



FILIPINO MARTIAL ARTS SEMINARS

(with Mr. Pete Sorce // Investment: \$40/session or \$75/day)

When: Sunday, March 15th

Morning Session // 10:00 am - 1:00 pm

Afternoon Session // 2:00 - 5:00 pm

Where: David Vincent's Martial Arts // 9828 Bluebonnet Blvd

With more than 30 years of teaching experience, Mr. Pete Sorce holds a 6th Degree Black Belt in Taekwondo, 2nd Degree Black Belt in Danzan Ryu JuJitsu, and is a Katulungan Guro in the Inayan System of Eskrima.

Filipino Martial Arts integrates a full spectrum of martial art training and includes blunt weapons, blades, flexible weapons, empty hand, projectiles, and much more. This weekend's seminar will explore some of the more dynamic aspects and attributes of Filipino Martial Arts. Level testings in Inayan Eskrima also available by request.

WEAPONS COMPETITION

(Open to all Students // Investment: \$30)

Uniforms: TU traditional dobok or specialty weapons uniforms

Competitors will be divided into divisions by rank, age, and/or skill level (beginner, intermediate, or advanced). Any combination of these criteria may be used to make these divisions.

BEGINNER: weapon training for 1 year or less

INTERMEDIATE: weapon training 1-2 years

ADVANCED: weapon training for 2+ years

Scoring:

Competitors are scored on a scale of 6.0 -10.0 with ¼ points. If the weapon is **dropped** there will be a 1 point deduction from total score. Two ways to recover weapon: (1) “Traditional Recovery” - drop to one knee and pickup weapon (2) “Awesome Recovery” – use movements that recover the weapon in a manner that looks “planned”. If the weapon is **broken**, competitor has 30 seconds to replace the weapon and continue. The use of music is optional. The audio device and operator must be supplied by the competitor.

Time Limits:

Beginner/Intermediate competition: 60 seconds max

Advanced competition: 90 seconds max

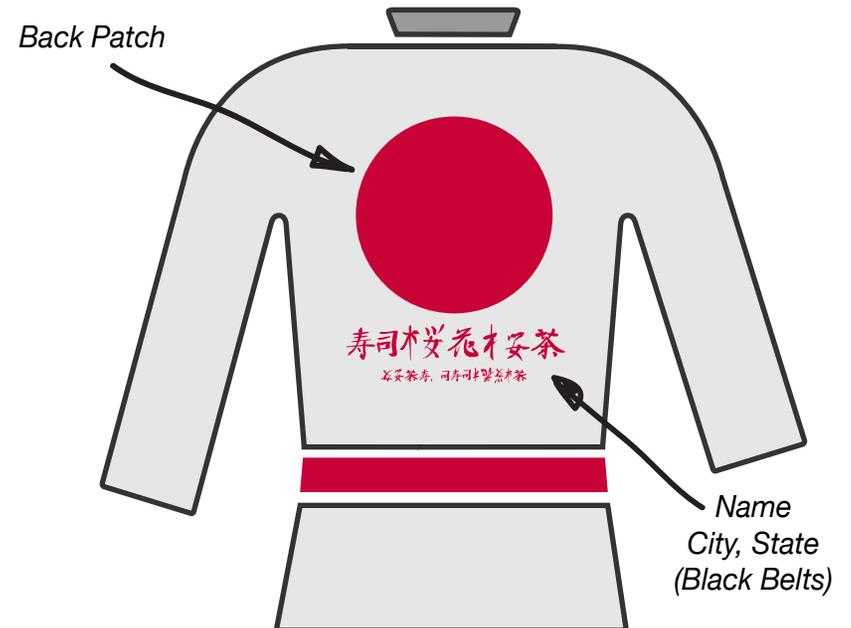
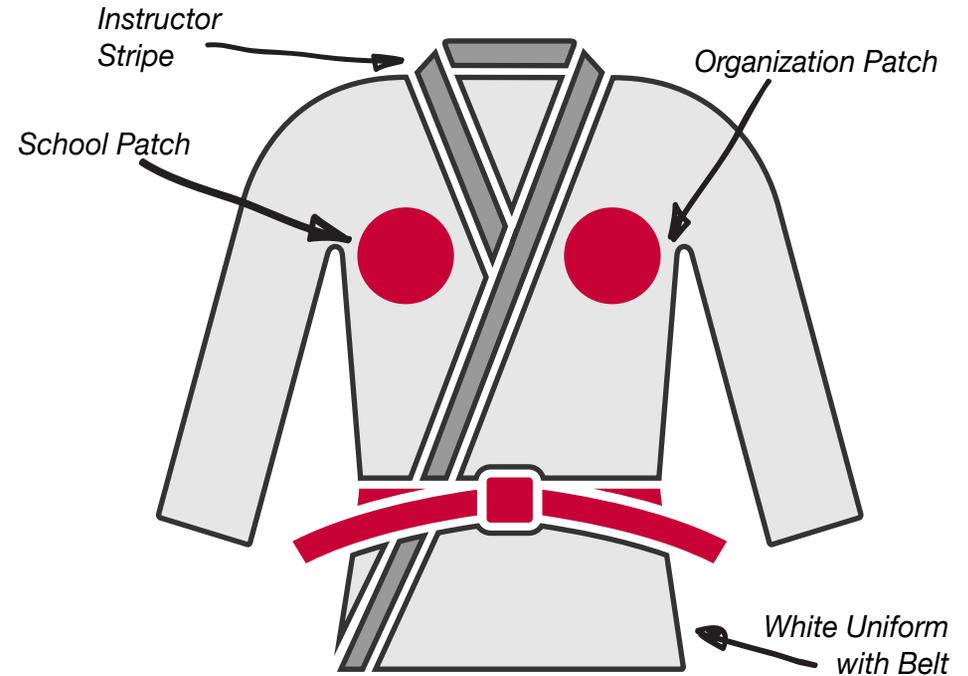
Acceptable Weapons for Competition:

| | |
|---------------------------|----------------|
| Single or Double Stick | Bo Staff |
| Single or Double Nunchuck | Sickles (Kama) |
| Sword (Japanese/Chinese) | Cane |

