



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.

1) Front Snap Kick

- a) Stationary: $1+1 = 2$
- b) Hopping (skipping): $1 + 1 + 1 = 3$
- c) Jumping (stationary):
 $1 + 1 + 2 = 4$
- d) Step-over Jump (moving forward):
 $1 + 0.5 + 1 + 2 = 4.5$

2) Side Kick

- a) Stationary: $1 + 1 = 2$
- b) Hopping (skipping): $1+1+1=3$
- c) Jumping (stationary): $1+1+2=4$
- d) Step-over Jump (moving forward):
 $1+0.5+1+2=4.5$
- e) Flying Side kick (flying over distance):
 $1+1+1+2=5$

3) Round House Kick

- a) Stationary: $1+1=2$
- b) Hopping (skipping): $1+1+1=3$
- c) Jumping (stationary): $1+1+2=4$
- d) Step-over Jump (moving forward):
 $1+0.5+1+2=4.5$
- e) Reverse: $1+1+3=5$

4) Back Kick

- a) Stationary
 - i) No Turn: $1+1=2$
 - ii) With Turn: $1+1+1=3$
- b) Step-over [turning] (base+step-over+turning): $1+1+0.5+1=3.5$

- c) Jumping (stationary) Base + Jumping:
 $1+1+1+2=5$

- d) 360 stationary back (turning+step-over+height+jumping) $1+1+0.5+1+2=5.5$

- e) 360 flying back (turning+step-over+height+flying + distance):
 $1+1+0.5+1+1+2=6.5$

5) Back Swing Kick

- a) Stationary: $4+1=5$
- b) Step-over (turning): $4.5+1=5.5$
- c) Jumping (stationary): $4+1+1=6$
- d) Specials
 - i) 720 – 2 full turns in air: $4+4+1=9$
 - ii) 1080 – 3 full turns in air: $4+8+1=13$

6) Axe Kick

- a) Stationary: $1+1=2$
- b) Hopping (skipping): $1+1+1=3$
- c) Jumping (stationary): $1+1+2=4$
- d) Reverse: $1+1+3=5$

7) Hook Kick

- a) Stationary
 - i) No Turn: $1+1=2$
 - ii) With Turn (Back Hook Kick):
 $1+1+1=3$
- b) Hopping (skipping): $1+1+1=3$
- c) Jumping: $1+1+1+2=5$
- d) 360 Hook – forward progress (flying turning hook kick): $1+1+1+1+2=6$

Common Combo AND Rule Clarification

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 over distance, 2 boards stacked)

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

Over a person at belt height (add 4) = 16

Twist Kick – add 0.5 to your front snap kick

For any kick station that is not listed, or any other questions please email at:

jkleetournament@gmail.com

Rule Clarification

- 1) Gymnastics such as cartwheels or roundoffs will not be counted as bonus points as these techniques do not directly impact a kicking or hand break.
- 2) Assisted jumping (“lifting”) is prohibited.
- 3) Masters and Head Instructors are not allowed to hold for their student. Students must hold for students.
- 4) All stations must be set up prior to breaking the first board.
- 5) 90 sec set up time for each competitor will be enforced. 5 point deduction for every 10 seconds that the competitor goes over.