

SPEED BOARD BREAKING

Speed Board Breaking - 3 Person team

1. 3- Person team: each competitor will be allowed 2 assistants (one holder and one supplier) for a total of 3 people. The supplier will supply boards to holder, the holder will hold for the breaker and the breaker will break.
2. Techniques: All techniques are allowed. Competitor may use **any** strike to break.
3. Stations: only one station is permitted, but the holder may hold more than one board at a time. Competitors will be required to ensure the safety of fellow competitors and spectators as outlined in "General: Safety".
4. Time limits: Competitors will have a maximum of 3 minutes to set up, break, and clean up the area. A deduction of 1 board will be taken off the competitor's total break for every 15 seconds over the allotted time. Deductions will begin after the 3- minute mark.
5. Breaking Time Limit: The competitor will have 10 seconds to break as many boards as possible. Time starts when the competitor signals he/she is ready. The 10- second breaking time is part of the overall 3-minute time limit.
6. Judging: Judges will count boards broken to determine the winner.
7. Ties: In the event of a tie, percentage broken or a 5-second break-off, at the judges' discretion will decide the winner. An example of percentage broken: Competitor "A" breaks 10 of 10; Competitor "B" breaks 10 out of 12. Competitor "A" broke at 100%; Competitor "B" broke at 83%. Competitor "A" is the winner.

SPEED BOARD BREAKING – OPEN HAND/FREE STADING

1. Techniques: Open hand techniques **ONLY**
2. Stations and Assistants: Competitors may set up as many boards as they wish. The competitor may have up to 3 assistants to help in set up. The competitor will set up the board freestanding with no holders. Space between the boards will be allowed. Competitors will be required to ensure the safety of the fellow competitors and spectators as outlined in "General: Safety".
3. Attempts: Competitors will have 3 attempts to break the most boards. The attempt with the most boards broken will be used as the final score.
4. Time limits: Competitor will have a maximum of 3 minutes to set up, break, and clean up the area. A deduction of 1 board will be taken off the competitor's best attempt for every 15 seconds over the allotted time. Deductions will begin after the 3- minute mark.
5. Judging: Judges will count boards broken to determine the winner.
6. Ties: in the event of a tie, the winner will be decided by the percentage broken. An example of percentage broken: Competitor "A" breaks 10 out of 10; competitor "B" breaks 10 out of 12. Competitor "A" broke at 100%; Competitor "B" broke at 83%. Competitor "A" is the winner. In the event that

this does not break the tie, the winner will be the competitor who broke the most boards in their second best attempt. If there is still a tie, the winner will be determined by the total number broken in all 3 attempts.

POWER BOARD BREAKING

1. Competitors **MUST** use Carpenter pencil (or equal in size) as spacers.
2. Techniques: **NO JUMPING!** Hand techniques only (palm, punch, knife-hand or chop, hammer fist, etc.). Techniques must be a downward strike. **NO JUMPING!**
3. Stations: One station will be used. Boards will be set on a lock base. Competitors may set up as many boards as they wish. Competitors will be required to ensure the safety of the fellow competitors and spectators as outlined in "General Safety".
4. One Strike Only! Competitors have one attempt to break the boards.
5. Time Limits: Competitors will have a maximum of 5 minutes to set up, break, and to clean up the area. Time starts when the competitor signals he/she is ready. A deduction of 1 board will be taken off the competitor's total break for every 15 seconds over the allotted time. Deductions will begin after the 5 minutes mark.
6. Judging: Judges will count the number of boards broken to determine the winner. The competitor who breaks the most (or, in the event of a tie, has the highest percentage broken) is the winner.
7. Ties: in the event of a tie, the winner will be decided by the highest percentage broken. Example: Competitor "A" breaks 10 out of 10; Competitor "B" breaks 10 out of 12. Competitor "A" broke 100%; Competitor "B" broke 83%. Competitor "A" is the winner.

