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# COMPETITION REGULATION

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# SEMI KEMPO

# CHALLENGE ⚡ CUP 2023



FEDERAÇÃO PORTUGUESA  
LOHAN TAO  
KEMPO

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## Creative Forms

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## CREATIVE FORMS

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### **Regulation:**

#### **Creative Forms of Empty Hand or with Weapons:**

- In the FCMV competition, the Competitor shows his/her competence in a particular Form of his/her choice;
- During the competition participants will be able to perform the Forms with the changes they see fit;
- Competitors may play a different Form in each round;
- The Competitor must perform the Form accompanied with music and it is mandatory to inform the Area Table.
- Competitors will be able to play a different Weapon Form in each round;
- The use of traditional weapons, auxiliary equipment or additional apparatus is permitted.
- Competitors decide whether their race will be with or without weapons, and must inform at the beginning of the race their preference and can not change throughout the qualifiers. The chosen one will be applied until the final test.

#### **Age Groups:**

- 4/10 years
- 11/17 years
- 18+ years



## Semi Kempo: Competition Rules for Creative Forms

### Criteria for evaluation:

- a) Attitude – Ceremonial, presentation, concentration and spirit;
- b) Execution – Correct sequence of form, coordination;
- c) Choreography – Interpretation of techniques, acrobatic and spectacular aspects;
- d) Technique – Defined, clear and perceptible technical gesture;
- e) Energy – Mental strength and energy used at the right time;
- f) Breathing – Breathing appropriate to the execution of the technique;
- g) Positions – Correct placement of the body in the execution of the techniques;
- h) Balance – Maintain the point of equilibrium during the execution of the Form;
- i) Rhythm – Fluidity with different rhythms in the execution of Form;
- j) Difficulty – Degree of difficulty in performing the Form taking into account the age(s) of the Athlete(s).
- k) Gun Control – Effective control of the weapon, without it falling to the ground or being dropped uncontrollably, even if the athlete can regain control of the weapon.