



Black Belt Breaking – Basic Breaking Stations explained

This is a list of the most common kicks that you will come across in breaking. The values listed are assuming a few things: 1) The height for all kicks listed is between belt and shoulder high. 2) When distance is involved, the distance is equal to belt through shoulder height. Kicks are calculated in the following order:

(Base + type 1 modifier) + (target height) + (type 2 modifier) + (Jump height) + (Jump distance)

Jump distance is only for “flying kick” types. Though it may also come into play with some specialty combos.

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|---|---|---|
| <p>1) Front Snap Kick</p> <p>a) Stationary: $1+1 = 2$</p> <p>b) Hopping (skipping): $1 + 1 + 1 = 3$</p> <p>c) Jumping (stationary): $1 + 1 + 2 = 4$</p> <p>d) Step-over Jump (moving forward): $1 + 0.5 + 1 + 2 = 4.5$</p> | <p>b) Step-over [turning] (base+step-over+turning): $1+1+0.5+1=3.5$</p> <p>c) Jumping (stationary) Base + Jumping: $1+1+1+2=5$</p> <p>d) 360 stationary back (turning+step-over+height+jumping) $1+1+0.5+1+2=5.5$</p> <p>e) 360 flying back (turning+step-over+height+flying + distance): $1+1+0.5+1+1+2=6.5$</p> | <p>ii) With Turn (Back Hook Kick): $1+1+1=3$</p> <p>b) Hopping (skipping): $1+1+1=3$</p> <p>c) Jumping: $1+1+1+2=5$</p> <p>d) 360 Hook – forward progress (flying turning hook kick): $1+1+1+1+2=6$</p> |
| <p>2) Side Kick</p> <p>a) Stationary: $1 + 1 = 2$</p> <p>b) Hopping (skipping): $1+1+1=3$</p> <p>c) Jumping (stationary): $1+1+2=4$</p> <p>d) Step-over Jump (moving forward): $1+0.5+1+2=4.5$</p> <p>e) Flying Side kick (flying over distance): $1+1+1+2=5$</p> | <p>5) Back Swing Kick</p> <p>a) Stationary: $4+1=5$</p> <p>b) Step-over (turning): $4.5+1=5.5$</p> <p>c) Jumping (stationary): $4+1+1=6$</p> <p>d) Specials</p> <p>i) 720 – 2 full turns in air: $4+4+1=9$</p> <p>ii) 1080 – 3 full turns in air: $4+8+1=13$</p> | |
| <p>3) Round House Kick</p> <p>a) Stationary: $1+1=2$</p> <p>b) Hopping (skipping): $1+1+1=3$</p> <p>c) Jumping (stationary): $1+1+2=4$</p> <p>d) Step-over Jump (moving forward): $1+0.5+1+2=4.5$</p> <p>e) Reverse: $1+1+3=5$</p> | <p>6) Axe Kick</p> <p>a) Stationary: $1+1=2$</p> <p>b) Hopping (skipping): $1+1+1=3$</p> <p>c) Jumping (stationary): $1+1+2=4$</p> <p>d) Reverse: $1+1+3=5$</p> | |
| <p>4) Back Kick</p> <p>a) Stationary</p> <p>i) No Turn: $1+1=2$</p> <p>ii) With Turn: $1+1+1=3$</p> | <p>7) Hook Kick</p> <p>a) Stationary</p> <p>i) No Turn: $1+1=2$</p> | |

Common Combo Stations:

Double Front Snap Kick

Jump front Snap x 2 non flying

$(1+1+2=4) \times 2 = 8 + 2 = 10$

Scissors Kick

Flying Front snap + Side Kick

$(1+1+1+2) \times 2 = 10 + 2 = 12$

Double flying front snap kick

(feet together, flying, 2 boards stacked)

$(1+1+1+2) \times 2 = 10 + 2 = 12$

Over person at belt height (add 4) = 16

Twist Kick – add 0.5 to your front snap kick

Any questions, or have a kick station that is not listed, please email at:

jkleetournament@gmail.com