

Choi Kwang Do Festival

Policies and Procedures

Version 4.1

3-14-17

Introduction

Choi Kwang Do, being a revolutionary and evolutionary martial art system, never stands still. CKDMAI recognizes the importance of raising and maintaining standards to ensure the quality of the programs to which people commit. CKDMAI is introducing a safe, exciting and effective event to bring together all CKD practitioners, with a competitive element still craved by sportsmen and women from around the globe. The events will bring enjoyment to both spectators and competitors.

The following are the rules on how to implement this program in your schools along with the policies and procedures that govern it.

Goal:

To demonstrate proficiency and promote technical excellence while performing Choi Kwang Do patterns, speed drills and shield attack.

Each Choi Kwang Do School, region and nation are encouraged to implement this program and participate in the Festival throughout the Choi Kwang Do community. Support from CKD HQ is available to help you introduce this and motivate all students.

Any student or instructor may choose to participate in this unique opportunity to intensify their training in hopes of increasing their skills, endurance and proficiency. All students will receive a certificate of participation, as well as trophies for 1st, 2nd or 3rd place in each category as a reward for their hard work and dedication.

We hope that all schools, students and instructors will be excited about this new venture for Choi Kwang Do International Martial Art. CKDMAI and Grandmaster Choi look forward to seeing all students and instructors give an excellent display at these exciting events. If you have any questions, please contact:

Master Gallagher

CKD Headquarters

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Unlike belt testing, the CKD Festival is judged on a different set of criteria.

- Judges - There should be a total of 4 judges (minimum of 2 for regional events). Judges must be certified CKD Examiners. When possible, use the highest ranking judges, starting with available Master Instructors (5th Dan and above), then 4th, 3rd, etc., as well as a mix of male and female judges. If the event covers a large region or is an international Festival, make sure there is a diverse set of judges that represent all of the attending regions and Nationalities. For large events, make sure to rotate judges in/out to provide breaks.
- The judge's dress code should be either suits and ties for men and formal suits for women or a second option of all judge's wearing full uniform. Just make sure whichever choice is made, it is consistent with all judges.
- Good coordination and clear communications are a must in order to run a smooth event. Several key positions are necessary, in addition to the judges, including one Event Leader. This should be a senior instructor who is responsible for the overall event and making sure everything is running smoothly and has excellent communication skills. One senior instructor (per grid) to conduct/lead the Festival and keep time, one person to be a "runner" who facilitates the grading sheets to/from the judges to the scoring table. One person (possibly two for larger events) to tally the scores (there are a lot of score calculations that need to be done quickly, so this position is very important). Please utilize a computer and electronic scoring sheets whenever possible to make the scoring more efficient and reduce errors. One Instructor (per grid) to help line up students in order, prior to the start of their group. Two shield holders per grid. When possible, use shield holders that are equal to or higher rank than the participant. In addition to the judges, please make sure you provide recognition to those individuals who helped with the Festival.
- The set for the Festival is done in grid form. Judges will sit one in each corner of the grid, or centrally for those with only two judges. In larger events (i.e. International Festival) two grids may be used to allow two groups to perform concurrently.
- An "X" on the floor should indicate where the participants stand (a small piece of electrical tape may be used).
 - Participants should be equally spaced from opposite sides
- There are two options for student participation:
 - Each participant may perform in one, two or all three categories (patterns, speed drills and shield attack). Or
 - Each participant is entered into and performs in all three categories for one fee (this is a much easier choice for smaller events).
- Each judge will score the participant between a 1-50 for each category, based on the criteria outlined below. The highest score possible per category is a 50.
- Scores will be kept using a standard Festival Evaluation Form (see separate attachment).
- For all categories, 2 participants will perform at one time.

