

Board Breaking Requirements

Power Break

Re-breakable, peg boards – color Green

	Side Kick	Turning Kick	Knife Hand	Reverse Turning Kick	Punch
Senior /Adult Male	8	6	6	5	5
Senior/ Adult Female	6	4	4		
Junior Male	7	5	5	4	
Junior Female	5	3	3		

Specialty Break

	Jump Front Snap Kick	Jump Turning Kick	Flying Side Kick	360 Back Kick	Jump Reverse Turning Kick
Adult Male					
Worlds	9' 2"	8' 2 1/2"	10' 6"	7' 10 1/2"	7' 10 1/2"
Nationals	8' 6"	7' 6"	9' 6"	7'	7'
Adult Female					
Worlds	7' 2 1/2"	7' 2 1/2"	5' 10 3/4"		
Nationals	6' 6"	6' 6"	5' 6"		
Junior Male					
Worlds	8' 6 1/2"	7' 6 1/2"	9' 10"	7' 2 1/2"	7' 2 1/2"
Nationals	8'	7'	9'	6' 6"	6' 6"
Junior Female					
Worlds	6' 6 3/4"	6' 6 3/4"	5' 3"		
Nationals	6'	6'	5'		

Note: Measurements listed for the World Championship are based on our latest information and may be subject to change.