



ISKA WORLD BREAKING CHAMPIONSHIPS

DIVISIONS

1. Three Directional Power Wood Strikes
2. Power Concrete Arm/Hand
3. Power Concrete Kicks
4. Creative Breaking (please note rule changes)
5. ULTIMATE BREAKING CHAMPIONSHIP

Division: Three Directional Power Wood Strikes

Light weight: 199 lbs. & under ; Heavy weight: 200 lbs. & over

Description: Competitors will break 3 stacks of boards using hand or arm strikes. One strike will be directed to the competitors left (using holders to support the boards). One strike will be directed to the competitors right (using holders to support the boards). And a third strike will be directed downward (using a concrete stand to support the boards). THE THREE STRIKES MAY EXECUTED IN YOUR CHOICE OF EITHER OF THE FOLLOWING TWO ORDERS: LEFT ARM-RIGHT ARM-DOWN, or RIGHT ARM-LEFT ARM-DOWN. All three breaks must be completed in 5 seconds or less. The clock starts with your initial strike.

Scoring Criteria: Scoring will be based on the number of boards broken in the allotted time.

Additional Rules:

- There is a 8 minute time limit from the time the first team member steps on the stage. The competitors will receive three warnings indicating elapsed time. The first warning will be given at 3 minutes. The second warning will be given at 5 minutes. The third warning will be given at 7 minutes. There will be an automatic disqualification if the break has not been executed in the allotted time. Boards may be pre-stacked however, they must be purchased from the event and they will be inspected by the ISKA representative. Use of boards other than those sold by the event or tampering with the boards are grounds for immediate disqualification.
- The actual break will last no longer than 5 seconds from the initial strike to the final strike.
- Setup and immediate clean up must be provided by competitor and assistants.
- Any hand or arm technique may be used. The first two strikes must be delivered in a horizontal or diagonal motion using holders with unspaced boards. The third strike must be delivered in a downward motion. On the third break stacked and spaced boards must be lying horizontally in a vertical column supported equally on each end. Standardized materials consist of 1" x 10" x 12" boards.
- Ties will be broken by determining which competitor broke the largest percentage of boards that were set up (i.e. a competitor who breaks 12 of 13 would win over a competitor who

broke 12 of 15). If there is a tie in the finals the preliminaries will be added back in to determine a winner.

- For pre-set up and breaking you can tape the boards. It should be masking tape and not something like duct tape. In other words it should just used as a place holder not as clamp. It should break away once struck. Wrapped once.

Division: Power Concrete Arm/Hand

Light weight: 199 lbs. & under; Heavy weight: 200 lbs. & over

Description: Competitors will break concrete patio slabs with one downward hand or arm strike.

Scoring Criteria: Scoring will be based on the number of slabs broken on the first and only strike.

Additional Rules:

- There is a 10 minute time limit from the time the first team member steps on the stage. The competitors will receive three warnings indicating elapsed time. The first warning will be given at 4 minutes. The second warning will be given at 8 minutes. The third warning will be given at 9 minutes. There will be an automatic disqualification if the break has not been executed in the allotted time.
- Setup and immediate clean up must be provided by competitor and assistants
- Any hand or arm technique may be used. Strikes must be delivered in a downward motion. Standardized materials consist of 2 x 8 x 16 (5.08 cm x 20.32 cm x 40.64 cm) concrete slabs. Slabs must be stacked lying horizontally in a vertical column supported equally on each end.
- Ties will be broken by determining which competitor broke the largest percentage of slabs that were set up (i.e. a competitor who breaks 12 of 13 would win over a competitor who broke 12 of 15). If there is a tie in the finals the preliminaries will be added back in to determine a winner.

Division: Power Concrete Kicks

Light weight: 199 lbs. & under; Heavy weight: 200 lbs. & over

Description: Competitors will break concrete patio slabs with one horizontal kick. **Scoring Criteria:** Scoring will be based on the number of slabs broken on the first and only strike.

