Rules for Hand Power Break

**Object**: To break the most boards using one’s hand.

**Divisions:** Participants will be divided by sex, age, and belt.

**Materials**: 1 inch pine boards and board holders will be provided by tournament.

**Rules**:

-Each contestant will get one chance to break as many boards as he/she can break using his or her hand.

-Any hand technique is allowed.

-Each broken board will count for one point.

-Contestants may not cover the breaking hand with any bandages, tape, or any other material.

-If two or more contestants break the exact same number of boards, then whoever attempted the most boards will be the winner. If all attempted the same number of boards, multiple awards for that place will be given.

-Anything not mentioned above is left to the judge’s discretion.