



Breaking

September 29-30, 2023

Smithfield Recreation & Aquatics Center
and
Smithfield High School

*600 & 700 M Durwood Stephenson Prwy
Smithfield, North Carolina 27577 USA*

www.kukkiwoncup.com

919-217-1555

bestkick@aol.com

Breakings - Kyukpa

(Modified Kukkiwon Hanmadang Divisions/Rules)

Global Open Kukkiwon Cup welcomes Para athletes in all areas of competition and will provide a separate division.

Key points

-Materials:

Only boards will be used

Competitors must supply their own boards

1/4 -in boards will be available for a purchase at the site

Judges will inspect the boards just before the competition

-Sizes:

Power Breaking

1-in x 12-in x 10-in (Known as Pine Shelving Board at lumber stores)

Purchase 1-in x 12-in (nominal size) shelving board and cut them in to 10 inches (to be exact) Ex) One 8' board will produce 9.6 pieces.

All others

¼-in x 10-in x 12-in (Known as Demo Board)

-Board Holders

Holders will be provided by the Organizing Committee. It is acceptable if a participant would prefer to provide his or her own holders. Then the holders/Assistants will need to pick up credentials at the holding area to enter the competition area. They will then return these credentials back to the holding area. Otherwise, the Kukkiwon Hanmadang Breaking Station will be used for some but not all techniques. (Updates will be posted on www.kukkiwonexpo.com)



Referee GM Sergio Chavez looks on at the World Hanmadang

Individual Spinning Hook Kick (Turning Whip) Divisions
Individual High Jump Kick (Jump Front) Divisions
Individual Long Jump Kick (Flying side) Divisions
Ages 8 & up, 8th Geup and Above

Rank	Age (Division)							
	3-6 (Peewee)	7-9 (Child)	10-12 (Preteen)	13-17 (Teen)	18-30 (Adult)	31-45 (Senior)	46-54 (Executive)	55+ (Platinum)
5th - 8th Geup	N/A	V	V	V	V	V	V	V
1st - 4th Geup/ Deputy (Bo-dan)	N/A	V	V	V	V	V	V	V
1st Poom/Dan		V	V	V	V	V	V	V
2nd Poom/Dan		V	V	V	V	V	V	V
3rd Poom/Dan			V	V	V	V	V	V
4th Poom/Dan				V	V	V	V	V
5th Dan					V	V	V	V
6th Dan					V	V	V	V
7th Dan						V	V	V
8th Dan						V	V	V
9th Dan							V	V

Individual Spinning Hook Kick (Turning Whip kick)

(1 Participant. Ages 8 & up. 8th Geup & up)

1. Participant will attempt to break as many 1/4-inch pine 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 their foot but the board does NOT break, the holder CANNOT reuse that board for the next attempt. The holder must reload a NEW board. If the participant does NOT touch the board, then the holder can reuse that board for the next attempt.
4. The maximum number of holders is four with two holders in front. Holders will be provided by the Organizing Committee.
 - a. If a participant would prefer to provide his or her own holders, that is acceptable. 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.
5. The front two holders must wear chest protectors and headgear.
6. Holders and Participants must remain in the designated spot.
7. Holders can only use one hand to hold the board 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, there will be NO BREAK awarded for EVERY infraction.
 - b. If the participant crosses into the square of the holders and steps outside of the square, there will be NO BREAK awarded for EVERY infraction.
 - c. The participant must break the board with the HEEL or the BOTTOM of the foot. If the participant breaks the board using the foot edge or instep, there will be NO BREAK awarded for EVERY infraction.
 - d. When a holder moves their wrist/hand to assist the breaking technique, there will be NO BREAK awarded for EVERY infraction.
10. No Break (Score of 0)
 - a. Participant touches the 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 any boundary line more than 3 times
 - d. Participant breaks the target with the foot edge or instep more than 3 times

Individual High Jump Kick & Long Jump Kick

(1 Participant. Ages 8 & up. 8th Geup & up)

