

# BREAKING PLAN

Breaks ***MUST BE*** completed in order: Color Belts = 1 – 2 or Black Belts = 1 – 2 – 3 – 4.

A Zero (0) will be scored any Break(s) done out of order.(Ex.: 1 – 3 – 4 – 2)

Tournament Officials enter what is ***WRITTEN*** in the Station section for the Technique types, Number of Boards, and Positive Modifiers as well as the Order the breaks will be completed, NOT from the Ring Diagram.

The “Ring” Diagram ***IS ONLY*** to help you to layout & plan your board breaking sequence.

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Name: \_\_\_\_\_ Age: \_\_\_\_\_ Rank: \_\_\_\_\_

Academy Name: \_\_\_\_\_

Instructor Name: \_\_\_\_\_ Inst. Signature: \_\_\_\_\_ (required)

## **STATION #1:**

Base Technique: \_\_\_\_\_ = \_\_\_\_\_ points

Number of Boards: \_\_\_\_\_ = \_\_\_\_\_ points

Positive Modifiers: \_\_\_\_\_ = \_\_\_\_\_ points per board

= \_\_\_\_\_ **Total Points**

## **STATION #2:**

Base Technique: \_\_\_\_\_ = \_\_\_\_\_ points

Number of Boards: \_\_\_\_\_ = \_\_\_\_\_ points

Positive Modifiers: \_\_\_\_\_ = \_\_\_\_\_ points per board

= \_\_\_\_\_ **Total Points**

## **STATION #3: (BLACK BELTS ONLY)**

Base Technique: \_\_\_\_\_ = \_\_\_\_\_ points

Number of Boards: \_\_\_\_\_ = \_\_\_\_\_ points

Positive Modifiers: \_\_\_\_\_ = \_\_\_\_\_ points per board

= \_\_\_\_\_ **Total Points**

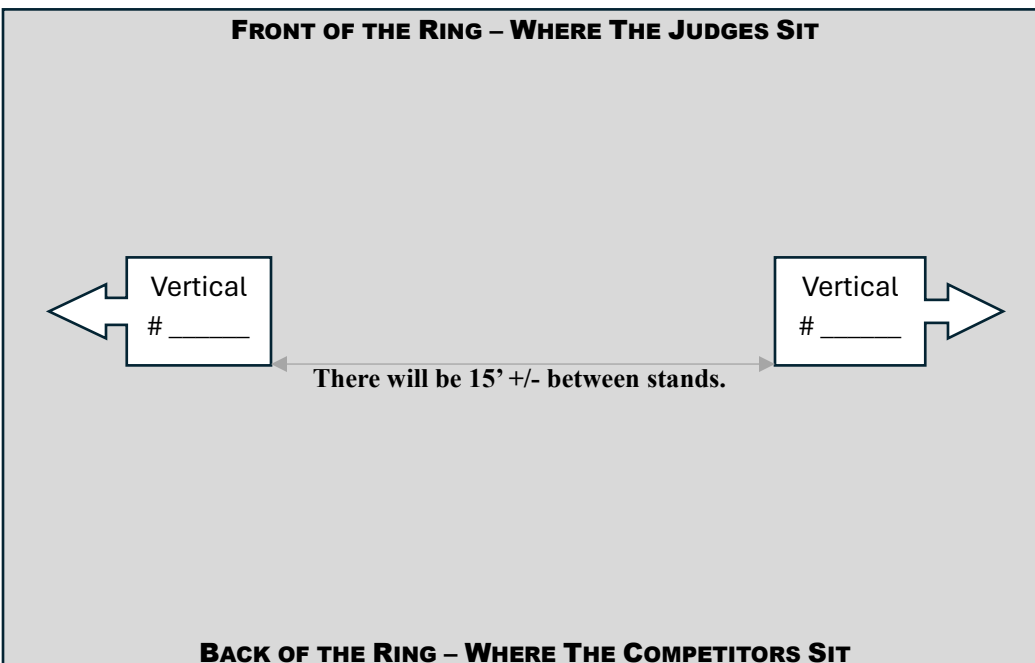
## **STATION #4: (BLACK BELTS ONLY)**

Base Technique: \_\_\_\_\_ = \_\_\_\_\_ points

Number of Boards: \_\_\_\_\_ = \_\_\_\_\_ points

Positive Modifiers: \_\_\_\_\_ = \_\_\_\_\_ points per board

= \_\_\_\_\_ **Total Points**



***VERTICAL HOLDERS:***  
***MAY NOT BE MOVED***  
from their location in the Ring.

***HORIZONTAL HOLDERS:***  
***MAY BE*** positioned  
anywhere in the Ring.

The AKF reserves the right to substitute Live Board Holders for Breaks of 1 or 2 Boards.

***BLACK BELTS:***  
ONLY 2 Vertical Holders will be in each Ring. You **MAY** use as many Horizontal Holders as you wish.