



Board Breaking

The board breaking category is designed for all color belts competitors from ages 10 to adults (18+). This category will be divided by Age, Rank, Gender, and Weight. Competitors will be awarded a small trophy for 1st, 2nd and 3rd place based on who obtained the maximum number of points.

The competitor can measure only once (touching the board is permitted) and when it is ready, the competitor should obtain a Guarding Block stance. From that moment the competitor has only **5 seconds** to initiate the breaking. After the competitor executes the technique, only the boards **fully broken** will be counted. After the technique is executed, the competitor should obtain a Guarding Block stance to indicate the end of the breaking (there will be no disqualification if the competitor forgets to obtain Guarding Block). At that moment, the score will be added depending on how many boards were fully broken.

Competitors up to **13 years old** are allowed to have their coach to assist with: selection of boards, placement of board and height. After the height of the board is selected it cannot be changed. **After this, the coach needs to withdraw from the ring.** The coach is not allowed to explain or show the technique to the competitor while adjusting or placing the boards for the competitor. **Competitors will be disqualified if the coach stays in the board ring area.**

Each board will award points based on their colors:

Yellow = 1 points

Green = 2 Points

Brown = 3 Points

Black = 5 Points

- In order to move to the next technique or round, **all boards need to fully break.**
- If there is no break, the competitor will not be able to move to the next technique or round.
- In the event of a **tie** (no boards broken in a round), an extra 1 round (max 4 rounds), will be allowed to declare the winner(s). If at the end of the 4th round there is still a tie, **2 first places will be awarded.**
- If the target area is completely missed, a **second chance** will be given to the competitor.



The competitor must break the board using one **hand technique** (Knife Hand Strike or Reverse Knife Hand Strike) and one **foot technique** (Side Kick, Back Side Kick or Step Behind Side Kick). The boards will be chosen by the competitor and the coach. A maximum of 30 seconds per selection will be allowed.

The competitor that does not break the boards on any of the rounds is out.

Rounds	Technique	Board Count
First Round	Hand Technique	1 board
	Kick Techniques	2 boards
Second Round	Hand Technique	2 boards
	Kick Techniques	3 boards
Third Round	Hand Technique	3 boards
	Kick Techniques	4 boards