

TECHNICAL BREAKING

Divisions: Age as listed on the website

Gender: Male & Female

Belt Level: Blue, Red & Black Belt only (per website)

IMPORTANT INFORMATION

- Divisions are age only, not separated on belt level
- Two attempts per board
- No points awarded if the board does not break
- No padding is to be worn on hands or feet
- Boards cannot be doubled up
- Perform a different technique for each break
- Where possible, please provide your own holders
- Number of boards must be entered at the time of online registration
- There is no limit to the number of boards, however only 5 techniques can be performed

KICK TECHNIQUE	POINTS	HAND TECHNIQUE	POINTS
Standing Kick	5	Hammer Fist	5
Sliding/Skip Kick	6	Knife Hand	5
Jumping Kick	7	Palm Heel	5
Turning Kick	7	Elbow Strike	6
Jump Turn Kick on the spot	8	Standard Punch	7
Slide forward with a Turn Kick	9	Back Fist	8
Jumping Forward with a Turn Kick	10	Reverse Knife	9
Jump & Kick (both feet at the same time on multiple targets)	10	Double Strike (both hands at the same time on multiple targets)	10

POWER BREAKING

Divisions: Age as listed on the website

Gender: Male & Female

Belt Level: Red & Black Belts only (per website)

Techniques permitted: fist, palm heel or knife

IMPORTANT INFORMATION

- Scoring is based on the number of boards broken (if a tie, the lightest person wins)
- Divisions are age only, not separated on belt level
- Only one attempt to break is permitted, and one foot must remain in contact with the ground at all times
- No padding is to be worn on hands
- Breaking will be performed on a provided Power Breaking stand
- Number of boards must be entered at the time of online registration

SELF DEFENCE

IMPORTANT INFORMATION

- Self Defence refers to defending against an attacker with bare hands and foot for striking, kicking, punching, thrusting, locking, grabbing, and, throwing
- Competition method is cut-off
- Contestants should note the following requirements:
 - Theme of self defence can be chosen freely
 - Use of sound effects is not allowed
 - Expressing the divided movements is not allowed
 - The routine must not be comical
 - Exaggerated movements and overuse of violence are not allowed
 - Items used in the presentation do not impact the scoring