



HOW TO TEACH BOARD BREAKING

CHOOSE THE ELEMENT THAT YOU WANT TO WORK ON

- Focus
- Concentration
- Penetration
- Accuracy
- Proper contact area

CHOOSE THE METHOD THAT YOU WISH TO USE

- Reference your instructor *Activity Book* for methods to use when teaching board breaking to your students.

BOARD BREAKING REQUIREMENTS FOR TESTING

GENERAL INFORMATION

All breaks should be done as combinations as though in a combat situation. After bowing, the student should break immediately. Stopping to measure the boards or other pauses longer than taking a breath shall be considered a try and will count against the student's score.

NEW TECHNIQUES

Students may not do the same break in successive testings.

NUMBER OF BOARDS

The ATA has adopted and encourages the use of re-breakable boards. There are different color boards denoting different strength. The following are guidelines for instructor's use. Instructors should use their discretion when assigning board sizes to their students. See notes on next page for exceptions.

<u>Board Color</u>	<u>Age</u>	<u>Board Color</u>	<u>Age</u>
White	3-6 yrs.	Blue	12 -14 kids
Yellow	7-9 yrs	Blue	15-up females
Orange	7-11yrs	Brown	15-up males
Green	10-11 yrs	Black	15-up males



NOTE

**Tiny Tigers of the rank purple and blue belt may break boards at their instructor's discretion. Instructors that have their Tigers break may use the specified board per their age or any material that the instructor deems safe for Tiny Tiger use.

Instructors may assign female students and students between the ages of 13-16 to break the brown or black board. Female students requesting to break either of these boards may do so but will receive no extra points for using them.

Regular wooden board numbers and sizes are the same for age, rank, and sex as in the past. If using the wooden boards, fourth degree and higher black belts should break two boards with hand and foot techniques with the exception for 3 boards on side kicks. At this level, 3 boards may be requested for all stations, but it will not increase point totals.

OBSTACLE BREAKS

Women and children have the option to use one obstacle less than men on requirements for 1st Degree Black Belt and higher ranks.

SPEED BREAKS

Hook and heel kicks may be performed with support or as speed breaks where indicated.

BOARD BREAKING REQUIREMENTS

4TH GRADE PURPLE BELTS

Knifehand strike - or - Elbow strike - or - Palm heel strike

3RD GRADE BLUE BELTS

Front kick - or - Side kick - or - Round kick

Board sizes will be the same as prescribed in the Instruction manual per age. Purple and blue belts will be required to break only one board in a classroom setting prior to getting permission to test.



BOARD BREAKING REQUIREMENTS

2ND GRADE BROWN BELTS

1. Reverse elbow, side kick.
2. Reverse elbow, front kick.
(Kicks are mid-section, and may be #1, #2 or #3).

1ST GRADE RED BELTS

1. Reverse palm heel, round kick (high section, and may be #1, #2 or #3).
2. Reverse elbow, jump side kick (high section).

1ST DEGREE BLACK BELT RECOMMENDED

1. Back elbow, jump front kick (face level).
2. Reverse punch, step forward reverse side kick (middle section).
3. Back elbow, jump side kick (1 obstacle).
4. Round kick, reverse side kick.

1ST DEGREE BLACK BELT DECIDED

1. Knifehand, jump side kick with 2 obstacles.
2. Punch (lunge or reverse), round kick to face level, side kick (middle section).
3. Upset knifehand, jump reverse side kick.
4. Front kick, side kick, round kick (one kick must be with opposite leg).

2ND DEGREE BLACK BELT RECOMMENDED

1. Upward elbow, jump front kick to high fingertip level.
2. Side kick, reverse side kick, #3 jump round kick to face level.
(One kick must be done with opposite leg).
3. Hammerfist, step forward jump reverse side kick.
4. Knifehand, palm heel (lunge or reverse), reverse hook kick.

2ND DEGREE BLACK BELT DECIDED

1. Hammerfist, #3 jump axe kick at face level.
2. Step forward spin hook kick, jump side kick over two obstacles.
3. Upset hammerfist, #2 jump round kick to face level.
4. Backfist, side kick and continuous round kick with the same foot not letting it touch the floor.



BOARD BREAKING REQUIREMENTS

3RD DEGREE BLACK BELT

1. Hammerfist, upset hammerfist (same or opposite hand), jump side kick over 3 obstacles.
2. Front kick and continuous side kick, spin heel kick with opposite foot (supported or speed break).
3. Ridgehand, twin jump front kick to mid or high section.
4. Elbow palm heel, 360 degree jump reverse side kick.

4TH DEGREE BLACK BELT

1. Repeat round kick, 180 degree jump reverse side kick.
2. Ridgehand, knifehand, jump reverse inner crescent kick or round kick.
3. Punch, upset knifehand, jump side kick over 4 obstacles.
4. Repeat punch, jump reverse heel kick speed break, 2 boards.

5TH DEGREE BLACK BELT AND ABOVE

Submit breaks in writing to the Chairman of the National Headquarters Testing committee two months prior to testing date for approval.

NOTE

Color belts may be allowed to break their boards at special classes held before testings. Allowing students to break boards before the actual testing relieves much of the stress associated with testings. It is beneficial for both instructor and student to have a positive and upbeat testing. If a student fails to break his or her boards, it is better for it to happen at a special class rather than at a large testing in front of his or her peers and loved ones.

Instructors of students with special physical handicaps may make adjustments on technique requirements after consulting with appropriate senior ranks and in keeping with the spirit of techniques.

Grand Master H.U. Lee still wants people to be able to pass at brown and red belt levels if they only break one station, but make "90" scores in forms and sparring. Also, he wants it clear that even though they do break both stations, they still may not pass. If a recommended brown or red belt is promoted 1/2 a step to the "decided" level, they have the option of performing the same break again or choosing a different break for their next testing. Students should seek their instructor's guidance when deciding upon which breaks to perform.