



## CHUNG-DO Xtreme Competition Rules

### ELEGIBILITY REQUIREMENTS:

- 1). The competitor must be a member in good standing with the United States Chung Do Kwan Association. *For more information on membership, please visit the USCDKA website at [www.uscdka.com](http://www.uscdka.com).*
- 2). The competitor must be a member in good standing of a United States Chung Do Kwan Association chartered school.
- 3). The competitor must have the permission of their Instructor.
- 4). The competitor **MUST** also compete in Traditional Forms.

*Clarification: As the popularity of Xtreme Martial Arts has grown over the past years, it is important that we do not neglect the traditional martial arts skills that have been passed down from generation to generation. This helps ensure that proper technique, lines, angles, and joint adjustments are being developed and perfected.*

- 5). Form and Rank Eligibility:
  - a. Beginner Students are only allowed to compete with Form #1
  - b. Intermediate Students are allowed to compete with Form #1 or Form #2
  - c. Advanced Students are allowed to compete with Form #1, #2, or #3
  - d. Black Belts are allowed to compete with any of the Extreme Forms.

### UNIFORM REQUIREMENTS:

CHUNG-DO Xtreme competitors may wear any of the following approved uniforms:

- 1). An approved USCDKA traditional uniform. (White uniform with USCDKA logo on back)
- 2). A chartered school's traditional white uniform with USCDKA patch on left chest.
- 3). Official USCDKA National Champion uniform.
- 4). Official USCDKA Xtreme uniform.

*Clarification: Advantages of wearing this uniform is the lack of long sleeves, which can interfere with weapons performances and also give judges a clearer view of the hand techniques during a forms performance.*

- 5). On rare occasions, belts may only be "tucked in" if the weapons competitor is concerned that there is potential interference with the belt getting in the way of weapons

performances (e.g., staffs hitting the belt while spinning). The belt would be tucked in after the presentation to the judges and at the starting point of the form, with his or her back to the judges.

### **WEAPONS REQUIREMENTS:**

*After inspecting the weapon, Tournament Officials retain the right to refuse a weapon for competition due to safety concerns. Tournament Officials may stop the contestant if the performance becomes reckless and threatens injury to the competitor or by-standers.*

The following approved weapons may be used to compete during CHUNG-DO Xtreme Competitions:

- 1). Kamas – 8”, 10”, or 12” (No sharp blades allowed).
- 2). Bo Staff – Sizes range from 3’ to 6’ 6”  
(Staffs should not be more than 6” shorter or taller than a competitor).
- 3). Nunchakus – 10” or 12” (Non-Ornamental no protruding elements will not be allowed).

*NOTE: Xtreme Nunchucks will be added to the sanctioned events at the beginning of the 2009-2010 Tournament Season. Competition prior to this date, will not receive points, but it will be encouraged for experience.*

### **COMPETITION RULES:**

1). CHUNG-DO Xtreme Forms and Weapons Forms will be scored using the same process as the USCDKA Traditional Forms with special consideration given for modifications. The techniques should be full and locked out just as in traditional forms.

2). The Xtreme division allows contemporary martial arts techniques that have evolved over the years. These difficult moves may be added to the CHUNG-DO Xtreme form or the form may be performed in its original state. **No more than seven (7) modifications may be added to a CHUNG-DO Xtreme form.**

3). Gymnastics movements have become extremely popular in Xtreme Martial Arts. These moves are those in which **the competitor becomes inverted**. *A gymnastics move is not one in which the competitor spins while performing a striking or kicking technique.* These movements, not found in traditional forms, will be allowed, but no more than four (4) gymnastics moves may be added to each form. Extra consideration will be given to those gymnastics moves which include a striking technique.

*Clarification: Judges must note if a modification increased or decreased the level of difficulty of the form. Many modifications are risky and should be judged accordingly. For example, a move that requires letting go of a weapon, should be considered more difficult than one that does not. This is the same for any gymnastics move.*

4). CHUNG-DO Xtreme Forms and CHUNG-DO Xtreme Weapons will be judged on the following (in no particular order):

- a. All of the judging criteria for traditional forms.
- b. An emphasis of Precision of Technique (LAJA)
- c. Creativity
- d. Difficulty
- e. Presentation

f. Control of the Weapon (for weapons forms)

**DEFINITION OF A MODIFICATION:**

A modification is any change or addition to the current CHUNG-DO Xtreme Form or CHUNG-DO Xtreme Weapons form. A modification can be:

- 1). A change of an individual move (e.g., removal of the drop to your knee in Chung Do Bo Level 1).
- 2). A change of a sequence (e.g., changing the left ax kick, spinning hook kick, jump front kick combination). A fluid sequence should be considered one modification as defined by the count in the form. For example move 5 in form 1 is counted as one move even though it is a sequence of low block and punch two separate techniques
- 3). The addition of a gymnastics move.

*Note: The Xtreme Forms were developed by Mr. Daniel Sterling, who happens to be left handed. In the video series, he offers options for right-handed individuals to use instead of the left-legged kicks he performs. If a competitor uses one of those options, it is considered a modification.*

**DEDUCTIONS:**

- 1). In addition to standard deductions for lines, angles, focus, power, and precision; the following deductions must also be accounted for:
- 2). Dropping a weapon – 1 point deduction
- 3). Falling while performing a gymnastics move – 1 point deduction
- 4). Starting a form over – 1 point deduction
- 5). Exceeding the 7 allowed modifications – disqualification  
(Make sure you are extremely confident that the athlete has exceeded the allowed number of modifications before taking this deduction and then confirm it with the tournament director).
- 6). Exceeding the 4 allowed gymnastics moves – 1 point deduction for each overage.

Clarification and example of grading: If a person drops their weapon and also has to start over, there is a 2 point deduction. If they can pick the weapon up and continue without their being an obvious break in the fluidity of the form there is only a 1 point deduction.