



Power Breaking

The power breaking category is designed for Black Belts that are 18 years old and older and to demonstrate power and accuracy. This category will follow the same rules as the International Taekwon-Do Federation but adapted for an Open Tournament. This category will be divided by Age and Gender. Competitors will be awarded cash money for those who obtained the maximum number of points in the finals.

- \$100 for First Place
 - \$50 for Second Place
 - \$25 for Third Place
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- A. In power breaking is permitted to step forward, to slide, skip and or jump. However, the Guarding Block **must** be adopted before and after each attempt to break the boards or the competitor will confront disqualification.
 - B. A total of one (1) minute is allowed to set the correct height for the power breaking.
 - C. Each attempt must include one (1) prejudgment of distance followed by the attempt to break the boards.
 - D. The breaking will be judged based on Balance, Posture, Technique and Breaking. Failure on any of these categories the competitor will receive zero (0) points.
 - E. After the execution of the technique, each board will be examined before each attempt.
 - F. Each separated board will count as three (3) points and each bent board will count as one (1) point.
 - G. The three (3) highest scores will set 1st, 2nd and 3rd place. Only in the event that two competitors tie with the same points, there will be two (2) 3rd place.
 - H. Competitors that did not score any points at their first attempt during the match will not be allowed to continue the power breaking competition to determine any place and will not receive any medal.

The following techniques and boards will be allowed at the event. Each competitor must make one (1) hand technique and one (1) foot technique from the list, chosen by the center judge.

Techniques	Age/Gender	Boards Hand	Boards Foot
-Frontfist Punch -Side Kick -Reverse Knife Hand Strike -Turning Kick -Knife Hand Strike -Back Side Kick	Male 18 to 45 years old	2	3
	Male 46 and older	1	2
-Knife Hand Strike -Turning Kick -Side Kick	Female 18 to 45 years old	2	2
	Female 46 and older	1	2



Procedure

1. **ADJUST** - Verbally indicate the height of the board holder (Do Not Touch the Boards or the Machine)
2. **MEASURE** - Make one (1) mandatory measurement for distance. A measure is defined as the extension of any attacking tool towards the boards (without touching the boards). Prepare with a Guarding Block prior to break.
3. **EXECUTE** - Break the boards making a Guarding Block immediately after break.