**Kids Board Breaking Requirements by Belt Rank**

**White Belts** - Palm Strike

**Orange Belts** – Hammer Fist

**Yellow Belts** – Front Kick

**Green Belts** – Inside Knife Hand

**Purple Belts** - Elbow

**Blue Belts** – Side Kick

**Brown Belts** – Jumping Front kick, 1 obstacle

**Red Belts** – Skipping Side Kick

**X – Dan Bo** – Flying Side Kick