

# ***KUK SOOL WON™***

***The Original Art of Kuk Sool™***

## ***2025 European Championships***

*Presented By*



**May 30<sup>th</sup> & 31<sup>st</sup> 2025**

**Norwich**

**Sportspark, University of East Anglia,  
Norwich, Norfolk, NR4 7TJ**

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### **Official Tournament Entry Form**

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Send completed applications to:  
Kuk Sool Won Norwich School  
Unit 10, 128 Hellesdon Park, Drayton High Road, Hellesdon  
Norwich, Norfolk, NR6 5DR

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*Strong, Smart, Good. Martial Arts! Kuk Sool Won™*



**KUK SOOL WON™** The Original Art of Kuk Sool™

**2025** European Tournament  
& Masters Exhibition

## Tournament Itinerary

Sportspark, University of East Anglia,  
Norwich, Norfolk, NR4 7TJ

**Friday 30<sup>th</sup> May 2025**

4:00pm All Black Belts (Adults)

*Please arrive at least 30 minutes early in case of early finish*

**Saturday 31<sup>st</sup> May 2025**

7:30am Judges/Black Belts Meeting

**Please note:** Rank/Age group start times will be sent to school owners via email at a later date. *Promotion and Demo will begin between 4-4:30pm.*

## Awards & Fees

### Under Black Belts

- 1 division £40
- 2 divisions £45
- 3 divisions £50
- 4 divisions £60

### Black Belts

- 1-2 divisions £50
- 3+ divisions £65

Late entry £5.00 / On the day £10.00

You will incur a late entry fee charge if registration is received after 17<sup>th</sup> May 2025. No cheques accepted on the day of the tournament.

### Spectators

Adults £10.00 / Children £5.00 (Under 5s free)

**Includes evening show of Masters Exhibition**

**CASH OR CARD**

### Awards

All competitors will receive a small gift. Medals for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> places. Trophies for the Grand Champions.

## Grand Champion Divisions

**1<sup>st</sup> Dahn:** Junior / Youth (Boys) / Youth (Girls) / Men / Women / Senior

**2<sup>nd</sup> Dahn:** Youth / Men / Women / Senior

**3<sup>rd</sup> Dahn:** All ages

**4<sup>th</sup> Dahn:** All ages

*The above divisions are not guaranteed to be the exact divisions awarded on the day. These can change depending on the amount of people competing in each division.*

Those wishing to enter for the Grand Champion competition must enter all divisions in their rank. Grand Champions will be chosen by overall point accumulation. Only Black Belts may compete for Grand Champion. To be eligible for the Grand Champion Award, participants must have a minimum of one Gold Medal and the highest overall points accumulated.

## Winning Schools

The school with the most points will receive an award and an embroidered velvet World Kuk Sool Association (WKSA) flag. The winning school will keep the flag until the next year's tournament, at which time the winning school will render the flag to the new winning school. If a school wins the flag for three consecutive years, it will retain the flag permanently. Only first through to fifth places will receive an award.

## General Information

All Black Belts must report to the head table for 7:30am on Saturday. All competitors must wear a complete Kuk Sool uniform with authorised markings only. All officials and judges must wear their General's Uniform. This tournament is governed by the WKSA Tournament Rules and Guidelines and is only open to members of the WKSA.

Safety equipment is required for all sparring competitors. (Mandatory: boots, gloves, headgear, mouthpiece and cup for men. Optional: shin guards, breast protectors.)

We reserve the right to combine divisions. Please note that in all divisions, except sparring, men and women under Black Belt will be combined.

