



Welcome All Competitors!

MARYLAND STATE

HANMADANG

SATURDAY: May 3, 2025



Location:

Howard Community College
10901 Little Patuxent Parkway
Columbia, MD 21044

Hosted By:

Maryland State Kukkiwon Branch
World Taekwondo Hanmadang Selection Committee
AAA U.S. Taekwondo College, Elite Core Martial Arts

Events:

Individual Traditional Forms, Pairs Traditional Forms, Team Traditional Forms,
Individual Creative Forms, Team Creative Forms,
Individual Weapons Forms, Team Weapons Forms,
Creative Breaking, Power Skipping Side Kick Breaking, Power Back Kick Breaking,
Power Knife Hand Breaking, Jumping High Kick Breaking,
Demonstration Team Competition

Tournament Chairman: Grandmaster Kwang Hyun Lee
Tournament Director: Master David McMillan

For More Information Call: 410-561-3553

elitecoremartialarts@gmail.com

2025 MARYLAND STATE HANMADANG

Saturday, May 3, 2025

Howard Community College
10901 Little Patuxent Parkway
Columbia, MD 21044

Welcome to the 2025 Maryland State Hanmadang!

We would like to express our deepest appreciation to those who have helped to make this event possible. To all of our sponsors, talented staff, and dedicated volunteers, we are very grateful.

This Tournament will showcase the accomplishments of all the Masters, Instructors, and Students who have spent so much of their time and effort to prepare. We will demonstrate the lifestyle promoted by the art of Taekwondo, and in doing so, we will bring to life the Tenants of Taekwondo: Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit.

We encourage all Masters, Instructors, and Students of Taekwondo to gather for the 2025 Maryland State Hanmadang. Join us as we celebrate, not the color of our medals and trophies, but the spirit of Taekwondo. We look forward to seeing everyone there!

Sincerely,



Tournament Chairman
Grand Master Kwang Hyun Lee



Tournament Director
Master David McMillan

2025 MARYLAND STATE HANMADANG

Saturday May 3, 2025

Howard Community College

10901 Little Patuxent Parkway

Columbia, MD 21044

Phone: 410-561-3553

Email: elitecoremartialarts@gmail.com

GENERAL INFORMATION

Competition Fees:

Pre-Registration:

\$100 for one event + \$20 for each additional event

At The Door:

\$120 for one event + \$20 for each additional event (Cash or Card only, **NO** Personal Checks will be accepted on site.)

Spectator Fee:

\$10 Adult / Children (Under 5) and Seniors (65+) Free

Coach Pass:

4 free Coach Passes per competing School and each additional Pass will be \$10 in place of spectator fee

Deadline For Pre-Registration: April 25, 2025

Applications:

Mail all Pre-Registration Applications to Master David McMillan at

2183 Greenspring Dr. Timonium MD 21093

Or Email at elitecoremartialarts@gmail.com

(Acceptable payment methods are cash, money order, and school check payable to Master Lee or Mr. Lee)

Time Schedule:

*This schedule is subject to change depending on the number of competitors.	
8:00 AM	Doors Open / Registration Starts
8:30 AM	Black Belt Meeting / Judge & Referee Meeting
9:00 AM	Forms (Colored Belt & Black Belt)
10:30 AM	Weapons (Colored Belt & Black Belt)
12:00 PM	Lunch
12:30 PM	Opening Ceremony and Demo Team Competition
2:00 PM	Breaking (Colored Belt & Black Belt)
4:00 PM	Sparring (Colored Belt & Black Belt)

Competitor Awards:

Beautiful medals and trophies will be awarded to each competitor according to winning results. 1st, 2nd, and 3rd place.

1st Place winners in adult black belt sparring divisions will be given the opportunity to compete for the Master Cup (1 for females and 1 for males).

There will be breaking boards and additional supplies available. Boards are \$4.00 each. All boards are inspected and certified for tournament use. No outside boards allowed. They must be stamped to be used. And you will have to purchase them at the door.

