



Board Breaking Requirements Summarized

	Break 1	Break 2	Break 3	Break 4	Break 5
Testing for 1 st Dan Black Belt	Right Hand	Left Hand	Basic Kick*	Jump or Spin or Jump-Spin*	-
Testing for 2 nd Dan Black Belt	Right Hand	Left Hand	Jump or Spin Kick*	Jump-Spin Kick*	-
Testing at a National Event	Right Hand	Left Hand	Basic Kick*	Jump Kick*	Spin or Jump-Spin Kick*

*At least 1 kick with each leg

Board Sizes & Difficulty:

- Students ages 8 & 9 will break 8-inch boards. Students ages 10+ will break 10-inch boards.
- Testing at Allstar: only male students ages 13+ are required to break 2" (2 boards) per station.
- Testing at a National Event: all male students testing will break 2" per station.

Technique Descriptions:

- Basic Kick (Standing Kick) – Any kick in which the base foot maintains contact with the floor. May be done with the lead leg #1, rear leg #2, a sliding #3 or step kick, but no spins.
- Jump Kick – Any kick in which the kicker jumps (with lead leg #1, rear leg #2, or a jump #3) and is off the floor at the time of contact with the boards.
- Spin Kick – Any kick in which the kicker spins (180 degrees) using the back leg to perform the kick in one continuous motion, in which the base foot maintains contact with the floor.
- Jump Spin Kick – Any kick in which the kicker jumps and spins (180 degrees) in one continuous motion using the back leg and is off the floor at the time of contact with the board.
- 360 Jump Spin Kick – Any kick in which the kicker jumps and spins (360 degrees) in one continuous motion using the front leg and is off the floor at the time of contact with the board.

At National Testing OR Testing in the Studio:

Try or Attempt – motion used to break boards

- Students have 3 attempts to break.
- Every technique used must be unique (ex: cannot break with left forward elbow & right forward elbow).
- Once a student has bowed to testing judges, any motion towards or contact with the board is considered an attempt to break. To make an adjustment to board station, student must request permission from testing judges.