



United States Soo Bahk Do Moo Duk Kwan Federation®



National Festival Program

July 17-19, 2025
King of Prussia, PA



2025 National Festival

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



Thursday, July 17th			
Time	Event	Attendees	Instructor
10:00-11:00am	Federation Officials & Representatives Training	<ul style="list-style-type: none"> • TAC & TAC Assistants • Regional Examiners • Board of Directors • Youth Leader SAT & National Representatives 	TAC
12:00-1:00pm	TAC Lunch Meeting	TAC & TAC Assistants	
1:30-3:30pm	Board of Directors Meeting	BOD	BOD
1:30-2:30pm	Regional Examiner's Training	REX	TAC
2:30-3:30pm	Regional Examiner's Meeting	REX	Josh Lockwood SBN
3:45-4:45pm	Instructor & Studio Owner Seminar	All Instructors, Assistants and Studio Owners	TAC
4:50pm	Line-up	All Members	
5:00-6:00pm	Seminar Session #1 <i>"A Journey Through Moo Duk Kwan History in the USA"</i> <i>Part 1</i>	All Members	TAC
6:15-7:15pm	Seminar Session #2 <i>"A Journey Through Moo Duk Kwan History in the USA"</i> <i>Part 2</i>	All Members	TAC
7:15pm	Closing Ceremony		TAC



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Friday, July 18th			
Time	Event	Attendees	Instructor
8:00am	Line-up	All Members	
8:15am	Opening Ceremony	All Members	
8:30-9:15am	Seminar Session #1 <i>"50 Years of USA Moo Duk Kwan Excellence"</i> Seminar Options: 1. Gup Children (10 years old and under) 2. Instructor #1 3. Instructor #2 4. Instructor #3	All Members	Senior Members
9:30-10:15am	Seminar Session #2 <i>"50 Years of USA Moo Duk Kwan Excellence"</i> Seminar Options: 1. Gup Children (10 years old and under) 2. Instructor #4 3. Instructor #5 4. Instructor #6	All Members	Senior Members
10:30-11:15am	Seminar Session #3 <i>"50 Years of USA Moo Duk Kwan Excellence"</i> Seminar Options: 1. Gup Children (10 years old and under) 2. Instructor #7 3. Instructor #8 4. Instructor #9	All Members	Senior Members
11:15am	Closing Ceremony		
11:15-11:30am	Judging Prep & Score Keeper & Time Keeper Orientation	Adult Volunteers	Mary Kate Stinehour SBN
11:30am-12:15pm	Lunch Break		
12:30pm	Opening Ceremony	All Members	
12:45pm - Close	Dan & Ko Dan Ja Competition 1. Ko Dan Ja Hyung 2. Regional Dan Team Hyung 3. Dan Hyung 4. Dan Moo Do Sparring 5. Dan Kyok Pa (14 years old and under)	All Members	TAC, REX, KDJ
End of Competition	Closing Ceremony	All Members	

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50 Years of USA Moo Duk Kwan Excellence | Seminar Series

Friday, July 18th 2025

8:30-9:15am

Seminar	Event	Attendees	Instructor
#1	Dynamic Jok Gi & Conditioning Increase speed in kicking exercise as well as improve jumping ability through focused drills and target accuracy.	<ul style="list-style-type: none"> Children Gup Members (10 & Under) 	Sean Oulashin Sa Bom Nim O Dan Region 10 REX and TAC Assistant
#2	Practical Ho Sin Sul Learn fundamentals of wrist pressures through specialized drills that will increase effectiveness in your self-defense application.	<ul style="list-style-type: none"> Dan Members Ko Dan Ja 	Oliver Whitcomb Sa Bom Nim Pal Dan Region 8
#3	Sam Kwon Kong Kyuk - Execution to Application Refine execution of Sam Kwon Kong Kyuk using various exercises that will build on each other culminating in practical applications of the technique.	<ul style="list-style-type: none"> Dan Members Ko Dan Ja 	Elaine Phillips Sa Bom Nim Yuk Dan Region 2 REX
#4	Creating Exciting Sparring Demonstrations Establish harmony with your partner through dynamic pre-sequenced sparring drills and ultimately create your own unique sparring sequence refining your creative ability.	<ul style="list-style-type: none"> Gup Members Dan Members Ko Dan Ja 	Andrew Cheever Sa Bom Nim O Dan Region 1 REX
#5	Training Evolution [1970's-1980's-1990's] As a living art, experience how the teaching styles and points of emphasis in training progressed over time working through core content from the perspective of the decade.	<ul style="list-style-type: none"> Red Belts Dan Members Ko Dan Ja 	Phillip Bartolacci Sa Bom Nim Gu Dan Region 4 HKI
#6	Balancing Um and Yang in Neh Gung Exercise Discuss varying approaches to Dan Jun breathing and how they are used for different purposes. Activity will include Tae Guk exercises that occur in Moo Pahl Dan Khum and Chil Sung.	<ul style="list-style-type: none"> Gup Members Dan Members Ko Dan Ja 	Andy Hamer Sa Bom Nim O Dan Region 8 REX

