

2023

Soo Bahk Do®

Moo Duk Kwan®



National Festival Loveland, Colorado

"Strengthening Moo Do Growth from the Inside Out"

- Thursday, July 20 -

3:45 - 6:30 pm

Instructor & Studio Owner Seminar

National Gup Seminar

National Dan & Ko Dan Ja Seminars

- Friday, July 21 -

8:30 am - Close

Opening Ceremonies

Seminars

Ko Dan Ja & Dan Competition

- Saturday, July 22 -

8:15 am - Close

Opening Ceremonies

Moo Do Value Sparring

Gup & Team Competition

Banquet



United States Soo Bahk Do Moo Duk Kwan Federation®

20 Millburn Ave Floor 2, Springfield, NJ 07081 - 888-SOO-BAHK - soobahkdo.com

Order T-Shirts by July 2
Register NOW!



<https://soobahkdo.us/festival>



2023 National Festival

United States Soo Bahk Do Moo Duk Kwan Federation, Inc.®



HOTEL INFORMATION:

Embassy Suites

Loveland Hotel, Spa & Conference Center

4705 Clydesdale Parkway,

Loveland, CO 80538

Group room rate includes breakfast, 2 drinks each day during reception for adults, internet, parking and every room is a suite with up to six guests per suite.

Reserve your room and register for all events here:

<https://soobahkdo.us/festival/registration-2023/>

Or book your reservation by phone:

970-593-6200

Indicate that you are with the U.S. Soo Bahk Do Moo Duk Kwan Federation group



Instructor & Studio Owner Seminar

Thursday, July 20, 3:45-4:45pm

Brian Corrales, Sa Bom Nim, 6th Dan

TAC Digital Bu

Kyo Bom, Bu Sa Bom, or Sa Bom? How to select the best training track for your students and how best to support their progression



New Kyok Pa Competition!

Single elimination competition.

In each round competitors will attempt to break with a technique selected by the TAC.

Each participant gets one chance to be successful then either moves on to the next round or is eliminated.





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National Gup Seminar

**Sparring Clinic:
“Move, Defend & Counter”**

Thursday, July 20, 5:00-6:30pm
Jeff Griggs Sa Bom Nim, 8th Dan

National Dan & Ko Dan Ja Seminar

“Moo Do Values Sparring Strategy”

Thursday, July 20, 5:00-6:30pm
Craig Hays, Sa Bom Nim, 8th Dan
TAC Chairman



Thursday, July 20th

Time	Event	Dress Code	Attendees	Location
9:00-10:00am	TAC Breakfast	Casual	TAC & TAC Assistants	
10:15am-12:00pm	TAC Training & Video Session	Do Bok	TAC & TAC Assistants	
12:15-1:15pm	TAC Lunch Meeting	Casual	TAC & TAC Assistants	
1:30-3:30pm	Board of Directors Meeting	Formal Attire	BOD	
1:30-2:30pm	Regional Examiner's Training	Do Bok	REX	
2:30-3:30pm	Regional Examiner's Meeting	Do Bok	REX	
3:45-4:45	Instructor & Studio Owner Seminar	Do Bok	All Instructors, Assistants and Studio Owners	
5:00-6:30pm	National Gup Seminar	Do Bok	All Gup Members	
5:00-6:30pm	National Dan & Ko Dan Ja Seminar	Do Bok	All Dan & Ko Dan Ja	
7:00-8:00	Dinner	Casual	Meal Plan Ticket Holders	



