



Taekwondo – Breaking & Self Defence Event Information

TECHNICAL BREAKING

Divisions: Age as listed on the website

Gender: Male & Female

Belt Level: Blue, Red & Black Belt only (per website)

IMPORTANT INFORMATION

- Divisions are age only, not separated on belt level.
- Two attempts per board
- No points awarded if the board does not break.
- No padding is to be worn on hands or feet.
- Boards cannot be doubled up.
- Perform a different technique for each break.
- Where possible, please provide your own holders.
- Number of boards must be entered at the time of online registration.
- There is no limit to the number of boards, however only 5 techniques can be performed.

KICK TECHNIQUE	POINTS	HAND TECHNIQUE	POINTS
Standing Kick	5	Hammer Fist	5
Sliding/Skip Kick	6	Knife Hand	5
Jumping Kick	7	Palm Heel	5
Turning Kick	7	Elbow Strike	6
Jump Turn Kick on the spot	8	Standard Punch	7
Slide forward with a Turn Kick	9	Back Fist	8
Jumping Forward with a Turn Kick	10	Reverse Knife	9
Jump & Kick (both feet at the same time on multiple targets)	10	Double Strike (both hands at the same time on multiple targets)	10

POWER BREAKING

Divisions: Age as listed on the website

Gender: Male & Female

Belt Level: Red & Black Belts only (per website)

Techniques permitted: fist, palm heel or knife

Boards: all boards will be 19mm thick x 290mm by 290mm for both Male and Female

IMPORTANT INFORMATION

- Number of Boards must be entered and paid for at the time of online registration.
- Cut off method and the athlete with the highest total score will be declared the winner, the score will be the total number of boards broken less any penalties.

Technique Rules

- Only one attempt to break is permitted, and one foot must remain in contact with the ground at all times.
- Males may choose to break with a closed fist (punch) or a knife hand, Females must break with an open hand technique (palm heel or knife hand).
- Breaking will be performed on a provided Power Breaking Stand, and athletes will have a maximum of 20 seconds to perform their break after the command to start.
- Athletes may use the application techniques with is to lift the front stepping foot off the ground.
- Time to stack the boards must not exceed one minute, and the width of the breaking target cannot be adjusted randomly.
- No Padding is to be worn on hands, protective material may be placed on the breaking target and will be provided by the organising committee (to prevent injury and cuts).
- Parts of the hand used for breaking techniques:
 - Fist breaking must be performed with the front two knuckles in a closed fist
 - Open palm breaking must be performed with the lower palm of the open hand (the Palm Heel).
 - Knife hand breaking must be performed with the section between the side of the first knuckle of the little finger and the side of the wrist – no part of the fingers or wrist can touch the board at the point of breaking contact.
- Each broken board will score +1 Point

Penalties – Warnings, Deductions and Disqualifications

- Penalties are given by the referees and are warnings, deductions and disqualifications, and will be deducted from the total breaking score.
- One Warning Penalty is 0.5 deduction
- Two Warning Penalty is 1.0 deduction
- Warnings and deductions (unless stated each of the below infringement will be a warning equal to 0.5 – point deduction)
- Deliberate verbal attacks or movements, disturbing another contestant's routine
- Interfering with the judges or officials during the contest
- Damaging the breaking target before completing the break

- Repeating any of the above warnings can result in a deduction penalty, and can give a 1.0 point deduction if any of the above are committed deliberately.
- Exceeding the time limit to set up the board will result in a 0.5 point deduction per 5 second interval exceeded
- A 1.0 point deduction will be given if there is a clear violation of any of the regulations.

Disqualification

- When any part of the body above the knee touches the ground after breaking (Knee on the ground is acceptable)
- Breaking has been attempted twice
- If the wrist has been used when performing knife hand and palm strike break
- If a half clenched fist or hammer fist has been used when performing a fist break
- If breaking is conducted in an unfair manner

Declaration of Winner

- The winner will be athlete who scores the highest total score from the number of boards broken less any deductions
- In the event of a tie after the deduction of points, the winner will be the athlete who requested and attempted to break more boards
- If the above methods are unable to determine the winner, the winner will be the athlete who weighs less, a weigh in will need to be performed under Kyorugi competition standards

SELF DEFENCE

IMPORTANT INFORMATION

- Self Defence refers to defending against an attacker with bare hands and foot for striking, kicking, punching, thrusting, locking, grabbing, and, throwing
- Competition method is cut-off
- Contestants should note the following requirements:
 1. Theme of self defence can be chosen freely
 2. Use of sound effects is not allowed
 3. Expressing the divided movements is not allowed
 4. The routine must not be comical
 5. Exaggerated movements and overuse of violence are not allowed
 6. Items used in the presentation do not impact the scoring