

Board Breaking Requirements

Board quality:

All boards shall be white pine, spruce, or fir 1” x 12” lumber, cut in an 11¼” x 11¼” square. Each board must be without splits, cracks, or other structural defects.

<i>Weight/Set # :</i>	<i>< 130 lb</i>	<i>130 ~ 139 lb</i>	<i>140~149 lb</i>	<i>≥ 150 lb</i>
Brown belt*	1 @ 2 brds	1 @ 2 brds	1 @ 3 brds	1 @ 3 brds
1 st black stripe	1 @ 2 brds	1 @ 2 brds	1 @ 3 brds	1 @ 3 brds
2 nd black stripe	2 @ 2 brds	1 @ 2 brds, 1 @ 3 brds	1 @ 2 brds, 1 @ 3 brds	2 @ 3 brds
3 rd black stripe	2 @ 2 brds, 1 @ 3 brds	2 @ 2 brds, 1 @ 3 brds	1 @ 2 brds, 2 @ 3 brds	3 @ 3 brds
Black belt	3 @ 2 brds, 1 @ 3 brds	2 @ 2 brds, 2 @ 3 brds	1 @ 2 brds, 3 @ 3 brds	4 @ 3 brds

All girls are required to break only two board sets.

* Brown belt candidates younger than 18 years old are exempted from breaking.

Passing criteria:

One miss is allowed for each set to pass the test, i.e., 2 attempts for one set, 4 attempts for 2 sets, and so on.

Technique requirement:

- For multi-set breaking, candidates must use different techniques for the first attempt in each set. They may repeat the previously used techniques if the first attempt fails. Black belt candidates must actually break all the boards with at least two different techniques to pass the test.
- Adult black belt candidates are required to break with both hands and kicks. Black belt candidates who are younger than eighteen are allowed to use only kicks to avoid possible hand injury, but to use at least two types of kicks; not all kicks are thrust kicks, for example.
- Left and right side techniques are considered different techniques, so are hopping and flying ones.