

Martial Arts Hastings Tournament Rules & Guidance



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General Information

Timings of event

These will be confirmed within 1 week of the Tournament to all competitors via email

- 08:30 - All judges and volunteer helpers to arrive
- 09:00 - General admission to all competitors, families, and supporters (free to enter)
- 09:30 - White belt competition starts
- 10:30 - Yellow belt competition starts
- 11:30 - Blue belt competition starts
- 12:30 - All Red and Brown belt (up to 1 black stripe) competitions start
- 13:30 - All Brown belts (2 stripes and above) competitions start
- 15:00 - Stand Up grappling competitions start
- 16:00 - All Black Belt Competitions Start
- 17:30 - Event expected to end

Event Information

- All tournament entries are to be made online via our designated tournament system
- No entries can be made on the day of tournament
- **Competitors must arrive at least 30 mins prior to guideline start times**
 - **Timings confirmed 1 week before tournament**
- Competitions will not be delayed if competitors are not present
- Spectators, friends and family enter **free of charge**

Uniform Requirements

- A full training uniform is required that consists of:
 - Training top/jacket: No metal poppers/zips are allowed on tops
 - T-shirt under training top/jacket
 - Full length training trousers: No metal poppers/zips are allowed on trousers
- Martial arts belt donating colour or black belt rank
- Bare foot is required (unless medical reasons prevent)

Belt Ranks

- Belt rank categories are based on your last full belt obtained
 - For example a yellow belt with a stripe is classed as a yellow belt
- Belt rank categories, or age groups, may be combined based on number of entrants
- Belt ranks may use any other belt rank as a partner, common sense health & safety will apply if significant difference in height & weight is present

Empty Hand Forms

This division is open only to registered Han Guk Mu Sool® students.

Competitors must perform the **required empty hand form for their rank and age group**.

Each competitor starts with a score of **10**.

Judging follows a fixed sequence.

- Judges first apply any deductions for incorrect demonstration of the required form.
- Judges then assess performance quality based only on what was actually demonstrated.

Points are not deducted twice for the same mistake.

Correct Form Requirement

If a competitor performs the wrong form, an **automatic deduction of 5 points** is applied.

If the correct form is demonstrated but contains imperfections:

- Minor errors in sequence or direction: **Deduct 1 point**
- Clear or repeated errors, or omission of sections: **Deduct 2 points**
- Severe breakdown or inability to complete the form: **Deduct up to 3 points**

Performance Quality

After applying any required form deduction, judges deduct further points based on three performance qualities.

- **See Clearly:** Focus, awareness and composure
- **Move with Strength:** Balance, structure and quality of movement
- **Breathe Deeply:** Rhythm, breath control and appropriate use of **Ki Hahp**

For each quality:

- Minor weakness: Deduct 1 point
- Clear or repeated weakness: Deduct 2 points
- Major breakdown: Deduct up to 3 points

Performance deductions should reflect the quality of the material that was successfully demonstrated.

Weapons

This division is open only to registered Han Guk Mu Sool® students.

Competitors must perform the **required Weapons demonstration for their rank and age group**.

Each competitor starts with a score of **10**.

Judging follows a fixed sequence.

- Judges first apply any deductions for incorrect demonstration of the required material.
- Judges then assess performance quality based only on what was actually demonstrated.

Points are not deducted twice for the same mistake.

Correct Material Requirement

If a competitor performs the wrong material, an **automatic deduction of 5 points** is applied.

If the correct material is demonstrated but contains imperfections:

- Minor errors in sequence or direction: **Deduct 1 point**
- Clear or repeated errors, or omission of sections: **Deduct 2 points**
- Severe breakdown or inability to complete the form: **Deduct up to 3 points**

Performance Quality

After applying any required material deduction, judges deduct further points based on three performance qualities.

- **See Clearly:** Focus, awareness and composure
- **Move with Strength:** Balance, structure and quality of movement
- **Breathe Deeply:** Rhythm, breath control and appropriate use of **Ki Hahp**

For each quality:

- Minor weakness: Deduct 1 point
- Clear or repeated weakness: Deduct 2 points
- Major breakdown: Deduct up to 3 points

Performance deductions should reflect the quality of the material that was successfully demonstrated.

Techniques

This division is open only to registered Han Guk Mu Sool® students.

Competitors must perform **3 required techniques for their rank and age group**.

