



One Legacy International Taekwon-Do Federation Ground Technique Rules

ONE LEGACY INTERNATIONAL TAEKWON-DO FEDERATION

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Overview

Ground Techniques are included within the philosophy of General Choi Hong Hi. They have never been introduced in ITF competition and have been neglected, like many other techniques. One legacy International Taekwon-do Federation will be introducing the Ground Techniques into our competition.

1. Compulsory Equipment

- Approved Headgear, Gloves, Boots, Mouthguard are compulsory.
- Knee pads and groin guards (male) are optional. These must be in either red or blue gear only.

2. Ring Size

- 4 metres x 4 metres is the official size of the competition Mat.
- 1 metre outline bordering this area.

3. Round Durations

- Adult (over age 18) - 2 x 1 Minute rounds with a 30 second break in between.
- One extra round for draws. Any further draws will be decided by umpires.
- Other Age groups (Under age 18) - 2 x 45 second rounds with a 30 second break in between.
- One extra round for draws. Any further draws will be decided by umpires.

4. Judges and Officials

- 1 Centre Referee.
- Minimum of 2 scoring Judges. These 2 Judges must be standing.
- 1 Jury President.



5. Scoring

- Legal hand techniques to body - 1 point
- Kick to the body - 2 points
- Kick to the head - 3 points
- Punch to the head 2 points
- Flick back fist to the head - 2 points (must be retracted).
- Excessive force and follow through on techniques - (-1) point .
- If injury occurs as a result of excessive contact - Disqualification.

6. Fouls

- Moving outside the ring - Warning
- pushing someone out of the ring - Warning
- Avoid Fighting - Warning
- Every three warnings combined – (-1) point.
- Being Unkind to other competitor - (-1) point
- Shouting back at the referee - (-1) point
- Head Butt or use of any illegal technique - (-1) point
- Biting - (-1) point
- Scratching - (-1) point
- Un-sportsman-like behaviour will be penalised.

Important Notes

- Weight Divisions for Ground Techniques are the same as the listed sparring divisions.
- There are no mixed Gender Divisions, either Male or Female.
- Junior competitors are only allowed to enter with the instructors permission after ensuring sufficient practice within the dojang environment, as well as proficiency.



Beginning of Bout



Ready Position, before being called on to the mat



Come on to the mat, ready to begin the bowing sequence, same as sparring.



Legal Sparring Positions



Ready position, Main stance



Seated Position



Laying Position



How points are scored



Punch to the body, 1 point



Kick to the body, 2 points



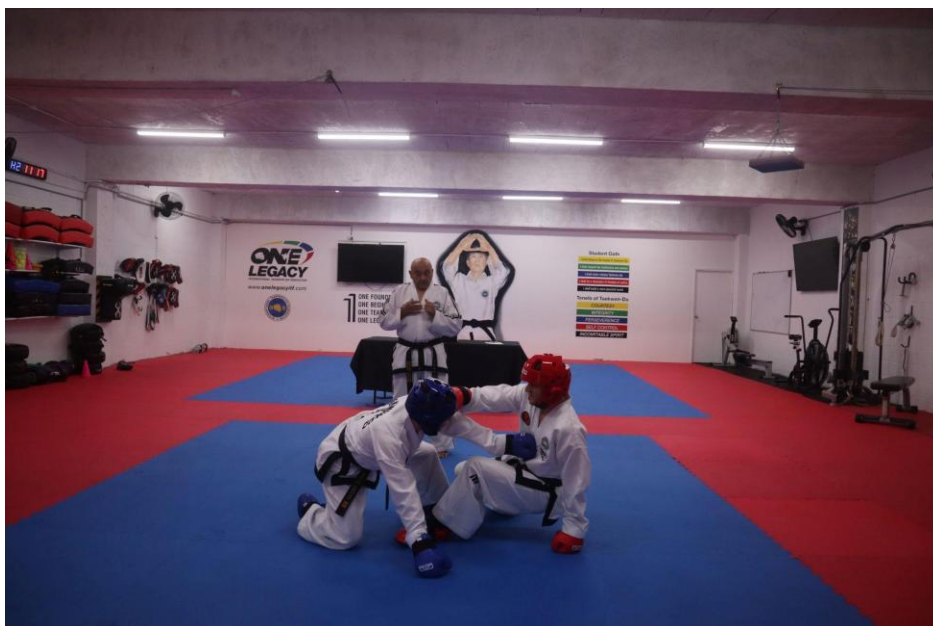
Kick to the head, 3 points



Punch to the body, seated position, 1 point



Punch to Head, 2 points



Punching exchange, Body, 1 point, Head, 2 points



Spinning Back kick to head, 3 points.



