



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 completed form 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	5.5		
Side	1		1	0.5	1	0	1	2	2		1	0	4	6	0	2	4	6	8	5		
Round	1		1	0.5	1	0	1	2	2	3												
Axe	1		1	0.5	1	0	1	2	2	3										5		
Back	1	1		0.5	1	0	1	2	2		1	0	4	6	0	2	4	6	8	6		
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 jump front snap kick - head high - 1+0.5+2+2											5.5		
Step over	4.5	0					1	0	1	2	2: Flying Side kick - chest high - no obstacle - half distance - 1+1+1+0+2											5
Low	5	must do kick on knee				1												6				
Special Techniques																						
Backflip	7					1	3: Low back swing kick - blindfold - 5+1											6				
540	5					1	1	2	4: Reverse Axe Kick - chest high - 1+1+3											5		
Hand	1					1	5: 360 Back kick -chest high - no obstacle - half distance - 1+1+1+1+0+2											6				
** 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: 27.5					
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): Guy Maleson										
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: 17 Sex: M					School/Location (please print): Brookfield				
Suspended boards - aka "Speed Breaks", will be granted 1 bonus point each																						