

2023 Hapkido Competition

LONG FALL/HIGH FALL

HIGH FALL

Competitors will attempt to clear a horizontal bar, starting low and progressing in height, landing in a soft, clean breakfall. With each successful jump, the competitor continues to the next round where the bar will be raised 4 inches. If the competitor dislodges the bar or lands in an unsafe manner, he/she will be permitted to re-attempt the jump. If the competitor dislodges the bar or lands in an unsafe manner on the second attempt, he/she will be disqualified. A competitor may make contact with the bar without dislodging it for a successful round. Competition continues until there is only one competitor left, who then receives first place. Second and third place are determined by working back to previously eliminated competitors with ties broken by competitor with fewest attempts. One judge assesses the clearing of the bar, and a second judge assesses a safe landing. If the landing judge determines the landing would result in injury if on an upadded surface, that judge will rule the landing as unsafe.

Divisions and Starting Heights

AGE	HEIGHT
9 and under	24"
10-13	36"
14-17	42"
18-34	48"
35 and up.	36"

These may be adjusted downward by the Director based on competitors.

LONG FALL

Competitors will be attempting to jump from a specific starting point and gain the longest jump among competitors within that division. Competitors will have two opportunities to jump. One judge assesses the length of jump, and a second judge assesses the safe landing. If the landing judge assesses the landing would result in injury if on an unpadded surface, that judge will rule the landing as unsafe. The competitor with the longest distance (with safe landing) wins first place. Second and third place are awarded to the competitors with the second and third longest jumps. Divisions are the same as Long Fall.

Hapkido Leadership Team

Hapkido Director 2023: Grand Master Scott Schwab (valormartialarts@gmail.com)

Hapkido Co-Director 2023: Master Sara Schwab

Hapkido Assistant Director 2023: Master Larry Sanford