



2026 ISKA BREAKING DIVISION RULES AND REGULATIONS

(Subject to Change)

COMPETITOR CODE OF CONDUCT

- Martial Arts “begins and ends with courtesy”. That’s why we bow.
- Respect is at the core of courtesy. A lack of respect for others reflects a lack of self-respect.
- Strive to protect the integrity of our sport in everything you do
- Fulfill your obligations by being dependable, self-disciplined and responsible. That includes being on time, prepared and cooperative.
- Support the efforts and celebrate the accomplishments of your fellow competitors. That is what is most special about our breaking culture.
- Refrain from any behavior that is unwelcome, offensive, creates a hostile environment or is demeaning to fellow athletes, officials or fans including the use of foul language or gestures.
- You are an ambassador of our sport; Everything matters.
- Inappropriate behavior may warrant disqualification and/or elimination from future opportunities to qualify for this event.

COMPETITOR DRESS AND UNIFORM REQUIREMENTS

- All competitors and assistants (holders) must wear a complete (top and bottom) traditional, professional or sport style Martial Arts (Karate, Kung Fu, Tae Kwon Do, etc.) uniform in a good state of repair (no T-shirts or sports shirts, etc).
- All competitors must wear a black belt or sash.
- Competitors may tape ankles and/or wrists but there can be no tape on any striking surface.
- Headphones may not be worn during competition
- All assistants (holders) must wear protective eyewear.
- All equipment and attire is subject to approval by the ISKA officials supervising the event. Anything that may be considered inappropriate or unsafe shall be prohibited. If you are uncertain about any variable, ASK IN ADVANCE. Please do not risk disqualification based on inappropriate attire or equipment.

COMPETITOR SPONSORSHIP PARAMETERS

- All Competitor Sponsor exposure is subject to approval
- No Competitor Sponsor exposure shall be approved if they are in conflict with existing Event sponsors
- Approved Competitor Sponsor exposure shall be strictly limited to the competitor's uniform.
- Competitor Sponsor exposure shall not have objectionable language or imagery
- All Competitor Sponsor language and art require prior approval by ISKA
- Please check with ISKA Breaking Division Director prior to making any commitment to sponsors for exposure.

WEIGHT DIVISIONS

In events where weight divisions are applicable, they shall be as follows

- **MEN:** Light weight: 199.9 lbs. & under / Heavy weight: 200 lbs. & over
- **WOMEN:** Light weight: 160.9 lbs. & under / Heavy weight: 161 lbs. & over

POWER CONCRETE ARM/HAND

Description:

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

The 2 x 8 x 16 (5.08 cm x 20.32 cm x 40.64 cm) concrete slabs shall be made available by the approved supplier. Slabs must be stacked lying horizontally in a vertical column supported equally on each end, using ¼" (.635 cm) spacers (carpenter pencils).

Presentation Rules:

- **Competitors must execute their break not later than 30 seconds after their name is officially announced.**
- Any hand or arm technique may be used.
- Strikes must be delivered in a downward motion.
- **The competitor must maintain a minimum semblance of martial arts balance during and after the break (jumping in the air and dropping your body on the stack in an entirely uncontrolled manner is not considered martial arts breaking, particularly if it results in the competitor sprawled on the floor) Competitors must demonstrate a level of body control that results in not more than one hand and one knee touching the floor immediately following the break.**

Scoring Criteria:

- Scoring will be based on the number of slabs broken on the first and only strike.
- 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).

Time Limits:

Competitor will be held to the following time limits. Please note that there is no overall time. Each segment will be timed individually. Competitor may be disqualified if the allotted time is exceeded in any segment.

