

Gup Rank Board Breaking Challenges

White Belt to Yellow Stripe

snap kick

(one board-senior, half
board-junior)

to Yellow Belt

Side Piercing Kick

(standing position)

to Green Stripe

Two Station Kick

(Consecutive Kicks)

to Green Belt

Jump Side Piercing Kick

to Blue Stripe

One Hand & One Foot

Combination

(One Board-senior, Junior,
optional with A. Jump Turn Kick
or B. Jump snap)

to Blue Belt

step, skip or hop

Side Piercing with More Boards

to Red Stripe

A. Hand Technique (2 bds.)

B. Twisting Kick

C. 2 Station Double Aerial
Kick, One board per station

D. Twin Foot

Side Piercing Kick or

Twin Foot Front Kick

to Red Belt

A. 180 degree

Reverse Turn Kick

(one bd. suspended-senior)

B. 180 degree

Back Side Piercing

(junior)

to Black Stripe

A. 360 degree Jump Back

Side Piercing

B. 3 Station,

2 Bds each Station

special thanks to Mr. Deardorff for suggesting these
guidelines as part of the
"Texas USTF Testing Requirements".

For Black Belt Breaks
ask Mr. Cashatt for handout