## Under Black Belt

Rank	Adult (Age 18 & up)	Youth (Age 13-17)	Junior (Age 9-12)	Little Dragon (Age 8 & Under)	Weapons
White	Ki Cho Hyung (1-3)		Ki Cho Hyung (1-3)	Ki Cho Hyung (1-2)	None
	Ki Bon Soo (1-5)		Ki Bon Soo (1-5)	Sohn Ppae Ki (1-5)	
Yellow	Ki Cho Hyung (4-6)		Ki Cho Hyung (4-6)	Ki Cho Hyung (3-4)	
	Ki Bon Soo		Ki Bon Soo (1-10)	Ki Bon Soo (1-5)	
Blue	Cho Geup Hyung		Cho Geup Hyung	Ki Cho Hyung (5-6)	
	Sohn Mohk Soo		Ki Bon Soo (1-15)	Ki Bon Soo (1-10)	
Red	Joong Geup Hyung		Joong Geup Hyung	Cho Geup Hyung	Bong Dohl-li-ki All ages: 1-5 (3 times)
	Eue Bohk Soo		Sohn Mohk Soo	Ki Bon Soo (1-15)	
Brown	Goh Geup Hyung		Goh Geup Hyung	Joong Geup Hyung	
	Ahn Sohn Mohk Soo Maek Chi Gi		Eue Bohk Soo	Sohn Mohk Soo	
DBN 4 & less stripes	Dae Geup Hyung		Dae Geup Hyung	Goh Geup Hyung	
	Maek Cha Gi Joo Muhk Maga Ki Bohn Soo		Ahn Sohn Mohk Soo	Eue Bohk Soo	
DBN 5 & more stripes	Guhm Moo Hyung		Guhm Moo Hyung	Dae Geup Hyung	Bong Dohl-li-ki Junior & below: 6-10 (3 times) Adult & Youth: 11-15 (3 times)
	Joong Geup Sohn Mohk Soo Ahp Eue Bohk Soo		Maek Chi Ki Maek Cha Ki	Ahn Sohn Mohk Soo	

## Black Belt

Rank	Adult (Age 18 & up)	Youth (Age 13-17)	Junior (Age 12 & Under)	Little Dragon (Age 8 & Under)	Weapons	Breaking
1 <sup>st</sup> Dahn	Guhm Moo Hyung				Adult/Youth/Junior Joong Bong Il Hyung Juhng Guhm Hyung	Spin Kick Left and Right High and Low  40 & over adjust height
	Dee Eue Bohk Soo Too Ki Yahng Sohn Mohk Sool	Dee Eue Bohk Soo Kwahn Juhl Ki Too Ki	Joong Geup Sohn Mohk Soo Ahp Eue Bohk Soo	Maek Chi Gi Maek Cha Gi		
2 <sup>nd</sup> Dahn	Baek Pahl Ki Hyung				Dahn Bong Hyung (18 movements)  Yuhk Guhm Hyung	Scissors Kick & Yahng Bahl Cha Ki  40 & over adjust height
	Gahk Doh Bub Go Geup Sohn Mohk Soo Goh Geup Eue Bohk Soo Jwah Ki / Wah Ki	Bahng Too Ki Yahng Sohn Mohk Soo Ssahng Soo				
3 <sup>rd</sup> Dahn	Kyuk Pah Hyung				Dahn Ssahng Bong Dahn Ssahng Guhm	Sahm Bahng Cho Cha Ki 3 board breaks using 2 kicks and 1 hand strike all in one jump
4 <sup>th</sup> Dahn	Ee In Ji Ahp Sool					
	Sahm Bahng Cho Hyung				Chahng Hyung	None
Poh Bahk Sool Jee Peng Ee Sool						

### Notes on divisions

For more details concerning competition requirements, see WKSA Standard Tournament rules, revised 2008. Etiquette is very important within Kuk Sool Won and competitors' manners and attitude will affect the judge's final score.

Stripe Belts are permitted and will compete in their appropriate RANK division (e.g. Yellow Stripe Belt at WHITE BELT division, Blue Stripe Belt at YELLOW BELT division, etc). The same rule applies for any extra stripes or tabs on the WKSA official ranking belts

**Techniques** Empty hand techniques to be performed with a partner before a panel of judges. The partner must fall correctly and falling is mandatory. Ask your instructor for the rank & age requirements for partnering

**Sword & Staff** Black Belts may enter both Staff and Sword divisions. If you enter both, they will be considered two separate divisions. No live (sharp) blades. Only the WKSA approved sword can be used.

**Adults Black Belt competitors required to wear the official Kuk Sool General's uniform for All Weapons Divisions.**



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Name: ..... Telephone: .....

Date of birth: ...../...../..... Age: ..... Sex: F ☐ / M ☐ I.D. No: ..... (Mandatory)

Rank: White/Yellow Stripe ☐ Yellow/Blue Stripe ☐ Blue/Red Stripe ☐ Red/Brown Stripe ☐

Brown/Black Stripe (1) ☐ DBN 4- ☐ DBN 5+ ☐ JKN ☐ KSN ☐ PSBN ☐ SBN ☐

School: ..... Instructor's Name & Rank .....

