



MASTERS CHALLENGE 2015 RULES

Frequently Asked Questions and Information

1. What is the required uniform to participate?

You should wear the uniform (Dobok) color of the program that you are currently enrolled in (EXAMPLE: All Black Belt Club students should wear a BLUE Uniform)

2. Can participants wear shoes?

Shoes are **NOT** allowed for any events. However, if shoes are required for a medical reason, please bring a written doctor's note that states shoes are required for participation. This note will need to be submitted to the Holding Area Manager prior to your event.

3. What are the age divisions and participant gender specifications?

Age should be determined as of Wednesday, November 4, 2015. The age divisions are listed below.

Age	Division Name
7 and under	Pee Wee
8-9 years old	Child
10-12 years old	Pre-Teen
13-17 years old	Teen
18-30 years old	Adult
31-45 years old	Senior
46-54 years old	Executive
55+ years old	Platinum

All events will be separated into **MALE** and **FEMALE** with the exception of the following:

- a. Team Traditional Forms
- b. Team Creative Forms WITH Weapons
- c. Team Creative Forms WITHOUT Weapons

There is **NO** Guarantee that every division can be broken up under the above guidelines as the divisions are dictated by the number of athletes in each category. USTC will separate each category by age, weight, and ability at the discretion of USTC for the safety of each participant.

4. How many participants will be in each division?

The Organizing Committee will divide divisions to be as fair as possible for all participants with the discretion to create divisions outside these guidelines, if necessary. Each division will have a maximum of 5 participants. Medals or Trophies will be awarded to 1st, 2nd and 3rd place. In addition to each award, each participant will receive an AWARD CERTIFICATE that will display the event name and place. (For example: John Smith, Individual Traditional Forms, 7 and under, 1st Geup, 1st place.)

All RECORD KEEPING events (listed below) will **NOT** have a maximum of 5 per division. Each division will be broken down by age and belt level and **MAY** have more than 5 per division. For example, the Child's division (age 8-9) 1st Poom has 16 participants registered. It will **ONLY** be one division of 16 participants. First, second and third place awards will be given.

1. Individual Jumping High Kick
2. Individual Power Breaking Knife Hand (Downward)
3. Individual Power Breaking Skipping Side Kick
4. Individual Power Breaking Turning Back Kick
5. Individual Spinning Hook Kick

5. Are there a maximum number of events for each participant?

There are NOT a maximum number of events a person can participate in. However, a person cannot register for the same event more than once. (For example, a participant CANNOT be on 2 Team Creative Forms teams.) The more events a person participates in, the more likely the chance of scheduling conflicts. The Organizing Committee will work hard to ensure participants will not be scheduled to perform in 2 separate events at the same time.

6. My Team Traditional Forms team has participants with different ranks. What Form do we need to perform?

Your team should perform the form for the LOWEST belt rank. For example, the team has 3 members: two are 1st Dan Black Belts, and the third member is a 1st Geup. The entire team should perform Taegeuk Pal Jang (8), NOT Koryo.

7. What do I need to bring to Participant Check-In?

Upon completion of your online registration, you will receive an email confirmation with all your events. You MUST PRINT (Please do NOT simply bring on a mobile device) and bring the email with you to pick up your participant badge.

8. Can someone else pick up my badge?

It is highly DISCOURAGED to have someone pick up your badge. Upon pick up, you will be requested to sign a document verifying all events are correct and CANNOT be changed. (Changes will ONLY be made if there was an error by the Organizing Committee.) Anyone who signs on your behalf will be acknowledging all event registrations are correct and CANNOT be changed. If a parent picks up badges for participants, the parent MUST bring the email confirmation page and sign the document that all event registrations are correct.

9. What happens if I lose my badge?

Badges can be re-printed at the Participant Check-In area for a \$5 re-print fee.

10. What does the term “Geup” mean and what is my “Geup”?

Geup is a Taekwondo term used for belt ranks. Rather than say “Yellow Belt”, a person would say “9th Geup”. Typically, the lower the Geup, the closer the person is to 1st-degree Black Belt. (For example, a 1st Geup is the level before 1st-degree Black Belt.)

The Masters Challenge rules for TRADITIONAL FORMS (BOTH INDIVIDUAL AND TEAM) are DIFFERENT than the U.S. Open Taekwondo Hanmadang.

For the U.S. Open Taekwondo Hanmadang, each participant MUST perform a SPECIFIC form. For the Masters Challenge, each participant can perform any U.S. Taekwondo Center Form (Taegeuk, Kyoorogi Poomsae, etc) that they have formally learned in class.

It is **RECOMMENDED**, that higher belt levels such as Bo Dan 2 perform a Higher level Taeguek (6-8) as opposed to Taeguek (1-2).



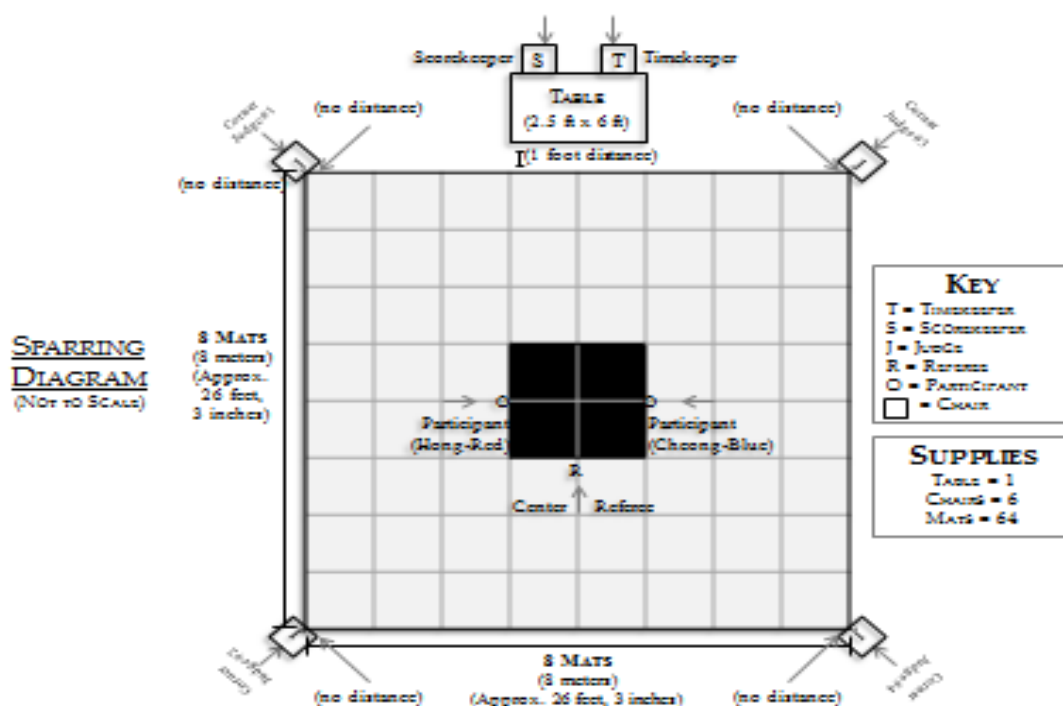
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The USTC uses the following Geup ranks:

U.S. Taekwondo Center BLACK BELT - Woosong and Leadership Program - Conversion Chart		
Belt Color	Geup	Eligible Form (poomsae)
3rd Dan/Poom	N/A	Taebaek, Geumgang, Koryo, Palgwe 1-8, Kyoorigi Poomsae 4, Il Cheon Poomsae 1+2
2nd Dan/Poom	N/A	Geumgang, Koryo, Palgwe 1-8, Kyoorigi Poomsae 4, Il Cheon Poomsae 1+2
1st Dan/Poom	N/A	Koryo, Palgwe 1-8, Kyoorigi Poomsae 4, Il Cheon Poomsae 1+2
U.S. Taekwondo Center COLOR BELT (GEUP) - Leadership and Black Belt Club - Conversion Chart		
Belt Color	Geup	Eligible Form (poomsae)
Black Belt Eligible	1st	Taageuk 1-8, Kyoorigi Poomsae 1-3
Bo Dan 2	1st	Taageuk 1-8, Kyoorigi Poomsae 1-3
Bo Dan 1	1st	Taageuk 1-8, Kyoorigi Poomsae 1-3
Red Senior 2	2nd	Taageuk 1-8, Kyoorigi Poomsae 1-2
Red Senior 1	2nd	Taageuk 1-7, Kyoorigi Poomsae 1-2
Red	3rd	Taageuk 1-6, Kyoorigi Poomsae 1-2
Brown Senior	3rd	Taageuk 1-6, Kyoorigi Poomsae 1-2
Brown	4th	Taageuk 1-6, Kyoorigi Poomsae 1-2
Blue	5th	Taageuk 1-6, Kyoorigi Poomsae 1-2
Purple	6th	Taageuk 1-3, Kyoorigi Poomsae 1
Green	7th	Taageuk 1-3, Kyoorigi Poomsae 1
Orange	8th	Taageuk 1-3, Kyoorigi Poomsae 1
Yellow	8th	Taageuk 1-3, Kyoorigi Poomsae 1
U.S. Taekwondo Center COLOR BELT (GEUP) - Basic Course - Conversion Chart		
Belt Color	Geup	Eligible Form (poomsae)
Orange	8th	Ki Bon 1 + 2
Yellow	8th	Ki Bon 1 + 2
White	9th	Ki Bon 1 + 2

