



May 2021 Black Belt Test Board Breaking

First Degree Candidates

1. Hammer Fist
2. Elbow Strike
3. Axe Kick
4. Back Kick
5. Student Choice: Butterfly Kick or Spinning Hook Kick

Second Degree Candidates

1. Elbow Strike
2. Student Choice: Knife Hand Strike or Palm Strike
3. Axe Kick
4. 360 Back Kick
5. High Roundhouse Kick
6. Student choice: Butterfly Kick or Spinning Hook Kick

Third Degree Candidates

1. Elbow Strike
2. Palm Strike
3. Student Choice: Knife Hand Strike or Punch
4. Skip Front Leg Axe Kick
5. Jumping Back Kick
6. Spinning Hook Kick
7. Butterfly Kick
8. High Roundhouse Kick
9. Student Choice: 360 Back Kick or High Butterfly

*Students who are 50 or older and are not comfortable with top of the foot kicks should talk to Master Mike or Master Cody and an alternative kick will be provided.