Additional Rules:

- There is a 8 minute time limit from the time the first team member steps on the stage. The competitors will receive three warnings indicating elapsed time. The first warning will be given at 2 minutes. The second warning will be given at 5 minutes. The third warning will be given at 7 minutes. There will be an automatic disqualification if the break has not been executed in the allotted time.
- Setup and immediate clean up must be provided by competitor and assistants.
- Standardized materials consist of 2 x 8 x 16 (5.08 cm x 20.32 cm x 40.64 cm) concrete slabs. Slabs must be stacked vertically in an even row freestanding with 1/4 (.635 cm) spacers (carpenter pencils) at the bottom only between each slab.
- Materials to be broken must be set up on 8 X 8 X 16 concrete blocks as stands. As many as needed can be used but must be at the breakers waistline (defined as the bottom of the

buttock to the floating rib with both legs no wider than shoulder width apart) with pencil spacers between caps on the bottom only. On the setup it must have a back built from the 8 X 8 X 16 concrete blocks to keep the debris from scattering and a floor pad cut to fit 8 X 8 X 24.

- Any kicking technique may be used. A kick is one strike horizontally with 1 attempt, examples; front, side, back, and round kicks. Strike must be with foot only.
- Ties will be broken by determining which competitor broke the largest percentage of slabs that were set up (i.e. a competitor who breaks 12 of 13 would win over a competitor who broke 12 of 15). If there is a tie in the finals the preliminaries will be added back in to determine a winner.

Division: Creative (separate divisions for men and women)

Description: Competitors will perform a creative display of breaking skills executed in multiple directions, using multiple weapons and multiple materials.

Scoring Criteria: The Creative Breaking Division will be judged on the following effective breaking prioritized criteria (in order of importance)

1. Creativity: Were the breaks unique in design and presented in a creative or innovative fashion? Judges will be looking for each competitor to bring their own unique signature breaks to their CREATIVE routine. They will evaluate and score based on creative originality.
2. Variety: Did the breaking demonstration feature a variety of techniques, directions, materials, and methods?
3. Degree of Difficulty: Within the demonstration, how difficult was each break or breaking sequence (without consideration for quantity)?
4. Realism: Was the demonstration performed with a rhythm and flow that is dynamic and exciting?
5. Quantity: This evaluates the volume of materials broken with each strike, or during the demonstration as a whole. Note: The prioritized criteria above will be applied in evaluating each competitors performance within the general context that the goal is SUCCESSFUL BREAKING. Missed breaks will lead to scoring deductions in an inverse relation to the difficulty of the break that was attempted. Missed breaks that are then broken immediately with a fluid follow-up breaking strike will be subject to less of a deduction than missed breaks that are abandoned.

Demonstration Presentation Rules:

- Competitors must provide all breaking materials or purchase breaking materials from the promoter. The actual breaking demonstration will last no longer than 3 minutes.
- The actual breaking demonstration will feature no more than twelve (12) breaks
- Two or more breaking strikes executed simultaneously shall count as only one break. A missed or incomplete break followed by another attempt at the same break shall count as only one break.
- Numerous breaks executed while in the air during a single jump will count as one break.

Set Up and Clean Up Rules:

- Setup and immediate clean up must be provided by competitor and assistants.
- There will be a total of 12 minutes for set up, break, and clean up.
- Time begins from the moment the 1st team member steps on stage.

- There is a grace period of 60 seconds between breakers. After the 60 seconds grace period has passed time will begin whether the next breaker has begun setting up or not.

Point Deductions, Disqualification and Safety Parameters

- All material holders must wear protective eye wear.
- Deductions will accrue at .1 of a point per 15 seconds over the 3 minute or 12 minute time limits.
- Total point deduction will come off of total score from the judging panel.
- Breaking material that leaves the designated breaking area in a dangerous fashion may be grounds for penalization or disqualification. The decision to DQ a competitor will be made by the onsite ISKA representative. Factors such as velocity and distance the material travels off the stage will be considered as well as whether or not anyone is struck by materials leaving stage.
- Any materials provided by the competitor must be safe. NO glass or fire permitted. NO materials are allowed that may potentially injure surrounding individuals.

Division: Ultimate

Description: This is an “overall” breaking championship division.

Scoring: The winner will be determined by a cumulative score that reflects how each competitor scores in each of the four individual breaking events regardless of weight classes (three directional power wood, power concrete arm/hand, power concrete kicks, and creative).

“Ultimate” is considered an “absolute” division meaning that there is no regard for weight division placement.

