

Board Break Techniques for Belt Ranks

White Belt	Step behind side kick, right leg
Advanced White	Palm heel strike
Yellow Belt	Step behind side kick, left leg
Advanced Yellow	Hammer fist
Green Belt	Front kick
Advanced Green	Forearm strike
Blue Belt	Turn round kick
Advanced Blue	Knife hand strike
Red Belt	Turn side kick
Advanced Red	Spin side kick
Brown Belt	Side hammer fist
Advanced Brown	Spin heel kick
Recommended Black Belt	3 station break = 1 hand 2 feet