



ICO PAD BLAST RULES

ICO PAD BLAST IS A PAD DRILL COMPETITION COMPETED IN PAIRS!

IE: 2 x students = 1 x holder and 1 x striker.

Or

1 x coach and 1 x student = coach holding pads and student striking.

They will be separate divisions as a coach would have a clear advantage over a student holding pads!

Type of pads used

Focus Mitts

Thai pads

Belly pads may be added to the above.

What can be used = Hands / feet / knee / elbow / kicks

Just hands can be used or any combination of the above

How display is scored

Pad holder = positioning of pads / height/ angle

Movement of pads / meeting strikers' technique

Voice / clear precise instructions / motivation

Movement / footwork / non static unless using body weight, movement must be incorporated into session.

Testing defence.

Striker = good clean technique / power / speed/ accuracy / timing / footwork / defence

Both = synchronization (working in time as a pair)

Scoring drill

Judges will score similar to Forms with the lowest score being 8.0 and the highest score that can be attained being 8.9. So, for example, judge 1 scores 8.5 judge 2 8.6 judge 3 8.4 then those will be added up to tally final score.

Scoring range 8.0 to 8.9 max

In the event of a draw in points drawing pairs will go again and judges will award the winner by show of hands.

How you can lose points!

Missing pads, pausing (forgot drill), poor technique, poor footwork (balance), poor speed and power, poor defence, wrong combo to holder's call, poor synchronization (working in time as a pair).

Multiple pauses or forgetting drill will result in all judges awarding the lowest 8.0 score!

Time of drill

Minimum x 1 min / Maximum 1.5 min routine

Pads and kit for drill

Must be provided by team, be in good order and include own bag gloves and hand wraps!