













































# Raberge's Leadership Martial Arts

## Color Belt Board Breaks

### Spring and Fall Graduations

Belt	 Hand Break	 Foot Break
 	Lunge punch	#2 front kick
 	Knife hand strike	#3 side kick
 	Back fist strike	#2 round kick
 	Reverse punch	#3 front jump kick
 	Ridge hand strike	#1 round kick
 	Reverse elbow strike	Step reverse side kick
 	Upset knife hand	#3 hook kick
  	Upset ridge hand	Advance jump side kick
  	Reverse palm heel strike	Reverse hook kick

### Summer and Winter Graduations

Belt	 Hand Break	 Foot Break
 	Lunge punch	#2 front kick
 	Knife hand strike	#3 side kick
 	Back fist strike	#2 round kick
 	Reverse punch	#3 front jump kick
 	Ridge hand strike	#1 round kick
 	Reverse elbow strike	Step reverse side kick
 	Upset knife hand	#3 hook kick
  	Back elbow strike	Axe kick
  	Upset punch	#3 jump round kick