

# Board Breaking Difficulty Point List

## "Division Points"

### 5 point Hand Techniques

- Elbow strike
- Hammer fist
- Palm strike
- Low block
- Outer forearm block
- Knifehand block

### 5 Point Kicking Techniques

- Front "snap" kick
- Step Side kick
- Side kick
- Round kick
- Ax Kick

### 6 Point Kicking Techniques

- Hook kick
- Twist kick
- Crescent kick (inner & outer)
- Reverse Sidekick

### Additional Difficulty points

- Overhead (no jump) +2
- Jump Kick +2
- Jump Kick (One Hand Overhead) +4
- Spin (Hand +1) (Kick +2)
- Jump Spin Kick 180 deg. +4
- Jump Spin Kick 360 deg. +6
- Jump Spin Kick 540 deg. +8
- Jump Spin Kick 720 deg. +10
- Back Flip +10
- Blind Folded +2

### 6 Point Hand Techniques

- Punch
- Back (reverse) elbow strike
- Knifehand strike
- Upset Knifehand strike
- Ridgehand strike
- Back fist
- Inner forearm block
- Ridgehand block
- High Block

- Each additional board +1
- Reverse (kick only) +1
- Speed Break +2
- Each Obstacle +1
- Board Obstacle +2

### Combinations

- Single Technique
- + Single Technique
- + Jump (if used)



- Step #1** Pick out your board brake; "ex... Jump Reverse Side Kick"  
**Step #2** simplify for point value. "ex... Side Kick 5 points, Jump Kick 2 Points, Reverse Kick 1 point = 8"  
**Step #3** Add the points together                      Jump Reverse Side Kick = 8 points

### Examples of Divisions

	Station #1	Station #2	Station #3	
<b>Basic</b>	Step side kick = 5,	Round kick = 5,	Reverse elbow strike = 6,	= 16 points
<b>Intermediate</b>	Jump reverse side kick = 8, Spin hook kick = 8, Knifehand speed break = 8			= 24 points
<b>Advanced</b>	Front jump kick overhead = 9, Jump spin crescent kick = 10, Jump double side kick = 12			= 31 points

Name \_\_\_\_\_ Age \_\_\_\_\_ Rank \_\_\_\_\_ (Please fill out prior to day of competition)

School \_\_\_\_\_ Instructor \_\_\_\_\_

Station #1 \_\_\_\_\_ points \_\_\_\_\_ +

Station #2 \_\_\_\_\_ points \_\_\_\_\_ + = \_\_\_\_\_

Station #3 \_\_\_\_\_ points \_\_\_\_\_ +

Division point totals  
for Proper placement

Instructors signature of Permission to conduct Board Break (Required)X; \_\_\_\_\_

Competitors must supply their own boards

Mark When paid \_\_\_\_\_