

Board Breaking Basics

Introduction

Breaking boards is an important part of a student's taekwondo education. The ability to break boards well involves a combination of speed, power, coordination, and focus.

The Diagrams

The diagrams assume a right-handed or -footed student.

These are the views shown in the tables:

- **Front**, where the student's hand or foot will be approaching the board;
- **Back**, from the viewpoint of the holders (opposite of Front);
- **Right**, someone looking from the right side of the holders and breaker;
- **Top**, to see where the holders' feet should be and how the board is held when it's horizontal.

The breaker's foot or hand is coming from the bottom.

The diagrams for each break indicate the following:

- Foot placement
- Hand placement
- Board orientation
- Where the board breaker stands
- The direction from which the hand or foot approaches the board

Our board recommendations

	7 and younger	8 to 11	12 to 15	16 and older
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Blue represents holder on the left side of the board. **Red** is for the holder on the right side of the board. "R" and "L" are the locations of the holders' right and left hands, respectively. The ovals show where the holders' feet should be.

For 8- and 9-year-old students breaking green boards, offset the board halves by 2 or 1 pegs, respectively.

Tips

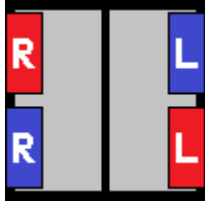
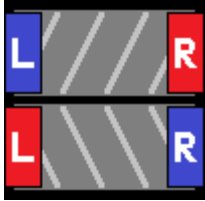

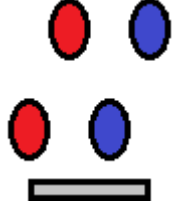
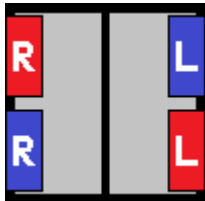
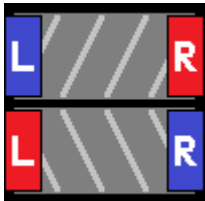

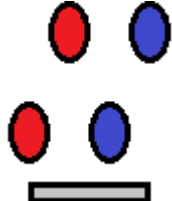



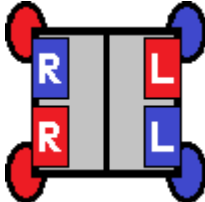
Here are some other important things to know when you hold boards:

- The correct stance will allow the student to complete, without impediment, their break follow-through.
- Keep all your fingers on the side of the board that you're holding, parallel to the seam.
- If you're holding on the left, your left hand goes on top (or the left side) on your half of the board. If you're on the right side, your right hand goes on top (or right) of your half. Don't let your hands drift to the sides, toward the seam.
- For straight-on foot and hand breaks, the holders should cross their back legs for extra support
- Lock your elbows for the break. A more solid, unyielding surface will help the student penetrate the board.
- Although these diagrams are the recommended positions, if a student wants you to hold the board a different way or have a different stance for their break, do that. It's their break; you're just helping.
- As a first guess, for hand breaks, the center of the board should be slightly below the student's shoulder level.
- As a first guess, for foot breaks, the center of the board should be slightly below the student's belt level.

Hand Breaks

Break	Front	Back	Right	Top
Punch Upset punch Stand in front Strike from front				
Knife hand Upset ridge hand Stand to right of board Strike from front				
Ridge hand Upset knife hand Stand to left of board Strike from front				
Palm heel Stand in front Strike from front				
Back fist Stand on right Strike from front				
Reverse elbow Stand on left-front Strike from front				

Hand Breaks

Break	Front	Back	Right	Top
Back elbow Stand on right-front Strike from front				
Back hammer fist Stand on right-front Strike from front				
Downward hammer fist Stand in front Strike from top				

Foot Breaks

Break	Front	Back	Right	Top
Front kick: Standard Stand in front Strike from bottom				
Front kick: Instep Stand in front Strike from bottom				
Side kick Stand in front Strike from front				
Axe kick Stand in front Strike from top				
Hook kick Stand in front Approach from left				
Round kick Stand in front Approach from left				