# Raberge's Leadership Martial Arts Color Belt Board Breaks

### Spring and Fall Graduations

Belt	Hand Break	Foot Break
10 10 10 10 10 10 10 10 10 10 10 10 10 1	Lunge punch	#2 front kick
	Knife hand strike	#3 side kick
	Back fist strike	#2 round kick
ana di	Reverse punch	#3 front jump kick
100 to 10	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

## Raberge's Leadership Martial Arts

## **Color Belt Board Breaks**

#### **Summer and Winter Graduations**

Belt	Hand Break	Foot Break
at at at	Lunge punch	#2 front kick
100 m2 m2	Knife hand strike	#3 side kick
<b>37 87 87</b>	Back fist strike	#2 round kick
STATE OF THE STATE	Reverse punch	#3 front jump kick
50 BY 50	Ridge hand strike	#1 round kick
	Reverse elbow strike	Step reverse side kick
	Upset knife hand	#3 hook kick
\$18585	Back elbow strike	Axe kick
	Upset punch	#3 jump round kick