- Participants will be grouped by rank and age:
 - Child color belts: 8 and under and 9-12
 - Teen/Adult color belts: 13-19, 20-35, over 35
 - Child IL Dan and Above: 9 and under and 10-12
 - Teen/Adult IL Dan and Above: 13-19, 20-35, over 35 (Veteran Division)
 - EE Dan, Sam Dan, Sa Dan, Oh Dan , over 35 (Veteran Division)
- Groupings are subject to change based on the number of participants that have registered in each category, however color belts must not face black belts and children must not face adults. Try to arrange groups to have at least 8 participants and no more than 20 per rank/age division if possible.
- All Choi Kwang Do members from yellow belt senior and above are eligible to participate, including Head and Chief Instructors.
- A stopwatch is to be used to keep time.
- All categories have a total of 2 rounds.

Round 1

- All participants from a given age group/rank perform (2 perform at one time).
- All participants receive a score from each of the judges.
- The scores from each round will be totaled and recorded, but not revealed.
- At the end of round 1, scores are added together and those who score in the top 50% will progress to round 2. In the event of a disqualification, that person does not move to the next level, regardless of score.

Round 2

- The top 50% from Round 1 perform (2 at a time).
- All participants receive a score from each of the judges.
- The scores will be totaled and recorded, but not revealed.
- The judge's scores will determine 1st, 2nd and 3rd place.
 - In the case of a tie, use the scores from round 1 to determine tie breaker. If there is still a tie, the two students perform a 3rd time to determine a winner.
- The results will be announced and the awards given at the very end of the Festival (when all individual, Team 5 and Demo Teams have performed). This will ensure that students stay during the remaining portion of the Festival and provide a higher level of energy throughout.

Patterns

Participants must show proficiency in the following areas:

- 1. Memorization (10 points):** the student's highest 4-directional pattern (note that junior color belts drop down and performs last 4 directional) must be completely memorized and performed without hesitation. Not performing highest pattern will result in a disqualification from this category, with the only exception being a student who just received a promotion (new pattern) within the prior 30 days.
- 2. Precision (10 points):** proper technique and clear sequential movement must be demonstrated.
- 3. Balance/posture/stance (10 points):** proper guard, pivots, stances, dodges, and show of stability must be demonstrated.
- 4. Pace and rhythm (10 points):** instead of a monotonous progression of techniques at a constant pace, participants should go through their pattern with the proper timing and flow
- 5. Dynamics (10 points):** high energy, use of the entire body, and loud kihaps must be exhibited at the correct times.

The total score possible is 50

Time limit: 60 seconds for IL Dan and below, 90 seconds for EE Dan and above

There is no incentive to go through patterns at a very fast speed. However, all patterns must be completed within the 60 or 90 second timeframe. Upon completion, participants will be told to return to Chumbay.

Speed Drills

Participants must show proficiency in the following areas:

1. **Memorization (10 points):** the student's highest speed drill must be completely memorized and performed without hesitation.
2. **Precision (10 points):** correct technique and clear sequential movement must be demonstrated.
3. **Balance/posture/stance (10 points):** proper guard, pivots, stances, dodges, and show of stability must be demonstrated.
4. **Speed (10 points):** participants will perform their highest speed drill nonstop for 30 seconds.
5. **Dynamics (10 points):** participants must demonstrate high energy, use of proper body mechanics, and loud kihaps must be voiced at the correct times.

The total score possible is 50

- For color belts, student will perform left side, then right side, then turn to the back and continue until time has expired.
- For IL Dan and above, student will perform left side, turn to the back and perform right side and continue until time has expired.

Time limit: 30 seconds

Since this is a speed drill, there is an incentive to go as fast as possible without compromising form. Instructor leading the grid will stop participants when time has expired.

Air Shield Attack Drills

Participants must show proficiency in the following areas:

- 1. Precision:** correct technique and clear sequential movement must be demonstrated. Contact with the shield holder is not allowed. Please explain to the participants to not hit shield holders. 1st time contact provide a warning. 2nd time contact will result in disqualification from this category.
- 2. Variety:** all techniques up to and including a participant's belt level should be used, as well as using both sides of the body. Combinations should not be repeated.
- 3. Combinations and speed:** techniques should flow smoothly and quickly with little repositioning.
- 4. Power:** demonstrated through the use of correct biomechanical movement, the power exerted should be clearly shown.
- 5. Dynamics:** participants must demonstrate high energy, use of proper body mechanics, and loud kihaps must be voiced at the correct times.

