

Brister's Martial Arts Academy

Board Breaking Requirements

Male - Ages	Brown Belt	Red - Black Belt
6 - 8 Years Old	5 inch	7 Inch
8 - 10 Years old	7 Inch	9 Inch
11-13 Years Old	9 Inch	11 Inch
14 and Above	11 Inch	2- 11 Inch

Female - Ages	Brown Belt	Red - Black Belt
6 - 8 Years Old	5 inch	7 Inch
8 - 10 Years old	7 Inch	9 Inch
11-13 Years Old	9 Inch	9 Inch
14 and Above	9 Inch	11 Inch