

The following table outlines the **Minimum Board Breaking Requirements** for CTF certification of rank up to 3<sup>rd</sup> Degree. Any deviations must be approved in advance by Grandmaster Hardin.

Age	Sex	Weight	Hand Breaks	Foot Breaks	Speed Breaks	Power Breaks
Under 7	M/F		1 – 6 in	1 – 6 inch	N/A	N/A
7 – 8	M/F	Under 50 lb	1 – 6 in	1 – 6 inch	N/A	N/A
7 – 8	M/F	Over 50 lb	1 - 8 in	1 – 8 inch	N/A	N/A
9 – 10	M/F	Under 80 lb	1 - 8 in	1 – 8 inch	N/A	N/A
9 – 10	M/F	Over 80 lb	1 – 10 in	1 – 10 inch	N/A	N/A
11 – 12	M/F	Under 100 lb	1 – 10 in	1 – 10 inch	N/A	N/A
11 – 12	M/F	Over 100 lb	1 – 11 in	1 – 11 in	N/A	N/A
13 – 14	M	Under 110 lb	2 – 6 in	2 – 6 inch	N/A	3 – 6 inch
13 – 14	M	Over 110 lb	2 – 8 in	2 – 8 inch	N/A	3 – 8 inch
13 – 14	F	Under 110 lb	2 – 6 in	2 – 6 inch	N/A	3 – 6 inch
13 – 14	F	Over 110 lb	2 – 8 in	2 – 8 inch	N/A	3 – 8 inch

15 – 17	M	Under 110 lb	2 – 8 in	2 – 8 inch	N/A	3 – 8 inch
15 – 17	M	Over 110 lb	2 – 11 in	2 – 11 in	N/A	4 – 11 inch
15 – 17	F	Under 110 lb	2 – 6 in	2 – 6 inch	N/A	3 – 6 inch
15 – 17	F	Over 110 lb	2 – 8 in	2 – 8 inch	N/A	3 – 8 inch
18& Older	M	Up to 240 lb	2 – 11 in	2 – 11 in	2 – 11 in	4 – 11 inch
18& Older	F	Over 110 lb	2 – 8 in	2 – 8 inch	1 – 11 in	3 – 8 inch
18& Older	M	Over 240 lb	3 – 11 in	3 – 11 in	2 – 11 in	5 – 11 inch

N/A – The break is not acceptable for this age group.

Power Breaks for Juniors are ONLY ALLOWED for those testing for the rank of 3<sup>rd</sup> Degree Recommended. The only techniques allowable for Juniors' power breaks must be ball of the foot, heel sole, forearm or back elbow techniques.