



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 incorporates the official WMAC - Amateur - Competition Rules. These rules are valid for all members. However, local requirements and circumstances may be considered if necessary. The official language of the IRC is English. This rulebook may be translated into other languages by the IRC. However, in case of disagreement the official English version alone. This rulebook may not be copied, **published** or distributed without specific written permission from WMAC or the IRC. be made. 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 website of the WMAC.*

NATIONAL 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 detailed competition tournament rulebook available today and we are proud to publish it for your use. This has been made possible entirely through the hard work and dedication of individuals from around the world. We would like to sincerely thank all individuals for their contribution to this detailed rulebook.

All these rules and guidelines, which can be found in this document, are to be applied at 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 Referee's Representative (IRC) in conjunction with the Supervisor of the event. The instructions and decisions of the Referee Supervisor regarding these rules are final and binding. In the event of complaints/protests, his decision shall be final and binding!

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

The World Martial Arts Committee is constantly striving to develop. We are constantly working on the development of our rulebook and its dissemination in events and tournaments. This set of rules should be checked before the events in order to discuss any changes with us and to incorporate them.

Mit besten Grüßen

A handwritten signature in black ink, appearing to read 'Harald Folladori'. The signature is stylized and fluid, written over a white background.

Harald Folladori
WMAC World President

PART 7 - Breaking Test

ARTICLE 37. TRADITIONAL BREEDING TEST (BR)

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

37.2 Age groups

Description	Age group
Cadets	U18
Adults	+18

37.3 Belt classes

Description	Martial Arts Experience in	WMAC belt
Beginners	1 to 3 years	Yellow - Blue
Advanced	More than 3 years	Red, Brown
Black belt	various	Black

37.4 Uniform - All uniforms should show the country/club being 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 any other items, including jewellery that is 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 tools are the responsibility of the participant and are to be used by to bring along himself. The performance is first demonstrated slowly and then performed with full force. The cleaning up of the leftover material must also be done by the participant.

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

37.5.2 Material - Contestants are required to provide their own material for the break test. This equipment must be presented to the Judges for inspection prior to the performance.

37.5.3 Fixing material - Any fixing 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 HCR. This applies to all break tests taking place at this event and applies to every participant.

37.6 Performance area - The area shall not be less than 5 x 5 m. Each competitor is expected to clean their used area afterwards for the following competitor, thus also ensuring their safety. Judges will be placed to the side of the area or in the corners.

37.7 Number of Judges - There are 3 judges. They will 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 competitor has to report only to the Referee.

37.8 Entering & Exiting the Competition Area - Competitors will be shown at which point they should enter and will only be allowed to enter and exit at that point.

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

Contestants must make two proper bows or salutes. One to the preceding contestant 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 association he/she presents

The judges will first inspect the set-up and request possible changes - if necessary. The judges have the obligation to justify requested changes.

Before the contestant begins his/her break, the Referee 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. Now he should get into the start position

37.9 Evaluation - Points are awarded as follows:

The rupture:

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

Technology:

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