



Board Breaking Requirements

Regardless of size, the grain of the board should run horizontally across the small dimension. To purchase and cut your own board you will need a Standard Pine 1" x 12" board cut into the appropriate length.

Correct



Incorrect



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