2023 National Festival

United States Soo Bahk Do Moo Duk Kwan Federation, Inc.®



Friday, July 21st

Time	Event	Attendees	Location
7:00-8:00am	Breakfast	Meal Plan Ticket Holders	
8:30am	Line-up	All Members	
8:45am	Opening Ceremonies & Warm-up w/ H.C. Hwang Kwan Jang Nim	All Members	
9:00-10:15am	Seminar Session #1 - See page 12 for details 1. REX Seminar 2. KDJ Candidate Seminar (Sam Dan) 3. Youth Leadership (Red belt & above) 4. Women in the MDK 5. Silver Moo Do In (65 yrs+) 6. Adult Gup, Dan & Ko Dan Ja 7. Gup & Dan Children (12 & under)	All Members	
10:15-10:30am	Break	All Members	
10:30-11:45am	Seminar Session #2 - See page 12 for details 1. REX Seminar 2. Ko Dan Ja Hyung Seminar 3. Dan Hyung Seminar 4. Gup Hyung Seminar 5. Children's Hyung & Sparring Seminar (12 & under)	All Members	
11:45am	Closing Ceremonies (Seminars)	All Members	
11:50am-12:15pm	Judging Clinic	Dan & Ko Dan Ja Members	
11:50am-12:15pm	Score Keeper & Time Keeper Orientation	Adult Volunteers	
12:15-1:15pm	Lunch	Meal Plan Ticket Holders	
1:15pm	Line-up	All Members	
1:30pm	Opening Ceremonies (Competition)	All Members	
1:30pm - Close	Ko Dan Ja & Dan Competition 1. Ko Dan Ja Hyung 2. Regional Dan Team Hyung 3. Dan Hyung 4. Dan Point Sparring 5. Regional Dan Team Sparring	All Members	
<i>End of Competition</i>	Closing Ceremonies (Competition)	All Members	
7:00-8:00	Dinner	Meal Plan Ticket Holders	



2023 National Festival

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Saturday, July 22nd			
Time	Event	Attendees	Location
7:00-8:00am	Breakfast	Meal Plan Ticket Holders	
8:00 – 8:15am	Score Keeper & Time Keeper Orientation	Adult Volunteers	
8:15am	Line-up	All Members	
8:30am	Opening Ceremonies <ul style="list-style-type: none"> Opening Remarks and Introductions Demonstrations 	All Members	
9:30am – 12:00pm	Moo Do Sparring Competition <ul style="list-style-type: none"> Ko Dan Ja Dan Members 	All Members	
12:00 – 12:45pm	Lunch	Meal Plan Ticket Holders	
12:45pm	Line-up	All Members	
1:00pm - Close	Gup & Demonstration Team Competition <ul style="list-style-type: none"> Demonstration Teams Children Gup Members Adult Gup Members NEW Kyok Pa Competition (12 & under) 	All Members	
<i>End of Competition</i>	Closing Ceremonies	All Members	
<i>After Closing Ceremonies</i>	Meet & Greet with Kwan Jang Nim H.C. Hwang <i>Opportunity for members to take pictures with and/or get an autograph from Kwan Jang Nim.</i>	All Members	
7:30-10:00pm	Banquet (Formal Attire)	Banquet Ticket Holders	
<i>After 10:00pm</i>	After Party Celebration (Casual)	All Members	



