

ATA Board Breaking Tournament Point Sheet

5 Point Techniques

Low Block	Knee Strike
Inner Forearm Block	Front Kick
Outer Forearm Block	Side Kick
Knifehand	Round Kick
Elbow Strike	Stomp Kick
Palm Heel Strike	Axe Kick
Hammerfist	Stomping Kick

6 Point Techniques

High Block	Inner Crescent Kick
Punch	Outer Crescent Kick
Back Fist	Hook Kick
Ridgehand	Heel Kick
Open Hand Sweeping Block	Sweep Kick
Long Fist Strike	Back Kick
Any 5 Point Hand w/ a Spin	Any 5 Point Kick w/ a Spin/Rev
Any 5 Point Hand w/ a Jump	

7 Point Techniques

Spearhand	Twist Kick
First-Knuckle Punch	Any 5 Point Kick w/ a Jump
Bow Wrist Strike	Any 6 Point Kick w/ a Spin/Rev
Any 5 Point Hand w/ a Jump & Spin	
Any 6 Point Hand w/ a Spin	
Any 6 Point Hand w/ a Jump	

8 Point Techniques

Any 6 Point Hand w/ a Jump & Spin	Any 5 Point Kick w/ a Jump & Spin/Rev
Any 7 Point Hand w/ a Spin	Any 6 Point Kick w/ a Jump
Any 7 Point Hand w/ a Jump	Any 7 Point Kick w/ a Spin/Rev

9 Point Techniques

Any 7 Point Hand w/ a Jump & Spin	Any 6 Point Kick w/ a Jump & Spin/Rev
	Any 7 Point Kick w/ a Jump

10 Point Techniques

	Any 7 Point Kick w/ a Jump & Spin/Rev
--	---------------------------------------

Advanced Spin Kicks (Increased point values)

Jump 360° Spin Kick	+ 4 Points
Jump 540° Spin Kick	+ 6 Points
Jump 720° Spin Kick	+ 8 Points
Jump 1080° Spin Kick	+ 10 Points

Additional Boards

+2 Points for each board added to a station (Maximum of 3 boards)

Board Breaking Type

Partially Supported (2 hands on 1 side)	+ 2 Points
Unsupported (1 hand on 1 side)	+ 4 Points

Combination Techniques

2 Techniques in Combination (e.g., Twin)	+ 2 Points
3 Techniques in Combination (e.g., Triple)	+ 4 Points
4 Techniques in Combination (e.g., Triple w/Hand)	+ 6 Points

(Example: Triple Jump Front Kick w/ a Jump Punch (all before landing))

1st Kick:	Jump Front Kick	7 Points	
2nd Kick:	Jump Front Kick	7 Points	
3rd Kick:	Jump Front Kick	7 Points	
Hand:	Jump Punch	7 Points	
Combo Pts:	4 Tech. Combination	6 Points	= 34 Technical Points

All moves will be counted as individual techniques but will be awarded additional points for combining techniques & creativity

Board Break Attempts

1st Attempt=Full Points, 2nd Attempt=Half Points, 3rd+ Attempt=Tigers Only

Number of Required Stations per Program

ATA Tigers	2 Stations
(ATA Tigers must select from the shaded boxes above)	
Color Belts	3 Stations
Black Belts	4 Stations

**ALL COMPETITORS MUST PERFORM AT LEAST
1 HAND TECHNIQUE AND 1 FOOT TECHNIQUE IN ORDER TO COMPETE**