INDIVIDUAL SPARRING

(1 PARTICIPANT. BBC, LEADERSHIP, WOOSONG. NO AGE REQUIREMENTS)



1. Sparring competition will be 2 rounds, 1 minute each with a 30-second break between each round. Safety rules will be in effect:
 - a. Controlled kicking and punching are only allowed to the hogu (chest protector).
 - b. Students 13 years old and older (ALL Ranks) can use LIGHT contact with kicks to the head.
 - c. No contact is allowed below the belt, or with any hand techniques to the head.
 - d. Participants using excessive contact to the head will be warned for 1st offense and disqualified for any additional offense.
2. Techniques executed with correct form to the body will be awarded 1 point.
 - a. Any spinning techniques to the body (back kick, spinning roundhouse kick) will be awarded 2 additional points.
 - b. For ages 13 years old and older, any LIGHT contact technique to the head will be awarded 3 points.
 - c. For ages 13 years old and older, any LIGHT contact spinning technique to the head will be awarded an additional 1 point (spinning hook kick, spinning roundhouse).
4. The participant with the most points at the end of the match will be the winner.
5. The following are prohibited: excessive (too hard) head contact (13 years and older), pushing, holding, grabbing, butting (with head or knee), tripping, falling, and unsportsmanlike conduct. (Each 2 warnings will cause 1 point to be added to the opponent's total score. Ten warnings will cause disqualification).
6. In the event of a tie, a sudden death overtime round will take place. First point scored will win the match.

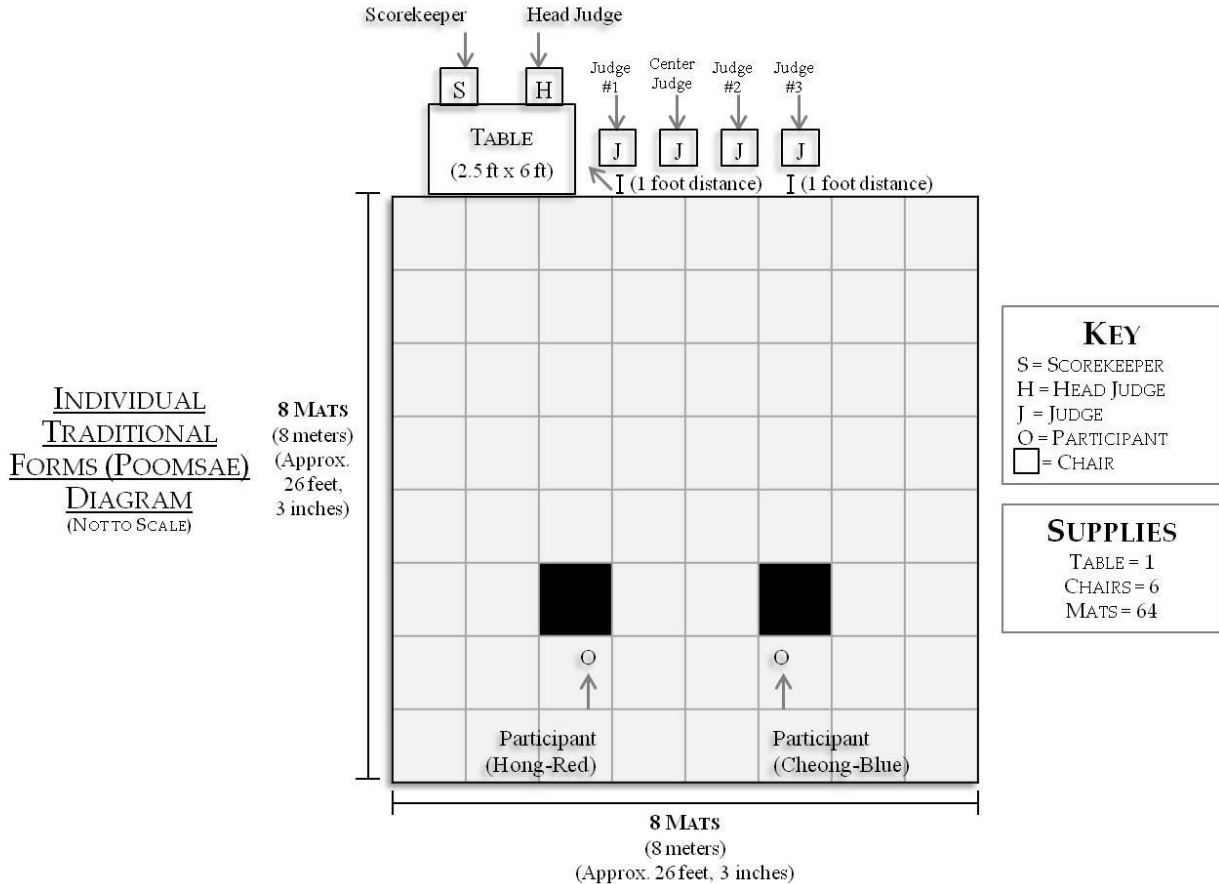


MASTERS CHALLENGE 2015 RULES

INDIVIDUAL TRADITIONAL FORMS (POOMSAE)

(1 PARTICIPANT ONLY. BC, BBC, LEADERSHIP, WOOSONG. NO AGE REQUIREMENT)

Maximum Points = 90 points



1. Base points: Each participant always starts with 50 points.
2. The following will complete each participant's score:
 - a. Correct Execution of Each Technique (10 points)
 - i. Posture – correct stances (For example, making a correct forward stance - is it too long or too narrow?)
 - ii. Accuracy of Each Hand Technique – setting hands properly for blocks and strikes in addition to the technique following the correct path and finishing in the correct place
 - iii. Accuracy of Each Kicking Technique - correct form, height and power of kick
 - iv. Speed and Power of Each Individual Technique
 - b. Taekwondo Spirit (10 points)
 - i. Kihap
 - ii. Attitude – confidence, assertiveness
 - iii. Etiquette – proper respect
 - c. Accurate Sequence of Movements (10 points)
 - i. Correct poomsae based on Participant's registered rank. If participant performs the wrong poomsae according to the registered rank (EXAMPLE: 1st Guep performs 1st Dan Poomsae Koryo), participant will automatically receive a score of 5 for Accurate Sequence of Movements but will NOT be disqualified.

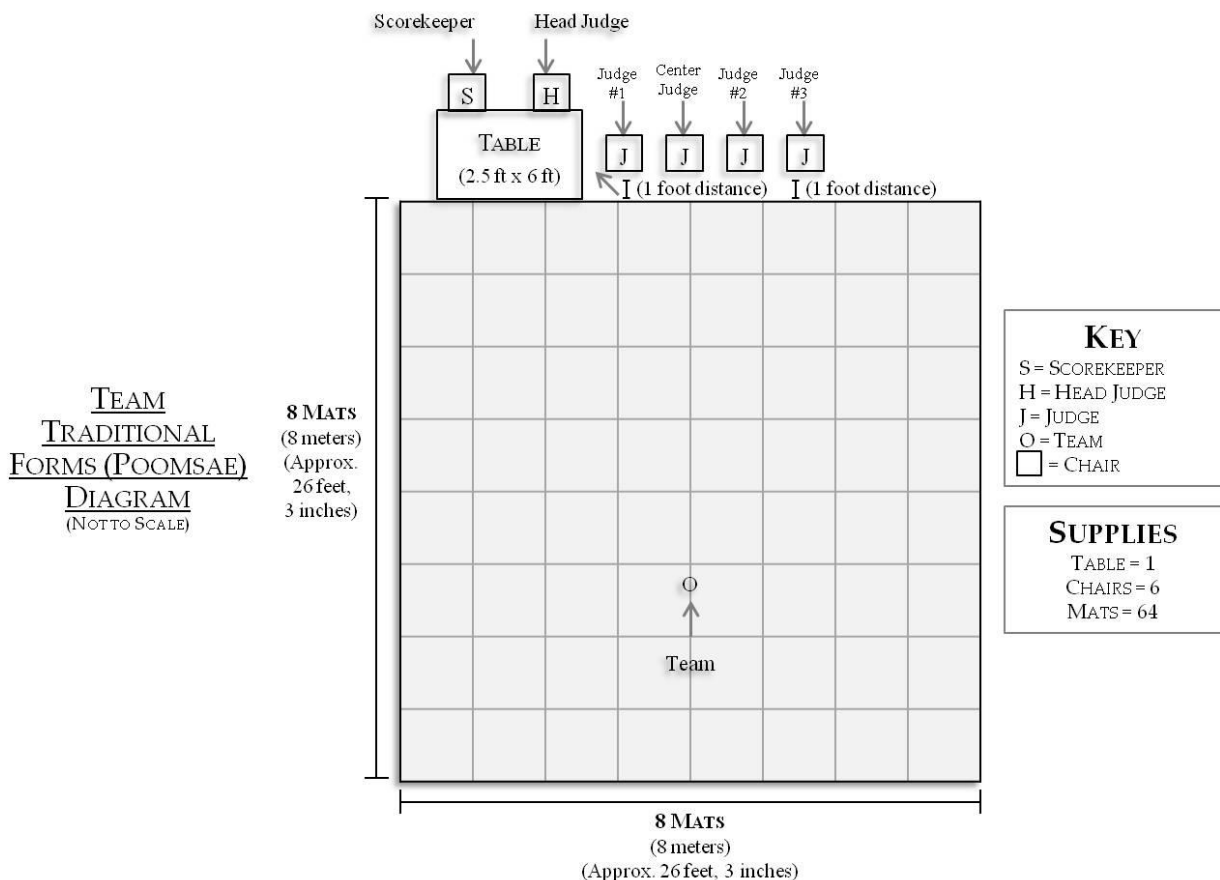
- ii. Correct order of techniques for each poomsae, including correct stances, blocks and strikes (For example, was it a forward stance when it was supposed to be a back stance - NOT if the forward stance was correct.)
- d. Presentation (10 points)
 - i. Speed/Tempo/Flow
 - ii. Eye Control - direction to "look," eye position as well as where eyes are focused
- 3. Deductions
 - a. Crossing outside of the 8 meter x 8 meter ring (1 point deduction for each occurrence)
 - b. Unsportsmanlike conduct (1 point deduction)
 - c. Exceeding 90-second time limit (1 point deduction for every 10 seconds over time limit)
- 4. Tiebreaker
 - a. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – participants will perform poomsae one additional time. Judges will rescore. If there is still a tie, there will be two 1st places awarded.