-RANK DIVISIONS BY EVENT-

(Divisions may be modified, if necessary, during competition proceedings)

Individual Traditional Forms		Pairs Traditional Forms		Teams Traditional Forms	
White High White Yellow High Yellow	Taegeuk 1, 2 Palgwe 1, 2 Basic Forms Other Beginner Forms	White High White Yellow High Yellow Orange	Taegeuk 1, 2, 3, 4 Palgwe 1, 2, 3, 4 Basic Forms Other Beginner and Low Rank Forms	White High White Yellow High Yellow Orange High Orange Green High Green Blue High Blue Purple High Purple Brown High Brown Red High Red Danbo Black	Taegeuk 1-8 Palgwe 1-8 Black Belt Forms Basic Forms Other Forms
Orange High Orange Green High Green	Taegeuk 2, 3, 4 Palgwe 2, 3, 4 Other Low Rank Forms	High Orange Green High Green			
Blue High Blue Purple High Purple	Taegeuk 4, 5, 6 Palgwe 4, 5, 6 Other Intermediate Forms	Blue High Blue Purple High Purple Brown	Taegeuk 4, 5, 6, 7, 8 Palgwe 4, 5, 6, 7, 8 Other Intermediate and Advanced Forms		
Brown High Brown Red High Red Danbo	Taegeuk 6, 7, 8 Palgwe 6, 7, 8 Other Advanced Forms	High Brown Red High Red Danbo			
Black	Black Belt Forms	Black	Black Belt Forms		

Individual Creative Forms	Individual Weapons Forms	Team Creative Forms	Team Weapons Forms
White, High White, Yellow, High Yellow		White, High White, Yellow, High Yellow, Orange, High Orange, Green, High Green, Blue, High Blue, Purple, High Purple, Brown, High Brown, Red, High Red, Danbo, Black	
Orange, High Orange, Green, High Green			
Blue, High Blue, Purple, High Purple			
Brown, High Brown, Red, High Red, Danbo			
Black			

Creative Breaking	Jumping High Kick Breaking	Skiping Side Kick Power Breaking	Back Kick Power Breaking	Knife Hand Power Breaking	Sparring
White, High White, Yellow, High Yellow					
Orange, High Orange, Green, High Green					
Blue, High Blue, Purple, High Purple					
Brown, High Brown, Red, High Red, Danbo					
Black					

-AGE DIVISIONS BY EVENT-

(Divisions may be modified, if necessary, during competition proceedings)

Event	3-5	6-7	8-9	10-11	12-14	15-17	18-30	31-40	41-60	61+
Individual Traditional Forms	X	X	X	X	X	X	X	X	X	X
Pairs Traditional Forms	X									
Teams Traditional Forms	X									
Individual Creative Forms	X	X	X	X	X	X	X	X	X	X
Teams Creative Forms	X									
Individual Weapons Forms	X	X	X	X	X	X	X	X	X	X
Teams Weapons Forms	X									
Creative Breaking	X	X	X	X	X	X	X	X	X	X
Jumping Hick Kick Breaking			X	X	X	X	X	X	X	X
Skipping Side Kick Power Breaking			X	X	X	X	X	X	X	X
Back Kick Power Breaking			X	X	X	X	X	X	X	X
Knife Hand Power Breaking					X	X	X	X	X	X
Sparring	X	X	X	X	X	X	X	X	X	X

-WEIGHT DIVISIONS BY AGE-

(Divisions may be modified, if necessary, during competition proceedings)

Division	Light	Middle	Heavy
Ages 3-5	0 lbs – 35 lbs	36 lbs – 45 lbs	46+ lbs
Ages 6-7	0 lbs – 50 lbs	51 lbs – 65 lbs	66+ lbs
Ages 8-9	0 lbs – 60 lbs	61 lbs – 80 lbs	81+ lbs
Ages 10-11	0 lbs – 75 lbs	76 lbs – 95 lbs	96+ lbs