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50 Years of USA Moo Duk Kwan Excellence | Seminar Series

Friday, July 18th 2025

9:30-10:15am

Seminar	Event	Attendees	Instructor
#7	Il Soo Sik Dae Ryun - Practical Application Dynamic I-step drills focusing on practical application of the movements students know with emphasis on stance and weapon discipline.	<ul style="list-style-type: none"> Children Gup Members (10 & Under) 	Carly Burris Sa Bom Nim Sa Dan Region 10 REX
#8	Ho Sin Sul – Emphasizing Neh Gong (Clear Focus) and Shim Gong Application Understand and apply the internal and mental principles of training for effective self-defense.	<ul style="list-style-type: none"> Dan Members Ko Dan Ja 	William Ginyard Sa Bom Nim Pal Dan Region 4
#9	Soo Bahk Do Gi Cho (Expanded) & Application Travel beyond the traditional Soo Bahk Do Gi Cho techniques and apply similar focus on key sequences found in Chil Sung, Yuk Ro and Ship Dan Khum to improve standardization and better understand their practical application through drills.	<ul style="list-style-type: none"> Dan Members Ko Dan Ja 	Tim Clyde Sa Bom Nim Chil Dan Region 3 REX
#10	Moo Do Sparring - Improve Energy Flow Optimize energy flow in sparring complimenting the momentum from your opponent to direct your energy in relationship to Pal Gwe.	<ul style="list-style-type: none"> Gup Members Dan Members Ko Dan Ja 	Russell Colston Sa Bom Nim Pal Dan Region 2
#11	O Heng - Connecting the 5 Elements to the Seasons Learn how one can stay healthy through the seasons by following the laws of nature (physical training and lecture).	<ul style="list-style-type: none"> Gup Members Dan Members Ko Dan Ja 	Daniel Bannard Sa Bom Nim Pal Dan Region 3

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50 Years of USA Moo Duk Kwan Excellence | Seminar Series

Friday, July 18th 2025

10:30-11:15am

Seminar	Event	Attendees	Instructor
#12	Quick Escape Ho Sin Sul Improve response time while performing self-defense through practical application drills.	<ul style="list-style-type: none"> Children Gup Members (10 & Under) 	Carl Vonck Sa Bom Nim Yuk Dan Region 5 REX and TAC Assistant
#13	Song of the Sip Sam Seh Interpretation Reflect on the performance presented for the 50th Moo Duk Kwan Anniversary in Korea (1995) and learn practical applications based on the teachings of this song.	<ul style="list-style-type: none"> Gup Members Dan Members Ko Dan Ja 	Frank Schermerhorn Sa Bom Nim Gu Dan Region 2 HKI Mary Kate Stinehour Sa Bom Nim O Dan Region 2 REX
#14	Sam Soo Sik Dae Ryun - Choong Gan Jaseh Criticality Understand the importance of intermediate position and how that applies to developing Wan Gup between partners to establish consistent harmony.	<ul style="list-style-type: none"> Dan Members Ko Dan Ja 	Joey LaJoice Sa Bom Nim O Dan Region 5 REX
#15	Strategic Applications Harmonize Neh Gung, Weh Gung and Shim Gung throughout your technical performance in Hyung and Sparring - work smarter, not harder.	<ul style="list-style-type: none"> Gup Members 	Jonathan Youmans Sa Bom Nim Sa Dan Region 3 REX
#16	Ground Movement and Sparring Fundamentals Learn to move from the inside to outside working on fundamentals of movement from the ground, understand powerful positions to leverage your situation and spar.	<ul style="list-style-type: none"> Dan Members Ko Dan Ja 	Mike Kelly Sa Bom Nim Chil Dan Region 7 REX
#17	Moo Do Chul Hahk In Teaching and Our Personal Lives Explore the key philosophical takeaways as written from the Founder Hwang Kee and translate their meaning into application as a practitioner and person (lecture).	<ul style="list-style-type: none"> Gup Members Dan Members Ko Dan Ja Interested Parents / Spectators are Invited to Attend 	John Johnson Sa Bom Nim Pal Dan Region 5



