



Review & Championship

Life Meditation * Power Exercise

Practice like it is a real championship and perform like it is practice!

Monday, Wednesday, and Friday

Action movie SPARRING: Partners

Action movie POOM-SE: Individual

Action movie BREAKING: Individual

Tuesday, Thursday, and Saturday

Action Movie Team SPARRING: 4 people

Action Movie Team POOM-SE: 3 people

Action Movie Team BREAKING: 4 people

Friday and Saturday

TIGER DEMO team: 12 students minimum

EAGLE DEMO team: 15 students minimum

Fun, meaningful, and beneficial!

Set up 1- 6 rings depending on student body and studio sizes

1) Purpose of championships: Measure your progress, improve your technique, and build your confidence.

2) Rules, regulations, and scoring system:

SPARRING: Action movie partner and team action movie

POOM-SE: Individual and team action movie

BREAKING: Action movie and team action movie

Tiger DEMO team: Time, requirements, deductions, and bonus points

Eagle DEMO team: Time, requirements, deductions, and bonus points

3) How to win by losing! How to win by winning!

How to lose by winning! How to lose by losing!

4) Set-up team partners for partner sparring

Set-up teams for action movie POOM-SE.

Set-up teams for action movie breaking.

Set-up partners for action movie sparring.

Set-up teams for action movie sparring.

Help students to set goals for the super show.

5) Practice like championship: Rotation: Coach, competitor, referee, judge. After finishing, competitors say, "I am a life champion!"

Practice Special Technique

1) Be a super star:

1. Action movie style: Self-defense / Sparring / Poom-se / Breaking.
2. Special comedy action: Self-defense / Sparring / Poom-se / Breaking.
3. Create special theme with self-defense, sparring, poom-se, or breaking.
(Bully, stand by the weak, depression, yes I can winning spirit, etc.)

2) Special talent breaking technique:

1. High Jumping front kick, side kick, or scissor kick
2. Jumping side kick over an obstacle
3. High jumping kick off of a partner
4. Alternate team breaking: 5 or 10 hold, and the other 5 or 10 break with a theme: comedy action or serious action.
5. Break 10 boards within 10 seconds (like hook kicks or jumping side kick in the air, etc.)
6. Five different mid-air breaks.
7. Kick an apple off a sword, or cut a water melon, and much more

3) Practice flip break

4) Weapons practice

5) Dancing with music: rock style, ballet style, aerobic, or Asian style with breaking

And much more...

Review

- 1) Meditation * Power Exercise
- 2) Basics
- 3) 4 Styles of Breaking
- 4) 10 Styles of POOM-SE
- 5) Advanced Basics
- 6) The 5 Powers of Self-Defense
- 7) 10 Styles of Sparring
- 8) Championship

To be part of the Tiger DEMO Team you must:

1. Be at least a yellow belt.
2. Be a part of the M.A.W. After School Program.
3. Have a positive attitude and excellent technique.
4. Have A's and B's on your report card.
5. Have a special invitation from you Master/Instructor.

To be part of the Eagle DEMO Team you must:

1. Be at least a yellow belt.
2. Have a positive attitude and excellent technique.
3. (Children must) have A's and B's on their report card.
4. Have a special invitation from you Master/Instructor.

To participate in the M.A.W. Super Show you must:

1. Be at least a yellow belt.
2. Set a positive goal to participate in the Super Show.
3. Decide which events you will compete in.
4. Practice for your events every day.
5. Register at MartialArtsWorld.com/supershow

Action Movie Partner Sparring Matches: Rules and Regulations

What is Action Movie Partner Sparring?

It is alternate free sparring: Attack and respond with realistic action, without contact. It will help you improve your technique, performance and teamwork. You can be an action movie star.

Match SCORING:

2 points -Technique: Realistic action.

2 points - Entertainment value: Outstanding performance like an action movie star.

1 point - Attitude: Passion with respect for oneself, partner, referee, jury, and audience.

1 deduction point: Unrealistic action; or disrespect oneself or others; or show no desire (Referee has the power to decide).

Disqualified: If contact is made (referee has the power to decide). If a pair is disqualified, they will not receive a medal.

The jury will score the match by holding up 1-5 fingers. The referee will declare the winning pair.

