

Breaking Board Buying Guide

English word: Breaking

Korean term: Kyuck Pa

This guide is mostly geared for cutting your own boards to break in class or in testing. If you would prefer to buy pre-cut boards made from different woods, please see your instructor. Re-breakable plastic composite boards are not allowed for testing but can be used for practice.

Material: Wood

Types of wood to buy: Southern Yellow Pine, White Pine, White Wood

Other type of wood, please consult with your instructor: Paulownia wood

Width and Height boards to buy: 1"x12" (labeled 1"x12" at the hardware store and available in different lengths)

*Tips: When selecting the board, avoid boards that have a lot of sap. You may see sap running out of the wood, or is really yellow or heavy. Also, avoid wood that has too many large knots, is too warped, or is too cracked. If you do find a board that has a crack in it but is mostly intact and is light, you might be able to get it discounted by the lumber manager at the store. It won't hurt to ask. Only get it if you get a deep discount and will get your money's worth out of the breaking boards you can get cut out of it.

The length of the board you need depends on your rank and age, so you will need to cut your wood to the desired size:

Gup:

- a. Children under 10 years – 6"
- b. Children ages 10 through 16 – 8"
- c. Adults (Over 17 years) – 10"

Dan:

- a. Cho Dan up to age 13 – 8"
- b. Cho Dan over 13 years old and all E & Sam Dan – 10"

These boards may be required at testing. Your instructor may tell you how many (typically 4) boards to bring, but it's a good idea to have one or two extra boards in case one you need it.