _____	
<input type="checkbox"/> Individual Creative Poomsae with Weapons	n/a	
<input type="checkbox"/> Individual Creative Poomsae without Weapons	n/a	
<input type="checkbox"/> Spin Back Kick Power Break	Add # of boards ____ x \$3.00 = _____	
<input type="checkbox"/> Skipping Side Power Break	Add # of boards ____ x \$3.00 = _____	
<input type="checkbox"/> Palm Strike Down Power Break	Add # of boards ____ x \$3.00 = _____	
<input type="checkbox"/> Continuous Spin Hook Kick Speed Break	Add a flat \$15 fee	

To have us bill your card on file:

Total: _____
 Last 4 Digits: _____
 Signature: _____

For office Use Only:

Total Received: _____
 Invoice #: _____
 Received By: _____

Total Fee Adjustments: _____

First Event: \$55.00

Additional Events ____ x \$10: _____

Early or Late Registration: _____

Total: _____

I have read the Competition Rules & Regulations for my events. By signing below, I agree to abide by the expectations established therein. I understand that these activities have risk, and I choose to participate anyway. I will not hold BST or its staff responsible for any injuries I sustain during participation.

Participant Signature _____

Parent/Guardian Signature (if under 18) _____

Date _____

Power Breaking Events Rules & Regulations

1. Each Participant will have one attempt to perform the designated break.
2. Participants will attempt to break ¾-inch pine boards (Demo 3) with no spacers. Boards may not be taped together.
3. Once the Referee declares “Si-Jak,” the Participant may not touch their boards except to execute their one breaking attempt. They will have 30 seconds to execute their break.
4. Participants may not cover their striking appendage with any bandages, tape, or any other material. The referee must approve any injuries that may need to be covered.
5. Each participant will break the number of boards paid for at registration.
6. The participant who breaks the most boards will be declared the winner.
7. If two or more participants break the same number of boards, the participant who attempted to break the greatest number of boards will receive a higher score. (Example: P1 attempts to break 5 boards, but only 4 break. P2 attempts 4 boards and all break. P1 will score higher in the division.)
8. In the event of a tie for 1st place only, there will be one overtime round.

Overtime:

1. Overtime can be caused by:
 - **Participants breaking the same number of boards.** In this case participants will each attempt the same break again, but with 1 additional board each.
 - **Neither Participant breaks any boards.** In this case participants will each attempt the same break again, or with one less board each, as determined by the referee.
2. Both participants must use the same breaking machine to ensure fairness.
3. If both participants attempt the same number of boards, but neither one breaks all the boards, then the one who broke the most will be declared the winner.
4. If there is still a tie, the winner will be determined based on body weight – the lighter participant will be declared the winner. A scale will be provided at the event.

Deductions:

1. Participant exceeds the 30-second time limit (1 board deduction)
2. Participant steps outside of the designated area (1 board deduction per occurrence)
3. Participant disobeys the referee’s instructions (1 board deduction)
4. Unsportsmanlike conduct, such as being disrespectful to or trying to distract other participants (1 board deduction per occurrence)

Grounds for Disqualification (Score of 0):

1. Participant attempts to break the boards twice
2. Participant uses any other part of their body besides the designated striking surface to break.
3. Participant falls down during the 30-second attempt, or touches the ground with any part of the body besides the feet
4. Touching the boards after the referee declares “Si-Jak”. Any touch, no matter how light, is considered to be your one and only attempt. Any other touching will result in a score of zero.

Spin Back Kick & Skipping Side:

Area: Both of the participant’s feet must remain in the designated area (approx. 1 meter x 3.5 meters)

Striking Surface: Heel of foot/foot blade

Height of Break: At least as high as the participant’s waist.

Spin Back Notes: Taking a step before turning is allowed.

Skipping Side Notes: Step-Behind Side, Chunjin Side, and Step-in-front Side are all acceptable.

Palm Strike Down Specifics:

Area: Both of the participant’s feet must remain in the designated area (approx. 2 meters x 2 meters)

Striking Surface: Palm heel. Fingers may be bent or straight.

Height of Break: All Boards will be placed on a board holding stand resting on the floor.

Notes: The participant will be allowed 60 seconds to set up the board(s) on the stand. No spacers or tape is allowed. After the judge says “Si-Jak,” they may not touch the boards except to attempt to break them.

Creative Poomsae Rules & Regulations

- **Team Creative Poomsae with Weapons**
 - **Team Creative Poomsae without Weapons**
 - **Individual Creative Poomsae with Weapons**
 - **Individual Creative Poomsae without Weapons**
1. Music is highly encouraged. Bring it on a device that can be plugged into a speaker. All music must be suitable for a family environment; no explicit lyrics.
 2. Each Poomsae has a 90 second time limit.
 3. Team events may have 2-10 people. Each team must select a captain & a team name.
 4. Performance Space: 8 meters x 8 meters

Overtime:

In the event of a tie for first place, participants will perform their Poomsae again and judges will rescore. If there is still a tie, there will be two 1st places awarded.

