



HAPKIDO

2020 Euro Mulimpia® | Rules & Regulations

GENERAL RULES

1. All competitors must wear a complete Hapkido uniform (no visible clothing under the dobok).
2. Etiquette is of utmost importance within Hapkido. In the event that a competitor shows bad etiquette, this may result in deduction of points or disqualification.
3. Note that in all divisions, male and female competitors may be combined. We reserve the right to combine or add divisions to best accommodate everyone.
4. In case of a tie, competition will be repeated.

❖ *These rules and regulations are subject to change.*

Categories & Divisions | Individual Competitions

Category	Divisions	Candidates
Traditional Forms	Color Belts	Age 12 and under
		Age 13 - 17
		Age 18 - 35
		Age 35+
	Black Belts	Age 18-35
		Age 35+
Weapon Forms	Color Belts	Age 17 and under
		Age 18 - 35
		Age 35+
	Black Belts	Age 18-35
		Age 35+
Self-Defense	Color Belts	Age 12 and under
		Age 13 - 17
		Age 18 - 35
		Age 35+
	Black Belts	Age 18 - 35
		Age 35+
Breaking	Color Belts Women	Age 12 - 17
	Color Belts Men	Age 12 - 17
	Color Belts Women	Age 18+
	Color Belts Men	Age 18+
	Black Belts Women	All ages
	Black Belts Men	All ages

Rules & Regulations | Individual Competitions

Traditional Forms	
Color Belts	<u>Main and Final:</u> Traditional Hapkido Form of the substitute Hapkido Style.
Black Belts	<u>Main and Final:</u> Traditional Hapkido Form of the substitute Hapkido Style.
<p>Notes for all rounds:</p> <ul style="list-style-type: none"> - No Music allowed - No weapons allowed - All forms should start facing the front; towards the jury table. - Leaving the mat during the form is not allowed <p><u>Competitors will be judged, based on the following points:</u></p> <ul style="list-style-type: none"> • Correct stance/position. Balance and power during the form • Execution of the technique • Degree of difficulty of the presentation 	

Weapon Forms	
Color Belts	<u>Main and Final:</u> Weapon Form of the substitute Hapkido Style.
Black Belts	<u>Main and Final:</u> Weapon Form of the substitute Hapkido Style.
<p>Notes for all rounds:</p> <ul style="list-style-type: none"> - No Music allowed - Weapons are duty - Sharp Weapons are not allowed - All forms should start facing the front; towards the jury table. - Leaving the mat during the form is not allowed <p><u>Competitors will be judged, based on the following points:</u></p> <ul style="list-style-type: none"> • Speed: Correct stance/position. Balance and power during the form. • Power: Power of using the weapon while performing the form. • Accuracy: Execution of correct techniques. • Degree of difficulty of the presentation <p>* <i>Unsharpened weapons mandatory</i></p>	

Self-Defense

Color Belts	Final: 5 Techniques against the following attacks: 1x Grip attack, 1x Stroke attack, 1x Fist attack, 1x Kicking attack, 1x Staff attack
Black Belts	Final: 8 Techniques against the following attacks: 1x Stroke attack, 1x Fist attack, 1x Kicking attack, 1x Staff attack and 2x Knife attack, 2x Defense with weapon

Notes for all rounds:

- Sharp weapons are not allowed
- Each technique is shown only one time fast

Competitors will be judged, based on the following points:

- Speed: Correct stance/position. Balance and power during the defense.
- Power: Power of using and against the weapon while technique.
- Accuracy: Execution of correct techniques.
- Degree of difficulty and realistic of presentation.

Breaking

Color Belts Age 12 - 17	1,5cm wooden board, held with two hands
Color Belts Women Age 18+	1,5cm wooden board, held with two hands (Round 1-4) 1st Round Elbow 2nd Round Kicking technique (above belt height) 3rd Round Edge of hand 4th Round Jumping kicking technique (above belt height) 5th Round Fist (free holding)
Color Belts Men Age 18+	2cm wooden board, held with one hand (round 1~4) 1st Round Fist 2nd Round Kicking technique (min. head height) 3rd Round Edge of hand 4th Round Jumping kicking technique (min. head height) 5th Round Kicking technique (floor level) 6th Round Fist (board to be held by competitor) 7th Round Kicking technique (board to be held by competitor)
Black Belts Women Age 18+	2cm wooden board, held with two hands (round 1~4) 1st Round Fist 2nd Round Kicking technique (head height) 3rd Round Edge of hand 4th Round Jumping kicking technique (min. head height) 5th Round Fist (free holding)
Black Belts Men Age 18+	holding (Start with 4 x 4cm wooden boards) A series of 4 breaking tests performed consecutively within 10 seconds. <ul style="list-style-type: none"> • 2x Different hand techniques • 1x Foot/Kicking technique • 1x Jumping foot/kicking technique

Notes for all rounds:

- One attempt per level only
- After saluting, the competitor has 1 minute to break the board; if the board is not broken after that the competitor is disqualified
- If all rounds are finished without a definite winner, the competition will be repeated from the 1st round with 2 boards

Process after saluting:

1. Place the wood in the right position
2. Salute to the jury and start the breaking tests
3. Salute to the jury and leave the mat

Competitors will be judged, based on the following points:

- The boards must be completely broken
- For the 'free holding' boards, the boards must be broken in the air