



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
	Front	Side	Round	Axe	Back	Hook	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+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 Low	4.5	0	must do kick on knee					1	0	1	2	2: Flying Side kick - chest high - waiste high - < half dist. - 1+1+1+4+0										7
Special Techniques																						
Backflip	7						1	3: Reverse Axe Kick - head high - 1+1+3										6				
540	5						1	1	2	4: Double front snap kick (feet apart) - chest high (1+1+2) 2 = 8+2										10		
Hand	1						1	5: see station 4														
** Typically jumping over an obstacle ***No Forward Progress after Jump																						
Special Notes and Circumstances																						
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						Rank: Circle One			(print everthing clearly)			Total Maximum Possible Points:		29.5				
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						Cho Dan (1st)	Ei Dan (2nd)	Sam Dan (3rd)	Name (please print): Missy Freundin									
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						Sah Dan (4th)	Oh Dan (5th)											
Grand Champion Round ONLY - Age Conditional Points - circle one																						
13 - 29 yr. get no Bonus		30 yr - 40 yr. get 6 Bonus Points		41- 50 yr. get 9 Bonus Points		50+ yr. get 12 Bonus Points				Age: 20 Sex: F			School/Location (please print): Pewaukee									
Suspended boards - aka "Speed Breaks", will be granted 1 bonus point each																						