RHMA
RICHMOND HILL
MARTIAL ARTS

Black Belt Board Breaking

Recommended 1st Degree Black Belt		1st Degree Black Belt	
Hammerfist	#3 Side Kick	Upset Hammerfist	Reverse Side Kick
Reverse Elbow Strike	#2 Round Kick	Knifehand	#2 Jump Round Kick
		Palm Heel	#3 Jump Front Kick
2nd Degree Black Belt		**3rd Degree Black Belt**	
Upset Knifehand	Step Reverse Side Kick	Ridgehand	Spin Wheel Kick
Backfist	#3 Round Kick	Upward Elbow	#3 Jump Axe Kick
Back Elbow	#2 Axe Kick	Upset Knifehand	Jump Reverse Side Kick

Based on your current rank, you must choose one hand and one kicking technique from the lists above. You will focus on that board breaking set throughout the time you are preparing for your next rank test or midterm. You may choose to change your breaks at any time provided they are within your rank list of breaks, but remember that you will want the maximum amount of time to practice them in class. Once you successfully midterm or test for rank, you must choose a different hand and kicking technique to practice in class and perform at your next testing or midterm. For decided Black Belt ranks, upon testing for your next rank, you may again choose your best breaks from your rank list to perform at your rank testing.