

AMERICAN KANG DUK WON TOURNAMENT KATA PROCEDURES

1. Bow as you enter the competition ring.
2. Move ahead to address the judges.
3. Chunbi. Bow.
4. Ready (open) stance. Feet apart and hands behind your back.
5. Give the following information in a strong, clear voice:
 - a) **“My name is _____.”**
 - b) **“I am a member of American Kang Duk Won Karate.”**
 - c) **“My Dojang is _____.”**
 - d) **“My instructor is (Master, Mr., Mrs., Miss _____.”**
6. **“Sir (or Ma’am), permission to execute Palgay _____.”** or **“I would like to do Palgay _____.”**
(You are speaking directly to the head judge.)
7. **“Thank you, Sir (or Ma’am).”**
8. Chunbi. Bow.
9. Backup. Bow.
10. Chunbi. Start your form, speed and power.
11. End form. Chunbi. Bow. **“Thank you, Sir (or Ma’am).”**
12. Back out of the ring. Bow. Be seated with the other competitors