TEAM TRADITIONAL FORMS (POOMSAE)

(2-10 PARTICIPANTS. BC, BBC, LEADERSHIP, WOOSONG. NO AGE REQUIREMENT)

(Each team must select a team captain and team name.)

Maximum Points = 100 points



1. Base points: Each team always starts with 50 points.



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2. The following will complete each team's score:

a. Correct Execution of Each Technique (10 points)

- i. Posture – correct stances (For example, making a correct forward stance - is it too long or too narrow?)
- ii. Accuracy of Each Hand Technique – setting hands properly for blocks and strikes in addition to the technique following the correct path and finishing in the correct place
- iii. Accuracy of Each Kicking Technique - correct form, height and power of kick
- iv. Speed and Power of Each Individual Technique

b. Taekwondo Spirit (10 points)

- i. Kihap
- ii. Attitude – confidence, assertiveness
- iii. Etiquette – proper respect

c. Accurate Sequence of Movements (10 points)

- i. Correct poomsae based on lowest team member's registered rank. If team performs the wrong poomsae according to the lowest team member's registered rank (EXAMPLE: 1 team member is an 8th Guep and team performs 1st Dan Poomsae Koryo), team will automatically receive a score of 5 for Accurate Sequence of Movements but will NOT be disqualified.
- ii. Correct order of techniques for each poomsae, including correct stances, blocks and strikes (For example, was it a forward stance when it was supposed to be a back stance - NOT if the forward stance was correct.)

d. Presentation (10 points)

- i. Speed/Tempo/Flow
- ii. Eye Control - direction to "look," eye position as well as where eyes are focused

b. Unity of Team Performance (10 points) – Team synchronization

- i. Team Synchronization - Every movement must be executed by each team member at the same time. However, team members may be facing different directions. Movements out of synchronization with other team members (for example, an "echo" movement) will result in a lower score.

3. Deductions

- a. Team member crosses outside of the 8 meter x 8 meter ring (1 point deduction for each occurrence)
- b. Team exceeds the 90-second time limit (1 point deduction for every 10 seconds over time limit)
- c. Too many or too few team members (1 point deduction)
- d. Unsportsmanlike conduct (1 point deduction)

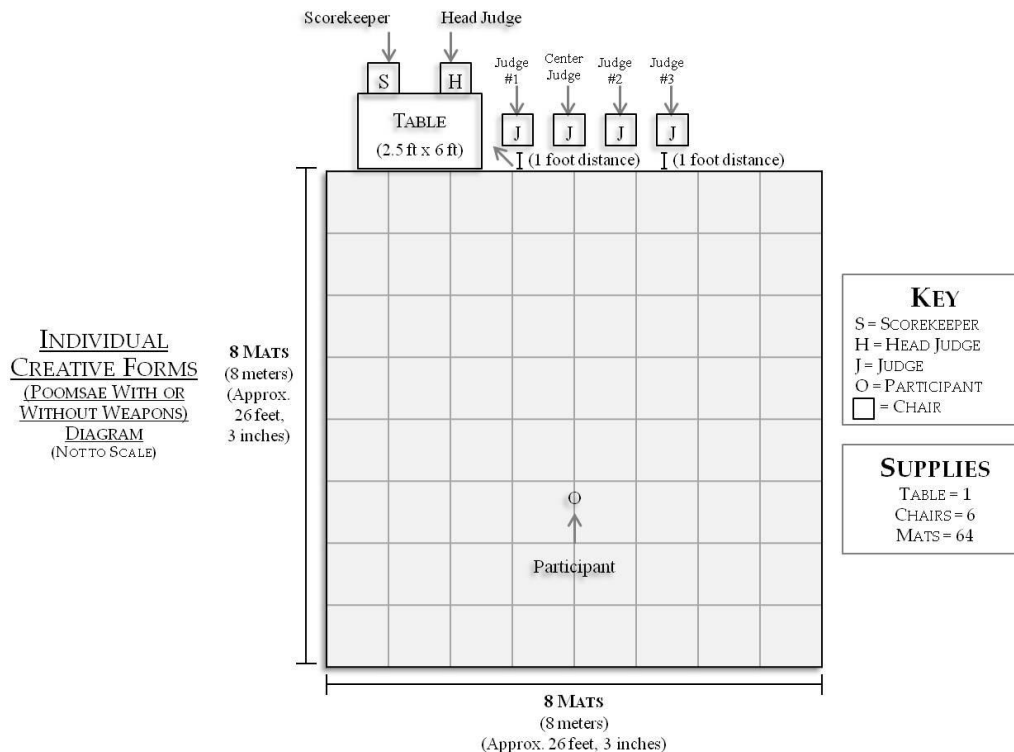
5. Tiebreaker

- a. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – teams will perform poomsae one additional time. Judges will rescore. If there is still a tie, there will be two 1st places awarded.

INDIVIDUAL CREATIVE FORMS (POOMSAE) WITHOUT WEAPONS

(1 PARTICIPANT ONLY. BBC, LEADERSHIP, WOOSONG. NO AGE REQUIREMENT)

Maximum Points = 90 points



1. Base Points: Each participant always starts with 50 points.
2. Music is HIGHLY ENCOURAGED and must be uploaded on the registration site. (Please bring a backup CD.) All music must be suitable for a family environment; no explicit lyrics.
3. Props are allowed and must be appropriate for a family environment. (For example, a hat is allowed. No weapons are allowed.) Breaking boards ARE considered a prop and are acceptable. Board fragments ARE allowed. ALL props must be provided by the participant.
4. The following will complete each participant's score:
 - a. Correct Execution of Each Technique (10 points)
 - i. Posture – correct stances (For example, making a correct forward stance - is it too long or too narrow?)
 - ii. Accuracy of Each Hand Technique – setting hands properly for blocks and strikes in addition to the technique following the correct path and finishing in the correct place
 - iii. Accuracy of Each Kicking Technique - correct form, height and power of kick
 - iv. Speed and Power of Each Individual Technique
 - b. Taekwondo Spirit (10 points)
 - i. Kihap
 - ii. Attitude – confidence, assertiveness
 - iii. Etiquette – proper respect
 - c. Execution of Compulsory Techniques (10 points)
 - i. 2 Front Snap Kicks (any variation of Front Snap Kicks, Ap Chagi)
 - ii. 2 Roundhouse Kicks (any variation of Roundhouse Kicks, Ap Dollyo Chagi)



