



# **Competition regulations**

## **Self Defense / Hosinsul**

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**By participating in the Self-Defense Championship, all athletes recognize expressly refer to these competition regulations in all respects.**

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## 1. Introduction to Self-Defense / Hosinsul

In the "Self-Defense / Hosinsul" competition, an athlete will give a demonstration of a practiced self-defense program.

The athlete is supported by 1 partner who acts as an attacker.

The self-defense program should be designed to be realistic.

The competition area consists of plug-in mats, dimensions 8 x 8 or 10 x 10 m.

The mat must not be left during the demonstration (presentation).

### **(see 3.2.2 Evaluation Details - Point Deductions)**

The performance must be carried out barefoot and without protective equipment by all participants. become. Optionally, a groin protector that can be worn under the Budo suit is permitted.

The athletes wear their corresponding Budo suit (Dobok). The Budo suit of the

The attacker must be different from the defender's suit.

The wearing of jewelry is not permitted.

**The following applies to weapons:** knives made of flexible material (rubber), max. 30 cm total length, injury-resistant

sure. Poles up to max. 60 cm total length, stick with soft sheathing (foam).

2 sticks and 2 knives may be used.

These must be placed on the outer edge of the mat or directly next to the mat surface. When greeting or saluting, the weapons may be used by the athletes. should not be worn on the body. Weapons may not be handed over to the attacker.

### **(see 3.2.2 Evaluation Details - Point Deductions)**

It is permissible to respond to an attack with a detached weapon (e.g. use of a stick in case of knife defense).

No weapon that falls out of the competition area may be retrieved,

i.e. the athlete may only pick up a weapon if both feet are in contact with each other. are still within the competition area.

### **(see 3.2.2 Evaluation Details - Point Deductions)**

In age groups I and II (up to 14 years) **NO** weapons are allowed.

The lecture has a time limit. Exact specifications are set out in the class division.

The timing begins with the command Shijak and ends when the performers for casting.

### **(see 3.2.5 Timing)**

The screening must be designed in such a way that none of the participants can participate in the screening.

endangered or injured!

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Should the defender perform an action with weapons, hand or foot, which potentially resulting in a fatal injury, the presentation will not be interrupted. This may result in disqualification and a 0.0 point rating.

**(see 3.2.4 Disqualification)**

All techniques must be designed/executed in such a way as to ensure proportionality between attack and defense.

In the case of placements from 1st to 3rd place, the defender and the Attackers each receive a placement medal.

In the placement from the 4th place downwards, the athletes receive a participant medal.

## **2. Classification**

### 2.1 General requirements

All athletes of the NWTU / DTU are eligible to start. Athletes from other federations are also, eligible to start. They must register with their respective association card and Legitimize your identity card on the day of the competition.

**Athletes of other martial arts styles or other federations must report. adapt their respective graduations to those of the German Taekwondo Union (DTU), so that ensures that the classifications (see 2.2 Classifications) are can be carried out.**

All athletes are subject to the general rules / regulations of the overall competition. The respective tender can specify changes. There is no distinction between m/f/d participants. This applies to: all athletes and their attackers. A free compilation is possible.

## Classification

### 2.2 Class classification area Hosinsul NWTU

Graduation	8th to 5th Kup Yellow-Green Belt	4th to 1st Kup Blue-Red- Brown Belt	Ab 1. Dan/Can Black Belt	Timing
Altar Class I	8 to 10 years	8 to 10 years	8 to 10 years	Min. 45 sec. Max. 60 sec.
Age Group II	11 to 14 years	11 to 14 years	11 to 14 years	Min. 60 sec. Max. 90 sec.
Age Group III	15 to 17 years	15 to 17 years	15 to 17 years	Min. 90 sec. Max. 120 sec.
Age Group IV	18 to 35 years	18 to 35 years	18 to 35 years	Min. 90 sec. Max. 120 sec.
Altersklasse V	36 to 49 years	36 to 49 years	36 to 49 years	Min. 90 sec. Max. 120 sec.
Altersklasse VI	+ 50 years	+ 50 years	+ 50 years	Min. 90 sec. Max. 120 sec.
Number of Attackers	1	1	1	

In the best case, the attackers should be a class lower, of the same class.

or belong to a class higher than that of the defender.

