

DALE EAGLING MEMORIAL CHAMPIONSHIPS

Rules and Guidelines for competition

1. Poomsae – All members who are participating in Traditional Poomsae are only allowed to display patterns up to their current belt level. Under no circumstances are they allowed to complete forms for a higher level.

Creative Poomsae may be with music or without. Maximum time limit of 2 minutes

You will be allowed 1 restart if problems occur.

2. Kyukpa (Breaking)

Senior – Boards (14mm)

Maximum of 6 Stations. The competitor should ensure that they use good technique with flowing movement.

Junior – Matrix Kicking

Maximum of 6 Stations. The competitor should ensure that they use good technique with flowing movement.

High Kick – The following formula will be used: Height of Kick – Competitors
Height = Score.

Each competitor will be able to nominate 3 heights. They will be allowed 3 attempts at each nominated height. The competitor will need to land with both feet on the ground for their kick to be counted.

3. Ho Shin Sool (Self Defence) – The routine must not be longer than 3 minutes

4. Artistic Interpretation – This can be anything at all as long as it has a Taekwondo theme