

Pattern rules

Patterns start from Chon-Ji (the first pattern)

Fundamental moves are from Directional Punching (Saju Jirugi) Four Directional Blocking (Saju Makgi).

Patterns are judged on Power, Breath control, Rhythm, Balance, Technical content.

The sharpest pattern with the most power that is correct should win!

The best pattern on the day.

Colour belts

Colour belts will be given their choice of pattern from up to their grade level and below, no points should be deducted for a competitor not choosing their belt grade pattern.

Black Belts

Black belts will be given their choice of Black Belt pattern from their grade level, and then a random colour belt pattern will be chosen by using the numbered balls in the box, by random selection.

Example

Ball 1, will represent 1st Gup Choong Moo, Ball 9, will represent 9th Gup (Chon-ji)