	Division	Males Weight	Females Weight
Ages 12-14	Fly	0 lbs – 82 lbs	0 lbs – 72 lbs
	Feather	83 lbs – 100 lbs	73 lbs – 90 lbs
	Welter	101 lbs – 117 lbs	91 lbs – 104 lbs
	Middle	118 lbs – 134 lbs	105 lbs – 121 lbs
	Heavy	135+ lbs	122+ lbs
Ages 15-17	Fly	0 lbs – 106 lbs	0 lbs – 97 lbs
	Feather	107 lbs – 121 lbs	98 lbs – 108 lbs
	Welter	122 lbs – 139 lbs	109 lbs – 121 lbs
	Middle	140 lbs – 161 lbs	122 lbs – 139 lbs
	Heavy	162+ lbs	140+ lbs
Ages 18-30	Fly	0 lbs – 128 lbs	0 lbs – 108 lbs
	Feather	129 lbs – 150 lbs	109 lbs – 125 lbs
	Welter	151 lbs – 170 lbs	126 lbs – 140 lbs
	Middle	171 lbs – 200 lbs	141 lbs – 155 lbs
	Heavy	201+ lbs	156+ lbs
Ages 31-40	Fly	0 lbs – 128 lbs	0 lbs – 108 lbs
	Feather	129 lbs – 150 lbs	109 lbs – 125 lbs
	Welter	151 lbs – 170 lbs	126 lbs – 140 lbs
	Middle	171 lbs – 200 lbs	141 lbs – 155 lbs
	Heavy	201+ lbs	156+ lbs
Ages 41-60	Light	0 lbs – 140 lbs	0 lbs – 115 lbs
	Middle	141 lbs – 180 lbs	116 lbs – 150 lbs
	Heavy	181+ lbs	151+ lbs
Ages 61+	Light	0 lbs – 140 lbs	0 lbs – 115 lbs
	Middle	141 lbs – 180 lbs	116 lbs – 150 lbs
	Heavy	181+ lbs	151+ lbs

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General and Traditional Forms Competition Rules

General Competition Rules:	<p>Kukkiwon rules and regulations will govern this tournament for all competitions. The organizing committee reserves the right to adopt changes as they deem necessary.</p> <ul style="list-style-type: none"> A. Competitors participating in individual events must wear a standard V-neck or fold-over uniform in good condition. (No rips, tears, or special augmentation) B. Feet and hands may not be covered by any shoes, tape, bandages, or any other material while competing except for requisite sparring gear in sparring competitions. C. Competitors in individual events will be grouped according to gender, age, belt (rank), and weight. One competition group will generally be 4 competitors.
Individual Traditional Forms Competition Rules:	<ul style="list-style-type: none"> A. Competitors will be judged on their ability to perform the form associated with their current rank. B. Any style of forms will be acceptable. This includes but is not limited to Taegeuk and Palgwe form sets. C. A form should be around 30 to 90 seconds. The maximum time allowed will be 180 seconds, but any time over 90 seconds will result in a reduced score. D. Scoring will be based on: Concentration, Balance, Spirit (Yelling), Strength, Correct & Orderly Execution of Movement. E. Judge(s) will score with 1-point increments from 1 to 10. Based on score provided by judge(s), a sum will be tallied to give the competitors' total score. In the event of a tie, the judge(s) will convene to determine the winner.
Pairs Traditional Forms Competition Rules:	<ul style="list-style-type: none"> A. Exactly two competitors make up a pair. Pairs can be made up of the same gender or different genders (i.e. co-ed). Additionally, pairs can be of mixed ages. B. The two competitors in a pair do not need to be of the same rank, but they should be close in rank. Refer to the rank divisions by event (page 4) which shows what ranks are allowed to compete as a pair. Black belts may only pair with other black belts. C. When competitors of differing ranks compete as a pair, they should do the form of the lower ranked competitor in the pair. For example, if one competitor's current rank does Taegeuk 5 and the other competitor's current rank does Taegeuk 4, then the pair should do Taegeuk 4. D. Any style of forms will be acceptable. This includes but is not limited to Taegeuk and Palgwe form sets. E. A form should be around 30 to 90 seconds. The maximum time allowed will be 180 seconds, but any time over 90 seconds will result in a reduced score. F. Scoring will be based on: Concentration, Balance, Spirit (Yelling), Strength, Correct & Orderly Execution of Movement. Additionally, the synchronization of the two competitors in the pair will impact score. G. Judge(s) will score with 1-point increments from 1 to 10. Based on score provided by judge(s), a sum will be tallied to give the competitors' total score. In the event of a tie, the judge(s) will convene to determine the winner.
Teams Traditional Forms Competition Rules:	<ul style="list-style-type: none"> A. A team may be made up of 3 to 7 competitors. Teams can be made up of the same gender or different genders (i.e. co-ed). Additionally, teams can be of mixed ages. B. The competitors in a team can be of any rank. C. When competitors of differing ranks compete as a team, they should do the form of the lowest ranked competitor in the team. For example, if a team has four competitors and three of the competitors' current rank does Taegeuk 5 and the fourth competitor's current rank does Taegeuk 4, then the whole team should do Taegeuk 4. D. Any style of forms will be acceptable. This includes but is not limited to Taegeuk and Palgwe form sets. E. A form should be around 30 to 90 seconds. The maximum time allowed will be 180 seconds, but any time over 90 seconds will result in a reduced score. F. Scoring will be based on: Concentration, Balance, Spirit (Yelling), Strength, Correct & Orderly Execution of Movement. The synchronization of the team will impact score. G. Judge(s) will score with 1-point increments from 1 to 10. Based on score provided by judge(s), a sum will be tallied to give the competitors' total score. In the event of a tie, the judge(s) will convene to determine the winner.

