

WIN LONG TAEKWONDO

MARTIAL ART & TEAM DEMO INVITATIONAL CHAMPIONSHIP

2026



ALL-ROUND BREAKING



TEAM DEMONSTRATION



POWER BREAKING



HIGH JUMP EVENT

6TH-7TH JUNE 2026

CITY SQUARE JB

A Community Event for Youth & Families

WIN LONG TAEKWONDO MARTIAL ART & TEAM DEMO INVITATIONAL CHAMPIONSHIP

Advisors: Kementerian Pendidikan

- Jabatan Pendidikan Negeri Johor
- Taekwondo Malaysia
- Professor Koh
- Mr. Liang Ah Chy
- Mr. Marcus Teoh
- Mr. Goo Sin Kok
- Grand Master Leong Chong Leng

Championship Chairman: Dato Lee Chong Haw

Vice Chairman: Puan Lau Choo Boon

Competition Coordinator: Mr. Chong Chee Wah

Event Coordinator: Mr. Lew Wei Xuan

Secretary: Mr. Zarul Akmal Bin Roslan

Treasurer: Ms. Seah Mun Wei

Safety Officer: Mr. Tsan Hwa Seng

Traffic Management: City Square JB

Awards & Prizes: Mr. Toh Song Kian

Music Coordinator: Mr. Chee Song Wai

First Aid: Red Crescent Society

Referee Coordinator: Puan Lau Choo Boon

VIP Coordinator: Mr. Leong Kuan Yew



OFFICIAL INVITATION

Win Long Taekwondo

Martial art & Team Demo Invitational championship

Dear Respected Instructors, Club Representatives, and Taekwondo Practitioners

We are pleased to invite you to the Win Long Taekwondo Martial Art & Team Demo Invitational Championship 2026, an exciting event that brings together athletes to showcase their skills, creativity, and dedication in Taekwondo.

This championship aims to promote Taekwondo team demonstration performance, providing a platform for students to showcase their skills, creativity, and teamwork. It also serves as an opportunity for participants to gain stage experience, build confidence, and further develop their potential within the Taekwondo community.

Event Details

Date : 06th – 07th June 2026

Venue : City Square Shopping Mall JB

Organized by : Win Long Taekwondo Club

Co-organized by : Taekwondo Malaysia Martial Board (WT)

We warmly welcome all clubs to participate in this event. Your involvement will greatly contribute to the success and spirit of the championship.

Let us come together to celebrate the passion of Taekwondo and create a meaningful and memorable experience for everyone involved.

Thank you, and we look forward to your participation.

GRAND MASTER MADAM LAU CHOO BOON

Organizing Chairman

Win Long Taekwondo Club

CHAMPIONSHIP INFORMATION

1.ORGANIZED BY : WIN LONG TAEKWONDO CLUB



CO - ORGANIZED BY : TAEKWONDO MALAYSIA INSTRUCTOR & BLACK BELT COMMITTEE

2.COMPETITION DATE : 06TH-07TH JUNE 2026 (SATURDAY & SUNDAY)

3.COMPETITION VENUE : CITY SQUARE SHOPPING MALL JB

<https://share.google/kad6AzBsYq7TLmeOd>

4.COMPETITION EVENT

- TEAM DEMONSTRATION
- HIGH JUMPING KICK - INDIVIDUAL MALE / FEMALE (All participants will receive awards)
- POWER BREAKING - INDIVIDUAL MALE / FEMALE (All participants will receive awards)
- ALL-ROUND BREAKING - INDIVIDUAL MALE / FEMALE (All participants will receive awards)

***For the Team Demonstration category, participants from invited clubs will be grouped and compete among themselves in separate divisions.**

TEAM DEMONSTRATION	HIGH JUMPING BREAKING	POWER BREAKING	ALL-ROUND BREAKING
PRIMARY 7-12 YEARS OLD	9-10 YEARS OLD	13-15 YEARS OLD	10-12 YEARS OLD
	11-12 YEARS OLD		13-15 YEARS OLD
SECONDARY 13-29 YEARS OLD	13-15 YEARS OLD	16-18 YEARS OLD	16-18 YEARS OLD
	16-18 YEARS OLD	19-29 OPEN CATEGORY	19-29 OPEN CATEGORY

CHAMPIONSHIP INFORMATION

5. COMPETITION ARENA SIZE

- MINIMUM 12M × 12M (SUBJECT TO ADJUSTMENT BASED ON THE ACTUAL VENUE)

6. PARTICIPATION FEES (borne by own club)

- THE REGISTRATION FEE IS RM 60 PER PAX (APPLICABLE TO ANY EVENT).
- THE BOARD BREAKING FEE IS RM 25.
- THE EVENT COMMEMORATIVE T-SHIRT IS RM 15.
- THE FIRST EVENT FEE IS RM 100.
- FOR THE SECOND EVENT AND ANY ADDITIONAL EVENTS, THE FEE IS RM 60 PER EVENT