Spinning Back kick to body, 2 points



Turning Kick to body, 2 points



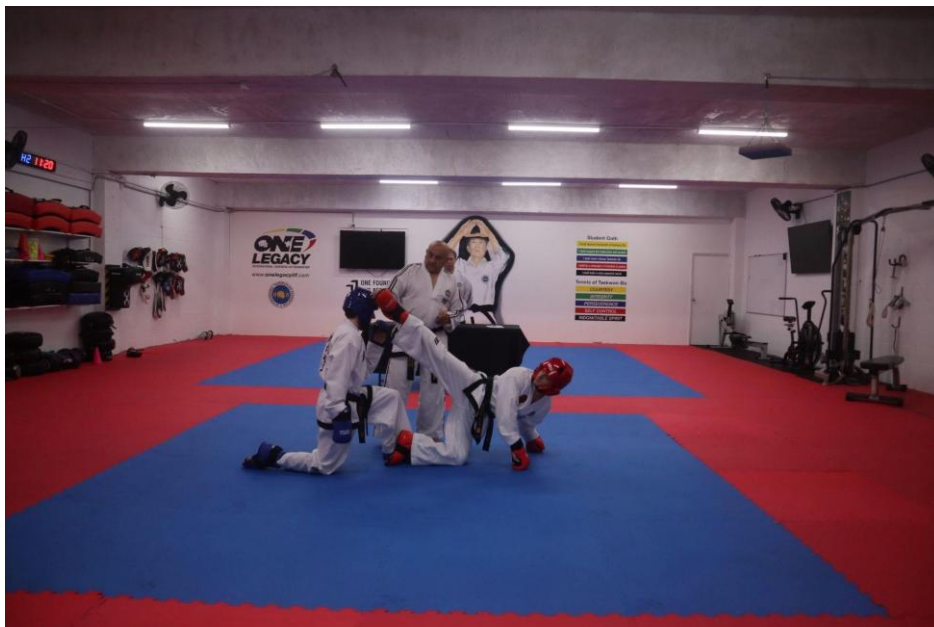
Turning Kick to Head, 3 points



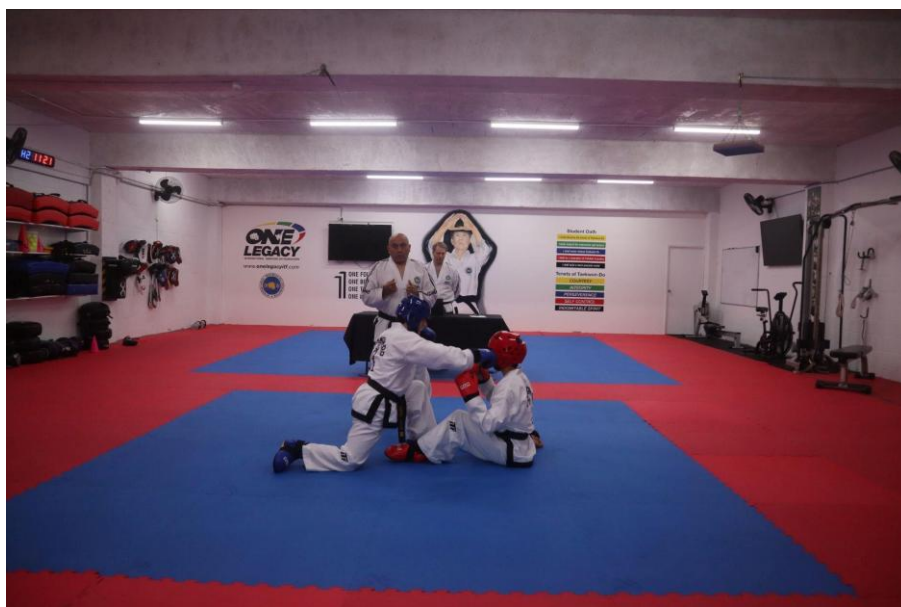
Side Kick to body, 2 points



Back Kick to body, 2 points



Reverse Turning Kick to head, 3 Points