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Creative Forms and Individual Weapons Forms Competition Rules

Individual Creative Forms Competition Rules:	<ul style="list-style-type: none"> A. Competitors will be judged on their ability to perform the creative form that they choose to present. B. The form may be of any style and may involve any kind of martial arts movement as well as acrobatics. C. No props or weapons may be a part of the performance. Music is permitted, but the competitor must provide the device to play the music. It is recommended that the music be only instrumental. If it has lyrics, there may not be any foul, hateful, or aggressive language. D. The competitor should not leave the ring while performing the form. If the competitor is unsure whether the form will stay within the ring, he/she should ask permission from a referee prior to the competition to do a quick run through. E. A creative form should be around 30 to 120 seconds. The maximum time allowed will be 180 seconds, but any time over 120 seconds will result in a reduced score. F. Scoring will be based on: Concentration, Balance, Spirit (Yelling), Strength, Correct & Orderly Execution of Movement. G. Judge(s) will score with 1-point increments from 1 to 10. Based on score provided by judge(s), a sum will be tallied to give the competitors' total score. In the event of a tie, the judge(s) will convene to determine the winner.
Teams Creative Forms Competition Rules:	<ul style="list-style-type: none"> A. A team may be made up of 2 to 7 competitors. Teams can be made up of the same gender or different genders (i.e. co-ed). Additionally, teams can be of mixed ages. B. The competitors in a team can be of any rank. C. Competitors will be judged on their ability to perform the creative form that they choose to present. D. The form may be of any style and may involve any kind of martial arts movement as well as acrobatics. Additionally, the movements of each competitor may be different from one another. E. No props or weapons may be a part of the performance. Music is permitted, but the competitors must provide the device to play the music. It is recommended that the music be only instrumental. If it has lyrics, there may not be any foul, hateful, or aggressive language. F. The competitors should not leave the ring while performing the form. If the competitors are unsure whether the form will stay within the ring, they should ask permission from a referee prior to the competition to do a quick run through. G. A team creative form should be around 30 to 120 seconds. The maximum time allowed will be 180 seconds, but any time over 120 seconds will result in a reduced score. H. Scoring will be based on: Concentration, Balance, Spirit (Yelling), Strength, Correct & Orderly Execution of Movement. I. Judge(s) will score with 1-point increments from 1 to 10. Based on score provided by judge(s), a sum will be tallied to give the competitors' total score. In the event of a tie, the judge(s) will convene to determine the winner.
Individual Weapons Forms Competition Rules:	<ul style="list-style-type: none"> A. Competitors will be judged on their ability to perform the weapon form that they choose to present. B. Any single (or pair of) melee weapon(s) will be acceptable as long as it (they) can be safely kept within the competition area. This includes but is not limited to sword, bo staff, nunchakus, sais, kamas, etc. C. Ranged weapons (e.g. bows or throwing stars) and other props will not be acceptable. D. Competitors may not switch what weapon(s) they are using part way through the form. E. A weapon form should be around 30 to 90 seconds. The maximum time allowed will be 180 seconds, but any time over 90 seconds will result in a reduced score. F. Scoring will be based on: Concentration, Balance, Spirit (Yelling), Strength, Correct & Orderly Execution of Movement. G. Judge(s) will score with 1-point increments from 1 to 10. Based on score provided by judge(s), a sum will be tallied to give the competitors' total score. In the event of a tie, the judge(s) will convene to determine the winner.