- 1st Place earns 25 points
- 2nd Place earns 12 points
- 3rd Place earns 7 points
- 4th Place earns 3 points

The competitor that compiles the most points over the four individual events will be crowned “**Ultimate Breaking Champion**”

Additional Rules:

- Qualifying for the Ultimate Breaking Championship requires that a competitor participate in each of the four breaking events.
- Unbroken ties in individual breaking events will result in each tied competitor receiving identical ultimate breaking points as stated above.
- In the event of a tie the person with the most titles will be declared the winner.

Addendum:

- In the spirit of competition versus demonstration, it is a given expectation that all materials will meet certain standards measured by their appearance and the expectation they have not been altered in anyway.
- Materials sometimes vary, but if any material is to a great degree easier to break than would be expected by experienced ISKA representatives, judges, or competitors it constitutes deception and is outside the limits of fairness set by all other competitors using standard materials.

- If a material has been altered, damaged, or made in such a way as to facilitate the easy breaking of said material it is also in violation of the expectations of a fair and equal playing field among the competitors.
- Concrete should be as hard as one would reasonably expect a piece of concrete of that thickness to be and should be purchased as is. The scoring of boards, breaking and reassembling materials, or any methods of weakening materials is not allowed.
- Violation of any of these points is grounds for disqualification.

ISKA CREATIVE BREAKING- Judges Scoring Criteria

Competitors will perform a creative display of breaking skills executed in multiple directions, using multiple weapons and multiple materials.

Scoring Criteria: The Creative Breaking Division will be judged on the following 5 criteria points. (Please note that each criteria point is expanded on below)

- **Creativity:** Were the breaks unique in design and presented in a creative or innovative fashion?
- **Variety:** Did the breaking demonstration feature a variety of techniques, directions, materials, and methods?
- **Degree of Difficulty:** Within the demonstration, how difficult was each break or breaking sequence (without consideration for quantity)?
- **Realism:** Was the demonstration performed with a rhythm and flow that is dynamic and exciting?
- **Quantity:** This evaluates the volume of materials broken with each strike, or during the demonstration as a whole.

Note: The combined qualities of Creativity, Fluidity, Variety, Degree of Difficulty and Realism are weighed more heavily than Quantity in evaluating a Creative Breaking performance.

Note: Missed breaks should lead to scoring deductions, but only in an inverse relation to the difficulty of the break that was attempted. Missed breaks that are then broken immediately with a fluid follow-up breaking strike should not cause as large a deduction.

CREATIVITY Two Components: Design & Presentation

Were the breaks, original, unique or imaginative in "design."

- How much thought went into the design of the each break or sequence of breaks? Were the breaks that this competitor chose ones that are commonly executed by other competitors or unique to this individual? Scores should be weighted to favor "Original" or "Unique" breaks and breaking sequences providing those breaks carry a legitimate or comparable degree of difficulty to the more commonly recognized and performed breaks

Were the breaks "presented" in a particularly inventive or innovative fashion?

- Competitors that perform commonly recognized breaks "presented" in a unique or more difficult manner should receive favor in scoring. (i.e. blindfolded, dropping into a split, while performing a gymnastics move etc.)

VARIETY Techniques, Directions, Materials, and Methods

Techniques

- **Upper Body:** Back fist, Straight Reverse punch, hook punch, ridge hand, Spear finger, hammer fist, forearm strike, elbow strikes from many different angles forward and backward, open hand or knife hand strike, palm heel strike, short strikes from the distance of the finger tips, and head breaks.
- **Lower Body:** primarily kicking- round kick with instep, shin, or ball of the foot, side kick with heel of the foot, axe kick with the heel of the foot, front snap kick with the ball of the foot, front push kick with the heel of the foot, Hook kick with back of the heel, twist or twisting kick striking with the ball or instep of the foot, inside or outside crescent kicks striking with the inside or outside of the blade of the foot, Spinning heel or reverse round house kick striking with heel, spinning hook kick, reverse side or spinning back kick, most kicks can also be done with a jump, skip, or hop. Most kicks can also be done with a 360 / 540 / 720 or more degree spin. Knee strikes and stomps.
- A competitor using a greater variety of techniques should be scored higher than competitors repeatedly using the same technique to break.
- Also, judges should look for the utilization of right and left hand/feet strikes. Competitors who demonstrate right and left sided variety should also be scored higher

Directions

Directions refer to the 360 degrees that surround the competitor in any direction, forward, side to side or backwards, also including upward and downward. Did the demonstration at some point have a good mix of all or most of these directions in a creative manner? Competitors should be rewarded for demonstrating variety in the directions that their breaks are executed

Materials

Did the breaking presentation feature a good variety of materials to be broken?

