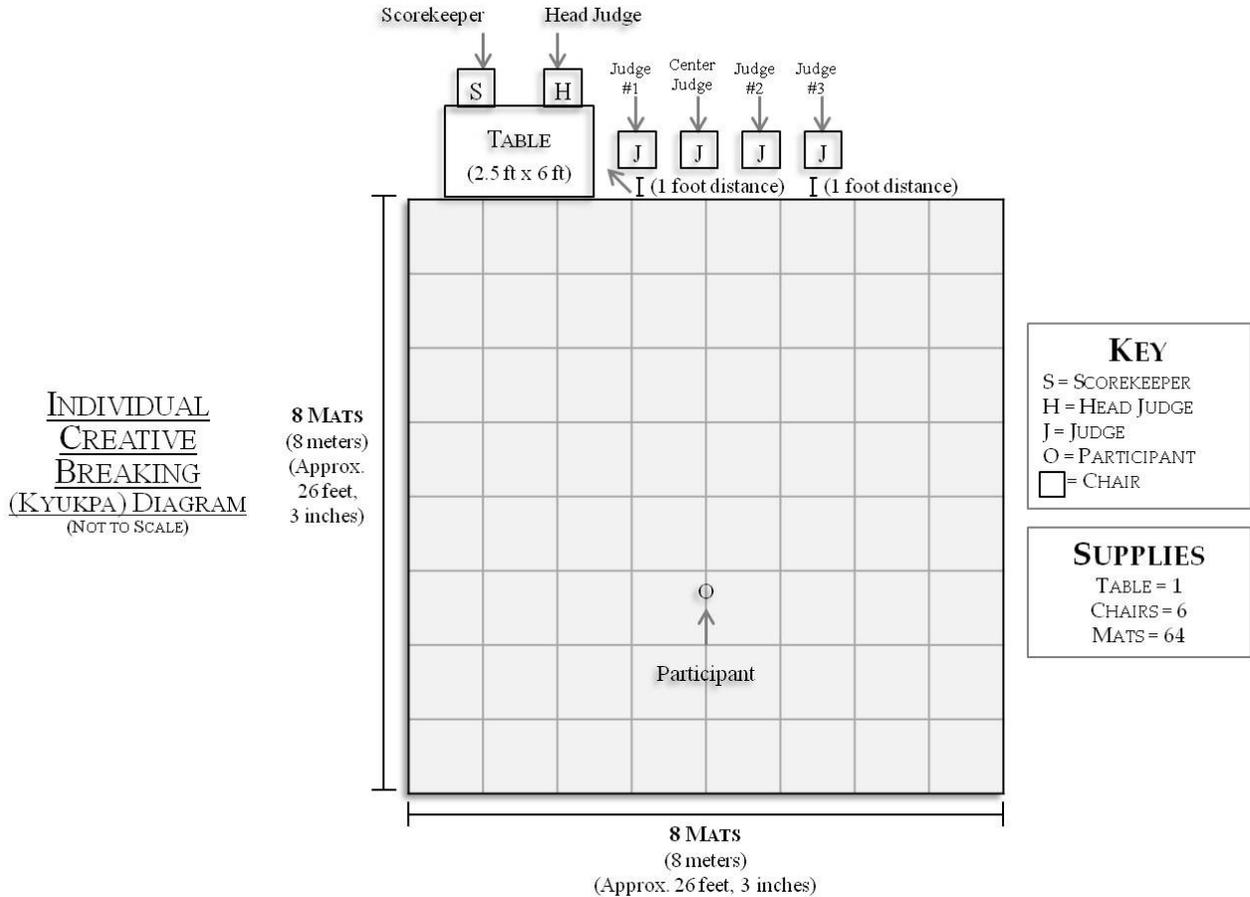


# **INDIVIDUAL CREATIVE BREAKING (KYUKPA)**

**(1 PARTICIPANT ONLY. NO AGE REQUIREMENT. ALL BELTS)**

**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 5 boards. (All boards are 1/4-inch pine boards.)
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 may need to be covered.
5. Props CANNOT be used, and boards cannot be altered. (For example, board fragments cannot be put on the top of the board to create an unfair advantage.)
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. The participant may attempt to break each technique a maximum of 3 times. Broken boards may not be replaced on the 2<sup>nd</sup> or 3<sup>rd</sup> 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 2<sup>nd</sup> or 3<sup>rd</sup> 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)
  - b. Participant exceeds the 60-second time limit for execution (1 point deduction)
  - c. Participant exceeds the maximum number of attempts per break, maximum of 3 attempts (1 point deduction per infraction)
  - d. Participant crosses outside of the 8 meter x 8 meter ring (1 point deduction for each occurrence)
  - e. Unsportsmanlike conduct (1 point deduction for each occurrence)