



RULES FOR FORMS

General Rules

- ◆ When the participant's name is called, he or she will say "Here" or "Yes" Sir or Ma'am, stand up, fix their uniform if necessary, bow before entering the ring, walk up to the judges, bow again, go into a Joon-Bi position, and state their name, academy, and the form they will perform.
- ◆ A participant can choose either the form that got them to their current rank or the form they learn at their current rank. For example, a Yellow Belt can do the forms Ki Cho or Kyuki Il Chang, but not the form Ki Bon.
- ◆ The exception to the rule above pertains to Brown Belts and above.
 - Brown Belts can do Chon Ji In Yee Chang or Chon Ji In Sam Chang.
 - Red Stripes can do the forms Chon Ji In Yee Chang or Chon Ji In Sam Chang because a Red Stripe cannot do the bo staff form Man Nam.
 - Red Belts can do the forms Chon Ji In Sam Chang or Ka Chi.
 - Black Stripes can do the forms Ka Chi or Sa Rang
 - 1ST Dan Black Belts can do the forms Sa Rang, In Nae, Shin Yong.
 - 2ND Dan Black Belts can do the forms In Nae, Shin Yong, Pil Sung, Jung Gi.
 - 3RD Dan Black Belts can do the forms Pil Sung, Jung Gi, Shim Hwa, Jee Sung.
 - 4TH Dan Black Belts can do the forms Shim Hwa, Jee Sung, Chang Do.

Scoring

Judges will look at the following elements in scoring a participant's form:

- Concentration and Focus;
- Reaction Force;
- Equilibrium, Balance, and Body Movement;
- Breath Control;
- Power and Strength;
- Technique (stances, blocks, strikes, and kicks);
- Precision and Speed;
- The Participant's Appearance, Spirit, and Etiquette.

Point Deductions and Disqualification

- ◆ If the participant does not complete their form the first time and needs to start back to the beginning of the form, the participant will be allowed to re-start their form once. The judge will score the form as if the participant did not re-start their form. The Center Referee, not the judges, shall take one full point off the participant's score when the Center Referee calls the score for the scorekeeper.
- ◆ If the participant does not complete their form the second time, the participant will be disqualified.
- ◆ If the participant stops in the middle of his or her form, but is able to continue and complete the form, the judges will take the momentarily lapse of concentration and focus into consideration as the judge determines the score for the participant.



Open Forms

Open Forms Division will have 3 categories:

- 5-9 year olds
- 10-16 year olds
- 17 and older.

This will be ANY non-KiMudo, empty hand form. There is no additional entry fee. Judges MUST be 3rd Dan and above. NAKA students CAN do both divisions, but may NOT do KiMudo forms in OPEN Divisions. Students must have the pre-approval of their NAKA affiliate instructor to compete in Open Division.