

Breaking Criteria Supplement

Degree	Technique	Age	Measure	Additional notes
1st Degree	FTK	Under 40	Bottom of board on top of head	
		40 - 49	Bottom of board on nose	
		50+	Middle of board on nose	
2nd Degree	FHK	Under 40	Fingertips at full stretch to centre of board	
		40 - 49	Fists at full stretch to the centre of the board	
		50+	Fists at full stretch to the centre of the board	If they can do it standing, it must be higher for jumping.
	OHK (bending)	Under 40	3 sections of standard gym horse or foam equivalent	Should be minimum waist height of jumper
		40 - 49	3 sections of standard gym horse or foam equivalent	Should be minimum waist height of jumper
		50+	2 or 3 sections of standard gym horse or foam equivalent	Should be minimum waist height of jumper
3rd Degree	FRTK	Under 40	Bottom of board on top of head	
		40 - 49	Bottom of board on nose	
		50+	Middle of board on nose	
4th Degree	FTwK	Under 40	Fingertips at full stretch to centre of the board	
		40 - 49	Fists at full stretch to centre of the board	
		50+	Fingertips at full stretch to top of the board	
	OHK (standing)	Under 40	3 or 4 sections of standard gym horse or foam equivalent	Should be approx. shoulder height of jumper- chest height minimum
		40 - 49	3 sections of standard gym horse or foam equivalent	Should be solar plexus height minimum of jumper
		50+	3 sections of standard gym horse or foam equivalent	Should be waist height minimum of jumper.
5 th Degree	Demonstration	All ages	3 targets in the air as a multi kick, minimum	