

# Guidelines for 3 Station Board Breaking

This event is a skill-based event with competitors breaking boards at 3 separate stations in a 1 minute (60 sec) time span. Success is based on both successfully breaking the boards at each station, in the way they are set out. Each station's arrangement of boards is worth a certain number of points, which are tallied to determine a winner for each division – highest point total wins!

Kicking Techniques	Points
Base Kick – mid-section	3
Head Height	+1
180 degree spin (backwards)	+1
360 degree spin (backwards)	+2
540 degree spin (must be in the air)	+3
Jumping	+2
Vertical Rotation (like cartwheel)	+2
*Jumping Off or Over an Object	+1
**Breaking Additional Board	+1 (per additional board, max of 3 per station)

Examples	
Head Height Round kick (Dolyeo chagi)	3 (base) + 1 (head) = 4 total
180 spin Back Kick to body (Dwichagi)	3 (base) + 1 (180 spin) = 4 total
Flying Sidekick over an Object	3 (base) + 2 (jumping) +1 (over object) = 6 total
Jumping 540 Spin Hook Kick Head Height	3 (base) + 2 (Jumping) + 3 (540 spin) + 1 (head) = 9 total
***Round kick + Hook Kick to Head Height, same leg	3 (base) + 1 (head) + 1 (additional board) = 5 total

### Clarification Points

- \*Jumping Over an Object must be substantial, such as a kick shield or person
- \*\*Breaking Additional boards can be multiple stacked (no spacers allowed) on 1 kick, or individual boards of multiple kicks to a MAXIMUM of 3 Additional in this manner (see below).
- \*\*\*When calculating multiple kicks at a station, such as the example above, the initial calculation is for the highest point kick with each additional kick worth +1 point. However, the breaking foot cannot touch the ground and balance should be maintained, ie. Not jumping all around the ring to keep the foot up, then breaking the second board.

Hand Techniques	Points
Elbow/ Hammerfist	3
Palm	3
Knife Hand	3
Punch	3
Fingertips	7
1 Finger or Thumb	9
Any Spin	+1
Any Jump	+1
Self Hold Board	+1
*Breaking Additional Board	+1 (per additional board, max of 3 per station)
**Dropping or Throwing a Board	+2

Examples	
Palm Strike – 4 Boards	3 (base) + 3 (additional boards) = 6 total
Spinning Elbow Strike	3 (base) + 1 (spin) = 4 total
Jumping Superman Punch – 2 Boards	3 (base) + 1 (jump) + 1 (add board) = 5 total
Step Punch – 3 boards held in straight line	3 (base) + 2 (add boards) = 5 total

### Clarification Points

- \*Boards must be stacked (no spacers allowed), or individual boards at separate strikes but the breaking motion must be continuous.
- \*\*Dropping or Thrown Boards must be broken in the air, not on striking the ground.

### General Notes:

1. Time limit for the 3 Stations is 60 seconds.
2. Stations with boards unbroken are worth no points (risk vs. reward).
3. Multiple attempts are allowed within the time limit.

### Sample 3 Station Board Breaking Event

Competitor #1		Competitor #2	
Flying Side Kick over Person	6	Jumping Double Front Kick – 2 board	6
Jumping Superman Punch	4	Self Holding Knife Hand	4
Jumping 360 Round Kick to Head	8	Hook Kick + Round Kick to Head	5
<b>18 Total</b>		<b>15 Total</b>	

