

JOE GOSS KARATE INVITATIONAL CHAMPIONSHIPS

TOURNAMENT RULES

Traditional uniforms are required to compete.

FORMS:

Only traditional forms will be permitted.
No Demonstration, Chil Sung or Yuk Ro forms will be allowed.

BREAKING:

Two stations - two (attempts) per station.
To ensure fairness, boards must be purchased at the event.
Gymnastics will not be permitted.

POINT FIGHTING:

Three points - two minutes. All hand & foot techniques - one point.
No techniques to the back or back of the head.
Punching techniques using the fore-fist, no other hand techniques allowed.
No excessive contact or technique below the belt.
Equipment: mouth guard and headgear
(Headgear will be provided to those without – foot, hand & shin guards optional).