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Saturday, July 19th		
Time	Event	Attendees
8:00 – 8:15am	Score Keeper & Time Keeper Orientation	Adult Volunteers
8:15am	Line-up	All Members
8:30am	Opening Ceremony <ul style="list-style-type: none"> Opening Remarks and Introductions Demonstrations 	All Members
9:30am-12:00pm	Gup Competition <ul style="list-style-type: none"> Gup Hyung Gup Sparring Kyok Pa Competition (14 & under) 	All Members
12:00 – 12:45pm	Lunch Break	
12:45pm	Line-up	All Members
1:00pm - Finish	Dan & Ko Dan Ja Competition <ul style="list-style-type: none"> Regional Team Sparring Dan Point Sparring Ko Dan Ja Moo Do Sparring 	All Members
At Close of Competition	Charter Members' Presentation Federation Charter Convention highlights and opportunity to hear history/thoughts directly from the Charter Members along with Q&A <ul style="list-style-type: none"> H.C. Hwang Kwan Jang Nim, #509 Lawrence Seiberlich Sa Bom Nim, 10th Dan #1815 Frank Bonsignore Sa Bom Nim, 9th Dan #15805 Jeff Moonitz Sa Bom Nim, 9th Dan #17650 Ben Cortese Sa Bom Nim, 8th Dan #11689 	All Members
At Close of Charter Members' Presentation	Closing Ceremony	All Members
After Closing Ceremony	Meet & Greet with Kwan Jang Nim H.C. Hwang & Charter Members of the U.S. Federation. <i>An opportunity for members to take pictures with and/or get an autograph from Kwan Jang Nim & Charter Members</i>	All Members
7:30-10:00pm	Banquet (Formal Attire) <i>Celebrating 50 Years in the U.S. and honoring pioneers and school owners who have contributed to our growth.</i>	Banquet Ticket Holders



Hyung (Form) Competition Overview

- Competitors will demonstrate one Hyung that meets their rank division requirements.
- Average Scores for each Rank
 - Gup Members: 7.5
 - Dan Members: 8.5
 - Ko Dan Ja Members: 9.5
- 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.
- 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 again. The judges will then vote for one competitor or the other by a show of hands.

TAC Approved Hyung Divisions

Rank	Age Category / Division								
White Belt	6 & Under	7-8	9-10	11-14	15-17	18-30	31-45	46-59	60+
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			10 & under	11-14	15-17	18-30	31-45	46-59	60+
E Dan				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+					

* Divisions may be adjusted based on participation



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TAC Approved Hyung

Gup Divisions	Dan Divisions	Ko Dan Ja Divisions
<u>White Belt</u> Gi Cho Hyung Il Bu Gi Cho Hyung E Bu Gi Cho Hyung Sam Bu	<u>Cho Dan</u> Chil Sung Il Ro Hyung Du Moon Jin Do Nai Han Ji E Dan	<u>Sa Dan</u> Chil Sung O Ro Hyung Yang Pyun Wang Shu Sei Shan
<u>Orange Belt</u> Gi Cho Hyung E Bu Gi Cho Hyung Sam Bu Pyung Ahn Cho Dan	<u>E Dan</u> Chil Sung Sam Ro Hyung Joong Jul Ro Hai Nai Han Ji Sam Dan	<u>O Dan</u> Chil Sung Yuk Ro Hyung Sal Chu O Ship Sa Bo Ji On
<u>Green Belt</u> Pyung Ahn Cho Dan Pyung Ahn E Dan Pyung Ahn Sam Dan Pyung Ahn Sa Dan	<u>Sam Dan</u> Chil Sung Sa Ro Hyung Po Wol Kong Sang Koon Ship Soo	<u>Yuk Dan</u> Chil Sung Chil Ro Hyung Choong Ro Hwa Sun
<u>Red Belt</u> Pyung Ahn Sa Dan Pyung Ahn O Dan Passai Hyung Nai Han Ji Cho Dan Chil Sung E Ro Hyung	* Recently promoted Dan members may choose to demonstrate a Hyung from the previous rank	<u>Chil Dan</u> Chil Sung Chil Ro Hyung Choong Ro Hwa Sun