- Set-up- 8 minutes. Competitor will receive warnings at 4, 6, and 7 minutes
- Competitor readiness once name is called to break- 30 seconds max. The break must be executed within this time.
- Clean-up- 30 seconds

Platform Allowance Parameters for Concrete Arm:

- Competitor will be allowed to build an 8 inch “platform” to stand on for Power Concrete Arm if the top of their stack of patio blocks reaches the height of the belt at waist height.
- The stack must be built from the underlying flooring surface using only a standard patio block as a base.
- The platform must be built using standard “cinder” block (2 hole) stands provided by the event. Nominal stand size is 8 inches x 8 inches x 16 inches.
- If the competitor is allowed to use a platform per the above guidelines, and chooses to do so, the competitor must start on the platform before their break and end on the platform after the break (the platform becomes the competitor’s floor) fulfilling the requirements outlined in “Presentation Rules” under “Power Concrete Arm”: **“The competitor must maintain a minimum semblance of martial arts balance during and after the break (jumping in the air and dropping your body on the stack in an entirely uncontrolled manner is not considered martial arts breaking, particularly if it results in the competitor sprawled on the floor) Competitors must demonstrate a level of body control that results in not more than one hand and one knee touching the floor immediately following the break.”**
- As with any break, the competitor will be entirely responsible for ensuring that their set-up and execution meets the rules and regulations. If you are intending to use a platform it is suggested that you thoroughly practice to avoid an unintended disqualification. Any questions can be directed to the ISKA Breaking leadership team.

POWER WOOD KICKS

Description:

Competitors will break **spaced wooden boards** with one horizontal kick. Boards shall be obtained from the event provider and shall be pre-stacked and taped in advance in a manner determined by the event directors to expedite division process. All materials are always subject to evaluation and approval by the event officials.

Presentation Rules:

- Standardized materials consist of 1” x 10” x 12” boards stacked vertically in an even row spaced at the top and bottom with strips of right-angle corner molding (provided)
- Boards 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 breaker’s waistline (defined as the bottom of the buttock to the floating rib with both legs no wider than shoulder width apart)
- A kick is one strike delivered on a horizontal plane with 1 attempt, examples; front, side, back, and round kicks. **Spinning kicks ARE allowed.** Strike must be with foot only.

Scoring Criteria:

- Scoring will be based on the number of boards broken on the first and only strike.
- 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).

Time Limits:

Competitor will be held to the following time limits. Please note that there is no overall time. Each segment will be timed individually. Competitor may be disqualified if the allotted time is exceeded in any segment.:

- Set-up- 4 minutes (this does not include the set-up of stands which will be preset as directed by official). Competitor will receive warnings at 2 and 3 1/2 minutes.
- Competitor readiness once name is called to break- 30 seconds max. The break must be executed within this time.
- Clean-up- 30 seconds

THREE DIRECTIONAL POWER WOOD STRIKES

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 competitor's right (using holders to support the boards). And a third strike will be directed downward (using a concrete stand to support the boards). Boards shall be obtained from the approved event provider and shall be pre-stacked and taped in advance in a manner deemed by the event directors to expedite division process. All materials are always subject to evaluation and approval by the event officials. Standardized materials consist of 1" x 10" x 12" boards.

Presentation Rules:

- **Competitors must execute their first strike no later than 30 seconds after their name is officially announced.**
- The three strikes may be executed in your choice of either:
 - LEFT ARM then RIGHT ARM then DOWN
 - or
 - RIGHT ARM then LEFT ARM then DOWN.
- The left and right stacks shall be **UNSPACED BOARDS held at a distance not greater than the "wingspan" of the competitor** (the competitor must be able to touch both stacks simultaneously while standing between them, reaching side to side).
- The downward strike on SPACED BOARDS must immediately follow the second arm strike. The competitor must maintain a minimum semblance of martial arts balance during and after each break. Concerning the Downward Strike: Simply jumping in the air and dropping your body on the stack in an entirely uncontrolled manner is not considered martial arts breaking, particularly if it results in the

competitor sprawling on the floor. **Competitors must demonstrate a level of body control that results in not more than one hand and one knee touching the floor immediately following the break.**

- All three breaks must be completed in five (5) seconds or less. The clock starts with your initial strike.

Scoring Criteria:

- Scoring will be based on the total number of boards broken in the allotted time.
- Ties will be broken by determining which competitor broke the largest percentage of boards that were set up (i.e. a competitor who breaks 15 of 16 would win over a competitor who broke 15 of 18).

