

## Re-breakable Board Color Required for Breaking

Sex/Age	Brown Belts	Red & Black Belts
<b>MALES</b>		
Ages 5-6	White	Yellow
Ages 7-8	Yellow	Orange
Ages 9-10	Orange	Orange / Green
Ages 11-12	Orange / Green	Green
Age 13-14	Green	Blue
Age 15	Blue	Brown
Ages 16 and up	Brown	Black
<b>FEMALES</b>		
Ages 5-6	White	Yellow
Ages 7-8	Yellow	Orange
Ages 9-10	Orange	Orange Green
Ages 11-12	Orange Green	Green
Ages 13-14	Green	Blue
Age 15 and up	Blue	Blue/Brown

## Length of 1"x12" Pine Boards Required for Breaking

2nd Degree Senior Black Belt and above must use wood

Sex/Age	Brown Belts	Red & Black Belts
<b>MALES</b>		
Ages 5-6	3"	4.5
Ages 7-8	4.5"	6"
Ages 9-10	6"	7.5"
Ages 11-13	7.5"	9"
Age 14	9"	11"
Ages 15 and up	11"	Two-11"
<b>FEMALES</b>		
Ages 5-6	3"	4.5
Ages 7-8	4.5"	6"
Ages 9-10	6"	7.5"
Ages 11-13	7.5"	9"
Age 14 and up	9"	11"

## Breaking Techniques Required

Present rank	Kick Techniques	Hand Techniques
Brown Belt	<u>Either</u> Front Kick or Side Kick	<u>Either</u> Punch, Knife Hand, Ridge Hand, Hammer Fist, or Elbow
<u>Senior</u> Brown Belt	<u>Either</u> Front Kick or Side Kick	<u>Either</u> Punch, Knife Hand, Ridge Hand, Hammer Fist, or Elbow
Red Belt	<u>Either</u> Side Kick or Round Kick	<u>Either</u> Punch, Knife Hand, Ridge Hand, Hammer Fist, or Elbow
<u>Senior</u> Red Belt	<u>Either</u> Side Kick or Round Kick	<u>Either</u> Punch, Knife Hand, Ridge Hand, Hammer Fist, or Elbow
<u>Probationary</u> 1st Degree Black Belt	<u>Pick One Combination</u> Use different legs Round Kick / Front Kick Round Kick / Side Kick Side Kick / Front Kick	None
<u>Decided</u> 1st Degree Black Belt	<u>Pick One Combination</u> Use different legs Side Kick / Spin Side Kick Round Kick / Spin Side Kick	1 Student Choice
<u>Senior</u> 1st Degree Black Belt	<u>Pick One Combination</u> Use different legs Round Kick / Jump Kick Side Kick / Jump Kick	1 Student Choice
2nd Degree Black Belt	Use different legs Spin Kick / Jump Kick	None
<u>Decided</u> 2nd Degree Black Belt	Use different legs Spin Kick / Jump Kick	1 Student Choice
<u>Senior</u> 2nd Degree Black Belt	Use both legs Add 1 board to one kick Jump Spin Kick / Spin Kick	1 Student Choice
3rd Degree Black Belt	Use both legs Add 1 board to one kick Jump Spin Kick / Jump Kick	1 Student Choice
<u>Decided</u> 3rd Degree Black Belt	Use both legs Add 1 board to one kick Jump Spin Kick / Jump or Spin Kick / Any Basic Kick	1 Student Choice
<u>Senior</u> 3rd Degree	Use both legs Add 1 board to one kick	2 Student Choice

Black Belt	Jump Spin Kick / Jump or Spin Kick / Any Basic Kick	
<u>Decided</u> 4th Degree Black Belt	Use both legs Add 1 board to one kick 360 Jump Spin Kick / Jump Spin Kick / Spin Kick / Any Basic Kick	1 Student Choice
<u>Senior</u> 4th Degree Black Belt	Use both legs Add 1 board to one kick 360 Jump Spin Kick / Jump Spin Kick / Spin Kick / Any Basic Kick	2 Student Choice
5th Degree Black Belt	Use both legs Add 1 board to one kick 360 Jump Spin Kick / Jump Spin Kick / Jump Kick / Spin Kick / Any Basic Kick	2 Student Choice