

Black Belt Dan/Poom Board Breaking Requirements

1st Dan/Poom

- Student choice x 2: Student picks any two techniques to break
- Masters Choice x 2: Tornado kick speed break & Spin hook speed break
- Power break: Downward Palm strike

2nd Dan/Poom

- Student choice x 2: Student picks any two techniques to break
- Masters Choice x 2: Spinning back-fist & 3 consecutive tornado kicks + spinning hook kick
- Power break: Downward Elbow strike

3rd Dan/Poom

- Student choice x 2: Student picks any two techniques to break
- Masters Choice x 2: Flying triple front kick & scissor kick
- Power break: Step Side kick strike

4th Dan/Poom

- Student choice x 2: Student picks any two techniques to break
- Masters Choice x 2: Twist kick & Off the wall round kick
- Power break: Break 1-2 bricks with a downward strike

