

2010 Kuk Sool Won™ National Tournament FAQ

Special thanks to SBN C.J. Farley for putting together the majority of this list.

We encourage all students who have tournament experience to share their knowledge and better prepare our classmates. Please feel free to make suggestions for this list; all suggestions should be emailed to SBN David Aue – davidaue@yahoo.com

Q: WHO IS ALLOWED TO COMPETE?

A: All students, from white belt to Pu Sa Bum Nim (third degree black belt) are allowed and encouraged to compete. Specific divisions will be announced to make sure the competition is fair. For instance, men's first degree black belts are usually split into divisions such as 18 – 29, 30 – 39, 40 and up.

Q: AM I REQUIRED TO HAVE PATCHES ON MY UNIFORM?

A: Yes, all competitors must wear a complete Kuk Sool Won™ uniform with the correct patches. Patch sets can be purchased at the dojang for \$20 or you may purchase new Student Patch Uniforms from \$60 to \$70 depending on size.

Q: HOW LONG WILL IT TAKE? WHAT EVENTS CAN I COMPETE IN?

A: For colored belts, assuming divisions are not starting late, it will probably take ~ 4 hours from start of competition to finish. It depends on how many competitions there are to complete as well as the number of competitors. White through red belts have hyung (form), techniques, and sparring. Brown belts and higher also have staff and breaking (18 and up only). Black belts also have sword. Small divisions may finish more rapidly, but expect about 4 hours.

Also, please make plans to attend the awards ceremony and demonstration that evening, starting at approximately 7 PM. When your competition is completed, you are welcome to stay and watch your fellow classmates compete.

Q: I HAVE NEVER SPARRED BEFORE AND WE DO NOT SPAR IN BEGINNER CLASS – WHAT CAN I DO TO GET READY (WHITE OR YELLOW BELT QUESTION)?

A: There will be several tournament sparring classes held – they are clearly marked on the September dojang calendar. Purchase sparring gear, including a mouth piece (MANDATORY), and bring your sparring gear to these tournament sparring classes. Gentlemen also need to purchase a groin protector, which is also mandatory equipment at tournament and must be worn the day of competition.

Q: WHAT SPARRING GEAR IS REQUIRED?

A: All competitors must have a full set of sparring gear in good condition (no broken or ripped gear, no taped gear). A full set includes: Helmet, Gloves, Boots, Mouth Piece, and Cup (groin protector) for men. You will not be allowed to spar missing any part of the required sparring gear. Recommended (but not mandatory) are shin guards and breast protectors for women.

Q: I CAN'T FIND A PARTNER FOR TECHNIQUES – WHAT CAN I DO?

A: Your partner for techniques needs to be your same rank or lower. Any dahn bo nim can fall for any other dahn bo nim as these are the same ranks (9 stripe dahn bo nim falling for a zero stripe dahn bo nim is perfectly acceptable). Your partner needs to be able to perform the correct fall for each technique. In some cases, there will be techniques that have falls difficult enough that we do not recommend they be performed at tournament. Work with your instructors on choosing techniques, and we can also help find you a partner. Check the tournament registration board on the office door to see who is attending tournament that is your rank or below. We also recommend having a back up partner (or two). You never know what might happen the day of the tournament and it is good to have a back up plan.

Q: WHAT IF MY PARTNER IS IN A DIFFERENT RING WHEN I NEED TO DO TECHNIQUES?

A: The judges are accommodating to this usually – as soon as you hear that you are ‘in the hole’, meaning third from performing, make sure to run and get your partner. If you

partner will not be available at your turn, make sure to tell the score keeper and judges as early as you can and they will move you in rotation to make sure your partner is available.

Q: WHAT DO I NEED TO TAKE WITH ME THE DAY OF TOURNAMENT?

A: Take your do-bohk, belt, a black tee shirt, comfortable shoes, sparring gear (including mouth piece, and cup for gentlemen), weapons (staff/sword). It is also a good idea to put some snacks in your gear bag (nuts, apples, bananas, water, something that isn't messy). Clear Lake students will be able to keep gear at a designated area in the arena where it will be reasonably safe; however, do not leave wallets or money unattended in the arena. Also, bring a camera to take lots of pictures, and feel free to bring friends and family.