7. PROTEST FEE

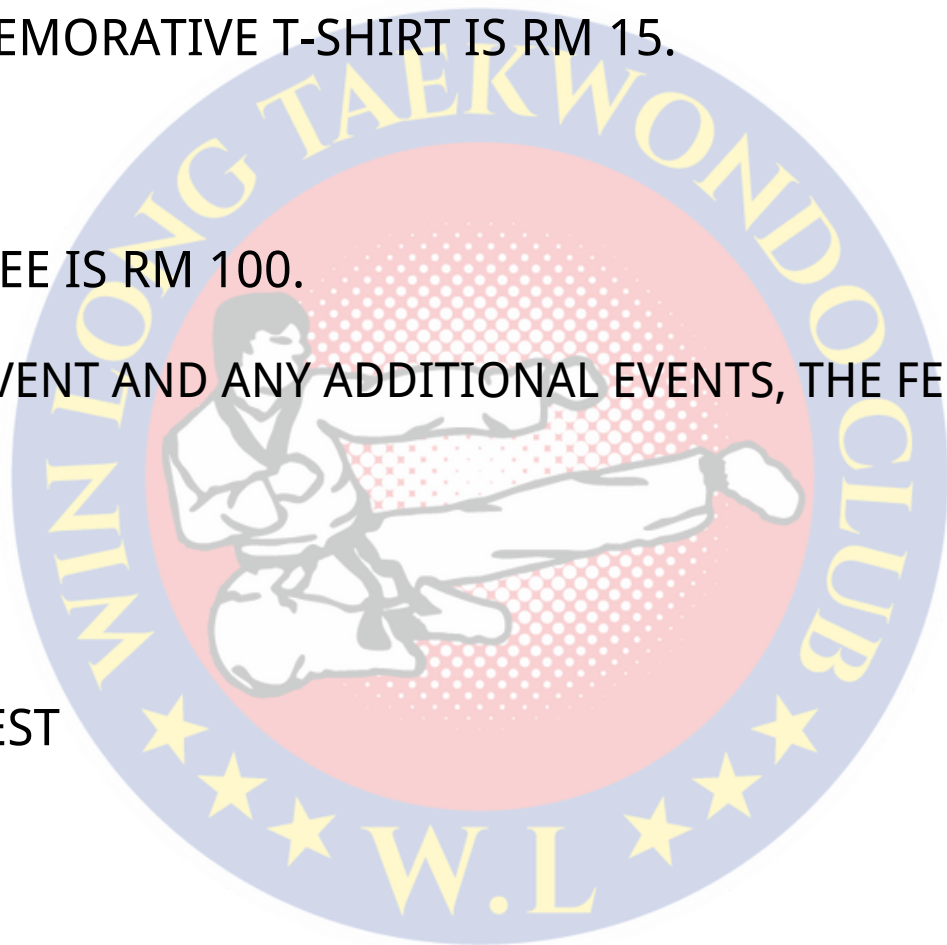
- RM 200 PER PROTEST

8. AWARDS

- GOLD FOR 1ST PLACE
- SILVER FOR 2ND PLACE
- BRONZE FOR 3RD & 4TH PLACES

9. EVENT REGISTRATION & REGISTRATION DEADLINE

- START REGISTRATION ON 1ST APR 2026
- DEADLINE ON **01st MAY 2026**



CHAMPIONSHIP INFORMATION

10.CONTACT

- GRAND MASTER MADAM LAU CHOO BOON - Organizing Chairman - 012-7580913
- MR CHONG CHEE WAH - TECHNICAL DIRECTOR - 016-7608728

11.WHATAPPS GROUP

- ALL TEAM MANAGERS ARE WELCOME TO JOIN FOR INFORMATION AND UPDATES.

12.REGISTRATION WEBSITE

<https://mtaekwondomsia.com/winlongdetails/>

13.TENTATIVE SCHEDULE

DATE	EVENT
06TH - JUNE - 2026	INDIVIDUAL EVENT ONLY
07TH - JUNE - 2026	TEAM DEMONSTRATION



COMPETITION RULES

TEAM DEMONSTRATION

Demo competition refers to composing and displaying the assigned Taekwondo movements

Competition Method : Cut – Off

Competition Duration : 6 Minute or Less

Attire : Approved Uniform

Number Of Participants : 9 – 15 People in 1 Team

Categories: (There is no belt restriction; participants of all belt levels are welcome to join.)

- Primary School (Ages 7–12)
- Secondary (Ages 13–29)

***PARTICIPANTS AGED 7–8 ARE PROHIBITED FROM PERFORMING DANGEROUS TECHNIQUES, INCLUDING POWER BREAKING AND ACROBATIC TECHNIQUES.**

Content in Demo Competition must include 5 Elements as below :

1. Free Style Poomsae And Taerobic Movement
2. Self Defense
3. Kyupa
4. Various Kyupa
5. Power Breaking

Details Of The 5 Elements :-

1. A. Free Style Poomsae And Taerobic Movement (Primary school) And (Secondary School)

- It is COMPULSORY for all contestants to do the Free Style Poomsae
- Taerobic movements must be in time with the music rhythm (Minimum Number of team members to perform the Taerobic movement is 3 & above)
- Designated Technique Movements in Free Style Poomsae must be performed by at least one or more contestant, designated technique as below (Must follow the sequence)

COMPETITION RULES

TEAM DEMONSTRATION

- i. Heights of jump = Side kick
- ii. Number of kicks in a jump = Multiple Front kick / Scissor Kick
- iii. Gradient of spins in a spin kick = Spinning hook kick or turning kick
- iv. Performance level of consecutive kicks = Kyorugi style kick
- v. Acrobatic actions = Any acrobatic action performance

2. Self Defense (Primary School) And (Secondary School) Self Defense refers to martial arts to fight the attacker with bare hands and feet by Striking, Kicking, Punching, Thrusting, Locking, Grabbing And Throwing Down. These Are Defensive Techniques That Can Be Used To Dominate An Opponent.

A. Examples Self Defense :

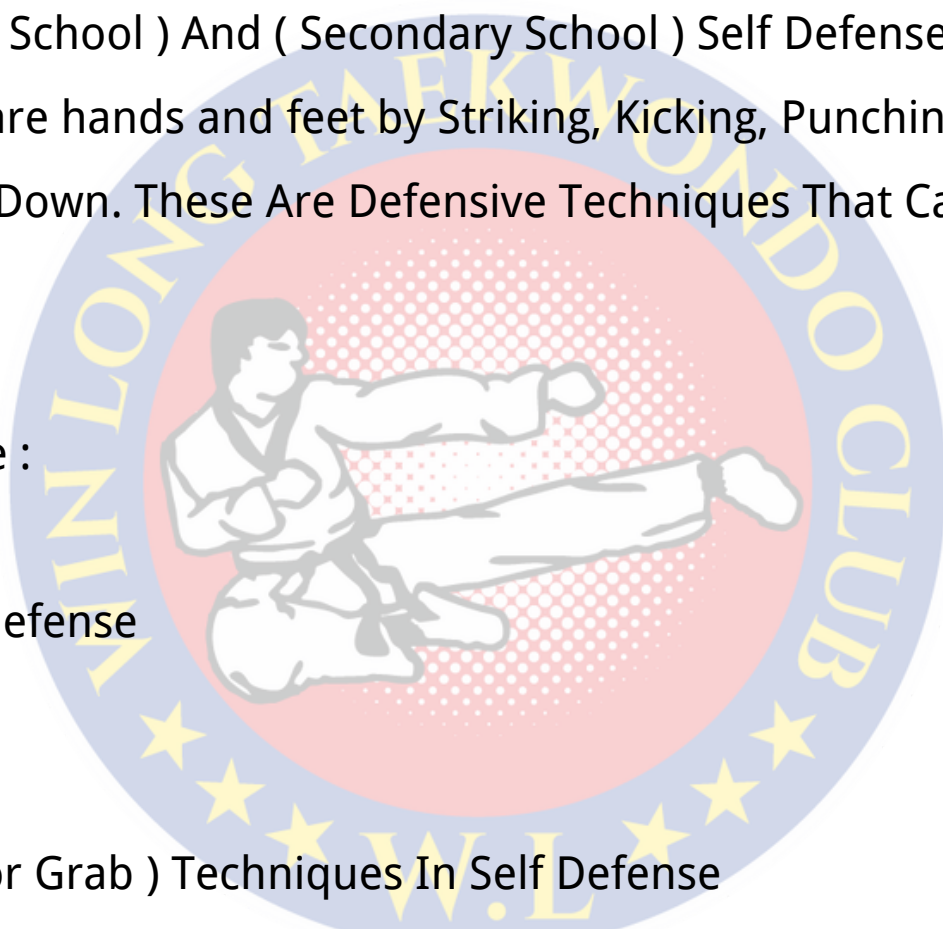
- Drama Self Defense
- Team By Team Self Defense
- Step Self Defense

