



# International Taekwon-Do Federation (ITF)

By Laws

## ITF Umpire Rules - Rules and Regulations

### Appendix 6 – Boards and Heights

In force as of January 1<sup>st</sup>, 2015 (Amended Dec 14, 2014)

(Pages 1-3)



The following points outline the minimum boards to be used on the Power Breaking Competition, the minimum heights to be used in Special Technique Breaking and the procedures that need to be followed by competitors in each of these divisions.

For Power Breaking, the number of boards refers to the minimum numbers of official boards to be used to commence each technique. All boards are to be inserted into the approved machine in the same sequential order, in the same relative positioning, and in the same board holder machine for each break.

For Special Technique Breaking, the minimum height refers to the height of the board, as measured from the surface of the floor to the lowest edge of the board.

#### 1. Power Breaking

KOREAN	ENGLISH	BOARDS Junior	BOARDS Senior
<b><i>MALE – Junior and Senior</i></b>			
Ap-Joomuk Jirugi	Forefist Front Punch	2	3
Sonkal Taerigi	Knifehand Strike	2	3
Yopcha Jirugi	Side Piercing Kick	3	4
Dollyo Chagi	Turning Kick	3	3
Bandae Dollyo Chagi	Reverse Turning Kick	2	3
<b><i>FEMALE – Junior and Senior</i></b>			
Sonkal Taerigi	Knifehand Strike	1	2
Yopcha Jirugi	Side Piercing Kick	2	3
Dollyo Chagi	Turning Kick	1	2

#### General Notes

- An appropriate mechanical holding device must be used throughout the Power Test Competition.
- Competitors are not permitted to add weight to the machine at any time.
- The Center Referee will determine if the machine is properly positioned and stabilized correctly; from this point on, **NO** adjustment to the location or stability of the machine is permitted.
- In order to ensure equality for each competitor, official plastic Re-Breakable Boards shall be used.



# International Taekwon-Do Federation (ITF)

## By Laws

### ITF Umpire Rules - Rules and Regulations

#### Appendix 6 – Boards and Heights

In force as of January 1<sup>st</sup>, 2015 (Amended Dec 14, 2014)  
(Pages 1-3)



#### Power Test Procedure Overview

1. **A - ADJUST:** Verbally indicate higher or lower.  
DO NOT TOUCH THE BOARDS OR MACHINES
  
2. **M - MEASURE:** Make one (1) Forearm Guarding Block (signals ready)  
  
Make one (1) Mandatory measurement for distance
  - For Power Breaking - a measure (or measurement) is defined as the deliberate extension of any attacking tool towards the target board(s).  
Make one (1) Forearm Guarding Block (immediately prior to break)
  
3. **E - EXECUTE:** Break boards  
Make on (1) Forearm Guarding Block (immediately after break)

#### 2. Special Technique

KOREAN	ENGLISH	HEIGHTS Junior	HEIGHTS Senior
--------	---------	-------------------	-------------------

#### MALE – Junior and Senior

Twimyo Nopi Ap Cha Busigi	Flying High Front Kick	250 cm	260 cm
Twimyo Dollyo Chagi	Flying Turning Kick	230 cm	240 cm
Twimyo Bandoe Dollyo Chagi	Flying Reverse Turning Kick	210 cm	220 cm
Twio Dolmyo Yop Cha Jirugi	360 Mid Air Kick	210 cm	220 cm
Twimyo Nopi Yop Cha Jirugi	Flying Side Kick	130 cm	140 cm

#### FEMALE – Junior and Senior

Twimyo Nopi Ap Cha Busigi	Flying High Front Kick	210 cm	220 cm
Twimyo Dollyo Chagi	Flying Turning Kick	200 cm	200 cm
Twimyo Nopi Yop Cha Jirugi	Flying Side Kick	110 cm	120 cm



# International Taekwon-Do Federation (ITF)

By Laws

## ITF Umpire Rules - Rules and Regulations

### Appendix 6 – Boards and Heights

In force as of January 1<sup>st</sup>, 2015 (Amended Dec 14, 2014)

(Pages 1-3)



#### General Notes

- An appropriate mechanical holding device must be used throughout the Special Technique Test.
- The machine should be capable of indicating both a fully moved board and a half moved board. The machine must be situated the same for each competitor.
- Competitors are not permitted to add weight to the machine at any time.
- Competitors are not permitted to touch the board or the machine at any time.
- The official will determine if the machine is properly positioned and stabilized correctly; from this point on, **NO** adjustment to the location or stability of the machine is permitted.
- The Tournament Committee will set the height for each technique.

#### Special Technique Procedure Overview

**1. A - ADJUST: DO NOT TOUCH THE BOARD, MACHINES OR OBSTACLES**

**a.** This step is **ONLY FOR FLYING HIGH SIDE KICK**

**b.** **NO ADJUSTMENTS** are allowed for any other breaks

**c.** Verbally indicate to the Umpire if the flying high sidekick target board needs to be adjusted in distance, height, or lateral positioning.

*i.* The bottom edge of the target board may not be positioned any lower than the height of the barricade obstacle.

*ii.* Target board may be adjusted laterally (left to right), vertically (raised above its minimum starting position) or further/closer to the barricade obstacle.

**2. M - MEASURE: Make one (1) Forearm Guarding Block (signals ready)**

Make one (1) Mandatory measurement for distance

\* For Special Technique Breaking – A measure is defined as taking a minimum of one (1) or more deliberate steps towards the target.

Make one (1) Forearm Guarding Block (immediately prior to break)

**3. E - EXECUTE: Break boards**

Make on (1) Forearm Guarding Block (immediately after break)