

Power Breaking

Power Breaking Rules

1 Divisions

A. Hand Techniques (In order of difficulty)

- 1pt. **Palm Heel Strike** (Sonbadak Taerigi)
- 2 pt. **Forefist Punch** (Ap Joomuk Jirugi)
- 3 pt. **Knifehand Strike** (Sonkal Taerigi)
- 4 pt. **Backfist Strike** (Dung Joomuk Taerigi)
- 5 pt. **Spearhand** (Sun Sonkut) *Black Belt only*



B. Foot Techniques (In order of difficulty)

- 1 pt. **Side Kick** (Yop Chagi)
- 2 pt. **Back Kick** (Dwit Chagi)
- 3 pt. **Turning Kick** (Dollyo Chagi)
- 4 pt. **Axe Kick / Downward Kick** (Naeryo Chagi)
- 5 pt. **Reverse Turning Kick** (Bandaed Dollyo Chagi)

C. Specialty / Optional (BB Divisions)

- 1pt. Flying Side Kick
- 2 pt. Flying Turning Kick
- 3 pt. Jump Back Kick

Tournament may run **Hand, Foot, and Specialty Grand Champion.**

2 Board Specifications (each competitor will purchase boards from the tournament to be set at cost, of \$3.50 ea. board, tie breakers will be covered by the tournament hosts)

Material

- #2 Pine
- No re-breaks, spacers, or pre-cracks

Dimensions

Power Breaking

- 12" x 12" x 1" (approx. 30 x 30 x 2.5 cm)

Youth / Color Belt Option

- 10" x 10" x 1"
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3 Number of Boards (Miniums)

COLOR BELTS		
RANK	HAND	FOOT
8 th /7 th Keub	1	1
6 th /5 th Keub	2	2
4 th /3 rd Keub	2-3	3
2 nd /1 st Keub	3	3-4

BLACK BELTS		
DEGREE	HAND	FOOT
1 st Dan	3	4
2 nd Dan	4	5
3 rd Dan	5	6
4 th Dan +	6	7

Event promoters may cap maximum boards for time/safety.

* Women/ladies will start with one less board.

4 Attempt Rules

- **One (1) official attempt** to break
 - If equipment or holder failure → re-attempt allowed
 - Slipping or poor hold → judges may grant reset
 - Competitor may decline retry
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5 Holding Standards

- Minimum **2 holders** for hand breaks (3+ for high counts)
- Foot breaks may require **3–4 holders**
- Head-height+ breaks require spotter

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- Holders must be Black Belt or approved adults
- No child holders for adult divisions



6 Judging Criteria

Each break scored on a 1 point per full break. So break 5 boards, you are awarded

5 points. Break 4 boards and one partial or crack a board, you are awarded 4.5 points. Each division starts with 1 up to 5 points in difficulty. Someone may break a single board worth 5 points, but another may start with a 3 in difficulty and break five boards, for a total of 8, they would be the winner.

A. Power (Primary)

- Clean break vs. partial
- Board displacement
- Impact shock

B. Technique

- Correct tool surface
- Proper stance & chamber
- Balance on completion

C. Control & Safety

- No excessive wind-up
- No loss of temper
- Professional demeanor

D. Difficulty Multiplier

Applied for:

- Jumping
- Spinning
- Multiple boards

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- Specialty setups



7 Clean Break Definitions

Result	Ruling
All boards broken	Full score
Majority broken	Partial score
Crack only	Minimal credit
No break	Zero

8 Disqualifications

Automatic DQ for:

- Striking holders
- Unsafe setups
- Unauthorized materials
- Multiple uncontrolled attempts
- Bleeding without medical clearance
- Unsportsmanlike conduct

9 Safety Equipment

Required

- Hand/foot tape no more than 3 layers. (optional but advised)
- Mouthpiece (youth)
- Shin/instep guards (flying breaks optional)

Prohibited

- Gloves

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- Shoes
- Board scoring aids



10 Setup & Measurement Rules

- Competitor sets height & distance
- Judges may adjust for safety
- Max height: Competitor's reach + reasonable extension
- No trampoline effect from holders

Tie-Breaker Protocol

If scores tie:

1. Sudden-death single break
2. Judge's power vote
3. Technical execution review

Officials Structure

- 1 Center Referee
- 2–4 Corner Judges
- 1 Safety Officer (ring captain)

Event-Friendly Adaptations

To keep tournament flow smooth:

- Pre-staged board stations
- Board runners
- Digital scoring
- Board cap per division