

2023 Hapkido Competition

TRI-SKILLS

General Information

Hapkido Tri-Skills is segmented into three parts (rounds): 1) Unbalance Competition, 2) Sparring, and 3) Throwing. Hapkido Tri-Skills uses a bracketed, single-elimination system. Rules and explanations for each round are as follows:

Round 1: UNBALANCE

The goal in Unbalance is for the competitor to unbalance his/her opponent, with only wrist and/or hand contact. To win, competitor must cause the opponent to take a step, all or touch the body anywhere other than the hand or wrist. To compete, both competitors face each other in a ride horse stance, in a reference position (inside wrists touching). When the judge gives the command to begin, each competitor attempts to unbalance the other using pushing or pulling techniques on the contact area (see sample video at www.buckeyechampionships.com). Making contact with a competitor's own body is not a loss.

Rules

- Competitor's non-play hand must remain on his/her hip throughout the match.
- Locking is prohibited.
- Striking is prohibited.
- Both feet must remain in horse stance throughout the match. Moving the foot results in an immediate point for the opponent.
- The first player to three points wins, OR whoever is ahead at the end of the two-minute round.
- Points are called by the center referee only.
- Center referee must consult the judges for approval before awarding points.

Round 2: THROWING

In this round, competitors will attempt to be the first to execute a clean, controlled throw to completion. The competitor taking the fall must land evenly on his/her side or back for the throw to be considered complete. (In Judo, this is referred to as "ippon".)

Legal Throws

- Hip Throws
- Shoulder Throws
- Leg Sweeps (no spinning leg/foot sweeps)
- Flying Scissors

Round 2: THROWING cont'd

Illegal Throws / Techniques That May Result In Disqualification

- Sacrifice Throws
- Locking Throws
- Any throw that causes the competitor to land on the front of the body
- Pushing (disengaging is permitted to block a throw, as long as there is no pushing.)
- Striking of any kind

Rules

- Competitors begin in a standing, grappling position*.
- Time begins when the center referee announces, "Shijak" (begin).
- The clock runs continuously for two minutes, only stopping if a competitor executes a winning throw.
- If neither competitor is able to execute a winning throw, the match will be awarded to the aggressor.
- The center referee will award the winning point (or winner if neither competitor can land a winning throw) after consulting with the corner judges.

Round 3: SPARRING

For this final round, fist/forearm, shin/instep, headgear (no face masks) and cups (for males) are required. Chest protectors are optional. Only martial arts gear is permitted (no soccer shin guards, etc.). Competitors should use extreme control, with no more than 10% power used in any given technique. Hand techniques are NOT permitted.

Sparring consists of 1 two-minute round. Whichever player reaches three points first (or whoever is ahead at the end of the two minutes) wins the round. If neither player has scored, the winner will be determined by the judges, after evaluating which competitor was the aggressor. Corner judges may all for points or penalties. Points and penalties are awarded by the center referee after calling for judge majority.

Permitted Techniques and Points

- Controlled hand techniques (body only) 1 point
- Controlled kicking to the body 1 point
- Controlled kicking to the head (sides only) 2 points
- Foot sweep 1 point (if opponent falls)

Penalties / Disqualifications / Illegal Techniques

- Spinning sweeps are not permitted and will result in immediate disqualification.
- Hand techniques are not permitted, and will result in 1-point deduction, followed by disqualification if repeated.
- Excessive contact is not permitted, and will result in 1-point deduction, followed by disqualification if repeated.
- Locks are not permitted and will result in immediate disqualification.
- Throwing is not permitted and will result in immediate disqualification.

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DIVISIONS

AGE	RANK	GENDER
PEE WEE (7-8)	GUP DAN	M/F
JUNIOR (9-10)	GUP DAN	M/F
YOUTH (11-12)	GUP DAN	M/F
YOUNG TEEN (13-14)	GUP DAN	M/F
TEEN (15-17)	GUP DAN	M/F
ADULT (18-34)	GUP DAN	M/F
EXECUTIVE (35+)	GUP DAN	M/F

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