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Teams Weapons Forms, Creative Breaking, and Jumping High Kick Breaking Competition Rules

Teams Weapons Forms Competition Rules:	<ul style="list-style-type: none"> A. A team may be made up of 2 to 7 competitors. Teams can be made up of the same gender or different genders (i.e. co-ed). Additionally, teams can be of mixed ages. B. The competitors in a team can be of any rank. C. Competitors will be judged on their ability to perform the weapon form that they choose to present. The movements of each competitor may be different from one another. D. Any single (or pair of) melee weapon(s) will be acceptable as long as it (they) can be safely kept within the competition area. This includes but is not limited to sword, bo staff, nunchakus, sais, kamas, etc. Competitors may use the same weapons or different weapons from one another. E. Ranged weapons (e.g. bows or throwing stars) and other props will not be acceptable. Music is permitted, but the competitors must provide the device to play the music. It is recommended that the music be only instrumental. If it has lyrics, there may not be any foul, hateful, or aggressive language. F. Competitors may not switch what weapons they are using part way through the form. G. A team weapon form should be around 30 to 120 seconds. The maximum time allowed will be 180 seconds, but any time over 120 seconds will result in a reduced score. H. Scoring will be based on: Concentration, Balance, Spirit (Yelling), Strength, Correct & Orderly Execution of Movement. I. Judge(s) will score with 1-point increments from 1 to 10. Based on score provided by judge(s), a sum will be tallied to give the competitors' total score. In the event of a tie, the judge(s) will convene to determine the winner.
Creative Breaking Competition Rules:	<ul style="list-style-type: none"> A. Regulation breaking board size for this competition is 11"X8" (1/4" or 3/4" thick) wood breaking board. (Boards provided by tournament committee and breaking boards must be bought at tournament) B. There will be a maximum of 3 targets for colored belts and 5 targets for black belts that can be broken by each competitor. Boards can be stacked for each target. C. Competitors may only attempt to break each target 3 times. After the third attempt, they must move on. D. No props allowed. Only the competitor and board holders are allowed on the mat. E. All competitors will be given up to 120 seconds to set up and complete their routine. F. Scoring will be based on: Accuracy & Focus, Techniques, Power & Energy (Board Thickness, Yelling Ki hap), Smooth Flow of Routine, Creativeness & Showmanship. G. Judge(s) will score with 1-point increments from 1 to 10. Based on score provided by judge(s), a sum will be tallied to give the competitors' total score. In the event of a tie, the judge(s) will convene to determine the winner.
Jumping High Kick Breaking Competition Rules:	<ul style="list-style-type: none"> A. A board will be set up at a predetermined height (this height will differ depending on the age of the division). Each competitor in the division has a maximum of 30 seconds to attempt to break the board with a running jumping front snap kick. B. Each competitor will only receive one opportunity to try to break the board. C. After all competitors in a division have attempted to break the board at a given height, the competitors who succeeded will move on and the board will be raised incrementally at the referee's discretion and the competitors will attempt to break it again. D. This will continue until only one competitor is able to break at a given height. E. If there is a tie for 1st place (e.g. two competitors break at one height, but neither can break at the next incremental height), then 1st place will be awarded to the shorter competitor. In the case of ties for 2nd or 3rd place, multiple 2nd and 3rd places will be awarded. F. In order for a break to count, it must be broken by a front snap kick and not by any other technique. Additionally, if the competitor lands on any part of the body besides the feet (e.g. knees, back, hands), then the break will not count. G. A marking will be placed halfway between the starting point and the board. Once a competitor steps over the marker, the attempt has begun and the competitor may not return to the starting position.

