

Divisions

Creative Open Breaking

Description:

Any materials **except Glass and No Fire**

Any technique permitted

No more than 10 total breaks.

6 minute maximum set-up, break and clean-up.

5 & under Male & Female All ranks under Black Belt

6 to 12 Male & Female All ranks under Black Belt

13 to 17 Male & Female All ranks under Black Belt

17 & under Male Black Belt

17 & under Female Black Belt

18 & over Male All ranks under Black Belt

18 & over Female All ranks under Black Belt

18 & over Male Black Belt

18 & over Female Black Belt

Power Concrete Breaking

Description:

Carpenter Pencil Spacers

Downward strike/one strike only

Set on floor with block base

6 minute maximum set-up, break and clean-up.

Patio blocks must be purchased from supply committee

Elbow

Allowed strikes: Drop elbow, overhand elbow, etc.

18 and over Male Beg/Inter Lightweight

18 and over Male Beg/Inter Heavyweight

18 and over Male Adv/Black Belt Lightweight

18 and over Male Adv/Black Belt Heavyweight

18 and over Female Beg/Inter All weights

18 and over Female Adv/Black Belt All weights

Foot

Allowed strikes: Stomp, Axe kick, etc.

18 and over Male Beg/Inter Lightweight

18 and over Male Beg/Inter Heavyweight
 18 and over Male Adv/Black Belt Lightweight
 18 and over Male Adv/Black Belt Heavyweight
 18 and over Female Beg/Inter All weights
 18 and over Female Adv/Black Belt All weights

***All Divisions may be broken up further or combined as needed**

Power Board Breaking

Board size: 12 and under- ½X10X12”, 13 and over- 1X10X12

Description:

Carpenter Pencil
 Downward strike/one strike only
 Set on floor with block base
 5 minute maximum set-up, break and clean-up.

Hand

Allowed strikes: Palm, Knife-hand, Chop, Hammer fist, Punch

12 & under Male All ranks All weights
 12 & under Female All ranks All weights

12 and under divisions can be broken down further depending on number of competitors

13-17 Male All ranks all weights
 13-17 Female All ranks all weights
 18 and over Male Beg/Inter Lightweight
 18 and over Male Adv/Black Belt Lightweight
 18 and over Male Beg/Inter Heavyweight
 18 and over Male Adv/Black Belt Heavyweight
 18 and over Female Beg/Inter All weights
 18 and over Female Adv/Black Belt All weights

Elbow

Allowed strikes: Drop elbow, overhand elbow, etc.

12 & under Male All ranks All weights
 12 & under Female All ranks All weights
 13-17 Male All ranks All weights
 13-17 Female All ranks All weights
 18 and over Male Beg/Inter Lightweight
 18 and over Male Adv/Black Belt Lightweight
 18 and over Male Beg/Inter Heavyweight
 18 and over Male Adv/Black Belt Heavyweight
 18 and over Female Beg/Inter All weights
 18 and over Female Adv/Black Belt All weights

***12 and under divisions can be broken down further depending on number of competitors**

Foot

Downward strike, spacers used, Allowed strikes: stomp, axe kick, etc.

12 & under Male All ranks All weights

12 & under Female All ranks All weights

12 and under divisions can be broken down further depending on number of competitors

13-17 Male All ranks All weights

13-17 Female All ranks All weights

18 and over Male Beg/Inter Lightweight

18 and over Male Adv/Black Belt Lightweight

18 and over Male Beg/Inter Heavyweight

18 and over Male Adv/Black Belt Heavyweight

18 and over Female Beg/Inter All weights

18 and over Female Adv/Black Belt All weights