

Board Breaking Requirements

At the Black Belt ranks, the student continues to demonstrate power at each testing by breaking boards.

Typically, children up to age 13 will break only a single board at each station while juniors age 13 and older and adults will break two boards. At Recommended Black Belt, the minimum testing requirement is for the student to break using four different techniques, demonstrating both hand and foot techniques on the right and left sides. Four stations are required when testing for Second Degree, demonstrating hand and foot combinations as well as both left and right sided techniques. The instructor's job is guide the student in selecting techniques that are appropriate for the student's ability and the rank for which they are testing.

At testing the student is given three chances to break his or her board stations. Rarely the instructor may allow additional attempts if he feels it is appropriate. Students should be prepared to set up their board break stations quickly and with a minimum of practice attempts. When ready, the student will face the judges and bow, then begin their breaking attempts. **It is not appropriate to make additional practice attempts after bowing to the judges.**

If you do not break all stations, you may take time to adjust any station and then bow in again. **Always stop and bow in to the judges before making each additional attempt.**