



Form Rules & Scoring Criteria

1. Students must wear full TKD uniform
2. Students are allowed to perform their form belt level or one rank below
3. Forgetting part of the form will result in one full point deduction
4. Scoring high grade will be judged on: Balance, Stances, Power, Accuracy, Kicks.
5. Trophies will be awarded the end of each group

Board Breaking (Difficulty)

1. Each Student will receive ONE BOARD
2. Students must wear full TKD uniform
3. The more advance the technique, the higher the score (e.g., Side kick is more advance than Axe Kick)
(RISK V. REWARD)
4. A Kick is more advance than hand technique
5. Breaking from first attempt will score higher than 2nd attempt or 3rd. (Hand breaking from 1st attempt will score higher than a kick with two or more attempts)
6. Showing confidence in yelling louder encourages higher score.
7. Trophies will be handed over at the end of each division.

Power Breaking

1. Competitors must use cement bricks.
2. Students may purchase bricks to challenge others.
3. Students must break a stack of bricks with one single technique
4. The more bricks students break, the higher the score.
5. Cement bricks will score higher than wooden boards
6. Breaking from 1st attempt will score higher than multiple tries.
7. Trophies will be handed over at the end of each division.

Sparring Rules

1. Students must wear full TKD uniform
2. Any Student with 2 Gold medals at the end of the B.BR, Report to Registration table before starting sparring
3. All competitors must have their weight checked and recorded at USTA using the same scale
4. Students must have all protective gears.
5. Students are not allowed to kick to head (-1point if happened)
6. Each match will have 2 rounds of 1 minute each, and 30sec. break.
7. Students are not allowed to object to referees decisions.
8. Any roundhouse kick will score 1 point
9. Any turning kick to chest will score 2 points
10. Students listed on the top of each bracket will wear BLUE chest gear. Bottom Bracket will wear Red