

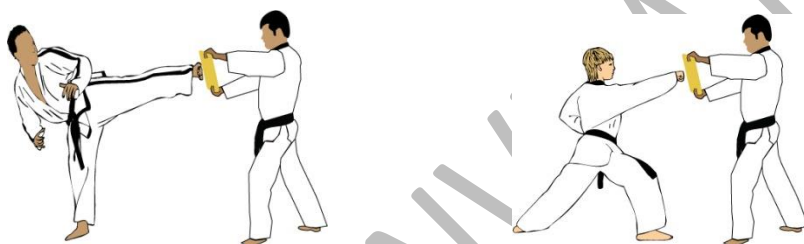
Board Breaking Guidelines and Rules:

Rules for board breaking are as follows:

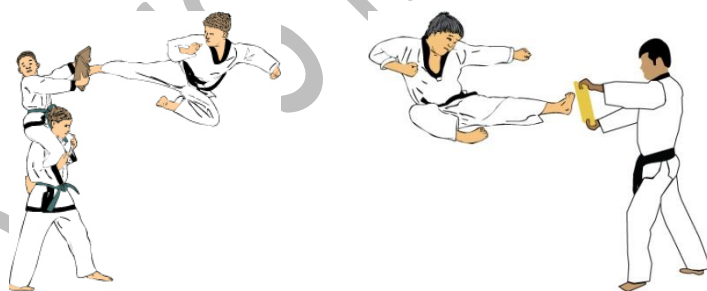
- Points will be awarded on the same 10 point system as used for patterns (kata, forms, tul, etc.)
- Number of attempts will also be factored in to the scoring. For example: If 2 people do the exact same break, but one completes it in 1 attempt and the other completes it in 2 attempts, the competitor that does it in 1 attempt will be declared the winner.
- Number of attempts will be recorded by the scorekeepers.
- **WOOD ONLY – ONE STATION (MULTIPLE BREAKS MUST BE DONE AT SAME TIME WITH NO PAUSES).**

Board breaking is sometimes open to interpretation as to what board breaks score better versus others. Here is a basic guideline of how board breaks rank based on degree of difficulty in order:

- **Standard breaks:** basic kick or hand technique in a stationary position such as a basic front kick, side kick, or downward (Axe) kick held by 1 or 2 holders. Hand techniques could be a punch or palm heel strike. These are just basic examples. The more boards added the more difficult it becomes thus scoring better.



- **Jumping breaks:** standard kicks with a jump added such as a jumping front kick, flying side kick, or jumping back kick held by 1 or 2 holders. Jumping kicks usually score higher than standard kicks.



- **Suspended breaks:** these are kicks or strikes that are held very loosely without the support of multiple anchor points. In the previous diagrams the holders use 2 hands, sometimes 4 if more than one holder is being used, providing the maximum resistance. Suspended techniques rely mostly on speed to break the board virtually “suspended” in air with the least amount of support from the holder. These techniques usually score better than standard or jumping techniques.
- **Additional Variables:** Other items to consider are number of boards broken or any combination of types of breaks previously listed. For example, someone may do a break that is a flying, suspended sidekick. This degree of difficulty would score better than a traditional flying side kick due to the nature of it being “suspended”. Another example that is needed to be considered is number of boards. If someone does a stepping side kick through 7 boards it would obviously score better than someone doing a jumping side kick through 1 board simply because of the power needed. Here is an example of a standard break outweighing a jumping break. At the end of the day you must look at all variables and use your discretion when scoring the break.