

## **Legal Techniques**

Allowable techniques include:

1. All kicks (except axe kick).
2. All closed hand techniques.
3. All open hand techniques that use the side or palm heel of the hand as the weapon.
4. Sweeps to the non-supporting leg (front & rear).
5. Grabbing of opponents kicking leg for one (1) second if followed immediately with a counter attack (grabbing techniques cannot move the opponents stationary leg).

### **Penalty**

A competitor using an illegal technique shall be subject to all penalties.