



# J. K. Lee Black Belt Breaking

1. Fill out Kick Stations.
2. Fill out Name, Rank, School, Age.
3. Calculate each Station value, combine value for max possible score.
4. Add age bonus
5. Submit complete page online.

Kicks	Choose All that Apply					Choose only One (Measured based on Competitor)					Choose only One			Choose only One (Measured from top of Obstacle)			Choose only One - 2 points given for each distance equal to 1/2 the height of the competitor					Add up Kick Points
	Base Score	Turning	Skipping	Step Over	Blind Fold	Target Height : Floor - Belt	Target Height : Belt-Top of Shoulder	Target Height: Top of Shoulder +	Jumping***	Reverse	Flying**	Jump over Obstacle Vert. - Floor to Belt	Jump over Obstacle Vert. - Belt-Top of Shoulder	Jump over Obstacle Vert. - higher than shoulder	Jump Distance - Hor. - Zero to 1/2 player's height	Jump Distance - Hor. - 1/2 to 1x	Jump Distance - Hor. - 1 to 1.5x player's height	Jump Distance - Hor. - 1.5 to 2x player's height	Jump Distance - Hor. ....etc.			
Front	1		1	0.5	1	0	1	2	2		1	0	4	6	0	2	4	6	8	4		
Side	1		1	0.5	1	0	1	2	2		1	0	4	6	0	2	4	6	8	7		
Round	1		1	0.5	1	0	1	2	2	3												
Axe	1		1	0.5	1	0	1	2	2	3										6		
Back	1	1		0.5	1	0	1	2	2		1	0	4	6	0	2	4	6	8			
Hook	1	1	1		1	0	1	2	2		1	0	4	6	0	2	4	6	8			

Describe Kicks Per Station										Station Points
Base Score	1 turn (360) with Jump	2 turns (720)**	3 turns (1080)**	Blindfold	Height : Floor - Belt	Height: Belt-Top of Shoulder	Height: >Top of Shoulder	Total	Base+Type1+Target Height+Type2+Obstacles+Jump Distance	
Back Swing	4	Choose only One			0	1	2		1 : Step-over back swing kick - head high - 4.5+2	6.5
Step over	4.5	0		1	0	1	2	6.5	2: Flying Side kick - chest high - waiste high - < half dist. - 1+1+1+4+0	7
Low	5	must do kick on knee			1				3: Reverse Axe Kick - head high - 1+1+3	6
<b>Special Techniques</b>										
Backflip	8			1					4: Double front snap kick (feet apart) - chest high (1+1+2) 2 = 8+2	10
540	5			1		1	2			
Hand	1			1					5: see station 4	

\*\* Typically jumping over an obstacle \*\*\*No Forward Progress after Jump

Special Notes and Circumstances				Rank: Circle One			(print everthing clearly)	Total Maximum Possible Points:	29.5
Multiple Breaks in a Single Station (consecutive kicks in one motion)	1 point bonus per board	ex : Double jumping front snap kick = 2 jumping front kicks (4 pts each) + 2 board bonus (1 pt each) = 10 pts		Cho Dan (1st)	Ei Dan (2nd)	Sam Dan (3rd)	Name (please print): Missy Freundin		
Power Breaks (Single kick on stacked boards)	1 point bonus per board	ex: 360 Back Kick (turning, stomach height, jumping - 5 pts) through 3 boards (1 pt each) = 8 pts		Sah Dan (4th)	Oh Dan (5th)				
Encouraged not do same technique in multiple stations	2 point penalty per repeat	ex: 5 x 540 , chest high, kicks in a row = 540 x 5 (6 pts each) - 8 repeat points = 22 points		Age: 20 Sex: F			School/Location (please print): Pewaukee		
<b>Grand Champion Round ONLY</b> - Age Conditional Points - circle one									
13 - 29 yr. get no Bonus	30 yr - 40 yr. get 4 Bonus Points	41- 50 yr. get 6 Bonus Points	50+ yr. get 8 Bonus Points						

Suspended boards - aka "Speed Breaks", will be granted 1 bonus point each