



ONK HAPKIDO 2018

We want to invite you most warmly for
the 15th Open Dutch Championships Hapkido 2018.
This is a special 15th anniversary edition!



The ONK Hapkido as each year will have participants from the Netherlands and abroad

Date: Sunday 11 March 2018,

Place: Culemborg
Sports Hall "Interwey"
Sportlaan 1

Start: 09.00 AM. (see also time table below)

Prices: **The top 3 in each category will, depending on the category, win a cup or Medal.**
If a group has only two participants/couples, there will only be a first prize.
If a group has only three participants/couples, there will only be a first and second prize.
Classes and age groups may be merged, if there is only one contestant in a particular group.
Both individuals of a couple receive a prize.
That means you could possibly win two prizes in one group (one as performer, one as partner)
As a bonus, **the schools with the most prizes get a special prize.** Points will be awarded for this.
First prize gets 3 points, second gets 2 points and third counts for 1 point.

Men and women compete together.

The only exceptions are Break Tests (Kyuk Pa) and Fall Breaking (Nak Beop)

Age groups						
Class	1	1	2	3	4	5
C	Age 8 - 11	12-14	15-17	18-34	35-44	45 +
B	Age 8 - 11	12-14	15-17	18-34	35-44	45 +
A			< 17	18-34	35-44	45 +
Master			<17	18-34	35-44	45 +

Requirements (graduation and number of techniques)						
Class	Graduation	Degree	Without Weapons	Weapons	Total number	Partner level
C	White belt up to green slip	10th – 7th kup	8 techniques	None	8	C/B
B	Green belt up to red slip	6th – 3rd kup	8 techniques	None	8	C/B/A
A	Red belt up to black belt	2nd kup - 1st Dan	6 techniques	4	10	B/A/Master
Master	2e Dan & Higher	2nd Dan or higher	6 techniques	4	10	A/Master

Events: Hapkido Sul Ki (Self defense - Techniques)
General Weapon Kata
Sword Kata
Show class / Demonstration (Si Beom)
Nak Beop (Fall Breaking)
Kyuk Pa (Breaking test)

Rules 15th ONK Hapkido 2018

- General:**
- You are allowed to be an attacker as well as a defender, and you may join multiple parts.
 - Used weapons may **NOT** be sharp and have to be approved by the Head referee in advance. A sharp weapon is only allowed in the sword kata class.
 - Weapons may only be used in the Show, A & Master class.
 - With the exception of the Show class, no music will be played for the demos.
 - Events will take place on a training mat of at least 8 x 8 m

- Judging:**
- Every field has a minimum of 3 and a maximum of 5 referees.
 - After each demonstration, points between 7.0 and 9.0 will be awarded by the referees.

Details: Below are the details per event.

HAPKIDO / SUL KI (TECHNIQUES) :

Price: € 22,50 per couple

Hapkido self-defense against (un)armed attacks

Own choice of realistic techniques

No more than 1 attacker

GENERAL WEAPON KATA,

Price: € 20,00 per participant

The demo may last between 45 and 90 seconds

Every Weapon (except a Sword) is permitted.

SWORD KATA

Price: € 20,00 per participant

The demo may last between 45 and 90 seconds

SHOW CLASS / DEMONSTRATION (SI BEOM):

Price: € 22,50 per group

Free choice of martial arts style (e.g.: Hapkido, Taekwondo, Kenpo Karate, Jiu-Jitsu, Hankido, etc)

Free choice of self-defense techniques against (un)armed attacks

- At least 1 attacker, with a maximum of 3 attackers

OR a martial arts show with or without weapons

- Maximum of 3 co-participants

Time limit for the demos is 2,5 minutes

Music is permitted (Bring the music on CD or flash drive)

NAK BEOP (Fall breaking):

Price: € 12,50 per participant

Distance jump on a turn mat. 3 jumps where the distal jump.

The distance is determined on the basis of the place where the first hand touch to the ground.

KYUK PA (B)

Price: € 25 per participant (Price includes all 1.8 cm thick wooden boards of 30cm by 30cm)

Minimum age to participate is 16!

Rules for the break test

In multiple series, boards have to be broken with each of the following techniques

1 Straight Punch	Rechte Stoot	Baro Chirugi
2 Elbow	Elleboog	Palgoop Chigi
3 Strike	Slag	Bakat / An Chigi
4 Front Kick	Voorwaartse Trap	Ap Chagi
5 Roundhouse Kick	Ronde Trap	Dollyo Chagi
6 Horse Kick	Achterwaartse Trap	Dwit Chagi
7 High Spinning Heel Kick	Ronddraaiende Haak Trap	Momdollyo Chagi

In the first series, single boards are held in one hand.

All participants who finished the first series have to break double boards with the same techniques. These boards will then be held with two hands.

The boards have to be broken in one try.

If a participant fails with to break a board, they will not get another attempt (Knock-out system!)

The boards are only provided by the organization.

Sign-up money: All costs are included in the fees described above. **Refunds are unfortunately not possible.**

Entrance fees: Spectators under 12 years: € 3, to be paid by entrance
13 years & older spectators: € 5, to be paid by entrance
Participants ONK 2018, free of charge.
NHB members WITH NHB/IHC/DME Federal passport free of charge.
Consumptions can be bought in the Sporthal at the bar against payment.

Closing date: registration forms (see next page) should be submitted no later than **22 February 2018**.
Nederlandse Hapkido Bond (NHB),
Pastoor Roeleveldstraat 15, 4064 EP Varik
Tel: Martin Zingel +31 654325285 fax: +31 344-572984
Email: info@hapkidobond.nl

Payments: **All payment** should be in our possession no later than **22 February 2018**.
IBAN : NL54RABO0149017952
BIC : RABONL2U
Name : Nederlandse Hapkido Bond
In the description, please state: ONK 2018 Culemborg + name of the participant.

Doping control: Participants may subject to doping control. For more information; Tel: + 31 654325285.

Organization: This event is organized by the Nederlandse Hapkido Bond (NHB), under the auspices of the SJKK and NOC * NSF

Registration Form ONK Hapkido 2018

Name of participant:

Date of Birth:

Sex: M / F

Martial Arts Style:

Current grade:

Sport School:

City & Country:

E-mail:

Telephone:

Involving parts;

Members of the NHB /IHC/ Dim Mak Europe get € 5 discount on the participation fee (for each part!)

		Regular fee	NHB/IHC/DME Member
[]	<u>HAPKIDO / KI SUL (TECHNIQUES)</u>	Price: € 22,50	€ 17,50
	Name of Partner:		
[]	<u>GENERAL WEAPON KATA,</u>	Price: € 20,00	€ 15,00
	Weapon choice:		
[]	<u>SWORD KATA</u>	Price: € 20,00	€ 15,00
[]	<u>SHOW CLASS / DEMONSTRATION (SI Beom)</u>	Price: € 22,50	€ 17,50
[]	<u>BREAKFALL / NAK BEOP</u>	Price: € 12,50	€ 7,50
	Body Height: CM		
[]	<u>BREAK TEST / KYUK PA</u>	Price: € 25,00	€ 20,00
Total:		€	€

Payment and registration have to be in our possession no later than 22 February 2018.
Payments and registrations after this date can unfortunately not be considered!

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