Judging Criteria:

- Overall control and fluid handling of the weapon
- Equal precision of the left and right sides of the body
- Difficulty
- Originality and presentation
- Practical application of the weapon (accurate, effective strikes)
- Stances, timing and rhythm of the form

UNIFORM RECOMMENDATIONS



BOARD BREAK CHALLENGE

(Open to all Students // Investment: \$30)

Competition Rules: Competitors receive one attempt at each of the five board stations. Medals are awarded based on the number of successful breaks.

Gold Medal - 4 successful breaks

Silver Medal - 3 successful breaks

Bronze Medal - 2 successful breaks

Board Break Challenge Stations:

Right Hand Technique

Left Hand Technique

Standing Kick

Jump Kick

Spin Kick

Board Strengths (Female)

White Board - ages 5-6

Yellow Board - ages 7-8

Orange Board - ages 9-10

Orange/Green Board - ages 11-13

Green Board - ages 14+

Blue Board - ages 16-17 / Third Degree+

Brown Board - ages 18+ / Third Degree+

Board Strengths (Male)

White Board - ages 5-6

Yellow Board - ages 7-8

Orange Board - ages 9-10

Orange/Green Board - ages 11-12

Green Board - ages 13-14

Blue Board - ages 15+

Brown Board - ages 16-17 / Third Degree+

Black Board - ages 18+ / Third Degree+

FREE DESIGN FORMS COMPETITION

(Brown Belts & Above // Investment: \$30)

Uniforms: TU traditional dobok or specialty uniforms

Scoring:

Competitors are scored on a scale of 6.0 -10.0 with ¼ points. After the competitor completes their form, they should return to their ready position and then back to parade rest to receive their score.

Judges will use the standard “first three” scoring method to set a base range of scores for the other competitors.

Time Limits:

Brown and Red Belt competition: 60 seconds max

Advanced weapon competition: 90 seconds max

There will be no penalty for a free design form that is less than the time limit. At time limit competitor must stop immediately if not yet complete. No part of the presentation that exceeds the time limit will be considered when the judges give scores.

Free Design Form Content:

Free Design Forms are Taekwondo technique oriented; which means, any acrobatics (cartwheels, shoulder rolls, advanced kicks) should be kept to a minimum (10-20%). The use of music is optional. The audio device and operator must be supplied by the competitor.

Judging Criteria:

Difficulty (more difficult maneuvers deserve more recognition)

Originality (is the competitor being creative)

Presentation (was the display exciting and fun)

Stances, timing and rhythm of the form

Transition of techniques (good combinations of techniques)

Intensity, attitude, eye contact

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TRADITIONAL FORMS COMPETITION

(Open to all Students // Investment: \$75 includes sparring)

Uniforms: TU traditional full white dobok

Competitors will be divided into divisions by rank, age, height and/or gender. Competitors are called up individually to demonstrate their pattern. At the completion of their pattern, competitors return to “parade rest” to await their score from the three judges. Awards are given for first, second and third place performances.

Scoring:

Competitors are scored on a scale of 5.0 -10.0 with ¼ points. All competitors receive two chances to successfully complete their pattern; however attempting the form a second time will result in a one point deduction in the overall score. A competitor will be asked to repeat their pattern for making one of the following mistakes:

Adding a technique

Omitting a technique

Performing techniques in the wrong sequence

Executing a technique in the wrong direction

In addition to these objective elements, there are also many subjective elements considered by judges in tournament competition including focus, stances, power, timing, rhythm and line of movement. Both the objective and subjective elements of the form comprise the judges’ total score for the forms competition.

SPARRING COMPETITION

(Open to all Students // Investment: \$75 includes formsde)

Uniforms: TU traditional full white dobok

One Step Sparring Competition:

White, Yellow and Orange Belt students compete with one-step sparring combinations. Competitors are paired up and take turns performing a total of three combinations. After each combination the three judges each award one point to the person they believe performed the best. As in forms competition, students are judged on proper execution of techniques, accuracy, timing and focus. After all three combinations have been judged the winner advances to the next round.

Tournament Sparring Competition:

In addition to traditional forms, Green Belts and above compete in tournament sparring competition. Competitors spar to see who can score the most points in a 90 second round. The competitor with the most points advances to the next round. Points are awarded on the following basis:

One Point: Kick to body / Punch to body

Two Points: Kick to head / Spin kick to body / Jump kick to body

Three Points: Spin kick to head / Jump kick to head

Four Points: Jump spin kick to the head

In addition to earning points, competitors can also receive warnings for contact to illegal targets or excessive contact. Warnings may be received for the following infractions: contact (kick or punch) to the face, throat, back or below the belt; punch to the head; excessive contact to any target.

After one warning: other competitor receives one point

After two warnings: other competitor receives two points

After three warnings: disqualification

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