



INTERNATIONAL  
TAEKWON-DO  
FEDERATION

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**INTERNATIONAL TAEKWON-DO FEDERATION  
HEADQUARTERS  
WORLD CUP, CONTINENTAL AND NATIONAL  
POWER BREAKING CHAMPIONSHIP RULES**



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# **WORLD CUP, CONTINENTAL AND NATIONAL CHAMPIONSHIPS ITF HQ 2022 POWER BREAKING**

## **3.1.0 INTRODUCTION:**

The purpose of this competition is to determine the competitor/team that can, using both powerful technique and strategy, achieve the most points on performing the three defined techniques. The techniques to be performed would be either, “side piercing kick (yop cha jirugi), turning kick (dolyo chagi), forefist punch (Ap joomok jirugi)-males or knifehand strike (Sonkal taerigi)-females, dependent on the division.

Prior to being given the opportunity to perform the whole range of techniques and in order to secure an appropriate standard of competition, the competitor will be required to attempt a qualifying technique of his/her choosing. This chosen technique will be entered on his/her competition application and will be performed using the minimum number of boards as determined by the Umpire committee for the event. The umpire committee will determine the minimum number of boards all competitors must break in any individual break.

The strategic component of this event will be brought into the play once competitors have qualified. Competitors will have indicated the number of boards (above the minimum set by the umpire committee) that they wish to attempt to break. Competitors will then perform all breaks sequentially from their assigned station. Each competitor will only be allowed one attempt per technique.

The order of competitors will be decided by randomisation of the competitors' names using an appropriate lottery system (either electronic or manual).

Main components for each section of the competition:

POWER BREAKING:

## **3.1.1 RULES AND PROCEDURE:**

### **3.1.2 DIVISIONS**

The power breaking can be divided into individual and team events that can be further divided by gender and age group

Note: Junior is 14-17 years (at date of competition)

Adult 18-35 years (at date of competition)

Senior 36+ years (at date of competition)

Type of event	Gender	Division and number of members	Side piercing kick (Yop Cha jirugi)	Turning kick (dollyo chagi)	Forefist punch (ap joomok jirugi)	Knifehand strike (sonkal taerigi)
Individ	Male	Junior	Y	Y	Y	N/A
		Adult	Y	Y	Y	N/A
		Senior	Y	Y	Y	N/A
	Female	Junior	Y	Y	N/A	Y
		Adult	Y	Y	N/A	Y
		Senior	Y	Y	N/A	Y
Team	Male	Junior x 3	Y	Y	Y	N/A
		Adult x 3	Y	Y	Y	N/A
		Senior x 3	Y	Y	Y	N/A
	Female	Junior x 3	Y	Y	N/A	Y
		Adult x3	Y	Y	N/A	Y
		Senior x3	Y	Y	N/A	Y

Note: the number of team competitors is indicated in the division box Description of techniques

There are 3 techniques for males and 3 for females in the remaining individual age/gender divisions to be performed. The detailed description is presented in Table.

No	Technique		Description
	English	Korean	
1	Side Piercing Kick	Yopcha Jirugi	Performed using the footsword from an L-stance guarding block using either lead or rear foot
2	Turning Kick	Dollyo Chagi	Performed using the ball (apkumchi) or instep of the rear or lead foot from an L stance guarding block
3	Forefist punch	Ap joomuk Jirugi	Performed using the obverse or reverse forefist from an L- stance guarding block striking to target in a walking stance
4	Knife hand strike	Sonkal Taerigi	Performed using the knife hand in either an inward or outward motion from an L-stance guarding block

Boards for divisions (UMAB coloured boards). NB. The Umpire committee recommends the “Gorilla” Board holder that is designed for the UMAB boards and complies with the requirements of ITF HQ.

