



2018-2019 Revisions at a Glance



CHUNG-DO XTREME REVISIONS AT A GLANCE

Chung Do Extreme

(Weapons & Open Hand)

Eligibility of CDX divisions based on rank.

Beginners: Keibon and level 1

Intermediate: Keibon (Juniors), level 1, and level 2

Advanced:, level 1, level 2, Creative

Black Belt: Lvl 1, level 2, Creative

Chung Do Xtreme Keibons

Chung Do Extreme Keibons are limited to beginner (white - blue) all ages. Juniors 13 and under may compete until blue belt.

CHUNG-DO Xtreme Weapons:

Weapons will now be bundled according to level. For instance, level 1 bo will compete with level 1 kama and chux. Because of this, competitors will not be able to compete in multiple weapons in the same level. However, competitors may compete in different levels for different weapons (ie: level 1 bo, level 2 chucks, level 3 kama).

Level 1: All levels are able to compete in this division. Five (5) modifications allowed. No inversions or releases are allowed.

Level 2: Intermediate and above are eligible for this division. The importance of level 2 is that it prepares the competitor for the more difficult combinations and sequences that come in level 3. This progression is vital to the competitors success in higher levels of competition. 6 modifications are allowed. No inversions are allowed in level 2, but weapon releases are allowed.

Note: Sword is now considered a level 2 form because of the level of difficulty and it being a black belt exclusive form.

Open Creative Division & Level 3: Advanced and above are eligible for this division. This division is now an Open Creative Division, meaning that the form can still follow the level 3 format, but may also be completely original. Unlimited modifications are

allowed. A 90 second time limit will be enforced in this division and any time over that will result in a deduction in score.

Required Techniques

a. Execution of the minimum number of 3 kicks; must include front kick, round kick or side kick and any variation of these basic kicks.

For example: Round Kick (any variation of Round Kicks; basic round kick, jump round kick, spin round kick or 540)

b. Execution of Each Kicking Technique

Deductions

a. Competitor steps outside of the ring (1 point deduction for each occurrence)

b. Competitor exceeds the 90 second time limit (1 point deduction for every 10 seconds over time limit)

c. Competitor fails to perform required techniques (1 point deduction for each kick omitted)

d. Competitor unintentionally drops weapon (Automatic score of 6, no higher, no lower)

e. Competitor fails to perform required techniques (1 point deduction for each kick omitted)

CHUNG-DO Xtreme Open Hand:

Level 1: All levels are able to compete in this division. 5 modifications allowed. No inversions are allowed.

Level 2: Intermediate and above are eligible for this division. The importance of level 2 is that it prepares the competitor for the more difficult combinations and sequences that come in level 3. This progression is vital to the competitor's success in higher levels of competition. Six (6) modifications are allowed. No inversions are allowed in level 2.

Level 3 & 4: Has been moved to the creative division. No Limit on Modifications.

Creative Division & Level 3 - 4: Advanced and above are eligible for this division. This division is now an Creative Division, meaning that the form can still follow the level 3 or 4 format, but may also be completely original. Unlimited modifications are allowed. A 90 second time limit will be enforced in this division and any time over that will result in a deduction in score.

Required Techniques

- a. Execution of the minimum number of kicks (additional types and number of kicks are allowed):
 1. 2 Front Snap Kicks (any variation of Front Snap Kicks)
 2. 2 Roundhouse Kicks (any variation of Roundhouse Kicks)
 3. 2 Side Kicks (any variation of Side Kicks)

Deductions

- a. Competitor steps outside of the ring (1 point deduction for each occurrence)
- b. Competitor exceeds the 90 second time limit (1 point deduction for every 10 seconds over time limit)
- c. Competitor fails to perform required techniques (1 point deduction for each kick omitted)
- d. For example, 1 Front Snap Kick instead of 2 (1 point deduction) No Front Snap Kicks (2 point deduction)

SPARRING REVISIONS AT A GLANCE

OPENING AND CLOSING OF A MATCH

Calling the competitors:

Competitor's Entry into the Ring: Competitors will enter the ring holding their headgear under their left arm.

Inspection of the Competitors:

The Referee will instruct the competitors to put on their headgear. The Referee shall then physically examine the two competitors: proper and safe gear (hand, foot, head, mouthpiece, chest protector, and cup for males), fingernails and toenails. Female students are allowed to have painted fingernails and toenails. The length of the fingernails should be no longer than the tips of the fingers.

End of Match:

The Referee shall say com-mult (stop) and command the competitors return to the starting position. The competitors should remove their headgear and place it under his/her left arm.

Closing of Division:

After the division is complete ALL competitors will be called out to the ring in one straight line. If it is a large division line the competitors up in two lines. competitors that have not earned one of the first three places, the remaining competitors may also be called into the ring for the closing of the match to receive encouraging comments and recognition. They may be lined up behind the place finishers or on the end(s) of the place finisher line-up.