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Dae Ryun (Sparring) Competition Overview

- Gup Members may compete in Point Sparring.
- Dan Members may compete in Point Sparring, Moo Do Sparring or both.
- Ko Dan Ja may compete in Moo Do Sparring.
- **Protective Gear:**
 - All participants must wear the following: headgear, mouthpiece, groin cup (men) & hand pads (covering knuckles only). Full hand, foot and body protective gear is prohibited (shin pads are acceptable).
 - Hand pads must be white cloth gear. No other gear is permitted.
- **Contact Rules:**
 - **The INTENT of the event is NON-CONTACT.**
 - **Contact is discouraged and is not required to score a point.** Light contact may occur when blocking. A point is awarded without making contact as long as the weapon is in line with the target carrying sufficient controlled power, landing within a reasonable distance (age and rank ability are factored into the expected distance to score a point). Spin kicks can score a point if the weapon passes in front or over the top of the head within a reasonable distance and the defender makes no reasonable attempt to evade or block the technique.
 - Contact to the face is prohibited. A contact warning will be issued for any contact to the face.
 - A contact warning is issued for excessive contact to the side of the helmet or Do Bok. Excessive contact is anything beyond a light touch. Any rocking of the head or body is considered excessive contact.
 - A contact warning may not be issued if the defender runs into the attack and the attacker makes a reasonable effort to pull back on the attack.
 - Contact Warning With Disqualification Criteria:
 - Egregious contact; contact that causes bleeding, heavy swelling, or “knocking the wind out” of the other contestant.
 - Contact to the face or body that renders a contestant unconscious or unable to continue
 - Intentional contact or acts that are meant to do harm.



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Point Dae Ryun Rules

- Blue & Red 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). The line of any boundary area is considered a fair target.
- **Judging**
 - The center judge stops the match once a call is communicated. Each judge casts a vote.
 - There must be a majority of votes and confirmation (minimum of two votes) to award a point.
 - A Blue or Red flag will signify one vote for that contestant.
 - Three flags of one color is an automatic point for that competitor.
- **1 Point Calls:**
 - All basic hand and foot techniques to the allowable target areas
- **2 Point Calls:**
 - Any spinning or jumping kick (trailing leg above opponent's knee)
 - A sidestep with a block and counter attack
 - A defensive Kyo Cha Rip Jaseh followed by a Teullo Jang Gap Kwon
 - A defensive Kyo Cha Rip Jaseh followed by a Peet Cha Gi
- **3 Point Calls**
 - A jump spinning technique with the base leg above the opponent's belt
- **No See** (crossed flags in front of the judge's eyes)
 - Is excluded from the vote. The judge was unable to clearly see the exchange.
- **No Point** (crossed flags towards the ground) I
 - Is a vote against a point for either competitor.
- **Contact Calls**
 - A contact warning must be confirmed by two votes.
 - Two contact warnings, causing bleeding or excessive contact requires disqualification.
 - See Dae Ryun Competition Overview for complete contact rules
- **Contact with no Point** - more than a light touch to the body
- **Contact with a Point** - more than a light touch to a target area
- **Contact with Disqualification** - excessive contact or 2 contact calls
- **Automatic No Point Scenarios:**
 - 2 Red Point, 1 Blue Point, 1 No See, 1 No Point (there is no majority)
 - 1 Red Point, 4 No See (there is no confirmation for the point)
- **Sudden Victory Rule:**
 - 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.
- **Three Competitor Rule**
 - A "round robin tournament" will occur if there are only three competitors in a sparring division
 - Each competitor will spar in turn against every other competitor
 - In the event of a tie, total points will be tracked through each round and added. Total points scored will break the tie.
 - In the event of a another tie (after adding up total points), an additional round between the tied competitors will determine the winner (Sudden Victory Rule applies)



