

# UK ITF

## DEGREE GRADING BREAKING SYLLABUS

The student will get three attempts at each technique. Points will be awarded on the following basis at the Grading Examiners discretion;

Break 1<sup>st</sup> time with a good technique = 5points

Break 2<sup>nd</sup> time with a good technique = 4 points

Break 3<sup>rd</sup> time with a good technique = 3points

No break after 3 attempts but good effort & technique = 2points

No break after 3 attempts but good effort & poor technique = 1point

No break after 3 attempts poor effort & technique = 0points

### **1<sup>ST</sup> KUP – 1<sup>ST</sup> DEGREE**

**Student's choice of hand technique left & right hand.**

**Student's choice of leg technique left & right leg.**

**Another choice of leg technique left & right leg.**

*Students 13 & under will be required to break the following;*

**Male & Female: Hand  $\frac{1}{2}$ ", Foot  $\frac{1}{2}$ ", Foot  $\frac{1}{2}$ "**

*Students 14-17 will be required to break the following;*

**Male -60kg: Hand  $\frac{1}{2}$ ", Foot **1"**, Foot **1"****

**Male +60kg: Hand **1"**, Foot **1"**, Foot **1"****

**Female -55kg: Hand  $\frac{1}{2}$ ", Foot  $\frac{1}{2}$ ", Foot **1"****

**Female +55kg: Hand  $\frac{1}{2}$ ", Foot **1"**, Foot **1"****

*Students 18+ will be required to break the following;*

**Male -70kg: Hand **1"**, Foot **1 $\frac{1}{2}$ "**, Foot **1 $\frac{1}{2}$ "****

**Male +70kg: Hand **1"**, Foot **2"**, Foot **2"****

**Female -60kg: Hand  $\frac{1}{2}$ ", Foot **1"**, Foot **1"****

**Female +60kg: Hand **1"**, Foot **1"**, Foot **1"****

## **1<sup>ST</sup> DEGREE – 2<sup>ND</sup> DEGREE**

**Student's choice of hand technique left & right hand.**

**Student's choice of leg technique left & right leg.**

**Student's choice of jumping or flying leg technique left & right leg.**

*Students 13 & under will be required to break the following;*

**Male & Female: Hand  $\frac{1}{2}$ ", Foot  $\frac{1}{2}$ ", Flying Foot  $\frac{1}{2}$ "**

*Students 14-17 will be required to break the following;*

**Male -60kg: Hand  $\frac{1}{2}$ ", Foot **1"**, Flying Foot **1"****

**Male +60kg: Hand **1"**, Foot **1"**, Flying Foot **1"****

**Female -55kg: Hand  $\frac{1}{2}$ ", Foot  $\frac{1}{2}$ ", Flying Foot **1"****

**Female +55kg: Hand  $\frac{1}{2}$ ", Foot **1"**, Flying Foot **1"****

*Students 18+ will be required to break the following;*

**Male -70kg: Hand **1"**, Foot **1 $\frac{1}{2}$ "**, Flying Foot **1 $\frac{1}{2}$ "****

**Male +70kg: Hand **1"**, Foot **2"**, Flying Foot **2"****

**Female -60kg: Hand  $\frac{1}{2}$ ", Foot **1"**, Flying Foot **1"****

**Female +60kg: Hand **1"**, Foot **1"**, Flying Foot **1"****

## **2<sup>ND</sup> DEGREE – 3<sup>RD</sup> DEGREE**

**Student's choice of hand technique left & right hand.**

**Back Piercing Kick left & right leg.**

**Student's choice of jumping or flying leg technique left & right leg.**

*Students 14-17 will be required to break the following;*

**Male -60kg: Hand 1", back kick 1", Flying Foot 1½"**

**Male +60kg: Hand 1", back kick 1½", Flying Foot 1½"**

**Female -55kg: Hand ½", back kick ½", Flying Foot 1"**

**Female +55kg: Hand ½", back kick 1", Flying Foot 1"**

*Students 18+ will be required to break the following;*

