



WORLD MARTIAL ARTS COMMITTEE

AMATEUR RULES FOR TOURNAMENTS

Version 4.6 - January 2023

Chapter 7: Breaking test



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World Martial Arts Committee

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Introduction:

This rulebook replaces all previously issued rules and contains the official WMAC amateur competition rules. These rules are valid for all members. However, local requirements and circumstances may be taken into account if necessary. The official language of the IRC is English. These rules may be translated into other languages by the IRC. However, in case of discrepancies, only the official English version shall prevail. This rulebook may not be copied, [published](#) or distributed without specific written permission from the WMAC or the IRC. This includes electronic, digital, physical and all other forms of reproduction. This rulebook can be downloaded free of charge as a PDF from the official WMAC website.

WORLD MARTIAL ARTS COMMITTEE

International rules & guidelines



January 2023

Dear reader,

We are very pleased to release version 4.6 of our World Martial Arts Committee Rules and Guidelines. This is definitely the most comprehensive tournament rulebook available today and we are proud to publish it for your use. This has been made possible solely through the hard work and dedication of individuals from around the world. We would like to thank everyone for their contribution to this comprehensive rulebook.

All of these rules and guidelines contained in this document are applicable to WMAC sanctioned events. In this case, they may not be deviated from except in exceptional circumstances and then only with the written permission of the IRC in conjunction with the Chief Referee (Supervisor) of the respective event. The instructions and decisions of the IRC with regard to these rules are decisive and binding. In the event of complaints/protests, his decision is decisive and final!

This rulebook can also be used for non-sanctioned events. In this case, the organiser of the event must include the following statement in writing in the announcement: "This event is organised in accordance with the official WMAC rules and regulations".

The World Martial Arts Committee is constantly endeavouring to develop further. We are constantly working on the expansion of our rules and regulations and their dissemination at events and tournaments. This set of rules should be checked before the events in order to discuss and incorporate any changes with us.

With best regards

A handwritten signature in black ink, appearing to read 'Harald Folladori'. The signature is stylized and fluid.

Harald Folladori
WMAC World President

PART 7 - Breaking test

ARTICLE 37. TRADITIONAL BREAKAGE TEST (BR)

37.1 **Description** - Breaking test is a controlled demonstration of the destructive effect of a martial arts technique performed by a participant.

37.2 Age groups

Description of the	Age groups
Cadets	U18
Adults	+18

37.3 Belt classes

Description of	Martial arts experience in years	WMAC belt
Beginners	1 to 3 years	Yellow - Blue
Advanced	More than 3 years	Red, Brown
Black strap	different	Black

37.4 **Uniform** - All uniforms should show the country/club to be represented or the style. The sending country decides on the style of the uniform. The name of the country/club should be printed or embroidered on the back.

Competitors are not permitted to wear costumes / theatrical dresses, masks or other items, including jewellery, that are not in accordance with the practice of traditional martial arts.

Safety goggles must be worn when working with splintering materials.

37.4 **Performance** - techniques, material and aids are the responsibility of the participant and are to be to bring himself. The performance is first demonstrated slowly and then at full power carried out. The participant must also clean up the leftover material.

37.4.1 **Time limit** - The performance may not last longer than 120 seconds. (Without set-up and dismantling)

37.5.2 **Equipment** - Participants are required to provide their own equipment for the break test. This equipment must be presented to the judges for inspection before the performance.

37.5.3 **Fastening material** - Any fastening material used as support must be of the correct size so that the materials to be fixed or supported / clamped can be fitted into it. It must not be used in a size that already exerts pressure on the material and thus supports the breakage.

The decision on the approval of material and holding devices will be made by the HKR. This applies to all break tests taking place at this event and applies to every participant.

37.6 **Performance area** - The area must be no smaller than 5 x 5 metres. Each competitor is expected to clean the area used for the next competitor and thus ensure their safety. The judges are placed to the side of the area or in the corners.

37.7 **Number of judges** - There are 3 judges. They award points from 8 - 10 (tenths are possible). The

following placings are possible:

1. in a line in front of the surface
2. one acting referee and 2 in the corners of the area

If they are placed according to no. 2, the participant must only report to the main judge.

37.8 Entering & leaving the competition area - Competitors are shown at which point they should enter and may only enter and leave at this point.

When the athlete is called, he/she must enter the area and set up his/her break/combination.

Competitors must make two proper bows or salutes. One to the previous competitor and one to the area before entering the area.

After entering the competition area, the contestants will walk to the centre of the ring and announce the following to the Referee:

1. name of the fighter
2. the country, the club he/she represents

The judges will first inspect the set-up and request possible changes if necessary. The judges are obliged to give reasons for any requested changes.

Before the athlete begins his break test, the head judge will check that all judges are ready and that the area is clear of obstacles.

If everything is to his satisfaction, he holds up his hand to show that the athlete can start as soon as he is ready. He should now move into the starting position

37.9 Evaluation - Points are awarded as follows:

The break:

- Material broken (depth, density, etc) - clear breakage

The technology:

- Selected technique (level of difficulty)
- Selected variations of techniques