

BREAKING & ENDURANCE
7-12 year Old's / Teen and Adults

<p align="center"><u>WHITE TO YELLOW</u></p> <p align="center"><u>Breaking</u> Hammer fist</p> <p align="center"><u>Endurance</u> 25 - Jumping Jacks 5 - Push Ups 25 Sec - Mountain Climbers</p>	<p align="center"><u>YELLOW TO ORANGE</u> <u>1</u></p> <p align="center"><u>Breaking</u> Outside Inside Crescent Kick</p> <p align="center"><u>Endurance</u> 30- Jumping Jacks 10- Push ups 30 Sec - Mountain Climbers</p>	<p align="center"><u>ORANGE 1 TO ORANGE</u> <u>2</u></p> <p align="center"><u>Breaking</u> Palm Heel</p> <p align="center"><u>Endurance</u> 35- Jumping Jacks 15 - Push ups 35 Sec - Mountain Climbers</p>	<p align="center"><u>ORANGE 2 TO PURPLE 1</u></p> <p align="center"><u>Breaking</u> Front Kick</p> <p align="center"><u>Endurance</u> 40- Jumping Jacks 15- Push ups 40 Sec - Mountain Climbers</p>
<p align="center"><u>PURPLE 1 TO PURPLE 2</u></p> <p align="center"><u>Breaking</u> Side Kick</p> <p align="center"><u>Endurance</u> 45 - Jumping Jacks 20 - Push ups 10 - Sprawls 25 Sec - Mountain Climbers</p>	<p align="center"><u>PURPLE 2 TO BLUE 1</u></p> <p align="center"><u>Breaking</u> Reverse Elbow</p> <p align="center"><u>Endurance</u> 50 - Jumping Jacks 20 - Push ups 10 - Sprawls 25 Sec - Mountain Climbers</p>	<p align="center"><u>BLUE 1 TO BLUE 2</u></p> <p align="center"><u>Breaking</u> Jump Front Kick</p> <p align="center"><u>Endurance</u> 55 - Jumping Jacks 20 - Push ups 15 - Sprawls 25 Sec - Mountain Climbers</p>	<p align="center"><u>BLUE 2 TO GREEN 1</u></p> <p align="center"><u>Breaking</u> Roundhouse Kick</p> <p align="center"><u>Endurance</u> 60 - Jumping Jacks 20 - Push ups 15 - Sprawls 25 Sec - Mountain Climbers</p>
<p align="center"><u>GREEN 1 TO GREEN 2</u></p> <p align="center"><u>Breaking</u> Inside Crescent Kick</p> <p align="center"><u>Endurance</u> 65 - Jumping Jacks 25 - Push ups 15 - Sprawls 25 Sec - Mountain Climbers 10 Crunches</p>	<p align="center"><u>GREEN 2 TO BROWN 1</u> <u>1</u></p> <p align="center"><u>Breaking</u> Side Flying Kick</p> <p align="center"><u>Endurance</u> 70 - Jumping Jacks 25 - Push ups 15 - Sprawls 25 Sec - Mountain Climbers 10 - Crunches</p>	<p align="center"><u>BROWN 1 TO BROWN 2</u></p> <p align="center"><u>Breaking</u> Back Kick</p> <p align="center"><u>Endurance</u> 75 - Jumping Jacks 25 - Push ups 15 - Sprawls 25 Sec - Mountain Climbers 30 Sec - Horse Stance Punches</p>	<p align="center"><u>BROWN 2 TO BROWN 3</u></p> <p align="center"><u>Breaking</u> Reverse Punch</p> <p align="center"><u>Endurance</u> 80 - Jumping Jacks 25 - Push ups 15 - Sprawls 25 Sec - Mountain Climbers 35 Sec - Horse Stance Punches</p>
<p align="center"><u>BROWN 3 TO RED 1</u></p> <p align="center"><u>Breaking</u> Knife hand -Any Style</p> <p align="center"><u>Endurance</u> 85 - Jumping Jacks 25 - Push ups 15 - Sprawls 30 Sec - Mountain Climbers 30 Sec - Horse Stance Punches 30 Sec - 1 Leg Front Kick</p>	<p align="center"><u>RED 1 TO RED 2</u></p> <p align="center"><u>Breaking</u> Jump Back Kick</p> <p align="center"><u>Endurance</u> 90 - Jumping Jacks 25 - Push ups 15 - Sprawl Front Kick 30 Sec - Mountain Climbers 35 Sec - Horse Stance Punch 30 Sec - 1 Leg Front Kick Left /Right</p>	<p align="center"><u>RED 2 TO RED 3</u></p> <p align="center"><u>Breaking</u> 2 Station Break</p> <p align="center"><u>Endurance</u> 95 - Jumping Jacks 25 - Push ups 15 - Sprawl Front Kick 30 Sec -Mountain Climbers 40 Sec - Horse Stance Punch 30 Sec - 1 Leg Front Kick Left/Right</p>	<p align="center"><u>Red 3 to Cho Dan Bo</u></p> <p align="center"><u>Breaking</u> 3 Station Break</p> <p align="center"><u>Endurance</u> As Requested by Testing Board <u>Black Belt Essay:</u> (2 pages due 10 days prior to test)</p> <p align="center"><u>Essay Prompt:</u> "What becoming a black belt means to me and how Tang Soo Do has changed my life."</p>