

Power Tests / Breaking

-  Required for 10th Kup (White Belt) – Front kick on pad
-  Required for 9th Kup (Yellow Stripe) – Axe kick on pad
-  Required for 8th Kup (Yellow Belt) – Front leg Side kick
-  Required for 7th Kup (Green Stripe) – Turning kick
-  Required for 6th Kup (Green Belt) – Front elbow strike
-  Required for 5th Kup (Blue Stripe) – Back kick
-  Required for 4th Kup (Blue Belt) – Reverse turning kick (done as speed break)
-  Required for 3rd Kup (Red Stripe) – Jumping kick of any variety
-  Required for 2nd Kup (Red Belt) – 1 hand and 1 foot technique
-  Required for 1st Kup (Black Stripe) – 1 hand and 1 foot technique
-  Required for 1st Degree Black Belt – 1 hand and 1 foot technique
-  Required for 2nd Degree Black Belt – 1 hand and 1 jumping foot technique
-  Required for 3rd Degree Black Belt – 1 power break and 1 combination break
-  Required for 4th Degree Black Belt – 3 breaks of Examiners Choice
-  Required for 5th Degree Black Belt – Multiple breaks of Examiners Choice

When performing such power tests on the formal breaking frames, students will be expected to perform these on the appropriate breaking boards relevant to their age, grade and size. The more complex and difficult the techniques performed, and the harder the boards used for those techniques, the more points will be secured.