Q: WHY SHOULD I COMPETE?

A: There are 3 main reasons to compete:

1. Help our school win again! We've got the best record ever in Kuk Sool tournaments, and every other school is trying to beat us – help us win and keep our record going!
2. To learn about ourselves! Tournament practice and performance gives us a chance to see what we are like under a little bit of pressure, and it helps train our mind and spirit for more challenging things in life. Practice in tournament will help us in handling things like studying for a test we really don't want to take, recovering from illness or injury, or defending ourselves against attackers.
3. To have fun! The people we see at tournament will keep showing up at Kuk Sool events in the future as long as we train. We make lots of good friends, and we will keep seeing them. Enjoy the competition, cheer for all the competitors, and make lots of new friends.

As we get ready for tournament, understand that the instructors are training all students to win, but, it's OK if we do not win. If we go out and live up to our fullest potential that day, tournament is a victory regardless of how we place in our events.

Q: DOES IT MATTER WHAT TECHNIQUES I PERFORM?

A: There are no difficulty ratings on techniques. Ki Bohn Soo #5 can get the same scores as Ki Bohn Soo #1. Pick techniques you like to perform, where you do the technique well and safely.

Q: MAY I START OVER IF I DROP MY WEAPON?

A: The new tournament rules state any competitor (regardless of age or rank) competing in a weapon division (staff spinning, staff form, sword form, etc.) that drops his/her weapon will not be scored. The competitor should pick up their weapon, bow to the judges and exit the ring correctly.

Q: HOW DO THE JUDGES DETERMINE MY SCORE IN FORM?

A: Hyung or form is scored on three main points.

1. Etiquette – we expect all Clear Lake students to get maximum contribution to score from etiquette – always display excellent manners to the judges and your other competitors!
2. Technical correctness of the form – this is a large part of your score...do you do the entire form correctly?
3. The principles of form – keeping eyes bright and up, mind calm and clear, body stances low and stable, feet moving very deliberately and hands moving fast. Generally, the first 3 are the ones most obvious to the judges. We should look reasonably content, and not really nervous or grumpy, and anything we can do to get to a 90° stance will help us tremendously.

Jung shin, straight thinking, plays an enormous role in how we are scored. The way we conduct ourselves from the time we enter the ring until we exit will impact our scores.

Q: HOW DO THE JUDGES DETERMINE MY SCORE FOR TECHNIQUES?

A: Techniques are scored on three main items:

1. Etiquette – our school is almost always complimented on how our students conduct themselves over the course of the day, and we want this year to be no exception...with our emphasis on manners in the dojang, we expect everyone to get maximum contribution from this piece.
2. Technical correctness of the technique – do we perform the technique we said we were going to, does our partner do the right fall, and do we do the proper follow up? If not, expect major scoring deductions.
3. Principles of techniques – you won't win. Loosely translated to flowing, circular, harmony. We must demonstrate total control over our partner's movements, meaning that even though we do the right throw and follow up, we must make sure that our partner lands right where we want them to, so we don't have to chase them across the mat to pin them. Our motions need to be circular and done at the right time with our partner. We need to SPREAD our FINGERS and have low stances the entire time.

Jung shin, straight thinking, plays an enormous role in how we are scored. The way we conduct ourselves from the time we enter the ring until we exit will impact our scores.

Q: I DO NOT OWN SWORD/STAFF, ARE THERE ANY SCHOOL WEAPONS I WILL BE ABLE TO USE?

A: There will be several weapons brought from the school, but make sure we know BEFORE competition if you need to use them. We recommend that you make prior arrangements to borrow a weapon from one of your classmates.

Q: DOES IT MATTER WHAT ORDER I COMPETE IN? CAN I WIN GOING FIRST OR LAST?

A: It is very possible to win medals by going first or last – the judges score will reflect on your performance irrespective of what spot you perform in (first, middle, or last). We caution against changing how you are going to compete based upon what you think the specific judges at your ring are looking at. We will prepare you to go to tournament

armed with your own ability to perform the form and techniques as we have learned them from our school masters and instructor.

