



## Breaking Divisions for the 8<sup>th</sup> Triennial World Hap Ki Do Championships

### Creative Multi-Direction Wood Breaking

**Brief overview of rules:**

Wood boards only

All techniques allowed

Multiple stations (3 station max.), 3 sub-stations per station

3 minute max. (set-up/break/clean-up)

Competitor provides own holders and stands

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>
TT	Tiny Tott, 6 & Under	Coed	All ranks
CB1	7-8	Male	All ranks
CB2	7-8	Female	All ranks
CB3	9-12	Male	Beginner/Intermediate
CB4	9-12	Male	Advanced/Black Belt
CB5	9-12	Female	All ranks
<b>***12 and under divisions can be broken down further depending on number of competitors ***</b>			
CB6	13-17	Male	Beginner/Intermediate
CB7	13-17	Male	Advanced/Black Belt
CB8	13-17	Female	Beginner/Intermediate
CB9	13-17	Female	Advanced/Black Belt
CB10	18-34	Male	Beginner/Intermediate
CB11	18-34	Male	Advanced/Black Belt
CB12	18-34	Female	All ranks
CB13	35 and over	Male	All ranks
CB14	35 and over	Female	All ranks

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

### Creative Open Breaking

**Brief overview of rules:**

Any materials. No fire, no glass.

All techniques allowed

Multiple stations, 10 station max.

6 minute max. (set-up/break/clean-up)

Competitor provides own holders and stands

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>
CO1	17 & under	Male	All ranks
CO2	17 & under	Female	All ranks
CO3	18 and over	Male	Under Black Belt
CO4	18 and over	Male	Black Belt
CO5	18 and over	Female	Under Black Belt
CO6	18 and over	Female	Black Belt

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

## Power Concrete Breaking

### **Brief overview of rules:**

Carpenter Pencil Spacers provided

Downward strike/one strike only

Set on floor with block base

6 minute max. (set-up/break/clean-up)

Patio blocks must be purchased from supply committee

### **Hand-** Allowed strikes: Palm, hammer fist, chop, etc.

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
PC1	18 to 39	Male	Beg/Inter	Lightweight
PC2	18 to 39	Male	Beg/Inter	Heavyweight
PC3	18 to 39	Male	Adv/Black Belt	Lightweight
PC4	18 to 39	Male	Adv/Black Belt	Heavyweight
PC5	18 to 39	Female	Beg/Inter	All weights
PC6	18 to 39	Female	Adv/Black Belt	All weights
PC7	40 and over	Male	Beg/Inter	Lightweight
PC8	40 and over	Male	Beg/Inter	Heavyweight
PC9	40 and over	Male	Adv/Black Belt	Lightweight
PC10	40 and over	Male	Adv/Black Belt	Heavyweight
PC11	40 and over	Female	All ranks	All weights

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

### **Elbow-** Allowed strikes: Drop elbow, overhand elbow, etc.

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
PC12	18 to 39	Male	Beg/Inter	Lightweight
PC13	18 to 39	Male	Beg/Inter	Heavyweight
PC14	18 to 39	Male	Adv/Black Belt	Lightweight
PC15	18 to 39	Male	Adv/Black Belt	Heavyweight
PC16	18 to 39	Female	Beg/Inter	All weights
PC17	18 to 39	Female	Adv/Black Belt	All weights
PC18	40 and over	Male	Beg/Inter	Lightweight
PC19	40 and over	Male	Beg/Inter	Heavyweight
PC20	40 and over	Male	Adv/Black Belt	Lightweight
PC21	40 and over	Male	Adv/Black Belt	Heavyweight
PC22	40 and over	Female	All ranks	All weights

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

**Feet-** Allowed strikes: Stomp, Axe kick, etc.

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
PC23	18 and over	Male	Beg/Inter	Lightweight
PC24	18 and over	Male	Beg/Inter	Heavyweight
PC25	18 and over	Male	Adv/Black Belt	Lightweight
PC26	18 and over	Male	Adv/Black Belt	Heavyweight
PC27	18 and over	Female	Beg/Inter	All weights
PC28	18 and over	Female	Adv/Black Belt	All weights

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

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

**Brief overview of rules:**

No Spacers Allowed

Any technique allowed

5 Station maximum, stations may be replenished; stations may be stands or holders

**Stations must be made up of standard 8X8X16” block provided**

Competitor and 2 assistants maximum

10 seconds to break, 3 minute max. (set-up/break/clean-up)

