



Board Breaking

General Info:

All breaks should be done as combinations as though in combat situations. After asking permission and bowing, the student should break immediately. Stopping to measure the boards, any movement towards the board other than breaking, or any other pauses longer than taking a breath shall be considered a try and will count as one. The instructors reserve the right to change the board breaks at any time.

Number of Attempts:

Each student will receive AT MOST 3 attempts. If a student makes a movement or measures again after receiving permission, this will count as an attempt.

New Techniques:

Students may not do the same board break in successive testings.

Number/Level of Boards:

Will vary based on student's ability, age, size, at Instructor's discretion. For Adult Black Belts: Females break a blue board, and males must break a brown board.

4th Grade Purple Belts:

- A. Knife-hand Strike –or-
- B. Elbow Strike –or-
- C. Palm Heel Strike

3rd Grade Blue Belts:

- A. Front Kick

2nd Grade Brown Belt Recommended:

- A. Palm Heel, Round Kick

2nd Grade Brown Belt Decided:

- A. Reverse Elbow, Side Kick

1st Grade Red Belt Recommended:

- A. Reverse Palm Heel, Jump Round Kick –or-
- B. Reverse Palm Heel, Reverse Side Kick

1st Grade Red Belt Decided:

- A. Reverse Elbow, Jump Side Kick



1st Degree Black Belt Recommended:

- A. Back Elbow, Jump Front Kick (face level)
- B. Reverse Punch, step forward reverse side kick (middle section)
- C. Back Elbow, Jump side kick (1 obstacle)
- D. Round kick, reverse side kick

1st Degree Black Belt Decided

- A. Knife-hand, jump sidekick (2 obstacles)
- B. Punch (lunge or reverse), round kick to face level, side kick (middle section)
- C. Upset Knife-hand, jump reverse side kick
- D. Front kick, side kick, round kick (one kick must be done with opposite leg)

2nd Degree Black Belt Recommended

- A. Upward elbow, jump front kick to high fingertip level
- B. Side kick, reverse side kick, #3 jump round kick to face level
- C. Hammerfist, step forward jump reverse side kick
- D. Knifehand, palm heel, reverse hook kick

2nd Degree Black Belt Decided

- A. Hammer Fist, #3 Jump Axe Kick to face level
- B. Step Forward Spin Hook Kick, Jump Side kick over two obstacles
- C. Upset Hammer Fist, #2 jump round kick to face level
- D. Back Fist, Side kick and continuous Round Kick with same foot; not letting it touch the floor

3rd Degree Black Belt

- A. Hammerfist, upset hammerfist (opposite hand), jump side kick over 3 obstacles
- B. Front kick and continuous side kick, spin heel kick with opposite foot (supported or speed break)
- C. Ridgehand, twin jump front kick to mid or high section
- D. Elbow, palm heel, 360 degree jump reverse side kick

4th Degree Black Belt

- A. Repeat Round Kick, 180 degree jump reverse side kick
- B. Ridgehand, knifehand, jump reverse inner crescent kick or round kick
- C. Punch, upset knifehand, jump side kick over 4 obstacles
- D. Repeat punch, jump reverse heel kick speed break, 2 boards