Rules for Skipping Side Kick Power Break

**Object**: To break the most boards using the skipping side kick technique.

**Divisions:** Participants will be divided by sex, age, and belt rank.

**Materials**:1 inch pine board and board holding machine will be provided by tournament.

**Rules**:

-Each contestant will get one chance to break as many boards as he/she can break using the skipping side kick technique.

-Each broken board will count for one point.

-Contestants may not cover the breaking foot with any bandages, tape, or any other material.

-If two or more contestants break the exact same number of boards, then whoever attempted the most boards will be the winner. If all attempted the same number of boards, multiple awards for that place will be given.

-Anything not mentioned above is left to the judge’s discretion.