



Mike Louie's Taekwon-Do School Annual Board, Cinder and Brick Breaking Seminar - Saturday, November 21st

Sabumnim Mike Louie, VI DAN Black Belt would like to invite you to our Annual Board Breaking Seminar. Board breaking is an essential part of Taekwon-Do training; mostly misunderstood by many. In part we learn to practice our techniques in the air, against foam/air bags and in light sparring. Do we ever know if our techniques really work in a real life situation? Breaking boards are one way to realize the potential, speed, and power of our techniques without injuring other people.

And of course it's a lot of fun to see and hear those boards smash!

This seminar is open to all martial arts willing to learn more about board breaking. Please pass this onto others who you think will benefit from this seminar. All belts and ages are welcome. We will cover power breaks, speed breaks, which includes: various hands, foot and elbow techniques. This seminar is in Studio A at our new location - East Petersburg Area Civic Center.

PRE-REGISTRATION:

- If you need boards - \$60.
 - All participants will receive 10 boards. You may order more using the chart below.
 - Form due by November 11th
- If you have your own boards - \$40
 - Form due by November 20th.
- Extra boards for Youth = \$1.50 Extra boards for Teens to Adults = \$2.00

You will need at least 10 boards, more if you plan on doing multiple breaks.

You may cut your own boards. #2 pine and see guidelines below or ask your instructor.

When: Saturday, November 21st **Time:** 2:00-5:00pm. All belts, all ages

Where: East Petersburg Area Civic Center, 1849 State Street, East Petersburg, PA

Checks made payable to and mail to:

Mike Louie TKD.

c/o Annual Board Breaking Seminar

948 Cleek Ave.

Landisville, PA 17538

Recommended sizes (your school may have different requirements):

Children Boards Ages 5-8	Children Boards Ages 9-11	Youth Boards Ages 12-14	Adult Boards Ages 14+
1/2" x 6" x 12"	1/2" x 10" x 12"	1" x 6" x 12"	1" x 10" x 12"

Please contact me anytime if you have any questions or concerns.

Sincerely,

Mike Louie

VI Dan Black Belt

Yom Chi Taekwon-Do Federation

Cell: 717-490-0156

Web: www.mikelouietkd.com

Email: mikelouie@comcast.net

Facebook: Mike Louie's Taekwon-Do Schools



Mike Louie's Taekwon-Do School

Annual Board, Cinder and Brick Breaking Seminar - Saturday, November 21st

PREREGISTRATION FORM

held at East Petersburg Area Civic Center, 1849 State Street, East Petersburg, PA. 717-490-0156

Deadline for pre-registration and board ordering is November 11th.

Cost: \$60 if you need Mr. Louie to order boards. \$40 (bring your own boards).

Note: I will not be taking any late registrations for this seminar unless you have your own boards.

Checks payable to **Mike Louie TKD**.

Mail entry to: c/o Annual Board Breaking Seminar, 948 Cleek Ave., Landisville, PA 17538.

I also take cash or major credit cards in person. If you drop-off **PLEASE** do not leave in mailbox. All monies are NON-REFUNDABLE!

Name: _____

Age: _____ Sex: M____ F____

Address: _____

City/Town: _____ State: _____ ZIP: _____

Email: _____

Belt level: _____ Emergency phone #: _____

Relation: _____

Affiliated School: _____ Instructor: _____

I, (the person listed above) hereby submit my application for registration in the Mike Louie's Taekwon-Do School Board Breaking Seminar. I agree to waive all claims against any person(s) connected with the seminar, for any injury that I may sustain during the seminar. I hold myself responsible for my own actions and I promise to conduct myself within the guidelines of the hosting dojang. I know that accidents and injuries can occur during these events.

Applicant's signature: _____ Date: _____

(Parent/guardian signature for participants under 18 years of age)

Pre-Order boards here:

First Name	Last Name	Children Boards Ages 5-8 (\$1.50)	Children Boards Ages 9-11 (\$1.75)	Youth Boards Ages 12-14 (\$2.00)	Adult Boards Ages 15+ (\$2.00)
Please circle which boards you would like please. And enter quantity		1/2" x 6" x 12"	1/2" x 10" x 12"	1" x 6" x 12"	1" x 10" x 12"
Quantity					