



ISSUES Script

This video will address what to do when someone tries to break their board but does not succeed. General Instructions are in the Logistics Video

First, this is what that looks like when someone breaks a board: <show clip>
We'll call that 'BREAKING'

And this is what that looks like when someone does NOT break a board: <show clip>
We'll call that "BANGING"

Let's see them again:

BREAKING: <show clip> (Superimpose text "BREAKING" at bottom of screen)

BANGING: <show clip> (Superimpose text "BANGING" at bottom of screen)

BANGING will probably happen 20-30% of the time. As your staff gets better at coaching board breakers, it will happen less often, but it will still happen.

If you follow all the advice and instruction in the logistics video your participants will be well prepared for whatever happens. Here's what to do to minimize the number of people who BANG their board:

Try to spot trouble before the attempt and correct it in advance so they break their board. The most common reasons why a breaker BANGs their board are:

1. The person holding the board did not hold it right. They need to be grounded and centered as well as, or better than, the breaker. Their rear leg must be extended back and completely straight. Their arms must be rigid, with their elbows locked. No matter how hard you push the board it hardly moves at all. We practice with pieces of plywood to make sure our breakers are strong and steady.

2. The breaker did not have enough confidence that he or she would break the board, so they slowed their punch at the last second. Convince the breaker that he or she CAN do this! Get them thinking about college or some bigger Goal instead of the board. Make them give you lots of reasons why they MUST do this!

3. They were trying to HIT the board, and did not believe they would go THROUGH the board. These breakers often glance down at the board as they are punching. Watch for this when practicing and tell the breaker to keep staring into your eyes.

4. The breaker is not using their whole body. Make sure they start in a strong stance with most of their weight on their rear foot, and shift their weight onto their forward foot as they punch. Make sure they are swinging their hips at least 90 degrees when they punch. Make sure they are pulling their non-punching hand BACK as their punching hand moves forward.

If you watch for those issues and correct them the best you can and the person BANGS, control your disappointment! Be confident and positive for them! Tell them they'll get it next time, it might be a 'bad board', and they just need to rest their hand for a while before they try again.

At this point, if there are extra board breaking coaches available, it's best if they can talk to this person privately for a minute, examine their board, and if necessary, replace it with an easier board.

We have a group of our most senior board breaking coaches that we call 'Masters' that are on hand and ready to step in and help any breaker that has problems.