



# PAN PACIFIC MASTERS GAMES

GOLD COAST AUSTRALIA 1 - 10 NOVEMBER 2024

Score technique points plus 1 for each board broken plus bonuses - Each technique MUST be different –  
(NB – For technique score - dual combo all boards must break simultaneously – multiple combo all boards must break – if not just timber scores) Boards must be at least chest height unless in combination

Example 1 - Standing kick to 2 boards held together, breaking both = 5+2 = 7 + bonuses

Example 2 - Jumping side kick 1 board at same time as standard punch to 1 board, breaking both = 7 + 1 = 8 + bonuses

Techniques		Points	Technique / Score		Technique / Score		Technique / Score		Technique / Score		Total
			#	Technique	#	Technique	#	Technique	#	Technique	
K I C K I N G  T E C H N I Q U E S	Standing/stepping Kick (eg front kick, axe kick, stepping side kick)	5									
	Jumping Kick (must break when off ground – eg jumping front kick, flying side kick, jumping roundhouse kick)	6									
	Turning Kick (eg turning side kick or spinning heel kick)	7									
	Jumping Turning Kick on the Spot (eg jump spinning kick from stationary position)	8									
	Sliding Forward / Jumping with a Turning Kick (eg jump spinning kick or jump turning side kick with moving start)	9									
	Jumping using both feet at the same time (eg two feet at same time jump front kick)	10									
	Bonus for 360+ spin	540=+10 720=+15									
	Bonus for multiple airborne combo	2=2,3=6,4=8									
H A N D  T E C	Hammer Fist / Standard Punch	2									
	'One Inch' Punch	3									
	Back Fist	3									
	Palm Heal Strike	3									
	Elbow Strike (either direction)	3									
	Ridge Hand (thumb side of	4									

H N I Q U E S	hand)																			
	Knife Hand (palm up or down – strike with little finger side)	4																		
	Flat Punch	5																		
	Spear Hand (finger tips)	10																		
	Thumb	10																		
	Bonus for spinning start	1																		
B O N U S / C O M B O	Start break blind to target	+3 per technique																		
	Blindfold- must remain on after setup of that technique/s	+10 per technique																		
	Foot and Hand Combination	8																		
	Combination of techniques (eg 2 hand / 2 feet)	+2																		
	Time	1-10 Time from set up to finish of breaking in .5 increments – Poor = 0 to highly organized = 10																		
	Technical Correctness	1-10 Correct execution of techniques in .5 increments – Low = 0 to Very high = 10																		
	Connectivity Points	1-10 Based on how the presentation flows in .5 increments – Disjointed = 0 to Continuous Flow = 10																		