

JTC TIMES



Kyoroogi Choombi!

The rules of kyoroogi, or sparring—the penalties, scoring, and such—can be mystifying to the average person. More often, you may find yourself watching a match between two fighters where the scoreboard seems to suddenly jump up in points where you didn't see anyone score, and then not move at all when you were sure someone had landed a point. So, in an attempt to clear things up, I'd like to spend a little time this month going over the particular rules of WTF Olympic-styled sparring.

Equipment

Let's begin with the equipment. Sparring is a full-contact sport, so safety is of course the highest priority. All competitors are required to wear headgear protecting the top, sides, and rear of the head. The face is typically left unprotected short of a mouth guard similar to the style boxers wear in the ring. Forearm guards are also required protecting fighters from injury to the arms while blocking kicks. Similar-styled guards are worn over the shins. Protectors over the feet come in a variety

of styles, from foam guards to cloth to pads taped onto the foot.

Lastly is the hogu, a padded protector



worn around the body to absorb strikes to the midsection. The hogu is practically the single most iconic piece of equipment in Olympic-style Taekwondo and is what separates the Olympic-style from most other martial arts. It allows fighters to attack with a certain amount of speed and reckless abandon that makes Taekwondo so exciting to watch. Instead of the plodding, one-shot, kick for kick action of other martial arts styles, Taekwondo

matches are a 100 mile-an-hour adrenaline rush of hurried running kicks and high-flying spin kicks to the face; in short—three rounds of high-octane action in hogus.

Scoring

Taekwondo is by and large a kicking martial art. As such, the point system in a match is favorable to the competitor that can land the largest amount of solid kicks to the body and head. Punches are also allowed, but only to the body, and only count if that punch is landed with great power. Kicks to the body are worth one point. A turning or spinning kick to the body is worth two points. A solid punch to the body is worth one point. Any kick to the head or face is worth three points. Kicks to the face are not permitted for competitors under the age of 12 years old, are only allowed in light contact for anyone 12 to 17, and are allowed full contact for any person 18 years or older.

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Home Rules

The Tenants of Taekwondo revolve around respect for oneself as well as respect for others. At JTC, Home Rules were developed to help our students gain a better understanding for the Tenants of Taekwondo through use in everyday life.

In Home Rules 4 and 5, students are reminded to keep their household and bodies neat and clean. Students should keep their bedrooms clean and help with family chores such as doing dishes or

taking out the trash. Along with brushing their teeth at least once daily, students should bath or shower, washing their hair and bodies. When a shower or bath is not possible, students wash their face, hands, and feet (when coming to the Do Jang). When a student takes the time to keep their



household and body neat and clean, they not only show respect for their parents, they show respect for themselves.

Showing respect for oneself and others is not limited to school and home. When coming to the studio students should show respect to their instructors and fellow students by having clean bodies and uniforms. Keeping uniforms looking fresh and clean can be a challenge, especially for students with Black Belt Club uniforms. Chlorine bleach works well for the white uniforms. For Black Belt Club

uniforms, using color safe bleach keeps the black collar from fading while keeping the white fresh and bright.

With the heat of the summer upon us, wearing extra layers such as a t-shirt can cause a student to over-heat while working out. For boys and men we recommend not wearing an extra layer. For girls and women where modesty is a concern, wearing a lightweight t-shirt or tank top is the best. If a student needs to wear a t-shirt under their uniform, it should be white.

By taking the time to think about and follow home rules, JTC students begin to use the Tenants of Taekwondo in their every-day life. Understanding and living by the Tenants of Taekwondo early in a student's training will make them a better martial artist and a stronger black belt.

*-Mary Warfield-Hooker
5th Keup Assistant Instructor*

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Taekwondo matches vary in duration, but are generally two rounds at a minute-and-a-half with a thirty-second break in-between rounds for any person under 14 years of age, and then three rounds at two-minutes a round with a thirty-second break in-between for any person 14 years or older. At the end of a match, the competitor with the most points is the winner. For competitors above the age of 18, a fighter may also win by knockout if they are able to kick their opponent with enough power to completely incapacitate them so that they may no longer continue to fight.

Warnings and penalties may be issued for any kind of misconduct, such as: eye



gouging; pushing; kicking below the belt; or unsportsmanlike conduct.

Weight and Age Divisions

Competitors above the age of 14 are divided up into different divisions based on weight. All competitors below 14 are split up into groups based on age. All fighters are split into male / female, and color belt / black belt divisions.

The Advent of Electronic Hogus

Within the last few years a few companies have been developing electronic scoring systems that place sensors on the hogus and foot protectors of fighters to

automatically register when a point has been scored. Traditionally, three judges were placed around a ring to tally up what they felt was a solid legal point. Naturally, this leaves a lot of room for human error, and many competitors feel that an electronic scoring system is a huge step in the right direction for fair and decent judging in the sport of Taekwondo. These electronic hogus have not been met with universal acceptance, however, and only time will tell if they will be the future of competitive sparring as we know it.

That's about it. Hopefully, I've answered any questions you may have had about Taekwondo sparring, and maybe I've inspired a few of you to join us every Friday night to get your kicks in! Sparring is physically and mentally demanding, and the act of facing another human opponent is like nothing else in any sport. I highly recommend everyone give it a shot at least once on their road to black belt and beyond.

*-Billy Evon
JTC Head Instructor*

July Belt Promotion Test

Friday, July 9th
Review 4pm
Junior Belts 5pm
Senior Belts 6pm

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