

# 2023 Hapkido Competition

## SELF-DEFENSE

### General Information

Self-Defense can incorporate empty hand against a single attacker or multiple attackers. Competitor may also utilize weapons\* in his/her routine. Whether routine involves weapons on the part of both competitor and attacker (partner), the judging criteria remains the same.

The self-defense demonstration consists of competitor (and partner) performing a maximum of (5) individual self-defense techniques/scenarios designed by competitor. Scores are based on the competitor's ability to create a scenario that demonstrates and understanding of 1) attack, 2) appropriate, equal response and 3) realistic technique that ends the altercation. Competitor should avoid "movie self-defense", acrobatics, and other impractical and unrealistic techniques. Each competitor is allotted two minutes, beginning from the time the judge indicates that the clock has started. If demonstration exceeds two minutes, the judge will stop the clock and assign a one-point deduction. The median score is 8.5, with no scores lower than 7.0. The highest score possible is 9.9. Hundredths may be used to ensure the fairest judging possible.

### Judging Criteria

#### JUDGE 1

#### PRECISION OF TECHNIQUE AND TIMING

Competitor should demonstrate an understanding of strike zones, body mechanics, and timing (competitor must act immediately upon attack). Competitor should choose techniques that are highly visible to the judges. Techniques should be executed properly, cleanly, and with full range of motion.

#### JUDGE 2

#### PROFICIENCY OF SITUATIONAL AWARENESS

Competitor should demonstrate an understanding of self-defense that is appropriate to age and rank. It should be clear to judges that competitor understands how to assign proper techniques to specific attacks.

#### JUDGE 3

#### PROPER POSTURE, POWER AND CONTROL

Once attacked, competitor/defender should demonstrate 1) an understanding of appropriate stance that matches technique, 2) the necessary and appropriate flow of power, and 3) realistic, powerful technique in a controlled manner that does not cause actual injury to the partner.

#### JUDGE 4

#### PRESENTATION

The demonstration should not be "overacted" by either competitor or attacker. If techniques/scenarios are demonstrated as a "story" or in a sequence, they should be performed in succession, ending the routine with incapacitation. Presentation also includes appearance of competitors (neat uniform, cleanliness), and proper display of character toward judges, fellow athletes and spectators.

## Divisions

DIVISION	AGE	RANK	GENDER
SPECIAL NEEDS	ALL	ALL	COED
YOUTH	11 & under	GUP DAN	COED
TEEN	12-17	GUP DAN	COED
ADULT	18+	GUP DAN	COED

\*Note on weapons for self-defense: no live blades and/or functional firearms for self-defense demonstrations are permitted. Judges will inspect all weapons prior to demonstration.

## Hapkido Leadership Team

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

Hapkido Co-Director 2023: Master Sara Schwab

Hapkido Assistant Director 2023: Master Larry Sanford