

2026 UNITED STATES SOO BAHK DO



MOO DUK KWAN NATIONAL FESTIVAL

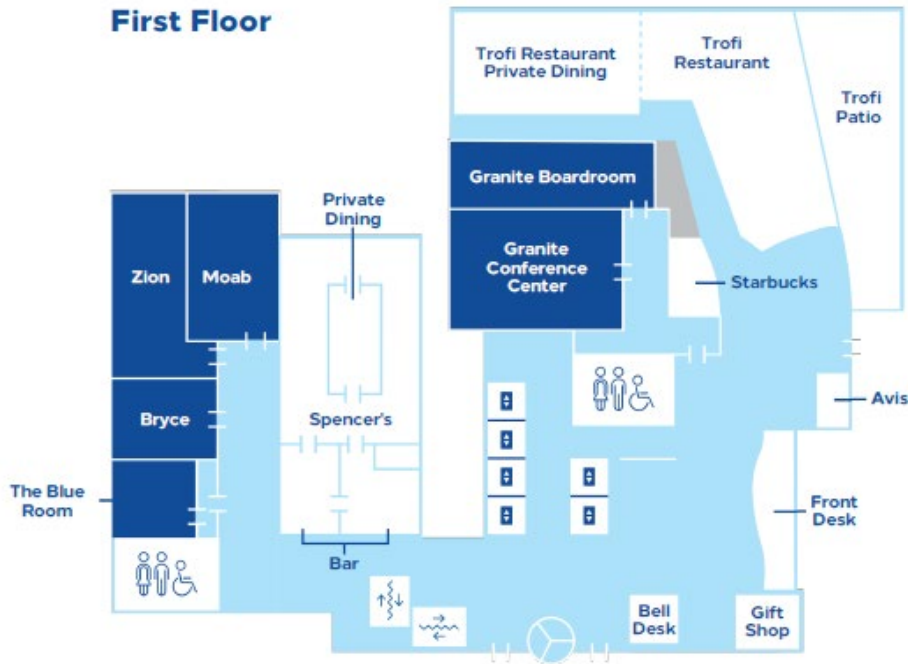


SALT LAKE CITY, UTAH

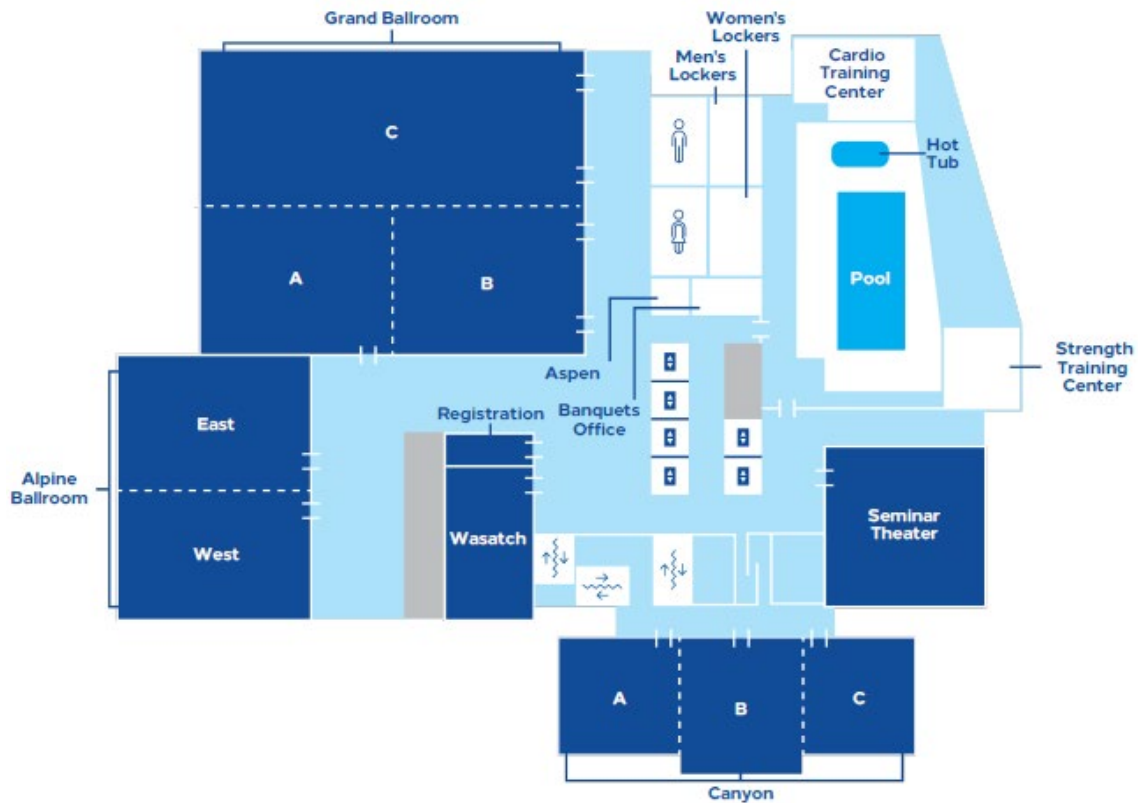
ELEVATE



First Floor



Second Floor





2026 NATIONAL FESTIVAL

Schedule of Events

Schedule of Events Thursday, July 16 th			
Time	Event	Attendees	Room Location
10:00-11:00am	Federation Officials & Representatives Training	<ul style="list-style-type: none"> • WSAT + WTAC • TAC & TAC Assistants • Regional Examiners • Board of Directors • Youth Leader SAT & National Representatives 	Moab
11:00-11:30am	Regional Examiner Meeting	REX (Do Bok)	Zion
12:00-1:00pm	Federation Officials Lunch Meeting	TAC, BOD, REX (Casual Attire)	Bryce
1:30-3:00pm	Board of Directors Meeting	BOD (Formal Attire)	Bryce
1:30-3:00pm	Regional Examiner Training	REX (Do Bok)	Moab
3:15-4:15pm	School Owner & Instructor Seminar	All Instructors, Assistants and School Owners	Moab
4:15pm	Line-up	All Members	Moab
4:30pm	Opening Ceremony	All Members	Moab
4:30-5:30pm	TAC Seminar Session # 1 <i>Refer to Thursday Seminar List (p. 5-6)</i>	All Members	<i>See Instructor List</i>
5:45-6:45pm	TAC Seminar Session # 2 <i>Refer to Thursday Seminar List (p. 5-6)</i>	All Members	<i>See Instructor List</i>
6:45pm	Closing Ceremony	All Members	Moab



Schedule of Events Friday, July 17 th		
Time	Event	Room Location
8:00am	Line-up	Grand Ballroom
8:15am	Opening Ceremony (Seminars)	Grand Ballroom
8:30-9:15am	Festival Seminar Session # 1 <i>Refer to Friday Seminar List (p. 7-9)</i>	<i>See Instructor List</i>
