



Black Belt Board Breaking

Recommended 1st Degree Black Belt	1st Degree Black Belt
Hammerfist #3 Side Kick Reverse Elbow Strike #2 Round Kick	Upset Hammerfist Reverse Side Kick Knifehand #2 Jump Round Kick Palm Heel #3 Jump Front Kick
2nd Degree Black Belt	3rd Degree Black Belt
Upset Knifehand Step Reverse Side Kick Backfist #3 Round Kick Back Elbow #2 Axe Kick	Ridgehand Spin Wheel Kick Upward Elbow #3 Jump Axe Kick Upset Knifehand Jump Reverse Side Kick

Based on your current rank, you must choose one hand and one kicking technique from the lists above. You will focus on that board breaking set throughout the time you are preparing for your next rank test or midterm. You may choose to change your breaks at any time provided they are within your rank list of breaks, but remember that you will want the maximum amount of time to practice them in class. Once you successfully midterm or test for rank, you must choose a different hand and kicking technique to practice in class and perform at your next testing or midterm. For decided Black Belt ranks*, upon testing for your next rank, you may again choose your best breaks from your rank list to perform at your rank testing*.

* 3rd Degree students testing for 4th Degree rank must test at a sector, national, or world GTMA event offering rank testing and must choose their breaks in accordance with the regulations set forth for rank testing by GTMA headquarters which may differ from the requirements above.