2023 National Festival

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TAC Approved Hyung

Gup Divisions

White Belt

Gi Cho Hyung Il Bu
Gi Cho Hyung E Bu
Gi Cho Hyung Sam Bu

Orange Belt

Gi Cho Hyung E Bu
Gi Cho Hyung Sam Bu
Pyung Ahn Cho Dan

Green Belt

Pyung Ahn E Dan
Pyung Ahn Sam Dan
Pyung Ahn Sa Dan

Red Belt

Pyung Ahn O Dan
Passai Hyung
Nai Han Ji Cho Dan
Chil Sung E Ro Hyung

Dan Divisions

Cho Dan

Chil Sung Il Ro Hyung
Du Moon
Jin Do
Nai Han Ji E Dan

E Dan

Chil Sung Sam Ro Hyung
Joong Jul
Ro Hai
Nai Han Ji Sam Dan

Sam Dan

Chil Sung Sa Ro Hyung
Po Wol
Kong Sang Koon
Ship Soo

Ko Dan Ja Divisions

Sa Dan

Chil Sung O Ro Hyung
Yang Pyun
Wang Shu
Sei Shan

O Dan

Chil Sung Yuk Ro Hyung
Sal Chu
O Ship Sa Bo
Ji On

Yuk Dan

Chil Sung Chil Ro Hyung
Choong Ro
Hwa Sun

TAC Approved Hyung Divisions

Rank	Age Category / Division								
White & Orange Belt	6 & Under	7-8	9-10	11-14	15-17	18-30	31-45	46-59	60+
Green Belt	6 & Under	7-8	9-10	11-14	15-17	18-30	31-45	46-59	60+
Red Belt		7-8	9-10	11-14	15-17	18-30	31-45	46-59	60+
Adaptive	15 & Under	15 +							
Cho Dan		7-8	9-10	11-14	15-17	18-30	31-45	46-59	60+
E Dan			9-10	11-14	15-17	18-30	31-45	46-59	60+
Sam Dan				11-14	15-17	18-30	31-45	46-59	60+
Ko Dan Ja	Sa Dan	O Dan	Yuk Dan	50+					



2023 National Festival

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Hyung Competition Overview

- Competitors will demonstrate one Hyung that meets their rank division requirements.
- Average Scores for each Rank
 - Gup Members: 7.7
 - Dan Members: 8.5
 - Ko Dan Ja Members: 9.3
- Scores from each of the five judges are recorded. The high and low score are removed from the average to calculate the final score for each competitor.
- If the competitor has to restart their Hyung, a ½ point will be deducted from the total score.
- In the case of a tie, the high and low scores are then added back in to settle the tie. If there is still a tie, the competitors will demonstrate another Hyung (should be different from the first Hyung they performed). The judges will then vote for one competitor or the other by a show of hands.



TAC Approved Sparring Divisions

Rank	Age Category / Division (Note: Male and Female Sparring Divisions are Separate)								
White & Orange Belt	6 & Under	7-8	9-10	11-14	15-17 M F	18-30 M F	31-45 M F	46-59 M F	60+ M F
Green Belt	6 & Under	7-8	9-10	11-14	15-17 M F	18-30 M F	31-45 M F	46-59 M F	60+ M F
Red Belt		7-8	9-10	11-14	15-17 M F	18-30 M F	31-45 M F	46-59 M F	60+ M F
Adaptive	15 & Under	15 +							
Cho Dan		7-8	9-10	11-14	15-17 M F	18-30 M F	31-45 M F	46-59 M F	60+ M F
E Dan			9-10	11-14	15-17 M F	18-30 M F	31-45 M F	46-59 M F	60+ M F
Sam Dan				11-14	15-17 M F	18-30 M F	31-45 M F	46-59 M F	60+ M F
Ko Dan Ja	21+	50+							



2023 National Festival

United States Soo Bahk Do Moo Duk Kwan Federation, Inc.®



Sparring Competition Overview

- Gup Members may compete in traditional Point Sparring.
- Dan Members may compete in Point Sparring, Moo Do Sparring or both.
- Ko Dan Ja may compete in Moo Do Sparring.
- **IMPORTANT NOTE:** *All sparring Participants must wear the following: headgear, mouthpiece, groin cup (men) & hand pads (covering knuckles only – must be white cloth). Full hand, foot and body protective gear is prohibited (shin pads are acceptable – white cloth only, but pads cannot be covering the feet) – we emphasize no contact.*

➤ Point Sparring Rules

- Red and White Flags are used to signify each contestant in the ring.
- Each match is two minutes.
- Target Areas: Front portion of the body (above the belt and the face, from the top of the forehead down and from the ears forward (back of the head and top of the head are illegal target areas). Scoring on the line of any boundary area is considered a fair score.
- Scoring a Point
 - All basic hand and foot techniques to the allowable target areas are 1 point.
 - Any spinning or jumping kick (trailing leg above opponent's knee) is worth 2 points.
 - A sidestep or a defensive Kyo Cha Rip Jaseh (cross-legged stance) with a counter attack is 2 points.
 - A jump spinning technique with the base leg above the opponent's belt is 3 points.
- When the center judge stops the match once a call is communicated, each judge casts a vote.
- There must be a majority of votes with a minimum of two to award a point.
 - A Red or White Flag will signify one point for that contestant.
 - A "No See" (crossed flags in front of the corner judge's eyes) is excluded from the vote.
 - A "No Point" (crossed flags towards the ground) takes away one Red and one White Flag.
 - A contact warning must be confirmed by two votes.
 - Two contact warnings, causing bleeding or excessive contact requires disqualification.
 - **Note:** *If there is a tie at the end of the two-minute match, the competitor that scores the next point will be declared the winner of the match (sudden win rule).*

