

Most Push Ups

Competition Format

The competition will be organised as a sequential style of competition. One competitor will perform the push-ups at a time. One referee will count the number of correct push-ups, the other referee will issue penalty tags. At the end of the competition the competitor who completes the most push-ups is the winner. In the result of a tie, the tied competitors will repeat their push-ups until a winner is decided.

Push-Ups

- The push-ups must be done on hands (palm or knuckles) and toes.
- The push-ups will be done over a competition matt edging line (green and gold size)
- A correct push-up is completed when the competitor commencing from the upper starting position lowers their body so that the knot of the belt and chin touch the line at the same time and returns to the full starting position.
- If a competitor performs a push-up without touching the line, this will count as 0 push-ups.

Penalties

One judge will be responsible for the issuing of penalty tags based on the following criteria. When a total of 2 penalty flags have been issued then the competitors turn is considered complete.

1 penalty tag will be issued if:

- The knees touch the ground
- The competitor rests their body on the line
- The elbows come out from the side of the body
- The competitor pauses for 10 seconds at the top of the push-up

2 penalty tags will be issued if:

- The competitor collapses
- The competitor demonstrates poor etiquette (i.e. yelling inappropriately in order to execute more effort. Note: The use of kiai's is considered appropriate). Excessive examples of poor etiquette will result in a score of 0 push-ups.

8 Block Combination

Competition Format

The competition will be organised in a knock-out style of competition with three judges. Two competitors will perform at the same time, facing towards the judges. The head judge will call hajime and the competitors will perform the 8 block combination. At the end of the combination, the judges will decide a winner. If the judges are tied then the same competitors will repeat the combination, at the end of which the judges must decide a winner. The competitor with the most votes progresses to the next round of the competition.

Combination

1. Left hand Jodan Uke
2. Right hand Jodan Uke
3. Left hand Chudan Soto Uke
4. Right hand Chudan Soto Uke
5. Left hand Chudan Uchi Uke
6. Right hand Chudan Uchi Uke
7. Left hand Gedan Barai
8. Right hand Gedan Barai (Kiai on last technique)

Judging Criteria

- Speed
- Spirit (kiai)
- Focused power (kime)
- Correct fist (seiken)
- Correct preparation – hand/arms in correct position to start the technique
- Correct path – arms moving through the correct path of the block
- Correct end position – height and centre line (seichusen)
- Unshakable eye focus (metsuke)
- Correct posture – back straight & shoulders down (shisei)
- Correct & strong stance (uchi hachi dachi, with shime)
- Pull-back – strong, correct timing and finishing in the correct place (hikite)