



Team Breaking Competition will consist of 3 competitors per team.

- The goal is to gain as many points for your team. More boards = more points.
- You have a chance of not breaking them all. If one board is not broken no points for that break.
- All boards must be broken completely for points.
- We will be using re-breakable boards.
- You may combine gups (color belts) with black belts (dans).
- We will use wall supported board breaking machines and a free standing machine.
- *For safety - No hand held board holders please!*

There will be 3 groups: Youth Team Breaking (ages 5-12), Teens Team Breaking (ages 13-19), Adult Team Breaking (ages 20+)

Team Power Breaking requirements:

- Youth Team (ages 5-12): 1. front pressing kick 2. hand technique 3. side piercing kick
- Teen Team (ages 13-19): 1. front pressing kick 2. hand technique 3. side piercing kick
- Adult Team (ages 20+): 1. turning kick 2. hand technique 3. side piercing kick

You may add any variation to the above techniques.

- Jumping will add 1 point
- Spinning or reverse technique will add 2 points
- Jumping and spinning/reverse technique will add 3 points

We are interested in Team Breaking!

Technique #1: _____

Technique #2: _____

Technique #2: _____

\$30 per Team. Checks payable to Mike Louie TKD. You may also pay online at www.mikelouietkd.com
Mail entry to: Mike Louie, c/o Dojang Championships, 948 Cleek Ave, Landisville, PA 17538.