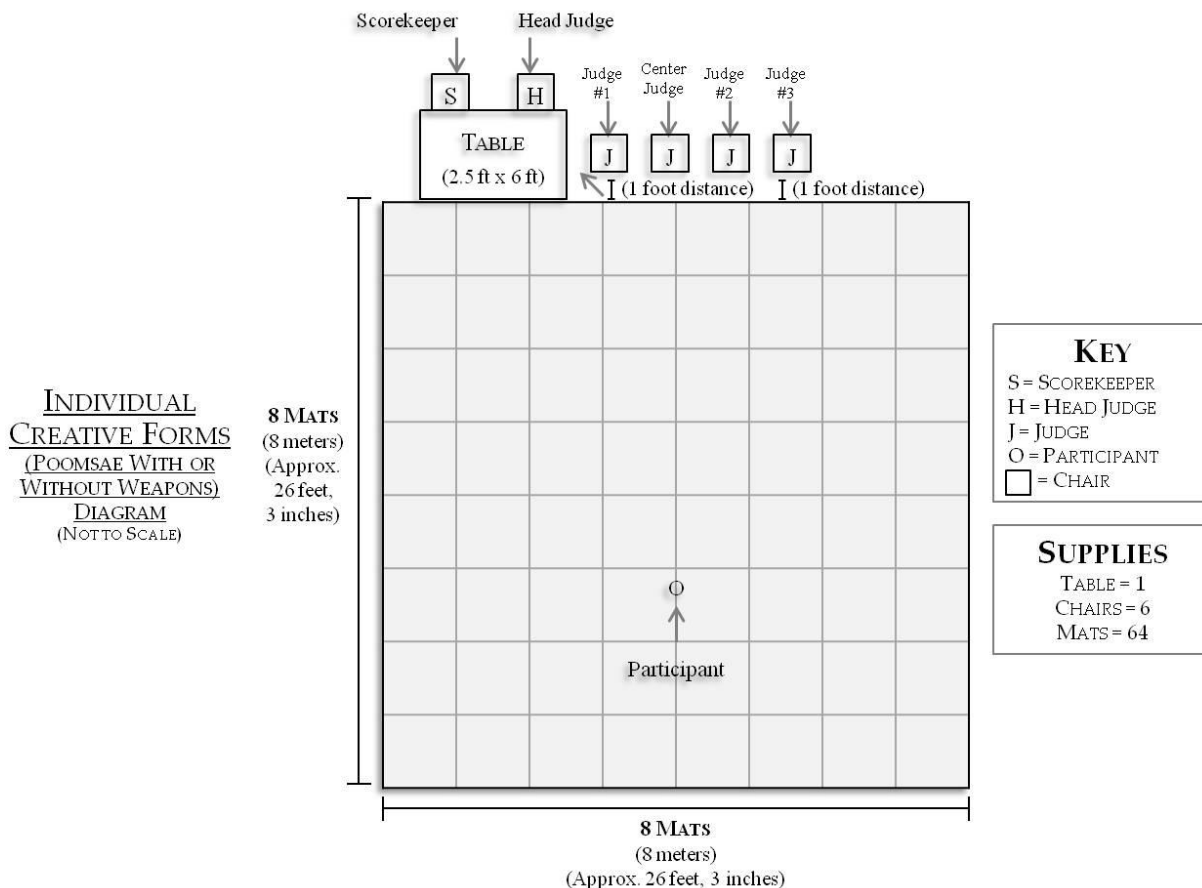
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- iii. 2 Side Kicks (any variation of Side Kicks, Yeop Chagi)
- d. Creativity (10 points)
 - i. Originality of Composition
 - ii. Degree of Difficulty
- 5. Deductions
 - a. Participant crosses outside of the 8 meter x 8 meter ring (1 point deduction for each occurrence)
 - b. Participant exceeds the 90-second time limit (1 point deduction for every 100 seconds over time limit)
 - c. Unsportsmanlike conduct (1 point deduction)
 - d. Participant fails to perform required techniques (1 point deduction for each kick omitted) For example, 1 Front Snap Kick instead of 2 (1 point deduction) No Front Snap Kicks (2 point deduction) (Will be deducted by Judge "c" above)
- 6. Tiebreaker
 - a. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – participants will perform poomsae one additional time. Judges will rescore. If there is still a tie, there will be two 1st places awarded.

INDIVIDUAL CREATIVE FORMS (POOMSAE) WITH WEAPONS

(1 PARTICIPANT ONLY. LEADERSHIP, WOOSONG. NO AGE REQUIREMENT)

Maximum Points = 90 points



2. Base Points: Each participant always begins with 50 points.
3. Music is HIGHLY ENCOURAGED and must be uploaded on the registration site. (Please bring a backup CD.)
4. Props are allowed and must be appropriate for a family environment. (For example, a hat is allowed.) Breaking boards ARE considered a prop and are acceptable. Board fragments ARE allowed. ALL props must be provided by the participant.
5. Only martial arts weapons are allowed
6. The following will complete each participant's score:
 - a. Correct Execution of Each Technique (10 points)
 - i. Posture – correct stances (For example, making a correct forward stance - is it too long or too narrow?)
 - ii. Accuracy of Each Hand Technique – setting hands properly for blocks and strikes in addition to the technique following the correct path and finishing in the correct place
 - iii. Accuracy of Each Kicking Technique - correct form, height and power of kick
 - iv. Speed and Power of Each Individual Technique
 - v. Use of Weapon(s)
 - b. Taekwondo Spirit (10 points)
 - i. Kihap
 - ii. Attitude – confidence, assertiveness



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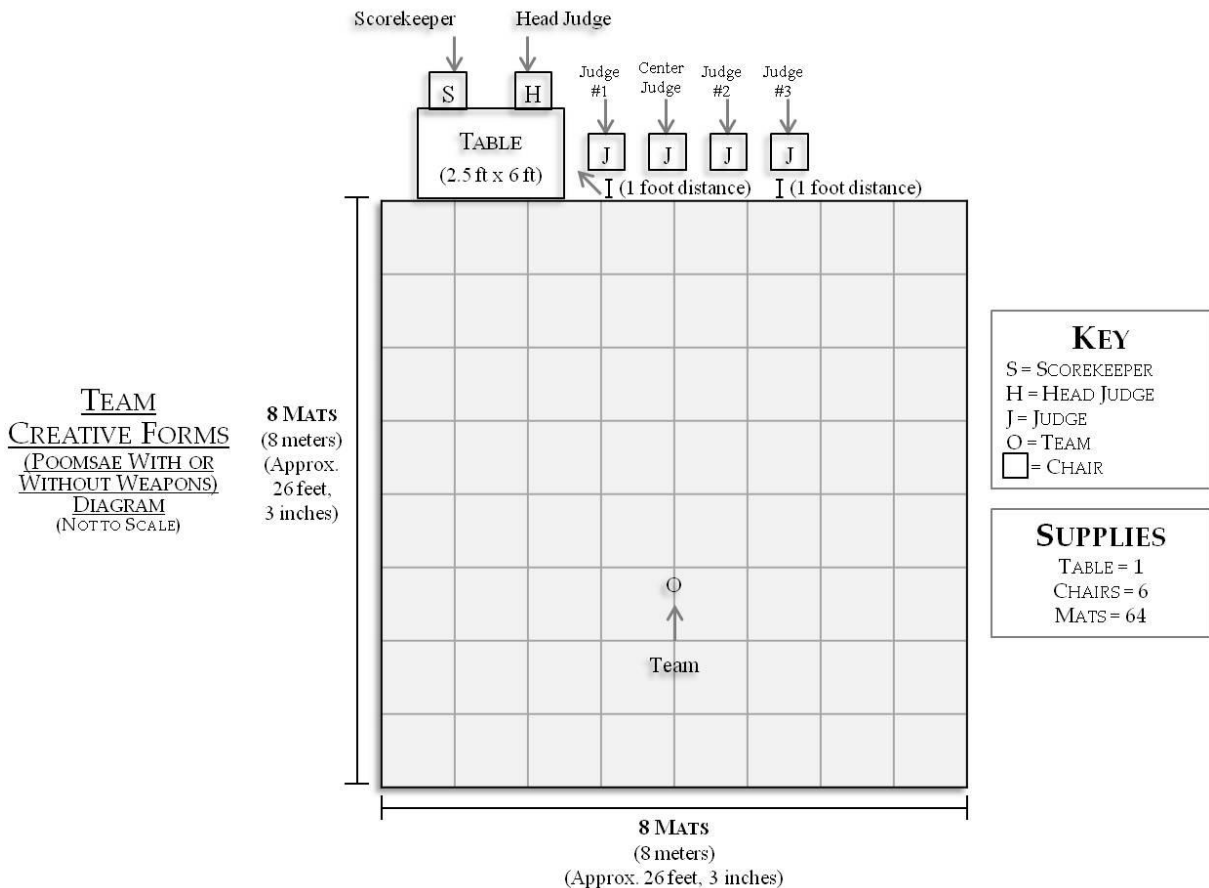
- iii. Etiquette – proper respect
 - c. Execution of Compulsory Techniques (10 points)
 - a. 2 Front Snap Kicks (Ap Chagi)
 - b. 2 Roundhouse Kicks (Ap Dollyo Chagi)
 - c. 2 Side Kicks (Yeop Chagi)
 - d. Creativity (10 points)
 - a. Originality of Composition
 - b. Degree of Difficulty
7. Deductions
- a. Participant crosses outside of the 8 meter x 8 meter ring (1 point deduction for each occurrence)
 - b. Participant exceeds the 90-second time limit (1 point deduction for every 10 seconds over time limit)
 - c. Unsportsmanlike conduct (1 point deduction)
 - d. Each time participant unintentionally drops weapon (1 point deduction for each occurrence)
 - e. Participants fails to perform required techniques (1 point deduction for each kick omitted) For example, 1 Front Snap Kick instead of 2 (1 point deduction) No Front Snap Kicks (2 point deduction) (Will be deducted by Judge “c” above)
8. Tiebreaker
- i. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – participants will perform poomsae one additional time. Judges will rescore. If there is still a tie, there will be two 1st places awarded.