B. Must Include A (Scissor Grab) Techniques In Self Defense

C. The Number of Contestant Presenting Self Defense Technique must be at Least 6

3. Kyupa

- In The Kyupa ,there should be At Least a Single Jumping Breaking ,Horizontal Turn Breaking or Vertical Breaking. Only 25 pcs Breaking Targets Will Be Given To Each Team For This Event
- Below is the skill chart for each breaking category. The higher the difficulty level of the technique, the higher the score will be.
- Please refer to the board-breaking level demonstration video (all techniques shown are for reference purposes only). <https://youtu.be/0KDrch4Y0IA>



COMPETITION RULES

TEAM DEMONSTRATION

- Technical Breaking Technique Level Chart :

Technique Level 1		
Single Jumping Breaking	Horizontal Turn Breaking	Vertical Breaking
Below Triple front Kick	Reverse swing kick	Any Stepping Technique Kick
Below Triple Turning Kick	Below 360 Turning Kick	Back Flip Kick x 1 Pcs
Below Side Kick	360 Turning Kick x 2 Pcs	N/A
Any 2 pcs or Below Breaking	Tornado Kick	N/A

Technique Level 2		
Single Jumping Breaking	Horizontal Turn Breaking	Vertical Breaking
Triple Front Kick x 3 Pcs	540 Turning Kick x 1 Pcs	Stepping Front Kick x 1 Pcs
Triple Turning Kick x 3 Pcs	540 Reverse Swing Kick x 1 Pcs	Stepping Turning Kick x 1 Pcs
Triple Side Kick x 3 Pcs	720 Turning kick x 1 Pcs	Back Flip Kick x 2 Pcs
N/A	N/A	N/A

COMPETITION RULES

TEAM DEMONSTRATION

- Technical Breaking Technique Level Chart :

Technique Level 3		
Single Jumping Breaking	Horizontal Turn Breaking	Vertical Breaking
Front Scissor Kick x 4 Pcs (4 foot)	540 Turning Kick x 2Pcs	Stepping Back Flip Kick x 1 Pcs
Front,Front,Turning,Hook Kick x 4 Pcs	540 Reverse Swing Kick x 2 Pcs	Stepping 360 Turning.K x 1 Pcs
Four Front Kick x 4 pcs	720 Turning kick x 2 Pcs	Any Stepping Kick x 2 Pcs (1 Foot 1 Hand)
Other Kick (3 Foot 1 Hand) x 4 Pcs	900 Reverse Swing Kick x 1 Pcs	

Technique Level 4		
Single Jumping Breaking	Horizontal Turn Breaking	Vertical Breaking
Front Scissor Kick x 5 Pcs (4 Foot 1 Hand)	540 Turning Kick x 3 Pcs	Stepping Back Flip Twist Kick x 1 Pcs
	540 Reverse Swing Kick x 3 Pcs	Stepping Back Flip Kick x 2 Pcs
Other Kick (5 Foot 1 Hand) 6 Pcs or Above	720 Turning kick x 3 Pcs	Stepping Front Kick x 3 Pcs
	Any More Advanced Kick x 3 Pcs Or Above	Any Stepping Kick x 2 Pcs (2 Foot Or Above)

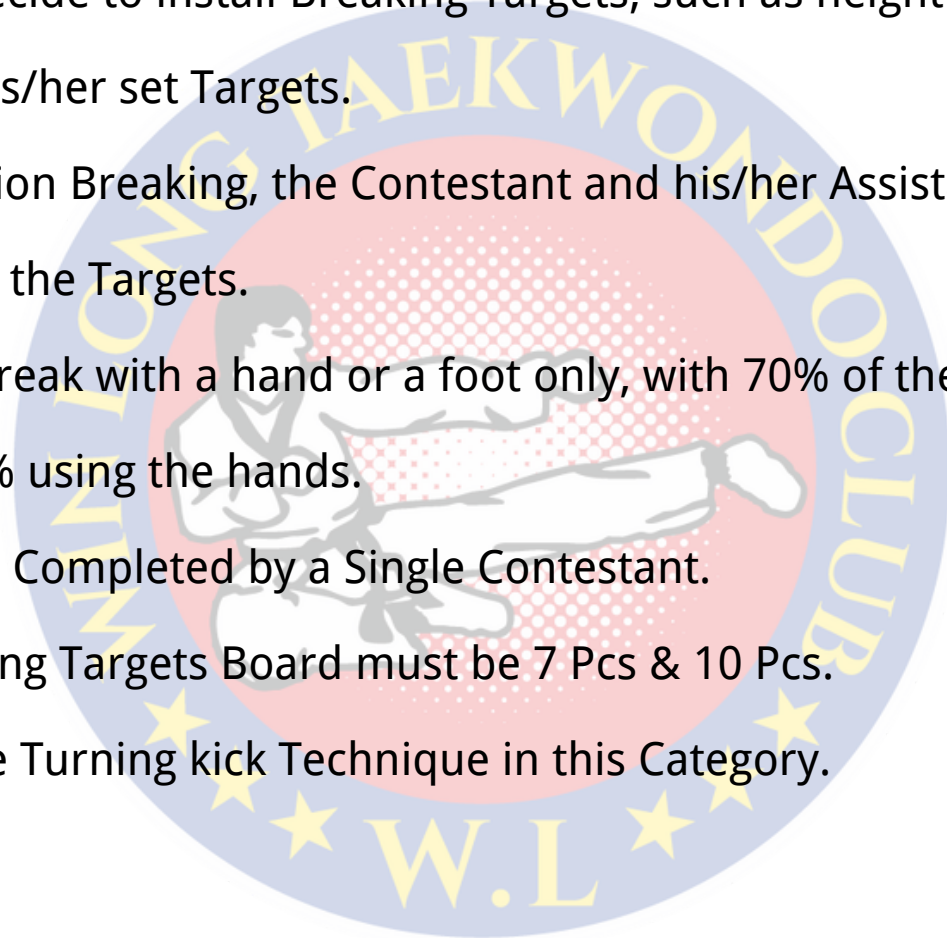
COMPETITION RULES

TEAM DEMONSTRATION

4. Various Target Breaking (Primary School – 7 Pcs / Secondary School – 10 Pcs)

Various Target Breaking is Breaking multiple Moving or Fixed Targets in Various Directions.

