

Power breaking and technical breaking

At the competitions, two parts are breaking tests where wooden boards are broken. (delivered by the organization at €1,- per wooden board).

The contestant ensures the fastening/ holding of the boards and delivers the breaking materials.

Power Breaking

At this point, as many boards as possible need to be broken with a technique. This may be either a hand technique or a foot technique. The one who breaks most boards is the winner of the poule. With the same amount of boards, the triple jury decides on technique and execution who is the winner.

The poule layout is as follows:

- Boys/ girls up to 12 years **Cadet** (10 mm, 300x300)
- Boys/ girls up to 15 years **Older Cadet** (15 mm, 300x300)
- Boys/ girls 16 to 18 years **Junior** (20 mm, 300x300)
- Gentlemen 18 yrs + **Senior** (20 mm, 300x300)
- Ladies 18 yrs + **Senior** (20 mm, 300x300)

Technical Break

With this component a number (amount of choice) of boards are broken with a self-chosen technique. Standard measurements is for these boards are 15 mm, 300x300. This may be either a hand technique or a foot technique. Not the amount of boards but the broken technique will be judged by a jury consisting of three different masters. In an equal position the jury will decide who the winner is.

The jury gives points ranging from 6 to 9 ascending by 0.5 point for:

- Complexity of the art
- Technical implementation of the technique
- Demonstrated power by means of the technique
- Implementation and presentation as a whole

Please indicate the correct age at the time of the tournament! For changing poules € 5,- will be charged. The participant is able to identify him/ herself with an ID card of sports passport.

At the event, all supplies are available, preferably pre-ordered at:

www.sherafightstore.com

FIGHT TOUR