

## **Board Breaking For Winter 2020 Black Belt Testing**

### ***1<sup>st</sup> Degree Candidates***

1. Hammer fist
2. Axe kick
3. Push kick
4. Back kick
5. Jumping Side kick

### ***2<sup>nd</sup> Degree Candidates***

1. Elbow strike
2. Axe kick
3. Back kick
4. Hammer fist
5. Spinning hook kick
6. Jumping Side kick

### ***3<sup>rd</sup> Degree Candidates***

Requirement: 9 boards with at least 2 but no more than 3 hand techniques.

Breaks: Candidates will create a creative breaking routine.