1. Each participant has a maximum of 30 seconds to attempt to break the board with Running Jumping Front Snap Kick & Running Long Jump Kick (Flying side kick).
2. Each participant has only one attempt to break the board for each round.
3. Participants may not cover the breaking foot with any bandages, tape or any other material. The referee must approve any injuries that may need to be covered.
4. The running distance is approximately 6 meters, and the starting board height/distance will be determined by the referee.
5. The order of participants (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.
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/distance will be raised incrementally at the referee's discretion.
9. The participant to break the highest/longest 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/distance 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 NO BREAK

Individual Power Breaking Knife hand (Downward) Division

Ages 13 & up, 8th Geup & above

Rank	Age (Division)							
	3-6 (Peewee)	7-9 (Child)	10-12 (Preteen)	13-17 (Teen)	18-30 (Adult)	31-45 (Senior)	46-54 (Executive)	55+ (Platinum)
5th - 8th Geup				V	V	V	V	V
1st - 4th Geup/ Deputy (Bo-dan)				V	V	V	V	V
1st Poom/Dan				V	V	V	V	V
2nd Poom/Dan				V	V	V	V	V
3rd Poom/Dan				V	V	V	V	V
4th Poom/Dan				V	V	V	V	V
5th Dan					V	V	V	V
6th Dan					V	V	V	V
7th Dan						V	V	V
8th Dan						V	V	V
9th Dan							V	V

Global Open Kukkiwon Cup welcomes Para athletes in all areas of competition and will provide a separate division.

Individual Power Breaking Knife Hand (Downward)

(1 Participant. Ages 13 & up. 8th Geup & above)

1. Each participant will have one attempt to break with a Knife Hand Strike in a designated area. The floor will NOT be matted.
2. The 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 will be placed directly on the floor.
4. The participant is allowed 60 seconds to set up and place the board(s) on the holding stand.
5. The width of the board holding stand will be at the participant's discretion.
6. Once the referee declares "Si Jak (begin)", the participant's break must be done within 30 seconds
7. The 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, the hand cannot be closed in a fist position.
8. Participants may not cover the breaking hand with any bandages, tape or any other material. The referee must approve any injuries that may 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.
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 boards and only 4 boards break. Participant #2 attempts to break 4 boards and succeeds in breaking 4. Therefore, Participant #1 will receive 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
13. 3rd places awarded), there will be 1 overtime round. (Add 1 additional board)
14. 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.
15. Deductions
 - a. Participant crosses outside of the ring (1 board deduction)
 - b. Participant disobeys the referee's instructions (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.)
16. Disqualification
- a. Participant attempts to break the boards twice
 - b. Participant uses any part of the body OTHER than 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. (EXAMPLE: Participants breaks boards with the wrist)
 - c. 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.)
 - d. 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 (Sliding side) Divisions
Individual Power Breaking Turning Back Kick Divisions
Ages 8 & up, 8th Geup and Above

Rank	Age (Division)							
	3-6 (Peewee)	7-9 (Child)	10-12 (Preteen)	13-17 (Teen)	18-30 (Adult)	31-45 (Senior)	46-54 (Executive)	55+ (Platinum)
5th - 8th Geup		V	V	V	V	V	V	V
1st - 4th Geup/ Deputy (Bo-dan)		V	V	V	V	V	V	V
1st Poom/Dan		V	V	V	V	V	V	V
2nd Poom/Dan		V	V	V	V	V	V	V
3rd Poom/Dan			V	V	V	V	V	V
4th Poom/Dan				V	V	V	V	V
5th Dan					V	V	V	V
6th Dan					V	V	V	V
7th Dan						V	V	V
8th Dan						V	V	V
9th Dan							V	V

Global Open Kukkiwon Cup welcomes Para athletes in all areas of competition and will provide a separate division.

Individual Power Breaking Skipping Side Kicking (Fast Step Side)

(1 Participant Only. Ages 8 & up. 8th Geup and Above)

1. Each participant will have one attempt to break with a Skipping Side Kick in the designated area. Both of the Participant's feet must remain in the area.
2. The 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. The participant must use the heel of the foot/foot blade. 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 breaking foot with any bandages, tape or any other material. The referee must approve any injuries that may 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 boards and only 4 boards break. Participant #2 attempts to break 4 boards and succeeds in breaking 4. Therefore, Participant #1 will receive the 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. Disqualification
 - a. Participant attempts to break the boards twice
 - b. Participant uses any part of the body OTHER than the heel of the foot/foot blade.
(Example: Participants breaks boards with the instep)
 - c. Participant falls down during the 30-second attempt, touching the ground with any part of the body besides the feet

- d. 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.

