

PLASTIC BOARD BREAKING REQUIREMENTS

MALE - AGES	BROWN BELT	RED BELT
5 and 6	White Board	Yellow Board
7 and 8	Yellow Board	Orange Board
9 and 10	Orange Board	½ Orange and ½ Green Board
11 and 12	½ Orange and ½ Green Board	Green Board
13 and 14	Green Board	Blue Board
15	Blue Board	Brown Board
16 and above	Brown Board	Black Board

FEMALE - AGES	BROWN BELT	RED BELT
5 and 6	White Board	Yellow Board
7 and 8	Yellow Board	Orange Board
9 and 10	Orange Board	½ Orange and ½ Green Board
11, 12, and 13	½ Orange and ½ Green Board	Green Board
14	Green Board	Blue Board
15 and above	Blue Board	½ Blue and ½ Brown Board

WOOD BREAKING REQUIREMENTS

MALE & FEMALE - AGES	BLACK BELT
5 and 6	3 inch board
7 and 8	5 inch board
9 and 10	7 inch board
11, 12, and 13	9 inch board
14	11 inch board
15 and above female	11 inch board
15 and above male	2-11 inch boards