Breaking Levels						
			SK	TK	KH	Punch
Male	Junior	blue	3	2	N/A	1
	Adult	Brown	3	2	N/A	1
	Senior	Brown	3	2	N/A	1
Female	Junior	Blue	2	1	1	N/A
	Adult	Blue	3	2	2	N/A
	Senior	Blue	3	2	2	N/A

### 3.1.3 PROCEDURE

### 3.1.4 PROCEDURE FOR QUALIFICATION FOR INDIVIDUAL COMPETITION

- a) The competitors for individual competition will enter on their competition entry form their preferred qualification technique and the number of boards selected above the minimum for all other techniques should they qualify.
- b) When it is a competitors' turn to qualify they will indicate to the lead umpire their chosen technique and be directed to the breaking equipment that will hold the minimum number of boards required to be broken to qualify using that technique.
- c) Competitors will indicate to the umpire and board assistant the desired height (above the waist) for their break using verbal or physical signals, but will not touch the boards. All boards will be checked for integrity at this point by the umpires.
- d) The umpire will then hold a flag in front of the boards and indicate to the competitor to adopt an L stance guarding block, ready position
- e) When the competitor has adopted this position the umpire will drop the flag and give the command "Sijak" which will indicate to the competitor that they have 30 seconds to complete their attempt to break following the procedure outlined here.
- f) The competitor must (compulsory) perform a single measure (and may touch the board when doing so)
- g) The competitor must then perform their attempt to break using the appropriate tool and technique as indicated in table2 above.
- h) It is permitted to take one step or slide when performing the technique but at the moment of the contact of the technique one foot must be in contact with the ground when kicking and both must be in contact with the ground when using the hands.
- i) Balance must be maintained throughout the execution of the technique and until it is completed with the competitor returning to an L-stance guarding block immediately following their attempt.
- j) When the attempt has been completed the umpires will indicate that the attempt is valid by raising their flag, if however an umpire considers an infringement has been made they will indicate by extending their flag to their right hand side. If they consider the technique warrants disqualification the umpire will indicate this by lowering their flag.
- k) Competitors may have points deducted for the following infringements

• Failing to take a measure	1point
• Taking more than one measure	1 point for
each additional measure	
• Not returning to an L-stance guarding block following the measure	1point
• Loss of balance when performing or following the attempt	1point
• Not returning to an L-Stance guarding block following the attempt	1point
• Taking more than 30 seconds for attempt	1point for
each 5 secs over	

- l) If one umpire (**following consultation with the Jury President and the other Umpire**) disqualifies the competitor, the competitor is eliminated and will not continue.

A competitor may be disqualified for the following reasons

- Incorrect technique and tool used.
- Having both feet off the ground when kicking
- Having only one foot on the ground when striking with the hand
- Taking more than one attempt to break.
- Taking more than one step toward the board

The reason for disqualification in these cases is that **the infringement may provide the competitor an advantage in power generation** by modifying the technique such that additional momentum is gained by taking more than one step or a different attacking tool may be applied

- m) On successful completion of an attempt the umpires will check the boards and allocate points, with three (3) points for each broken board, i.e. a board which has two completely separate parts and one (1) point for each cracked board, ie a board that has been deformed such that it is no longer flat across its surface and has the two parts still attached at some point . Any infringement points will then be deducted from the score after discussion between the two umpires to provide the final score for the attempt.
- n) In order to proceed further in the breaking competition competitors must achieve a minimum final score equivalent to breaking 50% of the boards for the attempt.

### 3.1.5 PROCEDURE FOR INDIVIDUAL POWER BREAKING AFTER QUALIFICATION

The procedure for competition after qualification is synonymous with the qualification method except that competitors will have selected the number of boards above or at the minimum for each break. This is done at item a) in the procedure and the number of boards attempted is recorded by the umpire.

(This procedure allows competitors to use strategy to improve their scores above the minimum number of boards and allows them to demonstrate their best performance for this event.)

Note: It is not compulsory for the competitor to attempt each technique but the total score for all techniques attempted will be summarized in determining the winner.

