

# TESTING PROCEDURES FOR BOARD BREAKING

**BOARD SELECTION** - In order to provide for an adequate test of the power of a student's technique, students should break the number of boards indicated for their age and gender. The instructor should purchase #2 white pine or spruce (1 inch thickness) for board breaking purposes. The CTF orders its wood for black belt testing from a single source and highly recommends that its instructors use this source for wood. We have found the wood purchased to be of a consistently good quality for breaking.

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It is the responsibility of the instructor to purchase appropriate wood for use in the power test.

**Children under age 13** should only be asked to break one (1) board (1 inch thickness) per station. The width of the boards may vary according to the size and bone structure of the child. For a very young student a 6 inch board may be appropriate, whereas an 8, 10 or 11 inch board may be appropriate for older and stronger children. (See the chart below for specific CTF minimum standards.)

**Children 13 and older** should break two boards per station. The instructor may choose a 6, 8 or 10 inch width depending on the child's size and physical maturity. (See the chart below for specific CTF minimum standards.)

**All adults, both men and women,** should break two boards per station. The instructor may allow adults to break 8, 10 or 11 inch boards based on their relative size, gender and strength and in extreme circumstances, 2 6 inch boards. For example, most women will break two 8 inch boards per station. If an adult is especially small, then, with the permission of the CTF National Office shorter boards may be used. (See the chart below for specific CTF minimum standards.)

Instructors should exercise their judgment in selecting the proper size board and breaking techniques for their students.

The following table outlines the **Minimum Board Breaking Requirements** for CTF certification of rank up to 3<sup>rd</sup> Degree. Any deviations must be approved in advance by Master Hardin.

Age	Sex	Weight	Hand Breaks	Foot Breaks	Speed Breaks	Power Breaks
Under 7	M/F		1 – 6 in	1 – 6 inch	N/A	N/A
7 – 8	M/F	Under 50 lb	1 – 6 in	1 – 6 inch	N/A	N/A
7 – 8	M/F	Over 50 lb	1 - 8 in	1 – 8 inch	N/A	N/A
<b>9 – 10</b>	<b>M/F</b>	<b>Under 50 lb</b>	<b>1 – 6 in</b>	<b>1 – 6 inch</b>	<b>N/A</b>	<b>N/A</b>
9 – 10	M/F	50 - 80 lb	1 - 8 in	1 – 8 inch	N/A	N/A
9 – 10	M/F	Over 80 lb	1 – 10 in	1 – 10 inch	N/A	N/A
<b>11 – 12</b>	<b>M/F</b>	<b>Under 80 lb</b>	<b>1 - 8 in</b>	<b>1 - 8 in</b>	<b>N/A</b>	<b>N/A</b>
11 – 12	M/F	80 - 100 lb	1 – 10 in	1 – 10 inch	N/A	N/A
11 – 12	M/F	Over 100 lb	1 – 11 in	1 – 11 in	N/A	N/A
<b>13 – 14</b>	<b>M</b>	<b>Under 80 lb</b>	<b>1 - 11 in</b>	<b>1 – 11 in</b>	<b>N/A</b>	<b>N/A</b>
13 – 14	M	80 - 110 lb	2 – 6 in	2 – 6 inch	N/A	3 – 6 inch
13 – 14	M	Over 110 lb	2 – 8 in	2 – 8 inch	N/A	3 – 8 inch
<b>13 – 14</b>	<b>F</b>	<b>Under 80 lb</b>	<b>1 - 11 in</b>	<b>1 - 11 in</b>	<b>N/A</b>	<b>N/A</b>
13 – 14	F	80 - 110 lb	2 – 6 in	2 – 6 inch	N/A	3 – 6 inch
13 – 14	F	Over 110 lb	2 – 8 in	2 – 8 inch	N/A	3 – 8 inch
15 – 17	M	Under 110 lb	2 – 8 in	2 – 8 inch	N/A	3 – 8 inch
15 – 17	M	110 lb & over	2 – 11 in	2 – 11 in	N/A	4 – 11 inch
15 – 17	F	Under 110 lb	2 – 6 in	2 – 6 inch	N/A	3 – 6 inch
15 – 17	F	110 lb & over	2 – 8 in	2 – 8 inch	N/A	3 – 8 inch
18& Older	M	Up to 240 lb	2 – 11 in	2 – 11 in	2 – 11 in	4 – 11 inch
18& Older	F	Over 110 lb	2 – 8 in	2 – 8 inch	1 – 11 in	3 – 8 inch
18& Older	M	240 lb & over	3 – 11 in	3 – 11 in	2 – 11 in	5 – 11 inch

N/A – The break is not acceptable for this age group.

