

**TECHNIQUE SELECTION** - Instructors must use their judgment in recommending or approving breaking techniques for their students. Below are listed the minimum number and type required at each testing level.

<b>Current Rank</b>	<b>No. of Stations</b>	<b>Type</b>
Blue 1 & 2	1	Hand or Foot
Blue 3 & 4	1	Hand or Foot - must use different techniques from last testing
Red 1 & 2	2	1 Hand & 1 Foot in combination
Red 3 & 4	2	1 Hand & 1 Foot in combination
1st Rec Black	4	2 Hand Techniques & 2 Foot Techniques – demonstrating both left and right sides. – All in combination
1st Black Dec	4	2 Hand and 2 Foot Techniques - both left and right sides - all in combination
2nd Rec Black	4	2 Hand and 2 Foot Techniques - Demonstrating both left and right sides – all in combination
2nd Black Dec	5	2 Hand and 3 Foot Techniques or 3 Hand and 2 Foot Techniques - Demonstrating both left and right sides - At least 1 Technique must be an aerial technique and one must be a power break - All techniques are to be in combination except the power break.
Higher Ranks	5	To be determined by Judges at testing.

- Will include a power break.
- Must also demonstrate a front/reverse hand combination (e. g. left knife hand/right ridge hand or front back fist/reverse punch)
- A minimum of two kicking breaks demonstrating both the left and right legs.