➤ 5 Moo Do Sparring Rules

- Red and Blue Flags are used to signify each contestant in the ring.
- Each round is twenty seconds. Best out of five rounds wins the match.
- The competitor that demonstrates the best use of both defensive and offensive skills while demonstrating the 5 Moo Do Values in action wins the round.
- Each judge casts a vote.
- The competitor with the majority of votes wins the match.
- **MOO DO SPARRING NOTICE:** *Register for Moo Do Sparring using the same divisions as Traditional Point Sparring. Moo Do Sparring Divisions may be composed onsite based on the quantity of participants.*





2023 National Festival

United States Soo Bahk Do Moo Duk Kwan Federation, Inc.®



TAC Approved Demonstration Divisions

Rank	Age Category / Division			
White & Orange Belt	Youth: 12 & Under	Teen: 13-17	Adult: 18+	Senior: 50+
Green & Red Belt	Youth: 12 & Under	Teen: 13-17	Adult: 18+	Senior: 50+
Dan Members	Youth: 12 & Under	Teen: 13-17	Adult: 18+	Senior: 50+
Ko Dan Ja	-	-	Adult: 18+	Senior: 50+

Demonstration Team Competition Rules

- All ranks and ages may compete in the Demonstration Division.
- The content of the demonstration may be derived from any component of our curriculum and should carry the 5 Moo Do Values in action.
- The highest ranked (and aged) competitor on the team will determine the division. As a result, divisions are subject to change onsite.
- There may be up to 10 competitors on a team.
- Demonstrations may not be longer than 3 minutes.
- No acrobatic movements allowed.
- If Kyok Pa (Breaking) is included in the demonstration, only one attempt is allowed.
- Two scores will be given - (1) Technical Performance / Moo Do Jaseh and (2) Artistic





2023 National Festival

United States Soo Bahk Do Moo Duk Kwan Federation, Inc.®



Regional Team Hyung Competition

Rank	Age Category / Division		
Dan Members	Youth Team: 17 & Under	Adult Team: 18+	Senior Team: 50+

Team Hyung Overview

> Team Selection

- Each Region selects one Team (per each division / age category listed above) to represent their Region at the National Festival.
- Each Team needs to submit a Video via the Soo Bahk Do Institute for official TAC Review no later than 1 month prior to the National Festival.

> Team Composition

- All team members must be Dan Members (3 or 4-person team allowed).
 - Youth Team shall be defined as members that are 17 and younger.
 - Adult Team shall be defined as members that are 18 and older.
 - Senior Team shall be defined as members that are 41 and older.
 - NOTE: A Team with 2 adults and 1 youth would be in the Adult Division. A Team with 2 Adult and 2 Youths would be in the Youth Division.
- Maximum of two forms can be combined (example: Passai and Chil Sung Sam Ro Hyung).
 - Rank appropriate Hyung should be chosen based on the rank of the junior member of the Team.
- Maximum of two sparring sequences per Team Form.
 - Each sparring sequence will be limited to five techniques per person.
 - Either the offensive or defensive technique in any given exchanged needs to be taken from one of the two Hyung that have been combined. In other words, if a technique is performed in the sparring sequence that is not from either Hyung, an offensive or defensive technique needs to be performed at the same time to justify the "other" technique's existence in the sparring sequence.
- No breaking techniques allowed.
- No acrobatic movements allowed. Tumbling is allowable if justified in a sparring sequence per the requirements listed above.
- The time limit for Team Hyung is 3 minutes.
- Any team not meeting the above criteria at the National Competition will be disqualified.

> Team Elimination Rule

- Each division shall be managed independently and shall not be merged or competed against each other.
- In the case of only one team registering in a division, the team shall give their performance and be scored normally, then publicly acknowledged as the winner of their division by default and awarded the respective award.

