

POWER TEST – SUMMARY SHEET

- **Score Values:** **3 points** for a completely broken board. **1 point** for a bent board.
- **Medal Restriction:** Medals can **only** be given to competitors who successfully score points. If a competitor is alone in a division, they must still break or bend a board to win the medal.
- **Black Belts (Jnr & Adult):** **1 measure (pre-judge)**, then **only one attempt** per technique.

Extra Rounds & Tie-Break Protocol

- If a tie occurs, competitors enter a **compulsory extra round**.
- **Secret Choice Tie-Breaks (Colour Belts and Snr Black Belts only):** Competitors perform the **two alternative techniques that they did not choose** in the first round (one hand, one foot). They must again declare a secret board count to the Centre Referee. Both techniques are required.
- **Sudden Death:** If a tie persists after the extra round, the **Jury President will select one single technique and a mandatory number of boards completely at random**. Competitors attempt this random draw until a winner is decided.
- **Bronze Medal Exception:** Two bronze medals will only be awarded if the competitors finish the competition on the exact same number of points.

JUNIOR Black Belts (Strict Order)

Order	Male Techniques	Boards	Female Techniques	Boards
1	Forefist Punch	1 Board	Front Elbow Strike	1 Board
2	Knifehand Strike	2 Boards	Knifehand Strike	1 Board
3	Side Piercing Kick	3 Boards	Side Piercing Kick	2 Boards
4	Turning Kick	2 Boards	Turning Kick	1 Board
5	Reverse Turning Kick	1 Board	Reverse Turning Kick	1 Board

ADULT Black Belts (Strict Order)

Order	Male Techniques	Boards	Female Techniques	Boards
1	Forefist Punch	2 Boards	Front Elbow Strike	1 Board
2	Knifehand Strike	2 Boards	Knifehand Strike	2 Boards
3	Side Piercing Kick	3 Boards	Side Piercing Kick	2 Boards
4	Turning Kick	2 Boards	Turning Kick	2 Boards
5	Reverse Turning Kick	2 Boards	Reverse Turning Kick	1 Board

SECRET CHOICE DIVISIONS *(Includes Adult & Senior Colour Belts, and Senior Black Belts)*

Judges must verify the competitor's chosen secret board count before the attempt.

- **Hand Options (Choose 1):** Front Elbow Strike **OR** Knifehand Side Strike
(Note: Senior Male Black Belts choose between Forefist Punch or Knifehand Side Strike).
- **Foot Options (Choose 1):** Side Piercing Kick **OR** Side Back Kick.