Match SYSTEM:

- 1) General guidelines for divisions in the Action Movie Partner Sparring Division shall be:
 - Adult: (It can be husband and wife partners, or brother and sister partners, etc.)
 - Children: (It can be brother and brother partners, sister and sister partners, or brother and sister partners, etc.)
- 2) This match will be scored by 3-4 jurors at the head table. The jury will be responsible to total the score of each round and the jury will score the match by holding up 1-5 fingers. The referee leads the match.
- 3) Organize the teams for the match; if the match has 4 pairs; the 4 will be divided into 2 brackets. (If the match has 1 pair - they will still perform; 2 pairs - they will compete against each other; 3 pairs - they will randomly draw 1, 2, and 3; the pair that draws 3 gets a bye; 5 pairs - divide into 3 and 2 pairs)
- 4) 1st round: First pair performs and is scored. Second pair performs and is scored.
2nd round: Third pair performs and is scored. fourth pair performs and is scored.
- 5) 3rd round: Each pair from 1st and 2nd round with the lower scores will compete against each other for dynamic and excellent technique.
4th round: Each pair from 1st and 2nd round with the higher scores will compete against each other for superior technique and champion.

Practice like real championships:

- 1) 3-4 jurors score, one referee leads the competition, and competitors compete in the match.
- 2) Rotation; students will be jurors – referees – competitors.
- 3) Referee organizes who competes against each other, and places 2 competitors on each side of the ring.
- 4) First round:
 1. Referee brings first pair of competitors in the ring, then commands them to bow to the jury, then face each other and bow, “*Jhoon bi*” (ready) and “*Shijak!*” (begin), begins the competition.
 2. Competitors perform their action movie style sparring routine.
 3. During sparring, if a deduction point occurs, the referee will pause the match, and then give the pair a deduction point.
 4. Referee calls for “*Keu Man!*” at the end.
 5. Referee calls the partners to line back up, face each other and bow, then face the jury.
Referee calls for ten seconds of power & smile sparring. (*I am a Winner!* or *I am a Life Champion!*)
Referee calls for the judges' scores by standing behind competitor and raising his right hand fully above his head, palm upward, and his left hand crossed in front of his chest, hand in front of the solar plexus, with palm upward.
- 5) Second round: second pair will compete the same as the first pair.
- 6) Line up first and second pair; referee calls for ten seconds of power & smile sparring.
Declare the winner of the round by raising the winning competitor’s hand and verbally declare the winner.
- 7) The third and fourth pairs will compete the same as first and second pairs.
- 8) Referee brings the two sets of lower scoring partners from the previous rounds.
They compete against each other, the same as above and declare dynamic technique and excellent technique.
- 9) Referee brings the two sets of higher scoring partners from the previous rounds.
They compete against each other, the same as above and declare superior technique and champion.
- 10) Referee will line up the competitors next to each other. Referee then calls for ten seconds of power & smile sparring. (*I am a Leader!* or *I am a Winner!* or *I am a Life Champion!*)
- 11) Referee will then declare each place by raising the hand of each partner competitor (dynamic first, excellent second, superior third and champion last).
- 12) Referee will then bow the competitors out by directing them to face the jury and saying “*Cha ryeot!*” (Attention) “*Kyeong ye!*” (Bow).
- 13) Competitors are then escorted to the podiums to receive their medals. Each pair of partners will be awarded their medal according to their place (in a match with 4 pairs).
 - 1st place – Awarded CHAMPION
 - 2nd place – Awarded SUPERIOR
 - 3rd place – Awarded EXCELLENT
 - 4th place – Awarded DYNAMIC

Action Movie Team Sparring Matches: Rules and Regulations

What is Action Movie Team Sparring?

Four competitor team sparring: Attack and respond with realistic action, without contact. There are two different kinds of sparring: **First**, alternate free sparring: two people against each other. **Second**, 4 competitors against each other. It will help you improve your technique, performance, and teamwork.

Match **SCORING**:

2 points - Technique: Realistic action.

2 points - Entertainment value: Outstanding performance like an action movie star.

1 point - Attitude: Passion with respect for oneself, partner, referee, jury, and audience.

1 deduction point: Unrealistic action; or disrespect oneself or others; or show no desire (Referee has the power to decide).

