

Breaking Requirements

Color Belt	Brown Belt
<p>White</p> <ul style="list-style-type: none"> • step side kick • palm strike <p>Yellow</p> <ul style="list-style-type: none"> • reverse sidekick • elbow <p>Orange</p> <ul style="list-style-type: none"> • back leg sidekick • spinning wheel • hammer fist <p>Low Green</p> <ul style="list-style-type: none"> • jump reverse (2 board max) • knife hand • flying side kick <p>High Green</p> <ul style="list-style-type: none"> • jump front snap kick high <p>Blue</p> <ul style="list-style-type: none"> • jump side kick (2 boards max) • hooking kick • earlier hand techniques <p>High Blue</p> <ul style="list-style-type: none"> • ax kick • spinning wheel (2 boards max) 	<p>3rd Brown Temporary</p> <ul style="list-style-type: none"> • jump reverse side kick 2 boards plus 1 hand technique: • knife hand (male / female) • palm strike (female) <p>3rd Brown Permanent</p> <ul style="list-style-type: none"> • reverse hooking kick • tornado kick <p>2nd Brown Temporary</p> <ul style="list-style-type: none"> • jump reverse side kick 2 boards plus 1 hand technique: • knife hand (male / female) • palm strike (female) <p>2nd Brown Permanent</p> <ul style="list-style-type: none"> • round house breaking (2 boards max) <p>1st Brown Temporary</p> <ul style="list-style-type: none"> • reverse hooking kick followed by roundhouse breaking kick <p>1st Brown Permanent</p> <ul style="list-style-type: none"> • jump reverse side kick 3 boards plus 1 hand technique: • knuckles 2 boards (male) • palm 2 boards (female) • knife hand 2 boards (female)

Boards should be from standard 1x12 pine stock, cut size appropriate for the breaker.

Adult = 10" wide

Teen = 8" – 10" wide

Elementary = 4" – 6" wide

Tiny Tigers = 2" – 3" wide