- The Contestant can Choose the Direction and Location to Install breaking targets for each Technique, But the Targets must be Placed within the Boundary Lines.
- The Contestant can Decide to install Breaking Targets, such as height and Distance, and will be Scored Based on his/her set Targets.
- In case of Multi-direction Breaking, the Contestant and his/her Assistant shall move Continuously to Break the Targets.
- The contestant shall break with a hand or a foot only, with 70% of the techniques performed using the legs and 30% using the hands.
- This Category must be Completed by a Single Contestant.
- The Number of Breaking Targets Board must be 7 Pcs & 10 Pcs.
- Must Include a Double Turning kick Technique in this Category.



5. Power Breaking (Primary School) (0.1 Point is Awarded For each Broken Target)

- The Number Of Provided Breaking Targets Only 10 Piece (Primary & Secondary)
- The Breaking Board Thickness Is 1.2CM (Half Inch) For Every Board (Primary)
- The Breaking Board Thickness Is 2.0CM For Every Board (Secondary)
- The Three Contestants are required to Break The Target Set On The Breaking Board Holders By using either 3 of the following techniques : Hammer, Knife Hand or Elbow
- The three contestants must break the board with Different Hand Techniques

COMPETITION RULES

TEAM DEMONSTRATION

Common Compulsory Regulations

1. The Performance Music Must Be Submitted With Application Form To Organizer
2. The Program Composition Plan Sheet Must Submitted With Application Form To Organizer
3. Classifications :-

Category	Age Limit (Birth of year)	Board/Plank	Board For Power Breaking
Primary School	7-12 Years (2019/2014)	22CM * 30CM * 0.6CM * 25 Piece	1.2CM * 10 Piece
Secondary	13-29 Years (2013-1997)	22CM * 30CM * 0.6CM * 25 Piece	2.0CM * 10 Piece

4. In Case There Is A Shortage Of Members Among Primary School or The Secondary School Team, The Younger Contestants Can Join The Secondary School Team
5. Real Weapons Are NOT Allowed
6. Penalty (Warning, Deduction , And Disqualification)

COMPETITION RULES

TEAM DEMONSTRATION

6.1. Deduction will be Given To The Following Acts

- Conducting Any Violence Or Any Non Discipline Acts
- 0.5 Point Shall Be Deducted - Interfere The Judges Or The Staff During The competition
- 0.5 Point Shall Be Deducted
- If The Contestant Exceed The Competition Time, 0.3 Point Shall Be Deducted Per 10 Seconds From The Final Score
- If The Number Of Contestants Does Not Meet The Required Limit, 0.3 Point Shall Be Deducted Per Person
- If The Contestant Falls Down In A Landing Position During The Breaking Event, 0.1 Point Shall Be Deducted
- If The Contestant Failed In Any Breaking, 0.1 Point Shall Be Deducted To Every Breaking Target
- If The Performance Theme Offends Any Government Or Religion, The Contestant And Team Will be Disqualified

6.2. Deduction Is Given To Following Category Event

- The Contestant Must Follow The Free Style Poomsae Designated Technique Movements, If Not 0.3 Point Shall Be Deducted for non performance of Every Designated Technique Movements
- The Contestant Must Follow The Free Style Poomsae “ Section C Rules, If Not 0.5 Point Shall Be Deducted

COMPETITION RULES

TEAM DEMONSTRATION

- If The Number Of Contestants Does Not Meet The Required Limit In Free Style Poomsae This Categories 0.3 Point Shall Be Deducted Per Person
- If The Number Of Contestants Does Not Meet The Required Limit In Taerobic Movement This Categories 0.3 Point Shall Be Deducted Per Person
- The Contestant Must Follow The Self Defense Instruction as stated in sections B, If Not 0.3 Point Shall Be Deducted To The Every Self Defense Instruction
- If The Contestants Do Not Perform Self Defense Technique During The Performance, 1.0 Point Shall Be Deducted
- If The Number Of Contestants Does Not Meet The Required Limit In Self Defense this Categories, 0.3 Point Shall Be Deducted Per Person (Must be conducted simultaneously, not separately)
- If The Contestant Do Not Perform Free Style Poomsae Or Taerobic Movement During The Performance, 1.0 Point Shall Be Deducted
- In The Power Breaking Event,If The Contestant Uses the Same Technique to Perform as The Members In The SAME Team Or by Using different Hand Techniques Than The 3 Designated Techniques , To Perform The Breaking - 0.2 Point Shall Be Deducted For The Each Contestant
- In The Various Targets Breaking Category , If the Contestant uses more than one Person to Complete this Category, 0.3 Point Shall Be Deducted each Additional Person.

COMPETITION RULES

TEAM DEMONSTRATION

- In The Various Targets Breaking Category, Each Group must Break Exactly 07 or 10 Pcs Boards, A Deduction of 0.1 Point will be Applied for each Board more or Less than 07 or 10 Pcs. (Please categorize according to primary and secondary school levels.)
- The Contestant Must Follow The Designated Technique Movements (Double Turning kick) for the Various Targets Breaking Category, If Not 0.3 Point Shall Be Deducted
- The Contestant Must Wear Proper Attire, If Not 0.3 Point Shall Be Deducted for Each Contestant with Improper Attire.

6.3. Penalty Point Shall Be Deducted From The Contestant' s Total Score

7. OTHER RULES AND REGULATIONS.

- The technical referee will score all technique breaking based on the competition plan sheet
- All horizontal kicks must not involve the use of hands to break boards.(only foot)
- In the vertical breaking category, only STEPPING TURNING KICK and STEPPING BACK FLIP KICK WITH TWIST techniques may involve hand strikes.
- In technical breaking, if a competitor does not perform a jumping kick, they will not receive any points from air suspension and landing balance in the scoring section.