TEAM CREATIVE FORMS (POOMSAE) WITHOUT WEAPONS

(2-10 PARTICIPANTS. BBC, LEADERSHIP, WOOSONG. NO AGE REQUIREMENT)

(Each team must select a team captain and team name.)

Maximum Points = 100



1. Base Points: Each participant always begins with 50 points.
2. Music is HIGHLY ENCOURAGED and must be uploaded on the registration site. (Please bring a backup CD.)
3. Props are allowed and must be appropriate for a family environment. (For example, a hat is allowed. No weapons are allowed.) Breaking boards ARE considered a prop and are acceptable. Board fragments ARE allowed. ALL props must be provided by the participant.
4. The following will complete each team's score:
 - a. Correct Execution of Each Technique (10 points)
 - i. Posture – correct stances (For example, making a correct forward stance - is it too long or too narrow?)
 - ii. Accuracy of Each Hand Technique – setting hands properly for blocks and strikes in addition to the technique following the correct path and finishing in the correct place
 - iii. Accuracy of Each Kicking Technique - correct form, height and power of kick
 - iv. Speed and Power of Each Individual Technique
 - b. Taekwondo Spirit (10 points)
 - i. Kihap



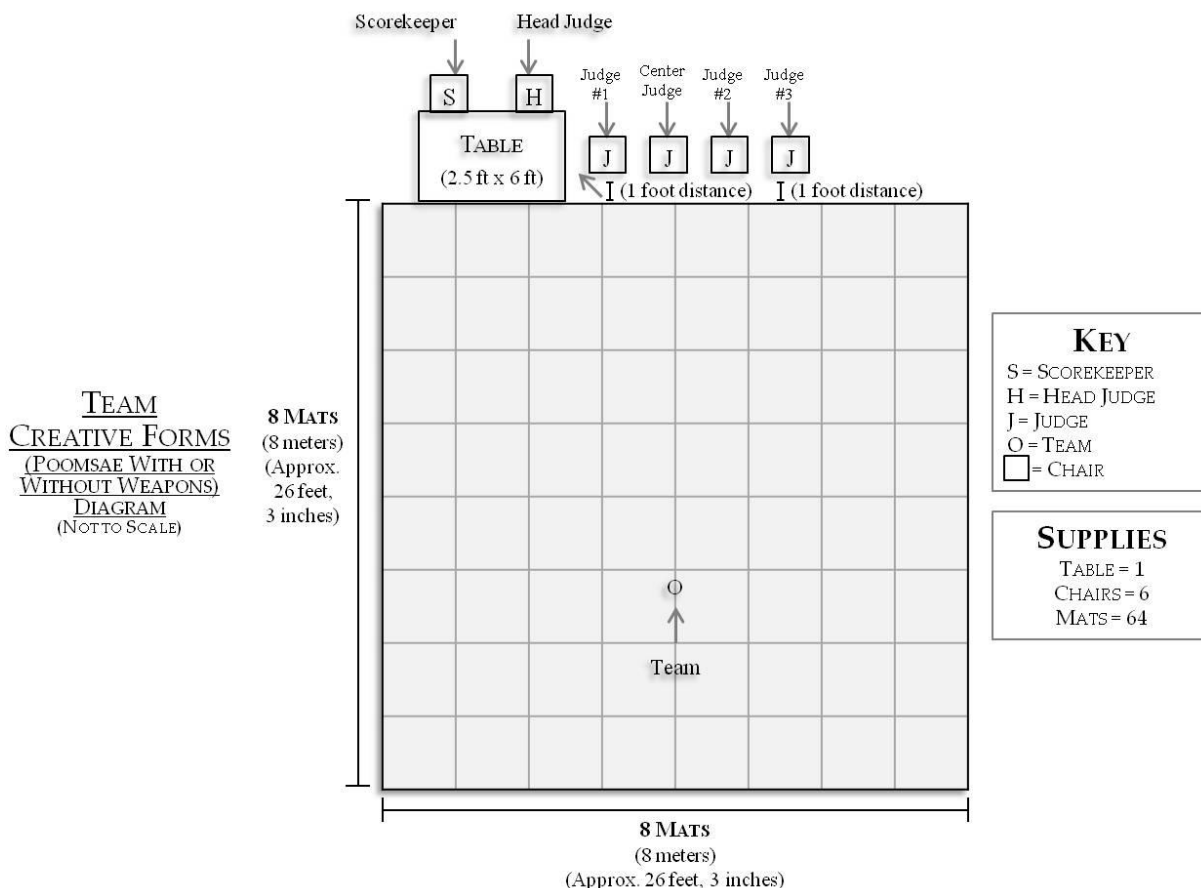
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- ii. Attitude – confidence, assertiveness
 - iii. Etiquette – proper respect
 - c. Execution of Compulsory Techniques (10 points)
 - i. 2 Front Snap Kicks (any variation of Front Snap Kicks, Ap Chagi)
 - ii. 2 Roundhouse Kicks (any variation of Roundhouse Kicks, Ap Dollyo Chagi)
 - iii. 2 Side Kicks (any variation of Side Kicks, Yeop Chagi)
 - d. Creativity (10 points)
 - i. Originality of Composition
 - ii. Degree of Difficulty
 - e. Unity of Team Performance (10 points)
 - i. Team synchronization
 - ii. Movements should be executed by each team member at the same time. However, team members may be facing different directions. Unintentional movements out of synchronization with other team members will result in a lower score. Intentional movements out of synchronization (for example, an "echo" movement) will NOT result in a lower score.
5. Deductions
- a. Team member crosses outside of the 8 meter x 8 meter ring (1 point deduction for each occurrence)
 - b. Team exceeds the 90-second time limit (1 point deduction for every 10 seconds over time limit)
 - c. Too many or too few team members (1 point deduction)
 - d. Unsportsmanlike conduct (1 point deduction)
 - e. Team fails to perform required techniques (1 point deduction for each kick omitted) For example, 1 Front Snap Kick instead of 2 (1 point deduction) No Front Snap Kicks (2 point deduction) (Will be deducted by Judge "c" above)
6. Tiebreaker
- i. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – teams will perform poomsae one additional time. Judges will rescore. If there is still a tie, there will be two 1st places awarded.

TEAM CREATIVE FORMS (POOMSAE) WITH WEAPONS
(2-10 PARTICIPANTS. LEADERSHIP, WOOSONG. NO AGE REQUIREMENT)

(Each team must select a team captain and team name.)

Maximum Points = 100 Points



1. Base Points: Each team always begins with 50 points.
2. Music is HIGHLY ENCOURAGED and must be uploaded on the registration site. (Please bring a backup CD.)
3. Props are allowed and must be appropriate for a family environment. (For example, a hat is allowed.) Breaking boards ARE considered a prop and are acceptable. Board fragments ARE allowed. ALL props must be provided by the participant.
4. Only martial arts weapons are allowed.
5. The following will complete each team's score:
 - a. Correct Execution of Each Technique (10 points)
 - i. Posture – correct stances (For example, making a correct forward stance - is it too long or too narrow?)
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 - iii. Accuracy of Each Kicking Technique - correct form, height and power of kick
 - iv. Speed and Power of Each Individual Technique
 - v. Use of Weapon(s)
 - b. Taekwondo Spirit (10 points)

