

Board Breaking Competition

Competitors are required to perform a breaking technique that is either a Power Hand Break or a Three Direction Break:

A power hand break consists of breaking a stack of boards using an accepted Taekwondo hand technique.

A three direction break consists of performing breaks in three directions (e.g., three sides of a box). One hand technique and two kicking techniques must be used.

Competition Divisions:

BREAKING TYPE	DIVISION	MINIMUM NUMBER OF BOARDS BY AGE
Power Hand Breaking	Beginner: White, Yellow, Orange	10 years and under: minimum 2 small boards
	Intermediate: Purple, Green, Blue	11 - 14 years: minimum 3 medium boards
	Advanced: Brown, Red	15 years and older: minimum 3 large boards
	Black Belt	
Three Direction Breaking	Beginner: White, Yellow, Orange	10 years and under: minimum 1 small board in each direction
	Intermediate: Purple, Green, Blue	11 - 14 years: minimum 1 medium board in each direction
	Advanced: Brown, Red	15 years and older: minimum 1 large board in each direction
	Black Belt	

Rules for Breaking:

Competitors may not use a head strike for breaking. Any other Taekwondo technique may be used.

Competitors must use at least the minimum number of boards as defined by their age.

Competitors must provide their own board holders.

Competitors and helpers will clean up all boards, broken boards and wood fragments.

No props such as chairs, trampolines, tables, etc. may be used.

Boards may be placed on cinder blocks for breaking. This is allowed for Power Hand Breaking and may also be used for the hand technique in a Three Direction Break.

A Three Direction Break must include one hand technique and two kicking techniques.

Any breaking performance must be confined to the competition ring including any running starts.

Boards must be purchased at the tournament. Under no circumstance will competitors bring their own boards.

BOARD SIZE	SMALL	MEDIUM	LARGE
Cost Per Board	\$2	\$2.50	\$3

Scoring:

One point will be awarded for each board broken.

Scoring adjustments will be made as follows.

- **Plus 2 points** for each turning jump kick technique.
- **Plus 1 point** for each turning (not jumping) kick technique.
- **Minus 0.5 points** for each time the competition ring boundary is crossed by the competitor or board holder.
- **Minus 0.5 points** for each second attempt on a break.
- **Minus 1 point** for each third attempt on a break.

In the case of a tie score the referee panel will choose a winner using the following criteria.

- Level of difficulty of the breaking technique.
- Demonstration of Taekwondo skill and presentation

Awards:

Medal will be awarded to all participants 11 and under.

For participants 12 and up: Only 1st, 2nd, and Two 3rd place winners in each division will be awarded trophies.