COMPETITION RULES

TEAM DEMONSTRATION

- In the three technical breaking category, if a competitor is found not to meet the standard of the required technique, the judges have the authority to lower the score level of the breaking technique (the breaking score will be lowered based on the competitor's breaking level)
- The representative of the entering team shall fill out and submit the Demo Competition Plan Sheet, in which the presented events are freely organized, at the time designated by the Organizing Committee. The final version cannot be changed after it has been submitted.
- The performance music file must be submitted at the place and time designated by Organizing Committee. Also, the music file should be checked its workability by the submitting person. (This for other club or oversea)
- Breaking is conducted only once in all breaking subsequently.
- Firecrackers or real weapons shall not be used. (The staff will checking before competition)

8. Decision And Declaration Of Winner

- The winner Has The Highest Total Score
- In Case Of A Tie , The Team With The Lower Deduction Score Will Be Declared As The Winner
- If Tie Again , The Team With The Highest Score From Technique Referee Panel Score Will be Declared As The Winner.
- The Judge' s Decision Is Final And No Correspondence Will Be Entertained

COMPETITION RULES

HIGH JUMPING KICK

It refers to contest in which contestants perform an assisted run from a set distance and jump to break the targets, and rankings are decided by whoever completely breaks the highest target

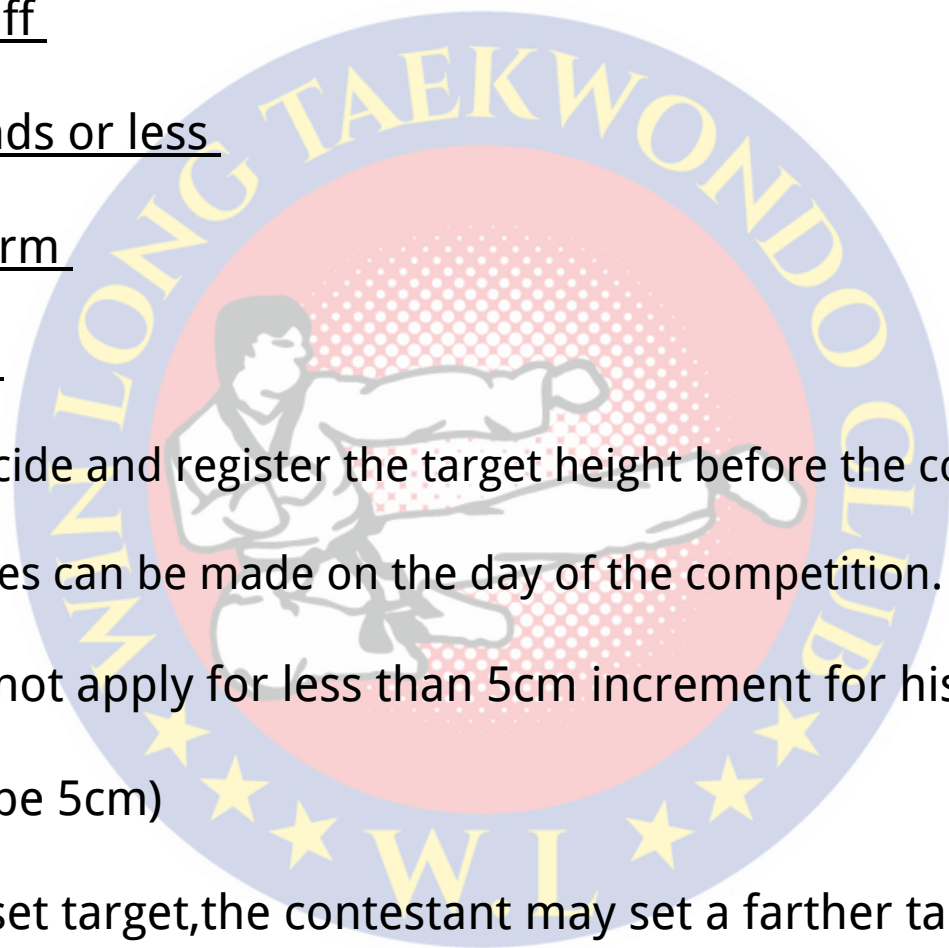
Contest method : Cut-off

Contest time : 20 seconds or less

Attire : Approved Uniform

Compulsory regulation :

- Contestants shall decide and register the target height before the contest. (Once submitted, no changes can be made on the day of the competition.)
- The contestant cannot apply for less than 5cm increment for his applying distance. (The gap unit shall be 5cm)
- After breaking the set target, the contestant may set a farther target. The contestant gets a total of three around, including the initial round.
- The breaking targets shall be authorized by the organizing committee. The breaking shall be tried only once and be conducted within 20 seconds after the “Si-Jak” command
- The approach run should be shorter than 10m.
- The finalist may try to make the best record, regardless of times.



COMPETITION RULES

HIGH JUMPING KICK

Breaking techniques

- Contestants must maintain Jumping front Kick position when performing breaks.
- When the target has been completely broken, it is considered a successful break.
- Breaking should take place in midair.
- Completely breaking a target means making it break apart into two or more pieces after it has been struck by the contestant's foot.
- If the target is not completely broken, it will count as a failure to break.

Age Category : Male & Female (Individual Only)

- DIVISION A 9-10 years old (Born Between 2016 to 2017)
- DIVISION B 11-12 years old (Born Between 2014 to 2015)
- DIVISION C 13-15 years old (Born Between 2011 to 2013)
- DIVISION D 16-18 years old (Born Between 2008 to 2010)

* (Divided by age only, not by belt level)

Classifications :

NO	CATEGORY	BREAKING TARGET	SIZE (WIDTH*LENGTH*THICKNESS)
1	DIVISION A & B	PINE BOARD	30CM*22CM*0.6CM
2	DIVISION C & D	PINE BOARD	30CM*22CM*0.9CM

