

Breaking Class

Run By Mr. Miller

Five weeks of board breaking

Class Format

warm-up with forms
stretching
breaking basics
striking target pads
breaking with re-breakable boards
breaking a wooden board

Time

Every Monday night for five weeks, beginning February 4
Class begins at 6:30 and runs for one hour

Location

7456 W 5th Ave, Lakewood, Third Floor (The Instakey Building)

Cost

Drop-in cost \$10 per session
\$35 to pre-register for all five weeks

Wood boards will be available for every student who pre-registers; extra wood boards will be available for drop-ins on a first-come first-served basis.