

Creative & Xtreme Competition Rules

Creative and Xtreme events are a great opportunity for students to express their creativity, showcase their strengths and challenge themselves to try new techniques and combinations. All divisions and belt colors can compete in Creative and Xtreme events.

In order to compete in Creative and/or Xtreme events, students must also compete in the matching Traditional event.

For example, if you want to do Creative Forms, you must also compete with your Traditional Form. If you plan to do Xtreme Weapons, you must also compete in Traditional Weapons.

All Creative & Xtreme events have a 2 minute time limit that students may not exceed, or they will be disqualified.

Have a family member or Instructor time you while you practice to make sure you are under the 2 minute time limit. There is no minimum amount of time you have to use.

All Creative & Xtreme events can be performed with or without music. If you choose to perform with music, you are responsible to bring your own battery powered device to play the music on at the Tournament and will need to have someone with you to operate your music. A student who successfully times their form to match the beat of the music will be awarded a higher score than a student who uses music but does not keep in time with the beat of the music. Not having any music will not affect your score. All songs must be approved by Mrs. Cramer prior to competition.

<p style="text-align: center;">Creative Form</p> <p>Create your own form using traditional taekwondo techniques and stances. At least 50% of your Creative form must be an original combination of moves. That means you can use combinations out of your own form, but you can't just do your regular form as a Creative form.</p> <p><u>Absolutely no gymnastic type moves are permitted</u> including rolls, splits, flips or jump kicks that spin more than 360°.</p>	<p style="text-align: center;">Xtreme Form</p> <p>Create your own form using any style of martial arts techniques, acrobatics, gymnastics moves and tricks. At least 50% of your Xtreme form must be an original combination of moves. That means you can use combinations out of your own form, but you can't just do your regular form as a Xtreme form. Pretty much anything goes, including rolls, splits, flips, jump kicks that spin more than 360°, Wushu Butterfly Kicks, Illusions, etc. You do not HAVE to add Xtreme elements to your Xtreme Form to compete, but if you do add Xtreme elements and execute them well, it may give you an advantage over an equally matched competitor that does not add Xtreme elements.</p>
<p style="text-align: center;">Creative Weapons</p> <p>Create your own weapon form using traditional weapon techniques & traditional taekwondo techniques of your choosing. At least 50% of your Creative Weapon form must be an original combination of moves. That means you can use combinations out of a weapon form you have already learned, but you can't just do your regular weapon form as a Creative Weapon form.</p> <p><u>Absolutely no gymnastic type moves are permitted</u> including rolls, splits, flips or jump kicks that spin more than 360°.</p> <p>NO WEAPON RELEASES OR THROWS ARE PERMITTED.</p>	<p style="text-align: center;">Xtreme Weapons</p> <p>Create your own weapon form using the weapon of your choice and any style of martial arts techniques, acrobatics, gymnastics moves and tricks. At least 50% of your Xtreme form must be an original combination of moves. That means you can use combinations out of a weapon form you have already learned, but you can't just do your regular weapon form as a Xtreme form. Pretty much anything goes, including weapon releases and throws, rolls, splits, flips, jump kicks that spin more than 360°, Wushu Butterfly Kicks, Illusions, etc. You do not HAVE to add Xtreme elements to your Xtreme Form to compete, but if you do add Xtreme elements and execute them well, it may give you an advantage over an equally matched competitor that does not add Xtreme elements.</p>

Creative & Xtreme Forms Training Plan

In order to compete in Creative &/or Xtreme Forms, you must also compete in the Traditional Forms event!

My Traditional Form is: _____

The time limit for Creative & Xtreme Forms is 2 minutes, we recommend not creating a routine that is more than 1 min 45 seconds to be sure you are under the time limit. Your time starts when the center judge says "Your time begins now", NOT when your music starts. Plan accordingly. If you are using music, you are responsible to provide your own battery-operated loud speaker and a person to operate the device.

Creative Form

My Creative Form routine takes: _____ minute & _____ seconds.

No gymnastics, splits, inversions or wushoo kicks are permitted in Creative events.

Are you doing your routine to music? Yes No

My Creative Form Song is : _____

All music must be approved by Mrs. Cramer in advance.

Has Mrs. Cramer approved your song choice?

Yes No N/A

Xtreme Form

My Xtreme Form routine takes: _____ minute & _____ seconds.

You can add gymnastics, etc at your discretion in Xtreme events, but they are NOT required!

Are you doing your routine to music? Yes No

My Creative Form Song is : _____

All music must be approved by Mrs. Cramer in advance.

Has Mrs. Cramer approved your song choice?

Yes No N/A

Creative & Xtreme Weapons Training Plan

In order to compete in Creative &/or Xtreme Weapons, you must also compete in the Traditional Weapons event!

The weapon I am using for Traditional Weapons Competition is: _____

Color Belts may do a 30 second freestyle (any techniques they like) for Traditional Weapons.

Black Belts must use one of the Black Belt Weapon Forms for Traditional Weapons. See an Instructor if you have questions.

You DO NOT have to use the same weapon for Traditional Weapons, Creative Weapons and Xtreme Weapons events.

The time limit for Creative & Xtreme Weapons is 2 minutes, we recommend not creating a routine that is more than 1 min 45 seconds to be sure you are under the time limit. Your time starts when the center judge says "Your time begins now", NOT when your music starts. Plan accordingly.

If you are using music, you are responsible to provide your own battery-operated loud speaker and a person to operate the device.

Creative Weapons

The weapon I am using for Creative Weapons is:

My Creative Weapon routine takes: _____ minute & _____ seconds.

No gymnastics, etc are permitted in Creative events.

No weapon releases are permitted.

If you lose control of your weapon, LET IT HIT THE FLOOR, do not try to catch it! Accidentally dropping your weapon is only a minor deduction.

Catching mid-air counts as a release technique and is an immediate disqualification.

Are you doing your routine to music? Yes No

My Creative Form Song is : _____

All music must be approved by Mrs. Cramer in advance.

Has Mrs. Cramer approved your song choice?

Yes No N/A

Xtreme Weapons

The weapon I am using for Xtreme Weapons is:

My Creative Weapon routine takes: _____ minute & _____ seconds.

You can add gymnastics, etc at your discretion in Xtreme events, but they are NOT required! You may also do weapon releases & throws if you wish.

Are you doing your routine to music? Yes No

My Creative Form Song is : _____

All music must be approved by Mrs. Cramer in advance.

Has Mrs. Cramer approved your song choice?

Yes No N/A