COMPETITION RULES

HIGH JUMPING KICK

Deduction

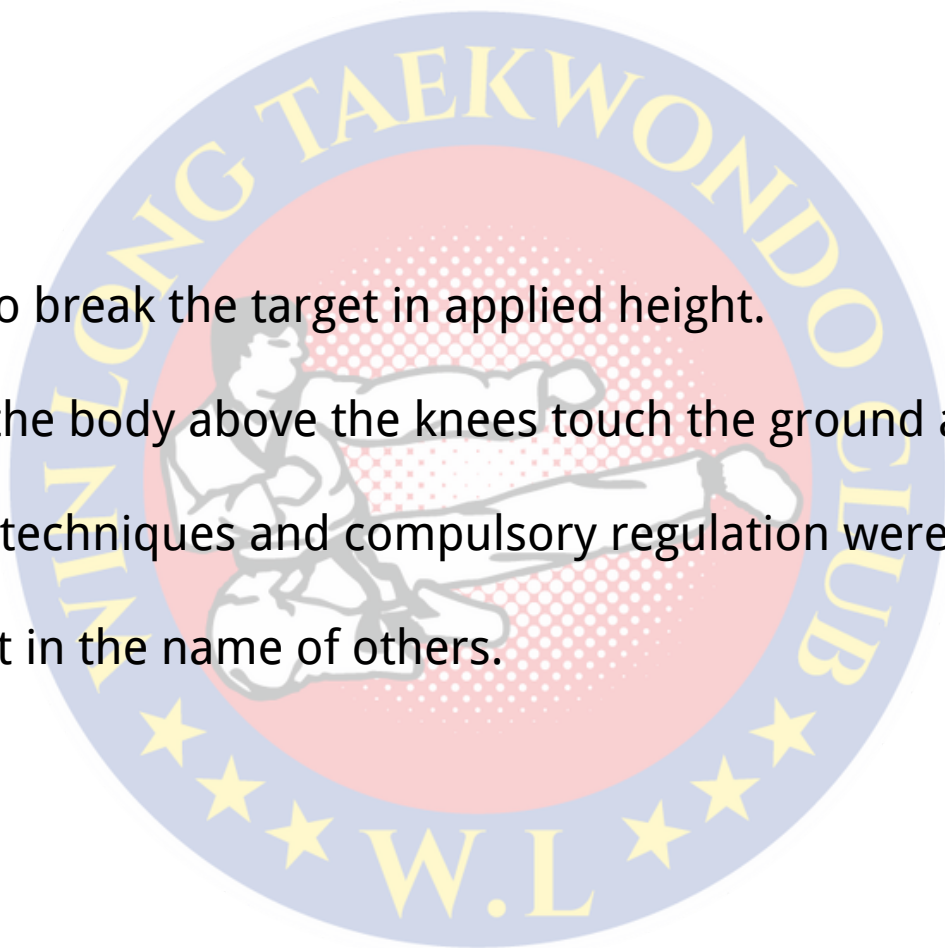
- If the breaking time (20 Secounds) is exceeded, a 0.1 point deduction shall be applied for each 5 seconds ,and a 0.1 Point deduction is equivalent to a 5cm target height.
- Deductions are only given at the round for which the contestant registered the target height.

Disqualification

- When he/she fails to break the target in applied height.
- When any parts of the body above the knees touch the ground after breaking.
- When the breaking techniques and compulsory regulation were violated.
- Entering the contest in the name of others.

Decision of contest

- If a contestant fails in the second or third round, the height that he or she succeeds in the previous round will be marked as his or her highest record.
- If the height is the same between the participant who hand succeeded in the second round and failed in the third round ,then one more opportunity for a round will be given to decide the winner.
- The contestant with the highest record is declared as the winner.
- In Case if a tie,the contestants shall compete with each other once more.In case of a tie again , the contestant with shorter height is declared as the winner.



COMPETITION RULES

POWER BREAKING

This event is a power breaking competition where participants are required to perform a fixed technique. Each participant is allowed only one attempt.

The result will be determined based on the number of boards successfully broken. Participants are expected to break as many boards as possible in a single attempt, and the participant with the highest number of successfully broken boards will be declared the winner.

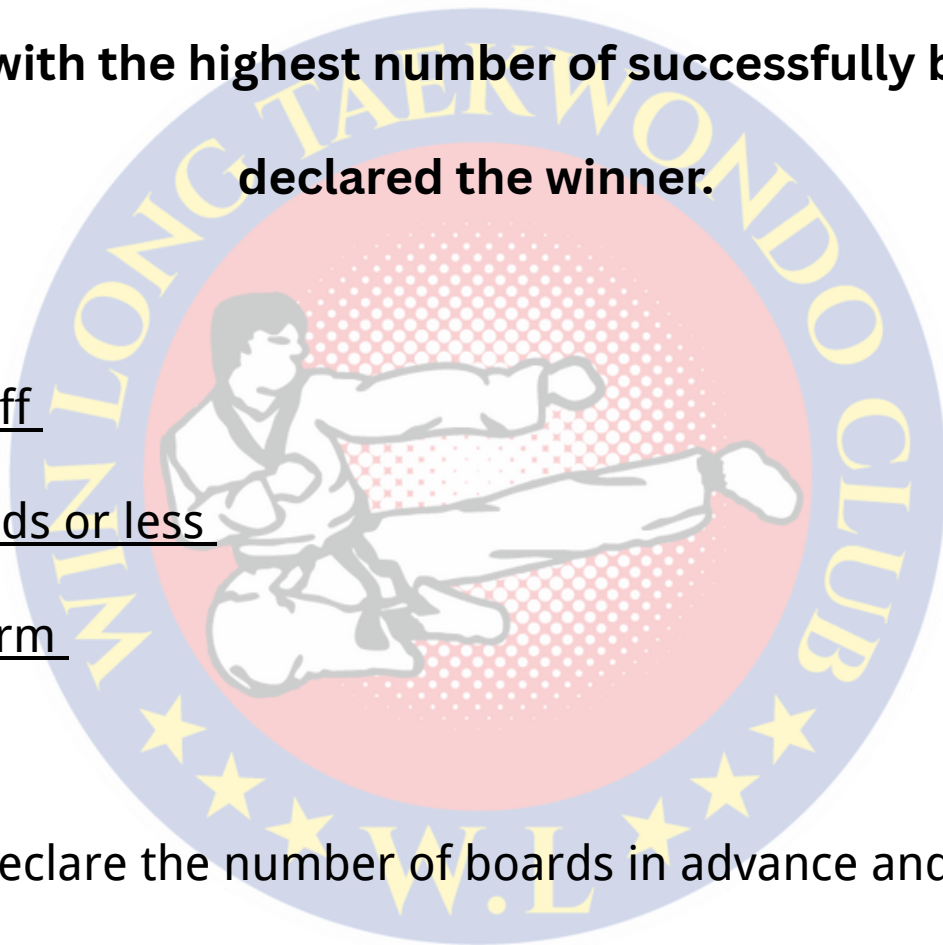
Contest method : Cut-off

Contest time : 20 seconds or less

Attire : Approved Uniform

Compulsory regulation

- Participants must declare the number of boards in advance and request them prior to the event.
- All breaking boards must be provided and approved by the Organizing Committee.
- All participants are allowed only one attempt to perform the breaking, and the result will be determined based on this attempt.
- Participants are allowed to place protective materials provided by the organizer on the boards to prevent injuries. However, no materials are allowed to be worn or wrapped around the hands.



COMPETITION RULES

POWER BREAKING

- In the fist breaking category, only the **hammer fist technique** is permitted. No other techniques are allowed.
- Each participant is allowed only one attempt, which must be completed within 20 seconds after the “Si-Jak” command.
- The setup time for stacking the boards must not exceed 1 minute.
- The board setup and support width must follow the official arrangement and must not be altered.
- Participants must perform the breaking while facing the referee.
- Participants must maintain their position and are not allowed to take any additional steps during execution.

Breaking techniques

- Participants may use a technique that involves lifting the stepping foot off the ground.
- Participants must use the hammer fist technique to break the target.
- Participants may refer to the technique video manual for guidance.

