



FIVE STATION COMBAT POWER WOOD STRIKES

aka ***SIMULATED SELF-DEFENSE BREAKING***

Light weight: 199 lbs. & under / Heavy weight: 200 lbs. & over

General Description:

Competitors will break 5 stations of **spaced wooden boards**.

- 2 stations will be set to be broken horizontally with kicks at competitor's waistline level or higher
- 2 stations will be set to be broken horizontally with hand strikes at competitor's solar plexus level or higher
- 1 station will be set to be broken in a downward direction with a hand/arm strike.

General Presentation Parameters:

- The first **FOUR STRIKES** may be executed in any hand/foot order, but must include:
 - A LEFT-HANDED STRIKE
 - A RIGHT-HANDED STRIKE
 - A LEFT KICK
 - A RIGHT KICK.
- The **FIFTH** (and final) strike will be an **UPPER BODY STRIKE** directed downward.
- Stations should be set up and the breaks executed in a manner **that simulates continuous strikes against multiple attackers** without unnecessary pauses. The stations should be set up in a manner **as to reduce the time between breaks**. Once the competitor begins their performance, **no practice or preparatory strokes will be allowed**. The competitor must **proceed through their multiple breaks as if they were fighting live opponents**. The competitor shall set their stations up in a manner that uses movement forward and side to side. Competitors **MAY NOT** set their stations in a straight line.
- All five breaks must be **completed in Ten (10) seconds or less**. The clock starts with the initial strike

Scoring Criteria:

- Scoring will be based on the total number of boards broken in the allotted time.
- Going over time will result in a disqualification.
- Ties will be broken by determining which competitor broke the largest percentage of boards that were set up (i.e. a competitor who breaks 40 of 41 would win over a competitor who broke 40 of 45).

Additional Rules:

- All strikes will be executed on **SPACED BOARDS** that are pre-stacked and taped in advance in a manner deemed by the event directors to expedite division process.
- All Hand Strikes will be executed using the area between the wrist and fingertips (examples: punch, chop, ridgehand, palm) and shall be directed at boards that are at solar plexus level or higher.

- All Kicks will be executed using area below knee, to the toes (examples: front, side, back, round kicks with foot or shin. (Spinning, Jumping and Flying kicks ARE allowed). All Kicks shall be directed at boards that are at waistline or higher ("waistline" defined as the bottom of the buttock to the floating rib with both legs no wider than shoulder width apart)
- The final strike (downward) shall be executed with either a "hand" as defined above or an arm (forearm or elbow)
- The competitor **must maintain a minimum semblance of martial arts balance** during and after each break. **Concerning the Horizontal Strikes:** If anything other than the soles of the feet and or a hand or hands touch the ground after the break, the boards will not be included in the competitor's total. **Concerning the Downward Strike:** Simply jumping in the air and dropping your body on the stack in an entirely uncontrolled manner is not considered martial arts breaking, particularly if it results in the competitor sprawling on the floor. Competitors must demonstrate a level of body control that results in not more than one hand and one knee touching the floor immediately following the downward break or the boards from that break shall not be included in the total for that competitor.

Station Set-Up:

- Standardized materials consist of 1" x 10" x 12" boards stacked vertically in an even row spaced at the top and bottom with strips of right-angle corner molding (provided). Boards shall be obtained from the approved event provider and shall be pre-stacked and taped in advance in a manner deemed by the event directors to expedite division process. All materials are always subject to evaluation and approval by the event officials.
- Boards stacked for horizontal strikes will be set on a horizontal surface (table, concrete blocks, custom platform) and backed by assistants. Boards can also be held by apparatus approved by ISKA.
- The final vertical/downward stack will be set on concrete blocks.
- Stations will be positioned in a manner that allows the competitor to flow from break to break in a flowing manner, from side to side while also moving forward toward the final downward strike.

Set Up, Performance and Clean Up Time Limits:

- Competitor will be held to the following time limits. Please note that there is no overall time. Each segment will be timed individually. Competitor may be disqualified if the allotted time is exceeded in any segment.:
- Set-up- 5 min. Competitor will receive warnings at 2, 4, and 4 1/2 minutes.
- Competitor readiness once name is called to break- 30 seconds max. Competitors must execute their first strike no later than 30 seconds after their name is officially announced.
- Actual break- 10 seconds. All five breaks must be completed in this time. The clock starts with your initial strike.
- Clean-up- 30 seconds

Additional Safety Parameters:

- All holders **MUST** wear eye protection