Competitors may be randomly assigned to a group and complete the break designated for the group. As each group completes the break it moves to the next sequential station until each group has completed all breaks.

### 3.1.6 PROCEDURE IN THE EVENT OF A TIE

In the event that two or more competitors score the same amount, the competitors will be asked to select one of the three eligible techniques. They will then be asked to attempt the chosen technique with an additional board than their previous attempt for this technique. The order of competitors will be as previously.

Scores will be applied as per the rules.

This procedure will be repeated until a clear winner is determined.

### **3.1.7 PROCEDURE FOR TEAM POWER BREAKING**

- a) On the entry form for team power competition the team members will indicate the break they have chosen and the number of boards selected at or above the minimum set by the umpire committee.
- b) On presenting to the competition area, the team competitors will indicate to the umpire their chosen technique and be directed to the breaking equipment for their designated break that will hold the indicated number of boards required for that technique (see item a).
- c) Competitors will indicate to the umpire and board assistant the correct height and confirm the chosen number of boards for their break using verbal or physical signals, but will not touch the boards. The number of boards chosen and the boards themselves will be checked for integrity at this point by the umpires.
- d) Once all competitors in the team have set the correct height for their boards and have adopted an L Stance guarding block the umpires will hold the flag in front of the competitors.
- e) The umpires will then signal when each competitor should start their attempt by dropping their flag. The umpires will perform this sequentially from station one to five (depending on the division) as each attempt is completed.
- f) Competitors should follow the same breaking procedure as indicated for individual power breaking.
- g) As per individual competition scores will be allocated according to the number of points gained after deduction points for rule infractions. This will be displayed after all competitors from a team have completed their attempts.

### **3.1.8 PROCEDURE IN THE EVENT OF A TIE IN TEAM EVENT**

In the event that two or more teams score the same amount the team will be asked to select one of the three eligible techniques, the same competitor who performed that technique previously will then be asked to attempt the chosen technique with an additional board than their previous attempt for this technique. The order of team competitors will be as previously.

Scores will be applied as per the rules.

This procedure will be repeated until a clear winner is determined.

### **3.1.9 EQUIPMENT AND BOARDS**

The boards must be set in an appropriate board holder that will secure the stability of the boards as well as safety of the competitors.

It is recommended that the board holders are made of solid materials with cushioned areas around the boards covering the metal parts of the equipment. The Umpire committee



recommends the “Gorilla” Board holder that is designed for the UMAB boards and complies with the requirements of ITF HQ.

Heights should be adjustable to the nearest 3cm as indicated by the competitor.

Holders should be set up sequentially with sufficient distance on either side of holders such that it will allow competitors good access to the machine and it is against a solid wall or braced in a circle against each other.

Plastic (nylon) re-breakable boards UMAB will be used and the minimum number per technique will be determined by the tournament committee.

Boards will be labelled sequentially and placed in the holder in the same order and direction for each competitor to standardise the method and ensure fairness for competitors.

Umpires will measure whether a board is sufficiently cracked to score a point by examining the boards in the holder after the attempt has been completed.

Scores for competitors will be shown on a two sided flip chart by the umpire indicating the final score for each attempt.

## 3.2.0 JUDGES PROTOCOL

### 3.2.1 INDIVIDUAL

For Qualification

- a. The Jury panel will consist of a Jury President and one assistant, three equipment assistants and a minimum of two experienced knowledgeable umpires.
- b. Umpires and equipment assistants will line up facing the Jury President table and will bow to the Jury President on the command of the lead umpire and then move to the breaking equipment.
- c. Umpires will have a list of competitors and will identify the competitor by examining their entry card that will be provided to the jury table and confirming the technique they have chosen to use for qualification and the number of boards to be presented, on their arrival at the breaking area.
- d. Umpires will indicate to the competitor that they should ask the assistants to adjust the height of the boards to the appropriate position using verbal and physical instructions but must not touch the boards or the holder,
- e. Once boards are ready, one umpire will hold a flag in front of the boards and command the competitor to adopt an L stance guarding block,
- f. When the competitor adopts the stance the umpire will drop the flag saying Sijak and the other umpire starts the stopwatch.
- g. The competitor then has 30 seconds to make their measure (one only or points will be deducted), return to I stance guarding block , make their attempt and return to an L stance guarding block, at which point the umpire will stop the timer.
- h. During this time the umpires will watch for both minus point and disqualification infringements.

