



## Board Breaking 05/26/10

### Class Times:

PeeWee (4 and under): 4:30-5:00pm

Child (5-8): 5:00-6:00pm

Junior (9-12): 6:00-7:00pm

Adult (13+): 7:00-8:00pm

Board breaking (also known as tamashiware) is an important aspect in AMMA training because it allows the student to perform a technique with full force without harming someone. Also, AMMA uses breaking to teach students to overcome fears and obstacles. All students who are testing must break. Please contact AMMA if you are interested in buying boards.