



# EUROPEAN OPEN HAPKIDO CHAMPIONSHIPS 2011

Saturday 29 October 2011 - Lanaken (Belgium)

## KYOKPA

**Precision & speed Breaking competition**

**Only dwidora chagi - back spinning heel kick !  
High - Medium - Low Level and High Jump**

- No divisions by age, gender or grade (men and women of all ages together) !
- Minimum rank to participate is 6th Keub !

**This part of the competition consists of only 1 round with only 1 general champion !**

### PRECISION & SPEED BREAKING

**Breaking 4 single boards with *dwidora chagi* - (back spinning heel kick)**

At the precision speed breaking contest the competitor has to break 4 (four) single wooden boards at four different levels with a ***dwidora chagi*** (back spinning heel kick).

#### **Starting position & sequence of techniques:**

The competitor faces his assistants who hold the boards at 3 different heights (high - mid - low section) while the fourth board is at his back side at least 10 cm above his own head section.

The competitor should attempt to break the boards in the following sequence

- **sangdan** (high level - above shoulders)
- **chungdan** (mid level - between shoulders and belt)
- **hadan** (low level - below the knee)
- **high jump at least 10 cm above his own headsection**

#### **TIME CHECK !**

A referee will use a stopwatch to check the fastest time between the competitors !

As the competitor starts with a KIAP (yell) the referee will press the start button of his stopwatch and time starts running.

The referee will stop time at the moment that the competitor places his kicking foot back on the ground after performing his last kick (high jump kick).

**Remarks :**

- The boards used for the competition are provided by the organisation.
- The minimum size of the boards are 30 cm x 25 cm x 1 cm.
- The competitor has to provide some helpers to hold the boards at the right levels.
- The wooden boards may be held with one or two hands.
- The first three kicks have to be executed in a flowing motion without any stops between.
- Every board has to be broken !

**AWARDS:**

- There will be a medal for the first 3 competitors.  
A gold medal for the first place, a silver medal for the second place and a bronze medal for the third place.

**EVALUATION :**

The winner of the **KYOKPA competition** is the one who breaks all the boards in the shortest time !