



**DAEHANMINGUK HAPKIDO EUROPE CHAMPIONSHIP RULES**

# **KYOKPA**

Power Breaking competition

**VALID FROM 1.1.2017 ONWARDS**

**DAEHANMINGUK HAPKIDO EUROPE**

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## General Information

- No divisions by age, gender or grade (men and women of all ages together)!
- Keubgrades and Dangrades performing in separated divisions.
- This part of the competition consists of only 1 round with only 1 general champion in each category.

## Divisions and Categories

KEUBGRADES	
AGE	GENDER
All Ages	Female & Male
DANGRADES	
All Ages	Female & Male

## Awards

There will be a medal for the first 3 competitors of each category or division.

- A gold medal for the first place
- A silver medal for the second place
- A bronze medal for the third place

## Evaluation

The winner of the KYOKPA competition is the one who breaks the most boards!

In case of ex aequo (more participants break same amount of boards), the distance of the board that has been hit the longest distance, starting from the table, will determine the winner.

## Techniques for Keubgrades & Dangrades

Breaking minimum 5 or 8 single boards with dwidora chagi - (back spinning heel kick).

At the power breaking contest the competitor has to break a pack of 5 (five for kubgrades) or 8 (eight for dangrades) wooden boards at medium height with a dwidora chagi (back spinning heel kick).

### **Starting position:**

The competitor faces has to face the table on which the boards are placed at hip height. The competitor can adjust the height of the boards at his own height but at least at his/her own hip height.

Remarks:

- The boards used for the competition are provided by the organisation.
- The minimum size of the boards is 30 cm x 25 cm x 1 cm.
- The wooden boards are taped together with transparent tape at the top and bottom.
- The boards will be prepared in advance by the organisation committee.
- The boards will get a different number.
- Participants will get a pack of boards by withdrawal.
- Every board has to be broken!