



Board Breaking Requirements

MATERIALS TO BE BROKEN AND THEIR SIZE:

- (1) For all males 15 years of age and older, the materials to be used are two #2 pine boards whose approximate size is 1" x 12" x 11".
- (2) For all males 13 to 14 and adult females ages 15 and older, the materials to be used are two #2 pine boards whose approximate size is 1" x 12" x 8".
- (3) For all children ages 10, 11 and 12 and female children ages 13 and 14, the material to be used is one #2 pine board whose approximate size is 1" x 12" x 8".
- (4) For all children ages 6, 7, 8 and 9, the material to be used is one #2 pine board whose approximate size is 1" x 12" x 7".
- (5) Children 10 years of age and younger may break their boards with two kicking techniques, which may include any jumping technique.
- (6) Women who are underweight may be allowed to break two #2 pine boards whose approximate size is 1" x 12" x 7".

REQUIRED TECHNIQUES

- (1) Brown Belts are required to break using any one hand and one foot technique.
 - a. Hand: Ap Joomuk, Soodo Taerigi, Anso Soodo Taerigi, Pyun joomuk, Palkkumchi
 - b. Foot: Yop Chagi, Dollyo Chagi, Dwi-Dora Yop Chagi

(2) Black Belts

1st Recommended - Kicking Technique with each foot

1st Dan - Jumping Kick & Hand Technique

2nd Recommended - Jumping Kick & Kicking Technique with opposite foot

2nd Dan - Obstacle Jump & Hand Technique

3rd Recommended - Obstacle Jump & Kicking Technique with opposite foot

**Substitutions are allowed if the situation warrants.

MAXIMUM OF THREE ATTEMPTS