



# KICK PUNCH FU POWER BREAKING TECHNIQUES

## KICK PUNCH FU Power Breaking techniques

The Championship of Power Breaking Techniques will be made with plates/bricks of cm 40x20 (see picture on 3<sup>rd</sup> sheet) A thickness of a maximum of cm 1 can be used between the plates.

Base Scoring

Every athlete has to declare, before his performance, the technique he will use and how many plates he intends to break.

For every plate not broken the athlete will get 2 penalty points.

Every athlete can choose 2 kinds of exercise out of 3  
(Between: Elbow, Edge-of-hand and Punch)

The scoring of the two exercises will be added to the final score.

The organization offers -- at the price of € 1,50 -- the plates for power breaking techniques.

The athlete has to buy the plates at the time of his registration for the Championships  
(More plates can be bought on the venue of the Championship).

Every athlete has to bring by himself all thicknesses he needs to put between the plates.