Time Limits:

Competitor will be held to the following time limits. Please note that there is no overall time. Each segment will be timed individually. Competitor may be disqualified if the allotted time is exceeded in any segment.:

- Set-up- 5 min. Competitor will receive warnings at 2, 4, and 4 1/2 minutes.
- Competitor readiness once name is called to break- 30 seconds max. The break must begin within this time.
- Actual break- 5 seconds. All three breaks must be completed in this time. The clock starts with your initial strike.
- Clean-up- 30 seconds

Additional Safety Parameters:

- All holders **MUST** wear eye protection

FIVE STATION COMBAT POWER WOOD STRIKES *NEW FOR 2026*

aka ***SIMULATED SELF-DEFENSE BREAKING***

General Description:

Competitors will break 5 stations of **spaced wooden boards**.

- 2 stations will be set to be broken horizontally with kicks at competitor's waistline level or higher
- 2 stations will be set to be broken horizontally with hand strikes at competitor's solar plexus level or higher
- 1 station will be set to be broken in a downward direction with a hand/arm strike.

General Presentation Parameters:

- The first **FOUR STRIKES** may be executed in any hand/foot order, but must include:
 - A LEFT-HANDED STRIKE
 - A RIGHT-HANDED STRIKE
 - A LEFT KICK
 - A RIGHT KICK.
- The **FIFTH** (and final) strike will be an **UPPER BODY STRIKE** directed downward.

- Stations should be set up and the breaks executed in a manner **that simulates continuous strikes against multiple attackers** without unnecessary pauses. The stations should be set up in a manner **as to reduce the time between breaks**. Once the competitor begins their performance, **no practice or preparatory strokes will be allowed**. The competitor must **proceed through their multiple breaks as if they were fighting live opponents**. The competitor shall set their stations up in a manner that uses movement forward and side to side. Competitors **MAY NOT** set their stations in a straight line.
- All five breaks must be **completed in Ten (10) seconds or less**. The clock starts with the initial strike

Scoring Criteria:

- Scoring will be based on the total number of boards broken in the allotted time.
- Going over time will result in a disqualification.
- Ties will be broken by determining which competitor broke the largest percentage of boards that were set up (i.e. a competitor who breaks 40 of 41 would win over a competitor who broke 40 of 45).

Additional Rules:

- All strikes will be executed on SPACED BOARDS that are pre-stacked and taped in advance in a manner deemed by the event directors to expedite division process.
- All Hand Strikes will be executed using the area between the wrist and fingertips (examples: punch, chop, ridgehand, palm) and shall be directed at boards that are at solar plexus level or higher.
- All Kicks will be executed using area below knee, to the toes (examples: front, side, back, round kicks with foot or shin. (Spinning, Jumping and Flying kicks ARE allowed). All Kicks shall be directed at boards that are at waistline or higher ("waistline" defined as the bottom of the buttock to the floating rib with both legs no wider than shoulder width apart)
- The final strike (downward) shall be executed with either a "hand" as defined above or an arm (forearm or elbow)
- The competitor **must maintain a minimum semblance of martial arts balance** during and after each break. **Concerning the Horizontal Strikes:** If anything other than the soles of the feet and or a hand or hands touch the ground after the break, the boards will not be included in the competitor's total. **Concerning the Downward Strike:** Simply jumping in the air and dropping your body on the stack in an entirely uncontrolled manner is not considered martial arts breaking, particularly if it results in the competitor sprawling on the floor. Competitors must demonstrate a level of body control that results in not more than one hand and one knee touching the floor immediately following the downward break or the boards from that break shall not be included in the total for that competitor.

Station Set-Up:

- Standardized materials consist of 1" x 10" x 12" boards stacked vertically in an even row spaced at the top and bottom with strips of right-angle corner molding (provided). Boards shall be obtained from the approved event provider and shall be pre-stacked and taped in advance in a manner deemed by the event directors to expedite division process. All materials are always subject to evaluation and approval by the event officials.
- Boards stacked for horizontal strikes will be set on a horizontal surface (table, concrete blocks, custom platform) and backed by assistants. Boards can also be held by apparatus approved by ISKA.