9:30-10:15am	Festival Seminar Session # 2 <i>Refer to Friday Seminar List (p. 7-9)</i>	<i>See Instructor List</i>
10:30-11:15am	Festival Seminar Session # 3 <i>Refer to Friday Seminar List (p. 7-9)</i>	<i>See Instructor List</i>
11:15am	Closing Ceremony (Seminars)	Grand Ballroom
11:15am-12:15pm	Lunch Break	-
12:15pm	Line-up	Grand Ballroom
12:30pm	Opening Ceremony (Competition)	Grand Ballroom
12:45pm - Close	Dan Competition (Individual) 1. Dan Hyung 2. Dan Kyok Pa (<i>14 years old and under</i>) 3. Dan Point Sparring 4. Dan Moo Do Sparring	Grand Ballroom
End of Competition	Closing Ceremony (Competition)	Grand Ballroom



Schedule of Events Saturday, July 18 th		
Time	Event	Room Location
8:15am	Line-up	Grand Ballroom
8:30am	Opening Ceremony <ul style="list-style-type: none"> Opening Remarks and Introductions Group Picture 	Grand Ballroom
8:45am	Regional Team Hyung Competition	Grand Ballroom
9:30am - 12:00pm	Gup Competition <ul style="list-style-type: none"> Hyung Kyok Pa Competition (14 & under) Sparring 	Grand Ballroom
12:00pm - 12:45pm	Lunch Break	-
12:00pm – 12:45pm	Silver Moo Do In [Live Zoom Session] <i>Conducted by DK Chang Sa Bom Nim, TAC Alumni</i>	Canyon B
1:00pm - Finish	Ko Dan Ja & Dan Team Competition <ul style="list-style-type: none"> Ko Dan Ja Hyung Regional Dan Team Sparring Ko Dan Ja Moo Do Sparring 	Grand Ballroom
At Close of Competition	Closing Ceremony	Grand Ballroom
6:30pm - 10:00pm	Banquet <i>(Formal Attire)</i> <i>Celebrating 51 Years in the U.S. and school owners who have contributed to our growth.</i>	Grand Ballroom [Banquet Ticket Holders]



