

Adult Blue & Red Belt BOARD BREAKING

- Must have instructor's approval
- One attempt will be allowed at each break.
- Must break with a Side Kick and either a Forearm or a Back Elbow
- Technique is not judged, only the total number of boards broken. Whoever breaks the most $\frac{3}{4}$ inch by 11 inch by 12 inch white pine boards wins.
- If the judge determines at any time that the competitor is unsafe or at risk for injury they have the right to stop the competitor.
- All boards will be provided only by the CTF.

Ties – "Break-Off"

- First competitor by draw chooses whether the next break will be either by foot or upper-body technique, then proceeds to break.
- The 2nd competitor then proceeds to break with the chosen type of break.
- If a tie still remains, then the 2nd competitor chooses the type of break and breaks first with the 1st competitor following.
- If there is a tie with more than 2 competitors, each competitor will draw a number and then a coin will be flipped to see whether it is a hand or a foot technique.
- This process continues until a winner is decided.

Creative Breaking

- Break combination must have your instructor's approval.
- Divisions will be 10-13, and 14 -17,
- Competitors will have 2 minutes to set up their board breaks
- Competitors are responsible for providing board holders (no more than 2 holders per station) and their placement (judges cannot be holders)
- Boards will be provided by the CTF
- Each competitor will be allowed up to 4 stations with 1–11-inch board per station
- Competitors are only allowed 1 attempt
- **Techniques not allowed (punches)**
- Officials will award merit on the basis of beauty, grace, rhythm, focus, power, technique, the ratio of successful breaks and the difficulty level of the successful breaks.