Power Breaks for Juniors are ONLY ALLOWED for those testing for the rank of 3<sup>rd</sup> Degree Recommended. The only techniques allowable for Juniors' power breaks must be ball of the foot, heel sole, forearm or back elbow techniques.

**TECHNIQUE SELECTION** - Instructors must use their judgment in recommending or approving breaking techniques for their students. Below are listed the minimum number and type required at each testing level.

<b>Current Rank</b>	<b>No. of Stations</b>	<b>Type</b>
Blue 1 & 2	1	Hand or Foot
Blue 3 & 4	1	Hand or Foot - must use different techniques from last testing
Red 1 & 2	2	1 Hand & 1 Foot in combination
Red 3 & 4	2	1 Hand & 1 Foot in combination
1st Rec Black	4	2 Hand Techniques & 2 Foot Techniques – demonstrating both Left and right sides. – All in combination
1st Black Dec	4	2 Hand and 2 Foot Techniques - both left and right sides - all in combination
2nd Rec Black	4	2 Hand and 2 Foot Techniques - Demonstrating both left and right sides – all in combination
2nd Black Dec	5	2 Hand and 3 Foot Techniques or 3 Hand and 2 Foot Techniques - Demonstrating both left and right sides - At least 1 Technique must be an aerial technique and one must be a power break - All techniques are to be in combination except the power break.
Higher Ranks	5	To be determined by Judges at testing.

- Will include a power break.
- Must also demonstrate a front/reverse hand combination (e. g. left knife hand/right ridge hand or front back fist/reverse punch)
- A minimum of two kicking breaks demonstrating both the left and right legs.

## **DIFFICULTY RATING OF TECHNIQUES -**

### **HAND TECHNIQUES**

- Level 1 - Forearm, Rear Elbow, Overhead Hammer fist
- Level 2 - Palm Heel, Knifehand, Ridge hand, Circular Hammerfist
- Level 3 - Punch, Back fist
- Level 4 – Fingertips

### **FOOT TECHNIQUES**

- Level 1 - Step behind side kick, front kick, ax kick
- Level 2 - Turning round kick, spin side kick, twist kick, hook kicks
- Level 3 - Jump kicks

The minimum board breaking requirements for CTF certification of Black Belt rank require the following difficulty rating for techniques selected. The student may elect to increase the difficulty rating of a technique by breaking more than the recommended number of boards using that technique. *Any deviations must be approved in advance by Master Hardin.*

#### Junior Students -14 years and younger

- Colored belts testing – No restrictions.
- 1<sup>st</sup> Recommended Black Belt testing for Decided Rank *or*
- 1<sup>st</sup> Degree Black Belts testing for 2<sup>nd</sup> Recommended may use *Level 1* techniques on their non-dominant side only. (Maximum of 2 *level 1* techniques allowed.)
- 2<sup>nd</sup> Recommended Black Belts testing for 2<sup>nd</sup> Decided Rank may use only 1 *level 1* technique.

#### Students -15 years and older

- Colored belts testing – No restrictions.
- 1<sup>st</sup> Recommended Black Belt testing for Decided Rank may include only 2 *Level 1* technique in the breaking techniques selected.
- 1<sup>st</sup> Degree Black Belts testing for 2<sup>nd</sup> Recommended may use *Level 1* techniques on their non-dominant side only. (Maximum of 2 *level 1* techniques allowed.)
- 2<sup>nd</sup> Recommended Black Belts testing for 2<sup>nd</sup> Decided Rank may use only 1 *level 1* technique.

Level 1 techniques are not considered appropriate for anyone testing for any higher ranks unless the student breaks at least one additional board at any station including a Level 1 technique.

## SCORING FOR TESTING –

The student is to be given **three** attempts to break all stations for scoring. Their score is then determined based on the following table. Additional attempts may be allowed for confidence building; however, they are not to be considered for scoring.

# Board Break Scoring

Attempts	Score	1 Station	2 Stations	3 Stations	4 Stations	5 Stations
1st	90	ALL	ALL	ALL	ALL	ALL
2nd	80	ALL	ALL	ALL	ALL	ALL
3rd	80	N/A	ALL	ALL	ALL	ALL
3rd	80	N/A	N/A	2 of 3	3 of 4	4 of 5
3rd	70	ALL	1 of 2	1 of 3	2 of 4	3 of 5
3rd	70	N/A	N/A	N/A	N/A	2 of 5
3rd	60	N/A	N/A	N/A	1 of 4	1 of 5
3rd	60	NONE	NONE	NONE	NONE	NONE