Straight Punch to head against seated opponent, 2 Points



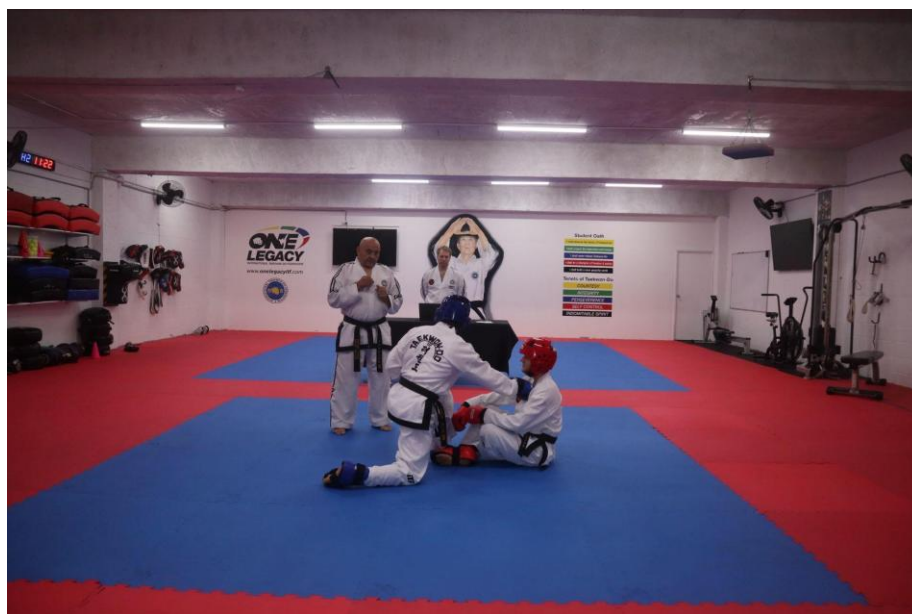
Straight Punch to body against seated opponent, 1 point



Side Kick to the body against seated opponent, 2 points



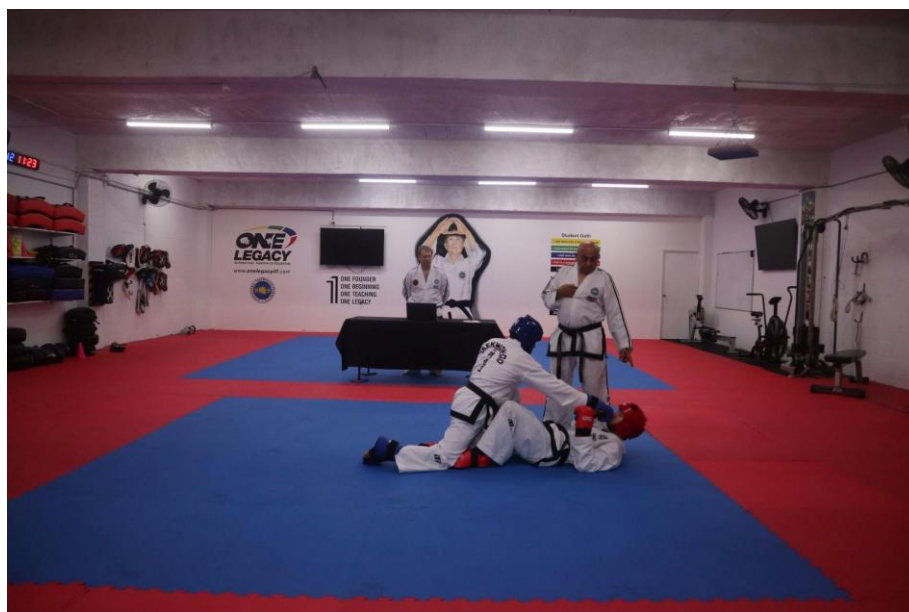
Side kick to head against seated opponent, 3 points