Disqualified: If contact is made (Referee has the power to decide). If a team is disqualified, they will not receive a medal.

The jury will score the match by holding up 1-5 fingers. The referee will declare the winning pair.

Match **SYSTEM**:

1) General guidelines for divisions in the Action Movie team Sparring Division shall be:

Adult: (4 people, yellow belt and higher, age 16 and up)

Children: (4 people, yellow belt and higher, age 15 and under)

2) This match will be scored by 3-4 jurors at the head table. The jury will be responsible to total the score of each round and the jury will score the match by holding up 1-5 fingers. The referee leads the match.

3) Organize the teams for the match; the match will consist of all teams in the division (If the division has 1 team, they will still perform).

4) First Team: 1st round: first pair performs and is scored.
2nd round: second pair performs and is scored.
3rd round: 4 competitors perform and are scored.

5) The remaining teams will follow the same procedure as above; placement of the teams will be determined by the total score.

6) Length of match: The Action Movie Team rounds are 30 seconds.

7) If many teams participate in the championships, we will set up multiple rings, and the winner is decided by the final score.

8) In the event of a tie, teams tied for champion will perform their 4 person action movie style sparring routine. In the event of a second tie, the winner will be decided by a random draw.

9) Team champion trophy will be awarded for each division: Adult and Children.

Practice like real championships:

- 1) 3-4 Jurors score, one referee leads the competition, and competitors compete in the match.
- 2) Rotation; students will be jurors – coaches – referees – competitors.
- 3) First team: First round
 1. Referee brings the first two partners in the ring, then commands bow to the Jury, then face each other and bow, “*Jhoon bi*” (ready) and “*Shijak!*” (begin), begins the competition.
 2. Competitors perform the action movie style sparring.
 3. During sparring, if a deduction point occurs, referee pauses the match then gives the competitor a deduction point.
 4. Referee calls for “*Keu Man!*” at the end.
 5. Referee calls the two partners to line back up, face each other and bow, then face the jury. Referee calls for ten seconds of power & smile sparring. (*I am a Winner!* or *I am a Life Champion!*) Referee calls for the judges' scores by standing behind competitor and raising his right hand fully above his head, palm upward, and his left hand crossed in front of his chest, hand in front of the solar plexus with palm upward.
 6. Second round: second two partners perform following the same procedure as the first two partners.
 7. Third round: the 4 competitor team performs following the same procedure as the first two partners. After performing, the team will perform team spirit sparring.
 8. Referee will line up the team; referee calls for ten seconds of power & smile sparring.
 9. Jurors give the total score to the referee and the referee announces total score.
 10. Referee will then bow the competitors out by directing them to face the jury and saying, “*Cha ryeot!*” (Attention) “*Kyeong ye!*” (Bow).
- 4) The remaining teams will follow the same procedure as above; placement of the teams will be determined by the total score.
- 5) If many teams participate in the championships, we will set up multiple rings, and the winner is decided by the final score.
- 6) Team champion trophy will be awarded for each division: Adult and Children.
- 7) Award presentation:
 1. When all competition finishes, every team will line up on the floor.
 2. MC announces Dynamic, Excellent, Superior and champion.
 3. All students will keep medals
 4. Trophies will be displayed at the school

Action Movie POOM-SE Match: Rules and Regulations

What is Action Movie POOM-SE?

Action movie POOM-SE is creativity, realization, and entertainment. It will help you improve your technique, performance, and flexibility.

Match SCORING:

2 points - Technique: Creativity and realistic action.

2 points - Entertainment value: Outstanding performance like an action movie star.

1 point - Attitude: Passion with respect for oneself, partner, referee, jury and audience.

1 deduction point: Lost way of POOM-SE; or disrespect oneself or others; or show no desire (Referee has the power to decide).

The jury will score the match by holding up 1-5 fingers. The referee will declare the winner.

Match SYSTEM:

1) General guidelines for divisions in the Action Movie POOM-SE Division shall be:

Adult: Black belt / Color belt: MU-DO, JA-YUN, or PYUNG-HWA division.

Children: Black belt / Color belt: MU-DO, JA-YUN, or PYUNG-HWA division.

2) This match will be scored by 3-4 jurors at the head table. The jury will be responsible to total the score of each round and the jury will score the match by holding up 1-5 fingers. The referee leads the match.

