

FORMS:

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

BREAKING:

Two stations - one (attempt) 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).