



Inter-School Tournament

SATURDAY, April 25th, 2026

REGISTRATION FEES:

\$40.00 per contestant for event,
\$45.00 for any two events,
\$50.00 for any three events, or
Payment to accompany entry form.

MEETING:

A rules meeting will be held at 9:30 a.m.
All instructors, referees and Black Belts
MUST BE PRESENT.



FAMILY DISCOUNT:
When two children
preregister
for 3 events each,
**PARENTS COMPETE
FOR FREE!**

COMPETITION STARTS AT 10:30 AM

TOURNAMENT RULES

Appearance

Each contestant will compete in a clean uniform. Jewelry or trinkets of any kind are not to be worn.

Male competitors must wear groin support and cup for Fighting.

Hand and foot protection is required of all competitors. Head protection and mouth guards are recommended for all.

How winner is determined

In free-fighting competition, the winner is the contestant who scores three points first, or scores the most points at the end of two minutes. These points are awarded by decision of the corner judges and referee. One point is awarded for a hand or foot technique to a legal, mid-section target. One point is awarded for a foot technique to a legal high-section target. There is to be no hand contact to the head.

Legal and illegal target zones

The only legal target areas are high section (from neck up) for feet techniques, and middle section (from lower abdomen to neck) including both sides of the torso and the armpit, for hand and feet techniques. Techniques are to be controlled to 2 1/2 cm. or under. Light uniform contact indicates this.

Illegal target areas are the whole of the spinal column. i.e.; neck, back of head (any hand techniques), backbone, groin, knees, throat, eyes. Blind techniques are prohibited.

Attacking weapons.

The only attacking tools to be used are the front fist, back fist, knife hand, back-knife hand, ball of the foot, heel, knife foot and instep of the foot.

Illegal techniques

Sweeping, biting, scratching, holding or clawing, intentionally avoiding close contact and attacking illegal target areas are prohibited.

Warnings, point loss and disqualification

Warnings will be issued for rule infractions. Three warnings constitute one minus point. Quarreling with any judge, attempting to end a match by injury of opponent or the infliction of bruising, swelling, cut or bleeding will result in disqualification. The referee has the power to disqualify any contestant at any time.

Forms

Forms will be judged by a panel of judges. A possible ten points may be awarded by each judge.

BOARD Breaking Competition*

Sub Mini Pee Wee (ages 5-7), **Mini Pee Wee** (ages 8-10), and **Pee Wee** (ages 11-13) will be breaking **3/8" DEMO BOARDS** available for purchase at the tournament registration table. *IMPORTANT: **3 board maximum**, and a maximum time of **1 minute** allowed to set-up and complete breaking.

Juniors (ages 14-17) and **Adults & Seniors** will be breaking **12" Pine Boards**. (Bring your own boards - 1"x12"x12" Pine Boards ONLY)

*IMPORTANT: **White-Orange - 1 board max.**, **Green-Brown - 2 board max.**, & **Black Belts - 4 board max.**, a maximum time of **1 minute** allowed to set-up and complete breaking.

Miscellaneous

Anything which is not covered by these rules shall be decided by the Tournament Director as shall any dispute over the interpretation of the rules.

Chung Kim's Black Belt Academy

1423 18th Street, Bettendorf, IA 52722 USA

Call: 563-359-7000 for details • chungkim.com

Competition Divisions

Physically Challenged / Developmentally Disabled Division

(Breaking & Forms only) - Division for males and females of all ages and belt colors. 1st, 2nd, & 3rd place awarded.

FIGHTING

Men's Fighting (18 - 34)

<u>Black Belt</u>	
Lightweight	1st, 2nd, 3rd
Heavyweight	1st, 2nd, 3rd
<u>Brown/Red Belt</u>	
Lightweight	1st, 2nd, 3rd
Heavyweight	1st, 2nd, 3rd
Blue Belt	1st, 2nd, 3rd
Green Belt	1st, 2nd, 3rd
White/Yellow/Orange Belt	1st, 2nd, 3rd

Women's Fighting (18- 34)

Black/Brown/Red Belt	1st, 2nd, 3rd
Blue/Green Belt	1st, 2nd, 3rd
White/Yellow/Orange Belt	1st, 2nd, 3rd

Juniors Fighting (14, 15, 16, 17 years, boys)

Black Belt	1st, 2nd, 3rd
Brown/Red Belt	1st, 2nd, 3rd
Blue/Green Belt	1st, 2nd, 3rd
White/Yellow/Orange Belt	1st, 2nd, 3rd

Juniors Fighting (14, 15, 16, 17 years, girls)

Black Belt	1st, 2nd, 3rd
Brown/Red Belt	1st, 2nd, 3rd
Blue/Green Belt	1st, 2nd, 3rd
White/Yellow/Orange Belt	1st, 2nd, 3rd

Pee Wee Fighting (11, 12, 13 years, boys and girls together)

Black/Brown/Red Belt	1st, 2nd, 3rd
Blue/Green Belt	1st, 2nd, 3rd
White/Yellow/Orange Belt	1st, 2nd, 3rd

Mini Pee Wee Fighting (8, 9, 10 years, boys and girls together)

Black/Brown/Red Belt	1st, 2nd, 3rd
Blue/Green Belt	1st, 2nd, 3rd
White/Yellow/Orange Belt	1st, 2nd, 3rd

