

Yordan's Invitational Championships

Name: _____ Age: _____ Gender: _____ Rank: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Martial Arts School/Instructor: _____

Registration cost is \$50.00 for one or all events.

Please Circle Event

Sparring Patterns Weapons Breaking (wood only)

Pre-registrations PAYABLE to Leonard Yordan and mail to:

Master Leonard Yordan, P.O. Box 64875, Burlington, VT 05406-64875.

Pre-registration must be received by April 27th , 2022!!

In consideration of acceptance of my entry, I do hereby for myself, my heirs, executors and administrators waive, release and forever discharge any and all rights and claims for damages which I may have or accrue to me against Yordan's Black Belt Academy, Mt. Mansfield Union High School, Mr. Leonard J. Yordan, and all members of the tournament, or their respective officers, agents, representatives, successors, and/or assigns and against any competitor and all 3rd party claims for any and all damages which I may sustain in connection with my association with or entry in the above athletic event, or which may arise out of traveling to, participating in, and returning from such an athletic event. I understand that martial arts are body contact sports, and I further understand the contents of the rules and general information, which was presented by the director(s), and I agree with them in their entirety.

Signature of contestant: _____ Date: _____
(under 18, parent or legal guardian)

We reserve the right to reject any entry. Registration - 8:00 – 9:30am.

No late registration is allowed. You must register by 9:30am

Total Fee: \$ _____ Cash / Check (circle one) Check # _____

Yordan's Invitational Championships Rules and Information

Board Breaking Rules and Information:

- There is only 1 station for breaking. **Multiple breaks must be done at the same time.**
 - Here are some examples of valid breaks:
 - The competitor performs a flying side kick and a punch at the same time before landing.
 - The competitor performs an aerial break that hits multiple targets but before they land.
 - Here are some examples of breaks that are NOT valid:
 - The competitor performs a side kick with one leg, pauses, and then turns to perform another kick at a different station.
- Scoring will be based on technique and preference awarded for breaking on the first attempt.
- Breaking is wood only and boards will be for sale at the event on a first come, first serve basis.

Individual Patterns Rules and Information:

- Traditional or Open patterns allowed and scored on same point system
- Patterns performed that need a “re-start” will be scored on face value of performance and are deducted 1 point after completion for every restart at the scoring table, not by the officials in the ring.
- Black Belt Patterns will not be allowed a “re-start”.

Sparring Rules and Information:

- All matches are scored on a “Total Accumulation” of points within the time limit.
- Sparring gear MUST consist of Vinyl dipped foam on Head, Hands, and Feet.
- Cloth shin / instep are not permissible as sole foot gear. They may be worn under for extra protection but you must still have vinyl dipped foam gear over them.
- Hand gear must cover the entire hand. Cloth gear that only covers the back of the hand is not permissible.
- Sparring shoes such as “Ringstar” shoes, wrestling shoes, grappling shoes, are not permissible in sparring.
- Mouth guards and groin protectors for males are mandatory.
- Light contact is permissible during sparring but not mandatory. Safety is most important.
- No trapping or grabbing, sweeping, or hitting illegal targets below the belt or to the back.
- No intentional contact to the face at any time. Excessive intentional or malicious contact will result in immediate disqualification and is at the discretion of the Director, Arbitrator, and center official.

Weapons Rules and Information:

- Any traditional weapon is welcome.
- Please make sure that your weapon is in working and safe condition.
- Black Belts that drop their weapon will not be scored.

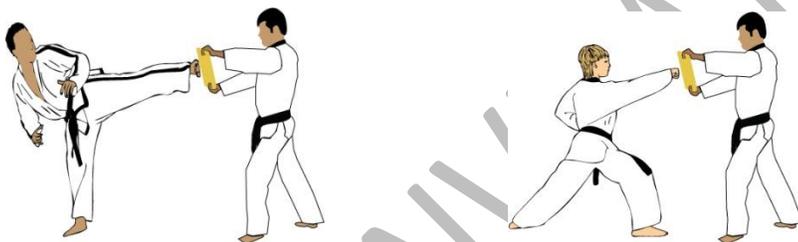
Board Breaking Guidelines and Rules:

Rules for board breaking are as follows:

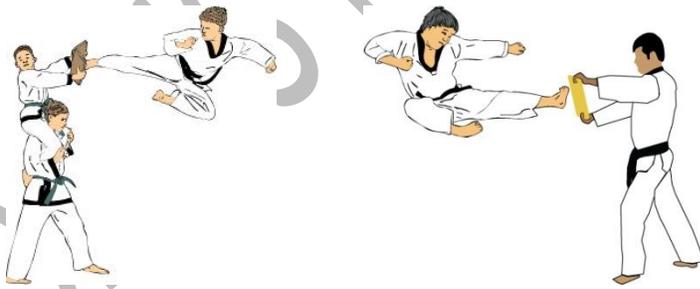
- Points will be awarded on the same 10 point system as used for patterns (kata, forms, tul, etc.)
- Number of attempts will also be factored in to the scoring. For example: If 2 people do the exact same break, but one completes it in 1 attempt and the other completes it in 2 attempts, the competitor that does it in 1 attempt will be declared the winner.
- Number of attempts will be recorded by the scorekeepers.
- Breaking is WOOD ONLY.

Board breaking is sometimes open to interpretation as to what board breaks score better versus others. Here is a basic guideline of how board breaks rank based on degree of difficulty in order:

- **Standard breaks:** basic kick or hand technique in a stationary position such as a basic front kick, side kick, or downward (Axe) kick held by 1 or 2 holders. Hand techniques could be a punch or palm heel strike. These are just basic examples. The more boards added the more difficult it becomes thus scoring better.



- **Jumping breaks:** standard kicks with a jump added such as a jumping front kick, flying side kick, or jumping back kick held by 1 or 2 holders. Jumping kicks usually score higher than standard kicks.



- **Suspended breaks:** these are kicks or strikes that are held very loosely without the support of multiple anchor points. In the previous diagrams the holders use 2 hands, sometimes 4 if more than one holder is being used, providing the maximum resistance. Suspended techniques rely mostly on speed to break the board virtually "suspended" in air with the least amount of support from the holder. These techniques usually score better than standard or jumping techniques.
- **Additional Variables:** Other items to consider are number of boards broken or any combination of types of breaks previously listed. For example, someone may do a break that is a flying, suspended sidekick. This degree of difficulty would score better than a traditional flying side kick due to the nature of it being "suspended". Another example that is needed to be considered is number of boards. If someone does a stepping side kick through 7 boards it would obviously score better than someone doing a jumping side kick through 1 board simply because of the power needed. Here is an example of a standard break outweighing a jumping break. At the end of the day you must look at all variables and use your discretion when scoring the break.