<https://youtu.be/CtErszxyMIY>

Age Category : Male & Female (Individual Only)

- DIVISION A 13-15 years old (Born Between 2011 to 2013)
- DIVISION B 16-18 years old (Born Between 2008 to 2010)
- DIVISION C 19-29 years old - Open category (Born Between 1997 to 2007)

* (Divided by age only, not by belt level)

COMPETITION RULES

POWER BREAKING

Classifications :

CATEGORY	BREAKING TARGET	SIZE (WIDTH*LENGTH*THICKNESS)
DIVISION A	PINE BOARD	30CM*22CM*1.2CM
DIVISION B & C	PINE BOARD	30CM*22CM*2.0CM

Deduction

- Damaging the breaking target by fists during preparation for breaking.
- If the time limit for setting up the breaking targets (1 minute) or performing the breaking (20 seconds) is exceeded, a deduction of 0.1 point will be applied for every 10 seconds. Each 0.1 point deduction is equivalent to one (1) breaking board.
- When the compulsory regulations was violated.
- Penalty points shall be deducted from the participants `s total score.

Disqualification

- If any part of the body above the knees touches the ground after breaking (contact with the knees is allowed).
- If the participant attempts the breaking more than once.
- If the participant performs the breaking in an unfair or improper manner.
- If the participant uses any part other than the hammer fist (e.g., forearm) to perform the breaking.
- Entering the contest in the name of others.

COMPETITION RULES

POWER BREAKING

Decision of contest

- After the breaking attempt, if the Supervising Referee raises no objection, the number of successfully broken boards will be confirmed. If the Supervising Referee raises an objection, a video review will be conducted.
- The winner will be the participant with the highest number of successfully broken boards.
- In the event of a tie, the winner will be the participant who declared a higher number of breaking boards prior to the attempt. After the breaking, officials will inspect each board by lightly tapping it. If the board breaks upon tapping, it will be counted as a valid break.
- If the tie still cannot be resolved, the participant with the lower body weight will be declared the winner. The official weighing scale provided by the Organizing Committee shall be used.

COMPETITION RULES

ALL-ROUND BREAKING

This event is an all-round breaking competition where participants are allowed to freely perform various breaking techniques within a given time limit.

The result will be determined based on overall performance, including execution, difficulty, technique, and variety. The participant with the highest score will be declared the winner.

Contest method : Cut-off

Contest time : 1 minute 10 seconds or less

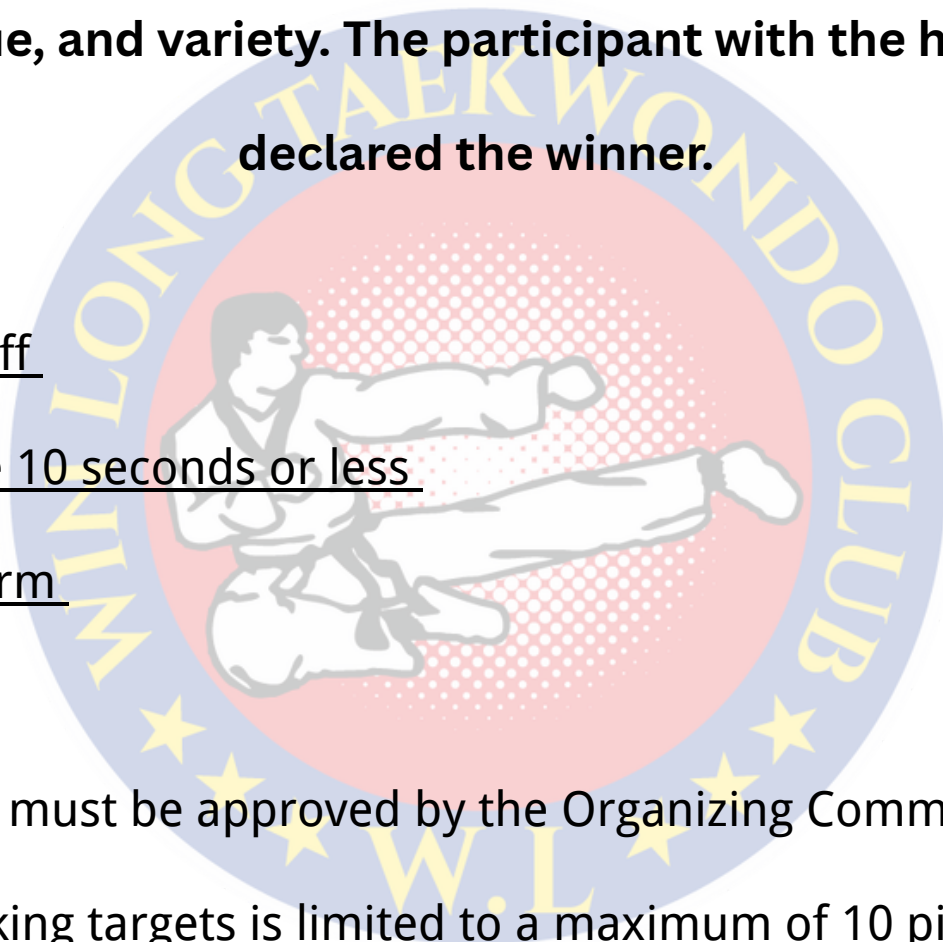
Attire : Approved Uniform

Compulsory regulation

- All breaking targets must be approved by the Organizing Committee.
- The number of breaking targets is limited to a maximum of 10 pieces.
- The number of assistants is limited to a maximum of 15 persons.

Breaking techniques

- Participants may freely select their breaking techniques (reference to sample videos is allowed).
- The setup for breaking may be arranged freely. However, if a participant fails to execute an aerial technique, no reattempt will be allowed.



COMPETITION RULES

ALL-ROUND BREAKING

- Higher difficulty techniques will be awarded higher scores.
- Participants are encouraged to design continuous breaking combinations, including effective coordination with holders and overall flow, to achieve higher scores.
- For the final breaking technique, participants are encouraged to attempt their highest level of difficulty.
- Each participant is allocated 10 boards. Each successfully set and broken board will be awarded 0.1 point. If fewer than 10 boards are used (e.g., only 9 boards), the participant will receive fewer points accordingly.

