



INTERNATIONAL HAPKIDO COUNCIL – IHC

CARRERA 4 ESTE NO. 31 – 47 SOACHA/CUNDINAMARCA, COLOMBIA
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TECHNICAL COMPETITION REGULATIONS "FREESTYLE IN PAIRS" MODALITY

Sports discipline "freestyle in pairs": this is a free performance by a group of two athletes (imitation of a duel) with musical accompaniment based on hapkido techniques, acrobatics and choreography. Acting is a story that has a beginning, a logical continuation, and an end. The duration of the performance is 60 to 100 seconds. The performance is a staged episode of the fight logically constructed with choreography accompanied by music.

PARTICIPANTS ARE DIVIDED INTO AGE CATEGORIES WITH A DIVISION INTO MEN AND WOMEN.

The performance in the court is judged by the referee (head) of the court, the arbitrator, the five side judges, the judge-informant (technical secretary), the judge-operator of the judicial system (if used), the judges of the participants.

The area of action is in the form of a square of 10x10 m. The area of competition, including the performance and safety zones, must be at least 12x12 m. The area of competition, the size and the quality of the court in the sports discipline "freestyle in pairs" is similar to the area in the sports discipline "hosinsul".

The evaluation is divided into technical and presentation parts.

Technical (maximum score) 100

During the performance, athletes must demonstrate self-defense techniques similar to the mandatory sections corresponding to the technical discipline "hosinsul", for which there is an evaluation in the "Technique" section. The mandatory booths must be used in the performance program: "Kim Chase", "Ap Chase", "Changul Chase", "Kyongok Chase" and "Murip Chase".

The points for technique begin to be established from the moment one of the athletes performs the first technical action (wrist grip protection), all other technical actions are evaluated in the strict order. Any technical, acrobatic and choreographic elements, actions and packages can be inserted among the mandatory techniques performed, the evaluation of which is taken into account in the presentation section.

During the interpretation, the order of execution of the technical sections must correspond to:

JUNIOR (12-14 years old): Wrist Grip Protection, Clothing Grip Protection, Fist Shock Protection, Kick Protection.



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YOUTH (15-17 years old), ADULTS (18 years old and older) AND SENIOR (40 years old and older):
Wrist Grip Protection, Clothing Grip Protection, Fist Strike Protection, Kick Punch Protection, Knife Protection, Hapkido Weapon Protection.

The evaluation of the "Presentation" section included in the proceedings must correspond to the basic Hapkido technique:

- postures, positions, movements.
- kicks, including high difficulty (in the air, on objects: legs, boards, etc.)
- punches (in the air, on objects: legs, boards, etc.)
- All types of throws, push-ups, grabs and grabs from Hapkido's arsenal, at least 40 percent of the total performance time
- Work with and against weapons from Hapkido's arsenal
- Demonstration of the technique of working with improvised objects (bag, umbrella, etc.)
- Technical complexes, move packs, etc. from the Hapkido Arsenal
- Acrobatic elements, falls.
- Breathing exercises.

EXECUTION ORDER.

Announcement of the competition. Competitors in the sports discipline "freestyle in pairs" are called up three times. The judge-informant announces the start of the competition in the sports discipline "freestyle in pairs" indicating the age division and the classification by gender. The judge-informant invites the participating team composed of two participants, naming the surnames, first names, region and organization of the team members, to pass the judge's inspection with the participants present. The judge-informant summons the couple to the dojang in accordance with the competition protocol. Any pair of competitors who do not show up in the competition area will be disqualified for not attending.

Control of judges with participants present. After being summoned, competitors must pass the judge's control in the presence of the participants. The judge of the participants checks the compliance of the athletes summoned with the tournament tables of the competition protocol, as well as with the sports weapons and uniforms.



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Entrance to the competition area. At the end of the inspection, athletes must take their waiting positions accompanied by a second coach in the waiting area at the dojang.

Competition process. At the order of the referee "Song Su Chong Ja!", (The athletes take their places!) the pairs of participants must take positions corresponding to the starting position of the participants in the area along the corresponding starting line.

At the referee's command on the court: "Cha-Ryuht!" "Kyoung Yeh!" (Attention! Greetings!), the athletes salute the judges, then each other.

On command "Choon Bi!" (Get ready!) Athletes take the starting positions before performing the technical element (poses) and wait for the soundtrack to start.

From the moment the phonogram is turned on, the evaluation of the athletes' performance by the side judges begins.

At the end of the musical's soundtrack, the referee announces, "BahRo!" (Deliverance!) "Cha-Ryuht!", "Kyoung Yeh!" (Attention! Salute!), the athletes turn to face the referee's table and greet the judges, then, at the referee's command, "Done!" (Disperse!) Participants leave the area and await the announcement of the results behind the border line.

The first edition is held in October 2025, observing and participating in the different Hapkido competition regulations worldwide and aiming to develop a complete and updated regulation for the world and its affiliates.

Modality proposed by the Russian Federation of Hapkido.

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