Boards must be purchased from supply committee

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
SB1	12 & under	Coed	All ranks	All weights
<b>***12 and under divisions can be broken down further depending on number of competitors ***</b>				
SB2	13-17	Male	All ranks	All weights
SB3	13-17	Female	All ranks	All weights
SB4	18 and over	Male	Beg/Inter	All weights
SB5	18 and over	Male	Adv/Black Belt	All weights
SB6	18 and over	Female	Beg/Inter	All weights
SB7	18 and over	Female	Adv/Black Belt	All weights

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

**High Jump Board Breaking-** Board size: ½X10X12”

**Brief overview of rules:**

Any type of jump kick allowed

Short run and then high jump

Height measured from top of head to height of board

Best of 3 attempts, board must be broken

Boards must be purchased from supply committee

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
HJ1	11 & under	Coed	All ranks	All weights
<b>***11 and under divisions can be broken down further depending on number of competitors ***</b>				
HJ2	12-14	Male	Under Black Belt	All weights
HJ3	12-14	Male	Black Belt	All weights
HJ4	12-14	Female	Under Black Belt	All weights

HJ5	12-14	Female	Black Belt	All weights
HJ6	15-17	Male	Under Black Belt	All weights
HJ7	15-17	Male	Black Belt	All weights
HJ8	15-17	Female	Under Black Belt	All weights
HJ9	15-17	Female	Black Belt	All weights
HJ10	18 and over	Male	Under Black Belt	All weights
HJ11	18 and over	Male	Black Belt	All weights
HJ12	18 and over	Female	Under Black Belt	All weights
HJ13	18 and over	Female	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

### **Brief overview of rules:**

Carpenter Pencil Spacers provided

Downward strike/one strike only

Set on floor with block base

5 minute max. (set-up/break/clean-up)

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

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
PB1	8 & under	Male	All ranks	All weights
PB2	8 & under	Female	All ranks	All weights
PB3	9-12	Male	All ranks	All weights
PB4	9-12	Female	All ranks	All weights
<b>***12 and under divisions can be broken down further depending on number of competitors ***</b>				
PB5	13-17	Male	Beg/Inter	All weights
PB6	13-17	Male	Adv/Black Belt	All weights
PB7	13-17	Female	Beg/Inter	All weights
PB8	13-17	Female	Adv/Black Belt	All weights
PB9	18 and over	Male	Beg/Inter	Lightweight
PB10	18 and over	Male	Adv/Black Belt	Lightweight
PB11	18 and over	Male	Beg/Inter	Heavyweight
PB12	18 and over	Male	Adv/Black Belt	Heavyweight
PB13	18 and over	Female	Beg/Inter	All weights
PB14	18 and over	Female	Adv/Black Belt	All weights

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

### **Elbow-** Allowed strikes: Drop elbow, overhand elbow, etc.

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
PB15	8 & under	Male	All ranks	All weights
PB16	8 & under	Female	All ranks	All weights
PB17	9-12	Male	All ranks	All weights
PB18	9-12	Female	All ranks	All weights
<b>***12 and under divisions can be broken down further depending on number of competitors ***</b>				
PB19	13-17	Male	Beg/Inter	All weights
PB20	13-17	Male	Adv/Black Belt	All weights
PB21	13-17	Female	Beg/Inter	All weights

PB22	13-17	Female	Adv/Black Belt	All weights
PB23	18 and over	Male	Beg/Inter	Lightweight
PB24	18 and over	Male	Adv/Black Belt	Lightweight
PB25	18 and over	Male	Beg/Inter	Heavyweight
PB26	18 and over	Male	Adv/Black Belt	Heavyweight
PB27	18 and over	Female	Beg/Inter	All weights
PB28	18 and over	Female	Adv/Black Belt	All weights

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

**Kids Foot-** 17 and under, downward strike, spacers used, Allowed strikes: stomp, axe kick, etc.

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
PB29	8 & under	Male	All ranks	All weights
PB30	8 & under	Female	All ranks	All weights
PB31	9-12	Male	All ranks	All weights
PB32	9-12	Female	All ranks	All weights

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

PB33	13-17	Male	Beg/Inter	All weights
PB34	13-17	Male	Adv/Black Belt	All weights
PB35	13-17	Female	Beg/Inter	All weights
PB36	13-17	Female	Adv/Black Belt	All weights

**Adult Foot-** Allowed strikes: Any kick. Boards will be held by machine, no spacers

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
PB37	18 and over	Male	Beg/Inter	Lightweight
PB38	18 and over	Male	Adv/Black Belt	Lightweight
PB39	18 and over	Male	Beg/Inter	Heavyweight
PB40	18 and over	Male	Adv/Black Belt	Heavyweight
PB41	18 and over	Female	Beg/Inter	All weights
PB42	18 and over	Female	Adv/Black Belt	All weights

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