3) Organize the competitors for the match; if the match has 4 competitors; the 4 will be divided into 2 brackets. (If the match has 1 competitor - they will still perform; 2 competitors - they will compete against each other; 3 competitors - they will randomly draw 1, 2, and 3; the pair that draws 3 gets a bye; 5 pairs - divide into 3 and 2 competitors).

4) 1st round: First two people perform and are scored.

2nd round: Second two people perform and are scored.

(If only 3 people, two people perform and the third person gets a bye).

5) 3rd round: Each competitor from 1st and 2nd round with the lower scores will compete against each other for dynamic and excellent technique.

4th round: Each competitor from 1st and 2nd round with the higher scores will compete against each other for superior technique and champion

6) First and second round: Competition style POOM-SE

Third and fourth round: Action movie style POOM-SE

Practice like real championships:

- 1) 3-4 jurors score, one referee leads the competition, and competitors compete in the match.
- 2) Rotation; students will be jurors – referees – competitors.
- 3) Referee organizes who competes against each other and places 2 competitors on each side of the ring
- 4) First round:
 1. Referee brings the first pair of competitors into the ring, then commands them to bow to the jury, then face each other and bow, “*Jhoon bi*” (ready) and “*Shijak!*” (begin), begins the competition.
 2. Competitors perform competition style POOM-SE.
 3. Referee calls for “*Ba rot!*” at the end, “*Cha ryeot!*” (Attention). “*Kyeong ye!*” (Bow)
 4. Referee calls for ten seconds of power & smile sparring. (*I am a Winner!* or *I am a Life Champion!*)
 5. Referee calls for the judges' scores by standing behind competitor and raising his right hand fully above his head, palm upward, and his left hand crossed in front of his chest, hand in front of the solar plexus with palm upward. Declare winner by raising arm.
 6. Referee calls the competitors to line back up, face each other and bow, then face the jury and bow.
- 5) Second round: Referee brings second pair of competitors, and follows same procedure as first round.
- 6) Third round: Referee brings the first runner up from each round to compete with action movie style POOM-SE. Following the same procedure as the first round
- 7) Fourth round: Referee brings the winners from each round to compete with action movie style POOM-SE. Following the same procedure as the first round
- 8) Line up all 4 competitors; referee calls for ten seconds of power & smiling sparring (*I am a Leader!* or *I am a Winner!* or *I am a Life Champion!*).
- 9). Referee will then declare each place by raising the hand of each competitor (Dynamic first, excellent second, superior third and champion last)
- 10) Referee will then bow the competitors out by directing them to face the jury and saying “*Cha ryeot!*” (Attention) “*Kyeong ye!*” (Bow).
- 11) Competitors are escorted to the podiums to receive their medals. Each competitor will be awarded their medal according to their place. (In a match with 4 competitors)
 - 1st place – Awarded CHAMPION
 - 2nd place – Awarded SUPERIOR
 - 3rd place – Awarded EXCELLENT
 - 4th place – Awarded DYNAMIC

Action Movie Team POOM-SE match: Rules and Regulations

What is Action Movie Team POOM-SE?

Three competitors on a team: Action movie team POOM-SE is creativity, realization, and entertainment. It will help you improve your technique, performance, and teamwork.

Match **SCORING:**

2 points - Technique: Realistic action.

2 points - Entertainment value: Outstanding performance like an action movie star.

1 point - Attitude: Passion with respect for oneself, partner, referee, jury and audience.

1 deduction point: Unrealistic action; or disrespect oneself or others; or show no desire (Referee has the power to decide).

The jury will score the match by holding up 1-5 fingers. The referee will declare the winner.

