

Taekwondo Breaking

Hanmadang

RULES

JUL. 2023



Recognized Breaking Divisions

The Recognized Breaking Divisions are as followed in the charts below.

| GUP AND DAN | | |
|--|--------------|------------|
| EVENT | AGE | RANK |
| POWER BREAKING CREATIVE BREAKING HIGH JUMP LONG JUMP TEAM POWER BREAKING | 12 AND UNDER | BEG |
| | | INT-ADV |
| | | BLACK BELT |
| | 13-17 | BEG |
| | | INT-ADV |
| | | BLACK BELT |
| | 18 AND OVER | BEG |
| | | INT-ADV |
| | | BLACK BELT |

| TAEKWONDO TIGERS | | |
|--|-------------|------|
| EVENT | AGE | RANK |
| POWER BREAKING CREATIVE BREAKING RUNNING BREAKING TEAM POWER BREAKING | 7 AND UNDER | BEG. |
| | | INT. |
| | | ADV. |

POWER BREAKING

- List and Track
- Only the foot can make contact to break
- Must designate the number of boards to be attempted to judge prior to competition starting.
- Single attempt then it goes to next competitor.
- No changes to board designation allowed after declaration.
- In case of Tie, lighter competitor wins or the competitor that attempted more
- Any side kick EXCEPT a flying side kick may be used (only one step)

CREATIVE BREAKING

- List and track results (collaboration for results)
 - 3 Stations Max (a station is defined by an individual break with hand or foot, or breaking simultaneously while in the air)
 - 3 attempts in max at each station. Be more lenient with tigers and color belts.
 - Touching the board for measuring does not constitute an attempt.
 - Unlimited number of boards
 - Board sizes at discretion of competitor
 - Head break is not allowed.
 - Competitor should declare breaks then be granted permission to break.
 - Competitor should have their own holders
- Judging Criteria: number of attempts, level of difficulty, number of stations, technique & balance*

HIGH JUMP BREAKING

- List and track results (collaboration for results)
- 3 Attempts Max to get the highest score
- Must land on feet
- Single attempt then it goes to next competitor.
- Jump front kick is the technique use with max 12' running start (4 square mats)
- Touching the board for measuring does not constitute an attempt.
- In case of a Tie, the shorter competitor wins
- *Judging Criteria: highest score within 3 attempts*

LONG JUMP BREAKING

- List and track results (collaboration for results)
- 3 Attempts Max to get the farthest score
- Must land on feet
- Single attempt then it goes to next competitor.
- Jump side kick is the technique use with max 12' running start (4 square mats)
- Touching the board for measuring does not constitute an attempt.
- In case of a Tie, the shorter competitor wins
- *Judging Criteria: farthest score within 3 attempts*

TEAM POWER BREAKING

- List and Track
- 3 individuals max on a team
- Only the foot can make contact to break
- Each team member must designate the number of boards to be attempted to judge prior to competition starting.
- Single attempt then it goes to next competitor.
- No changes to board designation allowed after declaration.
- The highest total sum of boards broken by each team member wins
- In case of Tie, lighter competitor wins or the competitor that attempted more
- Any side kick EXCEPT a flying side kick may be used (only one step)

TKD TIGER BREAKING

- Same as all other breaking events above
- Running breaking is a combo of high and long jump breaking over a small obstacle
- Tigers can choose a foot or hand technique for their break
Judging Criteria: number of attempts, level of difficulty, number of stations, technique & balance

| TKD BREAKING HANMADANG BOARD SIZE GUIDELINES | | | |
|--|-------------|-------------------|------------------------|
| EVENT | AGE | BOARD SIZE | HOW MANY BOARDS NEEDED |
| POWER BREAKING | 8-12 | 12MM | Competitors choice |
| | 13-17 | 18MM | Competitors choice |
| | 18+ | 18MM | Competitors choice |
| CREATIVE BREAKING | 8-12 | 8MM, 12MM OR 18MM | Competitors choice |
| | 13-17 | 8MM, 12MM OR 18MM | Competitors choice |
| | 18+ | 12MM OR 18MM | Competitors choice |
| HIGH JUMP BREAKING | 8-12 | 8MM | 3 |
| | 13-17 | 8MM | 3 |
| | 18+ | 8MM | 3 |
| LONG JUMP BREAKING | 8-12 | 8MM | 3 |
| | 13-17 | 8MM | 3 |
| | 18+ | 8MM | 3 |
| ALL TIGER BREAKING | 7 AND UNDER | 8MM | Competitors choice |