



Southeastern AAU Taekwondo District Championship March 19, 2022

Board Breaking Guidelines Non-Qualifying Event

Breaking will be bracketed and single elimination. Competitor should have sufficient boards for advancing through as many matches as necessary to reach finals. Depending upon division size, there may be multiple matches.

Board Breaking Rules- Boards must be purchased at registration, the event site or from our National Sponsor AAMA by visiting website www.aamasupply.com. See Board Sizes Below.

Board Breaking: Repetitive Spin Hook - Allowed technique is spinning hook kick

- Single break format; One board per strike – See Board Sizes Below
- 10 board competition
- Winner based on time required to break 10 boards

Board Breaking: Repetitive Side Kick - Allowed technique is side kick

- Single break format; One board per strike – See Board Sizes Below
- 10 board competition
- Winner based on time required to break 10 board

Board Breaking: Repetitive Hand Technique (human hold)

- Single break format; One board per strike – See Board Sizes Below
- Allowed technique is hammer fist, palm, knife or fist (punch)
- 10 board competition
- Winner based on time required to break 10 boards

Board Breaking: Power Technique - may be hand or foot technique

- Single break format; (one station)
- Allowed technique is hammer fist, palm, knife or fist (punch) or any part of the foot below the ankle
- Athlete may choose any number of boards for breaking attempt
- Spacers allowed – 1 min set up limit
- One (1) attempt allowed
- Winner based on competitor who breaks the most boards or highest percentage of boards attempted

BOARD SIZES: 5 to 13-year-old athletes = AAMA Demo Small 14 and older athletes = AAMA Demo Medium

Coaches must be prepared to hold boards for their athletes. Blocks will be available for power technique breaks. Coaches must have a coaches pass to be on the floor to hold boards