**Dragon Gym Board Breaking Chart**

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| **Hand Techniques** | **Point Value** |
| Palm Strike | 1 |
| Elbow (back or forward) | 1 |
| Hammer Fist | 1 |
| Knife Hand | 1 |
| Ridge Hand | 2 |
| Back Fist | 2 |
| **Kicks** | **Point Value** |
| Front Kick | 1 |
| Side Kick | 1 |
| Round House Kick | 1 |
| Axe Kick | 1 |
| Hook Kick (back and front) | 2 |
| **Additional Points** | **Point Value** |
| Additional Boards | 1 per board |
| Additional board size | 1 per board |
| Spin | 1 |
| Jump | 1 |
| Obstacles | 1 per obstacle |
| Speed Breaks | 2 |
| Blindfold | 2 |
| 360 | 4 |
| 540 | 6 |
| 720 | 9 |
| Double Kicks | 6 |
| Triple Kicks | 8 |
| Instep | 1 |

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| Program | Expected Board size |
| Sharks | Small |
| Lions | Small |
| Eagles | Medium |
| Dragons | Large |