ELITE MIXED MARTIAL ARTS CENTER

**BOARD BREAKING CLASS**

# Tentative Date: Week of September 20th to 25th 2021

# Student: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Belt Level: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**4 inch ½” boards’ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_½ bundle (10 - 12 boards): \_\_\_\_\_\_\_\_\_\_\_\_\_**

**4 inch 1” boards\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**6-inch boards\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Full bundle (20 - 24 boards):\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**8 inch boards’ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**10 inch boards\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Total Cost: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Total Amount Paid: \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**YOU MUST REGISTER BY August 28, 2021 (All orders & money)**

**PLEASE NOTE: ALL BLACK BELTS MUST BREAK 10” BOARDS**

**Elite Mixed Martial Arts Center will be holding its first board breaking class this month. There are many excellent lessons that a martial artist can learn from breaking wood:**

* **The board represents a goal that can only be reached by total commitment.**
* **The actual break represents achievement.**
* **Achievement is something that no one can give; it can only be earned through hard work and perseverance.**
* **Any goal that is worth having is worth working for.**
* **The pain involved represents the hard work that is takes to accomplish goals.**

**Finally, board breaking is an excellent tool a martial arts instructor uses to help students bring their power from within out. A punch or kick is only as effective with the proper technique and power behind it. This is a very difficult lesson for students to learn, but through breaking it is a valuable one. The student gains confidence, determination, and a sense of accomplishment, plus has fun!**

**If this is your first board breaking class please speak to Sensei, Deshi and Cindy!**