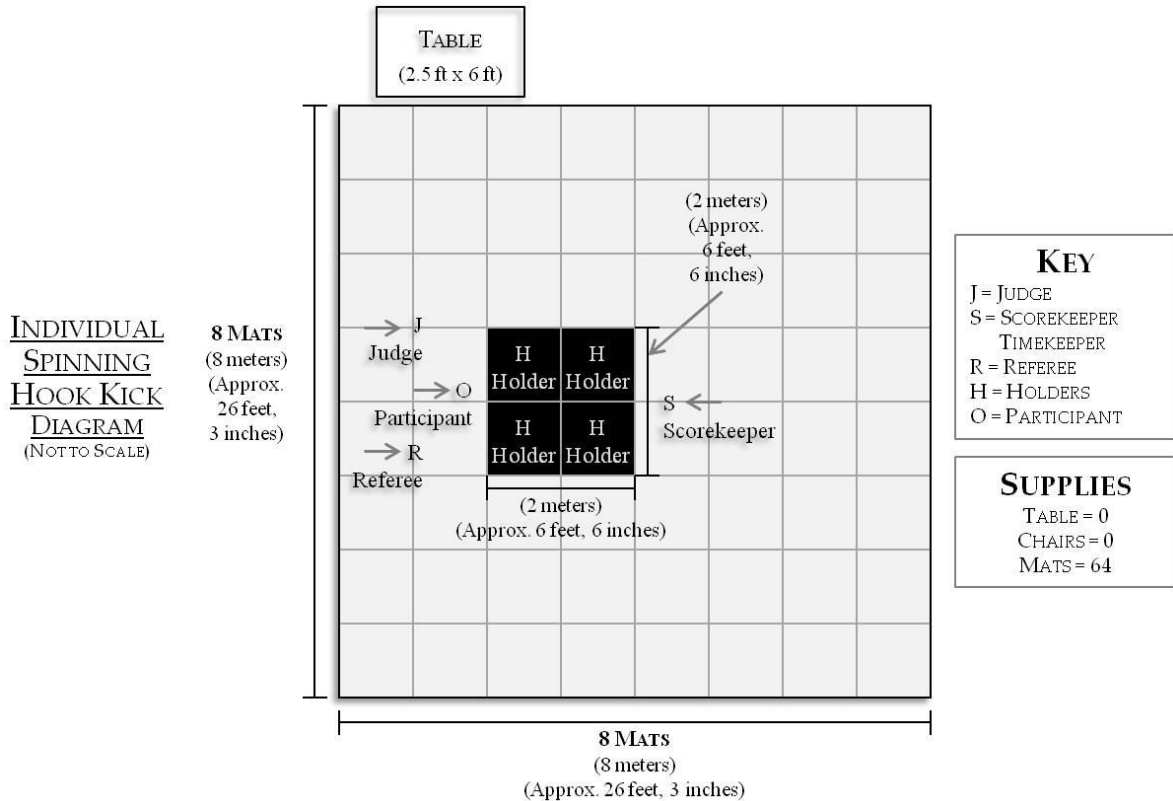


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- i. Kihap
 - ii. Attitude – confidence, assertiveness
 - iii. Etiquette – proper respect
 - c. Execution of Compulsory Techniques (10 points)
 - i. 2 Front Snap Kicks (Ap Chagi)
 - ii. 2 Roundhouse Kicks (Ap Dollyo Chagi)
 - iii. 2 Side Kicks (Yeop Chagi)
 - d. Creativity (10 points)
 - i. Originality of Composition
 - ii. Degree of Difficulty
 - e. Unity of Team Performance (10 points)
 - i. Team synchronization
 - ii. Movements should be executed by each team member at the same time. However, team members may be facing different directions. Unintentional movements out of synchronization with other team members will result in a lower score. Intentional movements out of synchronization (for example, an "echo" movement) will NOT result in a lower score.
5. Deductions
 - a. Team member crosses outside of the 8 meter x 8 meter ring (1 point deduction for each occurrence)
 - b. Team exceeds the 90-second time limit (1 point deduction for every 10 seconds over time limit)
 - c. Too many or too few team members (1 point deduction)
 - d. Unsportsmanlike conduct (1 point deduction)
 - e. Each time participant unintentionally drops weapon (1 point deduction for each occurrence)
 - f. Team fails to perform required techniques (1 point deduction for each kick omitted) For example, 1 Front Snap Kick instead of 2 (1 point deduction) No Front Snap Kicks (2 point deduction)
(Will be deducted by Judge "c" above)

INDIVIDUAL SPINNING HOOK KICK

(1 PARTICIPANT ONLY. BBC, LEADERSHIP, WOOSONG. MINIMUM AGE REQUIREMENT OF 8)



1. Participant will attempt to break as many 1/4-inch boards as possible with a continuous Spinning Hook Kick.
2. The participant who breaks the most boards will be declared the winner.
3. During the 30-second attempt, if the participant touches the board with the foot but the board does NOT break, the holder CANNOT re-use that board for the next attempt. The holder must re-load a NEW board. If the participant does NOT touch the board then the holder can re-use that board for the next attempt.
4. The maximum number of holders is 4, 2 holders in front. Holders will be provided by Organizing Committee. If participant wants to provide his or her own holders, that is allowed. Holders will ONLY be allowed on the competition floor during the participant's event. There are no uniform requirements to hold boards. (However, Taekwondo uniform is HIGHLY encouraged. If NOT in Taekwondo uniform, clothing must be suitable for a family environment). ONLY martial arts shoes are allowed on the mats.
5. The front 2 holders must wear chest protectors and headgear.
6. Holders must remain in a 2 meter x 2 meter square. Participant is outside of the square.
7. Holders can use 1 hand only to hold the board that the participant is attempting to break.
8. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded), there will be 1 overtime round. If there is still a tie after the overtime round, both participants will be awarded 1st place.
9. Broken boards will not be included in the final total score for the following infractions:
 - a. The bottom of the board must be no lower than the participant's waist. If the board is held below the participant's waist - NO BREAK for EVERY infraction.



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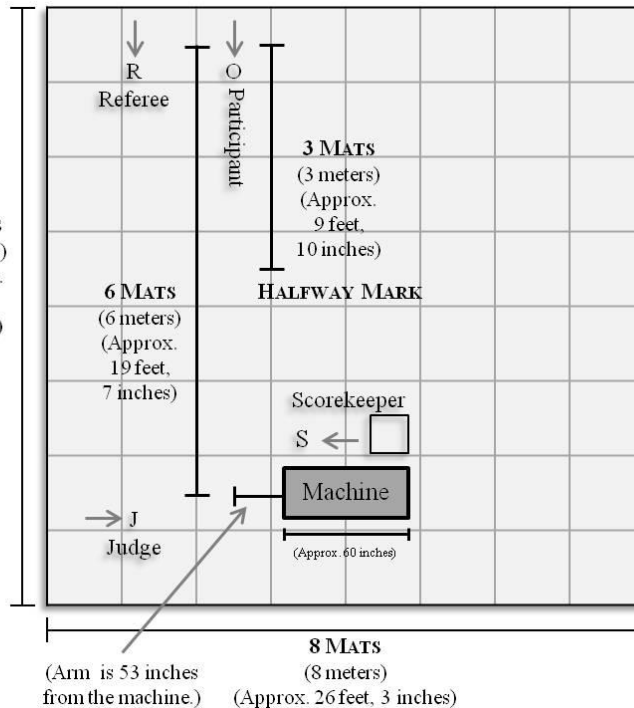
- b. If the participant crosses into the square of the holder and steps outside of the square - NO BREAK for EVERY infraction.
 - c. Participant must break the board with the HEEL or BOTTOM of the foot. If the participant breaks the board using the foot edge or instep - NO BREAK for EVERY infraction.
 - d. When holder moves wrist/hand to assist breaking technique - NO BREAK for EVERY infraction.
10. No Break (Score of 0)
- a. Participant touches ground with any part of the body other than feet during the 30 second attempt
 - b. Participant falls down during the 30 second attempt
 - c. Participant or holder crosses over the boundary line more than 3 times
 - d. Participant breaks the target with foot edge or instep more than 3 times

INDIVIDUAL JUMPING HIGH KICK

(1 PARTICIPANT ONLY. BBC, LEADERSHIP, WOOSONG. MINIMUM AGE REQUIREMENT OF 8)

INDIVIDUAL
JUMPING
HIGH KICK
DIAGRAM
(NOT TO SCALE)

8 MATS
(8 meters)
(Approx.
26 feet,
3 inches)



KEY

J = JUDGE
R = REFEREE
S = SCOREKEEPER
TIMEKEEPER
O = PARTICIPANT
□ = CHAIR

SUPPLIES

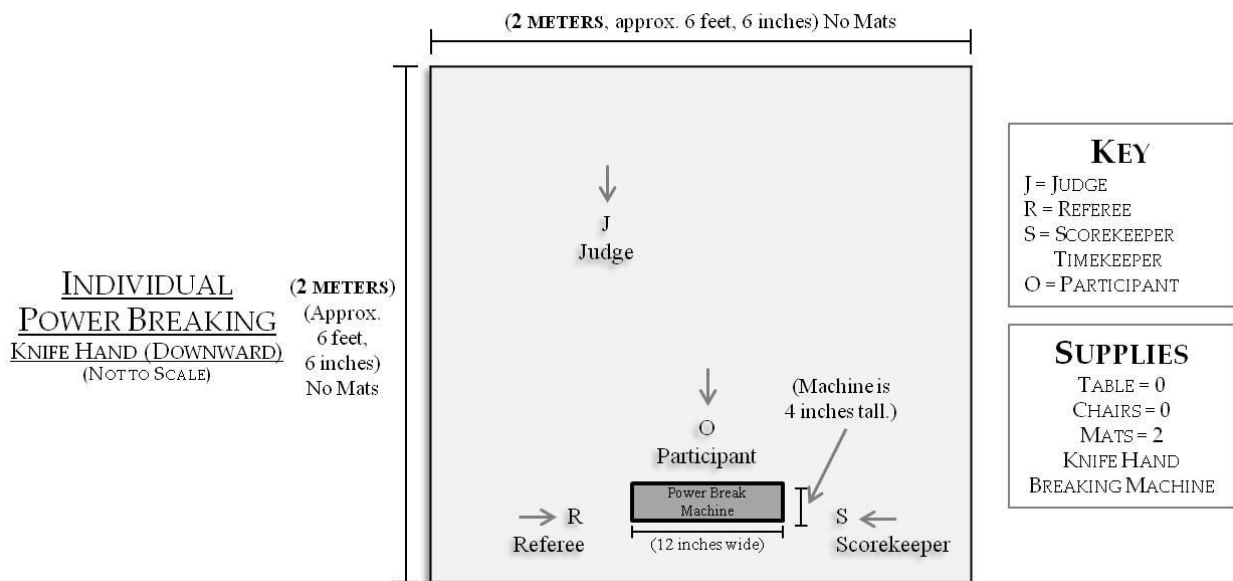
TABLE = 0
CHAIRS = 1
MATS = 64
POWER BREAK MACHINE

1. Each participant has a maximum of 30 seconds to attempt to break with Running Jumping Front Snap Kick.
2. Each participant has only one attempt to break the board for each round.
3. Participants may not cover the foot used for breaking with any bandages, tape or any other material. The referee must approve any injuries that need to be covered.
4. The running distance is approximately 6 meters, and the starting board height will be determined by the referee.
5. The order of breaking (who breaks first) will be determined by height. The shortest participant will attempt to break first.
6. Participants must break the board to advance to the next round. Board must be broken by an upward kicking technique to be considered a successful break. Note: A board hanging more than 45 degrees is considered as a BREAK.

