

Factor10™ Martial Arts Academy
Hamadang
Technical Events
Sunday 25 October 2009



Venue	Factor10™ Martial Arts Academy 17/104 Gympie Road Strathpine
Technical Events	Taekwondo Traditional Individual Poomse Hapkido Traditional Individual Poomse (may include Weapons) Pairs Poomse Creative Poomse Fly Side Kick High Kick Creative Self Defence Creative Breaking Power Breaking
Awards	All competitors will receive a participation certificate. Place getters receive ribbon awards (1 st , 2 nd and 3 rd) First place in Traditional Poomse in each division receives a trophy.
Registration	Registration forms are returned to Factor10™ Martial Arts Registrations may be paid by cheque, cash, EFTPOS, MASTERCARD, VISA
Closing Date	Wednesday 21 October 2009
Registration Fee	\$25 one family member/\$20 second family member/\$15 third in family \$3.00 per board if participating in the Creative Breaking event \$3.00 per tile is participating in the Power Breaking vent
Arrival / Registration	8.00am sharp
Comp Close	1.00pm
Uniform	Players wear full uniform with badges.
Draw	A provisional competitor list will be available on the Academy website.

COMPETITOR REGISTRATION FORM

Name: _____

Date of Birth: _____ Age: _____ Gender: M/F

Email: _____

Height: _____ cm **(please be accurate with these details)**

Belt: _____ Have you Competed Before Yes / No

Tick Events nominated:

- Taekwondo Individual Traditional Poomse (name 2 Poomse) _____
- Hapkido Individual Traditional Poomse (name 2 Poomse) _____
- Pairs Poomse (name partner) _____
- Self Defence (name team members) _____
- Creative Poomse (Indicate if music is required) _____
- Fly Side Kick
- High Kick
- Technical Breaking (number of boards required) _____ **(\$3.00 per board is required in the application fee)**
- Power Breaking (number of tiles required) _____ **(\$3.00 per tile is required in the application fee)**

Creative Breaking Routine

Write the number "1" for your first kick just under the name of the kick in the box that has your first kick listed. For example, if your first kick is Side Kick, place the number 1 in the Side Kick box. Place the number 2 in the box for the second kick you will perform and so on until you have placed the numbers from 1 to 4 in four different boxes. You cannot place more than one number in a box. The judges will then tick the kicks you choose to record the kick if the board has broken.

Basic Kick 1 Point	✓	Fly or Jump 2 Points	✓	Spin or Turn 2 Points	✓	Jump Spin or Jump Turn 3 Points	✓	Multiple Kicks 3 Points Per Board	✓	Special Kicks 4 Points Per Board	✓
Front		Jump Front or Scissor						Double Jump Front Double and Triple Fly Front Kick			
Side		Jump or Fly Side		Turn Side		Jump Turn Side		Double and Triple Fly Side		Split Kick	
Round		Jump Round		Turn Round		Jump Turn Round		Double Fly Round		Tornado	
Axe		Jump Axe		Turn Axe		Jump Turn Axe					
Hook		Jump Hook		Spin Hook		Jump Spin Hook				Hurricane	
Back				Turn Back		Jump Turn Back Kick		Double Fly Back			
Points											



Factor10™ Martial Arts Technical Events Description

1. Individual Poomse

Competitors perform 2 patterns of their choice. The same pattern may be performed twice. There is no requirement to perform the current grading pattern. Divisions are by belt colour, age and gender (gender applies from 14yrs). Age is at 31 Dec. Divisions may be merged or modified.

Competitors are judged on Correctness of Poomse (in correct order and number of movements), Correctness of Technique (blocks, strikes and kicks are formed correctly) and Presentation (bowing technique, tidy appearance including uniform, speed and focus of movement, balance, coordination and strength)

2. Pairs Poomse

The pair may select their pattern of choice demonstrating the poomse at the same time. Timing, accuracy and synchronisation are the key features. Competitors will be judged under the same criteria as Traditional Individual Poomse. Divisions are by belt colour, age and gender (gender applies from 14yrs). Divisions may be merged or modified

3. Creative Poomse

Creative Pattern with or without music - maximum 1 minute. Competitors are judged on creative ability/presentation and correctness of technique. Competitors may use creative costume and props. Divisions are by belt colour, age and gender (gender applies from 14yrs). Divisions may be merged or modified

4. Fly Side Kick

Competitors break a board using a fly side kick. Players must use a correct fly side kick, kicking with the opposite foot to the take off foot and kicking with the underside of the foot as a matter of safety. Breaker boards are used in the preliminary heats and timber boards are used in the finals. Players jump over a Banana Bag. Little Legends kick a kick sausage. Distance is the key focus of this event. Divisions are by belt age and gender (gender applies from 14yrs). Two attempts to break board per distance. Players must land on their feet.

5. High Kick

Competitors kick a target kicking with the top of the foot. Height is the key focus of this event. Players are given two attempts to touch the target before being eliminated. The player must land on their feet. The winner is the person who can jump the greatest height above their own head and touch the target. Divisions are by age and gender (gender applies from 14yrs).

6. Creative Self Defence

A choreographed sequence of self defence with a maximum of 3 people with or without music - maximum 1 minute. Creativity and correctness of technique are key features of this event. Music may be used. Students may choose to join self defence techniques from their grading sets of self defence or from a number of difference sets to create the arrangement. Divisions are by belt colour, age and gender (gender applies from 14yrs).

7. Creative Breaking

Competitors break a maximum of 4 boards and are awarded higher points based on the more advanced techniques used to break the boards. For example a jumping or spinning technique scores higher. Two attempts per board is permitted. Applicants are required to complete the breaking routine table on the registration form. Divisions are by belt colour, age and gender (gender applies from 14yrs). Divisions may be merged or modified.

8. Power Breaking

Competitors punch a number of concrete roofing tiles that are provided. Spacing is permitted between the tiles. Participants are scored by dividing the number of tiles they break by their body weight. Competitors must keep the soles of their feet on the ground while performing the break. Divisions are by belt colour, age and gender. Age groups are 14-17 yrs; Open 18+; Masters. Age is at 31 Dec. Divisions may be merged or modified.