

Individual Breaking:**Black Belt Adults only 16 years and up.**

All breaking will use pine boards measuring 12 inch by 12 inch by $\frac{3}{4}$ inches thick which will be supplied by the tournament host.

Weight Divisions:

| Divisions | Light Weight | Middle Weight | Heavy Weight |
|-----------|-----------------|---------------|-----------------|
| Men | 143 Lbs & under | 144 – 175 Lbs | 176 Lbs & above |
| Women | 143 Lbs & under | 141 – 160 Lbs | 161 lbs & above |

Power Breaking:

All participants will perform all three breaks:

Punch (Horizontal), Turning Kick, 180 (mid Air Reverse Side Piercing Kick).

| Board Minimums: | Punch | Turning Kick | 180 |
|-----------------|-------|--------------|-----|
| Men | 4 | 5 | 7 |
| Women | 2 | 3 | 2 |

Points will be awarded by the following: 1 point clean broken board, $\frac{1}{2}$ Point board breaks with shake, 1 extra point for all boards in the holder broken with clean breaks, no shake breaks.

Specialty Breaking:

All participants will perform all three breaks:

Flying High Kick, Flying Turning Kick, 180 (mid Air Reverse Side Piercing Kick).

| Height Minimums: | Flying High Kick | Flying Turning Kick | 180 |
|------------------|------------------|---------------------|------------|
| Men | 7' - 220cm | 6' - 180cm | 7' - 220cm |
| Women | 6' 8" - 200cm | 5'4" - 160cm | 6' |

Targets will be one board each and point will be awarded as follows:

1 point for a broken board, $\frac{1}{2}$ point for the touch.