"Division Points"

5 point Hand Techniques
Elbow strike
Hammer fist
Palm strike
Low block
Outer forearm block
Knifehand block

6 Point Hand Techniques
Punch
Back (reverse) elbow strike
Knifehand strike
Upset Knifehand strike
Ridgehand strike
Back fist
Inner forearm block
Ridgehand block
High Block

5 Point Kicking Techniques
Front "snap" kick
Step Side kick
Side kick
Round kick
Ax Kick

6 Point Kicking Techniques
Hook kick
Twist kick
Crescent kick (inner & outer)
Reverse Sidekick

Additional Difficulty points
Overhead (no jump) +2
Jump Kick +2
Jump Kick (One Hand Overhead) +4
Spin (Hand +1) (Kick +2)
Jump Spin Kick 180 deg. +4
Jump Spin Kick 360 deg. +6
Jump Spin Kick 540 deg. +8
Jump Spin Kick 720 deg. +10
Back Flip +10
Blind Folded +2

Each additional board +1
Reverse (kick only) +1
Speed Break +2
Each Obstacle +1
Board Obstacle +2

Combinations
Single Technique
+ Single Technique
+ Jump (if used)

Step #1 Pick out your board brake; "ex… Jump Reverse Side Kick"
Step #2 simplify for point value. "ex… Side Kick 5 points, Jump Kick 2 Points, Reverse Kick 1 point.= 8
Step #3 Add the points together Jump Reverse Side Kick = 8 points

Examples of Divisions

	Station #1	Station #2	Station #3	
Basic	Step side kick = 5,	Round kick = 5,	Reverse elbow strike = 6,	= 16 points
Intermediate	Jump reverse side kick = 8,	Spin hook kick = 8,	Knifehand speed break = 8	= 24 points
Advanced	Front jump kick overhead = 9,	Jump spin crescent kick = 10,	Jump double side kick = 12	= 31 points

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ıme_____ Age_____ Rank _____ (Please fill out prior to day of competition)

hool_____ Instructor_____

ıtion #1_____ points_____ +

ıtion #2_____ points_____ + =_____

ıtion #3_____ points_____ + Division point totals for Proper placement

ıstructors signature of Permission to conduct Board Break (**Required**)X;_____

ımpetitors must supply their own boards Mark When paid _____