



## **Board Break Challenge**

*Board Breaking Challenge is open to all competitors and consist of five board stations:*

### **1. Color Belts —**

1. Hand technique\*
2. Hand technique\*
3. Standing kick
4. Jump kick
5. Spin kick

*\*Two different hand techniques are required. This could be executing the same technique with different hands or by attempting different techniques.*

### **2. Black Belts —**

1. Hand technique\*
2. Hand technique\*
3. Standing kick
4. Jump kick
5. 360-degree kick

*\*Two different hand techniques are required. This could be executing the same technique with different hands or by attempting different techniques.*

### **3. Awards —**

1. Gold Medal: four or five successful breaks
2. Silver Medal: three successful breaks
3. Bronze Medal: two successful breaks

### **4. Board Requirements —**

1. Competitors will be given one attempt to break each station. After the attempt at each station is complete the competitor will be scored or graded upon the number of successful breaks.
  2. All attempts will be made on re-breakable boards with the following age and board requirements:
  3. Females
    - White Board: 5 and 6 year olds
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- Yellow Board: 7 and 8 years olds
- Orange Board: 9, 10, and 11 years olds
- Green Board: 12, 13, and 14 years olds
- Blue Board: 15+ years old
- Brown Board: Third Degree Black Belt and above AND 18+ years old

#### 4. Males

- White Board: 5 and 6 years olds - white board
  - Yellow Board: 7 and 8 years olds
  - Orange Board: 9, 10, and 11 years olds
  - Green Board: 12 and 13 years old
  - Blue Board: 14+ years old
  - Brown Board: Third Degree Black Belt and above AND 15, 16 and 17 years old
  - Black Board: Third Degree Black Belt and above AND 18+ years old
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