2026 NATIONAL FESTIVAL

TAC Seminar Sessions

TAC Seminar Session # 1 Thursday, July 16 th 4:30 PM – 5:30 PM			
Seminar	Content	Attendees	Instructor / [Location]
#1	Sip Dan Khum Hyung / Partner Drills	7 th Dan & Above Members	Daymon Kenyon SBN Gu Dan Region 9 WSAT [Moab]
#2	Chil Sung Chil Ro Hyung Insights	6 th Dan Members	Jared Rosenthal SBN Chil Dan Region 10 TAC [Moab]
#3	Moo Do Sparring – Power of the Pause	4 th & 5 th Dan Members	Jeff Griggs SBN Pal Dan Region 8 TAC Alumni [Zion]
#4	Stillness in Motion with Chil Sung Il Ro Hyung	Silver Moo Do In (KDJ + Dan)	Frank Tsai SBN Chil Dan Region 1 TAC [Zion]
#5	Moo Do Sparring Strategies	Adult Dan Members	Sue Fittanto SBN Yuk Dan Region 8 TAC [Bryce]
#6	Elevate: The Next Generation Sparring Leader – Sun Sok Mi Strategy Lab	Dan Youth Leaders	Brian Corrales SBN Yuk Dan Region 8 TAC [Zion]
#7	Essentials in Hyung Performance	Adult Gup Members	Rodrigo Cruz SBN Chil Dan Region 4 TAC [Bryce]
#8	Improve Target Focus	Children Gup Members	Josh Lockwood SBN Chil Dan Region 9 TAC [Bryce]



2026 NATIONAL FESTIVAL

TAC Seminar Sessions

TAC Seminar Session # 2 Thursday, July 16 th 5:45 PM – 6:45 PM			
Seminar	Content	Attendees	Instructor / [Location]
#1	Sip Dan Khum Hyung / Partner Drills	7 th Dan & Above Members	Daymon Kenyon SBN Gu Dan Region 9 WSAT [Moab]
#2	Hwa Sun Refinement	6 th Dan Members & Above	Craig Hays SBN Pal Dan Region 6 WTAC [Grand Ballroom]
#3	Elevate Mastery: Ship Sam Seh and the 5 Internal Strategies in Close Range Defense	4 th & 5 th Dan Members	Brian Corrales SBN Yuk Dan Region 8 TAC [Grand Ballroom]
#4	Flow, Balance, and Internal Strength: Po Wol Hyung	Silver Moo Do In (KDJ + Dan)	Jenn Gibbons SBN Chil Dan Region 8 TAC [Canyon B]
#5	Effective Knife Defense	Adult Dan Members	Josh Lockwood SBN Chil Dan Region 9 TAC [Alpine East]
#6	Dynamic Sparring Combinations	Dan Youth Leaders	Rodrigo Cruz SBN Chil Dan Region 4 TAC [Alpine West]
#7	Jok Gi Application in Sparring	Adult Gup Members	Sean Oulashin SBN O Dan Region 10 REX TAC Assistant [Canyon C]
#8	Elevate Sparring with Foot Work and Jumping Drills	Children Gup Members	Carl Vonck SBN Yuk Dan Region 5 REX TAC Assistant [Canyon A]



2026 NATIONAL FESTIVAL

Festival Seminar Sessions

Festival Seminar Session # 1 Friday, July 17 th 8:30 AM – 9:15 AM			
Seminar	Content	Attendees	Instructor / [Location]
#1	Ki Sul from the Ground	<ul style="list-style-type: none"> Children Gup Members 	Frank Tsai SBN Chil Dan Region 1 TAC [Canyon A]
#2	Free Your Hu Ri - Fuel Your Performance: Balance & Mobility Warm-ups for Kicking	<ul style="list-style-type: none"> Adult Gup Members 	Carly Burris SBN Sa Dan Region 10 REX [Canyon C]
#3	Inside to Outside – Application of Shim Gung, Neh Gung, Weh Gung through Movement	<ul style="list-style-type: none"> Dan Members Ko Dan Ja 	Jack Kelly SBN Chil Dan Region 7 [Alpine East]
#4	Got Pain? Train: Incorporate current science into Weh Gung, Neh Gung and Shim Gung	<ul style="list-style-type: none"> Adult Gup Members Dan Members Ko Dan Ja Silver Moo Do In 	Chuck Smith SBN Chil Dan Region 10 [Canyon B]
#5	Common Sports Injuries and Treatment for Instructors	<ul style="list-style-type: none"> School Owners Instructors 	Joe Scholz SBN Chil Dan Region 9 [Seminar Theater]
#6	Moo Do Strategies for Tournament Competition	<ul style="list-style-type: none"> Dan Members Ko Dan Ja 	Tory Mitchell SBN Sa Dan Region 8 REX [Grand Ballroom]
#7	Senior Ko Dan Ja Session #1	<ul style="list-style-type: none"> 7th Dan & Above Members 	WSAT / WTAC [Moab]



