

NATIONAL FESTIVAL

JULY 21-24, 2022

ORLANDO, FL

DOUBLETREE BY HILTON

AT THE ENTRANCE OF UNIVERSAL STUDIOS



[HTTPS://SOOBANHDO.US/FESTIVAL](https://soobahnkdo.us/festival)

UNITED STATES SOO BAHK DO MOO DUK KWAN FEDERATION®



2022 National Moo Do Festival

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



HOTEL INFORMATION:

Double Tree By Hilton
At the Entrance of Universal Studios
5870 Major Boulevard
Orlando, FL

Book your reservation online:

<https://soobahkdo.us/festival/hotel-2022>

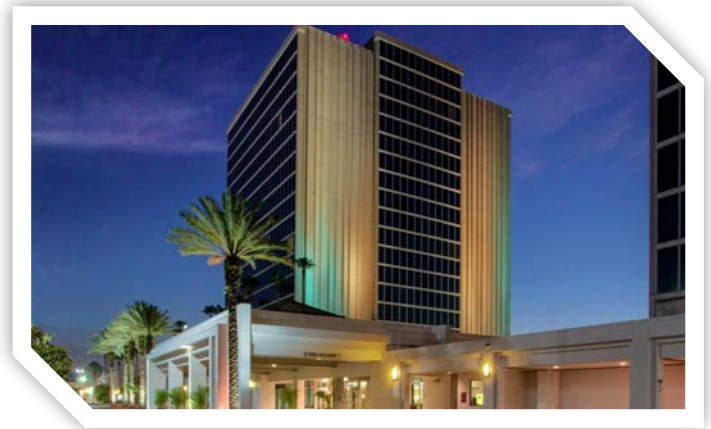
Or book your reservation by phone:

407-351-1000

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

Register for Seminars, Competition, Banquet, etc. online:

<https://soobahkdo.us/festival/registration-2022/>



Instructor & Studio Owner Seminar

Thursday 3:45-4:45pm

Brian Corrales, Sa Bom Nim, 6th Dan

TAC Digital Bu

Kwan Jang Nim and the World Moo Duk Kwan TAC have recently updated the instructor certification process to include two additional certifications: Kyo Bom and Bu Sa Bom. Instructors, Studio owners, and potential instructor candidates are invited to participate in this lecture seminar to understand the requirements, expectations of performance, responsibilities, and testing process for each certification.





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National Dan & Ko Dan Ja Seminar

Thursday 5:00-6:30pm

Craig Hays, Sa Bom Nim, 8th Dan
TAC Chairman

“Sip Dan Khum Sparring Applications”

Learn the dynamic partner applications to the unique Sip Dan Khum Hyung of Soo Bahk Do.

The Sip Dan Khum come from the Kwon Bup section of the Moo Yei Do Bo Tong Ji. The Hwang Kee Chang Shi Ja’s interpretation of the Hyung was published in the Korean edition of “Soo Bahk Do” and then introduced to the membership in 2018.



Thursday, July 21st

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



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Friday, July 22nd			
Time	Event	Attendees	Location
7:00-8:00am	Breakfast	Meal Plan Ticket Holders	Sawgrass
8:30am	Line-up	All Members	Universal Center
8:45am	Opening Ceremonies (Seminars)	All Members	Universal Center
9:00-10:15am	Seminar Session #1 - See page 12 for details <ol style="list-style-type: none"> 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. Competition Prep 	All Members	Universal Center
10:15-10:30am	Break	All Members	Universal Center
10:30-11:45am	Seminar Session #2 - See page 12 for details <ol style="list-style-type: none"> 1. REX Seminar 2. Hyung Seminar 3. Dae Ryun Seminar 4. Kicking Seminar 	All Members	Universal Center
11:45am	Closing Ceremonies (Seminars)	All Members	Universal Center
11:50am-12:15pm	Judging Clinic	Dan & Ko Dan Ja Members	Universal Center
11:50am-12:15pm	Score Keeper & Time Keeper Orientation	Adult Volunteers	Universal Center
12:15-1:15pm	Lunch	Meal Plan Ticket Holders	Sawgrass
1:15pm	Line-up	All Members	Universal Center
1:30pm	Opening Ceremonies (Competition)	All Members	Universal Center
1:30pm - Close	Ko Dan Ja & Dan Competition <ol style="list-style-type: none"> 1. Ko Dan Ja Hyung 2. Regional Dan Team Hyung 3. Dan Hyung 4. Dan Point Sparring 5. Regional Dan Team Sparring 	All Members	Universal Center
End of Competition	Closing Ceremonies (Competition)	All Members	Universal Center
7:00-8:00	Dinner	Meal Plan Ticket Holders	Sawgrass