Match **SYSTEM**

- 1) General guidelines for divisions in the Action Movie team POOM-SE Division shall be:
Adult: Black belt / Color belt: MU-DO, JA-YUN, or PYUNG-HWA division.
Children: Black belt / Color belt: MU-DO, JA-YUN, or PYUNG-HWA division.
Family team
- 2) This match will be scored by 3-4 jurors at the head table. The jury will be responsible to total the score of each round and the jury will score the match by holding up 1-5 fingers. The referee leads the match.
- 3) Winning place by score: Dynamic, excellent, superior and champion.
Organize the teams for the match; the match will consist of all teams in the division (If the division has 1 team, they will still perform)
- 4) First Team: 1st round: Team performs competition style POOM-SE with philosophy and is scored.
2nd round: Team performs action movie with practical style POOM-SE and is scored.
- 5) The remaining teams will follow the same procedure as above; placement of the teams will be determined by the total score.
- 6) If many teams participate in the championships, we will set up multiple rings, and the winner is decided by the final score.
- 7) In the event of a tie, teams tied for champion will perform their 3 person action movie style POOM-SE routine. In the event of a second tie, the winning team will be decided by a random draw
- 8) Team champion trophy will be awarded for each division: Adult, Children and Family.

Practice like real championships:

- 1) 3-4 jurors score, one referee leads the competition, and competitors compete in the match.
- 2) Rotation; students will be jurors – referees – competitors.
- 3) First round:
 1. Referee brings the team in the ring then commands bow to the jury.
 2. Referee says “*Jhoon bi.*” (ready) and “*Shijak!*” (begin), begins the POOM-SE
 3. Competitors perform the competition style POOM-SE with philosophy.
 4. Referee calls for “*Ba rot!*” at the end, “*Cha ryeot!*” (Attention) “*Kyeong ye!*” (Bow)
 5. Referee calls for ten seconds of power & smile sparring. (*I am a Winner!* or *I am a Life Champion!*)
 6. Referee calls for the judges' scores by standing behind competitor and raising his right hand fully above his head, palm upward, and his left hand crossed in front of his chest, hand in front of the solar plexus with palm upward.
- 4) Second round: Referee brings the next team into the ring, same procedure as first round.
 1. Team will perform action movie with practical style POOM-SE
 2. Following the same procedure as the first round.
- 5) Referee will line up the team; referee calls for ten seconds of power & smile sparring
- 6) Jurors give the total score to the referee and the referee announces total score.
- 7) Referee will then bow the competitors out by directing them to face the jury and saying “*Cha ryeot!*” (Attention) “*Kyeong ye!*” (Bow)
- 8) Award presentation
 1. When all competition finishes, every team will line up on the floor.
 2. MC announces Dynamic, Excellent, Superior and Champion.
 3. All students will keep medals
 4. Trophies will be displayed at the school

Action Movie Breaking match: Rules and Regulations

What is Action Movie Breaking?

Action movie breaking is an assessment of your ability, creativity, and entertainment value. It will help you improve your technique, performance, and confidence.

Match **SCORING:**

2 points - Technique: accuracy, speed and power with creativity.

2 points - Entertainment value: Outstanding performance like an action movie star.

1 point - Attitude: Passion with respect for oneself, holder, referee, jury and audience.

1 deduction point: If competitor misses the break on the first try or disrespects oneself or others; or shows no desire (Referee has the power to decide).

Disqualified: Competitor does not break the board (within 3 minutes). If a competitor is disqualified, they will not receive a medal.

The jury will score the match by holding up 1-5 fingers. The referee will declare the winner.

Match **SYSTEM:**

1) General guidelines for divisions in the Action Movie breaking division shall be:

Adult: Black belt / Color belt: MU-DO, JA-YUN, or PYUNG-HWA division.

Children: Black belt / Color belt: MU-DO, JA-YUN, or PYUNG-HWA division.

2) This match will be scored by 3-4 jurors at the head table. The jury will be responsible to total the score of each round and the jury will score the match by holding up 1-5 fingers. The referee leads the match.

3) Organize the competitors for the match; if the match has 4 competitors; the 4 will be divided into 2 brackets. (If the match has 1 competitor, they will still perform; 2 competitors, they will compete against each other; 3 competitors, they will randomly draw 1, 2, and 3; the pair that draws 3 gets a bye; 5 pairs, divide into 3 and 2 competitors).

4) 1st round: First two people perform and are scored.

2nd round: Second two people perform and are scored.

(If only 3 people, two people perform and the third person gets a bye).

5) 3rd round: Each competitor from 1st and 2nd round with the lower scores will compete against each other for dynamic and excellent technique.

4th round: Each competitor from 1st and 2nd round with the higher scores will compete against each other for superior technique and champion

6) First and second round: Competition style breaking with philosophy.

Third and fourth round: Action movie style breaking.