POWER CONCRETE BREAKING

1. Competitors **MUST** use Carpenter pencil (or equal in size) as spacers.
2. Techniques: **NO JUMPING!** Hand techniques only (palm, punch, knife-hand or chop, hammer fist, etc.). Techniques must be a downward strike. **NO JUMPING!**
3. Stations: One station will be used. Bricks will be set on a block base. Competitors may set up as many bricks as they wish. Competitors will be required to ensure the safety of the fellow competitors and spectators as outlined in "General Safety".
3. One Strike Only! Competitors have one attempt to break the bricks.
4. Time Limits: Competitors will have a maximum of 8 minutes to set up, break, and to clean up the area. Time starts when the competitor signals he/she is ready. A deduction of ½ a brick will be taken off the competitor's total break for every 15 seconds over the allotted time. Deductions will begin after the 8 minutes mark.

5. Judging: Judges will count the number of bricks broken to determine the winner. The competitor who breaks the most (or, in the event of a tie, has the highest percentage broken) is the winner.
6. Ties: in the event of a tie, the winner will be decided by the highest percentage broken. Example: Competitor "A" breaks 10 out of 10; Competitor "B" breaks 10 out of 12. Competitor "A" broke 100%; Competitor "B" broke 83%. Competitor "A" is the winner.

CREATIVE MULTI-DIRECTION BREAKING- BOARDS ONLY

1. Techniques: all techniques are allowed. Competitors may use any strike or kick to break.
2. Stations: The competitor may set up a maximum of five stations. A station may be free standing, set on stands, or held by assistants. Competitors will be responsible for all materials required to set up their stations. Competitors will also be required to ensure the safety of fellow competitors and spectators as outlined in "General Safety".
3. Time Limits: Competitors will have a maximum of 3 minutes to set-up, break, and clean up the area. A deduction of 0.25 point will be taken off the competitor's final score for every 15 seconds over the allotted time. Deductions will begin after the 3 minute-mark.
4. One Strike Only! Competitor has one attempt to break the materials at each station as presented to the judges. A missed break will result in a reduction in score.
5. Judging: Competitor will be judged on difficulty, creativity, focus, expression, and completion of breaks.
6. Ties: in event of a tie, the winner will be decided by the inclusion of low and high scores, a 1-station break off, or judges' decision.

CREATIVE OPEN BREAKING- ANY MATERIALS, NO FIRE

1. Materials: Any materials can be used except fire breaks. Examples of materials are cement blocks, wood boards, concrete, wood poles, bricks, metal, etc. Creativity of materials used, props, and techniques will increase a competitor's score. Music is allowed, but competitors will be responsible for music.
2. Props: Props may be used. Glass may be used as a prop, such as a bed of glass, as long as it contained and not broken on-site.
3. Techniques: All techniques are allowed. Competitors may use ANY strike to break.
4. Stations: The competitors may set up a maximum of 10 stations. A station may be free standing, set on stands, or held by assistants. Competitors will be responsible for all materials required to set up their stations. Competitors will also be required to ensure the safety of the fellow competitors and spectators as outlined in "General Safety".

5. Time Limits: Competitors will have a maximum of 6 minutes to set-up, break, and clean up the area. A deduction of .1 point will be taken off the competitor's final score for every 15 seconds over the allotted time. Deductions will begin after the 6 minutes mark.
6. Judging: Competitors will be judged on difficulty, creativity, focus, and completion of breaks.
7. Ties: In the event of a tie, the winner will be decided by the inclusion of low and high scores, a 1-station break-off, or a show of hands at the judges' discretion.

TRADITIONAL BREAKING

1. All Competitors MUST pre-register.
2. Materials, spacers, and bricks will be provided at the Tournament. Supplies will cost \$30 per competitor.
3. Techniques: **NO JUMPING!** Hand techniques ONLY (palm, punch, hammer fist, and knife hand). **NO JUMPING!** Techniques must be a downward strike.
4. Station: one station is set up of 10 bricks
5. Competitors will have only ONE strike to break best out of 10.
6. Time Limit: Each competitor has 1 minute to perform the strike.

CI BREAKING

Most Martial Arts teach some form of internal power commonly identified by different terminology such as "CI", "KI", "MANA HA", etc. It is the proper balance of technique and the use of this internal power that will allow the participant to properly execute the breaking technique, that is, to simulate the use of minimal force to render the maximum damage.

For any additional information please contact

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