

Difficulty/Boards for Breaking Competition

Colour Belts Male & Female

RANK	AGE			
	6 & 7	8 & 9	10 & 11	12 & 13
W & YS	Y & W	Y & Y	O & Y	O & O
YB, GS, GB	O & Y	O & O	G & O	G & G
BUS, BUB, RS	G & O	G & O	G & G	BU & G
RB & BKS	G & G	G & G	BU & G	BU & BU

Colour Belts

RANK	AGE		
	14 & 15	16+	
		F	M
W	G & O	G & G	G & G
YS & YB	G & O	G & G	G & G
GS & GB	BU & G	BU & G	BR & BU
BUS & BUB	BU & G	BU & G	BR & BU
RS, RB, BKS	BU & BU	BU & BU	BLK & BU

Black Belt Female

AGE				
11-13	14 & 15	16 & 17	18-34	35+
BLK & G	[BLK+G] & [BU+O]	[BLK+BU] & [BU+O]	[BLK+BR] & [BU+G]	[BLK+BU] & [BU+O]

Black Belt Male

AGE				
11-13	14 & 15	16 & 17	18-34	35+
[BLK+O] & G	[BLK+BU] & [BU+G]	[BLK+BR] & 2BU	2BLK & BLK	[BLK+BR] & 2BU

Belt Ledger	Board* Ledger	Explanation
W = White Belt YS = Yellow Stripe YB = Yellow Belt GS = Green Stripe GB = Green Belt BUS = Blue Stripe BUB = Blue Belt RS = Red Stripe RB = Red Belt BKS = Black Stripe BB = Black Belt	W = White O = Orange Y = Yellow G = Green BU = Blue BR = Brown BLK = Black	Example: BU & G <ul style="list-style-type: none"> • First board colour indicates Side Kick • Second board colour indicates the remaining breaks to be done: <ul style="list-style-type: none"> ○ <u>Colour Belts</u>: Front Kick & Downward Hand ○ <u>Black Belts</u>: Turning Kick, Elbow & Downward Hand

**Using UMAB (Ultimate Martial Arts Boards) Boards*

*Use a check mark (✓) if board successfully broken or (✗) if not broken.

*Add the check marks up to get a total.

COLOUR BELTS

3 ✓ = Gold
2 ✓ = Silver
1 ✓ = Bronze
0 ✓ = nothing

BLACK BELTS

4 ✓ = Gold
3 ✓ = Silver
2 ✓ = Bronze
1 or 0 ✓ = nothing