

## Kicking and Breaking Techniques

Rank	Board Breaking	Promotion Kicks
White	Step behind side kick	<b>Front stance to a:</b> Front Snap Side Roundhouse Crescent - inside & outside
Yellow	Reverse side kick	<b>Front stance to a:</b> Front Snap Side Roundhouse <b>Horse stance into a:</b> Reverse side kick
Orange	Jumping reverse side kick	<b>Front stance to a:</b> Front Snap Side Roundhouse <b>Horse stance into a:</b> Jumping reverse side kick
7th Green	Step hook or Roundhouse	<b>Front stance to a:</b> Front Snap Side Roundhouse Hook Hook-roundhouse combination
		<b>Front stance to a:</b> Front Snap Side Roundhouse Hook Hook-roundhouse combination
5th Blue	Jumping reverse hook kick	<b>Front stance to a:</b> Front Snap Side Roundhouse Inside ax <b>Back leg:</b> Outside ax
		<b>Front stance to a:</b> Front Snap Side Roundhouse Inside ax <b>Back leg:</b> Outside ax
3rd Red	Any jumping reverse of flying kick	<b>Horse stance-jumping front leg:</b> Side Hook Crescent Reverse 360 jumping outside ax Reverse 360 jumping roundhouse

		<b>Horse stance-jumping front leg:</b> Side Hook Crescent Reverse 360 jumping outside ax Reverse 360 jumping roundhouse
		<b>Horse stance-jumping front leg:</b> Side Hook Crescent Reverse 360 jumping outside ax Reverse 360 jumping roundhouse
		<b>Horse stance-jumping front leg:</b> Side Hook Crescent Reverse 360 jumping outside ax Reverse 360 jumping roundhouse
		<b>Horse stance-jumping front leg:</b> Side Hook Crescent Reverse 360 jumping outside ax Reverse 360 jumping roundhouse