Attackers in the DAN class should be graduated with at least the blue belt.

Exceptions can be decided by the competition management.

The report must include the number of attackers with their first and last names as well as the number of graduation.

### 3. Evaluation of performance

#### 3.1 Basic size of the valuation

The weighting of the scores is, analogous to the Poomsae Freestyle point key, consisting of 60 % technical grade and 40 % presentation

- Technology min. 0.0 points max. 6.0 points
- Presentation min. 1.0 Point max. 4.0 points
- Overall assessment min. 1.0 Point max. 10.0 points

The details of the evaluation priorities are presented in the jury's paper.

If the participant is injured by an action, so that the lecture is interrupted, there will be a disqualification and an evaluation with 0 points.

The overall team performance (defender + attacker) is evaluated.

#### 3.2 Evaluation criteria

##### 3.2.1 Assessment Areas

- **Technology** **max. 6.0 points**
- **Presentation** **max. 4.0 points**

##### 3.2.2 Valuation details technology

In the field of **technology**, the following achievements are evaluated:

Evaluation Focus	Details
1. Leverage techniques	e.g. Effectiveness, speed, dynamism
2. Foot Techniques	e.g. Variants, Distance, Accuracy
3. SV against clinging, hand- and foot techniques	e.g. are SV techniques, number, Variants, Precision
4. SV against attacks with weapons	e.g. Knife, stick / technical finish with Security – Enemy + Weapon

No weapons are permitted in starting classes I and II (up to 14 years of age). In this case, the scoring under point 4. "SV against attacks with weapons" as an overall impression / mean value of the 3 previous ratings.

Performances are graded from 0.0 (very poor) to 1.5 (excellent) in increments of **0.1** points.

Expectations are between 0.6 and 0.9 points.

A minimum of 0.0 points and a maximum of 6.0 points can be achieved.

### 3.2.3 Point deductions

<b>Point deductions</b>	<b>Details</b>
0.0 points each	Missing any of the 4 elements
- 0.5 points	Cancellation / Restart
- 0.5 points	Time $\pm$ 10 seconds over/under

Point deductions, as indicated above, are taken into account with 0.5 points each.

Going over and under  $\pm$ 10 seconds of the presentation will be done after the end of the presentation. announced by the person responsible at the jury table.

### 3.2.4 Evaluation Details Presentation

In the area of **presentation**, the following achievements are evaluated:

<b>Evaluation Focus</b>
1. Creativity, expression of energy, power, speed, harmony
2. Effectiveness of actions, proportionality between attack and defenses

Performances are rated from 0.5 (very poor) to 2.0 (excellent) in increments of 0.1 points.

Expectations are between 1.1 and 1.4 points.

1.0 points and a maximum of 4.0 points.

#### 3.2.4.1 Deductions of points in the context of presentation scoring

1. The mat must not be left during the demonstration (presentation).- 0.3 Points
2. No weapon that falls out of the competition area may be retrieved.  
- 0.3 Points
3. Weapons may not be handed over to the attacker.  
- 0.1 points.

### 3.2.5 Disqualification

Disqualification	Details
Should the defender make a action with weapons, the hand or the foot, which potentially cause a fatal injury to the could result from the Referee the disqualification be pronounced.	Examples: Stabbing/cutting the attacker with the Knife. Hitting the attacker to the head with the stick Stepping on the head of the attacker, in the ground position.

Disqualification will result in a score of 0.0 points

If one or more judges give a reason for disqualification during the presentation, will **not** be interrupted.

At the end of the performance, it will be discussed in the circle of judges and the any reasons for disqualification that may have been identified.

By a majority decision of the judges, it will be decided whether the participant is disqualified, or the demonstration is evaluated.

### 3.2.6 Timing

The timing begins after the defender and the attacker(s) have greeted each other and the command "Shijak" clears the demonstration.

If the presentation with Kalyo is interrupted, the time will be stopped.

If the presentation is released again with Gesok, the timing continues.

The end of the timekeeping takes place when the performers meet to greet each other stand.