No pre-choreographed routines are allowed. Participants from the same school should not hold shields for fellow school participants (when possible) to avoid unfair advantage.

Penalty: Only CKD movements, which is defined as anything in our official CKD Curriculum online, shall be used. A penalty point of between 1-5 points (judges discretion) will be issued to the students score for a single (one time) or multiple usage of non CKD movements. Examples include: 360's, jumping kicks, joint locks, etc.

Time limit: 30 seconds

The air shield attack drill will consist of an all-out air shield attack with one shield for all belt levels (including EE Dan and above). There will be designated air shield holders for the participants. Instructor leading the grid will stop participants when time has expired.

Team 5

Teams consisting of 5 individuals of any age, who rank from Yellow Belt Senior or above, may join together and perform as a team, representing their school, region or nation. The Team Festival will follow the same rules as the individual Festival, the only difference being:

- All 3 categories (pattern, speed drill and air shield attack) must be performed by every member of the team.
- The total score for each individual is added together by the scoring table to determine total team score.
- Total team scores are used to determine 1st, 2nd and 3rd place.

There will be two divisions for the Team 5 Festival, one for color belts and the second for IL Dan and above.

Winning teams will be given the opportunity to represent their region or nation at International Seminars.

Demo Team

Demo teams showcase Choi Kwang Do to those who do not know about the art, while inspiring current participants to higher standards. Performances can be made to be both educational and entertaining, but the following set of criteria will be used to evaluate each team:

1. **Time:** all performances must be completed within a maximum of 10 minutes. 1 point will be deducted for each minute over, up to the maximum of 10 points.
2. **Technique:** accurate movement and clear sequential motion must be demonstrated. Techniques should show the effectiveness and practicality of Choi Kwang Do.
3. **Cohesion and teamwork:** teams should show coordinated timing, organization, and synchronization with teamwork and unity.
4. **Creativity:** performances should be creative and unique and highlight Choi Kwang Do's merits. Sequences should be clearly CKD and not from another Martial Art style.
5. **Dynamics:** participants must demonstrate high energy, use of proper body mechanics, and loud kihaps must be voiced at the correct times.

There will be 10 possible points per area listed above for a total possible score of 50.

Penalty: Only CKD movements, which is defined as anything in our official CKD Curriculum online, shall be used. A penalty point of between 1-5 points (judges discretion) will be issued to the team score for a single (one time) or multiple usage of non CKD movements. Examples include: 360's, jumping kicks, joint locks, etc. The only exception to this rule for Demo Teams is if there are skits/scenes where a "bad guy" (non CKD dressed person) is attacking a student. The bad guy is free to do anything they desire.

Each demo team will have a maximum of 5 minutes for setup prior to the start and 5 minutes for clean-up upon completion of the demo.

Awards and Fees

The results will be announced and the awards given at the very end of the Festival (when all individual, Team 5 and Demo Teams have performed). This will ensure that students stay during the remaining portion of the Festival and provide a higher level of energy throughout the event.

Trophies will be awarded for 1st, 2nd and 3rd place for each category (patterns, speed drills and air shield attack drills) for each age group/rank. Trophies or medals will be awarded for 1st, 2nd and 3rd place Demo and Team 5 winners. Certificates of participation will be given to all students who participate in the Festival. Trophies and certificates must be paid for using the Festival entry fees. As an example, the average trophy cost for a U.S. Festival is approximately \$7 each.

Fees for local and regional Festivals will be determined by the organizers of those particular events. Fees for International Festivals will be determined by CKDMAI.

Students must be properly dressed in line with CKD uniform code (no t-shirts, proper uniform for their rank and status, no rolled up sleeves, either barefoot or approved martial arts shoes).