Each competitor starts with a score of **10**.

Judging follows a fixed sequence.

- Judges first apply any deductions for incorrect demonstration of the required techniques.
- Judges then assess performance quality based only on what was actually demonstrated.

Points are not deducted twice for the same mistake.

Correct Techniques Requirement

If a competitor performs the wrong techniques, an **automatic deduction of 5 points** is applied.

If the correct techniques are demonstrated but contain imperfections:

- Minor errors in sequence or direction: **Deduct 1 point**
- Clear or repeated errors, or omission of sections: **Deduct 2 points**
- Severe breakdown or inability to complete the techniques: **Deduct up to 3 points**

Performance Quality

After applying any required techniques deduction, judges deduct further points based on three performance qualities.

- **See Clearly:** Focus, awareness and composure
- **Move with Strength:** Balance, structure and quality of movement
- **Breathe Deeply:** Rhythm, breath control and appropriate use of **Ki Hahp**

For each quality:

- Minor weakness: Deduct 1 point
- Clear or repeated weakness: Deduct 2 points
- Major breakdown: Deduct up to 3 points

Performance deductions should reflect the quality of the material that was successfully demonstrated.

Demonstration

Demonstrations may include: Empty hand forms, Weapons forms, Choreographed routines, Creative martial arts performances.

This division is open only to registered Han Guk Mu Sool® students.

Competitors may present any martial arts demonstration of their choice. Demonstrations may be performed solo or may involve additional participants. The score is awarded to the named competitor only.

You are not permitted to perform an Empty Hand Form already demonstrated within the Empty Hand Forms Division.

Music may be used. Competitors are responsible for providing and operating any equipment required for playback. No audio equipment will be supplied by the Tournament.

Each competitor starts with a score of 10, Judging follows a fixed sequence.

- Judges assess the demonstration as a complete performance.
- Judges consider how effectively the named competitor performs, leads and contributes throughout the demonstration.
- Judges do not assess style-specific content, only overall performance quality.

Duration Guidance: Demonstrations should normally last between 30 seconds and 2 minutes. Demonstrations slightly outside this range may receive no deduction if judges are still able to clearly assess performance quality. Demonstrations clearly shorter than 30 seconds or longer than 2 minutes may receive a deduction of up to 1 point.

Extremely short or excessively long demonstrations that significantly affect division flow may receive a deduction of up to 2 points at the judges' discretion.

Judges deduct points based on three core performance qualities.

- See Clearly: Focus, awareness, confidence and clarity of intention
- Move with Strength: Balance, structure, coordination, control and quality of movement
- Breathe Deeply: Rhythm, breath control, performance presence and appropriate use of Ki Hahp

For each quality:

- Minor weakness: Deduct 1 point
- Clear or repeated weakness: Deduct 2 points
- Major breakdown affecting the overall performance: Deduct up to 3 points

Deductions should reflect the overall quality and impact of the demonstration rather than isolated small mistakes.

Points Sparring

This division is open only to registered Han Guk Mu Sool® students.

Equipment Requirements: ([Example Kit Here](#))

- Hand and foot guards must fully cover fingers and toes.
- Min 10oz Gloves to be worn by Adults ([Example Kit Here](#))
- A head guard and mouthpiece must be worn at all times during competition.
- Biological males must wear a groin guard.
- Glasses must either be removed or protected with a foam-type head guard featuring a full-face shield.

Sparring Rules (Ultra-light Contact Only):

The following actions are prohibited and may lead to warnings or disqualification:

- Strikes that cause the opponent's head to snap back or visible windedness or injury.
- Excessive force causing the opponent to step back due to impact.
- Drawing blood or visible injury.
- Blind or uncontrolled strikes (without visual targeting or reckless jump/spin motions).
- Elbow strikes.
- Deliberate strikes outside of the designated scoring areas.
 - The scoring area for points is above the belt and forward of the centre line of the body.

Scoring System:

- **2 points:** Kick to the head.
- **1 point:** Hand strike to the head or any valid strike to the body.
- **Valid Scoring Area:** Front torso, above the belt line, forward of the body's centreline.
- Matches run for a maximum of **2 minutes** or until a competitor achieves a **5-point spread** (e.g., 5–0, 6–1).

