RHMA
RICHMOND HILL
MARTIAL ARTS

Testing Board Breaking Procedure

- Receive your boards and present them to your board holders. Remember that it is your responsibility to make sure the boards are set up correctly. If you have any questions about how your board should be held, please ask Mr. Morgan BEFORE the day of testing. Hand each board to the board holders and tell them what technique you are breaking with and make sure they understand how you would like the board held and at what height you would like the board set.

- Set up both your hand technique station and your kicking station. Take a few seconds to check your board height and distancing and practice your techniques WITHOUT touching the board with your kick or hand technique. The time between handing the boards to the board holders to the time you bow in should not be longer than 45 seconds in order to not fatigue the board holders and cause them to accidentally move your board.

- When you are ready to break, face the judges and raise your supported right hand. When acknowledged by the judges, you will bow in and ask for permission to break in an audible voice:

  "Sir, my name is _____. I am testing for/midterming toward ___ Degree Black Belt. Permission to break with a (kicking technique) and a (hand technique) , Sir!"

- After receiving permission, the board breaks must be done right away without any further practicing or measurement. Extra practicing may result in your attempt being recorded as a missed attempt.

- You may receive a total of three attempts to break all of your boards. If extra attempts are needed, you may ask for permission to reset or request a second/third attempt: "Sir, permission to reset boards, Sir!" "Sir, permission to break, second/third attempt, Sir!"

- After completing all of the board breaks successfully, face the judges to be bowed out. Afterward, shake all of the board holders' hands and collect your broken boards.