

## Breaking Req..

### Suggestions...

These new requirements will be set as of Jan. 2008

You may not repeat board breaks from one testing to another. You may not do a set from a lower or higher belt requirement; however, you may choose to include any of the options as an 'Any Choice' option.

All board breaks are to be done as one break or one set. In other words, if you break one station but not the other, both stations need to be reset and attempted again. On the third attempt, the boards that were not broken in the first two attempts should be done first. In the event that both stations were not successful in the first two attempts, the order of breaks is the decision of the person testing.

10 years old and younger will not be required to repeat a successful break. Once one station is broken, the individual may continue with the other station until the board has broken.

### **Red Belt:**

1. Front Kick & Any Choice
2. Side Kick & Any Choice
3. Knife hand & reverse side kick
4. Front elbow & jump front kick (any level)

### **Brown Belt:**

1. Skip Side Kick & Any Choice
2. Round kick & Any Choice
3. Reverse palm & reverse side kick (middle section)
4. Back elbow & jump side kick (any level)

### **Red/Black Belt:**

1. Jump Side Kick (face level) kick & Any Choice
2. Palm heel & Hook kick
3. Upset knife hand & step forward reverse side kick
4. Hammer fist & axe kick

### **1st Degree Black Belt:**

1. Jump front kick (face level) & Any Choice
2. Ridge hand & #3 jump round kick to face level
3. Back elbow, jump side kick (1 obstacle).
4. Front kick, side kick, round kick (one kick must be with opposite leg).

### **2nd Degree Black Belt - Recommended**

1. Jump Side Kick (obstacle 1 for children & women – 2 for men) & Any Choice
2. Upset knifehand, jump reverse side kick.
3. Hammerfist, step forward jump reverse side kick.
4. #1 Side Kick, Knife hand strike, back elbow

## **2nd Degree Black Belt:**

1. Hook Kick & Any choice
2. Upward elbow, jump front kick to high fingertip level.
3. Side kick, reverse side kick, #3 jump round kick to face level (one kick must be done w opposite leg).
4. Hammerfist, #3 jump ax kick at face level.

## **3rd Degree Black Belt:**

1. Jump Reverse Front kick and Any choice
2. Hammerfist, upset hammerfist (same or opposite hand), jump side kick over 3 obstacles.
3. Front kick and continuous side kick, spin heel kick with opposite foot (supported or speed break).
4. Elbow, palm heel, 360 degree jump reverse side kick.

## **4th Degree Black Belt:**

1. Any Suspended Board & Any Choice
2. Repeat round kick, 180 degree jump reverse side kick.
3. Ridgehand, knifehand, jump reverse inner crescent kick or round kick (butterfly kick).
4. Punch, upset knifehand, jump side kick over 4 obstacles.

## **5th Degree Black Belt:**

1. Any Brick Break ( 1 for women, 2+ for men) & Any 2 Choices

## **6<sup>th</sup> Degree Black Belt:**

1. Instep round kick, Brick break, 2 station Any choice