

## SPECIAL TECHNIQUE – SUMMARY SHEET

- **Child & Cadet Colour Belts:** (2 Techniques) Each competitor gets **two attempts** per technique. If they miss, the bar falls or they land with any other part of their body apart from their feet, they get their second attempt straight away. The kids just need to touch the board and kick the pad to score maximum points.
- **Pre-Jnr & Jnr Colour Belts:** (2 Techniques) Must flip the board with the correct tool. If they score 1 point, they can choose to try again to get 3 points (best attempt counts).
- **Black Belts (Pre-Jnr, Jnr, Adult):** (5 Techniques) Each competitor gets **1 measure (pre-judge)**, then **only one attempt** per technique. All competitors must finish the first technique before moving to the next technique.
- **Scoring:** 3 points for a successful hit (moving board 90 degrees). 1 point for a partial hit (board moves 45 degrees). Those with the most points from each round will progress to the next round where they will perform both techniques until the top four are reached, then each round one technique will be alternated until the winners are declared.
- **Bronze Medal Exception:** Two bronze medals will only be awarded if the competitors finish the competition on the exact same number of points.

### CHILD & CADET (Colour Belts Only)

- **Flying Side Kick:** Starting height is **50% of the competitor's height category**.
- **Flying High Kick:** Starting height is the **competitor's height category + 5cms for Child and +10cms for Cadet** (Add an extra 10cms for the +155cms and +165cms categories).

### PRE-JUNIOR

#### Colour Belts (Separated by Belt Groups)

| Technique                       | White / Yellow/Green | Blue / Red |
|---------------------------------|----------------------|------------|
| Flying High Side Kick (Male)    | 100 cms              | 105 cms    |
| Flying High Front Kick (Male)   | 190 cms              | 200 cms    |
| Flying High Side Kick (Female)  | 85 cms               | 90 cms     |
| Flying High Front Kick (Female) | 170 cms              | 180 cms    |

### Black Belts

| Technique                      | Male Black Belts | Female Black Belts |
|--------------------------------|------------------|--------------------|
| 1. Flying High Front Kick      | 220 cms          | 190 cms            |
| 2. Flying Turning Kick         | 200 cms          | 170 cms            |
| 3. Flying Reverse Turning Kick | 180 cms          | 160 cms            |
| 4. Flying 360 Back Kick        | 180 cms          | 160 cms            |
| 5. Flying High Side Kick       | 115 cms          | 100 cms            |

## JUNIOR

### Colour Belts (Separated by Belt Groups)

| Technique                       | White / Yellow / Green | Blue / Red |
|---------------------------------|------------------------|------------|
| Flying High Side Kick (Male)    | 110 cms                | 120 cms    |
| Flying High Front Kick (Male)   | 210 cms                | 220 cms    |
| Flying High Side Kick (Female)  | 95 cms                 | 105 cms    |
| Flying High Front Kick (Female) | 190 cms                | 200 cms    |

### Black Belts

| Technique                      | Male Black Belts | Female Black Belts |
|--------------------------------|------------------|--------------------|
| 1. Flying High Front Kick      | 240 cms          | 210 cms            |
| 2. Flying Turning Kick         | 220 cms          | 190 cms            |
| 3. Flying Reverse Turning Kick | 200 cms          | 170 cms            |
| 4. Flying 360 Back Kick        | 200 cms          | 170 cms            |
| 5. Flying High Side Kick       | 125 cms          | 105 cms            |

### ADULT Black Belts

| Technique                      | Male Black Belts | Female Black Belts |
|--------------------------------|------------------|--------------------|
| 1. Flying High Front Kick      | 250 cms          | 220 cms            |
| 2. Flying Turning Kick         | 230 cms          | 200 cms            |
| 3. Flying Reverse Turning Kick | 210 cms          | 180 cms            |
| 4. Flying 360 Back Kick        | 210 cms          | 180 cms            |
| 5. Flying High Side Kick       | 135 cms          | 115 cms            |