



## Scottish Open 2024 DESTRUCTION

BLUE/RED/BLACK BELTS ADULTS ONLY

The destruction event will take place at the end of the competition.

### TECHNIQUES

- Side Kick,
- Turning Kick,
- Either Reverse Side Kick (foot sword) or Back Kick (sole of the foot),
- Inward Knife Hand Strike,
- Elbow Strike or Palm.

Separate Male and Female divisions.

Holder may be adjusted for your height.

White Boards Only - 1, 2 or 3 Boards, 1 point per board broken

1 Measure Allowed, NO TOUCH as this will count as your attempt if you do.

No step through is allowed.

Only clean breaks are counted; bent boards are not.

In the event of a draw, all techniques are repeated on the other side, if a further draw occurs the competitors will be weighed and the result awarded to the lightest competitor.

**MEDALS AWARDED:** 1 x Gold, 1 x Silver, 1 x Bronze.