7) Each competitor will break two times: First break; competition style with philosophy, second break; action movie style.

Practice like real championships:

- 1) 3-4 jurors score, one referee leads the competition, and competitors compete in the match.
- 2) Rotation; students will be jurors – referees – holders – competitors.
- 3) Referee lines up first group of competitors, referee says “*Cha ryeot!*” (Attention) “*Kyeong ye!*” (Bow to jury)
- 4) Referee organizes who competes against each other and places 2 competitors on each side of the ring
- 5) First round:
 1. Referee sends two competitors out of the ring, then commands the remaining two competitors, face their holders and bow, “*Cha ryeot!*” (Attention) “*Kyeong ye!*”
 2. Referee says “*Jhoon bi!*” (ready) and “*Shijak!*” (begin), to break the board.
 3. Competitors perform competition style breaking with philosophy.
 4. Referee calls for “*Ba rot!*” at the end, facing the holders, referee says “*Cha ryeot!*” (Attention). “*Kyeong ye!*” (Bow)
 5. Referee calls for ten seconds of power & smile sparring. (*I am a Winner!* or *I am a Life Champion!*)
 6. Referee calls for the judges' scores by standing behind competitor and raising his right hand fully above his head, palm upward, and his left hand crossed in front of his chest, hand in front of the solar plexus with palm upward. Declare winner by raising arm.
- 6) Second round: Referee brings second pair of competitors, and follows same procedure as first round.
- 7) Third round: Referee brings the first runner up from each round to compete with action movie style breaking. Following the same procedure as the first round.
- 8) Fourth round: Referee brings the winners from the first two rounds to compete with action movie style breaking. Following the same procedure as the first round.
- 9) Line up all 4 competitors; referee calls for ten seconds of power & smile sparring (*I am a Leader!* or *I am a Winner!* or *I am a Life Champion!*)
- 10) Referee will then declare each place by raising the hand of each partner competitor (Dynamic first, excellent second, superior third and champion last).
- 11) Referee will then bow the competitors out by directing them to face the jury and saying “*Cha ryeot!*” (Attention) “*Kyeong ye!*” (Bow).
- 12) Competitors are escorted to the podiums to receive their medals. Each competitor will be awarded their medal according to their place. (In a match with 4 competitors).
 - 1st place – Awarded CHAMPION
 - 2nd place – Awarded SUPERIOR
 - 3rd place – Awarded EXCELLENT
 - 4th place – Awarded DYNAMIC

Action Movie Team Breaking match: Rules and Regulations

What is Action Movie Team Breaking?

Action movie team breaking is an assessment of your ability, creativity, and entertainment value. It will help you improve your technique, performance, and teamwork.

Match SCORING:

2 points - Technique: accuracy, speed, and power with creativity.

2 points - Entertainment value: Outstanding performance like an action movie star.

1 point - Attitude: Passion with respect for oneself, team mates, referee, jury and audience.

1 deduction point: a team member misses a break on the first try; team does not meet a requirement (see requirements below); disrespects oneself or others; or shows no desire (Referee has the power to decide).

Disqualified: Action movie team breaking performance exceeds the 3 minute time limit. If a team is disqualified, they will not receive a medal.

The jury will score the match by holding up 1-5 fingers. The referee will declare the winner.

Match SYSTEM

- 1) General guidelines for divisions in the Action Movie team POOM-SE Division shall be:
Adult: Black belt / Color belt: MU-DO, JA-YUN, or PYUNG-HWA division.
Children: Black belt / Color belt: MU-DO, JA-YUN, or PYUNG-HWA division.
Family team
- 2) This match will be scored by 3-4 jurors at the head table. The jury will be responsible to total the score of each round and the jury will score the match by holding up 1-5 fingers. The referee leads the match.
- 3) Each team will present an exhibition style breaking routine. Requirements of breaking:
 - Exhibition boards only
 - Minimum of 10 boards used and maximum of 15 boards (3 minute max).
 - 1 jumping side kick and 1 jumping front kick.
 - Each team member must break during their routine.
 - The team must hold for their own breaks. (Exception: Children teams, adult hold boards)
- 4) Winning place by score: Dynamic, excellent, superior and champion.
- 5) Organize the teams for the match; the match will consist of all teams in the division (If the division has 1 team, they will still perform)
- 6) First Team: Team performs action movie style creative breaking and is scored.
- 7) The remaining teams will follow the same procedure as above; placement of the teams will be determined by the total score.
- 8) If many teams participate in the championships, we will set up multiple rings, and the winner is decided by the final score.
- 9) In the event of a tie, teams tied for champion will perform their 4 person action movie style breaking routine. In the event of a second tie, the winning team will be decided by a random draw
- 10) Team champion trophy will be awarded for each division: Adult, Children and Family.

