

Board Breaking Championship Guidelines

Divisions:

- Junior green through brown 2 divisions
- Junior red through black 2 divisions
- Adult women green through brown 1 division
- Adult women red through black 1 division
- Adult men green through brown 1 division
- Adult men red through black 1 division

Rules:

- Students only receive one attempt to break their board
- They will break boards based on their age
- Students must have board set-up and be ready to bow in and break their board within a 20 second time period
- Same board breaking guidelines as we use for testing
- Board breaking techniques are picked from each ranks contact skills and may be performed with which ever leg the judge designates
- Techniques may be taken from lower ranking belt's requirements if needed
- Kicks may be 1,2 or 3 using the right or left leg

ALL LEVELS OF GREEN BELTS

Hammer fist or knife strike

Side kick or front Kick

ALL LEVELS OF BLUE BELTS

Elbow smash or round kick

ALL LEVELS OF BROWN BELTS

Side kick or spin side kick

ALL LEVELS OF RED BELTS

Hammer fist, palm heel and elbow smash

Front kick, round kick side kick

ALL LEVELS OF FIRST DEGREES

Spin heel kick or jump spin side kick

ALL LEVELS OF SECOND DEGREES

Jump round kick or twist kick

ALL LEVELS OF THIRD DEGREES

Axe kick or jump spin side kick

ALL LEVELS OF FOURTH & FIFTH

Judges choice