

TIGER-ROCK MARTIAL ARTS

Breaking

Chief & Associate (red jacket option)

- Share tasks
- Present medals



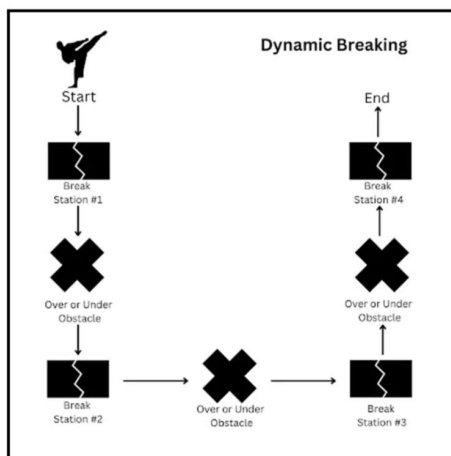
Gold Medal
4/4
Breaks



Silver Medal
3/4
Breaks



Bronze Medal
2/4
Breaks



Level, Gender, Age	Color Belt Breaks	Black Belt
Level 1 White: Male/Female ages 6/7	#3 Side Kick (Bag) #2 Front Kick (Bag) Palm Heel or Hammer Fist (Ground) Downward Elbow (Ground)	Jump #3 Front Kick (Bag) Spin Side Kick (Bag) Palm Heel or Punch (Ground) Downward Elbow (Ground)
Level 2 Green: Male/Female ages 8/9		
Level 3 Green/Blue: Male/Female ages 10/11		
Level 4 Blue: Female age 12/13 & 46 up & Male ages 12/13		
Level 5 Blue/Gray: Female ages 14/15 & Female 16+ (White to 3-Black) & Male ages 14/15	Color Belt Time Limit	Black Belt Time Limit
Level 6 Gray: Female 16 up (4-Black and Up) & Male (age 46+)		
Level 7 Gray + green/blue: Male 16+ (white to 3-black)		
Level 8 Gray + blue: Male 16 up 4-black/5-black	Continuous non stop	Continuous non stop
Level 9 Gray + green/gray: Male 6-black		