Warning and Disqualification System:

The Centre Judge manages and directs all actions within the sparring ring:

- **First Warning:** Noted by scorekeeper (no deduction).
- **Second Warning:** Opponent awarded 1 point.
- **Third Warning:** Competitor disqualified from the match.

Byes:

Depending on the number of competitors, some participants may automatically advance one round without sparring ("bye"). Byes may be predetermined or allocated by the Centre Judge as necessary.

Stand-Up Grappling (Age 16+)

This division is open only to registered Han Guk Mu Sool® students.

1. Competition Objective

The goal of a Han Guk Mu Sool stand-up grappling match is to control, destabilise, or throw the opponent using upright grappling techniques without the use of strikes or ground fighting. The emphasis is on balance, posture, control, and technique rooted in traditional Han Guk Mu Sool principles and the fighting platforms.

2. Match Format

- **Duration:** 2 rounds of 2 minutes each with a 1-minute rest between rounds. Final rounds may be extended to 3 minutes.
- **Victory Conditions:**
 - Highest points scored by the end of the match.
 - Clean throw with full control (4 point-equivalent - NET).
 - Technical superiority (e.g. repeated clean takedowns).
 - Opponent disqualification or withdrawal.

3. Scoring System

- **1 Point** – Off-balancing opponent to lose balance, with them placing single knee or hand to the floor, by utilising push/ pull controlled movement.
- **2 Points** – Partial takedown with opponent landing on knees or seat without full control.
- **3 Points** – Clean takedown with control, opponent lands on back or side.
- **4 Points (Full Score)** – Executed throw with full control, balance, and technique, opponent lands flat on back. This may end the match immediately.

4. Legal Techniques

- Gripping of uniform (Dobok or jacket) or limbs for control.
- Push/ pull/ blocking system
- Sweeps, trips, hip throws, and reaps (leg crossing).
- Full technical throws
- Body locks and clinch control.
- Joint movement to off-balance (limited to standing control – not submissions).
- Foot positioning and internal pressure (root control principles of Han Guk Mu Sool).

5. Illegal Actions

- Strikes of any kind (punches, kicks, elbows, knees).
- Attacks to the groin, spine, or throat.
- Head or neck locks
- Intentional joint locks to submission or injury.
- Throws that spike or endanger the head/neck.
- Ground grappling or pinning once both knees touch the ground.
- Pulling guard or intentional sitting.
- Use of banned grips (e.g. fingers inside sleeves or collars).
- Illegal or throws that deemed to be unsafe or dangerous

6. Attire

- Competitors must wear the official **Han Guk Mu Sool® or Plain Black grappling uniform** (10-14 Oz recommended or competition Gi).
- The belt must be securely tied.
- No jewellery, watches, or metal hairpieces.

7. Safety and Conduct

- Respect and martial etiquette must be always upheld.
- The referee has the authority to pause, reset, or stop the match for safety.
- The referee has the authority to conduct a skills test of competitors.
- Repeated rule violations may lead to warnings, point deductions, or disqualification.
- Coaches may communicate respectfully from the sidelines but cannot interfere with the match.

8. Referee Decisions

- The referee's decision is final.
- Protests must be filed through official channels within 30 minutes post-match.
- Any dispute will be settled by the Chief Master or independent Chief Instructor or (deputy) Chief Instructor

9. Divisions

Adult Female Categories (Dobok included)

Category	Weight Range (kg)
Rooster	up to 48.5
Light Feather	>48.5 – 53.5
Feather	>53.5 – 58.5
Light	>58.5 – 64.0
Middle	>64.0 – 69.0
Medium Heavy	>69.0 – 74.0
Heavy	>74.0 – 79.3
Super Heavy	over 79.3

Adult Male Categories (Dobok included)

Category	Weight Range (kg)
Rooster	up to 57.5
Light Feather	>57.5 – 64.0
Feather	>64.0 – 70.0
Light	>70.0 – 76.0
Middle	>76.0 – 82.3
Medium Heavy	>82.3 – 88.3
Heavy	>88.3 – 94.3
Super Heavy	>94.3 – 100.5
Ultra Heavy	over 100.5

A weigh in can be conducted at the referee's discretion

Other General Guidance

Medal Information

- Medals will be awarded for 1st, 2nd, 3rd & 4th positions
- Based on entrant numbers, judges may award joint positions for a competition
 - For example joint 4th, 3rd or 2nd, but never joint 1st