

# 2023 AT Nationals Power Breaking

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Age group: Over 18

Fist Breaking

Targets

Division: Male

Black Belt

44

number	Contestant	Team	Targets Attempt
1	Felix Lavaki	Hedland Taekwondo Club - WA	6
2	Tung Nguyen	Southern Region Taekwondo - QLD	8
3	Kim Walter	Taekwondo West Eaton - WA	15
4	Robert McGregor	Taekwondo Broome - WA	15

A

# 2023 AT Nationals Power Breaking

Age group: Over 18

Palm Breaking

Targets

Division: Female

Black Belt

29

number	Contestant	Team	Targets Attempt
1	Relma Bule-Turner	Hedland Taekwondo Club - WA	5
2	Kiandra Davis	Just Kicks Taekwondo - SA	8
3	Stephanie Farquharson	Palace Martial Arts - VIC	8
4	Aisha Hendriks	Palace Martial Arts - VIC	8

B

# 2023 AT Nationals Power Breaking

Age group: Over 18

Knife Hand Breaking

Targets

Division: Male

Black Belt

34

number	Contestant	Team	Targets Attempt
1	Justin Reynolds	Taekwondo West Eaton - WA	10
2	Kim Walter	Taekwondo West Eaton - WA	12
3	Sammy Rachele	Koryo Taekwondo Centre - VIC	12

C

# 2023 AT Nationals Power Breaking

Age group: Over 18

Knife Hand Breaking

Targets

Division: Female

Black Belt

4

number	Contestant	Team	Targets Attempt
1	Kiandra Davis	Just Kicks Taekwondo - SA	4

D

**Uniform:** ALL contestants must wear the all white taekwondo uniform with black V-neck

**Badge:** AT badge must be worn on the left sleeve.