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Skipping Side Kick and Back Kick Power Breaking Competition Rules

<p>Skipping Side Kick Power Breaking Competition Rules:</p>	<ul style="list-style-type: none"> A. To compete in skipping side kick power breaking, competitors must be at least 8 years old. B. Regulation breaking board size for this competition is 11"X8" and 3/4" thick wood breaking board. (Boards provided by tournament committee and breaking boards must be bought at tournament) The referee will inspect all boards to ensure that they were purchased at the tournament and have no alterations or defects. The competitor may select as many boards as they want up to the maximum that can be held by the holding machine. C. The boards will be set up on the holding machine with no spacers by tournament staff. The competitor may inspect the boards to ensure that they are secure. The middle of the boards must be at least as high as the competitor's waist. D. The competitor will have a maximum of 30 seconds and one attempt to break the boards with a skipping side kick. The boards must be broken with the bottom/blade of the foot. E. After the referee instructs the competitor to begin, if the competitor touches the boards again, it will be counted as the competitor's one attempt. F. After the one and only attempt, the referee will shake each board that was not obviously broken one time. The competitor in a division who broke the most boards will receive 1st place. G. If there is a tie for 1st place (i.e. more than one competitor broke the same number of boards), the competitor who attempted a greater number of boards will be declared the winner. If all competitors attempted the same number, then the lightest competitor will be declared the winner. In the case of ties for 2nd or 3rd place, multiple 2nd and 3rd places will be awarded.
<p>Back Kick Power Breaking Competition Rules:</p>	<ul style="list-style-type: none"> A. To compete in back kick power breaking, competitors must be at least 8 years old. B. Regulation breaking board size for this competition is 11"X8" and 3/4" thick wood breaking board. (Boards provided by tournament committee and breaking boards must be bought at tournament) The referee will inspect all boards to ensure that they were purchased at the tournament and have no alterations or defects. The competitor may select as many boards as they want up to the maximum that can be held by the holding machine. C. The boards will be set up on the holding machine with no spacers by tournament staff. The competitor may inspect the boards to ensure that they are secure. The middle of the boards must be at least as high as the competitor's waist. D. The competitor will have a maximum of 30 seconds and one attempt to break the boards with a turning back kick. The boards must be broken with the bottom/blade of the foot. E. After the referee instructs the competitor to begin, if the competitor touches the boards again, it will be counted as the competitor's one attempt. F. After the one and only attempt, the referee will shake each board that was not obviously broken one time. The competitor in a division who broke the most boards will receive 1st place. G. If there is a tie for 1st place (i.e. more than one competitor broke the same number of boards), the competitor who attempted a greater number of boards will be declared the winner. If all competitors attempted the same number, then the lightest competitor will be declared the winner. In the case of ties for 2nd or 3rd place, multiple 2nd and 3rd places will be awarded.

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Knife Hand Power Breaking and Sparring Competition Rules