Minus points are applied according to the following schedule:

- Failing to take a measure 1point
- Taking more than one measure 1point for each additional measure
- Not returning to an L-stance guarding block following the measure 1point
- Loss of balance when performing or following the attempt 1point
- Not returning to an L-Stance guarding block following the attempt 1point
- Taking more than 30 seconds for attempt 1point for each 5 secs over

Disqualification is applied for:

- Incorrect technique and tool used.
  - Having both feet off the ground when kicking
  - Having only one foot on the ground when striking with the hand
  - Taking more than one attempt to break.
  - Taking more than one step toward the board with intent to gain momentum.
- i. Once the attempt is completed the umpires will indicate (on a count of three) a successful attempt by raising their flags, an infringement by extending the flag to their right hand side and a disqualification by lowering their flag toward the ground. Only one umpire (**following consultation with the Jury President and the other Umpire**) is required to indicate a disqualification.
  - j. If an attempt is successful the umpires will remove all of the boards with care and examine them to establish whether they are bent (cracked) or broken or neither and then determine the points to be allocated. This should be done in consultation with the other umpire to determine the points to be deducted for infringements.
  - k. Once the points are calculated the umpire will on a count of three display the score on a flip card and record the score on the scoresheet and indicate whether the competitor has scored sufficient points to qualify for the event. (qualification requires that a score of fifty percent of the total score possible for breaking all the boards is achieved).

After Qualification

- a) The umpire will determine from the competitor the number of boards to be attempted for each technique and ensure the equipment is set up with the appropriate number for each technique.
- b) The umpire will then follow the same protocol as for the qualification round from point 1.6.1 b) to point h)
- c) Once the points are calculated the umpire will on a count of three display the score on a flip card and record the score on the scoresheet and then move to the next technique repeating this procedure
- d) Once all techniques have been completed the umpire will display the final score on the flipboards.

- e) On completion of all competitor's attempts the lead umpire will ensure that equipment assistants and umpires line up facing the Jury President and bow before being dismissed.

In the event of a Tie

- a) The umpire will determine from the competitors which technique they wish to perform as a tiebreaker.
- b) The Umpire will ensure that an additional board is added from last attempt by the competitor on that technique.
- c) The competitor will then follow the procedure as previously and as indicated by the umpire.
- d) The umpire will show the scores after a successful attempt and the winner will be shown after all tied competitors have completed their technique.
- e) In the event of a further tie this procedure will be repeated until a clear winner is determined.

### 3.2.2 TEAM

Protocol

- a) The umpire will have a list of teams with competitors' names and the technique they will perform as indicated on the list.
- b) The umpire will confirm from the competitor the number of boards above the minimum for each technique and ensure the target is set at the correct height.
- c) Once equipment is set up for all techniques the umpire will indicate to team members to adopt an L stance guarding block.
- d) From here the umpires follow the same procedure used for individual competitors

In the event of a Tie

- a) The umpires will determine from the tied teams the technique they wish to perform as a tiebreaker.
- b) The umpire will ensure that the same competitor who performed that technique previously for that team performs again with an additional board being added than the last attempt by the competitor on that technique.
- c) The competitor will then follow the procedure as previously and as indicated by the umpire.
- d) The umpire will show the scores after a successful attempt and the winner will be shown after all tied competitors have completed their technique.
- e) In the event of a further tie this procedure will be repeated until a clear winner is determined.

### 3.2.3 DIAGRAMMATIC REPRESENTATION OF THE SET UP ETC.