Practice like real championships:

- 1) 3-4 jurors score, one referee leads the competition, and competitors compete in the match.
- 2) Rotation; students will be jurors – referees – competitors.
- 3) First Team:
 1. Referee brings the team in the ring, then commands bow to the jury.
 2. Referee says “*Jhoon bi*” (ready) and “*Shijak!*” (begin), begins the breaking performance.
 3. Team performs action movie style creative breaking.
 4. Referee calls for “*Ba rot!*” at the end, “*Cha ryeot!*” (Attention) “*Kyeong ye!*” (Bow jury)
 5. Referee calls for ten seconds of power & smile sparring. (*I am a Winner!* or *I am a Life Champion!*)
 6. Referee calls for the judges' scores by standing behind competitor and raising his right hand fully above his head, palm upward, and his left hand crossed in front of his chest, hand in front of the solar plexus with palm upward.
- 4) All other teams will follow the same procedure.
- 5) Referee will bring all teams out, then face the jury and saying “*Cha ryeot!*” (Attention) “*Kyeong ye!*” (Bow)
- 6) Award presentation:
 1. When all competitions finish, every team will line up on the floor.
 2. MC announces Dynamic, Excellent, Superior and Champion.
 3. All students will keep medals.
 4. Trophies will be displayed at the school.

Eagle Demo Team Competition: Rules and Regulations

What is Eagle Demo Team?

Eagle Demo team (15 student minimum) represents their school: Principles and values. It will help each member build excellent technique, outstanding attitude, and modern leadership.

Match SCORE

1-10 points -- Technique: Martial Arts technique.

1-5 points -- Attitude: The overall attitude of the team.

1-5 point -- Entertainment value: How the audience reacts.

1-5 points -- Personal opinion: How well the judge likes the performance.

Mandatory Demo Team performance guidelines and requirements:

Demo should be built on a strong basis of martial arts. To include amazing basics, advanced basics, action stunts with acting, including gymnastics, dancing, theme, and interaction with audience.

- 1) Each team must consist of a minimum of 15 members -- 1 point deduction.
- 2) Action movie style sparring segment with entire team: 20 seconds minimum -- 1 point deduction.
- 3) A powerful exhibition style poem: 20 seconds minimum -- 1 point deduction.
- 4) 10 breaks including: 1 mid-air multiple 3 station board break, and 1 flip board break using DEMO BOARDS ONLY.
 - 1 point deduction for not attempting required minimum breaks attempted.
 - 1 point deduction for not attempting flip break.
 - 1 point deduction for not attempting multiple mid-air breaks.
 - 0.5 point deduction for each break that board is not broken.
- 5) **Music or theme song for each team performance** -- 1 point deduction
- 6) **Professional Team sign** (24"x 36" with 4' pole attached to display with logo & sponsor's logo)
- 7) **Performances must be no less than 5 minutes and no longer than 7 minutes** -- 1 point deduction
- 8) Disqualification: If Demo exceeds 9 minutes, the team will be stopped and disqualified.
- 9) Teams will have an additional 1 minute setup time allowed. When team is ready or 1 minute has expired, whichever is first, the team time will be started.
- .. **Bonus Points:** Demo teams can earn a maximum of 3 Bonus points (Power Points) per performance. Each of the following Bonus point breaks will count for 1 point. Demo teams must attempt all the requirement breaks in order for the bonus point to count towards their score.
 1. Apple throw back flip break with foot
 2. Back flip breaking 2 boards, 1 with each foot simultaneously
 3. 3 ladder (multiple stage set up) Jumping front kick 1 board. (Example: Student steps on a student's knee then steps on a student's chest to launch higher to break the board)
 4. High Jump roundhouse breaking 1 board, stepping off of the chest of a student in front stance.

