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on similar objects
first. Start with
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breaking. To build
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technique, start
with one board.
Number two pine,
an inch thick, 12 by
12.

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to a Man's

Skull! Monster ...

Breaking techniques

are often practiced

in taekwondo. Here

four concrete

paving bricks are

broken with a knife-

hand strike.

Breaking can often

be seen in karate,

taekwondo and

pencak silat.

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and brick breaking,
but not all styles of
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kara, all students of
all styles can use
the information set
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stretches to

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effective forms of
self-defense but it
is this area that is

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