



# Refuge Martial Arts

## Board Breaking Star System



### 0 Star Techniques

- Kicking techniques
  - Any front leg side kick
  - Back leg ax kick
  - Any stationary front kick
- Hand and Elbow Techniques
  - Downward hammerfist
  - Forward or downward palm strike
  - Forward elbow strike

### 1 Star Techniques

- Any hand, elbow, or kicking technique that isn't listed as a "0 Star" technique
  - No spins or jumps

### 2 Star Techniques

- No hand techniques are eligible
- Any jump or spin kicking technique
  - All vertical kicking techniques must be above shoulder height

### 3 Star Techniques

- Any jump 180° spin kicking technique
- Any 1 or 2 star technique as a speed break
  - Any standing, 180° spinning, or jumping speed break (hand or kicking)

### 4 Star Techniques

- Any jump and 360° spin kicking technique
- Any jump and 180° spin kicking technique as a speed break

### 5 Star Techniques

- Any jump and 540° spin kicking technique
- Any jump and 360° spin kicking technique as a speed break

\*Instructors reserve the right to limit or grant stars

\*Only boards broken on the first attempt at official ATF events can be placed on the wall

\*Extra boards do not automatically merit extra stars; instructor discretion

\*Hand or elbow techniques are limited to a maximum of 3 stars

\*Additional stars past 5 stars can be earned by adding a 180° spin to the technique

\*Jumping over two obstacles at waist height adds one star per two obstacles