### White, Yellow, Blue, Red

Forms: ☐ Techniques: ☐ Sparring: ☐ \*

### Brown belts and DBN

Forms: ☐ Techniques: ☐ Sparring: ☐ \* Staff: ☐

### Black Belts (JKN / KSN / PSBN)

Forms: ☐ Techniques: ☐ Sparring: ☐ \* Staff: ☐ Sword: ☐ Breaking: ☐

### Black Belts (SBN)

Forms: ☐ Techniques: ☐ Spear: ☐

\* Safety equipment is REQUIRED for all sparring competition. Mandatory: headgear, mouthpiece, cup for men, boots, and gloves. We recommend shin guards and / or breast protectors.

Method of Payment:

Please tick: ☐ Cash / ☐ Cheque (Cheques are to be made payable to WKSA Ltd.)

Total amount to be charged: £..... Signature: .....

I, the undersigned, do, hereby voluntarily submit my application for attendance and participation in the Annual Kuk Sool Won Tournament and Masters' Exhibition (the latter if applicable) and hereby assume full responsibility for any and all damages, injuries, or losses that I may sustain or incur, if any, while attending or participating, and I waive all claims against promoters, operators, sponsors and directors of said otherwise for any claim for injuries that I may sustain. I fully understand that any medical treatment given to me will be of a first aid treatment type only. I consent that any pictures furnished by me or any pictures taken of me in connection with the championship can be used for publicity, promotion, or television shows, and I waive compensation in regards thereto. If under 18 years, this release and consent to also be signed by parent or guardian.

I also understand that the COVID pandemic is still prevalent and I take full responsibility for my participation in the above event and I will undertake any action I deem necessary to protect myself and others.

Signed: ..... Date: .....

Parent/Guardian (if under 18 years of age): .....



## Tournament Guidelines \*

### Divisions

Please be aware that there are no longer predecided age groups for competitors. Age groups will be selected in a manner that creates a fair and even split of competitors in each division, this entirely depends on numbers on the day of the tournament (this also applies to the number of grand champion trophies that are available). The split could be by age, gender (or both) and there must be at least 3 competitors to create a competition. Conversely, very large divisions could be split into multiple groups.

With this in mind it is imperative that the competitors/parents stay alert for their correct ring assignment when the time comes. Ring assignments will be announced over the PA system and also displayed on the projector screen(s) (where available).

Medals are awarded for 1st-4th place and when there are large groups, multiple medals 2nd-4th medals could be awarded (there will only ever be one 1st place awarded).

In the event of less than 4 competitors in a division, 1st, 2nd, 3rd and 4th medals are not a guarantee. Medals will be awarded accordingly based on their overall score against the 'gold standard' scoring system.

### Sparring

Contact in WKSA sparring competitions is classed as 'light to no contact'. This means that it is possible to score a point when no contact has been made if the judges deem the competitor could have made contact but had the control not to. Scoring zones are to the front of the body and on the padded areas around the front and sides of the head. Strikes to the face, back of the head, arms, back and below the belt are not scored.

The judge(s) will shout 'break' when something is seen and the centre judge will then award a point if two out of the three judges agree on the location (head, body) and technique (punch, kick) that was thrown (kicks to the head count as two points).

Depending on the number of competitors in the division, byes will be chosen at random except where there are only three competitors, in this case a 'round robin' will take place. Judges will make every effort to ensure students from the same school don't spar against each other in the early rounds.

### Breaking

Breaking competition is for adults (over 18) only. For JKN's the high board must be at a minimum of face height (top of the board chin height for 40+) and the low board must be at a maximum of the top of the board at knee height.

Number of boards broken is the first criteria for competitor placings. In the event of the same number of boards broken, style and execution are then taken into consideration.

### Techniques

1. The partner can be only one rank above or below the competitor (e.g. white can partner yellow but not blue, red can partner blue or brown but not DBN)
2. Black belts cannot fall for DBN's or any ranks below them (e.g. KSN cannot fall for JKN)
3. Adults cannot partner children under 12
4. There must be no more than 6 inches height difference when an adult partners a youth (13-17)

### Weapons

Only WKSA approved weapons are permitted for competition. The judges will check this before starting and ensure that weapons are provided in the case that the competitor does not have what is required. Dropping a weapon is an automatic disqualification.

### Spectators

Please keep in mind that the judges of this tournament are unpaid WKSA practitioners. Their job is to endeavour to maintain a high quality of judging and the smooth running of their respective ring.

However, we do understand that despite their best efforts issues can arise. If there is something that you feel needs to be addressed, please contact one of the tournament officials who are on hand around the venue. Their job is to deal with any issues that may arise.

Thank you for your cooperation on this matter.

### \* Disclaimer

*Please keep in mind that these are just guidelines for information purposes and are in no way a full list of tournament rules*