- The final vertical/downward stack will be set on concrete blocks.
- Stations will be positioned in a manner that allows the competitor to flow from break to break in a flowing manner, from side to side while also moving forward toward the final downward strike.

Set Up, Performance and Clean Up Time Limits:

- Competitor will be held to the following time limits. Please note that there is no overall time. Each segment will be timed individually. Competitor may be disqualified if the allotted time is exceeded in any segment.:
- Set-up- 5 min. Competitor will receive warnings at 2, 4, and 4 1/2 minutes.
- Competitor readiness once name is called to break- 30 seconds max. Competitors must execute their first strike no later than 30 seconds after their name is officially announced.
- Actual break- 10 seconds. All five breaks must be completed in this time. The clock starts with your initial strike.
- Clean-up- 30 seconds

Additional Safety Parameters:

All holders **MUST** wear eye protection

ULTIMATE

General Description:

- An overall breaking championship division.

Scoring:

- The winner will be determined by a total cumulative score that reflects how each competitor placed in each of the following four individual breaking events as “absolute” divisions (without regard for weight or gender classes). POWER CONCRETE ARM/HAND, POWER WOOD KICKS, THREE-DIRECTIONAL POWER WOOD STRIKES and FIVE STATION COMBAT POWER WOOD STRIKES
 - 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 based on their placement in the four “absolute” divisions 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 in points for ULTIMATE, the competitor with the most first place finishes will be declared the winner.

HEAD to HEAD SPEED SPINNING HOOK KICK STRIKES NEW FOR 2026 (not an “ULTIMATE” division)

General Description:

- Two Competitors will break “demo” boards simultaneously with consecutive spinning hook kicks held at head height. The first to break eight (8) boards will advance to the next round.

General Presentation Parameters:

- The competitors for the division will be bracketed (byes will be awarded if necessary)
- The competition will be contested in a “Head to Head” format with two competitors performing simultaneously.
- Each breaker must provide their own holder and at least one assistant to feed boards to the holder.
- The official time-keeper will initiate a call of READY, SET, GO (buzzer)

Scoring Criteria:

- The first competitor to successfully break eight (8), head height boards with consecutive spinning hook kicks will advance to the next round.
- When only two competitors remain, the “event final” will be contested in the same manner to determine the champion.
- If there is a tie (both competitor’s eighth board are broken simultaneously) there will be an additional “four (4) board, sudden victory break-off” to determine who advances (or who earns the championship in the final)

Additional Rules:

- Each board shall be 3/8 x 9 x 12 inches nominal
- Each competitor shall have only one (1) holder
- The holder may use only one hand to hold the board (the holder may alternate hands)
- The holder may hold the board at either the top, bottom or the side
- The holder MAY use their forearm to stabilize the board
- When held in place, the bottom of the board must not fall below the competitor’s shoulder height (If this occurs, that board will not count towards the competitors total)
- The holder MAY use a platform to stand on
- If a competitor’s kicking foot leaves the ground before the timekeepers signal to begin, that competitor will be disqualified and their opponent will advance (they must complete their eight (8) breaks)

Station Set-Up:

- Each group of two competitors will be positioned by an ISKA official
- Competitors will be positioned in a manner to ensure that the broken boards fly in a safe direction

Set Up, Performance and Clean Up Time Limits:

- Set-up- 1 min. Competitor will receive warnings at 30 seconds and 15 seconds

- Clean-up- 30 seconds

Additional Safety Parameters:

- All holders **MUST** wear eye protection

CREATIVE BREAKING *Not Contested at the 2026 World Championships.*

Men's Division / Women's Division

Description:

Competitors will perform a creative display of breaking skills executed in multiple directions, using multiple weapons and multiple materials. **The breaking presentation must include all “required elements” and comply with the “limitations”.**

Scoring Criteria:

The Creative Breaking Division will be judged on the following prioritized criteria applied to successful creative breaking .

