



2018 OREGON MOO DUK KWAN BOARD BREAKING TOURNAMENT

JANUARY 27 @ OMDK – 10:00am

Individual Competition Fee \$25 - Family Competition Fee \$50

Competition Fee \$35/\$60 After January 20

NAME _____ RANK _____ AGE _____

ALL COMPETITORS WILL RECEIVE THREE BOARDS. PLEASE LIST YOUR TECHNIQUES BELOW

(If undecided OMDK instructors will help select techniques before the event. Routines will be practiced in class leading up to the event)

1. _____
2. _____
3. _____

Each participant will be scored based on the following criteria:

1. **Moo Do Shim Gong:** intensity, focus, Kihap (yell) and Shi sun (eye focus).
2. **Moo Do Jaseh:** Discipline & respect in the process, stances and completion of technique.
3. **Ki Sul:** Difficulty of the technique and result (break).

Medals will be awarded for 1st, 2nd & 3rd place in each division.

Additional awards will be presented for Moo Do Jaseh and Moo Do Shim Gong.

Tentative Divisions: *(may be adjusted based on registration)*

1. Tiger Tots (4-5 years old)
2. 6-7 year old White & Orange Belts
3. 8-9 year old White & Orange Belts
4. 7-9 year old Green Belts
5. 7-9 year old Red Belts
6. 10-12 year old White & Orange Belts
7. 10-12 year old Green & Red Belts
8. 10-12 year old Dan
9. Adult & Teen Gup
10. Adult & Teen Dan

Please submit registration form and fee together.

A registration form must be submitted for each participant.

Checks payable to: Oregon Moo Duk Kwan