Age Category : Male & Female (Individual Only)

- DIVISION A 10-12 years old (Born Between 2014 to 2016)
- DIVISION B 13-15 years old (Born Between 2011 to 2013)
- DIVISION C 16-18 years old (Born Between 2008 to 2010)
- DIVISION C 19-29 years old - Open category (Born Between 1997 to 2007)

* (Divided by age only, not by belt level)

Classifications :

NO	CATEGORY	BREAKING TARGET	SIZE (WIDTH*LENGTH*THICKNESS)
1	DIVISION A & B	PINE BOARD	30CM*22CM*0.6CM
2	DIVISION C & D	PINE BOARD	30CM*22CM*0.9CM

COMPETITION RULES

ALL-ROUND BREAKING

Deduction

- Interfering with referees or staff during the competition will result in a deduction of 0.5 points.
- Exceeding the time limit will result in a deduction of 0.3 points for every 5 seconds.
- If only the hand touches the ground, a deduction of 0.3 points will be applied. If only the knees touch the ground, a deduction of 0.3 points will be applied. If both the hand and knees touch the ground simultaneously, it will be considered a fall, and a deduction of 0.5 points will be applied.
- If an assistant contributes to breaking the target, a deduction of 0.3 points will be applied.
- If the number of assistants exceeds the permitted limit, a deduction of 0.5 points will be applied for each additional assistant.

Disqualification

- Entering the competition under another person's name is strictly prohibited.
- Using breaking targets other than those provided or approved by the Organizing Committee, or attempting to manipulate the targets to make them easier to break, is strictly prohibited.

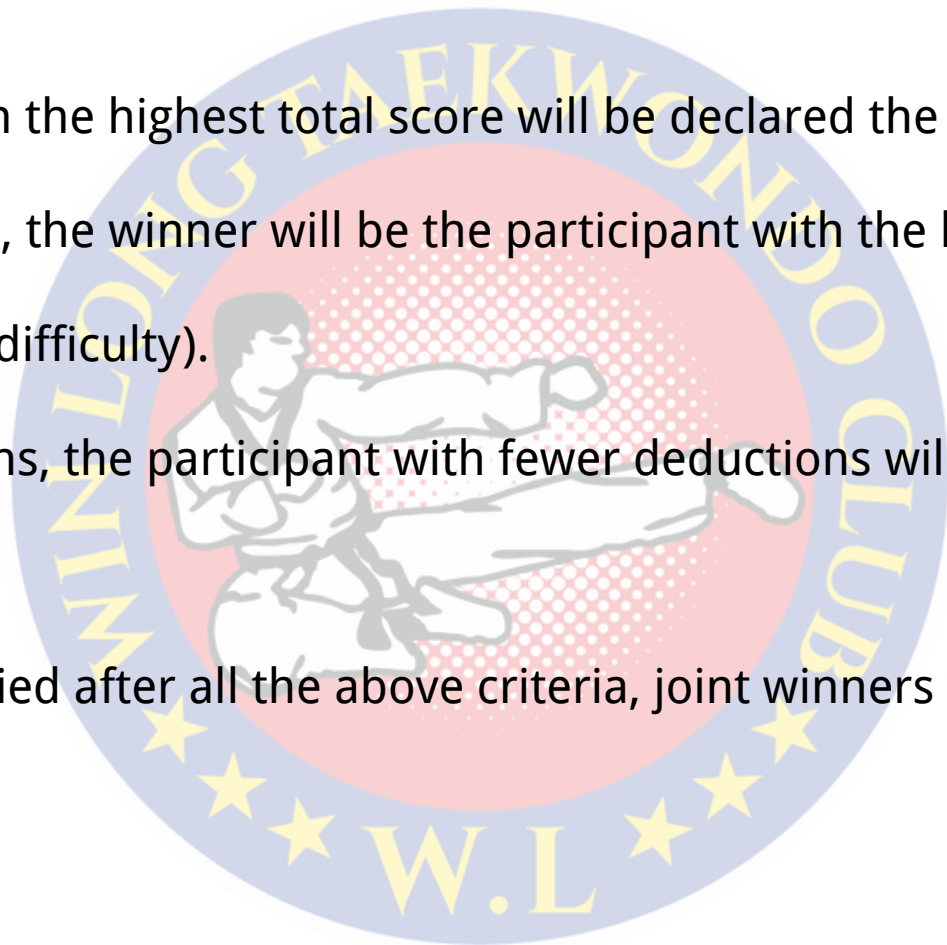
COMPETITION RULES

ALL-ROUND BREAKING

- Performing unsafe or dangerous techniques that may cause injury will result in disqualification.
- Failure to follow the instructions of referees or officials may result in disqualification.

Decision of contest

- The participant with the highest total score will be declared the winner.
- In the event of a tie, the winner will be the participant with the higher score in the final technique (highest difficulty).
- If the tie still remains, the participant with fewer deductions will be declared the winner.
- If the result is still tied after all the above criteria, joint winners will be declared.



PARTICIPANT REGISTRATION FORM

TO :
THE ORGANIZING CHAIRMAN
WIN LONG TAEKWONDO MARTIAL ART & TEAM DEMO
INVITATIONAL CHAMPIONSHIP 2026

DEAR SIR/MADAM ,

I, _____ hereby give permission for my
son/daughter/ward, _____ to participate in the **WIN LONG**
TAEKWONDO MARTIAL ART & TEAM DEMO INVITATIONAL CHAMPIONSHIP
2026, to be held on 06-07 June 2026 at City Square JB.

Name : _____ **Date of Birth :** _____
I/C No : _____ **Grade/Dan :** _____
Club : _____ **School :** _____
Address : _____
_____ **Gender : Male / Female**

EVENT CATEGORY (PLEASE CIRCLE THE EVENT AGE)

TEAM DEMONSTRATION : 7-12 / 13-18

HIGH JUMPING KICK : 9-10 / 11-12 / 13-15 / 16-18 Target Height (1st Round) : _____

POWER BREAKING : 13-15 / 16-18 / 19-29

ALL-ROUND BREAKING : 10-12 / 13-15 / 16-18 / 19-29

I acknowledge and understand that participation in the **WIN LONG TAEKWONDO**
MARTIAL ART & TEAM DEMO INVITATIONAL CHAMPIONSHIP 2026 involves inherent
risks, including but not limited to physical injury, and I voluntarily assume full
responsibility for such risks.

I hereby give my consent for my son/daughter/ward to participate in the event and confirm
that he/she is physically fit and in good health to take part in the competition.

In the event of any injury or emergency, I authorize the Organizing Committee to seek and
administer medical treatment deemed necessary. All related medical expenses shall be
borne by me.

I hereby waive, release, and discharge Win Long Taekwondo Club, Taekwondo Malaysia,
the sponsors, the Organizing Committee, and all associated officials, coaches,
representatives, and participants from any and all claims, liabilities, damages, or causes
of action arising from participation in this event.

I confirm that I have read, understood, and agreed to all the above terms and conditions.

Signature of Parent / Guardian

Name : _____

IC No : _____

Contact No : _____

Signature of Instructor

Name : _____

Club : _____

Contact No : _____