

## Board Breaking Techniques By Belt

Belt	# Of Boards	Level	Hand	Foot
White	#1. Level I	I	<ul style="list-style-type: none"> <li>- Reverse Punch,</li> <li>- Hammer Fist (Downward),</li> <li>- Hammer Fist (Side),</li> <li>- Palm Heel.</li> </ul>	<ul style="list-style-type: none"> <li>- Front Snap Kick,</li> <li>- Round House Kick,</li> <li>- Knee Strike.</li> </ul>
White Stripe	#1. Level I	I	<ul style="list-style-type: none"> <li>- Hook Punch</li> <li>- Elbow Strike (Side)</li> <li>- Front Elbow Strike (Forward),</li> <li>- Front Elbow Strike (Backward).</li> </ul>	<ul style="list-style-type: none"> <li>- Side Kick,</li> <li>- Axe Kick,</li> <li>- Back Kick,</li> <li>- Front Pushing Kick.</li> </ul>
Yellow	#1. Level II	II	<ul style="list-style-type: none"> <li>- Jab Punch,</li> <li>- Knife Hand Strike,</li> <li>- Jumping Hammer Fist,</li> <li>- Jumping Palm Heel Strike.</li> </ul>	<ul style="list-style-type: none"> <li>- Out-to-In Kick,</li> <li>- Jumping Front Snap Kick,</li> <li>- Jumping Axe Kick,</li> <li>- Jumping Knee Strike.</li> </ul>
Yellow Stripe	#1. Level II	II	<ul style="list-style-type: none"> <li>- Head Strike,</li> <li>- Rolling/Cartwheel Hand Strike,</li> <li>- Turning Elbow Strike.</li> <li>- Back Elbow Strike (Target Behind)</li> </ul>	<ul style="list-style-type: none"> <li>- Walking Back Kick,</li> <li>- Jumping Round House Kick,</li> <li>- Spinning-Jumping Round House Kick,</li> <li>- Skip-Round House Kick.</li> </ul>
Green	#1. Level II #2. Level III	III	<ul style="list-style-type: none"> <li>- Back Fist Strike,</li> <li>- Ridge Hand Strike,</li> <li>- Upper Cut Punch,</li> <li>- Skip Punch Technique.</li> </ul>	<ul style="list-style-type: none"> <li>- Hook Kick,</li> <li>- Back Hook Kick,</li> <li>- Skip Side Kick,</li> <li>- Skip Hook Kick.</li> </ul>
Green Stripe	#1. Level III #2. Level III	III	<ul style="list-style-type: none"> <li>- Turning Back Fist Strike,</li> <li>- Reverse Ridge Hand,</li> <li>- Two Board Break,</li> <li>- Lunge Forward Hand Technique.</li> </ul>	<ul style="list-style-type: none"> <li>- Walking Back Hook Kick,</li> <li>- Sweep-Hook Kick,</li> <li>- Flying Side Kick (3 Feet).</li> </ul>
Blue	#1. Level III #2. Level IV #3. Level IV	IV	<ul style="list-style-type: none"> <li>- Speed Break (1 Board),</li> <li>- Open Fist Strike,</li> <li>- Flying Hammer Fist (3 Feet).</li> </ul>	<ul style="list-style-type: none"> <li>- Wheel Kick,</li> <li>- Tornado Kick,</li> <li>- Jumping Back Kick,</li> <li>- Jumping Sweep-Hook Kick.</li> </ul>
Blue Stripe	#1. Level III #2. Level IV #3. Level IV	IV	<ul style="list-style-type: none"> <li>- Tiger Mouth Hand Strike,</li> <li>- Two Target Breaks at Same Time,</li> <li>- Flying Elbow Strike.</li> </ul>	<ul style="list-style-type: none"> <li>- Flying Front Snap Kick (3 Feet),</li> <li>- Flying Knee Strike (3 Feet),</li> <li>- Step on and Jump Kick.</li> </ul>
Brown	#1. Level IV #2. Level IV #3. Level V #4. Level V	V	<ul style="list-style-type: none"> <li>- Self-Holding Break,</li> <li>- Flying Double Punch Break,</li> <li>- Speed Break (2 Board).</li> </ul>	<ul style="list-style-type: none"> <li>- Jumping Back Hook Kick,</li> <li>- Switch Back Kick,</li> <li>- Jumping Wheel Kick.</li> </ul>
Brown Stripe	#1. Level IV #2. Level IV #3. Level V #4. Level V	V	<ul style="list-style-type: none"> <li>- Spear Finger Strike,</li> <li>- Turning Jumping Hand Breaks,</li> <li>- Techniques in The Air.</li> </ul>	<ul style="list-style-type: none"> <li>- Switch Tornado Kick,</li> <li>- Speed Tornado Kick,</li> <li>- Kick and Punch at Same time,</li> <li>- Multiple Board Jumping Kick.</li> </ul>
Red / Red Stripe	#1. Level V #2. Level V #3. Level V #4. Level VI #5. Level VI	VI	<ul style="list-style-type: none"> <li>- No Hold Throwing Break,</li> <li>- Speed Break (3 or More Boards),</li> <li>- Flying Head Strike (3 Feet),</li> <li>- Flying Punch and Roll.</li> </ul>	<ul style="list-style-type: none"> <li>- Flying Back Hook Kick (3 Feet),</li> <li>- Switch Round House Kick,</li> <li>- Flying Back Kick (3 Feet),</li> <li>- Tiger Kick (360° Jump/Kick Same Foot),</li> <li>- Continuous Spin Kick (540° to 720°).</li> </ul>
Red Stripe	#1. Level V #2. Level V #3. Level VI #4. Level VI #5. Level VI	VI	<ul style="list-style-type: none"> <li>- Flying Turning Punch,</li> <li>- Flying Multiple Punches (3 or more),</li> <li>- Blind Turning Jumping Punch.</li> </ul>	<ul style="list-style-type: none"> <li>- Flying Side Kick Over Obstacles (5 ppl),</li> <li>- Blind Kick,</li> <li>- One Jump, Multiple Target Kick,</li> <li>- Overhead Kick,</li> <li>- Flip Kick.</li> </ul>