

Item	Points
Elbow / Hammer	3
Palm	3.5
Knife Hand	4
Ridge Hand	4.5
Punch	5
Fingertips	6
One finger or thumb	7
any spin	plus 1
any jump	plus 1
Self hold board	plus 1
Breaking an additional Board	Plus 1
Dropping / throwing board	plus 2

### **Examples**

Palm Strike 4 boards	3.5 base points, plus 3 for boards - Total of 6.5 points
Self holding Thumb break	7 base points, plus 1 for self holding - Total 8 points
Spinning Elbow strike	3 base points, plus 1 for spin - Total of 4 points
Jumping superman punch 3 boards	5 base points, plus 1 for jump, plus 2 points for boards - Total 8 points
Throwing board breaking knife hand	4 base points, plus 2 for throwing - Total 6 points

### **Clarification Points**

In order to break more than one board the strike and motion must be continuous. If you stop or change directions it is not a continuous break and will not count for 2nd board points.

Dropping or throwing the board, the board must break in the air (ex can't break once it hits the ground)

Maximum of 60 seconds is allowed for all three stations

You can not do the same board break more than once - (Ex - can't do a palm strike down, then move to the next station for a palm strike fwd)

You have a maximum of 3 misses /tries for the entire routine 3 strikes and your out. (ex I can use two tries on the first station, but only one try remaining on either the second or 3rd station. As soon as you don't break the third try your routine is finished )

NOTE - If you try to break a board and have to use one of your misses this is an automatic 2 point DEDUCTION per attempt. "

In order for a jumping technique to count the board must be broken BEFORE you land.

### **Tie Breaking formula**

Clean breaks will always win first (ex no misses)

If still tied highest level attempted will be the winner - ex one person did a jumping 540 and the other only did a 180.

If still tied after that - Judges decision based on presentation

### **Example of a 3 station breaking scoring point totals**

<b><u>Competitor Number 1</u></b>	
Flying 180 Side kick over a person	7
Superman Punch	6
Jumping 360 Roundhouse kick	7
	20
	TOTAL POINTS

<b><u>Competitor Number 1</u></b>	
Jumping Double front kick	5
Self holding Knife hand	5
Head Height 180 hook kick	5
	15
	TOTAL POINTS