



3 in 1 Challenge

Sunday 29th Nov 2009

Kicking Competition

Knock Out Patterns

Power Breaking

Tamfourhill Community Centre, Machrie Court, Tamfourhill,
Falkirk FK1 4SN—Start 10.30am

Kicking Comp

Competitors are matched by age and grade. Class A/B players perform One for One Kicking for 30 seconds. Class C players perform Two for Two kicking for 30 seconds. The match is judged by 5 senior black belts who decide who performed the best kicking technique. The winner progresses to the next round.

9 Divisions
Gold, Silver and 2 Bronze
In each division

Knock Out Patterns

Competitors are matched by age and grade. The players perform any pattern of their choice. The match is judged by 5 senior black belts who decide who performed the best pattern. The winner progresses to the next round.

9 Divisions
Gold, Silver and 2 Bronze
In each division

Power Break

Competitors are split by age and grade. Players perform a breaking Technique of their choice (any leg any kick). One attempt only. Those who break the board progress to the next round. Board strength will increase in each round.

9 Divisions
One award in each
division

DIVISIONS

A Class 9th to 7th Kup
B Class 6th to 3rd Kup
C Class 2nd Kup & above

1 Children up to 9 years
2 Cadet 10 to 13 years
3 Junior/Senior over 14 years

ENTRY FEES

£6 FOR ONE CATEGORY
£10 FOR TWO CATEGORIES
£12 FOR THREE CATEGORIES