



Divisions for the 2009 Arnold Martial Arts Festival

Creative Multi-Direction Wood Breaking

Brief overview of rules:

Wood boards only

All techniques allowed

Multiple stations (3 station max.)

3 minute max. (set-up/break/clean-up)

Competitor provides own holders and stands

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>
CB1	12 & under	Male	All ranks
CB2	12 & under	Female	All ranks
CB3	13-17	Male	Beginner/Intermediate
CB4	13-17	Male	Advanced/Black Belt
CB5	13-17	Female	All ranks
CB6	18-34	Male	Beginner/Intermediate
CB7	18-34	Male	Advanced/Black Belt
CB8	18-34	Female	All ranks
CB9	35 and over	Male	All ranks
CB10	35 and over	Female	All ranks

*Divisions may be broken up further or combined as needed

Creative Open Breaking

Brief overview of rules:

Any materials. No fire, no glass.

All techniques allowed

Multiple stations, 10 station max.

6 minute max. (set-up/break/clean-up)

Competitor provides own holders and stands

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>
CO1	17 & under	Male	All ranks
CO2	17 & under	Female	All ranks
CO3	18 and over	Male	All ranks
CO4	18 and over	Female	All ranks

*Divisions may be broken up further or combined as needed

Extreme Creative Breaking

Brief overview of rules:

This division may be combined with "Open" divisions at Event Coordinators' discretion

Limited division, pre-approval required, 18 and over Black Belts

Any materials. No fire, no glass.

All techniques allowed

Multiple stations,

10 minute max. (set-up/break/clean-up)

Competitor provides own holders and stands

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>
EX1	18 & Over	Male and Female	Black Belts

Power Concrete Breaking

Brief overview of rules:

Carpenter Pencil Spacers provided

Downward strike/one strike only

Set on floor with block base

6 minute max. (set-up/break/clean-up)

Patio blocks must be purchased from supply committee

Hand- Allowed strikes: Palm, hammer fist, chop, etc.

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
PC1	18 and over	Male	Beg/Inter	Lightweight
PC2	18 and over	Male	Beg/Inter	Heavyweight
PC3	18 and over	Male	Adv/Black Belt	Lightweight
PC4	18 and over	Male	Adv/Black Belt	Heavyweight
PC5	18 and over	Female	All ranks	All weights

*Divisions may be broken up further or combined as needed

Elbow- Allowed strikes: Drop elbow, overhand elbow, etc.

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
PC6	18 and over	Male	Beg/Inter	Lightweight
PC7	18 and over	Male	Beg/Inter	Heavyweight
PC8	18 and over	Male	Adv/Black Belt	Lightweight
PC9	18 and over	Male	Adv/Black Belt	Heavyweight
PC10	18 and over	Female	All ranks	All weights

*Divisions may be broken up further or combined as needed

Feet- Allowed strikes: Stomp, Axe kick, etc.

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
PC11	18 and over	Male	Beg/Inter	Lightweight
PC12	18 and over	Male	Beg/Inter	Heavyweight
PC13	18 and over	Male	Adv/Black Belt	Lightweight
PC14	18 and over	Male	Adv/Black Belt	Heavyweight
PC15	18 and over	Female	All ranks	All weights

*Divisions may be broken up further or combined as needed

Speed Board Breaking- Board size: 12 and under- ½X10X12", 13 and over- 1X10X12

Brief overview of rules:

No Spacers Allowed

Any technique allowed, hand and foot

5 Station maximum, stations may be replenished; stations may be stands or holders

Competitor and 2 assistants maximum

10 seconds to break, 3 minute max. (set-up/break/clean-up)

Boards must be purchased from supply committee

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
SB1	12 & under	Coed	All ranks	All weights
SB2	13-17	Male	All ranks	All weights
SB3	13-17	Female	All ranks	All weights
SB4	18 and over	Male	Beginner and Intermediate	All weights
SB5	18 and over	Male	Advanced and Black Belt	All weights
SB6	18 and over	Female	All ranks	All weights

*Divisions may be broken up further or combined as needed

High Jump Board Breaking- Board size: ½X10X12"

Brief overview of rules:

Any type of jump kick allowed

Short run and then high jump

Height measured from top of head to height of board

Best of 3 attempts, board must be broken

Boards must be purchased from supply committee

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
HJ1	11 & under	Coed	All ranks	All weights
HJ2	12-14	Male	All ranks	All weights
HJ3	12-14	Female	All ranks	All weights
HJ4	15-17	Male	All ranks	All weights
HJ5	18 and over	Male	All ranks	All weights
HJ6	15 and over	Female	All ranks	All weights

*Divisions may be broken up further or combined as needed

Power Board Breaking- Board size: 12 and under- ½X10X12", 13 and over- 1X10X12

Brief overview of rules:

Carpenter Pencil Spacers provided

Downward strike/one strike only

Set on floor with block base

5 minute max. (set-up/break/clean-up)

Hand- Allowed strikes: Palm, Knife-hand, Chop, Hammer fist, Punch

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
PB1	12 & under	Male	All ranks	All weights

PB2	12 & under	Female	All ranks	All weights
PB3	13-17	Male	All ranks	All weights
PB4	13-17	Female	All ranks	All weights
PB5	18 and over	Male	Beginner and Intermediate	Lightweight
PB6	18 and over	Male	Advanced and Black	Lightweight
PB7	18 and over	Male	Beginner and Intermediate	Heavyweight
PB8	18 and over	Male	Advanced and Black	Heavyweight
PB9	18 and over	Female	All ranks	All weights

*Divisions may be broken up further or combined as needed

Elbow- Allowed strikes: Drop elbow, overhand elbow, etc.

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
PB10	12 & under	Male	All ranks	All weights
PB11	12 & under	Female	All ranks	All weights
PB12	13-17	Male	All ranks	All weights
PB13	13-17	Female	All ranks	All weights
PB14	18 and over	Male	Beginner and Intermediate	Lightweight
PB15	18 and over	Male	Advanced and Black	Lightweight
PB16	18 and over	Male	Beginner and Intermediate	Heavyweight
PB17	18 and over	Male	Advanced and Black	Heavyweight
PB18	18 and over	Female	All ranks	All weights

*Divisions may be broken up further or combined as needed

Foot- Allowed strikes: Any kick. ***Boards will be held by machine, no spacers***

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
PB23	18 and over	Male	Beginner and Intermediate	Lightweight
PB24	18 and over	Male	Advanced and Black	Lightweight
PB25	18 and over	Male	Beginner and Intermediate	Heavyweight
PB26	18 and over	Male	Advanced and Black	Heavyweight
PB27	18 and over	Female	All ranks	All weights

*Divisions may be broken up further or combined as needed