

PilSung GENERAL INFORMATION

Our Academy runs a unique program year-round called "PilSung". The goal of this program is to learn self-improvement and goal-setting skills that hopefully carry over into other parts of life. PilSung is Korean for "*certain victory*" and is best explained as dedicating yourself to "*giving your all*" in whatever you do. We feel PilSung benefits our students as they progress to black belt and beyond. As always, we are committed to assisting our students in reaching their fullest potential.

PARTICIPANTS

All registered students in our Academy participate in PilSung contests each season. Newer students with limited experience may not participate in all contests. Students enrolling in our Academy during a current season will be placed in the next upcoming season.

SCORING & AWARDS

Students are scored according to metrics determined by the Academy. Our Deputies occasionally participate in student scoring and then scores are further reviewed by Master G through video when needed. All PilSung scores are recorded and made part of student's file and are in addition to and not in place of regular belt testing requirements. Students who collect the highest points in division will be awarded each season. Awards are given to the highest scoring participant as Division Point Leader and Sparring Point Leader. In subsequent seasons, awards are also given to those students who outperform their own overall previous season's score. Student scores are posted online. Once students complete each contest their account is charged a minimal fee for each contest. In most cases students will not have to attend any special days or times as it will run concurrently with regular classes.

DIVISIONS & SEASONS

Students are mostly divided into divisions according to age and experience. In addition to their ID number, students should also know what division they are placed in each season. Their current division may differ from past or future seasons. There are four seasons of PilSung. Fall begins early October, Winter begins early January, Spring begins early April and Summer begins early July.

CONTESTS

The **Point contest** consists of Technical, Breaking, Fitness and Knowledge. The Technical portion is an average of scores from TaeGuek/ChangHon forms, One-Step Sparring, Kicking Combinations, Technique and/or 4-Direction Form, all of which are based on student's level and/or ability. The Breaking portion is based on their rank and/or ability, and includes an average of all breaks from their current rank and below. The Fitness portion alternates each season between push-ups and sit-ups then distance runs and flexibility. In the Knowledge portion students verbally recite material from their current program and all previous ones.

The **Sparring contest** is optional. Students are matched with at least 2 opponents consisting of a total of 4 rounds. The objective is to "collect" as many points possible throughout their rounds. Students participating in the Sparring contest will have to purchase their own set of gear through our school. Chest protectors are provided, however students are encouraged to purchase their own. Gear consists of chest, head, mouthguard, shin/instep and fist/forearm. Groin protection is highly recommended for males. Only students blue belt and above are allowed to kick to the head area.

COMMON QUESTIONS

Is participation optional?

No, our students participate in PilSung contests as part of their regular program requirements. It takes place every season and is an additional way to monitor and measure their skills and progress over time. We find it helps motivate them to set goals to exceed their previous performance.

Where do I find more information?

Complete PilSung information can be accessed online at www.ATAjoliet.com by clicking the red **PilSung** link toward the top. From there students can navigate to find all information as well as view student current standings. Each student is assigned a unique number and can track their score as they progress. Scores are posted by using this number so as to eliminate any unnecessary competitiveness. We encourage students not to share their assigned number with others to avoid any unnecessary competition. There is a handout available explaining the step-by-step instructions for accessing PilSung.