2026 NATIONAL FESTIVAL

Festival Seminar Sessions

Festival Seminar Session # 2 Friday, July 17 th 9:30 AM – 10:15 AM			
Seminar	Content	Attendees	Instructor / [Location]
#8	Improve Kyok Pa Capability	<ul style="list-style-type: none"> Children Gup Members 	Sue Fittanto SBN Yuk Dan Region 8 TAC [Canyon A]
#9	Elevate Il Soo Sik Through Dynamic Application	<ul style="list-style-type: none"> Adult Gup Members 	Josh Lockwood SBN Chil Dan Region 9 TAC [Canyon C]
#10	Sam Kwon Kong Kyuk (Part II): Versatile Applications	<ul style="list-style-type: none"> Dan Members Ko Dan Ja 	Elaine Phillips SBN Yuk Dan Region 2 REX [Alpine East]
#11	Po Wol, Jang Kwon Do & the Lymph System	<ul style="list-style-type: none"> Dan Members Ko Dan Ja Silver Moo Do In 	Andy Hamer SBN Yuk Dan Region 8 REX [Canyon B]
#12	Ko Dan Ja Candidate Readiness Workshop: <i>Prepare, Perform, Succeed</i>	<ul style="list-style-type: none"> Sam Dan Members 	Jeff Griggs SBN Pal Dan Region 8 TAC Alumni [Zion]
#13	How to develop leadership in children that helps scale your business	<ul style="list-style-type: none"> School Owners Instructors 	Tory Mitchell SBN Sa Dan Region 8 REX [Seminar Theater]
#14	Sun Sok Mi in Kyok Pa (Speed Breaking)	<ul style="list-style-type: none"> Dan Members Ko Dan Ja 	Brian Corrales SBN Yuk Dan Region 8 TAC [Grand Ballroom]
#15	Senior Ko Dan Ja Session #2	<ul style="list-style-type: none"> 7th Dan & Above Members 	WSAT / WTAC [Moab]



2026 NATIONAL FESTIVAL

Festival Seminar Sessions

Festival Seminar Session # 3 Friday, July 17 th 10:30 AM – 11:15 AM			
Seminar	Content	Attendees	Instructor / [Location]
#16	Practical Application of Il Soo Sik	<ul style="list-style-type: none"> Children Gup Members 	Sean Oulashin SBN O Dan Region 10 REX TAC Assistant [Canyon A]
#17	Moo Do Sparring – Applying Um/Yang Concepts	<ul style="list-style-type: none"> Adult Gup Members 	Tim Clyde SBN Chil Dan Region 3 REX [Canyon C]
#18	Practical Defense – Application of Chil Sung Hyung	<ul style="list-style-type: none"> Dan Members Ko Dan Ja 	Joe LaJoice SBN Yuk Dan Region 5 REX [Alpine East]
#19	Improved Performance with Enhanced Um / Yang Nae-Kong	<ul style="list-style-type: none"> Dan Members Ko Dan Ja 	DK Chang SBN Pal Dan Region 9 TAC Alumni [Grand Ballroom]
#20	Staying Healthy with the O Heng Connection Inside to Outside	<ul style="list-style-type: none"> Dan Members Ko Dan Ja Silver Moo Do In 	Daniel Bannard SBN Pal Dan Region 3 [Bryce]
#21	Ground Sparring Fundamentals – Part II	<ul style="list-style-type: none"> Dan Members Ko Dan Ja 	Mike Kelly SBN Chil Dan Region 7 REX [Grand Ballroom]
#22	Scaling in the Digital World	<ul style="list-style-type: none"> School Owners Instructors 	Brian Corrales SBN Yuk Dan Region 8 TAC [Seminar Theater]
#23	Senior Ko Dan Ja Session #3	<ul style="list-style-type: none"> 7th Dan & Above Members 	WSAT / WTAC [Moab]



