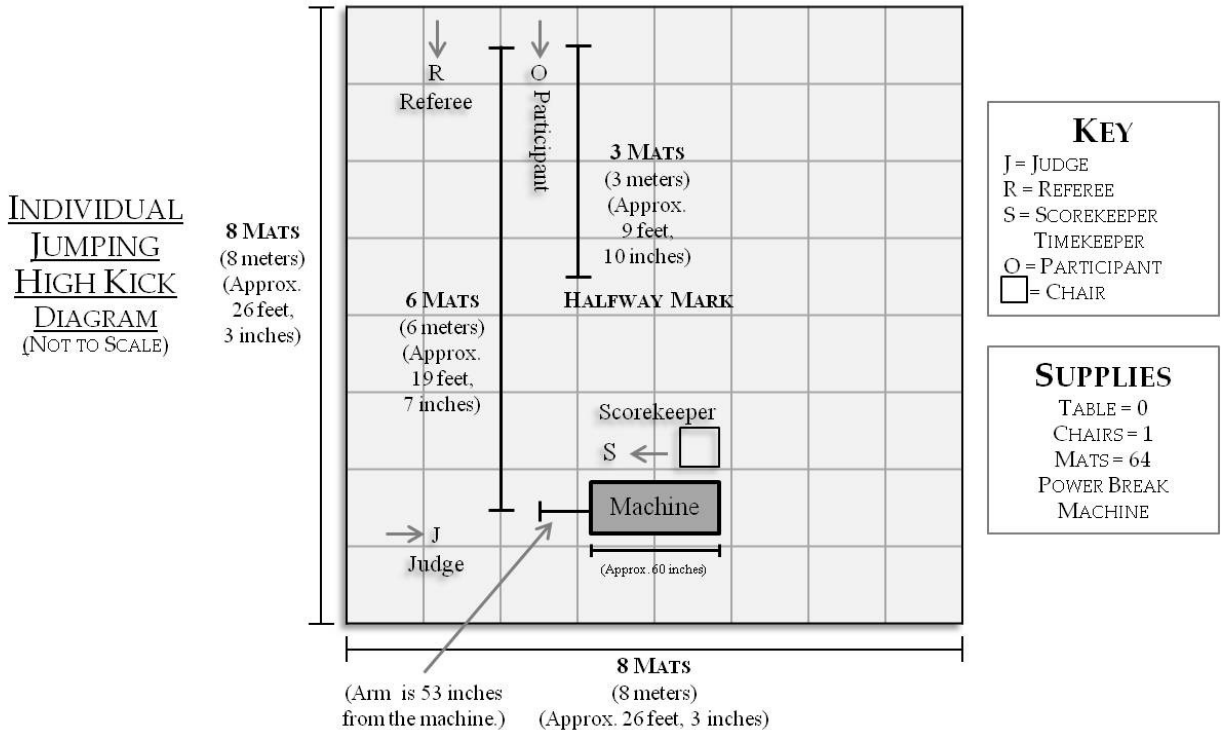


INDIVIDUAL JUMPING HIGH KICK

(1 PARTICIPANT ONLY. MINIMUM AGE REQUIREMENT OF 8. ALL BELTS)



1. Each participant has a maximum of 30 seconds to attempt to break the board with Running Jumping Front Snap Kick.
2. Each participant has only one attempt to break the board for each round.
3. Participants may not cover the breaking foot with any bandages, tape or any other material. The referee must approve any injuries that may need to be covered.
4. The running distance is approximately 6 meters, and the starting board height will be determined by the referee.
5. The order of participants (who breaks first) will be determined by height. The shortest participant will attempt to break first.
6. Participants must break the board to advance to the next round. Board must be broken by the kicking technique to be considered a successful break.
7. Once the participant passes the designated halfway mark, an attempt is counted upon approach. (For example, once the participant crosses the designated halfway mark, they may not return to the starting position to attempt to break again.)

8. After each round, the board height will be raised incrementally at the referee's discretion.
9. The participant to break the highest board will be declared the winner.
10. In the event of a tie for 1st place, the height will be raised until a participant FAILS to break the board.
(If all participants fail to break the board, then 1st place will be awarded to the SHORTEST participant.)
11. Disqualification
 - a. If any part of the body touches the floor besides the feet, it is an automatic disqualification.