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Moo Do Dae Ryun Rules

- Red & Blue Flags are used to signify each contestant in the ring.
- Each round is twenty seconds. Best out of five rounds wins the match.
- Judges are looking for the competitor that demonstrates defensive movements done in an accepting manner, motivated by the use of huri (hips) in a linear or off the line (diagonal) direction. These movements should be connected with a passive blocking motion and followed by an immediate hand strike or kick. Offensive techniques should be demonstrated at full extension with weapon to target accuracy and a controlled stillness of the upper body.
- Each judge casts a vote.
- The competitor with the majority of votes wins the match.
- Register for Moo Do Sparring using the same divisions as Point Sparring.

* Review “Building Productive Habits with Warm Up Drills” (2020 TAC Tour Document) to develop effective Moo Do Dae Ryun habits.

TAC Approved Sparring Divisions

Rank	Age Category / Division <i>(Note: Male and Female Sparring Divisions are Separate)</i>								
White 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
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			10 & under	11-14	15-17 M F	18-30 M F	31-45 M F	46-59 M F	60+ M F
E Dan				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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Regional Team Hyung (Form) Competition

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

Team Hyung Overview

• Team Selection

- Each Region organizes teams to represent their Region (more than one team permitted in each division).
- Each Team needs their demonstration approved by a TAC member prior to the competition.

• Team Composition

- All team members must be Dan Members (3 or 4 person team allowed).
 - The age category of the majority will determine the division
 - If there is no majority the team will participate in the youngest 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 exchange 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.

• 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
- Forms will be judged according to normal Hyung criteria, group synchronization and creative application.
- The high score and low score are disregarded and the remaining three scores are averaged to arrive at the Hyung Team's score. The high and low score will be used in the event of a tie.



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Regional Team Dae Ryun (Sparring) Competition

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

Team Dae Ryun Overview

• Team Selection

- Each Region selects teams to represent their Region at the National Festival.

• Team Composition

- Each Team shall be comprised of 4 members (2 females & 2 males).
- Each Team shall have one Captain.

• Rules

- The Regional Team Dae Ryun competition will use the same rules as Point Dae Ryun.
- 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 teams 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.
 - The competitors must compete against those of the same gender.
- The first team to win three matches will be declared the winner.
- If a tie exists at the end of four 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 or questions during the match.
- If discrepancies cannot be resolved they will be presented to a TAC Official for further review.



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Kyok Pa (Breaking) Competition Overview

- Plastic rebreakable boards with progressive degree of difficulty will be provided.
- All competitors attempt to break with the same technique and same color board specified by the center referee of each round.
- Techniques and degree of board difficulty will vary for each round in each division.
- The top three competitors are determined by process of elimination.
- Competitors get ONE opportunity to break the board in each round.
- If competitors fail to break and the top three cannot be determined, the competitors will progress to a new round.

• Process

- Center judge will assign board holders
- Each competitor will attempt to break with an assigned kicking technique (one attempt).
- Those that successfully break the board will move to next round with a new technique or the same technique with a more difficult board. This process will continue until there is one competitor left.
- The final competitor will be awarded 1st place.
- 2nd and 3rd place and third place are determined by their advancement in each round.

TAC Approved Kyok Pa Divisions

Rank	Age Category / Division			
White Belt	6 & Under	7-8	9-10	11-14
Orange Belt	6 & Under	7-8	9-10	11-14
Green Belt	6 & Under	7-8	9-10	11-14
Red Belt		7-8	9-10	11-14
Adaptive	14 & Under	15 +		
Cho Dan			10 & Under	11-14
E Dan				11-14
Sam Dan				11-14



UNITED STATES SOO BAHK DO MOO DUK KWAN FEDERATION®

NATIONAL FESTIVAL

2025

JULY 17-19

KING OF PRUSSIA, PA



SEMINARS - FORM & SPARRING COMPETITION
TEAM COMPETITIONS - BANQUET

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