NATIONAL COMPETITION RULES

UNITED STATES SOO BAHK DO MOO DUK KWAN FEDERATION ®

TECHNICAL ADVISORY COMMITTEE

2026 | Version 4.0



National Competition Rules

UNITED STATES SOO BAHK DO MOO DUK KWAN FEDERATION, INC. ®

Hyung (Form) Competition Overview

- Competitors will demonstrate one Hyung that meets their rank division requirements.
- Average Scores for each Rank
 - Gup Members: 7.5
 - Dan Members: 8.5
 - Ko Dan Ja Members: 9.5
- Scores from each of the five judges are recorded.
- The high and low score are removed from the average to calculate the final score for each competitor.
- Judges will directly adjust/reduce their scores should mistakes be made (i.e. long pauses/hesitation, incorrect techniques/sequence, etc.). There is no specific point deduction requirement, judge's discretion based on overall performance.
- In the case of a tie, the high and low scores are then added back in to settle the tie. If there is still a tie, the competitors will demonstrate again. The judges will then vote for one competitor or the other by a show of hands. Competitors may perform the same Hyung to break a tie.
- In the case of a 3-way tie, competitors will perform a Hyung again and judges will score. If there is another 2-way tie, then the show of hands process would be followed.

TAC Approved Hyung Divisions

Rank	Age Category / Division								
White Belt	6 & under	7-8	9-10	11-14	15-17	18-30	31-45	46-59	60+
Orange Belt	6 & under	7-8	9-10	11-14	15-17	18-30	31-45	46-59	60+
Green Belt	6 & under	7-8	9-10	11-14	15-17	18-30	31-45	46-59	60+
Red Belt		7-8	9-10	11-14	15-17	18-30	31-45	46-59	60+
Adaptive	15 & under	15 +							
Cho Dan			10 & under	11-14	15-17	18-30	31-45	46-59	60+
E Dan				11-14	15-17	18-30	31-45	46-59	60+
Sam Dan				11-14	15-17	18-30	31-45	46-59	60+
Ko Dan Ja	Sa Dan	O Dan	Yuk Dan	Chil Dan	50+	SMDI			

* Divisions may be adjusted based on participation * SMDI (Silver Moo Do In Member)



National Competition Rules

UNITED STATES SOO BAHK DO MOO DUK KWAN FEDERATION, INC.®

TAC Approved Hyung

Gup Divisions	Dan Divisions	Ko Dan Ja Divisions
<u>White Belt</u> Gi Cho Hyung Il Bu Gi Cho Hyung E Bu Gi Cho Hyung Sam Bu	<u>Cho Dan</u> Chil Sung Il Ro Hyung Du Moon Jin Do Nai Han Ji E Dan	<u>Sa Dan</u> Chil Sung O Ro Hyung Yang Pyun Wang Shu Sei Shan
<u>Orange Belt</u> Gi Cho Hyung E Bu Gi Cho Hyung Sam Bu Pyung Ahn Cho Dan	<u>E Dan</u> Chil Sung Sam Ro Hyung Joong Jul Ro Hai Nai Han Ji Sam Dan	<u>O Dan</u> Chil Sung Yuk Ro Hyung Sal Chu O Ship Sa Bo Ji On
<u>Green Belt</u> Pyung Ahn Cho Dan Pyung Ahn E Dan Pyung Ahn Sam Dan Pyung Ahn Sa Dan	<u>Sam Dan</u> Chil Sung Sa Ro Hyung Po Wol Kong Sang Koon Ship Soo	<u>Yuk Dan</u> Chil Sung Chil Ro Hyung Choong Ro Hwa Sun
<u>Red Belt</u> Pyung Ahn Sa Dan Pyung Ahn O Dan Passai Hyung Nai Han Ji Cho Dan Chil Sung E Ro Hyung		<u>Chil Dan</u> Chil Sung Chil Ro Hyung Choong Ro Hwa Sun
		<u>Silver Moo Do In</u> Rank Appropriate Hyung Sip Dan Khum Hyung

* Recently promoted members may choose to demonstrate a Hyung from the previous rank

*Silver Moo Do In competitors may choose a rank appropriate Hyung from the list above or Sip Dan Khum Hyung



