



## 2nd Open Hungarian Hapkido Championship 19. May 2012. - Budapest



### KYOKPA-BREAKING COMPETITION

**The Breaking Competition will be held for the Category 16+ years only!**

#### **Remarks:**

The boards used for the competition are provided by the organization  
Size of the board: ~30cm \* ~25 cm \* 1,2 cm.

#### **1.) POWERBREAKING**

1. category: under 70kg
2. category: above 70kg

No divisions by age, gender or grade (men and women of all ages compete together)!  
This part of the competition consists of only one round with only one general champion!  
The only technique allowed is *dwi dora chagi* - back spinning heel kick to middle section.  
The Competitor decides how many wooden boards he attempts to break at once, and then he carries out the kick.

There is only one attempt, if unsuccessful, no second chances.  
Afterward, the broken boards will be accounted for and this should be the final result.

**Boards does not hold, put to breaking table! Nobody hold!**

In case of a tie for the first three places, there is another opportunity given by raising or keeping the number of the boards.

#### **2.) PRECISION & SPEED BREAKING**

**Breaking 4 single boards with *dwidora chagi* - (back spinning heel kick)**

At the precision speed breaking contest the competitor has to break 4 (four) single wooden boards at four different levels with a *dwidora chagi* (back spinning heel kick).

#### **Starting position & sequence of techniques:**

The competitor faces his assistants who hold the boards at 3 different heights (high - mid - low section) while the fourth board is at his back side at least 10 cm above his own head section.

The competitor should attempt to break the boards in the following sequence

- **sangdan** (high level - above shoulders)
- **chungdan** (mid level - between shoulders and belt)
- **hadan** (low level - below the knee)
- **high jump at least 10 cm above his own headsection**

**Boards hold only 2 fingers on the top of board, hanging!**

#### **TIME CHECK !**

A referee will use a stopwatch to check the fastest time between the competitors !

As the competitor starts with a KIAP (yell) the referee will press the start button of his stopwatch and time starts running. The referee will stop time at the moment that the competitor places his kicking foot back on the ground after performing his last kick (high jump kick).

#### **AWARDS:**

There will be a medal for the first 3 competitors of each category or division: a gold medal for the first place, a silver medal for the second place, and a bronze medal for the third place.