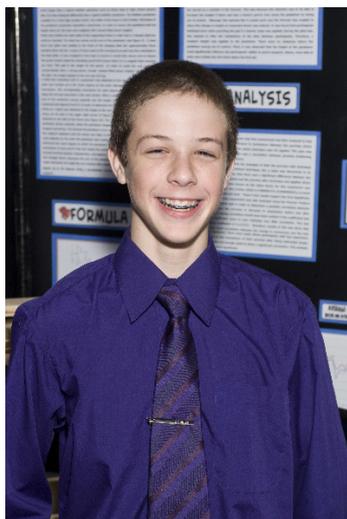


# CWSF 2010 - Peterborough, Ontario



## Robert Barrett

### Knock Out: Momentum of a Kick Boxers Punch

**Division:** Physical & Mathematical Sciences

**Category:** Intermediate

**Region:** Cape Breton

**City:** Sydney, NS

**School:** Riverview High School

**Abstract:** An adaptation of ballistic pendulum that could withstand and measure the momentum of kick boxers' punches was developed and built. This instrument was used to conduct an experiment to determine the degree to which proper technique instruction increases the momentum of kick boxers' punches. Participants with various knowledge of kickboxing were tested.

#### Biography

My name is Robert Barrett and I am a grade ten French immersion student at Riverview High School in Sydney, Nova Scotia. I am a member of the school cross country running team. I am also a member of a local soccer team. I love down hill skiing. I am a member of the Sydney School of Kickboxing and that is where my idea for my science fair project came from. I also have an interest in outdoors and wilderness survival. Each summer I volunteer at the Fortress of Louisbourg and I have a keen interest in history and archeology. I plan to study science and find a career that will let me tie my interests in science and archeological history. Awards I have received for my science project include at regional level: the NSERC Award, the Engineers Nova Scotia Award, the Gold Medal for my division and the Best in Fair award. I was awarded first place in my division at my school. I have been invited to speak to a local technology organization about my project. I am involved in a local youth movement and I also participated in a provincial student association conference that promotes leadership.

#### Awards

#### Value

The University of Western Ontario Scholarship Silver Medallist - \$2000 Entrance Scholarship Sponsor: University of Western Ontario	\$2 000
Silver Medal - Physical & Mathematical Sciences - Intermediate Sponsor: Encana Corporation	\$700
Total	\$2 700