National Competition Rules

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Dae Ryun (Sparring) Competition Overview

- Gup Members may compete in Point Sparring.
- Dan Members may compete in Point Sparring, Moo Do Sparring or both.
- Ko Dan Ja may compete in Moo Do Sparring.
- **Protective Gear:**
 - All participants must wear the following: headgear, mouthpiece, groin cup (men) & hand pads (covering knuckles only). Full hand, foot and body protective gear is prohibited (shin pads are acceptable).
 - Hand pads must be white cloth gear. No other gear is permitted.
- **Contact Rules:**
 - **The INTENT of the event is NON-CONTACT.**
 - **Contact is discouraged and is not required to score a point.** Light contact may occur when blocking. A point is awarded without making contact as long as the weapon is in line with the target carrying sufficient controlled power, landing within a reasonable distance (age and rank ability are factored into the expected distance to score a point). Spin kicks can score a point if the weapon passes in front or over the top of the head within a reasonable distance and the defender makes no reasonable attempt to evade or block the technique.
 - Contact to the face is prohibited. A contact warning will be issued for any contact to the face.
 - A contact warning is issued for excessive contact to the side of the helmet or Do Bok. Excessive contact is anything beyond a light touch. Any rocking of the head or body is considered excessive contact.
 - A contact warning may not be issued if the defender runs into the attack and the attacker makes a reasonable effort to pull back on the attack.
 - Contact Warning with Disqualification Criteria:
 - Egregious contact; contact that causes bleeding, heavy swelling, or “knocking the wind out” of the other contestant.
 - Contact to the face or body that renders a contestant unconscious or unable to continue
 - Intentional contact or acts that are meant to do harm.



National Competition Rules

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Point Dae Ryun Rules

- Blue & Red flags are used to signify each contestant in the ring.
- Each match is two minutes (time runs consistently throughout the match).
- Target Areas: Front portion of the body (above the belt and the face, from the top of the forehead down and from the ears forward (back of the head and top of the head are illegal target areas). The line of any boundary area is considered a fair target.
- Sweeping is allowed for Dan members only (not Gup Members) if the sweep is localized to the backside of the opponent's foot and nowhere above the ankle, not to the shin, not to the knee. Attempting a sweep in an unsafe way will result in a warning call. Should a sweep be followed by an effective counter – this exchange would result in one point (there is no point for the sweep).
- No grabbing / holding allowed (maximum allowable is one second or less). Goal should be a clearing action connected to a counter attack instead of grabbing.
- 3 Foot Rule – a competitor with both feet in the ring can score a point, but the competitor with one foot out of the ring cannot score a point. Note: if a competitor has two feet outside of the ring, no one can score a point.
- **Judging**
 - The center judge stops the match once a call is communicated. Each judge casts a vote.
 - There must be a majority of votes and confirmation (minimum of two votes) to award a point.
 - A Blue or Red flag will signify one vote for that contestant.
 - Three flags of one color is an automatic point for that competitor.
- **1 Point Calls:**
 - All basic hand and foot techniques to the allowable target areas
- **2 Point Calls:**
 - Any spinning or jumping kick (trailing leg above opponent's knee)
 - A sidestep with a block and counter attack. NOTE: Moving backwards and/or back in to a Hu Gul Jaseh with a defensive technique will not count for two points if coupled with an effective counter attack.
 - A defensive Kyo Cha Rip Jaseh with a successful defensive block followed by an effective counter attack (such as a Teullo Jang Gap Kwon, Peet Cha Gi, Dollyo Cha Gi, etc.
 - Two judges must confirm a 2 point call in order for 2 points to be awarded
- **3 Point Calls**
 - A jump spinning technique with the base leg above the opponent's belt
 - Two judges must confirm a 3 point call in order for 3 points to be awarded
- **No See** (crossed flags in front of the judge's eyes)
 - Is excluded from the vote. The judge was unable to clearly see the exchange.
- **No Point** (crossed flags towards the ground)
 - Is a vote against a point for either competitor.
- **Contact Calls**
 - A contact warning must be confirmed by two votes.
 - If a competitor receives 2 separate contact warning calls, this will result in automatic disqualification.
 - See Dae Ryun Competition Overview for complete contact rules
 - **Contact with Disqualification** – causing bleeding or excessive contact will result in disqualification.
- **Automatic No Point Scenarios:**
 - 2 Red Point, 1 Blue Point, 1 No See, 1 No Point (there is no majority)
 - 1 Red Point, 4 No See (there is no confirmation for the point)
- **Sudden Victory Rule:**
 - If there is a tie at the end of the two-minute match, the competitor that scores the next point will be declared the winner of the match.



