



## Divisions for the US Open 2009

### Creative Multi-Direction Wood Breaking

**Brief overview of rules:**

Wood boards only

All techniques allowed

Multiple stations (3 station max.), 3 sub-stations per station

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	Beginner/Intermediate
CB2	12 & under	Male	Advanced/Black Belt
CB3	12 & under	Female	All ranks
CB4	13-17	Male	Beginner/Intermediate
CB5	13-17	Male	Advanced/Black Belt
CB6	13-17	Female	All ranks
CB7	18-34	Male	Beginner/Intermediate
CB8	18-34	Male	Advanced/Black Belt
CB9	18-34	Female	All ranks
CB10	35 and over	Male	All ranks
CB11	35 and over	Female	All ranks

\*All 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 to 39	Male	Under Black Belt

CO4	18 to 39	Male	Black Belt
CO5	18 to 39	Female	All ranks
CO6	40 and over	Male	Under Black Belt
CO7	40 and over	Male	Black Belt
CO8	40 and over	Female	All ranks

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## 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/Adv	Lightweight
PC2	18 and over	Male	Beg/Inter/Adv	Heavyweight
PC3	18 and over	Male	Black Belt	Lightweight
PC4	18 and over	Male	Black Belt	Heavyweight
PC5	<b>NEW</b> 18 and over	Female	Beg/Inter	All weights
PC6	<b>NEW</b> 18 and over	Female	Adv/Black Belt	All weights

\*All 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>
PC7	18 to 39	Male	Beg/Inter/Adv	Lightweight
PC8	18 to 39	Male	Beg/Inter/Adv	Heavyweight
PC9	18 to 39	Male	Black Belt	Lightweight
PC10	18 to 39	Male	Black Belt	Heavyweight
PC11	<b>NEW</b> 18 to 39	Female	Beg/Inter	All weights
PC12	<b>NEW</b> 18 to 39	Female	Adv/Black Belt	All weights
PC13	40 and over	Male	Beg/Inter/Adv	Lightweight
PC14	40 and over	Male	Beg/Inter/Adv	Heavyweight
PC15	40 and over	Male	Black Belt	Lightweight
PC16	40 and over	Male	Black Belt	Heavyweight
PC17	40 and over	Female	All ranks	All weights

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

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
PC18	18 and over	Male	Beg/Inter/Adv	Lightweight
PC19	18 and over	Male	Beg/Inter/Adv	Heavyweight

PC20	18 and over	Male	Black Belt	Lightweight
PC21	18 and over	Male	Black Belt	Heavyweight
PC22 <b>NEW</b>	18 and over	Female	Beg/Inter	All weights
PC23 <b>NEW</b>	18 and over	Female	Adv/Black Belt	All weights

\*All Divisions may be broken up further or combined as needed

## Speed Board Breaking- Board size: 12 and under- 1/2X10X12", 13 and over- 1X10X12

### **Brief overview of rules:**

No Spacers Allowed

Any technique allowed

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	Beg/Inter	All weights
SB5	18 and over	Male	Adv/Black Belt	All weights
SB6 <b>NEW</b>	18 and over	Female	Beg/Inter	All weights
SB7 <b>NEW</b>	18 and over	Female	Adv/Black Belt	All weights

\*All Divisions may be broken up further or combined as needed

## High Jump Board Breaking- Board size: 1/2X10X12"

### **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

\*All Divisions may be broken up further or combined as needed

## Power Board Breaking- Board size: 12 and under- 1/2X10X12", 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	Beg/Inter	Lightweight
PB6	18 and over	Male	Adv/Black Belt	Lightweight
PB7	18 and over	Male	Beg/Inter	Heavyweight
PB8	18 and over	Male	Adv/Black Belt	Heavyweight
PB9 <b>NEW</b>	18 and over	Female	Beg/Inter	All weights
PB10 <b>NEW</b>	18 and over	Female	Adv/Black Belt	All weights

\*All 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>
PB11	12 & under	Male	All ranks	All weights
PB12	12 & under	Female	All ranks	All weights
PB13	13-17	Male	All ranks	All weights
PB14	13-17	Female	All ranks	All weights
PB15	18 and over	Male	Beg/Inter	Lightweight
PB16	18 and over	Male	Adv/Black Belt	Lightweight
PB17	18 and over	Male	Beg/Inter	Heavyweight
PB18	18 and over	Male	Adv/Black Belt	Heavyweight
PB19 <b>NEW</b>	18 and over	Female	Beg/Inter	All weights
PB20 <b>NEW</b>	18 and over	Female	Adv/Black Belt	All weights

\*All Divisions may be broken up further or combined as needed

**Kids Foot**- 17 and under, downward strike, spacers used, Allowed strikes: stomp, axe kick, etc.

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
PB21 <b>NEW</b>	12 & under	Male	All ranks	All weights
PB22 <b>NEW</b>	12 & under	Female	All ranks	All weights
PB23 <b>NEW</b>	13-17	Male	All ranks	All weights
PB24 <b>NEW</b>	13-17	Female	All ranks	All weights

**Adult 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>
PB25	18 and over	Male	Beg/Inter	Lightweight
PB26	18 and over	Male	Adv/Black Belt	Lightweight
PB27	18 and over	Male	Beg/Inter	Heavyweight
PB28	18 and over	Male	Adv/Black Belt	Heavyweight
PB29 <b>NEW</b>	18 and over	Female	Beg/Inter	All weights
PB30 <b>NEW</b>	18 and over	Female	Adv/Black Belt	All weights

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