Grading Categories:

Correct Execution of Technique (10 points)

- Correct Stances – Posture, Width, & Length
- Correct Hand Techniques – Sets, Execution, End Position
- Accuracy of Kicking Techniques – Foot position, Chamber, Execution, Height
- Speed & Power of each individual Technique
- Use of Weapons (If applicable)

Taekwondo Spirit (10 points)

- Keyap – Loudness and confidence
- Attitude and Etiquette – from the moment the participant's name is called.
- Uniform Cleanliness & Presentation – No specific uniform or belt tying style is required, but the overall feel should be clean and professional.

Compulsory Techniques (10 points)

All Creative Poomsae (Individual and Team)

- Must execute the minimum number of kicks. More kicks, or additional types of kicks are allowed. Any variation of the named kick is acceptable, and more advanced versions will score better than basic versions. (Example: Jump Front Snap is worth more than basic Front Snap.)
 - 2 Front Snap Kicks
 - 2 Roundhouse Kicks
 - 2 Side Kicks
- All team members must perform all of the above minimum 6 kicks. One or more of the team members may execute additional kicks beyond the minimum. Unity of these kicks is not scored in this section.
- All other kicks will also be scored on quality in this section. More Advanced kicks will result in a higher score.

Creativity (10 points)

- Originality of Choreography
- Creativity of entire routine
- Degree of Difficulty

Unity of Team Performance (10 points, if applicable)

- Team Synchronization
- Movements should be executed by each team member at the same time. Team members may face different directions. Unintentional movements out of sync will result in a lower score. Intentional movements out of sync (like an “echo” movement) will NOT result in a lower score.

Props:

1. Props are allowed but must be appropriate for a family environment.
2. Props must be provided by the participant and cannot pose a safety risk to the participant or the audience.
3. Acceptable props include: breaking boards, flowers, fruit, a hat, a purse, etc.
4. Weapons are only allowed in events designated as weapons events, and only if they are martial arts weapons. All bladed weapons must be dull and approved by the organizing committee.
5. **Prohibited:** pyrotechnics, fireworks (including poppers), or flame breaks. Confetti, glitter, or similar products. Chairs & trampolines.

Deductions:

- Team member crosses outside of the 8x8 meter ring (1 point for each occurrence)
- Team exceeds 90 second time limit (1 point deduction for every 10 seconds over limit)
- Too many or too few team members (1 point deduction per person)
- Unsportsmanlike conduct (1 point per occurrence)
- Failure to perform required techniques (1 point for each kick omitted). For example, 1 front snap kick instead of 2 would be a 1 point deduction. No front snap kicks would be a 2 point deduction.
- Unintentional dropping of a weapon, if applicable (1 point per occurrence)

Continuous Spin Hook Kick Speed Break Event Rules & Regulations:

1. Participant will attempt to break as many 1/4 -inch pine boards (Demo 1s) as possible in 30 seconds.
2. Participants must break with their heel or the bottom of their foot.
3. Participants may not cover their striking appendage with any bandages, tape, or any other material. The referee must approve any injuries that may need to be covered.
4. During their attempt, if their foot touches the board but the board does NOT break, the holder CANNOT reuse that board for the next attempt. The holder must reload a NEW board. If the participant does not touch the board, then the holder can reuse that board for the next attempt.
5. The maximum number of holders allowed is four, with 2 holders in front. The front two holders must wear chest protectors and headgear.
6. Holders will be provided, but participants may use their own holders if desired. Their holders will only be allowed on the competition floor during the participant's event and should wear a TKD uniform or black slacks & a white shirt. Only Martial Arts shoes are allowed on the mat.
7. Holders may only use one hand to hold the board the participant is attempting to break.
8. Holders and participants must remain in their respective, separate, 2 meter x 2 meter squares.
9. The participant who breaks the most boards will be declared the winner.
10. In the event of a tie for 1st place only, there will be one overtime round.

Overtime:

1. Participants will attempt to break as many 1/4 -inch pine boards (Demo 1s) as possible in 30 seconds.
2. If there is still a tie, both participants will be awarded 1st place.

NOT Counted - Broken boards will NOT be included in the final score for the following infractions:

1. The bottom of the board was held below the participant's waist
2. Participant stepped outside of their designated area
3. Broke with something other than the HEEL/BOTTOM of the foot, such as with the foot edge or instep.
4. The holder moved their wrist/hand to assist the breaking

Deductions:

1. Participant disobeys the referee's instructions (1 board deduction)
2. Unsportsmanlike conduct, being disrespectful, trying to distract other participants (1 board per occurrence)

Grounds for Disqualification (Score of 0):

1. Participant falls down or touches the ground with any part of the body besides the feet.
2. Participant or Holder crosses over any boundary line more than 3 times.
3. Participant breaks the board with foot edge or instep more than 3 times.