

# **TIGER AN'S INVITATIONAL CHAMPIONSHIPS 2026**

## **BOARD BREAKING RULES**

**LOCATION>** Cormier Youth Center – 40 Whittier Ct, Andover, MA 01810  
Sunday, March 22<sup>nd</sup>, 2026 – 978-453-5387 or email: masterrichardan@gmail.com

### **1. General Information –**

- a. \* Must wear tkd uniform but any color is acceptable within reason as long as it's a dojang dobok. \* No Taekwondo Shoes when competing (must be barefoot)
- b. Competitors Divisions and amount of boards Determined by competitor level.
  - Each competitor MUST compete with the amount of breaking boards specified for their division. (**no exceptions!**)
- c. **Scoring based on:** 1) Difficulty technique, 2) execution and 3) etiquette.
- d. **Misses:** each technique is allowed up to 3 misses. If the board is not broken after 3 misses then competitor must move to next technique. (auto deduction for missed tech & non break)
- e. **Prop use> CAN NOT be used. Except the following**  
1) chair 2) board extender
- f. **6(six) Division Board Types:** thin>  $\frac{1}{4}$  inch thick> 1 inch
  - **Thin Boards** > for divisions: 4-7yrs, 8-9yrs, 10-11yrs.
  - **Thin & Thick Boards** > For Divisions: 12-14yrs, 15-17yrs & 18+ yrs.
- g. **Equal/Fair Breaking Wood For Competitors:**
  - In order to ensure we have equal/fair wood type breaking material. All Competitors **MUST** purchase your boards the day of on site of event (Sunday, March 22<sup>nd</sup> 2026).
    - **TIGER CLAW BRAND BOARDS WILL BE USED AT SITE**
    - **All boards will have a Stamp marked approved.**
    - **Cost per board:** \$4/thin-medium board      \$5/thick Board

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h. Boards per division as follows:

**All 4-7yrs , 8-9yrs, 10-11yrs** beginner, intermediate, advance, black:

Thin Boards only > total boards needed> 9(NINE) thin

**OPEN STATIONS:** Any kind of hand and/or foot – Breaking CHOICE (4 boards)

**POWER STATION:** Power Breaking Downward action

(using tournament wood blocks or cement blocks to hold boards w/spacers)

**\*Technique options: (5 Boards “MUST BE” spaced)**

Least point value to most point value technique Use:

1) Hammer Fist 2) Palm Strike 3) Knife Hand Strike 4) Ridge Hand

**\*NOTE> ALL LEVELS 4-7YR> STOMP ONLY FOR POWER**

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**All 12-14yrs , 15-17yrs,** beginner, intermediate, advance, black:

Thin & Thick Boards only >

total boards needed> 4(Four) Thin / 7(Seven) Thick = Total 11 mix boards

**OPEN STATIONS:** Any kind of hand and/or foot – Breaking CHOICE (4 Thin & 2 Thick boards)

**POWER STATION:** Power Breaking Downward action

(using tournament wood blocks or cement blocks to hold boards w/spacers)

**\*Technique options: (5 Thick Boards “MUST BE” spaced)**

Least point value to most point value technique Use:

1. Hammer Fist 2. Palm Strike 3. Knife Hand Strike 4. Ridge Hand

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**18+yrs ONLY** beginner, intermediate, advance, black:

Same as 12-17yr old Breaking except: **POWER STATION IS “UNLIMITED AMOUNT MUST BE SPACED**  
**Technique CHOICE STILL ONLY BELOW:** Least point value to most point value technique Use:

1. Hammer Fist 2. Palm Strike 3. Knife Hand Strike 4. Ridge Hand

**(EXAMPLE: Open station 4 thin / 2 thick & power station “unlimited “ = ? pending on you)**