



Rules of Creative Board Breaking Competition

Overview

In Creative Board Breaking (Kyeok-pa) competition, participants use precise and powerful striking techniques to break pine boards. Competitors are expected to display technical skill, showmanship and creativity.

Competitors may choose the kind of techniques and number of boards to break. Tournament rules may limit the total number of boards used by individual competitors. Any Taekwondo striking or kicking technique may be used, apart from strikes using the head. Competitors may perform as many breaking techniques as they wish, as long as they do not exceed the three-minute time limit.

Competitors must provide their own board holder assistants. Competitors and assistants will have three minutes to set up, perform their breaking routine and clean up all boards and wood fragments.

Competition Area

Competition must take place in a square area with approved padded mats on the floor. The contest area should be approximately 8m x 8m.

Uniform and Equipment

Competitors must wear approved uniforms and appropriate belts. Jewelry, with the exception of religious items, is prohibited. Competitors must use approved pine boards based on the rules of the specific tournament.

Divisions

Competitors are divided by gender, age and belt rank. Specific divisions may vary based on the tournament.

Scoring Criteria

Judges will evaluate individual competitors based on a score of 10 total points, which break down as follows:

Difficulty - 3 points (30% of total score)

Number of Boards Broken During the Performance - 3 points (30% of total score)

Presentation - 4 total points (40% of total score)



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Difficulty of Kicking Techniques will be assessed on the following order of superiority:

- Standing kick technique
- Kicking technique with a spinning motion
- Jumping or flying kick technique
- Jumping or flying kick with a spinning motion (the greater the number of rotations, the higher the assessed difficulty)
- Multiple consecutive breaking using jumping or flying kick
- Multiple consecutive breaking using spinning jumping or flying kick

Difficulty of Hand Techniques will be assessed on the following order of superiority:

- Basic skills such as straight or reverse punch, palm heel strike and hammer fist
- More technical skills such as knife hand strike, ridge hand strike and back fist
- Advanced skills such as spear finger strike, long fist, chicken beak strike

Deductions

- Exceeding the time limit will result in 0.3 point deduction in the final score for each 10 seconds, or fraction thereof, over the time.
- Multiple attempts of a single break are allowed, but each unbroken board will result in a 0.3 point deduction.
- Boards that are brought into the ring but not attempted will result in a 0.3 point deduction for each board. Note that missed boards are considered attempted, and will not result in any additional penalty, other than the deduction on the failed attempt.
- A competitor who crosses the boundary line with two feet will receive a 0.3 point deduction for each violation.
- Holders may not attempt to “help” the competitor by bending, moving, or pushing the boards; any attempt to do so will result in a 0.3 point deduction for each instance.
- A display of poor sportsmanship may be penalized by either 0.1 or 0.3 point deduction in score, depending upon severity.

Declaration of a Winner

The winner shall be the contestant who is awarded the highest total points. In the case of a tied score, the winner shall be the contestant with the higher total score in presentation. If the contestants are still tied, multiple medals may be awarded.

This guide is based on the USATKD Kyeok Pa (breaking) Competition Rules (effective 1/1/20)

Check back on these rules often as they are periodically updated:

<https://www.teamusa.org/usa-taekwondo/v2-events/competition-rules>

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