

SCOTTISH TOURNAMENT REQUIREMENTS (2026)

Rank	6 and under	7-ADULT	Weapons
White Belt	Mirae Ki Cho Hyung (1)	Mirae Ki Cho Hyung (1-3)	
	Eue Bohk Soo 5 & 8 and Maek Chi Ki 14	Eue Bohk Soo 5 & 8 and Maek Chi Ki 14	
Yellow Belt	Mirae Ki Cho Hyung (1-3)	Mirae Ki Cho Hyung (4-6)	
	Eue Bohk Soo 5 & 8 and Maek Chi Ki 14	Eue Bohk Soo 5 & 8 and Maek Chi Ki 14	
Blue Belt	Mirae Ki Cho Hyung (4-6)	Mirae Ki Cho Hyung (5-8)	
	Eue Bohk Soo 5 & 8 and Maek Chi Ki 14	Eue Bohk Soo 5 & 8 and Maek Chi Ki 14	
Red Belt	Mirae Joong Geup Hyung		Bohng Dohl-Li-Ki (1-5) 3 times each
	Sohm Mohk Soo 1, 5 or 6 and Maek Chi Ki 14		
Brown Belt	Mirae Joong Geup Hyung		Bohng Dohl-li-ki (6-10) 3 times each
	Sohm Mohk Soo 1, 5 or 6 and Maek Chi Ki 14		
DBN	Mirae Dae Geup Hyung		Bohng Dohl-li-ki (11-15) 3 times each
	ANY 5 TECHNIQUES		Bae Ki Hyung (1-10) Twice
JKN	Mirae Guhm Moo Hyung		Joong Bohng IL Hyung
	ANY 5 TECHNIQUES		Juhng Guhm Hyung
KSN	Mirae Baek Pahl Ki Hyung		Dahn Ssahng Bohng Hyung
	ANY 5 TECHNIQUES		Yuhk Guhm Hyung
SBN/ BSNB	OPEN HYUNG		OPEN STAFF
	ANY 5 TECHNIQUES		OPEN SWORD
Breaking	Open to Adult black belts: Three breaks; Each break must be different; Only one board per break. 1 point = basic kick or hand strike (No palm strike and no headbutt); 4 points = basic jump/ spinning kick; 5 points = jump spinning or double kick; 6 point = 540+ degree kick or when additional levels of difficulty are added, i.e. back flip kick break, challenging landing. See official rules for competitors for additional guidelines		
Open Division	Joong Bong Ee Hyung (Black belts)		
	Bae Ki Hyung 1-25 (Black belts)		
	Self defence : Open to DBN and Black Belts: Minimum 3 self defence techniques. Maximum: 2 attackers. Create a self defence routine incorporating any techniques into a fluid routine. You are scored on control, application and creativity. Any techniques appropriate to rank are permitted.		

Techniques: Colour Belts may throw Colour Belts of any rank. Black Belts may throw Black Belts or Colour Belts of any rank.

DBN and black belts – Pick any 5 techniques, these techniques can flow from one to the next without resetting in between

Sparring: Mandatory equipment includes foam head guard, foam punches, foam kicks, mouthguard. Anatomical males must wear a groin protection cup. Shin guards, chest guards and face shields are optional. MMA gear is not permitted.