

Gup (color belt) Breaking Techniques

(Techniques may change due to age)

No belt to white =

hammer fist / front snap kick (ball of the foot) or back kick

White to yellow =

palm strike / side kick (front leg, off line or skipping)

Yellow to orange =

side hammer fist / round house kick (ball of the foot)

Orange to light green =

knife hand strike / ax kick (with back of heel)

Light green to dark green =

elbow strike (round or thrust) / jumping basic kick (front, back, round or side)

Dark green to purple =

knuckle punch (reverse punch or stepping punch) / turning back kick

Purple to light blue =

turning hammer fist / jumping turning back kick

Light blue to dark blue =

turning back knife hand strike or turning back fist / hook kick (off line or skipping)

Dark blue to red =

speed hammer fist or speed knife hand / turning hook kick

Red to brown =

ridge hand strike / two basic kick combination

Brown to bodan =

speed palm or speed punch (reverse or stepping) / two kick combination basic & intermediate

Bodan to bodan 1st =

speed ridge hand strike / two kick combination both intermediate

Bodan 1st to bodan 2nd =

double knuckle punch (jumping or stepping) / two kick combination intermediate & advanced

Bodan 2nd to bodan 3rd =

drop knuckle punch / two kick combination both advanced

Bodan 3rd to Black Belt 1st Dan =

creative breaking