

Taekwondo United National

Board Breaking Challenge

Board Breaking Challenge is open to all Competitors. The Challenge consist of 5 breaks:

Colored Belts

1. Hand technique*
2. Hand technique*
3. Standing Kick
4. Jump Kick
5. Spin Kick

Black Belts

1. Hand technique*
2. Hand technique*
3. Spin Kick
4. Jump Kick
5. 360-degree Kick

*2 different Hand Techniques required. **Board holders will be placed on the floor so techniques will be in a downward motion.**

Techniques are limited to

Hand

1. Palmheel
2. Hammerfist
3. Elbow strike

Kick

1. Round Kick
2. Front Kick
3. Side Kick

Competitors will be given 1 attempt to break each station, and after the attempts are complete the competitor will be scored or graded upon the number of successful breaks. Competitor will be allowed 1 retry in order to better their medal results. (max. of 6 total attempts for the 5 breaks stations)

- Gold Medal - 5 successful breaks
- Silver Medal - 4 successful breaks
- Bronze Medal - 3 successful breaks

All attempts will made on re-breakable boards with the follow age and board combinations:

Female

- 5 & 6 years old White board
- 7 & 8 years old Yellow board
- 9 & 10 years old Orange board
- 11 -13 years old Orange/Green board
- 14+ years old Green board

3rd degree & above

- 16 & 17 years old Blue board
- 18+ years old Brown board

Male

- 5 & 6 years old White board
- 7 & 8 years old Yellow board
- 9 & 10 years old Orange board
- 11 & 12 years old Orange/Green board
- 13 &14 years old Green board
- 15+ years old Blue board

3rd degree & above

- 16 & 17 years old Brown board
- 18+ years old Black board