**Male -70kg: Hand 1", back kick 1½", Flying Foot 1½"**

**Male +70kg: Hand 1½", back kick 2", Flying Foot 2"**

**Female -60kg: Hand 1", back kick 1", Flying Foot 1"**

**Female +60kg: Hand 1", back kick 1", Flying Foot 1½"**

## **3<sup>RD</sup> DEGREE – 4<sup>TH</sup> DEGREE**

**Student's choice of hand technique left & right hand.**

**Back Piercing Kick left & right leg.**

**Lead leg Side Kick left & right leg.**

**Student's choice of jumping or flying leg technique left & right leg.**

*Students 18+ will be required to break the following;*

**Male -70kg: Hand 1", Back kick 1½", Side kick 1", Flying Foot 1½"**

**Male +70kg: Hand 1½", Back kick 2", Side kick 1½", Flying Foot 2"**

**Female -60kg: Hand 1", Back kick 1", Side kick 1", Flying Foot 1½"**

**Female +60kg: Hand 1", Back kick 1½", Side kick 1", Flying Foot 1½"**

## 4<sup>TH</sup> DEGREE – 5<sup>TH</sup> DEGREE

Student's choice of hand technique left & right hand.

Back Piercing Kick left & right leg.

Lead leg Side Kick left & right leg.

360° jumping back on choice leg.

Fore fist punch air break on choice hand.

*Students 18+ will be required to break the following;*

**Male -70kg: Hand 1½", Back kick 1½", Side kick 1½", 360° JBK 1", Air break 1"**

**Male +70kg: Hand 2", Back kick 2", Side kick 2", 360° JBK 1½", Air break 1"**

**Female -60kg: Hand 1", Back kick 1", Side kick 1", 360° JBK ½" Air break ½"**

**Female +60kg: Hand 1", Back kick 1½", Side kick 1½", 360° JBK 1" Air break ½"**

## 5<sup>TH</sup> DEGREE – 6<sup>TH</sup> DEGREE

Student's choice of hand technique left & right hand.

Back Piercing Kick left & right leg.

Lead leg Side Kick left & right leg.

360° jumping back left & right leg.

Fore fist punch air break on choice hand.

Student's choice of Jumping or flying kick on choice leg

*Students 18+ will be required to break the following;*

**Male -70kg: Hand 2", Back kick 2", Side kick 2", 360° JBK 1½", Air break 1", Choice jumping kick 2½"**

**Male +70kg: Hand 2½", Back kick 2½", Side kick 2½", 360° JBK 2", Air break 1", Choice jumping kick 3"**

**Female -60kg: Hand 1½", Back kick 1½", Side kick 1½", 360° JBK 1" Air break ½" Choice jumping kick 1½"**

**Female +60kg: Hand 1½", Back kick 2", Side kick 2", 360° JBK 1½" Air break ½" Choice jumping kick 2"**

## 6<sup>TH</sup> DEGREE – 7<sup>TH</sup> DEGREE

Student's choice of hand technique left & right hand.

Back Piercing Kick left & right leg.

Side Kick left & right leg.

360° jumping back left & right leg.

Student's choice of Jumping or flying kick on left & right leg.

*Students 18+ will be required to break the following;*

**Male -70kg:** Hand **2½"**, Back kick **2½"**, Side kick **2½"**, 360° JBK **2"**, Jumping kick **3"**

**Male +70kg:** Hand **3"**, Back kick **3"**, Side kick **3"**, 360° JBK **2½"**, Jumping kick **3½"**

**Female -60kg:** Hand **2"**, Back kick **2"**, Side kick **2"**, 360° JBK **1½"** Jumping kick **2"**

**Female +60kg:** Hand **2"**, Back kick **2½"**, Side kick **2½"**, 360° JBK **2"** Jumping kick **2½"**