Tie Breaker:

In the event of a tie between two or more teams, each team will be asked to perform Exhibition Style breaking. Five holders will hold 3 boards and 1 person will break the 3 boards with a **Jumping Back Side Kick** only. Judges will score this performance based on technique, entertainment value, and attitude to determine the final results.

Practice like real championships

- 1) The panel of judges will consist of 3-4 judges. At the end of each demonstration, each judge will comment briefly on the team's performance. The scores will not be announced at that time.
- 2) The team captain will lead their team to line up and start to perform right away.
- 3) After each performance, the panel of judges will individually comment.
- 4) The requirement judges will announce any deduction or bonus points.
- 5) The judges' score cards will be given to the 2 requirement judges. The 2 requirement judges will subtract any deductions and add any bonus points and results will be given at end of all the Demo Team matches.
- 6) The team will bow to the head table and be dismissed
- 7) Award presentation:
 1. When all competition finishes, every team will line up on the floor.
 2. MC announces Dynamic, Excellent, Superior and Champion.
 3. All students will keep medals.
 4. Trophies will be displayed at the school.

Tiger Demo Team (Afterschool team):

The rules and the requirements are the same as the Eagle Team with the exception of the following. (12 students minimum)

1. Tiger Team members must not be members of the Eagle Team
2. The time limit is no less than 3 minutes and no greater than 5 minutes
3. No music is used for the performance

Life Meditation



Life meditation is a way of life: self-actualization through communication, motivation, and solutions for your life.

Life meditation helps you to build a positive attitude, sharper focus, and self-leadership, which will help you to become a strong leader.

(1) Attitude



Maintain this position and internally say to yourself:

“The 5 Pillars of True Success will bring harmony and balance to create a successful future; therefore, I will be healthier, wiser, more confident, wealthier, and happier!”

“I will enjoy today with a smile (smile and laugh out loud a few times if you can, but if not, do so silently.)

“I will have a quality day by doing my best and showing an attitude of gratitude.

“Attitude is everything. I will do at least one good thing for my family, for my profession, for my community, and to make the world a better place to live. I feel great and fantastic! What a day! I will have a great day (with a smile!)” Now, extend your arms and then hug yourself (crossing your arms over your chest, showing a gesture of love.) Say to yourself: **“I love myself! I love my family! I love my profession, and I love people!” Pump both fists over your head and say with passion: “Attitude is everything; I feel great and fantastic! I am a people person; I am going to have the best day ever!”**

You will feel energetic physically, mentally, and morally, which will generate a positive attitude.

(2) Focus



Focus on your goals, plans, and whatever you are doing now, or whatever you will do, which will force you to create better results. How?

Clean your mind by inhaling deeply and exhaling peacefully. While inhaling, intentionally visualize that you are receiving positive energy, and while exhaling, push out all negative energy. After you clean your mind, continue to use Power Breathing peacefully with a smile.

Focus on whatever you are doing or you will do. For example, to practice a speech, imagine that you are in front of an audience and mentally rehearse what you will say with passion from beginning to finish. You will be inspired to believe in yourself deeply, and feel confident and passionate about your next speech.

You will have a fun, meaningful, and successful speech. Use the same technique in whatever you do: Setting goals, making plans, practicing martial arts, or anything else. You will enjoy it more and have better results!

(3) Leadership



In life, we are all faced with making important decisions like choosing right or wrong, or deciding to quit or keep going. How do you decide? You must communicate within to find the answer.

How? Clean your mind by inhaling deeply and exhaling peacefully while Power Breathing.

Ask yourself if what you are doing is right or wrong, or ask yourself what you want. You may not get the answer right away, but until you get the right answer, keep asking. Eventually, you will have the right answer. It will help you choose or decide the right thing to do.

Alternately, if you are faced with a crisis personally or professionally, you must find the solutions to your problems or overcome the obstacles. How?

First, clean your mind by inhaling deeply and exhaling peacefully while Power Breathing, and ask, “Why?” Dig out the answer to why and then proceed. Second, “How?” find how to handle the obstacle and come up with a solution. Third, execute the solution you found. You will turn crisis into opportunity.

With this technique you can handle any challenge -- personal or professional! You will be proud of yourself as a self-leader.