

2023 AN/CM Regional Power Technique Requirements



Male Dan	Age	Punch	Knifehand	Side Piercing Kick	Turning Kick	Reverse Turning Kick
Peewee	9 -10	N/A	N/A	0.5	0.5	N/A
Pre-Junior	11-14	N/A	N/A	1.5	1	1
Junior	15-17	N/A	N/A	2.5	1.5	1.5
Senior	18-35	2	2	3	2	2
Advanced Senior	36-45	1.5	1.5	2.5	1.5	1.5
Veteran	46-55	1	1	2	1	1

Female Dan	Age	Elbow	Knifehand	Side Piercing Kick	Turning Kick	Reverse Turning Kick
Peewee	9 -10	N/A	N/A	0.5	0.5	N/A
Pre-Junior	11-14	N/A	N/A	1	0.5	0.5
Junior	15-17	N/A	N/A	1.5	0.5	0.5
Senior	18-35	1	1	2	1	1
Advanced Senior	36-45	0.5	0.5	1.5	0.5	0.5
Veteran	46-55	0.5	0.5	1	0.5	0.5

Male 4 th -1 st gup	Age	Punch	Knifehand	Side Piercing Kick	Turning Kick	Reverse Turning Kick
Pre-Junior	11-14	N/A	N/A	0.5	0.5	0.5
Junior	15-17	N/A	N/A	2	1	1
Senior	18-35	1.5	1.5	2.5	1.5	1.5
Advanced Senior	36-45	1	1	2	1	1
Veteran	46-55	0.5	0.5	1.5	0.5	0.5

Female 4 th -1 st gup	Age	Elbow	Knifehand	Side Piercing Kick	Turning Kick	Reverse Turning Kick
Pre-Junior	11-14	N/A	N/A	0.5	0.5	0.5
Junior	15-17	N/A	N/A	1	0.5	0.5
Senior	18-35	0.5	0.5	1.5	0.5	0.5
Advanced Senior	36-45	0.5	0.5	1	0.5	0.5
Veteran	46-55	0.5	0.5	0.5	0.5	0.5

Notes:

- Green belts and below (6th gup and below) are not eligible for power breaking at this tournament (excluding mini-kids and peewees who perform a power punch on a pad)
- The half board is placed at the back, not the front. This is because the rearmost board breaks first. If the half board is at the rear, they might just be able to break the half board but not the entire stack, or the rearmost if there were only full boards. Therefore in regards to safety and timeliness the half board should be placed in the machine first, at the back of the stack to be broken.
- Each board scores normally, that is, a completely broken board = 3 points, a bent board = 1 point. This applies to both full and half boards. So, in the case of 1.5 boards in the machine:
 - A completely broken 1/2 board plus a completely broken full board = 6 points.
 - A broken ½ board + a bent full board = 4 points
 - A bent ½ board + a bent full board = 2 points
 - A bent ½ board + an unbroken/bent full board = 1 point
 - An unbroken ½ board + an unbroken full board = 0 points
- Where a tie break is required, with an increased number of boards necessary, a ½ board is to be added in preference to a full board. JP may use their discretion – if in the previous round everything was broken extremely easily then a further full board may be used as a tie breaker. A tie break may consist of a repeat of the previous number of boards if the JP thinks this will get a result more quickly and safely than adding a ½ or full board. JP should also use their common sense with tie breaks in regard to what happened in previous rounds – if the randomly selected tie break technique is unlikely to see anyone break it, or is highly likely to cause injury based on previous performances, JP should select a different technique. However, this should not favour or disadvantage any competitor. The outcome should be judged equally probable for all competitors i.e. they will all succeed, or all fail, or all get injured. If the JP thinks one competitor only will succeed or fail or get injured then the selected tie break should be used.
- Hand techniques are restricted to adults 18+, and junior black belts members who need to have tournaments to prepare for the World Championships.