

# Board Breaking Requirements

*For Board Breaking Requirements, ATA defines “middle section” as having the board centered on the solar plexus, and “high section” as having the board centered on the nose. If not specified below, breaks can be made at either level.*

## **PURPLE BELTS**

Knife hand Strike or Elbow Strike or Palm Heel Strike

## **BLUE BELTS**

Front Kick or Side Kick or Round Kick

*Purple and Red Belts will be required to break only one board in a classroom setting prior to getting permission to test.*

## **BROWN BELTS**

1. Reverse Elbow, Side Kick (middle section; #1, #2 or #3)
2. Reverse Elbow, Front Kick (middle section; #1, #2 or #3)

## **RED BELTS**

1. Reverse Palm Heel, Round Kick (high section; #1, #2 or #3)
2. Reverse Elbow, Jump Side Kick (high section)

## **1st DEGREE BLACK BELT RECOMMENDED**

1. Back Elbow, Jump Front Kick (high section)
2. Reverse Elbow, Step Forward Reverse Side Kick (middle section)
3. Back Elbow, Jump Side Kick (one obstacle)
4. Round Kick, Reverse Side Kick

## **1st Degree BLACK BELT DECIDED**

1. Knife hand, Jump Side Kick with Two (2) Obstacles
2. Palm Heel (lunge or reverse), Round Kick (high section), Side Kick (middle section)
3. Upset Knife hand, Jump Reverse Side Kick
4. Front Kick, Side Kick, Round Kick (one kick must be with opposite leg)

## **2nd Degree BLACK BELT**

1. Upward Elbow, Jump Front Kick (high fingertip level)
2. Side Kick, Reverse Side Kick, #3 Jump Round Kick (high section; one kick must be with opposite leg)
3. Hammer fist, Step Forward Jump Reverse Side Kick
4. Knife hand, Palm Heel (lunge or reverse), Reverse Hook Kick

## **3rd Degree BLACK BELT**

1. Hammer fist, Upset Hammer fist (same or opposite hand), Jump Side Kick (over three obstacles)
2. Front Kick & Continuous Side Kick, Spin Heel Kick (with opposite foot, supported or speed break)
3. Ridge hand, Twin Jump Front Kick (middle or high section)
4. Elbow Palm Heel, 360° Jump Reverse Side Kick