7. Once the participant passes the designated halfway mark, an attempt is counted upon approach. (For example, once the participant crosses the designated halfway mark, they may not return to the starting position to attempt to break again.)
8. After each round, the board height will be raised incrementally at the referee's discretion.
9. The participant to break the highest board will be declared the winner.
10. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded), the height will be raised until a participant FAILS to break the board.
(If all participants fail to break the board, then 1st place will be awarded to the SHORTEST participant.)
11. If any part of the body touches the floor besides the feet, it is considered as NO BREAK.

INDIVIDUAL POWER BREAKING KNIFE HAND (DOWNWARD)

(1 PARTICIPANT ONLY. BBC, LEADERSHIP, WOOSONG. MINIMUM AGE REQUIREMENT OF 13)



1. Each participant will have one attempt to break with Knife Hand Strike in an area approximately 2 meters x 2 meters. The floor will NOT be matted.
2. Participant will attempt to break 1-inch pine boards with no spacers. Boards may not be taped together.
3. All boards will be placed on a board holding stand. The board holding stand is 4 inches tall from the floor. The board holding stand will be placed directly on the floor.
4. The width of the board holding stand will be at the participant's discretion.
5. The participant's break must be done within 30 seconds. Once the referee declares "Si Jak" (begin), the participant may not touch the boards.
6. Participant must use the side of the palm (from the side of the first knuckle of the little finger to the front side of the wrist) for Knife Hand. Fingers can be bent, however, hand cannot be closed to make a fist position.
7. The participant must always keep at least 1 foot (left or right) on the floor while breaking. (Participant cannot jump off the floor with 2 feet to break the boards.)
8. Participants may not cover the hand used for breaking with any bandages, tape or any other material. The referee must approve any injuries that need to be covered.
9. Each participant must PRIVATELY complete a form that states the number of boards he or she will attempt to break prior to the start of the division.
10. The participant who breaks the most boards will be declared the winner.



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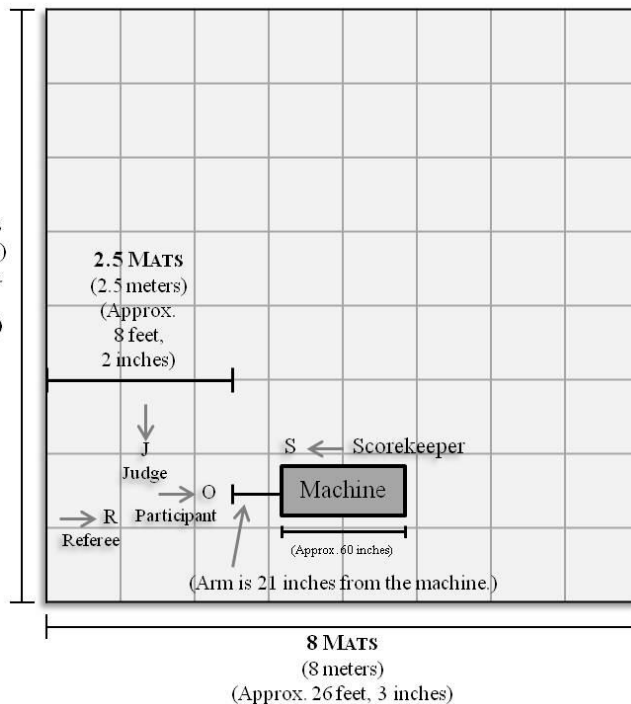
11. If two or more participants break the same number of boards, the participant who *attempted* to break the greatest number of boards will receive a higher score. (For example, Participant #1 attempts to break 5, and only 4 boards break. Participant #2 attempts to break 4 and succeeds in breaking 4. Therefore, Participant #1 receives the higher final position within the division, because they attempted to break more boards)
12. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded),, there will be 1 overtime round. (Add 1 additional board)
13. If there is still a tie at the end of the overtime round, the winner will be declared by body weight. (The lightest person will be declared the winner.) A scale will be provided at the event.
14. Deductions
 - a. Participant crosses outside of the 2 meter x 2 meter ring (1 board deduction)
 - b. Participant disobeys the referee's instruction (1 board deduction)
 - c. Participant exceeds the 30-second time limit (1 board deduction)
 - d. Unsportsmanlike conduct (1 board deduction for each occurrence) For example, trying to distract the other participants, not showing respect to others, etc.)
15. No Break (Score of 0)
 - a. Participant attempts to break the boards twice
 - b. After attempting the break, participant falls down after breaking, touching the ground with any part of the body above the knees (The hand that broke the boards IS permitted to touch the ground after the break. In addition, a knee touching the ground is allowed.)
 - c. Touching the boards after the referee declares "Si Jak (begin)" is considered your 1 and only attempt. Any other touching of the boards will result in disqualification.

INDIVIDUAL POWER BREAKING SKIPPING SIDE KICK

(1 PARTICIPANT ONLY. BBC, LEADERSHIP, WOOSONG. MINIMUM AGE REQUIREMENT OF 8)

INDIVIDUAL
POWER BREAKING
DIAGRAM
SKIPPING SIDE KICK
(NOT TO SCALE)

8 MATS
(8 meters)
(Approx.
26 feet,
3 inches)



KEY	
J	= JUDGE
R	= REFEREE
S	= SCOREKEEPER
	TIMEKEEPER
O	= PARTICIPANT

SUPPLIES	
TABLE	= 0
CHAIRS	= 0
MATS	= 64
POWER BREAK	MACHINE

1. Each participant will have one attempt to break with Skipping Side Kick in an area approximately 1 meter x 2.5 meters.
2. Participant will attempt to break 1-inch pine boards with no spacers. Boards may not be taped together.

3. The Participant's break must be done within 30 seconds. Once the referee declares "Si Jak" (begin), the participant may not touch the boards.
4. Participant must use the heel of the foot/ foot blade, and the middle of the boards must be at least as high as the participant's waist for Skipping Side Kick breaking.
5. Participants may not cover the foot used for breaking with any bandages, tape or any other material. The referee must approve any injuries that need to be covered.
6. Each participant must PRIVATELY complete a form that states the number of boards he or she will attempt to break prior to the start of the division.
7. The participant who breaks the most boards will be declared the winner.
8. If two or more participants break the same number of boards, the participant who *attempted* to break the greatest number of boards will receive a higher score. (For example, Participant #1 attempts to break 5, and only 4 boards break. Participant #2 attempts to break 4 and succeeds in breaking 4. Therefore, Participant #1 will receive higher final position within the division, because they attempted to break more boards)
9. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded), there will be 1 overtime round. (Add 1 additional board)
10. If there is still a tie at the end of the overtime round, the winner will be declared by body weight. (The lightest person will be declared the winner.) A scale will be provided at the event.
11. Deductions
 - a. Participant exceeds the 30-second time limit (1 board deduction)
 - b. Participant disobeys the referee's instructions (1 board deduction)
 - c. Unsportsmanlike conduct (1 board deduction for each occurrence) For example, trying to distract other participants, not showing respect to others, etc.
12. No Break (Score of 0)
 - a. Participant attempts to break the boards twice
 - b. Participant falls down during the 30-second attempt, touching the ground with any part of the body besides the feet
 - c. Touching the boards after the referee declares "Si Jak (begin)" is considered your 1 and only attempt. Any other touching of the boards will result in a score of 0 = No break.