The commands are announced by the area coordinator of the respective competition area.  
**(see Area Coordinator)**



# Area Coordinator



The area coordinator is located to the right of the jury table, at the edge, in the middle of/on the competition area. He is a member of the fight/referee team, but without point ratings.

Official Command Language for Self-Defense/Hosinsul Championships

## SELF-DEFENSE / HOSINSUL

- |                     |                           |                            |
|---------------------|---------------------------|----------------------------|
| 1. Chul-Jeon        | (Enter area)              | use your <u>left</u> Hand  |
| 2. Charyeot         | (Attention to the jury)   | use your <u>left</u> Hand  |
| 3. Kyeongne         | (Greetings)               | use your <u>left</u> Hand  |
| 4. Cha-uh-hyang-uh  | (turn towards each other) | use your <u>left</u> Hand  |
| 5. Kyeongne         | (greetings to each other) | use your <u>left</u> Hand  |
| -----               |                           |                            |
| 6. Junbi            | (Fighting Stance)         | use your <u>right</u> Hand |
| 7. Shijak           | (Start – take time)       | use your <u>right</u> Hand |
| 8. Kalyo            | (Interruption)            | use your <u>right</u> Hand |
| 9. Gesok            | (continue)                | use your <u>right</u> Hand |
| 10. Guman           | (End – Time Stop)         | use your <u>right</u> Hand |
| -----               |                           |                            |
| 11. Charyeot        | (Respect for each other)  | use your <u>left</u> Hand  |
| 12. Kyeongne        | (greetings to each other) | use your <u>left</u> Hand  |
| 13. Cha uh hyang uh | (Attention to the jury)   | use your <u>left</u> Hand  |
| 14. Kyeongne        | (Greetings)               | use your <u>left</u> Hand  |
| 15. Tae-jang        | (Leave area)              | use your <u>left</u> Hand  |

# NWTU - Selbstverteidigung / Hosinsul Jury's Paper



Dieses Regelwerk / Bewertungsschema gilt nur innerhalb der NWTU wenn dies in der Ausschreibung der Meisterschaft so vorgegeben ist.

Bewertung Technik	0,0 ... 6,0 Punkte	sehr schlecht	schlecht	mittelmäßig	gut	sehr gut	hervorragend	Summe
<b>Technik</b>	<b>1. Hebeltechniken</b> (z.B. Effektivität, Geschwindigkeit, Dynamik)	0,0	0,3	0,6	0,9	1,2	1,5	
	<b>2. Fußtechniken</b> (z.B. Varianten, Distanz, Zielgenauigkeit)	0,0	0,3	0,6	0,9	1,2	1,5	
	<b>3. SV gegen Festhalten, Hand- und Fußtechniken</b> (z.B. sind SV -Techniken, Anzahl, Varianten, Präzision)	0,0	0,3	0,6	0,9	1,2	1,5	
	<b>4. SV gegen Angriffe mit Waffen</b> (Messer, Stock / Technikabschluss mit Sicherung Gegner+Waffe)	0,0	0,3	0,6	0,9	1,2	1,5	
	<b>5. Abzüge:</b> - Fehlen eines der 4 Elemente - Abbruch / Neustart - Zeit ±10 s über-/unterschritten	→			← Erwartungshaltung			
<b>Summe Technik</b>								

Bewertung Präsentation	1,0 ... 4,0 Punkte	sehr schlecht	schlecht	mittelmäßig	gut	sehr gut	hervorragend	Summe
<b>Präsentation</b>	<b>1. Kreativität, Ausdruck von Energie, Kraft, Geschwindigkeit, Harmonie</b>	0,5	0,8	1,1	1,4	1,7	2,0	
	<b>2. Effektivität der Aktionen, Verhältnismäßigkeit zwischen Angriff und Verteidigung</b>	0,5	0,8	1,1	1,4	1,7	2,0	
				← Erwartungshaltung				
<b>Summe Präsentation</b>								

Kampffläche Nr. \_\_\_\_\_

Wettkämpfer Nr. \_\_\_\_\_

Unterschrift Kampfrichter/in \_\_\_\_\_