

Board Breaking Difficulty Point List

“Division Points”

5 point Hand Techniques

- Elbow strike
- Hammer fist
- Palm strike
- Low block
- Outer forearm block
- Knifehand block

5 Point Kicking Techniques

- Front “snap” kick
- Step Side kick
- Side kick
- Round kick
- Ax Kick

Additional Difficulty points

- Overhead (no jump) +2
- Jump Kick +2
- Jump Kick (One Hand Overhead) +4
- Spin (Hand +1) (Kick +2)
- Jump Spin Kick 180 deg. +4
- Jump Spin Kick 360 deg. +6
- Jump Spin Kick 540 deg. +8
- Jump Spin Kick 720 deg. +10
- Back Flip +10
- Blind Folded +2

6 Point Hand Techniques

- Punch
- Back (reverse) elbow strike
- Knifehand strike
- Upset Knifehand strike
- Ridgehand strike
- Back fist
- Inner forearm block
- Ridgehand block
- High Block

6 Point Kicking Techniques

- Hook kick
- Twist kick
- Crescent kick (inner & outer)
- Reverse Sidekick

- Each additional board +1
- Reverse (kick only) +1
- Speed Break +2
- Each Obstacle +1
- Board Obstacle +2

Combinations

- Single Technique
- + Single Technique
- + Jump (if used)



- Step #1 Pick out your board brake; “ex... Jump Reverse Side Kick”
 Step #2 simplify for point value. “ex... Side Kick 5 points, Jump Kick 2 Points, Reverse Kick 1 point. = 8
 Step #3 Add the points together Jump Reverse Side Kick = 8 points

Examples of Divisions

	Station #1	Station #2	Station #3	
Basic	Step side kick = 5,	Round kick = 5,	Reverse elbow strike = 6,	= 16 points
Intermediate	Jump reverse side kick = 8, Spin hook kick = 8, Knifehand speed break = 8			= 24 points
Advanced	Front jump kick overhead = 9, Jump spin crescent kick = 10, Jump double side kick = 12			= 31 points

Name _____ Age _____ Rank _____

(Please fill out prior to day of competition)

School _____ Instructor _____

Station #1 _____ points _____ +

Station #2 _____ points _____ +

Station #3 _____ points _____ +

= _____
 Division point totals for Proper placement

Instructors signature of Permission to conduct Board Break (Required)X; _____

Competitors must supply their own boards

Mark When paid _____