



Board Breaking 07/28/10

Class Times:

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

Child and Junior (5-12): 5:30-6:30pm

Adult (13+): 6:30-7:30pm

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.