

DIFFICULTY RATING OF TECHNIQUES -

HAND TECHNIQUES

Level 1 - Forearm, Rear Elbow, Overhead Hammer fist

Level 2 - Palm Heel, Knifehand, Ridge hand, Circular Hammerfist

Level 3 - Punch, Back fist

Level 4 – Fingertips

FOOT TECHNIQUES

Level 1 - Step behind side kick, front kick, ax kick

Level 2 - Turning round kick, spin side kick, twist kick, hookkicks

Level 3 - Jump kicks

The minimum board breaking requirements for CTF certification of Black Belt rank require the following difficulty rating for techniques selected. The student may elect to increase the difficulty rating of a technique by breaking more than the recommended number of boards using that technique. *Any deviations must be approved in advance by Grandmaster Hardin.*

Junior Students -14 years and younger

- Colored belts testing – No restrictions.
- 1st Recommended Black Belt testing for Decided Rank *or*
- 1st Degree Black Belts testing for 2nd Recommended may use *Level 1* techniques on their non-dominant side only. (Maximum of 2 *level 1* techniques allowed.)
- 2nd Recommended Black Belts testing for 2nd Decided Rank may use only 1 *level 1* technique.