

Breaking



1

What is Breaking?



- A style of dance that originated in New York in the 1970s
- One of the original four disciplines of hip hop, along with DJing, graffiti, and rapping
- Competitors are called b-boys (breaking boys) and b-girls (breaking girls). For example, Edra, who was the youngest ever winner of the BC One World Final b-girl division, is called Logistx
- Becoming a full-fledged sport, combining athleticism (acrobatic moves) and artistry (flips, kicks ...) working with the music
- Debut in the Youth Olympic Games in Buenos Aires in 2018
- First appearance in the Olympic Games in Paris in 2024

RAPPING



GRAFFITI

2

What moves do breakers do?



- Three main elements
 - Top Rock
 - Down Rock
 - Drops and Transitions
 - Footwork
 - Power moves and Spins
 - Freezes
- Breakers dance with their best moves, without choosing their own music, to fit the soundtrack chosen by the DJ

TOP ROCK



DOWN ROCK



FREEZES



3

Competition



- Breakers face off in the one-to-one "Battle", instead of competing against a leaderboard
- Battles consists of 3 rounds of 1-minute "throw down"
- One breaker wins by taking 2 out of 3 throw downs



4

Judging



- Each round and battle is judged by a panel of odd-numbered panel of judges
- Based on 5 criteria, each accounting for 20% of the score :
 - Technique
 - Vocabulary
 - Execution
 - Musicality
 - Originality

