



## Results for the 8th Triennial World Hap Ki Do Championships

### Creative Multi-Direction Wood Breaking

#### Division #

#### CB1- 7-8, Male, All ranks

1. Adam Ormsted

#### CB3- 9-12, Male, Beginner/Intermediate

1. Chris Zurisk

#### CB4- 9-12, Male, Advanced/Black Belt

1. James Jordan
2. Jaden Costa

#### CB5- 9-12, Female, All ranks

1. Jenna Jordan

#### CB7- 13-17, Male, Advanced/Black Belt

1. Joseph Stewart
2. David Bergsma

#### CB10- 18-34, Male, Beginner/Intermediate

1. David Guajardo

#### CB13- 18 and over, Male, All ranks

1. Perry Zmugg  
Tony Andrini
2. Joseph Lanning
3. Christopher Chandler

#### CB14- 35 and over, Female, All ranks

1. Nancy Foster-Mills  
Gerilyn Benning
2. Michele Zurisk

### Creative Open Breaking

#### Division #

#### CO1- 17 & under, Male, All ranks

1. Joseph Stewart

#### CO4- 18 and over, Male, Black Belt

1. William Wymer

CO6- 18 and over, Female, Black Belt

1. Nancy Foster-Mills

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

**Power Concrete Breaking**

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

Division #

PC9- 40 and over, Male, Adv/Black Belt, Lightweight

1. James Trinka 2 of 4

PC10- 40 and over, Male, Adv/Black Belt, Heavyweight

1. John Zurisk 5 of 12

PC11- 40 and over, Female, All ranks, All weights

3. Nancy Foster-Mills 0 of 2

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

Division #

PC14- 18 to 39, Male, Adv/Black Belt, Lightweight

1. Jason Huett 8 of 10

2. Sean Terwilliger 6 of 10

PC21- 40 and over, Male, Adv/Black Belt, Heavyweight

1. John Zurisk 8 of 18

PC22- 40 and over, Female, All ranks, All weights

3. Nancy Foster-Mills 0 of 4

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

Division #

PC26- 18 and over, Male, Adv/Black Belt, Heavyweight

1. John Zurisk 10 of 15

PC28- 18 and over, Female, Adv/Black Belt, All weights

1. Nancy Foster-Mills 2 of 10

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

Division #

SB2- 13-17, Male, All ranks, All weights

1. Joseph Stewart 37 of 40

SB7- 18 and over, Female, Adv/Black Belt, All weights

1. Nancy Foster-Mills 28 of 46

**High Jump Board Breaking-** Board size: ½X10X12"

Division #

HJ7- 15-17, Male, Black Belt, All weights

1. Joseph Stewart 11.5", 17", NJ

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

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

Division #

PB3- 9-12, Male, All ranks, All weights

1. Christopher Zurisk 4 of 7
2. Jaden Costa 2 of 2

PB6- 13-17, Male, Adv/Black Belt, All weights

1. Richard Rangel, Jr. 11 of 12
2. Joseph Stewart 9 of 12

PB10- 18 and over, Male, Adv/Black Belt, Lightweight

1. Sean Terwilliger 11 of 14
2. James Trinka 8 of 10

PB12- 18 and over, Male, Adv/Black Belt, Heavyweight

1. John Zurisk 12 of 17

PB14- 18 and over, Female, Adv/Black Belt, All weights

1. Nancy Foster-Mills 6 of 10

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

Division #

PB17- 9-12, Male, All ranks, All weights

1. Christopher Zurisk 4 of 7

PB20- 13-17, Male, Adv/Black Belt, All weights

1. Richard Rangel, Jr. 11 of 15, 12 of 15
2. Joseph Stewart 11 of 15, 7 of 14

PB24- 18 and over, Male, Adv/Black Belt, Lightweight

1. Jason Huett 8 of 10
2. Sean Terwilliger 5 of 12

PB26- 18 and over, Male, Adv/Black Belt, Heavyweight

1. John Zurisk 19 of 19 (**Competition Record**)
2. Suleymon Mommadli 8 of 10

PB28- 18 and over, Female, Adv/Black Belt, All weights

1. Nancy Foster-Mills 8 of 12

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

Division #

PB31- 9-12, Male, All ranks, All weights

1. Christopher Zurisk 10 of 10

PB34- 13-17, Male, Adv/Black Belt, All weights

1. Joseph Stewart 11 of 15
2. Richard Rangel, Jr. 10 of 16