National Competition Rules

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Moo Do Dae Ryun Rules

- Red & Blue Flags are used to signify each contestant in the ring.
- Each round is twenty seconds. Best out of five rounds wins the match. All five rounds will be completed.
- The competitor that demonstrates the best use of both defensive and offensive skills while demonstrating the Moo Do Values in action wins the round.
- Each judge casts a vote.
- The competitor with the majority of votes wins the match.
- Moo Do Sparring uses the same division structure as Point Sparring.

* NOTE: Review “Building Productive Habits with Warm Up Drills” (2020 TAC Tour Document) to develop effective Moo Do Dae Ryun habits.

TAC Approved Sparring Divisions

Rank	Age Category / Division								
	* Ages 14 and under are combined Male & Female competitors * Ages 15 and above will be divided by Male & Female competitors								
White Belt	6 & under	7-8	9-10	11-14	15-17 M F	18-30 M F	31-45 M F	46-59 M F	60+ M F
Orange Belt	6 & under	7-8	9-10	11-14	15-17 M F	18-30 M F	31-45 M F	46-59 M F	60+ M F
Green Belt	6 & under	7-8	9-10	11-14	15-17 M F	18-30 M F	31-45 M F	46-59 M F	60+ M F
Red Belt		7-8	9-10	11-14	15-17 M F	18-30 M F	31-45 M F	46-59 M F	60+ M F
Adaptive	15 & under	15 +							
Cho Dan			10 & under	11-14	15-17 M F	18-30 M F	31-45 M F	46-59 M F	60+ M F
E Dan				11-14	15-17 M F	18-30 M F	31-45 M F	46-59 M F	60+ M F
Sam Dan				11-14	15-17 M F	18-30 M F	31-45 M F	46-59 M F	60+ M F
Ko Dan Ja	21+	50+							

* Divisions may be adjusted based on participation



National Competition Rules

UNITED STATES SOO BAHK DO MOO DUK KWAN FEDERATION, INC. ®

Regional Team Hyung (Form) Competition

Rank	Age Category / Division		
Dan Members	Youth Team: 17 & under	Adult Team: 18+	Senior Team: 50+

Team Hyung Overview

• Team Selection

- Regional Examiners select teams to represent their Region (more than one team permitted in each division).
- Each Team needs their demonstration approved by a TAC member prior to the competition.

• Team Composition

- All team members must be Dan Members (3 or 4 person team allowed).
 - The age category of the majority will determine the division
 - If there is no majority the team will participate in the youngest division
- Maximum of two forms can be combined (example: Passai and Chil Sung Sam Ro Hyung).
 - Rank appropriate Hyung should be chosen based on the rank of the junior member of the Team.
- Maximum of two sparring sequences per Team Form.
 - Each sparring sequence will be limited to five techniques per person.
 - Either the offensive or defensive technique in any given exchange needs to be taken from one of the two Hyung that have been combined. In other words, if a technique is performed in the sparring sequence that is not from either Hyung, an offensive or defensive technique needs to be performed at the same time to justify the “other” technique’s existence in the sparring sequence.
- No breaking techniques allowed.
- No acrobatic movements allowed. Tumbling is allowable if justified in a sparring sequence per the requirements listed above.
- The time limit for Team Hyung is 3 minutes.
- Any team not meeting the above criteria at the National Competition will be disqualified.

• Team Elimination Rule

- Each division shall be managed independently and shall not be merged or competed against each other.
- In the case of only one team registering in a division, the team shall give their performance and be scored normally, then publicly acknowledged as the winner of their division by default.

• Scoring

- The Technical Advisory Committee system for scoring Regional Team Hyung consists of 5 judges seated in a straight line facing the team and awarding scores for the Team’s performance in:
 - Technical
 - Artistic
- Forms will be judged according to normal Hyung criteria, group synchronization and creative application.
- The high score and low score are disregarded, and the remaining three scores are averaged to arrive at the Hyung Team's score. The high and low score will be used in the event of a tie.



