

Tournament Breaking Practice

Saturday, September 11th - 9am
(weather permitting)

This board breaking practice is open to all adult (18+) Brown Belts and above who are competing in this year's National Kuk Sool Won Championship Tournament.

All breaking will be done outside in our field. This is a great opportunity for you to practice your unsupported spin kick breaks just as required in the tournament.

Board cost is \$1.75 per board and must be purchased before breaking begins. Cash only please.

For questions, contact SBN
David Aue

