



Duration  
2-5 x 60  
seconds



## THROW-DOWNS

Breakers compete in **head-to-head battles**, taking turns to respond and out-do each other, dancing to “breakbeat” chosen by DJ

## CORE MOVES

### Top rocks:

Moves performed standing up

### Indian Step ▶

Fast footwork

**Down rocks:**  
Performed on floor

◀ CC

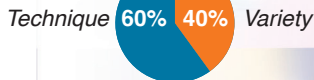
**Freezes:** Halt all motion and hold position

### Chair ▶

## “TRIVIUM” SCORING

Designed to retain creativity while maintaining objectivity

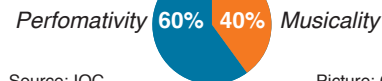
**Body:** Physical moves performed



**Mind:** Response to opponent's routine



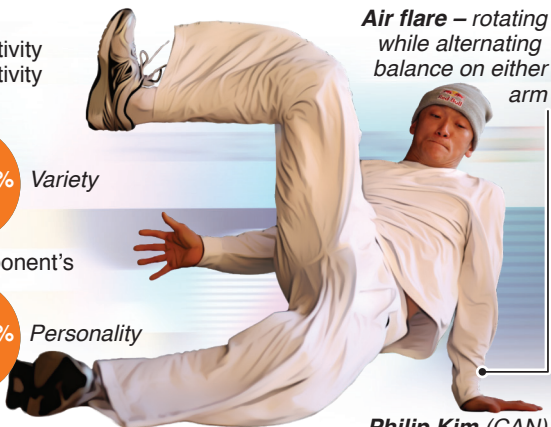
**Soul:** Style and drama



**Power moves:**  
Gravity-defying, acrobatic requiring strength, balance and flexibility

### HeadSpin ▶

**Air flare – rotating while alternating balance on either arm**



**Philip Kim (CAN)**  
AKA Phil Wizard – WDSF  
World Breaking Champion 2022,  
silver medallist in 2023