National Competition Rules

UNITED STATES SOO BAHK DO MOO DUK KWAN FEDERATION, INC. ®

Regional Team Dae Ryun (Sparring) Competition

Rank	Age Category / Division		
Dan Members	Youth Team: 12 & under	Teen Team: 13-17	Adult Team: 18+

Team Dae Ryun Overview

• Team Selection

- Regional Examiners select teams to represent their Region at the National Festival.
- As each Region will sponsor their teams, the Region reserves the right to add a team member (or members) from another Region should they not be able to field a team(s) from members within their Region. This is allowable only if that the team member's instructor + REX agrees and the sponsoring Region's REX approves.

• Team Composition

- Each Team shall be comprised of 4 members (2 females & 2 males) - there is no exception to this rule.
- Each Team shall have one Captain.

• Rules

- The Regional Team Dae Ryun competition will use the same rules as Point Dae Ryun.
- The designated TAC Official will meet with the Team Captains before the competition and hold a drawing to determine the Team match brackets.
- The two teams will line up on the sides of the ring.
- The center referee will ask both teams to send out their first representative and then alternate thereafter.
 - The center referee will hold a drawing to determine which team sends out their first competitor.
 - The competitors must compete against those of the same gender.
- The first team to win three matches will be declared the winner.
- If a tie exists at the end of four matches:
 - The first procedure will be to add all scores (points) together. The team with the higher total of points will be declared the winner.
 - The second procedure will be for both Team Captains to select a tie-breaking match between the competitors of their choice (sudden win rule applies).
 - A drawing will determine which team will choose the first competitor.
- Only the Team Captain is allowed to approach the Center Referee regarding any discrepancies or questions during the match.
- If discrepancies cannot be resolved they will be presented to a TAC Official for further review.



National Competition Rules

UNITED STATES SOO BAHK DO MOO DUK KWAN FEDERATION, INC.®

Kyok Pa (Breaking) Competition Overview

- Plastic rebreakable boards with progressive degree of difficulty will be provided (*Board Levels – 1. White, 2. Yellow, 3. Orange, 4. Green*).
 - All competitors attempt to break with the same technique & same color board specified by the center referee of each round.
 - Techniques and degree of board difficulty will vary for each round in each division.
 - The top three competitors are determined by process of elimination.
 - Competitors get ONE opportunity to break the board in each round.
 - If competitors fail to break and the top three cannot be determined, the competitors will progress to a new round.
- **Process**
- Competitors form straight line facing the head table for initial bow in to the judges.
 - Center judge will assign one board holder for all competitors. NOTE: one or more judges could be assigned to feed boards to the holder as needed and/or help hold for higher ranks / board level difficulty. One judge should be assigned to supervise scorekeeping.
 - Competitors will line up facing East or West in the ring (inside of the room facing out towards the spectators) to bow in to all judges including board holder (backs are not to the head table, holder will hold the board towards the spectators).
 - Round 1 starts with the lowest level board appropriate for that division & progress as needed to more difficult levels for each round.
 - Each competitor attempts to break with assigned kick (one attempt w/ leg of their choice) per the list below:
 - White / Orange / Green Belts - (1) Front Kick, (2) Side Kick, (3) Jump Front Kick, (4) Jump Side Kick
 - Red Belts and Dan Members - (1) Front Kick, (2) Side Kick, (3) Jump Front Kick, (4) Jump Side Kick, (5) Back Kick, (6) Jump Back Kick
 - After each competitor attempts their break, they step back and remain standing in a single file line. NOTE: The board holder will move to the next competitor; competitors don't move.
 - At the end of each Round, the Center Referee will ask those that did not break to step back and assess if those competitors can be seated if they are out of medal contention. If not, those members will move to the next round.
 - Once Round 1 is completed using the same board level, holder will change to the next board level as needed and repeat technique progression as listed above for Round 2 (and so on for Round 3, 4, etc.).
 - Center Referee's discretion to choose additional kicking techniques should the progression above be finished with all board levels without declaring a winner.
 - This process will continue until there is one competitor left.
 - 1st, 2nd and 3rd place are determined by their advancement in each round.
 - All Competitors reform line facing East or West and bow out to judges before returning to original line for final bow out to judges and head table.

TAC Approved Kyok Pa Divisions

Rank	Age Category / Division			
White Belt	6 & Under	7-8	9-10	11-14
Orange Belt	6 & Under	7-8	9-10	11-14
Green Belt	6 & Under	7-8	9-10	11-14
Red Belt		7-8	9-10	11-14
Adaptive	14 & Under			
Cho Dan			10 & Under	11-14
E Dan				11-14
Sam Dan				11-14

* Divisions may be adjusted based on participation