- **Boards-** typically pine or spruce are used 12"X12"X1", 10"X12"X1", Demonstration boards are also commonly used. They are typically thinner and used for more risky breaking like very high or multiple kicking breaks in the air where accuracy and power may suffer some. Boards longer than standard (or breaking planks) may also be used.
- **Concrete-** for power techniques, typically are 2"X8"X16" cap or patio blocks are used.
- **Garden Edging** (Scallop Bricks) usually 24"X 7-8"X2" are commonly used for breaking because they are easier to break than the cap blocks. You'll often see the larger stacks of concrete or "riskier" breaks like speed breaks (which have a much higher degree of difficulty than a solidly held breaks) performed with scallops.
- **Clay Roofing Tiles** are also used for breaking. They are generally easier to break than scallops
- **Common house building bricks** are also used with and without the holes in them.
- **Baseball bats** are commonly used.
- **Ice** is sometimes used. The size of ice varies depending upon the trays it is frozen in.
- **Apples and pears** are sometimes used. Fruit and vegetable breaks usually require great speed and accuracy. If the apple is only tapped it will not break. If it is hit well, it will burst into many small pieces.
- **Coconuts** are also commonly used. These carry a high degree of difficulty.
- Breakers who use a variety of materials should be rewarded in scoring, as compared to other performances of equal in all other variables but lacking the variety of materials.

Methods

This indicates how the movement of the competitor's body presented the weapon to the breaking material. They might include, but not be limited to; jumping, spinning, flying, running, dropping, lying on something while executing a break, standing on one leg exhibiting balance while breaking etc.. good variety of methods in each routine.

DEGREE OF DIFFICULTY

Within the demonstration, how difficult was each break or breaking sequence (without consideration for quantity)? Degree of difficulty can be somewhat subjective. It can be heavily affected by each of the variables listed above and below. What follows are some additional elements that impact a breaks degree of difficulty.

- **Spacers-** affect difficulty enormously. Standard spacing for power concrete divisions is $\frac{1}{4}$ inch. Typically spacers make breaking much easier than non-spaced breaks. Spacers, literally allow space for one piece of material to break before it hits the next piece in a multiple material break. For instance when breaking 2X8X16 inch blocks like used for the concrete power breaking, spacers allow the top brick to break before it contacts the second brick and so-on. This usually happens quickly giving the appearance of all bricks breaking simultaneously. The amount of space also is a variable in breaking. The more space between materials, the easier it is to break more. That is why there is a set standard for space in the concrete power breaking divisions, $\frac{1}{4}$ inch. Without spacing, breaking becomes much more difficult. When you do not put spacers in, the break almost always breaks from the back to the front. In other words the piece you actually put your strike on is typically the last to break. This can be seen in super slow videos of multiple boards being broken without spacers.
- **Padding** The use of padding, such as shoes, and towels across bricks, take away from the difficulty and conditioning required to execute the break without the padding. .
- **Breaking material dimensions-** The length of something being broken also heavily affects the difficulty of the break. The longer something is (especially when supported at both ends) the easier it breaks due to leverage. The shorter the material the harder it is to break. This means a brick that is 24" long is typically much easier to break than a brick that is 16" long. This does not even consider the width of the material. This is why Flower edging bricks are used to produce big number breaks in creative routines. Not only are they longer than the cap blocks, but they are narrower as well. This also hold true with boards as well. Boards are typically broken long ways with the flow of the grain of the wood. The longer the width of the board or the longer the grain stretches the harder to break. For instance a board cut 6 inches wide (usually the height is 12 inches) is easier to break than a board cut 10 inches wide.
- **Height of the break-** Typically (Especially with kicks) the higher the break the more difficult it is. When you get very high with breaks balance, speed, accuracy, and more become very important. When breaks are low you have your weight and center of gravity above the break to work to your advantage. If two of the same types of breaks are done, but one is much higher than the other, it can be assumed that the higher break is more difficult than the lower break.