Knife Hand Power Breaking Competition Rules:	<ul style="list-style-type: none"> A. To compete in knife hand power breaking, competitors must be at least 12 years old. B. Regulation breaking board size for this competition is 11"X8" and 3/4" thick wood breaking board. (Boards provided by tournament committee and breaking boards must be bought at tournament) The referee will inspect all boards to ensure that they were purchased at the tournament and have no alterations or defects. The competitor may select as many boards as they want up to the maximum that can be held by the holding stand while still being low enough for the competitor to effectively strike the top. C. The boards will be set up on the holding stand by tournament staff. The competitor may inspect the boards to ensure that they are secure. D. The competitor will have a maximum of 30 seconds and one attempt to break the boards with a knife hand strike. The boards must be broken with the side of the palm (from the side of the first knuckle of the little finger to the front side of the wrist). Fingers may be bent, but the hand may not be closed in a fist. E. After the referee instructs the competitor to begin, if the competitor touches the boards again, it will be counted as the competitor's one attempt. F. After the one and only attempt, the referee will shake each board that was not obviously broken one time. The competitor in a division who broke the most boards will receive 1st place. G. If there is a tie for 1st place (i.e. more than one competitor broke the same number of boards), the competitor who attempted a greater number of boards will be declared the winner. If all competitors attempted the same number, then the lightest competitor will be declared the winner. In the case of ties for 2nd or 3rd place, multiple 2nd and 3rd places will be awarded.
Sparring Competition Rules:	<ul style="list-style-type: none"> A. Sparring will be conducted under a modified WT (World Taekwondo) Olympic style competition format. All competitors must wear proper safety gear to compete. Each competitor is permitted one coach at ringside. B. All sparring Competitors must weigh-in at the holding area at check-in. C. Sparring Competitors must provide their own safety/sparring equipment: mouth guard, forearm guards, chest protector, groin protector, shin and instep protector, and head gear. Gloves are optional. All gear must be in good condition. D. Colored belt and black belt sparring is 2 rounds. Each round is 1 minute. There will be a 30 second rest period between each round. E. No head contact is allowed for color belts. Light head contact is permitted for black belts 12 years and older. Only kicks are legal strikes to the head, punches to the head are not allowed. Intentional striking of any kind to the face is not allowed. F. If a competitor is knocked out by being struck (punched or kicked) in the head, his/her opponent (the one doing the striking) will be disqualified. No head contact that powerful will be tolerated. G. Warnings will be given for the first instance of each of the following fouls: kicking below the belt, kicking to the head (except for 12+ black belts), grabbing, falling down, and leaving the ring. H. 1-point deductions will be given for repeat instances of each of the above fouls as well as for every instance of the following fouls: intentional striking to the face, any punching to the head, running away to avoid combat, disobedience to referee instructions, disruption by coach, and striking with illegal techniques (elbow, knee, knife hand, backfist, palm, finger, wrist, and y-hand striking). I. A competitor may be disqualified for repeatedly committing the following fouls: kicking the head (except for 18+ black belts), punching to the head, kicking to the legs, using illegal techniques, running away, and disobedience to referee instructions. J. Point System: 1 point—valid punch on chest protector, 2 points—valid kick on chest protector, 3 points—valid kick to the head (12+ black belts only), 4 points—valid spinning kick on chest protector, 5 points – valid spinning kick to the head (12+ black belts only). At end of first round, 12-point difference rule will be in effect. K. In the event of a tie score, one (1) minute of sudden death overtime will be used. The first point called by the referee will be the winning point. In the event of a tie at the end of the sudden death round, the judges will convene to determine the winner.

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Master Cup and Demonstration Team Competition Rules

Master Cup Competition Rules:	<ul style="list-style-type: none"> A. 1st Place division winners in Adult Black Belt Sparring divisions will make up an additional Master Cup Division (1 for females and 1 for males). B. All sparring rules in this division will be the same as those for adult black belts in regular sparring divisions. C. The winner of the division will be awarded the Master Cup (1 for females and 1 for males). D. In the event that there are only enough competitors for 1 adult black belt division (for either females or males) in the regular sparring competition, the winner of this division will be given the Master Cup.
Demonstration Team Competition Rules:	<ul style="list-style-type: none"> A. A team demonstration should be no more than 7 minutes long. There will be 2 minutes of set up time prior to the beginning of the demonstration. B. A demonstration team may be made up of up to 30 members of any rank, age, or gender. C. A demonstration should include, at a minimum, the following elements: forms (traditional and/or creative), board breaking, and self-defense. D. A demonstration may also include the additional following elements: music (a speaker will be provided, be sure to do a test run with tournament staff in advance), weapons, acrobatics, acting/storytelling. E. The demonstration team will be judged on the skill of its members, the creativity of the performance, the difficulty of the techniques in the performance, the spirit of the performance, and the unity and synchronization of the team members. F. After all the performances are completed. The Grandmasters/Masters presiding will vote on what place each competing team should receive.