> Scoring

- The Technical Advisory Committee system for scoring Regional Team Hyung consists of 5 judges seated in a straight line facing the team and awarding scores for the Team's performance in:
 - Technical
 - Artistic



2023 National Festival

United States Soo Bahk Do Moo Duk Kwan Federation, Inc.®



Regional Team Sparring Competition

Rank	Age Category / Division		
Dan Members	Youth Team: 8-12	Teen Team: 13-17	Adult Team: 18+

Team Sparring Overview

➤ Team Selection

- Each Region selects one Team (per each division / age category listed above) to represent their Region at the National Festival.

➤ Team Composition

- Youth Team: Will consist of 5 participants (No requirement for number of male or female members).
- Teen Team: Will consist of 5 participants (No requirement for number of male or female members).
- Adult Team: Will consist of 5 total participants (4 Male and 1 Female).
- All members must meet the age requirements per the Divisions listed above.

➤ Rules

- The Regional Team Sparring competition will use the same rules as Traditional Point Sparring.
- The designated TAC Official will meet with the Team Captains before the competition and hold a drawing to determine the Team match brackets.
- The two team will line up on the sides of the ring.
- The center referee will ask both teams to send out their first representative and then alternate thereafter.
 - Note: The two female competitors must compete against each other.
- The first team to win three matches will be declared the winner.
- If a tie exists at the end of five matches:
 - The first procedure will be to add all scores (points) together. The team with the higher total of points will be declared the winner.
- The second procedure will be for both Team Captains to select a tie-breaking match between the competitors of their choice (sudden win rule applies).
- Only the Team Captain is allowed to approach the Center Referee regarding any discrepancies / questions during the match.
 - If discrepancies cannot be resolved, they will be presented a TAC Official for further review.





2023 National Festival

United States Soo Bahk Do Moo Duk Kwan Federation, Inc.®



Choose Your Friday Morning Training Experience!

Seminar Session #1 (Friday, July 21st 9:00-10:15am)		
Group	Seminar Description	Instructor
Regional Examiners	“Regional Examiner Training”	Craig Hays SBN
Ko Dan Ja Candidates <i>Sam Dan Members</i>	“Ko Dan Dan Ja Shim Sa Prep” For Sam Dan practitioners eligible for the Ko Dan Ja Shim Sa in 2023, 2024 & 2025.	Jeff Griggs SBN
Youth Leadership <i>Red Belts & Above</i>	“Kicking Strategy in Sparring” Rack up the points with jumping and spinning kicks.	Frank Tsai SBN w/Sean Oulashin SBN
Women in the MDK <i>Female Practitioners</i>	“Women in the Moo Duk Kwan” Blocks, counters and fakes.	Jenn Gibbons, SBN w/Susan Fittanto SBN
Silver Moo Do In Members <i>65 yrs and older</i>	“Insights from the Hu Kyun In” Tae Geuk Exercises	Jeff Moonitz SBN Hu Kyun In
Adult Gup, Dan & Ko Dan Ja	“Jaseh - the Foundation of Successful Dae Ryun” Improve your performance in a competition setting.	Brian Corrales SBN
Children's Seminar <i>12 & under</i>	“Effective Kyuk Pa” Weapon to target accuracy.	Jared Rosenthal SBN

Seminar Session #2 (Friday, July 21st 10:30-11:45am)		
Group	Attendees	Instructor
Regional Examiners	“Regional Examiner Training”	Jared Rosenthal SBN
Ko Dan Ja	“Ko Dan Ja Hyung Seminar” "Adapting your performance based on the character of the Hyung"	Brian Corrales, SBN
Dan Members	“Dan Hyung Seminar” Improve your Hyung for competition.	Josh Lockwood SBN
Gup Members	“Gup Hyung Seminar” Improve your Hyung for competition.	Zickafoose SBN
Gup & Dan Children <i>12 & under</i>	“Children’s Hyung & Sparring Seminar”	Jennifer Gibbons SBN Cort Stinehour SBN