



International Tang Soo Do Federation, IncTM

TM

14th International Tang Soo Do Federation Forms and Sparring Regulations

Hyung Regulations

1. All competitors must perform a Hyung Appropriate for their rank and according to the International Tang Soo Do Federation Testing Guidelines.
2. All Judges must be Familiar with all forms requirements.

Sparring Guidelines

Matches

1. Matches are to be Two (2) Minutes long.
2. First contestant to score 3 points is declared the winner
3. Safety Equipment:
Mandatory: Safety Kicks, Groin Cup, Safety Punch, Head Gear, Mouth Piece.
Recommended: Chest Protector

Target Areas

1. Body—Front and Sides Above the Belt—Controlled contact
2. Head— No Contact

Illegal Techniques:

1. Facial Area—No Hand Techniques allowed. Well Controlled Kicking— No Contact
2. No kicking or Hand Techniques are permitted below the belt.
3. No kicking or Hand Techniques are permitted to the Neck or Back
4. No Take Downs, Sweeping or grappling Permitted

Legal Techniques:

1. All front or reverse fist attacks to the body.
2. All front or rear leg techniques delivered to legal target areas.

Points

1. Any legal technique executed effectively to a legal target area

Minus Points

1. Three warnings of any kind

Warnings

1. Use of any Illegal Techniques
2. Running to avoid fighting
3. Turning your back to your opponent or any act deemed wrongful by the referee
4. ANY unsportsmanlike behavior

Disqualifications

1. any excessive contact
2. Injuries caused by excessive contact.