2025 MARYLAND STATE HANMADANG Official Athlete Entry Form

TIME: Saturday, May 3, 2025

LOCATION: Howard Community College
10901 Little Patuxent Parkway
Columbia, MD 21044

FEE(S): Pre-Registration (Deadline 4/25/2025): \$100 for one event / \$20 for each additional event
At The Door: \$120 for one event / \$20 for each additional event)

MAIL TO Mail all Applications to Master David McMillan: **2183 Greenspring Dr. Timonium MD, 210093**

Or

EMAIL TO: Elitecoremartialarts@gmail.com All Photographs must be clear and printable.

Acceptable payment methods are cash, money order, and check payable to Master Lee or Mr. Lee

Liability Waiver: I hereby submit my application for registration in the 2025 Maryland State Hanmadang. I agree to waive all claims against anyone connected with the Tournament for injuries I may sustain and likewise will assume full responsibility for all my actions in connection with the Tournament. I shall strictly observe and obey the rules and regulations, printed, verbal or otherwise, governing this tournament. I further agree that any pictures taken of me in connection with the tournament can be used by the Tournament Director for publicity or promotion without compensation at this time or at any other time.

Print Athlete Name

Sign Athlete Name

Date

Print Parent/Guardian Name (If Under 18)

Sign Parent/Guardian Name (If Under 18)

Date _____

Martial Arts School Information

School Name: _____

School Address: _____

Headmaster (Owner)'s Name: _____

Headmaster (Owner)'s Phone Number: _____

Athlete's Information

Street Address:

City, State, Zip: _____

Phone Number: _____

Email:

Emergency Contact Name: _____

Emergency Contact Phone: _____

Name: _____

Age: _____ Gender: _____ Wght (lbs): _____

Height: _____ Blt Clr: _____ Dan/Poom: _____

Circle the event(s) you will compete in.

Individual Traditional Forms	Pairs Traditional Forms	Teams Traditional Forms
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Individual Creative Forms Team Creative Forms Individual Weapons Forms

Teams Weapons Creative Breaking Jumping High
Forms Kick Breaking

Skipping Side Power Breaking	Back Kick Power Breaking	Knife Hand Power Breaking
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Sparring Demonstration
Team

MARYLAND STATE HANMADANG ATHLETE

**2025 MARYLAND STATE HANMADANG
Official Coach Entry Form**

TIME: Saturday, May 3, 2025
LOCATION: Howard Community College
10901 Little Patuxent Parkway
Columbia, MD 21044
FEE(S): Each Competing School will receive 4 free coach passes. Each additional pass will be \$10.
MAIL TO: Mail all Applications to Master David McMillan: **2183 Greenspring Dr. Timonium MD, 210093**
Or
EMAIL TO: Elitecoremartialarts@gmail.com All Photographs must be clear and printable.
Acceptable payment methods are cash, money order, and check payable to Master Lee or Mr. Lee

Liability Waiver: I hereby submit my application for registration in the 2025 Maryland State Hanmadang. I agree to waive all claims against anyone connected with the Tournament for injuries I may sustain and likewise will assume full responsibility for all my actions in connection with the Tournament. I shall strictly observe and obey the rules and regulations, printed, verbal or otherwise, governing this tournament. I further agree that any pictures taken of me in connection with the tournament can be used by the Tournament Director for publicity or promotion without compensation at this time or at any other time.

Print Coach Name

Sign Coach Name

Date

Print Parent/Guardian Name (If Under 18)

Sign Parent/Guardian Name (If Under 18)

Date

Martial Arts School Information

School Name: _____

School Address: _____

Headmaster (Owner)'s Name: _____

Headmaster (Owner)'s Phone Number: _____

Coach's Information

Street Address: _____

City, State, Zip: _____

Phone Number: _____

Email: _____

Emergency Contact Name: _____

Emergency Contact Phone: _____

Title (Grandmaster, Master, Instructor, etc.)

Name

Age

Belt Color

Dan/Poom

MARYLAND STATE HANMADANG COACH