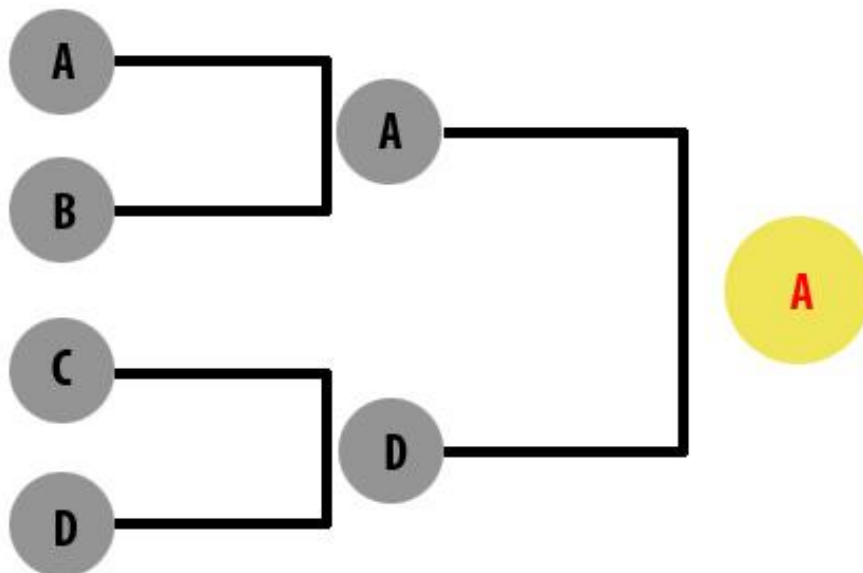


Alliance of Traditional Martial Arts Championship
Sunday, November 8th, 2026 – Somers High School, Lincolndale, NY 10540

Rules & Regulations In-Depth

Poomase Event

- Competitors must compete their rank appropriate Poomsae.
 - Color Belts – Taeguk/Palgwe
 - Black Belts – 1st: Koryo, 2nd: Keumgang, 3rd: Taebaek, 4th: Pyungwon
- Scoring Criteria – Scoring shall be made in accordance with the rules of the WT and modified to best fit all our competitors.
 - **Presentation**
 - Accuracy of range of motions/stances
 - Skill
 - Balance
 - Speed & Power
 - **Expression**
 - Strength & Rhythm
 - Energy & Confidence (Kihap!)
 - Focus
 - **Physical Presentation**
 - No folding of uniform arm sleeves or leg sleeves
 - No jewelry of any kind
 -
- Competitors will be competing in a **Single Elimination Format** among their group of 4.
- Judges will determine a winner between 2 competitors and the winner will move onto the Gold Medal round.
- Competitors that win Gold will be automatically entered into the Grand Championship Round for Poomsae (Please see schedule).
- Students 18+ will be competing in the Adult Divisions.



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Board Breaking

- Boards will be provided for each competitor at their ring.
- Competitors will be competing in a **Point System Competition**.
- Competitors are required to perform **TWO BREAKS (One board per station) with only TWO attempts allowed per break**.
- Competitors will be scored by 3 Judges and the average of the 3 scores will be the competitor's final score.
- Final placement will be determined from highest to lowest score.
- All competitors (Color Belts & Black Belts) will be competing via **Freestyle Breaking**.
- Techniques will have point values for scoring. (See chart below)
- **Competitors must perform 2 separate techniques. No repeat techniques.**
- No Props permitted. (Exception: Blindfolds allowed)
- Judging will be based on:
 - **Attempts**
 - 2nd Attempt will be valued lower than 1st attempt breaks
 - **Technique**
 - Correct form of certain kick
 - **Difficulty of Break**
 - How high the break is in accordance to competitor's height
 - Any jumping involved.
 - **Accuracy**
 - **Showmanship**
 - Confidence
 - Kihap!

TECHNIQUES
(2) Hammer Fist, Palm Strike, Chop Down, Elbow Strike
(3) Speed Chop (Self-Hold)
(3) Front Snap, Axe, Roundhouse, Side Kick
(4) Jumping Front (Head Height), Jumping Roundhouse (Head Height), Flying Side Kick
(4) Back Kick, Tornado, Spinning Hook Kick
(5) Jumping Back, Jumping Spinning Hook (Head Height), 360 Spin/Back Kick
(6) 540 Kick or Higher, Flipping Techniques

* (#) shown represents point value for technique.

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Sparring/Gyorugi

Competitors without all mandatory pieces of equipment at the time of their match will be disqualified.

- **Chest Guard**
- **Helmet (Masks for Black Belts)**
- **Mouthguard**
- **Arm + Shin Guards**
- **Groin Protector**

• **All Color Belts Divisions (Children & Adult):**

- Full Contact to Body
- **NO head or face contact permitted**
- 2 ONE-minute rounds with 30 second break in between.

• **All Black Belt Divisions (Children & Adult):**

- Full Contact to Body
- **Light head contact permitted**
- **Facemasks REQUIRED.**
- 2 TWO-minute rounds with 30 second break in between.

• **Scoring for Sparring will follow WT System:**

- 1 Point: Valid punch to the trunk protector
- 2 Points: Valid kick to the trunk protector
- 3 Points: Valid kick to Head
- 4 Points: Valid turning kick to the trunk protector
- 5 Points: Valid turning kick to the head

• **GamJeom/Penalty List:** (Any competitor that commits any penalties will receive a GamJeom and a point will be rewarded to the opponent.)

- Crossing the Boundary Lines
- Falling Down
- Avoiding or Delaying the Match
- Grabbing the opponent
- Lifting leg to block
- Lifting leg and taking 3 or more hops afterwards.
- Kicking below the waist
- Attacking opponent after “Kal-Yeo”(Referee pauses match)
- Hitting opponent’s head with hand
- Headbutting
- Attacking with knees
- Attacking fallen opponent

• Points cannot be scored after an illegal act.

• Time will continue to run through GamJeom’s and Kalyeo’s.

• Our goal is to encourage all of our competitors to compete at the best of their ability but to also ensure the safety for everyone involved.