Individual Power Breaking Turning Back Kick

(1 Participant Only. Ages 8 & up. 8th Geup and Above)

1. Each participant will have one attempt to break with a Turning Back Kick in the designated area. (Taking a step before turning is allowed.) Both of the Participant's feet must remain in the area.
2. Participants 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. The middle of the boards must be at least as high as the participant’s waist for Turning Back Kick breaking.
5. Participants may not cover the breaking foot with any bandages, tape or any other material. The referee must approve any injuries that may 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 boards and only 4 boards break. Participant #2 attempts to break 4 boards and succeeds in breaking 4. Therefore, Participant #1 will receive the higher final position within the division, because they attempted to break more.)
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 uses any part of the body OTHER than the heel of the foot/foot blade. (Example:
 - c. Participants breaks boards with the instep)
 - d. Participant falls down during the 30-second attempt, touching the ground with any part of the body besides the feet

- e. 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 (All-round, Multi station)

All ages, 8th Geup & Above

Rank	Age (Division)							
	3-6 (Peewee)	7-9 (Child)	10-12 (Preteen)	13-17 (Teen)	18-30 (Adult)	31-45 (Senior)	46-54 (Executive)	55+ (Platinum)
5th - 8th Geup	V	V	V	V	V	V	V	V
1st - 4th Geup/ Deputy (Bo-dan)	V	V	V	V	V	V	V	V
1st Poom/Dan		V	V	V	V	V	V	V
2nd Poom/Dan		V	V	V	V	V	V	V
3rd Poom/Dan			V	V	V	V	V	V
4th Poom/Dan				V	V	V	V	V
5th Dan					V	V	V	V
6th Dan					V	V	V	V
7th Dan						V	V	V
8th Dan						V	V	V
9th Dan							V	V

Global Open Kukkiwon Cup welcomes Para athletes in all areas of competition and will provide a separate division.

Individual Creative Breaking (Kyukpa)

(1 Participant only. All ages. 8th Geup and Above)

1. Participants have 60 seconds to set up and 60 seconds to execute their breaks.
2. At the participant's discretion, he or she will attempt to break a minimum of 1 board and a maximum of 10 boards. (Age 6 and under: maximum 3 boards) (All boards are 1/4-inch pine boards.) Participant is allowed to do multiple boards at 1 station.
3. 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 may need to be covered.
4. Props CAN be used but boards cannot be altered. (For Example, board fragments, confetti, streamers, poppers, powder, etc. cannot be added to the boards) Board stands, blocks, board holding devices, chairs are considered props and CAN be used.
5. Participants are allowed 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.
6. The participant may attempt to break each technique a maximum of 3 times. Broken boards may not be replaced on the 2nd or 3rd attempt. (For Example, if a participant does a split kick in the air and only one board breaks, the participant CANNOT replace broken board with a new board on the 2nd or 3rd attempt.)
7. The coach or parents must provide the breaking routines for age 6 and under.
8. Judging criteria
 - a. Creativity
 - i. Creativity of Performance
 - ii. Degree of Difficulty
 - b. Execution of Requirements
 - i. Broke at least 1 board and not more than 6 boards
 - ii. Not exceeding the maximum number of attempts per break, maximum of 3 attempts
 - c. Presentation
 - i. Speed/Tempo/Flow
 - d. Taekwondo Spirit

- i. Kihap – confidence
 - ii. Attitude and Etiquette – proper respect as soon as the Participant’s name is officially called to perform
- 9. Deductions
 - a. Participant exceeds the 60-second time limit for setup (-0.3)
 - b. Participant exceeds the 60-second time limit (-0.3)
 - c. Participant exceeds the maximum number of attempts allowed per break, maximum of 3 attempts (-1)
 - d. Altering the board in any way. (-0.5)
 - e. Participant crosses outside of the ring (-0.5)
(Participant will not receive a deduction if the holder crosses outside of the ring)
 - f. Unsportsmanlike conduct (-1)
- 10. Tiebreaker
 - 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 breaking routine one additional time. Judges will rescore. If there is still a tie, there will be two 1st places awarded.