


















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

Raberge's Leadership Martial Arts

Color Belt Board Breaks

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