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Saturday, July 23rd

Time	Event	Attendees	Location
7:00-8:00am	Breakfast	Meal Plan Ticket Holders	Sawgrass
8:00 – 8:15am	Score Keeper & Time Keeper Orientation	Adult Volunteers	Universal Center
8:15am	Line-up	All Members	Universal Center
8:30am	Opening Ceremonies <ul style="list-style-type: none"> Opening Remarks and Introductions Demonstrations 	All Members	Universal Center
9:30am – 12:00pm	Moo Do Sparring Competition <ul style="list-style-type: none"> Ko Dan Ja Dan Members 	All Members	Universal Center
12:00 – 12:45pm	Lunch	Meal Plan Ticket Holders	Sawgrass
12:45pm	Line-up	All Members	Universal Center
1:00pm - Close	Gup & Demonstration Team Competition <ul style="list-style-type: none"> Demonstration Teams Children Gup Members Adult Gup Members 	All Members	Universal Center
<i>End of Competition</i>	Closing Ceremonies	All Members	Universal Center
<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	Universal Center
7:30-10:00pm	Banquet (<i>Formal Attire</i>)	Banquet Ticket Holders	Seminole A & B
<i>After 10:00pm</i>	After Party Celebration (<i>Casual</i>)	All Members	American Grill



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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+					



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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+							



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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.*





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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





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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



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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.





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Choose Your Friday Morning Training Experience!

Seminar Session #1 (Friday, July 22nd 9:00-10:15am)

Group	Seminar Description	Instructor
Regional Examiners	“Regional Examiner Training” Elevating Shim Gong in training. Developing high energy training for Gup & Dan members.	Craig Hays SBN, TAC Chairman
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 2022, 2023, 2024	Jeff Griggs SBN, TAC Ki Sul Bu
Youth Leadership <i>Red Belts & Above</i>	“Sweeping Success” Refine takedown fundamentals to maximize success and optimize use in dynamic sparring applications.	Josh Lockwood SBN, TAC Heng Jeung Bu
Women in the MDK <i>Female Practitioners</i>	“Women in the Moo Duk Kwan” In this fun female bonding seminar we will focus on breath, core strengthening and stretching exercises to improve basic fundamentals of Soo Bahk Do.	Jenn Gibbons, SBN TAC Ki Sul Bu
Silver Moo Do In Members 65 yrs and older	“Neh Gong Bup In Action” Discover how to apply Dan Jun breathing and Moo Pahl Dan Kuhm into Mu Sul (martial techniques) to improve efficiency and effectiveness. Open to all members 65+ and anyone who wishes to explore the more internal aspects of the Art.	Brian Corrales, SBN TAC Digital Bu
Competition Prep <i>All Members</i>	“Competition Preparation” Winners begin in Philosophy, end in Action!	Cort Stinehour SBN, TAC Jin Heung Bu

Seminar Session #2 (Friday, July 22nd 10:30-11:45am)

Group	Attendees	Instructor
Regional Examiners	“Regional Examiner Training” Building a collective communication to provide the best picture for an evolving Moo Duk Kwan.	Cort Stinehour SBN, TAC Jin Heung Bu
All Members	“Sun Sok Mi in Hyung Performance” Elevate your Hyung performance with training methods for developing Line, Speed and Beauty.	Jared Rosenthal SBN, TAC Jin Heung Bu
All Members	“Free Sparring Fundamentals - Closing the Distance” Are you often too far away to score a point and struggle to close the distance? In this high-paced training seminar you will learn effective principles and sparring combinations to efficiently close the distance and increase your chances of scoring a point in free sparring. This seminar is open to all ranks.	Brian Corrales, SBN TAC Digital Bu
All Members	“Spin Kicking” Successful application of spin kicks in defensive & offensive scenarios.	Michael Zickafoose SBN, TAC Heng Jeung Bu