



Competition Breaking Card

Name _____

Enter your 1st break under the 1st column, 2nd break under the 2nd column and 3rd break under the 3rd column. Boards must be broken in the order you indicate on form. One attempt per break only.

1st	2nd	3rd	1 Point Breaks (No Palm Strike or Head Butt)
			Chop
			Punch
			Elbow
			Front Kick
			Side Kick
			Round House Kick
			Hook Kick
			Other
1st	2nd	3rd	4 Point Breaks (Basic Jump Kick or Spinning Kick)
			Jump Front Kick
			Jump Side Kick
			Jump Hook Kick
			Basic High or Mid Level Spin Kick
			Basic Low Spin Kick
			Other
1st	2nd	3rd	5 Point Breaks (Jump Spinning Kick or Double Kick)
			Jump High or Mid Level Spin Kick
			Jump Split Kick
			Jump Scissor Kick
			Jump Double Front Kick
			Helicopter Turn Back Side Kick
			Other
1st	2nd	3rd	6 Point Breaks (540° Kick or Breaks with Added Difficulty)
			Helicopter High or Mid Level Spin Kick
			Helicopter Low Spin Kick
			Back Flip Kick Break (Break before landing)
			Other
			Points Earned Per Break
			Total Points Earned