Sub Mini Pee Wee Fighting (5, 6, 7 years, boys and girls together)

Black/Brown/Red Belt	1st, 2nd, 3rd
Blue/Green Belt	1st, 2nd, 3rd
White/Yellow/Orange Belt	1st, 2nd, 3rd

Seniors Fighting (Separate M/W Divisions) (age 50 and over)

Black Belt	1st, 2nd, 3rd
Brown/Red/Blue Belt	1st, 2nd, 3rd
White/Yellow/Orange/Green Belt	1st, 2nd, 3rd

Executive Men's (35 - 49)

Black Belt	1st, 2nd, 3rd
Brown/Red Belt	1st, 2nd, 3rd
Green/Blue Belt	1st, 2nd, 3rd
White/Yellow/Orange Belt	1st, 2nd, 3rd

Executive Women's (35 - 49)

Black Belt	1st, 2nd, 3rd
Brown/Red Belt	1st, 2nd, 3rd
Green/Blue Belt	1st, 2nd, 3rd
White/Yellow/Orange Belt	1st, 2nd, 3rd

FORMS

Men, Hyung (Form) Age 18 - 49

Black Belt	1st, 2nd, 3rd
Brown/Red Belt	1st, 2nd, 3rd
Blue/Green Belt	1st, 2nd, 3rd
White/Yellow/Orange Belt	1st, 2nd, 3rd

Women Form / Age 18 - 49

Black Belt	1st, 2nd, 3rd
Brown/Red Belt	1st, 2nd, 3rd
Blue/Green Belt	1st, 2nd, 3rd
White/Yellow/Orange Belt	1st, 2nd, 3rd

Juniors Form (Boys & Girls)

Black Belt	1st, 2nd, 3rd
Brown/Red Belt	1st, 2nd, 3rd
Blue/Green Belt	1st, 2nd, 3rd
White/Yellow/Orange Belt	1st, 2nd, 3rd

Pee Wee Form

Black Belt	1st, 2nd, 3rd
Brown/Red Belt	1st, 2nd, 3rd
Blue/Green Belt	1st, 2nd, 3rd
White/Yellow/Orange Belt	1st, 2nd, 3rd

Mini Pee Wee Form

Black/Brown/Red Belt	1st, 2nd, 3rd
Blue/Green Belt	1st, 2nd, 3rd
White/Yellow/Orange Belt	1st, 2nd, 3rd

Sub Mini Pee Wee Form

Black/Brown/Red Belt	1st, 2nd, 3rd
Blue/Green Belt	1st, 2nd, 3rd
White/Yellow/Orange Belt	1st, 2nd, 3rd

Senior Form (All Belts 50 and over)

Black Belt	1st, 2nd, 3rd
Brown/Red/Blue Belt	1st, 2nd, 3rd
White/Yellow/Orange/Green Belt	1st, 2nd, 3rd

BREAKING - See Tournament Rules

Men Breaking / Age 18 - 49 - 12" pine boards

Black Belt - 4 board max.	1st, 2nd, 3rd
Brown/Red Belt - 2 board max.	1st, 2nd, 3rd
Blue/Green Belt - 2 board max.	1st, 2nd, 3rd
White/Yellow/Orange Belt - 1 board max.	1st, 2nd, 3rd

Women Breaking / Age 18 - 49 - 12" pine boards

Black Belt - 4 board max.	1st, 2nd, 3rd
Brown/Red Belt - 2 board max.	1st, 2nd, 3rd
Blue/Green Belt - 2 board max.	1st, 2nd, 3rd
White/Yellow/Orange Belt - 1 board max.	1st, 2nd, 3rd

Juniors Breaking (Boys & Girls) - 12" pine boards

Black Belt - 4 board max.	1st, 2nd, 3rd
Brown/Red Belt - 2 board max.	1st, 2nd, 3rd
Blue/Green Belt - 2 board max.	1st, 2nd, 3rd
White/Yellow/Orange Belt - 1 board max.	1st, 2nd, 3rd

Pee Wee Breaking - 3/8" Demonstration Boards, 3 maximum

Black Belt	1st, 2nd, 3rd
Brown/Red Belt	1st, 2nd, 3rd
Blue/Green Belt	1st, 2nd, 3rd
White/Yellow/Orange Belt	1st, 2nd, 3rd

Mini Pee Wee Breaking - 3/8" Demonstration Boards, 3 maximum

Black/Brown/Red Belt	1st, 2nd, 3rd
Blue & Green Belt	1st, 2nd, 3rd
White/Yellow/Orange Belt	1st, 2nd, 3rd

Sub Mini Pee Wee Breaking - 3/8" Demonstration Boards, 3 maximum

Black/Brown/Red Belt	1st, 2nd, 3rd
Blue/Green Belt	1st, 2nd, 3rd
White/Yellow/Orange Belt	1st, 2nd, 3rd

Senior Breaking (All Belts age 50 and over) - 12" pine boards

Black Belt - 4 board max.	1st, 2nd, 3rd
Brown/Red/Blue Belt - 2 board max.	1st, 2nd, 3rd
White/Yellow/Orange/Green Belt - 1 board max.	1st, 2nd, 3rd