

Breaking Seminar



Mr Kane Raukura, 2 board downwards backfist, grading to 5th dan 2008

When: **Sunday 26th September 2010**

11am - 3pm

Cost: \$10 for first family member, \$5 for second, and \$0 for any further family members

Venue: **Aquinas College Gym, 183 Pyes Pa Road, Tauranga**

Students will be given in depth tuition on the 3 aspects of breaking:

- **Tournament Power:** The 5 breaks required, the rules and techniques
- **Tournament Specialty:** The 5 breaks, the rules and techniques
- **Gradings:** Breaks for each grade required and how they are marked

We will also be doing 2 other forms of breaking known as reflex breaking where objects such as walls are jumped off before the break, and multiple breaking where more than one board and technique is used.

However the main focus of the seminar is to give you the techniques, the confidence and the practise to comfortably break with polar boards in all situations.



Mr Brown, 3 board punch, grading to 4th dan 2007

Presented by instructors:

Master Rimmer VII dan
Mr Brown IV dan
Mr Skedgwell III dan
Miss Timmer I dan

(Grading requirements)
(Putting theory into practise)
(Power & Specialty breaking)
(Everything...because she can!)



Open to all grades and all clubs

Proceeds are to cover the cost of the venue hire and assist our regional members competing at the world champs. Payment to be made on the day.

To register attendance at this course, contact Mr Brown at gwyn@homegrownkids.co.nz or 07 571-4554 (Ah)

Accommodation can be arranged for out-of-towners if required

Mr Andrew Salton, 3 board reverse knifehand, grading to 6th dan 2008