When competitions start, the judges will have the first 3 competitors do their form or techniques without providing a score. Once the 3rd competitor is done, they will then call up the first competitor, give them a score, bring up the second competitor, give them a score, then bring up the third competitor and provide a score. From the 4th competitor onwards, judges will score immediately after the competitor performs. The first three scores are used to 'baseline' the judges scores and provide a reference to benchmark future competitors against.

Q: WHAT DO I DO WITH MY TOURNAMENT DIVISION CARDS THE DAY OF TOURNAMENT? (Special thanks to Charles Xeller for this idea)

A: When you arrive at the tournament, you will need to find the table for our school (KSW of Clear Lake). They will give you your competition cards (one card for each division you are registered for). Check the cards for accuracy i.e. correct age group, rank, divisions, gender, and school ID (our school is 713-4). It is very important to keep track of these cards. We recommend bringing a lanyard with a clear case attached (such as those used for ID badges). Remember not to compete in your divisions wearing your lanyard or with your cards in your uniform.

The judges will collect the cards prior to each event starting. It is your responsibility to keep your cards in a safe place between divisions.



Q: WHAT TO I NEED TO SAY FOR MY INTRODUCTION?

A: In each division except techniques, you will simply state your full name and request permission to begin. For example: **Judges! My name is John Smith; with your permission may I begin?** *It is not necessary to tell the judges the name of your form, everyone in your division will be doing the same form.* Be sure to have a loud, clear, and energetic voice. The introduction gives the judges an impression on what they can expect from your performance. Be sure your first impression is a positive one.

For technique division, you will need to add the technique set and number of each technique you will be performing. Be sure to say the techniques in chronological order and perform the techniques in the same order. For example: **Judges! My name is John Smith; I will be performing Ki Bon Soo 2, 5, and 9. With your permission may I begin?** It is not necessary to introduce your partner but it is optional. If your division has multiple sets to choose your techniques from, be sure to introduce the technique sets in curriculum order along with the numbers in chronological order. For example: **Judges! My name is John Smith, I will be performing Joong Geup Sohn Mok Soo 1, Ahp Eeu Bohk Soo 5 and 6. With your permission may I begin?**

Form (Empty Hand or Weapons):

Judges, my name is _____

Judges, may I begin. Thank you, Judges.

Technique:

Judges, my name is _____

(Optional: My partner's name is _____)

I will be performing (give the name and number of the techniques you are performing).

Judges, may I begin. Thank you, Judges.

Breaking:

Judges, my name is _____

Judges, may I begin. Thank you, Judges.

Q: HOW DO I ENTER AND LEAVE THE RING?

A: When your name is called, answer with a loud YES SIR/MA'AM! Run around the outside of the ring to the back (facing the judges). From standing attention bow to 90 degrees and say KUK SOOL! Approach the judges and go to your formal attention (kneeling), bow and say KUK SOOL! Give your introduction. When you receive permission to begin, thank the judges, bow and say KUK SOOL! Stand up and walk backwards towards your starting

position (never turn your back to the judges before beginning your event). If you are doing forms, bow to the judges from standing and begin your form. When complete, bow to the judges from your final position, return back to the center where you gave your introduction and move to kneeling position and bow. You will await the judge's score. After your score has been shown, thank the judges, bow from kneeling, walk backwards to the back of the ring, bow from standing, return to your seated spot. Techniques will follow the same guide except: instead of bowing to the judges to begin your form, you will bow to your partner to begin your techniques. Also, when you complete your techniques, bow to your partner then you and your partner will move to kneeling position where you gave your introduction.

Q: WHAT IS THE FLOOR LIKE? CAN I WEAR SHOES?

A: The floor at the tournament center is a polished concrete floor. You will NOT be allowed to wear shoes to compete; however, we highly recommend that you bring a pair of shoes to wear between competitions to keep your feet clean, warm, and less sore. In addition, students in the past have found it beneficial to bring a small towel to clean their feet. The dirt collected by your feet can lead to slips during competitions. *Please note, for the technique division, falling mats will be provided.