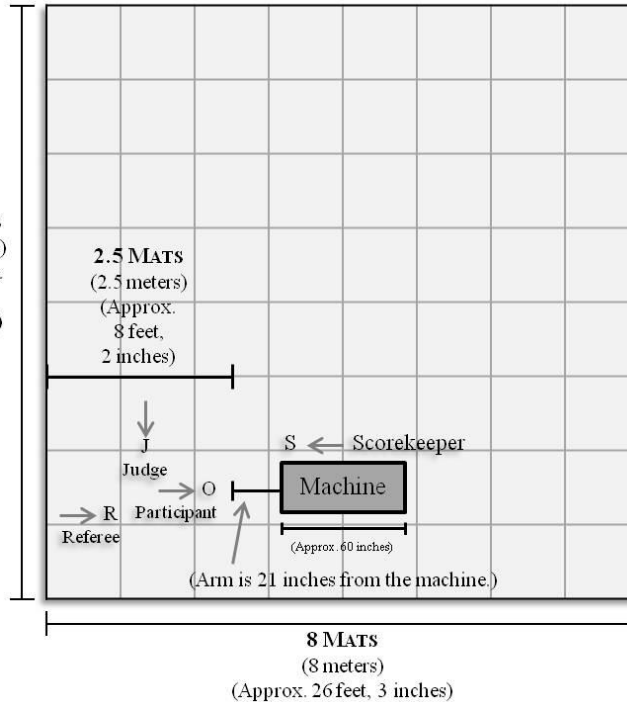
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INDIVIDUAL POWER BREAKING TURNING BACK KICK

(1 PARTICIPANT ONLY. BBC, LEADERSHIP, WOOSONG. MINIMUM AGE REQUIREMENT OF 8)

INDIVIDUAL
POWER BREAKING
DIAGRAM
TURNING BACK KICK
(NOT TO SCALE)

8 MATS
(8 meters)
(Approx.
26 feet,
3 inches)



KEY	
J =	JUDGE
R =	REFEREE
S =	SCOREKEEPER TIMEKEEPER
O =	PARTICIPANT

SUPPLIES	
TABLE =	0
CHAIRS =	0
MATS =	64
POWER BREAK MACHINE	

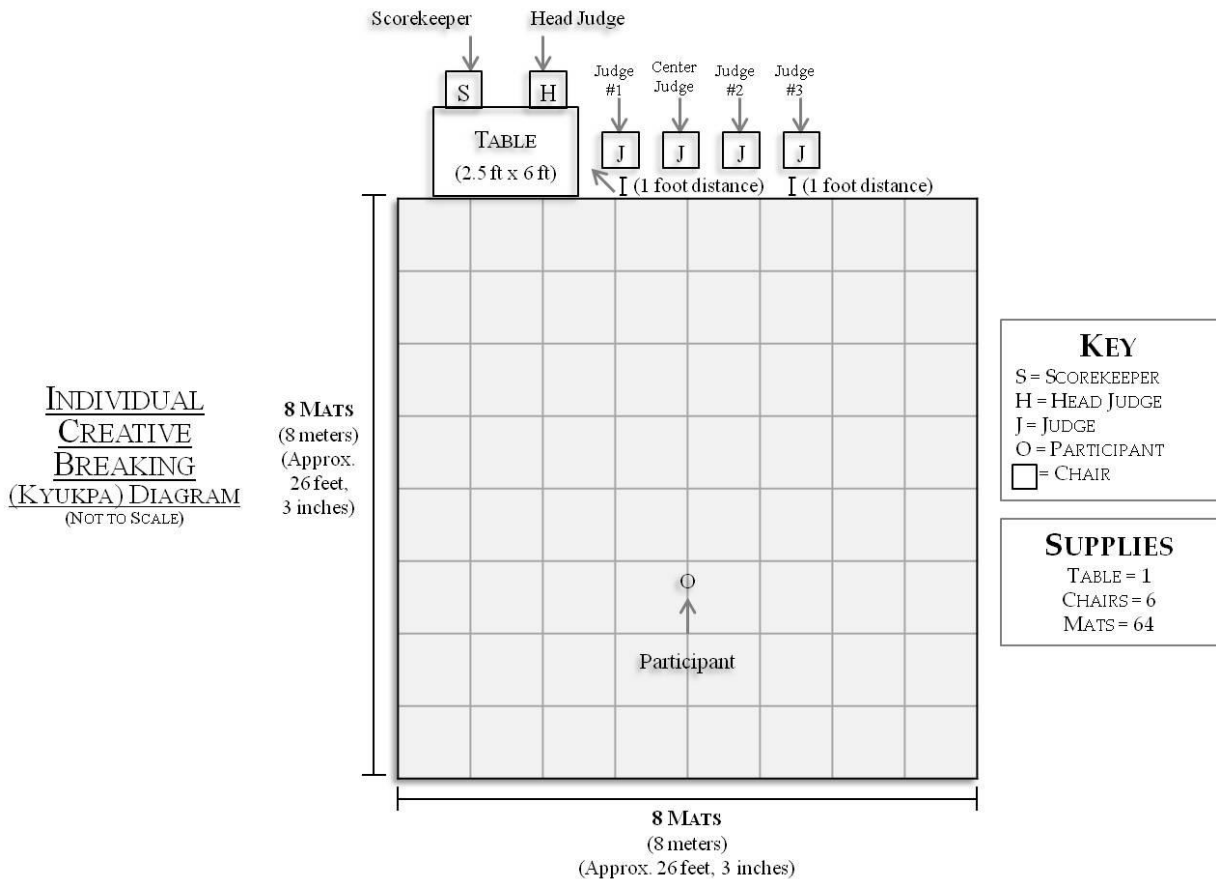
- Each participant will have one attempt to break with Turning Back Kick in an area approximately 1 meter x 2.5 meters. (Taking a step before turning is allowed.)
- Participants will attempt to break 1-inch pine boards with no spacers. Boards may not be taped together.
- The participant's break must be done within 30 seconds. Once the referee declares "Si Jak" (begin), the participant may not touch the boards.
- Participant must use the heel of the foot/ foot blade, and the middle of the boards must be at least as high as the participant's waist for Turning Back Kick breaking.
- Participants may not cover the foot used for breaking with any bandages, tape or any other material. The referee must approve any injuries that need to be covered.
- Each participant must PRIVATELY complete a form that states the number of boards he or she will attempt to break prior to the start of the division.
- The participant who breaks the most boards will be declared the winner.
- If two or more participants break the same number of boards, the participant who *attempted* to break the greatest number of boards will receive a higher score. (For example, Participant #1 attempts to break 5, and only 4 boards break. Participant #2 attempts to break 4 and succeeds in breaking 4. Therefore, Participant #1 will receive the higher final position in the division.)
- In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded), there will be 1 overtime round. (Add 1 additional board)
- If there is still a tie at the end of the overtime round, the winner will be declared by body weight. (The lightest person will be declared the winner.) A scale will be provided at the event.
- Deductions
 - Participant exceeds the 30-second time limit (1 board deduction)

- b. Participant disobeys the referee's instructions (1 board deduction)
 - c. Unsportsmanlike conduct (1 board deduction for each occurrence) For example, trying to distract other participants, not showing respect to others, etc.
16. No Break (Score of 0)
- a. Participant attempts to break the boards twice
 - b. Participant falls down during the 30-second attempt, touching the ground with any part of the body besides the feet
 - c. Touching the boards after the referee declares "Si Jak (begin)" is considered your 1 and only attempt. Any other touching of the boards will result in disqualification.

INDIVIDUAL CREATIVE BREAKING (KYUKPA)

(1 PARTICIPANT ONLY. BC, BBC, LEADERSHIP, WOOSONG. NO AGE REQUIREMENT)

Maximum Points = 90 Points



1. Base points: Each participant always begins with 50 points.
2. Participants have 60 seconds to set up and 60 seconds to execute their breaks.
3. At the participant's discretion, he or she will attempt to break a minimum of 1 board and a maximum of 6. (All boards are 1/4-inch boards.) Participant is allowed to do multiple boards at 1 station.
4. Participants may not cover any part of the body that will be used for breaking a board with any bandages, tape or any other material. The referee must approve any injuries that need to be covered.



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5. Props CANNOT be used. Boards cannot be altered. (For example, board fragments cannot be put on the top of the board to create an unfair advantage.) Board stands or blocks are considered props and therefore are not allowed
6. Participants must provide their own holders. Holders will ONLY be allowed on the competition floor during the participant's event. There are no uniform requirements for board holders. (However, a taekwondo uniform is HIGHLY encouraged. If board holders are NOT in a taekwondo uniform, clothing must be suitable for a family environment.) ONLY martial arts shoes are allowed on the mats.
7. Participant may attempt to break each technique a maximum of 3 times. Broken boards may not be replaced on 2nd or 3rd attempt. (For example, split kick in the air and only one board breaks, participant CANNOT replace broken board with a new board on 2nd or 3rd attempt.)
8. The following will complete each participant's score:
 - a. Creativity (10 points)
 - i. Creativity of Performance
 - ii. Degree of Difficulty
 - b. Execution of Requirements (10 points)
 - i. Broke at least 1 board and not more than 10 boards
 - ii. Not exceeding the maximum number of attempts per break (maximum of 3 attempts)
 - c. Presentation (10 points)
 - i. Speed/Tempo/Flow
 - d. Taekwondo Spirit (10 points)
 - i. Kihap
 - ii. Attitude – confidence, assertiveness
 - iii. Etiquette – proper respect
9. Deductions
 - a. Participant exceeds the 60-second time limit for setup (1 point deduction for every 10 seconds over time limit).
 - b. Participant exceeds the 60-second time limit for execution (1 point deduction for every 10 seconds over time limit).
 - c. Participant exceeds the maximum number of attempts allowed per break, maximum of 3 attempts (1 point deduction per infraction) EXAMPLE: Participant attempts to break 1 board 4 times = 1.6 point deduction (0.2 x 3 attempts = 0.6 plus additional 1 point deduction = 1.6 point deduction)
 - d. Participant crosses outside of the 8 meter x 8 meter ring (1 point deduction for each occurrence). Participant will not receive a deduction if the holder crosses outside of the ring.
 - e. Unsportsmanlike conduct (1 point deduction for each occurrence)