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:** Without consideration for “quantity”, how difficult was each break presented in the routine
4. **Realism:** Was the demonstration performed with a seamless rhythm and flow that is dynamic?
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 competitor's 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. **Competitors who miss the initial attempt at a break are only allowed ONE ADDITIONAL ATTEMPT at that same break and then they MUST move on to the next break.**

Presentation Rules:

- Competitors must provide all breaking materials or purchase breaking materials from the designated source.
- The breaking demonstration shall feature **not more than eight (8) breaks* or last longer than 90 seconds**, marked from the time of the first break.

***Extended definition of what qualifies as a single break (total of eight allowed)**

- Two or more breaking strikes executed **simultaneously** shall count as only one break.

- A missed or incomplete break followed by **single follow up** 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.
- Numerous or multi directional breaks **executed with one kicking leg/foot** (prior to putting the foot down) that do not require significant repositioning of the base foot, will count as one break

The following are **REQUIRED ELEMENTS** applying to each competitor's Creative Breaking Presentation.

- Competitors are required to use **both upper body** (arms; elbows or hands) strikes **and lower body** (legs; knees, shins or feet) strikes to break
- A Minimum of **1 standard Concrete Slab** must be broken
- A Minimum of **1 standard Wooden Board** must be broken
- At least one break must be **executed with a kick** delivered to breaking materials **at solar plexus height or higher**
- At least one break must be executed with technique delivered in a **spinning, jumping or flying** manner
- At least one break must include breaking **two materials simultaneously** (at the same time) with two separate weapons
- At least one break must attack materials stationed **at or above the competitor's head height**

Note that within your breaking presentation, a **single break may fulfill more than one (or even several) of the required elements.**

Example 1: *A forward punch breaking a wooden board executed at the same time as a back kick breaking a concrete slab fulfills the following required elements*

- *A Minimum of 1 standard Concrete Slab must be broken*
- *A Minimum of 1 standard Wooden Board must be broken*
- *Competitors are required to use both upper body (hands/arms) and lower body (legs/feet) strikes/techniques to break*
- *At least one break must include breaking two materials simultaneously (at the same time) with two separate weapons*

Example 2: *A spinning heel kick breaking a head-high board fulfills the following required elements.*

- ✓ *A Minimum of 1 standard Wooden Board must be broken*
- ✓ *At least one break must be executed with technique delivered in a spinning, jumping or flying manner*
- ✓ *At least one break must attack materials stationed at or above head height*
- ✓ *At least one break must be executed with a kick delivered to breaking materials at solar plexus height or higher*

Each competitor will perform a maximum of eight (8) breaks (as qualified above), in a presentation that **collectively** fulfills all the required elements.

The following are **LIMITATIONS** placed on your Creative Breaking Presentation

- All materials provided by the competitor **must be safe**. NO glass or fire permitted. NO materials are allowed that may potentially injure surrounding individuals.
- **Not more than 4 breaks** may be delivered downward
- There will be **NO STOMPS** in your breaking routine. Stomping Techniques are strictly prohibited.
- Having materials **“broken over you”** does not qualify for a break and will not add to your score in any way.
- Competitors are responsible for being prepared to **prevent any delays** resulting from breaking materials that may cause an **“unreasonable mess”** (coconuts, watermelons etc.), We encourage your creativity but please be prepared to effectively contain your mess; or risk penalization
- **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 require a majority vote by the judging panel. Factors such as velocity and distance that the material travels off the stage will be considered as well as whether anyone is struck by materials leaving stage.

Time Limits:

Competitor will be held to the following time limits. Please note that there is no overall time. Each segment will be timed individually. Deductions will accrue at 3 points off the combined score (total) if time is exceeded in any segment, and will continue to accrue every 15 sec.:

- Routine Set-up: 5 min 30 sec. Competitor will receive warnings at 2, 4, and 5 minutes.
- Competitor readiness once name is called to start of routine- 15 seconds
- Actual breaking performance- 90 seconds
- Clean-up- 1 minute. Competitor will receive a warning at 30 seconds

Additional Safety Parameters:

All holders **MUST wear eye protection**