Punch to the body, against seated opponent, 1 point



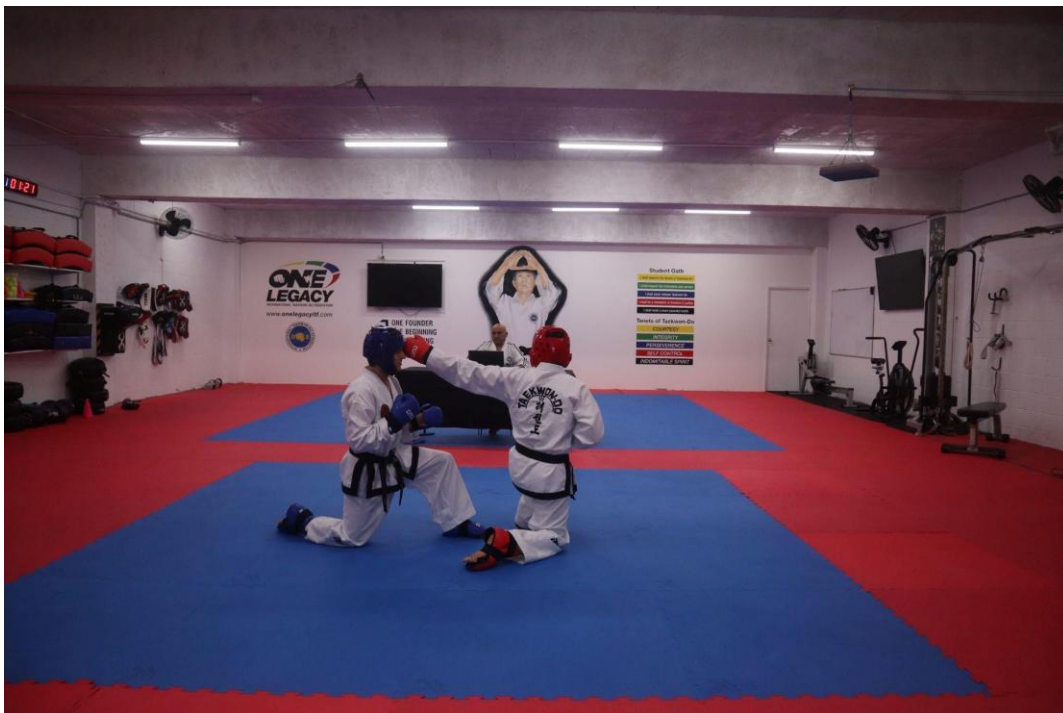
Punch to the body, against laying opponent, 1 point



Punch to head against laying opponent, 2 points



Back fist to the head, 2 points



Reverse back fist to the head, 2 points



Reverse turning kick to head, 3 points



Push kick to the body, laying position, 2 points (both legs allowed to leave the ground)



Sweeping is allowed



ILLEGAL TECHNIQUES



Both knees off the ground (standing), Warning



Standing up over opponent and attacking, 1 point deduction



Leaving the ring, warning



Pushing opponent, warning



Grabbing opponent, warning



Grabbing opponents attacking tool, Warning



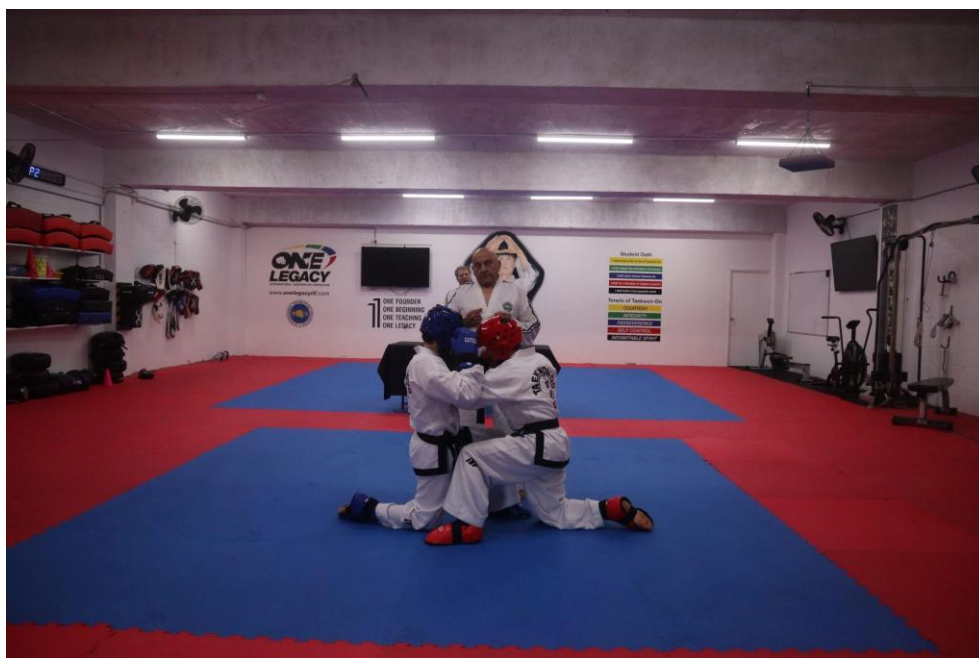
Arguing with referee, 1 point deduction



Arguing and complaining to the jury president/judges, 1 point deduction



Elbow to the face, 1 point Deduction



Elbow to the body, 1 point Deduction



Demonstration Video Links

Ground Techniques Demonstration Video

<https://youtu.be/XaGpmxp0MPM>

Ground Techniques Rules – Legal Scoring Video

https://youtu.be/88k_59ojFL8