

2nd Annual Regional Tae Kwon Do Invitational

*All colored belt breaking is timed competition.

4, 5 & 6 year old Novice (Colored Belts, includes Lil' Kickers)

Stomp, Turn, Stomp
Yellow Yellow

7 & 8 year old Novice (White thru Blue)

Stomp, Run Side
Yellow Yellow

7 & 8 year old Advanced (Purple thru Poom)

Turn Side, Run Side
Yellow Orange

9 & 10 year old Novice (White thru Blue)

Turn Side, Turn Side
Green Blue

9 & 10 year old Advanced (Purple thru Poom)

Turn Side, Turn Side
Green Green

11 & 12 Novice (White thru Blue)

Turn Side, Turn Side
Green Green

11 & 12 old Advanced (Purple thru Poom)

Leg Over, Turn Side
Green Blue

13, 14 & 15 year old Novice (White thru Blue)

Turn Side, Turn Side
Blue Blue

13, 14 & 15 year old Advanced (Purple thru Poom)

Turn Side Right Leg, Turn Side Left Leg
Brown Brown

Adult Divisions are ages 16 & up and use real boards

Women Novice (White thru Blue)

Turn Side (2 Boards), Turn Side (2 Boards)

Women Advanced (Purple thru Black*)

4 Stations, 8 Boards max., 1 Minute Set-up
Score 1-10 on boards broken & difficulty

*Women Black Belts have the option to compete with the Women's Advanced Division or in the Adult Black Belt Division with the Men.

Men Novice (White thru Blue)

Turn Side (2 boards), Turn Side (2 boards)

Men Advanced (Purple thru Red)

4 Stations, 8 Boards max., 1 Minute Set-up
Score 1-10 on boards broken & difficulty

Adult Black Belt

5 Stations, 10 Boards max., 1 Minute Set-up
Score 1-10 on boards broken & difficulty