REALISM

Was the demonstration performed with a rhythm and flow that is dynamic and exciting? Were the breaks done in a manner that demonstrates some sort of practical application, or was it as if the breaker was fighting "dead" targets? Is a lot of time spent on measuring and lining-up the breaks? Or

does the breaking demonstration flow in a relatively realistic motion that somewhat resembles combat? Competitors should be rewarded for presentations that flow evenly and feature breaks demonstrated with less measurement (alignment and set-up).

QUANTITY

This evaluates the volume of the materials broken with each strike, or during the demonstration as a whole. Creative breaking is not a power breaking display. Therefore the Quantity of the material broken should be the least-weighted category in the scoring process except in how it may affect the overall degree of difficulty of the presentation. When two breakers are relatively even on the merits of creativity (variety, difficulty and realism as described above) they may be separated by comparing the quantity or volume of materials broken either on each individual break or in total throughout the presentation.

ADDITIONAL SCORING VARIABLES

There will be seven judges. The highest and lowest score of the seven will be dropped, leaving five scores to be totaled. In the case of a tie the high and low scores will be brought back to resolve the tie.

- **Missed breaks** should lead to scoring deductions, but only in an inverse relation to the difficulty of the break that was attempted. Missed breaks that are then broken immediately with a fluid follow-up breaking strike should not cause as large a deduction. Example: If a competitor attempts to break four boards in the air at the same time while being held in different positions and misses one of the boards, and then quickly breaks it after the miss. There should be a minimal deduction. "Immediate follow-ups" in which an unbroken material is then broken may even be grounds for no loss in points if it is accomplished without any break in the continuous flow of the performance. We want to reward our competitors who are "raising the bar" in terms of degree of difficulty. Additionally, there is an element of creativity in successfully modifying your breaking routine (missing and then following up) as you perform your presentation.
- **Description of Different types of Breaks**
 - **Speed Breaks** (falling, free hanging, or standing materials that are typically supported at one point or not supported at all; Some people refer to striking several solidly supported targets in a row as speed breaking but technically that is breaking several things fast, it does require speed but for defining purposes the term speed breaks will refer to the above definition)- are typically the most difficult due to the fact that they require a huge amount of speed, accuracy, and power to execute well. Hand or upper body speed breaks are typically a little less difficult than kicking speed breaks due to accuracy and flexibility issues usually involved with kicking versus standing on two feet and striking with upper extremities. Also breaking falling materials is even more difficult than other common speed breaks due to the extra speed and focus required to execute these breaks since they do not even have support at one point.
 - **Solidly held breaks or power type breaks** These are probably the most common types of breaks over all in breaking. They are basically any break, whether hand, machine, or stand held, that are supported at multiple points, typically two points. The materials become the biggest variation for these types of breaks.
 - **Breaks over the body** In this type of break, a competitor allows another person to strike their body with a piece of breaking material in order to break that material. These breaks are not overly difficult for the breaker due to the fact that they are up to

the swinger of the material to move it fast enough to break it. However, they do show the type of body conditioning necessary for world class breakers. These breaks also depend on the swinger to hit the target strategically so that the material breaks. Usually the material is very long and is swung to strike the competitor in the center of the long length of the material. The overhang weight of the length and the momentum of the swing actually break the material when it suddenly stops.

- **Breaks on the body of competitor** These usually consist of competitor laying a block of concrete on their body and letting a helper break the material with a sledge hammer. These breaks are also commonly done on a bed of nails or the like. These breaks are not to be scored because the breaker is not doing the breaking. This is only to add to the showmanship of the breaker which also *does not get scored*.
- **Chi breaks** can be performed, like most athletic endeavors, two ways. Honestly and dishonestly.
 - **Honestly:** For the purposes of judging this event a Chi break can be thought of like the trick shots performed in the game of billiards. These often require more skill and finesse than an ordinary shot. Whether as judge you consider the breaker to be using "internal" power or using a practiced skill is not relevant to judging the break. If you determine that the breaker is using legitimate materials and a legitimate set up then you simply judge them on the above criteria and on whether or not they "made the shot they called."
 - **Dishonestly:** A Chi break becomes dishonest when the competitor uses materials, that by their nature or the way in which they are set up in some way facilitates the break he is attempting. For example; breaks like "breaking the center brick only." When you look closely at the center brick of these breaks there may be some sort of space above it or below it that is conducive to the correct brick breaking. They are just set up strategically so that the appropriate brick breaks when struck.